

## Supplemental Online Content

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This supplemental material has been provided by the authors to give readers additional information about their work.

**eTable 1.** Health Regions Combined to Ensure Historically Stable Units of Analysis

<b>Province</b>	<b>Group</b>	<b>Areas</b>	<b>Name of Combined areas</b>
Newfoundland and Labrador	1	Western Regional Integrated Health Authority (1013), Labrador-Grenfell Regional Integrated Health Authority (1014)	Western/Labrador-Grenfell Regional Integrated Health Authority
Nova Scotia	1	Zone 2 – Northern (1202), Zone 3 – Eastern (1203)	Zone – Northern/ Eastern
New Brunswick	1	Zone 2 (Saint John Area, 1302), Zone 3 (Fredericton Area, 1303)	Zone (Saint/ Fredericton Area)
Quebec	1	Région de l'Estrie (2405), Région de la Montérégie (2416)	Région l'Estrie/Montérégie
Manitoba	1	Winnipeg Regional Health Authority (4601), Northern Regional Health Authority (4604)	Winnipeg/Northern Regional Health Authority
Alberta	1	Calgary Zone (4832), Central Zone (4833)	Calgary/Central Zone
	2	Edmonton Zone (4834), North Zone (4835)	Edmonton/North Zone

**eTable 2.** Neighboring Health Regions Combined Due to Small Populations

<b>Province</b>	<b>Group</b>	<b>Areas</b>	<b>Name of Combined areas</b>
Saskatchewan	1	Mamawetan Churchill River Regional Health Authority (4711), Keewatin Yatthe Regional Health Authority (4712), and Athabasca Health Authority (4713)	Mamawetan/Keewatin/Athabasca Regional Health Authorities

**eTable 3. Age- and Sex-Adjusted Prevalence of Cardiovascular Risk Factors by Age Group<sup>a</sup>**

Age groups, years	2005	2007/08	2009/10	2011/12	2013/14	2015/16	p value	Direction of trend
<b>Hypertension</b>								
Both sexes								
20~39	3.2 (3.0-3.5)	3.3 (3.1-3.6)	3.1 (2.9-3.4)	3.2 (2.9-3.5)	3.2 (2.9-3.5)	3.7 (3.4-4.1)	0.097	—
40~59	16.8 (16.2-17.3)	17.5 (16.9-18.1)	17.7 (17.0-18.4)	17.3 (16.6-18.0)	17.5 (16.7-18.2)	17.8 (17.1-18.5)	0.096	—
60~79	43.3 (42.5-44.1)	45.1 (44.3-45.9)	46.5 (45.6-47.3)	46.9 (46.0-47.7)	45.7 (44.8-46.5)	45.9 (45.0-46.7)	<0.001	Increase
≥80	53.3 (51.7-55.0)	56.8 (55.1-58.6)	56.8 (54.9-58.7)	57.7 (56.1-59.2)	57.5 (55.9-59.2)	62.9 (61.1-64.7)	<0.001	Increase
Men								
20~39	3.8 (3.3-4.2)	3.9 (3.5-4.4)	3.9 (3.4-4.3)	3.9 (3.4-4.4)	4.0 (3.5-4.5)	4.5 (3.9-5.0)	0.071	—
40~59	17.5 (16.7-18.3)	18.4 (17.5-19.3)	19.4 (18.3-20.5)	18.9 (17.9-20.0)	20.4 (19.2-21.5)	20.4 (19.4-21.5)	<0.001	Increase
60~79	41.3 (40.1-42.5)	43.4 (42.2-44.6)	45.0 (43.7-46.3)	47.0 (45.6-48.3)	46.8 (45.6-48.0)	47.5 (46.3-48.8)	<0.001	Increase
≥80	43.6 (40.8-46.3)	50.9 (48.2-53.6)	49.5 (46.5-52.4)	51.4 (48.8-54.0)	53.9 (51.3-56.5)	56.7 (53.5-59.8)	<0.001	Increase
Women								
20~39	2.7 (2.4-3.0)	2.8 (2.4-3.1)	2.4 (2.1-2.7)	2.6 (2.2-3.0)	2.5 (2.1-2.8)	3.0 (2.5-3.5)	0.678	—
40~59	16.0 (15.3-16.8)	16.6 (15.8-17.5)	16.1 (15.1-17.1)	15.8 (14.9-16.7)	14.7 (13.8-15.6)	15.3 (14.4-16.2)	0.003	Decrease
60~79	45.0 (43.9-46.1)	46.7 (45.5-47.8)	47.7 (46.6-48.8)	46.8 (45.6-47.9)	44.6 (43.5-45.7)	44.3 (43.1-45.5)	0.021	Decrease
≥80	58.7 (56.6-60.8)	60.1 (57.8-62.4)	60.9 (58.4-63.4)	61.1 (58.8-63.3)	59.5 (57.4-61.6)	66.3 (64.2-68.5)	<0.001	Increase
<b>Diabetes</b>								
Both sexes								
20~39	1.1 (1.0-1.3)	1.3 (1.1-1.5)	1.3 (1.1-1.5)	1.1 (1.0-1.3)	1.2 (1.0-1.4)	1.4 (1.2-1.6)	0.240	—
40~59	5.0 (4.7-5.3)	6.0 (5.7-6.4)	5.9 (5.5-6.3)	5.9 (5.4-6.3)	6.2 (5.7-6.6)	6.5 (6.1-7.0)	<0.001	Increase
60~79	13.7 (13.1-14.2)	15.4 (14.8-16.1)	16.0 (15.4-16.6)	16.6 (15.9-17.4)	16.7 (16.0-17.3)	16.4 (15.7-17.1)	<0.001	Increase
≥80	13.4 (12.3-14.5)	15.9 (14.5-17.3)	18.6 (17.0-20.3)	16.5 (15.1-17.9)	16.6 (15.2-17.9)	17.4 (16.0-18.8)	<0.001	Increase

