Cholesterol Levels
International Comparison

How do cholesterol levels differ across countries and continents?

Background
High total and LDL cholesterol are important lipid risk factors for cardiovascular disease. Population-level risk varies around the world. A standardized, international census of lipid levels can help monitor risk and target interventions to reduce cardiovascular disease at the national, regional, and global levels.

Population and Results
Based on data from 17 countries, total cholesterol levels varied across countries, as did the proportions of men and women with severely elevated LDL-C.

Cholesterol test results from around the world¹

The proportion of individuals with severely elevated LDL-C (≥4.91 mmol/L) varied by country, ranging from 0.7% to 8.7% for men and 0.3% to 9.9% for women.

* These countries have the highest proportion of men and women with severely elevated LDL-C.


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