

WHO STEPS

Noncommunicable Disease

Risk Factor Survey

Data Book for XXXX

YEAR

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**IMPORTANT:**

* ALL analyses use the variables **AgeRange**, **Sex**, and **Valid**. You may use the AgeRange1869 and MissingAgeSex programs to generate these variables from **C1**, **C2**, and **C3**.
* ALL weighted programs use the variables **PSU,** **Stratum,** and one of either **WStep1,** **WStep2,** or **WStep3**.
* Unweighted tables will not have confidence intervals associated with them.

# Introduction

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| **Purpose of the data book** | This data book is a tool used to compile a complete set of data results relating to each question and measurement in the STEPS Instrument. The STEPS data book   * Provides detailed information for the data analyst on producing the results for the tables. * Provides examples of which tables to use in the country report. * Provides examples and suggestions on the layout of tables. |

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| **Format of the data book** | Each page in the data book contains a different table with:   * Title and description of the table * Data tables for men, women and both sexes * Questions used to produce the table (actual question text) * Analysis information (Epi Info program name to produce the table). |

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| **Global Action Plan 2013-2020 and Global Monitoring Framework** | STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs[[1]](#footnote-1), relating to 7 of the 9 global targets.  Indicators captured in STEPS are marked in **bold** and *italic* in the table below. |

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| **Tables in the data book relating to the Global Monitoring Framework** | Tables in the data book relating to the Global Monitoring Framework are identified with this symbol:  visue-gris-lNMH |

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| **Framework Element** | **Target** | **Indicator** |
| MORTALITY AND MORBIDITY | | |
| Premature mortality from noncommunicable disease | 1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases | 1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases |
| Additional indicator | | 2. Cancer incidence, by type of cancer, per 100 000 population |
| BEHAVIOURAL RISK FACTORS | | |
| Harmful use of alcohol | 2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context | 3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context  ***4. Age-standardized prevalence of heavy episodic drinking among*** adolescents and ***adults***, as appropriate, within the national context  5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context |
| Physical inactivity | 3. A 10% relative reduction in prevalence of insufficient physical activity | 6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily  ***7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)*** |
| Salt/sodium intake | 4. A 30% relative reduction in mean population intake of salt/sodium | ***8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years*** |
| Tobacco use | 5. A 30% relative reduction in prevalence of current tobacco use | 9. Prevalence of current tobacco use among adolescents  ***10. Age-standardized prevalence of current tobacco use among persons aged 18+ years*** |
| BIOLOGICAL RISK FACTORS | | |
| Raised blood pressure | 6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances | ***11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure*** |
| Diabetes and obesity | 7. Halt the rise in diabetes & obesity | ***12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose)***  13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex)  ***14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)*** |
| Additional indicators | | 15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years  ***16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day***  ***17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration*** |

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| **Framework Element** | **Target** | **Indicator** |
| NATIONAL SYSTEMS RESPONSE | | |
| Drug therapy to prevent heart attacks and strokes | 8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes | ***18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk ≥30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes*** |
| Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases | 9. An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major noncommunicable diseases in both public and private facilities | 19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities |
| Additional indicators | | 20. Access to palliative care assessed by morphine-equivalent  21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes  22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies  23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt  24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants  ***25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies*** |

# Demographic

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| **Age group by sex** | Description: Summary information by age group and sex of the respondents. |
| Instrument question:  C1: Sex |

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| **Age group and sex of respondents** | | | | | | |
|  | **Male** | | **Female** | | **Both Sexes** | |
| Age Group (years) | n | % | n | % | n | % |
| 18-29 | 267 | 52.5 | 242 | 47.5 | 509 | 100.0 |
| 30-44 | 473 | 48.3 | 506 | 51.7 | 979 | 100.0 |
| 45-59 | 444 | 47.9 | 482 | 52.1 | 926 | 100.0 |
| 60-69 | 298 | 49.4 | 305 | 50.6 | 603 | 100.0 |
| **Total** | **1482** | **49.1** | **1535** | **50.9** | **3017** | **100.0** |
| Area |  |  |  |  |  |  |
| Rural | 444 | 49.4 | 454 | 50.6 | 898 | 100.0 |
| Urban | 1038 | 49.0 | 1081 | 51.0 | 2119 | 100.0 |

