

Supplementary material

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Table S1. Prevalence of hypertension, awareness and effectiveness of treatment

Study name /acronym	Sample description	Dates	Age	Men	Women	Total	References
Prevalence of hypertension, %							
POLSCREEN	Primary care patients	2002–2005	≥35	72	70	—	14, 18
NATPOL PLUS	National sample	2002	18–93	29	29	29	19
WOBASZ	National sample	2003–2005	20–74	38	32	35	23
WOBASZ SENIOR	National sample	2006	≥75	75	87	—	30
PolSenior ^a	National sample	2008–2009	≥65	72	79	76	35
NATPOL 2011	National sample	2011	18–79	37	29	32	32
WOBASZ II	National sample	2013–2014	≥20	46	40	43	23
			20–74	44	35	39	23
Lipidogram 2015	Primary care patients	2015	≥18	70	58	63	39
Not aware among all with hypertension, %							
POLSCREEN	Primary care patients	2002–2005	≥35	35	27	—	18
NATPOL PLUS	National sample	2002	18–93	40	27	33	19
WOBASZ	National sample	2003–2005	20–74	48	41	45	23
WOBASZ SENIOR	National sample	2006	≥75	43	25	—	30
PolSenior	National sample	2008–2009	≥65	31	19	23	35
NATPOL 2011	National sample	2011	18–79	35	20	28	32
WOBASZ II	National sample	2013–2014	≥20	45	37	41	23
			20–74	48	45	46	23
Aware, not treated among all with hypertension, %							
POLSCREEN	Primary care patients	2002–2005	≥35	6	5	—	18
NATPOL PLUS	National sample	2002	18–93	13	8	10	19
WOBASZ	National sample	2003–2005	20–74	25	21	23	23
WOBASZ SENIOR	National sample	2006	≥75	10	11	—	30
PolSenior	National sample	2008–2009	≥65	7	6	7	35
WOBASZ II	National sample	2013–2014	≥20	15	11	13	23
			20–74	15	12	9	23
Not effectively treated among all with hypertension, %							
POLSCREEN	Primary care patients	2002–2005	≥35	47	55	—	18
NATPOL PLUS	National sample	2002	18–93	37	51	45	19
WOBASZ	National sample	2003–2005	20–74	19	26	22	23
WOBASZ SENIOR	National sample	2006	≥75	36	50	—	30
PolSenior	National sample	2008–2009	≥65	41	49	46	35
WOBASZ II	National sample	2013–2014	≥20	21	25	23	23
			20–74	20	19	24	23

Effectively treated among all with hypertension, %							
POLSCREEN	Primary care patients	2002–2005	≥35	11	14	—	18
NATPOL PLUS	National sample	2002	18–93	10	14	12	19
WOBASZ	National sample	2003–2005	20–74	8	12	10	23
WOBASZ SENIOR	National sample	2006	≥75	12	15	—	30
PolSenior	National sample	2008–2009	≥65	21	27	24	35
NATPOL 2011	National sample	2011	18–79	21	25	23	32
WOBASZ II	National sample	2013–2014	≥20	19	27	23	23
			20–74	18	24	21	23

^aBased on blood pressure measurement only

Methods of observations, although similar, were not standardized across the studies (see the references)

Percent may not sum up to 100% because of rounding

Table S2. Prevalence of hypercholesterolemia, awareness and effectiveness of treatment

Study name /acronym	Sample description	Dates	Age	Men	Women	Total	References
Prevalence of hypercholesterolemia, triglyceridemia and low HDL-cholesterol combined, %							
WOBASZ	National sample	2003–2005	20–74	74	69	—	24
WOBASZ II	National sample	2013–2014	≥20	81	74	77	38
			20–74	74	67	70	38
Lipidogram 2015	Primary care patients	2015	≥18	89	82	85	39
Prevalence of hypercholesterolemia, %							
POLSCREEN	Primary care patients	2002–2005	≥35	66	73	—	15
WOBASZ	National sample	2003–2005	20–74	67	64	—	24
WOBASZ SENIOR	National sample	2006	≥75	43	62	—	30
NATPOL 2011	National sample	2011	18–79	61	61	61	32,33
WOBASZ II	National sample	2013–2014	≥20	70	64	67	38
			20–74	64	58	61	38
Not aware among all with hypercholesterolemia, %							
POLSCREEN	Primary care patients	2002–2005	≥35	56	52	—	15,18
WOBASZ	National sample	2003–2005	20–74	76	69	—	24
NATPOL 2011	National sample	2011	18–79	62	56	59	33
WOBASZ II	National sample	2013–2014	≥20	61	61	61	38
Aware, not treated among all with hypercholesterolemia, %							
POLSCREEN	Primary care patients	2002–2005	≥35	13	16	—	15, 18
WOBASZ	National sample	2003–2005	20–74	14	18	—	24
NATPOL 2011	National sample	2011	18–79	20	25	22	33
WOBASZ II	National sample	2013–2014	≥20	17	17	17	38
Not effectively treated among all with hypercholesterolemia, %							
POLSCREEN	Primary care patients	2002–2005	≥35	22	26	—	15,18