Men								
20~39	1.0 (0.8-1.2)	1.2 (1.0-1.5)	1.3 (1.0-1.7)	1.0 (0.8-1.3)	1.1 (0.8-1.4)	1.4 (1.1-1.7)	0.345	—
40~59	5.6 (5.1-6.1)	6.9 (6.3-7.5)	7.0 (6.3-7.7)	6.1 (5.5-6.8)	7.4 (6.6-8.1)	7.6 (6.9-8.3)	<0.001	Increase
60~79	16.1 (15.2-17.1)	17.6 (16.6-18.5)	19.1 (18.1-20.2)	19.4 (18.3-20.5)	19.4 (18.3-20.4)	18.8 (17.7-19.8)	<0.001	Increase
≥80	15.3 (13.2-17.3)	18.1 (15.7-20.4)	22.3 (19.8-24.8)	19.6 (17.2-21.9)	17.9 (15.9-19.8)	19.9 (17.4-22.4)	0.031	Increase
Women								
20~39	1.2 (1.0-1.4)	1.3 (1.1-1.6)	1.3 (1.1-1.5)	1.2 (1.0-1.5)	1.3 (1.0-1.6)	1.4 (1.1-1.6)	0.475	—
40~59	4.4 (4.0-4.8)	5.2 (4.7-5.7)	4.8 (4.3-5.3)	5.6 (5.0-6.2)	5.0 (4.5-5.5)	5.5 (4.9-6.1)	0.007	Increase
60~79	11.5 (10.8-12.2)	13.5 (12.6-14.3)	13.2 (12.4-14.0)	14.2 (13.3-15.0)	14.3 (13.5-15.1)	14.2 (13.3-15.2)	<0.001	Increase
≥80	12.3 (11.0-13.7)	14.6 (13.0-16.3)	16.6 (14.6-18.7)	14.8 (13.1-16.5)	15.8 (14.1-17.6)	16.0 (14.5-17.6)	0.001	Increase
<b>Obesity</b>								
Both sexes								
20~39	13.0 (12.5-13.4)	14.4 (13.8-14.9)	14.6 (14.0-15.3)	14.8 (14.1-15.6)	16.5 (15.8-17.3)	16.3 (15.6-16.9)	<0.001	Increase
40~59	18.5 (17.9-19.1)	19.1 (18.4-19.7)	20.8 (20.0-21.5)	21.4 (20.6-22.2)	22.1 (21.3-22.9)	23.3 (22.5-24.0)	<0.001	Increase
60~79	18.1 (17.4-18.7)	20.2 (19.5-20.8)	20.7 (20.0-21.4)	21.1 (20.3-21.8)	21.7 (21.0-22.4)	22.6 (21.8-23.3)	<0.001	Increase
≥80	10.3 (9.1-11.4)	11.2 (10.0-12.5)	11.8 (10.7-13.0)	11.0 (10.0-12.1)	13.4 (12.1-14.7)	12.1 (10.9-13.3)	0.003	Increase
Men								
20~39	14.5 (13.8-15.2)	15.7 (14.9-16.5)	16.1 (15.1-17.0)	15.2 (14.2-16.2)	18.5 (17.3-19.6)	17.4 (16.4-18.4)	<0.001	Increase
40~59	19.9 (19.0-20.9)	20.6 (19.6-21.6)	23.3 (22.2-24.4)	23.6 (22.5-24.7)	24.3 (23.0-25.6)	25.4 (24.3-26.5)	<0.001	Increase
60~79	18.2 (17.2-19.1)	20.4 (19.4-21.4)	20.3 (19.3-21.4)	21.4 (20.2-22.6)	21.9 (20.9-22.9)	23.7 (22.6-24.8)	<0.001	Increase
≥80	8.9 (7.3-10.6)	9.2 (7.6-10.9)	10.7 (9.0-12.5)	10.1 (8.5-11.8)	11.9 (10.1-13.7)	12.3 (10.4-14.2)	0.001	Increase
Women								
20~39	11.5 (10.9-12.1)	13.1 (12.4-13.8)	13.2 (12.3-14.1)	14.5 (13.6-15.4)	14.6 (13.7-15.5)	15.1 (14.2-16.1)	<0.001	Increase
40~59	17.2 (16.4-17.9)	17.6 (16.7-18.4)	18.3 (17.4-19.3)	19.3 (18.2-20.4)	20.0 (19.0-21.0)	21.2 (20.2-22.2)	<0.001	Increase
60~79	17.9 (17.0-18.8)	19.9 (19.0-20.9)	21.0 (20.1-22.0)	20.8 (19.9-21.7)	21.5 (20.7-22.4)	21.5 (20.5-22.5)	<0.001	Increase