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| **Education** | Description: Mean number of years of education among respondents. |
| Instrument question: C4: In total, how many years have you spent at school or in full-time study (excluding pre-school)? |

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| --- | --- | --- | --- | --- | --- | --- |
| **Mean number of years of education** | | | | | | |
|  | **Male** | | **Female** | | **Both Sexes** | |
| Age Group (years) | n | mean | n | mean | n | mean |
| 18-29 | 267 | 13.5 | 242 | 13.7 | 509 | 13.6 |
| 30-44 | 473 | 13.6 | 506 | 13.4 | 979 | 13.5 |
| 45-59 | 443 | 12.1 | 480 | 11.4 | 923 | 11.7 |
| 60-69 | 298 | 11.7 | 300 | 9.7 | 598 | 10.7 |
| **Total** | **1481** | **12.8** | **1528** | **12.1** | **3009** | **12.4** |
| Area |  |  |  |  |  |  |
| Rural | 443 | 12.5 | 451 | 12.1 | 894 | 12.3 |
| Urban | 1038 | 12.9 | 1077 | 12.1 | 2115 | 12.5 |

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| **Highest level of education** | Description: Highest level of education achieved by the survey respondents. |
| Instrument question: C5: What is the highest level of education you have completed? |

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| **Highest level of education** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % No formal schooling | % Less than primary school/Didn't complete primary school | % Primary school completed (PSR/PCE) | % Lower Secondary school completed (BJCE/PMB) | % O' level school completed | % IB/'A' Levels/Diploma/HND completed | % Bachelors Degree complted | % Post graduate degree (Masters/PhD) completed |
| 18-29 | 267 | 0.0 | 0.0 | 1.5 | 6.4 | 35.6 | 36.7 | 16.9 | 3.0 |
| 30-44 | 473 | 0.0 | 0.8 | 5.5 | 16.9 | 24.5 | 31.5 | 16.3 | 4.4 |
| 45-59 | 444 | 0.0 | 2.0 | 11.9 | 28.2 | 26.8 | 20.5 | 7.4 | 3.2 |
| 60-69 | 298 | 0.7 | 3.0 | 13.8 | 32.6 | 21.1 | 20.5 | 7.4 | 1.0 |
| **Total** | **1482** | **0.1** | **1.5** | **8.4** | **21.5** | **26.5** | **26.9** | **11.9** | **3.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 0.0 | 1.1 | 9.5 | 24.3 | 28.2 | 24.5 | 9.7 | 2.7 |
| Urban | 1038 | 0.2 | 1.6 | 7.9 | 20.3 | 25.8 | 27.9 | 12.9 | 3.3 |

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| **Highest level of education** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % No formal schooling | % Less than primary school/Didn't complete primary school | % Primary school completed (PSR/PCE) | % Lower Secondary school completed (BJCE/PMB) | % O' level school completed | % IB/'A' Levels/Diploma/HND completed | % Bachelors Degree complted | % Post graduate degree (Masters/PhD) completed |
| 18-29 | 242 | 0.4 | 0.0 | 0.8 | 2.1 | 34.7 | 39.3 | 20.2 | 2.5 |
| 30-44 | 506 | 0.4 | 2.0 | 4.9 | 15.6 | 24.9 | 28.1 | 16.4 | 7.7 |
| 45-59 | 480 | 1.9 | 4.4 | 9.8 | 20.6 | 38.3 | 14.0 | 8.3 | 2.7 |
| 60-69 | 303 | 7.9 | 6.6 | 15.2 | 30.7 | 23.1 | 9.9 | 5.3 | 1.3 |
| **Total** | **1531** | **2.4** | **3.3** | **7.8** | **18.0** | **30.3** | **21.8** | **12.3** | **4.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 452 | 3.5 | 3.8 | 7.3 | 19.7 | 29.2 | 20.8 | 13.1 | 2.7 |
| Urban | 1079 | 1.9 | 3.2 | 8.1 | 17.3 | 30.8 | 22.2 | 12.0 | 4.6 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Highest level of education** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % No formal schooling | % Less than primary school/Didn't complete primary school | % Primary school completed (PSR/PCE) | % Lower Secondary school completed (BJCE/PMB) | % O' level school completed | % IB/'A' Levels/Diploma/HND completed | % Bachelors Degree complted | % Post graduate degree (Masters/PhD) completed |
| 18-29 | 509 | 0.2 | 0.0 | 1.2 | 4.3 | 35.2 | 37.9 | 18.5 | 2.8 |
| 30-44 | 979 | 0.2 | 1.4 | 5.2 | 16.2 | 24.7 | 29.7 | 16.3 | 6.1 |
| 45-59 | 924 | 1.0 | 3.2 | 10.8 | 24.2 | 32.8 | 17.1 | 7.9 | 2.9 |
| 60-69 | 601 | 4.3 | 4.8 | 14.5 | 31.6 | 22.1 | 15.1 | 6.3 | 1.2 |
| **Total** | **3013** | **1.3** | **2.4** | **8.1** | **19.7** | **28.4** | **24.3** | **12.1** | **3.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 896 | 1.8 | 2.5 | 8.4 | 22.0 | 28.7 | 22.7 | 11.4 | 2.7 |
| Urban | 2117 | 1.0 | 2.4 | 8.0 | 18.8 | 28.3 | 25.0 | 12.4 | 4.0 |