WOBASZ	National sample	2003–2005	20–74	7	11	—	24
NATPOL 2011	National sample	2011	18–79	8	8	8	33
WOBASZ II	National sample	2013–2014	≥20	16	15	15	38
Effectively treated among all with hypercholesterolemia, %							
POLSCREEN	Primary care patients	2002–2005	≥35	8	7	—	15, 18
WOBASZ	National sample	2003–2005	20–74	3	2	—	24
NATPOL 2011	National sample	2011	18–79	11	11	11	32, 33
WOBASZ II	National sample	2013–2014	≥20	6	6	6	38

Methods of observations, although similar, were not standardized across the studies (see the references)

Percent may not sum up to 100% because of rounding

Table S3. Smoking rates

Study name /acronym	Sample description	Dates	Age	Never smokers			Former smokers			Current smokers			References
				Men	Women	Total	Men	Women	Total	Men	Women	Total	
POLSCREEN	Primary care patients	2002–2005	≥35	—	—	—	—	—	—	27	14	—	16, 18
NATPOL PLUS*	National sample	2002	18–93	—	—	52	—	—	21	—	—	27	20
WOBASZ	National sample	2003–2005	20–74	30	57	—	28	15	—	43 ^b	28 ^b	—	26
WOBASZ SENIOR	National sample	2006	≥75	34	90	—	55	6	—	11	4	—	30
NATPOL 2011	National sample	2011	18–79	37	55	—	32	21	—	32	24	—	32
WOBASZ II	National sample	2013–2014	≥20	—	—	—	—	—	—	30	21	25	22
		2013–2014	20–74	36	59	—	31	18	—	33 ^a	23 ^a	—	26
Lipidogram 2015	Primary care patients	2015	≥18	40	62	54	41	23	29	20	15	17	39

^aIn persons with hypertension

^bRegular and occasional smokers

Methods of observations, although similar, were not standardized across the studies (see the references)

Percent may not sum up to 100% because of rounding

Table S4. Prevalence of overweight and obesity.

Study name /acronym	Sample description	Dates	Age	Normal body weight/underweight			Overweight			Obesity			References
				Men	Women	Total	Men	Women	Total	Men	Women	Total	
POLSCREEN	Primary care patients	2002–2005	≥35	23	29	—	50	41	—	27	30	—	17,18
NATPOL PLUS	National sample	2002	18–93	42	52	—	39	29	—	19	19	—	21
WOBASZ	National sample	2003–2005	20–74	40	50	—	40	28	—	20	22	—	28
WOBASZ SENIOR	National sample	2006	≥75	1	5	—	34	20	—	65	75	—	30
PolSenior	National sample	2008–2009	≥65	29	25	—	45	36	—	26	39	—	36
NATPOL 2011	National sample	2011	18–79	—	—	—	—	—	—	24	20	—	32
WOBASZ II	National sample	2013–2014	≥20	32	45	—	43	31	—	24	25	—	28
		2013–2014	20–74	33	47	—	43	30	—	24	23	—	28
Lipidogram 2015	Primary care patients	2015	≥18	17	31	26	45	36	39	38	33	35	39

Methods of observations, although similar, were not standardized across the studies (see the references)

Percent may not sum up to 100% because of rounding

Table S5. Prevalence of diabetes and impaired fasting glucose

Study name /acronym	Sample description	Dates	Age	Men	Women	Total	References
Prevalence of diabetes, %							
WOBASZ	National sample	2003–2005	20–74	7	6	7	29
WOBASZ SENIOR	National sample	2006	≥75	17	19	—	31
PolSenior	National sample	2008–2009	≥65	—	—	22	37
NATPOL 2011	National sample	2011	18–79	7	6	7	32, 34
WOBASZ II	National sample	2013–2014	20–74	9	8	8	29
Lipidogram 2015	Primary care patients	2015	≥18	16	12	13	39
Prevalence of cases with clinical diagnosis of diabetes/self-reported diabetes, %							
POLSCREEN	Primary care patients	2002–2005	≥35	16	15	—	18
WOBASZ	National sample	2003–2005	20–74	5	5	5	29
PolSenior	National sample	2008–2009	≥65	—	—	18	37
NATPOL 2011	National sample	2011	18–79	5	6	5	34
WOBASZ II	National sample	2013–2014	20–74	6	6	6	29
Prevalence of cases with fasting blood glucose ≥7 mmol/l with no clinical diagnosis of diabetes, %							
WOBASZ	National sample	2003–2005	20–74	2	1	2	29
PolSenior	National sample	2008–2009	≥65	—	—	4	37
NATPOL 2011	National sample	2011	18–79	3	1	2	34
WOBASZ II	National sample	2013–2014	20–74	3	2	2	29
Prevalence of fasting glucose ≥5.6 – <7.0 mmol/l), %							
WOBASZ	National sample	2003–2005	20–74	12	7	9	29
PolSenior	National sample	2008–2009	≥65	—	—	21	37
NATPOL 2011*	National sample	2011	18–79	19	12	16	34
WOBASZ II	National sample	2013–2014	20–74	24	13	18	29

Methods of observations, although similar, were not standardized across the studies (see the references)

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