≥80	11.0 (9.6-12.4)	12.3 (10.6-14.0)	12.4 (10.8-14.0)	11.5 (10.1-13.0)	14.3 (12.6-16.0)	12.0 (10.4-13.6)	0.154	—
<b>Current smoking</b>								
Both sexes								
20~39	26.9 (26.2-27.6)	26.5 (25.7-27.2)	24.2 (23.4-24.9)	24.3 (23.4-25.1)	22.5 (21.7-23.3)	20.3 (19.6-21.0)	<0.001	Decrease
40~59	24.0 (23.4-24.7)	24.6 (23.9-25.4)	23.5 (22.7-24.2)	23.6 (22.8-24.5)	21.3 (20.5-22.2)	19.9 (19.2-20.6)	<0.001	Decrease
60~79	13.7 (13.1-14.2)	13.6 (13.0-14.1)	13.6 (13.0-14.1)	12.7 (12.1-13.2)	12.7 (12.2-13.3)	12.5 (11.9-13.1)	<0.001	Decrease
≥80	5.8 (4.9-6.7)	5.0 (4.3-5.7)	4.9 (4.2-5.7)	4.7 (4.0-5.5)	4.5 (3.9-5.2)	3.8 (3.1-4.4)	<0.001	Decrease
Men								
20~39	30.5 (29.5-31.6)	30.4 (29.3-31.5)	28.0 (26.8-29.3)	27.7 (26.5-28.9)	27.2 (25.9-28.5)	24.1 (22.9-25.3)	<0.001	Decrease
40~59	25.5 (24.5-26.5)	27.2 (26.1-28.3)	26.4 (25.2-27.5)	26.7 (25.3-28.0)	24.4 (23.1-25.7)	22.4 (21.4-23.5)	<0.001	Decrease
60~79	14.5 (13.6-15.3)	14.7 (13.8-15.6)	15.0 (14.2-15.8)	13.6 (12.7-14.5)	14.0 (13.1-14.9)	14.0 (13.1-14.8)	0.123	—
≥80	6.6 (4.9-8.3)	5.3 (4.2-6.4)	5.5 (4.2-6.9)	5.5 (4.2-6.8)	5.5 (4.3-6.7)	3.1 (2.3-4.0)	0.001	Decrease
Women								
20~39	23.3 (22.5-24.2)	22.6 (21.7-23.5)	20.5 (19.5-21.4)	20.9 (19.7-22.0)	17.9 (17.0-18.8)	16.6 (15.7-17.6)	<0.001	Decrease
40~59	22.6 (21.7-23.5)	22.1 (21.2-23.0)	20.6 (19.6-21.6)	20.7 (19.7-21.7)	18.4 (17.3-19.4)	17.5 (16.6-18.4)	<0.001	Decrease
60~79	12.9 (12.3-13.6)	12.5 (11.8-13.3)	12.2 (11.5-12.9)	11.8 (11.1-12.5)	11.6 (10.9-12.2)	11.1 (10.4-11.9)	<0.001	Decrease
≥80	5.3 (4.4-6.3)	4.8 (4.0-5.6)	4.6 (3.7-5.5)	4.3 (3.4-5.3)	4.0 (3.2-4.8)	4.2 (3.2-5.1)	0.025	Decrease
<b>≥2 risk factors</b>								
Both sexes								
20~39	5.5 (5.2-5.8)	6.3 (5.9-6.6)	6.0 (5.5-6.4)	6.0 (5.5-6.5)	6.2 (5.8-6.6)	6.2 (5.8-6.7)	0.042	Increase
40~59	13.2 (12.7-13.7)	14.2 (13.6-14.8)	14.9 (14.3-15.6)	15.1 (14.4-15.8)	14.8 (14.1-15.5)	15.6 (14.9-16.2)	<0.001	Increase
60~79	22.1 (21.4-22.8)	24.3 (23.6-25.1)	25.6 (24.9-26.3)	25.8 (24.9-26.7)	26.4 (25.7-27.1)	26.0 (25.2-26.8)	<0.001	Increase
≥80	17.0 (15.7-18.4)	18.4 (16.9-19.9)	21.0 (19.2-22.9)	19.2 (17.7-20.7)	20.3 (18.8-21.8)	22.9 (21.3-24.5)	<0.001	Increase
Men								