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| **Ethnicity** | Description: Summary results for the ethnicity of the respondents |
| Instrument question: C6: What is your [insert relevant ethnic group/racial group/cultural subgroup/others] background? |

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| **Ethnic group of respondents** | | | | | |
| **Total** | | | | | |
| Age Categories (Years) | n | % Malay | % Chinese | % Indian | % Other |
| 18-29 | 509 | 89.6 | 4.7 | 0.0 | 5.7 |
| 30-44 | 979 | 84.1 | 8.4 | 0.1 | 7.5 |
| 45-59 | 925 | 79.0 | 11.8 | 0.1 | 9.1 |
| 60-69 | 603 | 73.6 | 16.1 | 1.0 | 9.3 |
| **Total** | **3016** | **81.4** | **10.3** | **0.3** | **8.0** |
| Area |  |  |  |  |  |
| Rural | 898 | 78.2 | 8.9 | 0.1 | 12.8 |
| Urban | 2118 | 82.7 | 11.0 | 0.3 | 6.0 |

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| **Marital status** | Description: Marital status of survey respondents. |
| Instrument question: C7: What is your marital status? |

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| --- | --- | --- | --- | --- | --- | --- |
| **Marital status** | | | | | | |
| **Male** | | | | | | |
| Age Categories (Years) | n | % Never married | % Currently married | % Separated (but still married) | % Divorced | % Widowed |
| 18-29 | 267 | 82.0 | 17.6 | 0.0 | 0.4 | 0.0 |
| 30-44 | 473 | 22.0 | 75.3 | 0.0 | 1.3 | 1.5 |
| 45-59 | 444 | 8.6 | 86.3 | 0.0 | 1.8 | 3.4 |
| 60-69 | 298 | 3.4 | 90.6 | 0.3 | 0.7 | 5.0 |
| **Total** | **1482** | **25.0** | **71.3** | **0.1** | **1.1** | **2.5** |
| Area |  |  |  |  |  |  |
| Rural | 444 | 25.0 | 72.1 | 0.0 | 1.4 | 1.6 |
| Urban | 1038 | 25.0 | 70.9 | 0.1 | 1.1 | 2.9 |

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| --- | --- | --- | --- | --- | --- | --- |
| **Marital status** | | | | | | |
| **Female** | | | | | | |
| Age Categories (Years) | n | % Never married | % Currently married | % Separated (but still married) | % Divorced | % Widowed |
| 18-29 | 242 | 69.0 | 29.3 | 0.0 | 0.4 | 1.2 |
| 30-44 | 506 | 14.2 | 79.4 | 0.4 | 3.2 | 2.8 |
| 45-59 | 482 | 10.0 | 76.1 | 0.0 | 4.6 | 9.3 |
| 60-69 | 305 | 10.5 | 71.5 | 0.0 | 3.3 | 14.8 |
| **Total** | **1535** | **20.8** | **68.9** | **0.1** | **3.2** | **7.0** |
| Area |  |  |  |  |  |  |
| Rural | 454 | 22.2 | 68.1 | 0.0 | 3.5 | 6.2 |
| Urban | 1081 | 20.2 | 69.3 | 0.2 | 3.1 | 7.3 |

