

**Appendix 1.** Distribution of serum TC, TG, LDL-C and HDL-C levels and prevalence of high risk levels<sup>a</sup> of each lipid component by age and gender among children and adolescents

	Age groups (year)	Mean level (mmol/L)			Prevalence of high risk level (%)		
		Male	Female	All	Male	Female	All
<b>TC</b>	<b>3-6</b>	4.40	4.50	4.45	14	19	16
	<b>7-10</b>	4.42	4.63	4.53	15	21	17
	<b>11-13</b>	4.40	4.47	4.45	17	18	18
	<b>14-16</b>	4.19	4.40	4.29	12	14	13
	<b>17-19</b>	4.22	4.40	4.32	13	18	16
	<b>Total</b>	4.32	4.47	4.40	14	18	16
<b>TG</b>	<b>3-6</b>	0.95	1.02	0.98	3	3	3
	<b>7-10</b>	1.05	1.11	1.08	6	7	7
	<b>11-13</b>	1.19	1.45	1.32	11	19	15
	<b>14-16</b>	1.21	1.29	1.25	11	11	11
	<b>17-19</b>	1.40	1.13	1.24	16	7	11
	<b>Total</b>	1.16	1.22	1.20	10	10	10
<b>LDL-C</b>	<b>3-6</b>	2.72	2.87	2.79	15	19	17
	<b>7-10</b>	2.72	2.90	2.82	14	21	18
	<b>11-13</b>	2.69	2.72	2.69	19	16	17
	<b>14-16</b>	2.53	2.69	2.61	12	17	14
	<b>17-19</b>	2.53	2.72	2.64	13	19	17
	<b>Total</b>	2.64	2.77	2.72	14	18	17
<b>HDL-C</b>	<b>3-6</b>	1.22	1.16	1.19	11	12	12
	<b>7-10</b>	1.22	1.22	1.22	9	9	9
	<b>11-13</b>	1.19	1.11	1.14	11	17	14
	<b>14-16</b>	1.11	1.11	1.11	18	17	18
	<b>17-19</b>	1.03	1.16	1.11	21	9	14
	<b>Total</b>	1.16	1.16	1.16	14	14	14

Data were derived from the Azizi *et al.* findings (11).

<sup>a</sup> High risk level was defined as  $\geq 5.2$  mmol/L for TC,  $\geq 90^{\text{th}}$  percentile for TG,  $\geq 3.38$  mmol/L for LDL-C, and  $\leq 10^{\text{th}}$  percentile for HDL-C.

Abbreviations: TC, total cholesterol; TG, triglycerides; LDL-C, low density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol.

**Appendix 2.** Distribution of serum TC, TG, LDL-C and HDL-C levels and prevalence of high risk levels<sup>a</sup> of each lipid component by age and gender among adults

	Age groups (year)	Mean level (mmol/L)			Prevalence of high risk level (%)		
		Male	Female	All	Male	Female	All
<b>TC</b>	<b>&lt;25</b>	4.47	4.58	4.53	4	6	NA
	<b>25-34</b>	5.07	5.02	5.04	13	11	NA
	<b>35-44</b>	5.51	5.38	5.43	25	20	NA
	<b>45-54</b>	5.56	6.05	5.87	24	43	NA
	<b>55-64</b>	5.72	6.52	6.21	32	56	NA
	<b>Total</b>	5.33	5.51	5.43	20	26	24
<b>TG</b>	<b>&lt;25</b>	1.33	1.17	1.23	13	6	NA
	<b>25-34</b>	2.03	1.47	1.67	33	14	NA
	<b>35-44</b>	2.40	1.85	2.07	37	27	NA
	<b>45-54</b>	2.27	2.25	2.26	38	38	NA
	<b>55-64</b>	2.27	2.37	2.33	36	43	NA
	<b>Total</b>	2.15	1.83	1.95	33	26	28
<b>LDL-C</b>	<b>&lt;25</b>	2.77	2.84	2.82	6	7	NA
	<b>25-34</b>	3.15	3.15	3.15	13	13	NA
	<b>35-44</b>	3.44	3.41	3.41	23	20	NA
	<b>45-54</b>	3.54	3.85	3.75	24	38	NA
	<b>55-64</b>	3.65	4.24	4.01	30	49	NA
	<b>Total</b>	3.34	3.49	3.44	20	24	23
<b>HDL-C</b>	<b>&lt;25</b>	1.06	1.19	1.14	22	11	NA
	<b>25-34</b>	0.98	1.19	1.11	32	12	NA
	<b>35-44</b>	0.98	1.14	1.06	33	16	NA
	<b>45-54</b>	0.98	1.16	1.11	32	13	NA
	<b>55-64</b>	1.03	1.22	1.14	23	12	NA
	<b>Total</b>	1.01	1.16	1.11	30	13	19

Data were derived from the Azizi *et al.* findings (13).

<sup>a</sup> High risk level was defined as  $\geq 6.19$  mmol/L for TC,  $\geq 2.26$  mmol/L for TG,  $\geq 4.14$  mmol/L for LDL-C, and  $< 0.91$  mmol/L for HDL-C.

Abbreviations: TC, total cholesterol; TG, triglycerides; LDL-C, low density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol; NA, not available.