20~39	6.2 (5.7-6.7)	7.1 (6.5-7.7)	6.8 (6.2-7.4)	6.2 (5.6-6.8)	7.4 (6.6-8.2)	7.2 (6.5-7.9)	0.036	Increase
40~59	14.1 (13.3-14.8)	15.9 (15.0-16.8)	17.3 (16.2-18.3)	17.2 (16.0-18.3)	17.7 (16.6-18.8)	18.3 (17.2-19.3)	<0.001	Increase
60~79	22.8 (21.7-23.8)	25.2 (24.2-26.3)	26.7 (25.6-27.9)	27.5 (26.1-28.9)	28.3 (27.2-29.5)	28.3 (27.1-29.5)	<0.001	Increase
≥80	15.6 (13.5-17.6)	17.0 (14.5-19.6)	20.3 (17.7-22.8)	18.9 (16.5-21.4)	20.3 (18.1-22.5)	23.9 (21.0-26.8)	<0.001	Increase
Women								
20~39	4.9 (4.5-5.3)	5.5 (5.0-5.9)	5.1 (4.6-5.7)	5.7 (5.0-6.5)	5.0 (4.5-5.5)	5.2 (4.6-5.8)	0.676	—
40~59	12.3 (11.7-13.0)	12.6 (11.9-13.3)	12.6 (11.8-13.5)	13.1 (12.2-14.0)	11.9 (11.2-12.7)	13.0 (12.1-13.8)	0.626	—
60~79	21.5 (20.6-22.4)	23.5 (22.5-24.5)	24.5 (23.5-25.5)	24.2 (23.2-25.3)	24.6 (23.7-25.6)	23.8 (22.7-24.8)	0.001	Increase
≥80	17.8 (16.1-19.6)	19.1 (17.2-21.0)	21.5 (19.1-23.8)	19.3 (17.5-21.2)	20.3 (18.4-22.2)	22.3 (20.4-24.2)	0.002	Increase

Numbers in the table are percentage (95% confidence interval).

<sup>a</sup> Because 10-year interval of age is used to calculate age- and sex-adjusted prevalence of cardiovascular risk factors in this study, age comparisons with 20-year interval in the Table are still adjusted for age. Sex comparisons are not adjusted for sex.

**eTable 4.** Health regions With Most Rapid Increase or Decline in Age- and Sex-Adjusted Prevalence of Cardiovascular Risk Factors

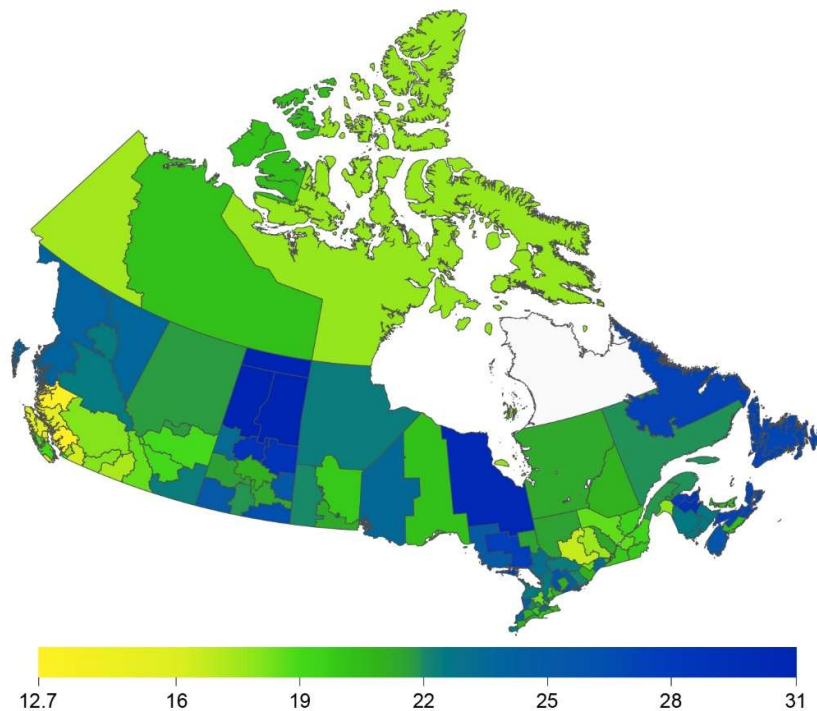
	Most rapid increase		Most rapid decrease	
	Health regions	Percent change	Health regions	Percent change
<b>Hypertension</b>				
	Kelsey Trail Regional Health Authority	56.8%	Région de l'Outaouais	-22.9%
	East Kootenay Health Service Delivery Area	43.0%	Edmundston Area	-18.1%
	Prince Albert Parkland Regional Health Authority	30.9%	North Shore/Coast Garibaldi Health Service Delivery Area	-13.4%
	Cypress Regional Health Authority	30.8%	Interlake - Eastern Regional Health Authority	-10.6%
	Sun Country Regional Health Authority	30.3%	Vancouver Health Service Delivery Area	-10.0%
<b>Diabetes</b>				
	North Vancouver Island Health Service Delivery Area	95.2%	Kootenay - Boundary Health Service Delivery Area	-44.9%
	City of Toronto Health Unit	90.5%	North Bay Parry Sound District Health Unit	-26.1%
	Halton Regional Health Unit	86.9%	Fraser North Health Service Delivery Area	-22.5%
	Five Hills Regional Health Authority	74.4%	The District of Algoma Health Unit	-22.4%
	Lambton Health Unit	71.9%	Okanagan Health Service Delivery Area	-21.8%
<b>Obesity</b>				
	Leeds, Grenville and Lanark District Health Unit	93.8%	Richmond Health Service Delivery Area	-36.2%
	Kingston, Frontenac and Lennox and Addington Health Unit	81.2%	Vancouver Health Service Delivery Area	-23.0%
	Haliburton, Kawartha, Pine Ridge District Health Unit	80.6%	Central Vancouver Island Health Service Delivery Area	-16.2%
	Région de l'Abitibi-Témiscamingue	75.6%	Nunavut	-10.2%
	Région de la Côte-Nord	65.5%	Heartland Regional Health Authority	-5.5%
<b>Current smoking</b>				
	Campbellton area	86.9%	Cypress Regional Health	-46.4%