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| --- | --- | --- | --- | --- | --- | --- |
| **Marital status** | | | | | | |
| **Total** | | | | | | |
| Age Categories (Years) | n | % Never married | % Currently married | % Separated (but still married) | % Divorced | % Widowed |
| 18-29 | 509 | 75.8 | 23.2 | 0.0 | 0.4 | 0.6 |
| 30-44 | 979 | 18.0 | 77.4 | 0.2 | 2.2 | 2.1 |
| 45-59 | 926 | 9.3 | 81.0 | 0.0 | 3.2 | 6.5 |
| 60-69 | 603 | 7.0 | 80.9 | 0.2 | 2.0 | 10.0 |
| **Total** | **3017** | **22.9** | **70.1** | **0.1** | **2.2** | **4.8** |
| Area |  |  |  |  |  |  |
| Rural | 898 | 23.6 | 70.0 | 0.0 | 2.4 | 3.9 |
| Urban | 2119 | 22.6 | 70.1 | 0.1 | 2.1 | 5.1 |

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| **Employment status** | Description: Proportion of respondents in paid employment and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed. |
| Instrument question: C8: Which of the following best describes your main work status over the past 12 months? |

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| --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | |
| **Male** | | | | | |
| Age Categories (Years) | n | % Government employee | % Non-government employee | % Self-employed | % Non-paid |
| 18-29 | 267 | 18.7 | 33.7 | 6.7 | 1.1 |
| 30-44 | 472 | 56.4 | 29.0 | 9.5 | 0.2 |
| 45-59 | 444 | 43.9 | 23.4 | 12.8 | 0.2 |
| 60-69 | 298 | 6.7 | 5.7 | 11.4 | 0.7 |
| **Total** | **1481** | **35.9** | **23.5** | **10.4** | **0.5** |
| Area |  |  |  |  |  |
| Rural | 444 | 36.7 | 20.7 | 10.1 | 0.7 |
| Urban | 1037 | 35.5 | 24.7 | 10.5 | 0.4 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | | |
| **Male** | | | | | | |
| Age Categories (Years) | n | % Student | % Homemaker | % Retired | % Unemployed (able to work) | % Unemployed (unable to work) |
| 18-29 | 267 | 28.5 | 0.0 | 0.0 | 7.5 | 3.7 |
| 30-44 | 472 | 0.0 | 0.0 | 2.1 | 1.9 | 0.8 |
| 45-59 | 444 | 0.0 | 0.0 | 17.6 | 0.7 | 1.4 |
| 60-69 | 298 | 0.0 | 0.0 | 75.5 | 0.0 | 0.0 |
| **Total** | **1481** | **5.1** | **0.0** | **21.1** | **2.2** | **1.4** |
| Area |  |  |  |  |  |  |
| Rural | 444 | 4.5 | 0.0 | 23.2 | 2.5 | 1.6 |
| Urban | 1037 | 5.4 | 0.0 | 20.3 | 2.0 | 1.3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | |
| **Female** | | | | | |
| Age Categories (Years) | n | % Government employee | % Non-government employee | % Self-employed | % Non-paid |
| 18-29 | 241 | 11.2 | 32.0 | 5.4 | 0.0 |
| 30-44 | 506 | 37.5 | 21.9 | 7.1 | 0.8 |
| 45-59 | 482 | 32.8 | 17.4 | 7.5 | 1.2 |
| 60-69 | 305 | 4.9 | 6.2 | 6.9 | 0.0 |
| **Total** | **1534** | **25.4** | **19.0** | **6.9** | **0.7** |
| Area |  |  |  |  |  |
| Rural | 454 | 21.8 | 19.4 | 7.3 | 1.1 |
| Urban | 1080 | 26.9 | 18.8 | 6.8 | 0.5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | | |
| **Female** | | | | | | |
| Age Categories (Years) | n | % Student | % Homemaker | % Retired | % Unemployed (able to work) | % Unemployed (unable to work) |
| 18-29 | 241 | 27.4 | 16.2 | 0.0 | 5.4 | 2.5 |
| 30-44 | 506 | 0.6 | 27.9 | 0.2 | 2.0 | 2.0 |
| 45-59 | 482 | 0.0 | 32.2 | 6.8 | 1.7 | 0.4 |
| 60-69 | 305 | 0.0 | 28.2 | 52.5 | 0.0 | 1.3 |
| **Total** | **1534** | **4.5** | **27.4** | **12.6** | **2.0** | **1.4** |
| Area |  |  |  |  |  |  |
| Rural | 454 | 2.9 | 28.2 | 15.4 | 1.3 | 2.6 |
| Urban | 1080 | 5.2 | 27.1 | 11.5 | 2.3 | 0.9 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | |
| **Total** | | | | | |
| Age Categories (Years) | n | % Government employee | % Non-government employee | % Self-employed | % Non-paid |
| 18-29 | 508 | 15.2 | 32.9 | 6.1 | 0.6 |
| 30-44 | 978 | 46.6 | 25.4 | 8.3 | 0.5 |
| 45-59 | 926 | 38.1 | 20.3 | 10.0 | 0.8 |
| 60-69 | 603 | 5.8 | 6.0 | 9.1 | 0.3 |
| **Total** | **3015** | **30.5** | **21.2** | **8.6** | **0.6** |
| Area |  |  |  |  |  |
| Rural | 898 | 29.2 | 20.0 | 8.7 | 0.9 |
| Urban | 2117 | 31.1 | 21.7 | 8.6 | 0.4 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Employment status** | | | | | | |
| **Total** | | | | | | |
| Age Categories (Years) | n | % Student | % Homemaker | % Retired | % Unemployed (able to work) | % Unemployed (unable to work) |
| 18-29 | 508 | 28.0 | 7.7 | 0.0 | 6.5 | 3.1 |
| 30-44 | 978 | 0.3 | 14.4 | 1.1 | 1.9 | 1.4 |
| 45-59 | 926 | 0.0 | 16.7 | 12.0 | 1.2 | 0.9 |
| 60-69 | 603 | 0.0 | 14.3 | 63.8 | 0.0 | 0.7 |
| **Total** | **3015** | **4.8** | **14.0** | **16.8** | **2.1** | **1.4** |
| Area |  |  |  |  |  |  |
| Rural | 898 | 3.7 | 14.3 | 19.3 | 1.9 | 2.1 |
| Urban | 2117 | 5.3 | 13.8 | 15.8 | 2.2 | 1.1 |

