

**Table 3** Prevalence of stages I and II hypertension including and excluding those on medication by province, sex and age group (n = 7020 whose physical measurements were taken)

<b>Variable</b>	<b>Stage I including medication</b>	<b>Stage II including medication</b>	<b>Stage I excluding medication</b>	<b>Stage II excluding medication</b>
	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>	<b>% (95% CI)</b>
<b>Overall</b>	37.0 (34.9–39.0)	15.9 (14.5–17.3)	32.5 (30.4–34.5)	9.9 (8.9–10.8)
<b>Province</b>				
Punjab	35.9 (33.2–38.6)	14.8 (13.1–16.5)	31.9 (29.2–34.5)	9.4 (8.2–10.6)
Sindh	39.9 (37.5–42.3)	18.6 (16.6–20.6)	34.3 (32.0–36.5)	11.0 (9.6–12.4)
<b>Sex</b>				
Male	39.3 (36.8–41.9)	14.6 (13.0–16.3)	36.8 (34.2–39.4)	11.1 (9.7–12.5)
Female	35.4 (32.8–37.9)	16.8 (14.9–18.6)	29.3 (26.9–31.7)	9.0 (7.8–10.2)
<b>Age group (years)</b>				
18–29	23.1 (20.8–25.4)	5.8 (4.7–6.9)	21.5 (19.2–23.7)	3.8 (2.9–4.6)
30–44	37.2 (34.5–39.8)	14.9 (13.1–16.7)	33.3 (30.6–36.0)	9.7 (8.2–11.2)
45–59	50.8 (46.6–55.0)	25.0 (21.8–28.1)	44.6 (40.2–49.0)	15.6 (12.9–18.2)
60–69	60.0 (53.9–66.1)	39.4 (33.8–45.0)	51.0 (44.5–57.5)	25.8 (20.8–30.8)

Stage I: systolic blood pressure > 140 mmHg and diastolic blood pressure > 90 mmHg; stage II: systolic blood pressure > 160 mmHg and diastolic blood pressure > 100 mmHg.

CI = confidence interval.