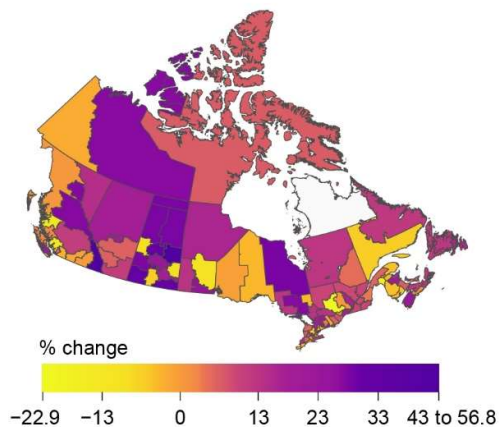
			Authority	
	Nunavut	35.5%	Peel Regional Health Unit	-38.5%
	The District of Algoma Health Unit	33.9%	Moncton Area	-38.2%
	Mamawetan/Keewatin/Athabasca Regional Health Authorities	18.1%	Haldimand - Norfolk Health Unit	-36.6%
	Western/Labrador-Grenfell Regional Integrated Health Authority	17.3%	Région de Laval	-35.9%
<b>≥2 risk factors</b>				
	Haliburton, Kawartha, Pine Ridge District Health Unit	80.9%	Vancouver Health Service Delivery Area	-17.6%
	City of Toronto Health Unit	55.7%	Prairie North Regional Health Authority	-13.0%
	The District of Algoma Health Unit	53.5%	South Vancouver Island Health Service Delivery Area	-10.0%
	Eastern Regional Integrated Health Authority	44.9%	Central Vancouver Island Health Service Delivery Area	-8.3%
	Western/Labrador-Grenfell Regional Integrated Health Authority	44.8%	Région de l'Outaouais	-7.6%

**eFigure 1. Health Region–Level Age- and Sex-Adjusted Prevalence of Hypertension**

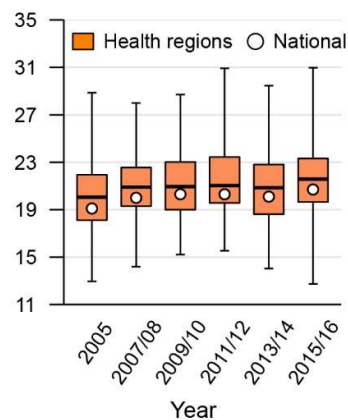
(A) Age- and sex-adjusted prevalence of hypertension, both sexes, 2015/16



(B) Percent change in age- and sex-adjusted prevalence of hypertension from 2005 to 2016, both sexes



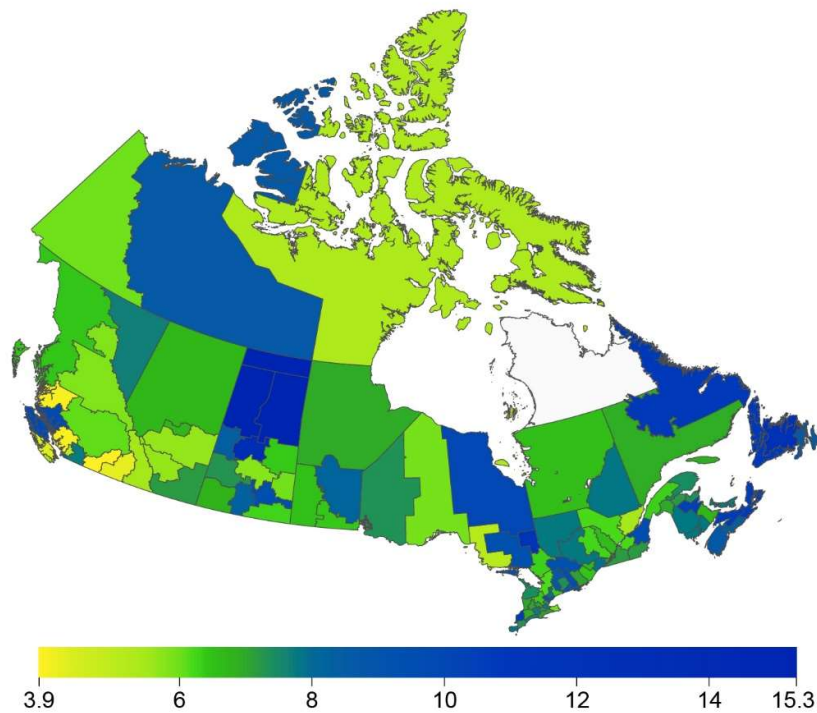
(C) Age- and sex-adjusted prevalence of hypertension over time, both sexes