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| **Unpaid work and unemployed** | Description: Proportion of respondents in unpaid work |
| Instrument question: C8: Which of the following best describes your main work status over the past 12 months? |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Unpaid work and unemployed** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Non-paid | % Student | % Homemaker | % Retired | % Unemployed able to work | % Unemployed unable to work |
| 18-29 | 109 | 2.8 | 69.7 | 0.0 | 0.0 | 18.3 | 9.2 |
| 30-44 | 24 | 4.2 | 0.0 | 0.0 | 41.7 | 37.5 | 16.7 |
| 45-59 | 88 | 1.1 | 0.0 | 0.0 | 88.6 | 3.4 | 6.8 |
| 60-69 | 227 | 0.9 | 0.0 | 0.0 | 99.1 | 0.0 | 0.0 |
| **Total** | **448** | **1.6** | **17.0** | **0.0** | **69.9** | **7.1** | **4.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 144 | 2.1 | 13.9 | 0.0 | 71.5 | 7.6 | 4.9 |
| Urban | 304 | 1.3 | 18.4 | 0.0 | 69.1 | 6.9 | 4.3 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Unpaid work and unemployed** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Non-paid | % Student | % Homemaker | % Retired | % Unemployed able to work | % Unemployed unable to work |
| 18-29 | 124 | 0.0 | 53.2 | 31.5 | 0.0 | 10.5 | 4.8 |
| 30-44 | 169 | 2.4 | 1.8 | 83.4 | 0.6 | 5.9 | 5.9 |
| 45-59 | 204 | 2.9 | 0.0 | 76.0 | 16.2 | 3.9 | 1.0 |
| 60-69 | 250 | 0.0 | 0.0 | 34.4 | 64.0 | 0.0 | 1.6 |
| **Total** | **747** | **1.3** | **9.2** | **56.4** | **26.0** | **4.1** | **2.9** |
| Area |  |  |  |  |  |  |  |
| Rural | 234 | 2.1 | 5.6 | 54.7 | 29.9 | 2.6 | 5.1 |
| Urban | 513 | 1.0 | 10.9 | 57.1 | 24.2 | 4.9 | 1.9 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Unpaid work and unemployed** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Non-paid | % Student | % Homemaker | % Retired | % Unemployed able to work | % Unemployed unable to work |
| 18-29 | 233 | 1.3 | 60.9 | 16.7 | 0.0 | 14.2 | 6.9 |
| 30-44 | 193 | 2.6 | 1.6 | 73.1 | 5.7 | 9.8 | 7.3 |
| 45-59 | 292 | 2.4 | 0.0 | 53.1 | 38.0 | 3.8 | 2.7 |
| 60-69 | 477 | 0.4 | 0.0 | 18.0 | 80.7 | 0.0 | 0.8 |
| **Total** | **1195** | **1.4** | **12.1** | **35.2** | **42.4** | **5.3** | **3.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 378 | 2.1 | 8.7 | 33.9 | 45.8 | 4.5 | 5.0 |
| Urban | 817 | 1.1 | 13.7 | 35.9 | 40.9 | 5.6 | 2.8 |

|  |  |
| --- | --- |
| **Per capita annual income** | Description: Per capita annual income |
| Instrument question: C9: How many people older than 18 years, including yourself, live in your household? C10peryear: Taking the past year, can you tell me what the average earning of the household has been? |

|  |  |  |
| --- | --- | --- |
| **Mean annual per capita income** | | |
|  | **Both Sexes** | |
| Age Group (years) | n | mean |
| **Total** | **2797** | **13997.2** |
| Area |  |  |
| Rural | 833 | 14092.2 |
| Urban | 1964 | 13957.0 |

|  |  |
| --- | --- |
| **Estimated household earnings** | Description: Summary of participant household earnings by quintile |
| Instrument question: C11: If you don't know the amount, can you give an estimate of the annual household income if I read some options to you? |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Estimated household earnings** | | | | | | |
| **Total** | | | | | | |
| Age Categories (Years) | n | % ≤ 36 000 | % More than 36 000 ≤ 60 000 | % More than 60 000 ≤ 96 000 | % More than 96 000 ≤ 126 000 | % More than 126 000 |
| 18-29 | 41 | 78.0 | 12.2 | 2.4 | 7.3 | 0.0 |
| 30-44 | 31 | 77.4 | 12.9 | 9.7 | 0.0 | 0.0 |
| 45-59 | 24 | 75.0 | 16.7 | 4.2 | 0.0 | 4.2 |
| 60-69 | 13 | 84.6 | 0.0 | 7.7 | 0.0 | 7.7 |
| **Total** | **109** | **78.0** | **11.9** | **5.5** | **2.8** | **1.8** |
| Area |  |  |  |  |  |  |
| Rural | 30 | 73.3 | 13.3 | 10.0 | 0.0 | 3.3 |
| Urban | 79 | 79.7 | 11.4 | 3.8 | 3.8 | 1.3 |

# Tobacco Use

|  |  |
| --- | --- |
| **Current smoking** | Description: Current smokers among all respondents |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Current smoker | 95% CI | n | % Current smoker | 95% CI | n | % Current smoker | 95% CI |
| 18-29 | 267 | 24.1 | 16.8 - 33.4 | 242 | 2.9 | 1.3 - 6.4 | 509 | 11.9 | 8.1 - 17.2 |
| 30-44 | 473 | 30.5 | 22.1 - 40.5 | 506 | 2.2 | 1.3 - 3.8 | 979 | 13.6 | 10.0 - 18.1 |
| 45-59 | 444 | 30.1 | 18.2 - 45.6 | 482 | 4.7 | 1.7 - 12.3 | 926 | 17.8 | 11.6 - 26.2 |
| 60-69 | 298 | 14.4 | 9.4 - 21.5 | 305 | 0.7 | 0.3 - 1.9 | 603 | 6.4 | 4.2 - 9.7 |
| **Total** | **1482** | **26.7** | **21.2 - 33.0** | **1535** | **2.9** | **1.7 - 4.7** | **3017** | **13.4** | **10.7 - 16.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 24.2 | 15.6 - 35.4 | 454 | 1.3 | 0.5 - 3.6 | 898 | 11.2 | 7.6 - 16.2 |
| Urban | 1038 | 28.8 | 22.9 - 35.6 | 1081 | 4.3 | 2.4 - 7.4 | 2119 | 15.4 | 12.0 - 19.5 |