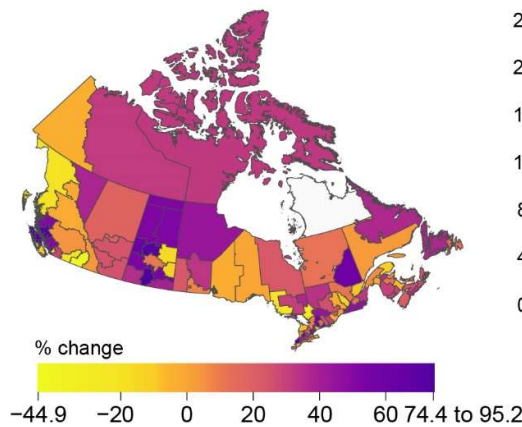
A) Age- and sex-adjusted prevalence of hypertension for both sexes combined in 2015/16. B) Percent change in the age- and sex-adjusted prevalence of hypertension for both sexes combined from 2005 to 2016. In A) and B), two health regions (i.e. Région du Nunavik, and Région des Terres Cries de la Baie James) were filled with blank because of missing data. C) Age- and sex-adjusted prevalence of hypertension in each survey cycle. The bottom border, middle line, and top border of the boxes indicate the 25th, 50th, and 75th percentiles, respectively, across all health regions; the whiskers indicate the full range across all health regions; and the circles indicate the national-level prevalence rate.

**eFigure 2. Health Region–Level Age- and Sex-Adjusted Prevalence of Diabetes**

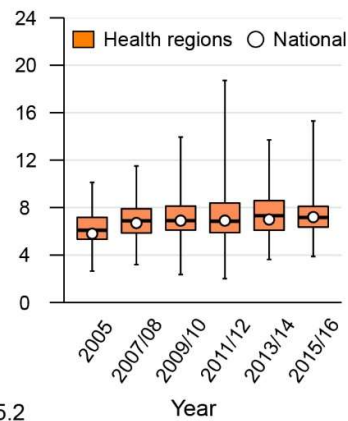
(A) Age- and sex-adjusted prevalence of diabetes, both sexes, 2015/16



(B) Percent change in age- and sex-adjusted prevalence of diabetes from 2005 to 2016, both sexes



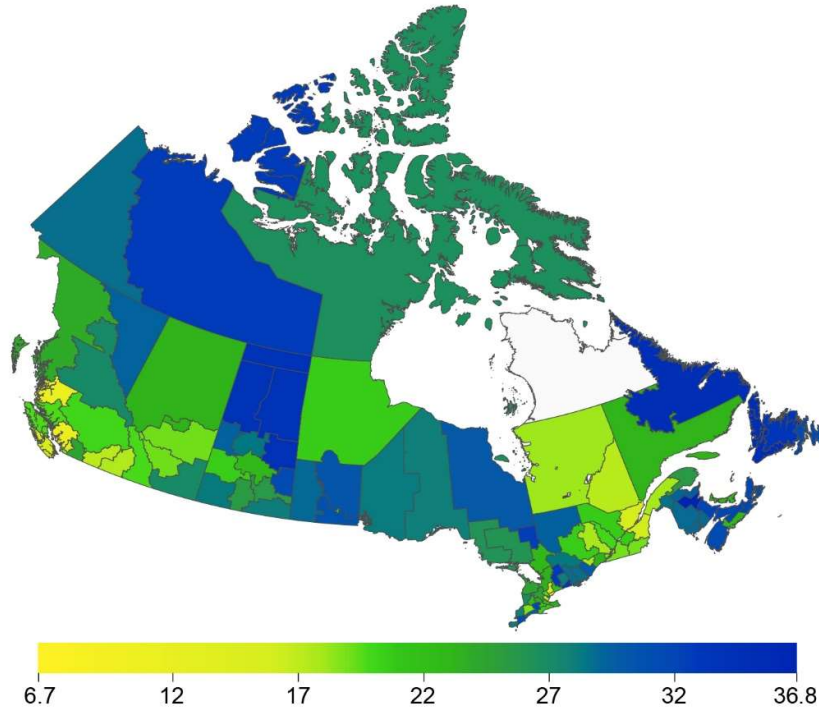
(C) Age- and sex-adjusted prevalence of diabetes over time, both sexes