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| --- | --- |
| **Smoking Status** | Description: Smoking status of all respondents |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T8: In the past, did you ever smoke any tobacco products? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Smoking status** | | | | | | | | | |
| **Male** | | | | | | | | | |
|  | Current smoker | | | | | Non-smokers | | | |
| Age Categories (Years) | n | % Daily | 95% CI | % Non-Daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 267 | 13.8 | 8.6 - 21.5 | 10.3 | 5.3 - 19.0 | 21.9 | 14.2 - 32.3 | 54.0 | 43.9 - 63.7 |
| 30-44 | 473 | 25.7 | 18.0 - 35.3 | 4.8 | 3.1 - 7.2 | 42.6 | 30.1 - 56.1 | 26.9 | 19.1 - 36.6 |
| 45-59 | 444 | 15.3 | 8.5 - 26.1 | 14.8 | 7.0 - 28.6 | 31.1 | 15.4 - 52.9 | 38.7 | 23.7 - 56.3 |
| 60-69 | 298 | 7.3 | 4.1 - 12.6 | 7.1 | 3.5 - 13.7 | 43.8 | 33.0 - 55.1 | 41.9 | 30.8 - 53.8 |
| **Total** | **1482** | **16.7** | **12.8 - 21.4** | **10.0** | **6.6 - 14.8** | **32.6** | **25.1 - 41.1** | **40.8** | **34.1 - 47.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 15.2 | 9.2 - 24.2 | 8.9 | 4.1 - 18.3 | 32.8 | 19.4 - 49.8 | 43.0 | 30.3 - 56.7 |
| Urban | 1038 | 17.9 | 13.8 - 22.9 | 10.9 | 7.0 - 16.6 | 32.4 | 26.3 - 39.1 | 38.8 | 33.5 - 44.4 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Smoking status** | | | | | | | | | |
| **Female** | | | | | | | | | |
|  | Current smoker | | | | | Non-smokers | | | |
| Age Categories (Years) | n | % Daily | 95% CI | % Non-Daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 242 | 0.5 | 0.1 - 2.8 | 2.4 | 1.0 - 5.8 | 11.6 | 4.3 - 27.5 | 85.5 | 70.9 - 93.5 |
| 30-44 | 506 | 1.3 | 0.7 - 2.4 | 0.9 | 0.3 - 2.3 | 12.6 | 8.2 - 18.8 | 85.2 | 78.6 - 90.1 |
| 45-59 | 482 | 1.9 | 0.6 - 5.8 | 2.8 | 0.6 - 11.9 | 5.1 | 2.8 - 9.2 | 90.2 | 83.1 - 94.5 |
| 60-69 | 305 | 0.6 | 0.2 - 1.6 | 0.1 | 0.0 - 0.8 | 1.5 | 0.7 - 3.1 | 97.8 | 95.8 - 98.9 |
| **Total** | **1535** | **1.1** | **0.6 - 2.0** | **1.8** | **0.9 - 3.6** | **9.1** | **5.7 - 14.1** | **88.0** | **82.9 - 91.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 454 | 0.2 | 0.1 - 0.4 | 1.2 | 0.4 - 3.5 | 8.5 | 3.4 - 19.6 | 90.2 | 79.5 - 95.6 |
| Urban | 1081 | 1.9 | 1.0 - 3.6 | 2.4 | 1.0 - 5.7 | 9.7 | 6.5 - 14.2 | 86.0 | 81.1 - 89.8 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Smoking status** | | | | | | | | | |
| **Total** | | | | | | | | | |
|  | Current smoker | | | | | Non-smokers | | | |
| Age Categories (Years) | n | % Daily | 95% CI | % Non-Daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 509 | 6.1 | 3.7 - 9.9 | 5.8 | 3.2 - 10.1 | 16.0 | 9.9 - 24.7 | 72.1 | 63.3 - 79.5 |
| 30-44 | 979 | 11.1 | 7.9 - 15.5 | 2.5 | 1.6 - 3.7 | 24.6 | 17.6 - 33.3 | 61.8 | 53.1 - 69.8 |
| 45-59 | 926 | 8.8 | 5.3 - 14.3 | 9.0 | 4.7 - 16.6 | 18.5 | 9.5 - 32.9 | 63.8 | 51.5 - 74.5 |
| 60-69 | 603 | 3.4 | 2.0 - 5.7 | 3.0 | 1.5 - 6.0 | 19.1 | 13.4 - 26.6 | 74.5 | 66.3 - 81.2 |
| **Total** | **3017** | **8.0** | **6.2 - 10.3** | **5.4** | **3.8 - 7.8** | **19.5** | **15.1 - 24.7** | **67.1** | **61.7 - 72.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 898 | 6.7 | 4.1 - 10.6 | 4.5 | 2.4 - 8.5 | 19.0 | 11.4 - 30.0 | 69.8 | 59.3 - 78.6 |
| Urban | 2119 | 9.1 | 7.0 - 11.9 | 6.2 | 4.1 - 9.4 | 19.9 | 16.6 - 23.7 | 64.7 | 60.3 - 68.8 |