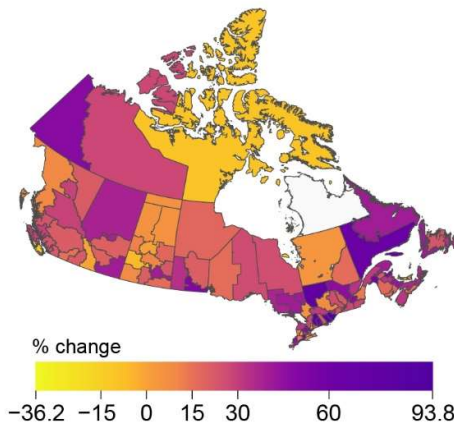
A) Age- and sex-adjusted prevalence of diabetes for both sexes combined in 2015/16. B) Percent change in the age- and sex-adjusted prevalence of diabetes for both sexes combined from 2005 to 2016. In A) and B), two health regions (i.e. Région du Nunavik, and Région des Terres Cries de la Baie James) were filled with blank because of missing data. C) Age- and sex-adjusted prevalence of diabetes in each survey cycle. The bottom border, middle line, and top border of the boxes indicate the 25th, 50th, and 75th percentiles, respectively, across all health regions; the whiskers indicate the full range across all health regions; and the circles indicate the national-level prevalence rate.

**eFigure 3. Health Region–Level Age- and Sex-Adjusted Prevalence of Obesity**

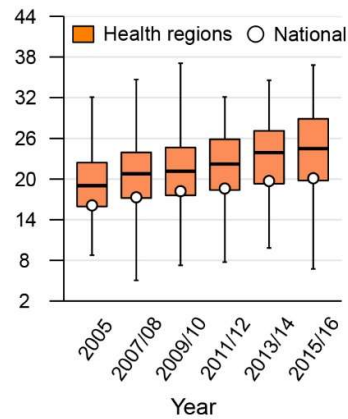
(A) Age- and sex-adjusted prevalence of obesity, both sexes, 2015/16



(B) Percent change in age- and sex-adjusted prevalence of obesity from 2005 to 2016, both sexes



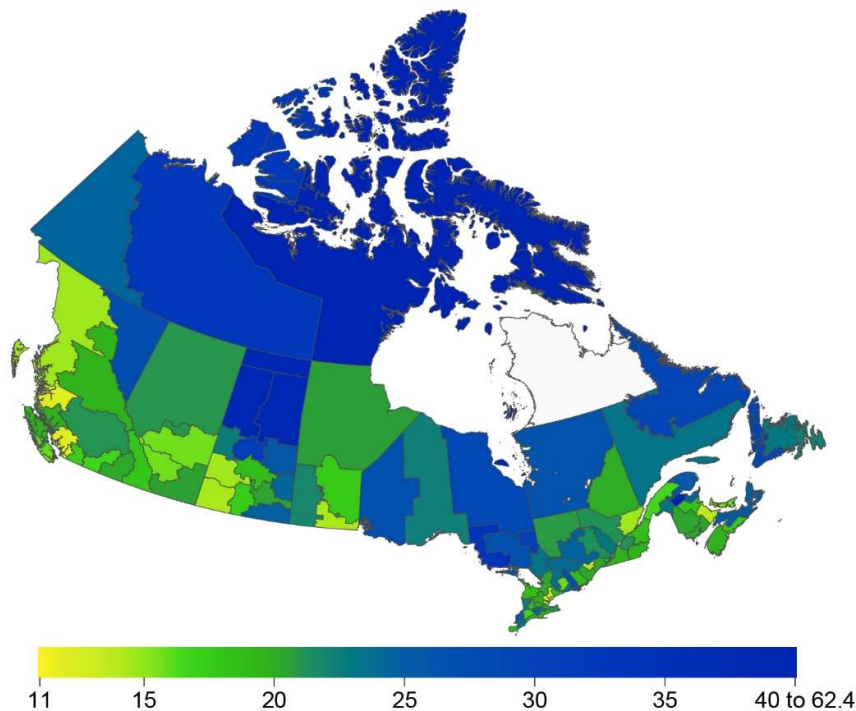
(C) Age- and sex-adjusted prevalence of obesity over time, both sexes



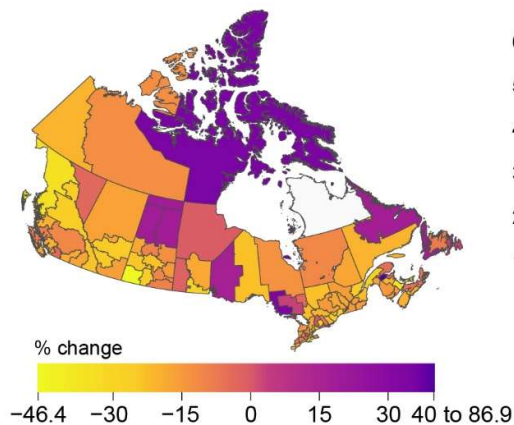
A) Age- and sex-adjusted prevalence of obesity for both sexes combined in 2015/16. B) Percent change in the age- and sex-adjusted prevalence of obesity for both sexes combined from 2005 to 2016. In A) and B), two health regions (i.e. Région du Nunavik, and Région des Terres Cries de la Baie James) were filled with blank because of missing data. C) Age- and sex-adjusted prevalence of obesity in each survey cycle. The bottom border, middle line, and top border of the boxes indicate the 25th, 50th, and 75th percentiles, respectively, across all health regions; the whiskers indicate the full range across all health regions; and the circles indicate the national-level prevalence rate.

**eFigure 4. Health Region–Level Age- and Sex-Adjusted Prevalence of Current Smoking**

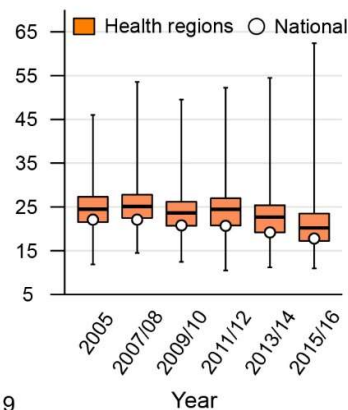
(A) Age- and sex-adjusted prevalence of current smoking, both sexes, 2015/16



(B) Percent change in age- and sex-adjusted prevalence of current smoking from 2005 to 2016, both sexes



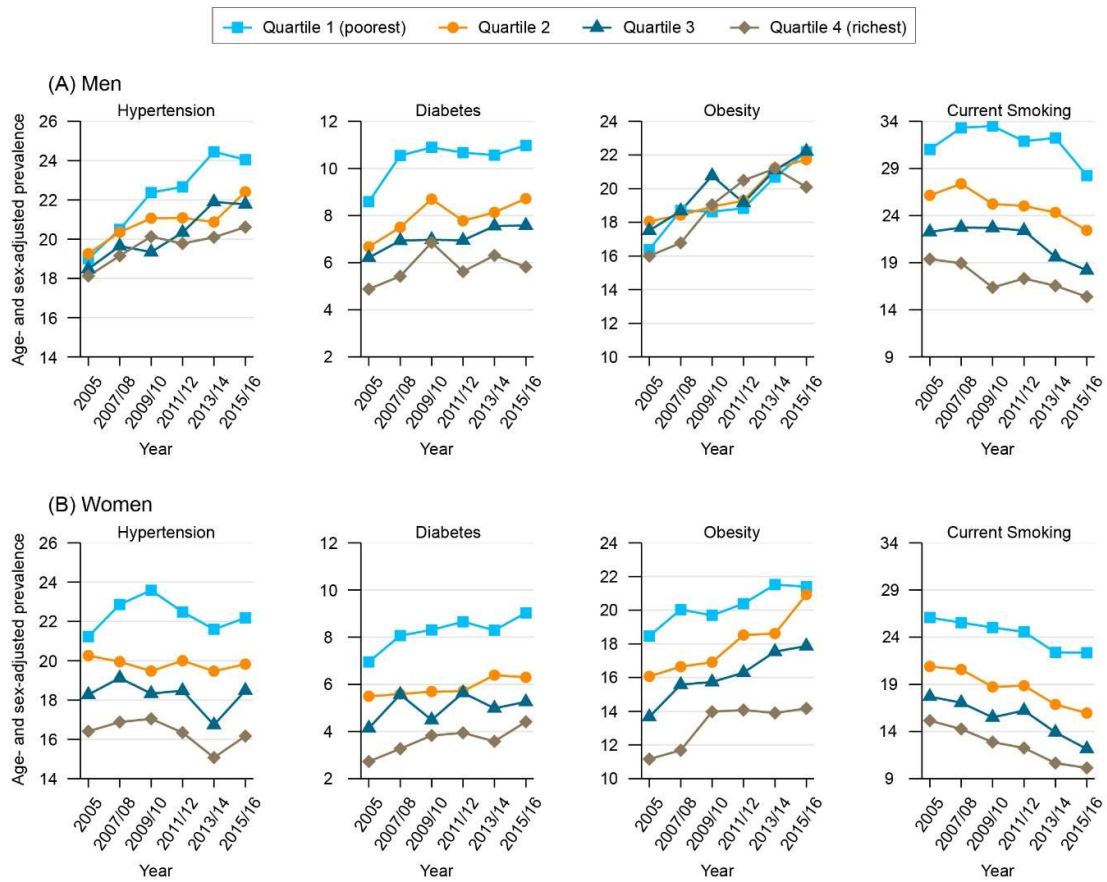
(C) Age- and sex-adjusted prevalence of current smoking over time, both sexes



A) Age- and sex-adjusted prevalence of current smoking for both sexes combined in 2015/16. B) Percent change in the age- and sex-adjusted prevalence of current smoking for both sexes combined from 2005 to 2016. In A) and B), two health regions (i.e. Région du Nunavik, and Région des Terres Cries de la Baie James) were filled with blank because of missing data. C) Age- and sex-adjusted prevalence of current smoking in each survey cycle. The bottom border, middle line, and top border of the boxes indicate the 25th, 50th, and 75th percentiles, respectively, across all health regions; the whiskers indicate the full range across all health regions; and the circles indicate the national-level prevalence rate.



**eFigure 5.** Age-Adjusted Prevalence of Cardiovascular Risk Factors by Income Quartile and Sex



Sex comparisons are only adjusted for age.