|  |  |
| --- | --- |
| **Daily smoking** | Description: Percentage of current daily smokers among smokers |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current daily smokers among smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Daily smokers | 95% CI | n | % Daily smokers | 95% CI | n | % Daily smokers | 95% CI |
| 18-29 | 70 | 57.3 | 36.1 - 76.1 | 9 | 15.9 | 2.5 - 58.7 | 79 | 51.5 | 33.5 - 69.2 |
| 30-44 | 168 | 84.4 | 76.7 - 89.8 | 27 | 58.7 | 31.2 - 81.7 | 195 | 81.9 | 73.4 - 88.1 |
| 45-59 | 163 | 50.8 | 29.8 - 71.5 | 16 | 39.8 | 9.0 - 81.6 | 179 | 49.4 | 30.3 - 68.7 |
| 60-69 | 57 | 50.6 | 28.7 - 72.2 | 6 | 85.1 | 42.4 - 97.8 | 63 | 52.9 | 31.7 - 73.0 |
| **Total** | **458** | **62.5** | **50.7 - 72.9** | **58** | **37.5** | **19.2 - 60.3** | **516** | **59.5** | **48.9 - 69.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 146 | 63.0 | 41.0 - 80.7 | 11 | 12.6 | 3.4 - 37.4 | 157 | 59.6 | 39.5 - 77.0 |
| Urban | 312 | 62.1 | 49.4 - 73.3 | 47 | 44.8 | 21.0 - 71.2 | 359 | 59.4 | 47.8 - 70.1 |

|  |  |
| --- | --- |
| **Initiation and duration of smoking** | Description: Mean age of initiation and mean duration of smoking, in years, among daily smokers (no total age group for mean duration of smoking as age influences these values). |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T3: How old were you when you first started smoking? T4: Do you remember how long ago it was? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean age started smoking** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean age | 95% CI | n | Mean age | 95% CI | n | Mean age | 95% CI |
| 18-29 | 43 | 16.0 | 15.0 - 17.0 | 2 | 16.0 | 16.0 - 16.0 | 45 | 16.0 | 15.0 - 16.9 |
| 30-44 | 120 | 15.0 | 13.9 - 16.2 | 18 | 20.5 | 17.8 - 23.3 | 138 | 15.4 | 14.2 - 16.6 |
| 45-59 | 100 | 16.7 | 15.6 - 17.9 | 11 | 20.3 | 16.5 - 24.2 | 111 | 17.1 | 16.1 - 18.2 |
| 60-69 | 34 | 21.5 | 18.1 - 24.9 | 5 | 26.6 | 17.4 - 35.9 | 39 | 22.1 | 18.8 - 25.3 |
| **Total** | **297** | **16.1** | **15.4 - 16.8** | **36** | **20.2** | **17.9 - 22.5** | **333** | **16.4** | **15.8 - 17.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 91 | 16.2 | 15.0 - 17.4 | 6 | 17.9 | 15.7 - 20.1 | 97 | 16.2 | 15.0 - 17.4 |
| Urban | 206 | 16.0 | 15.2 - 16.8 | 30 | 20.4 | 17.9 - 22.9 | 236 | 16.5 | 15.8 - 17.3 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean duration of smoking** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean duration | 95% CI | n | Mean duration | 95% CI | n | Mean duration | 95% CI |
| 18-29 | 43 | 8.5 | 6.4 - 10.5 | 2 | 4.8 | 4.4 - 5.3 | 45 | 8.3 | 6.4 - 10.3 |
| 30-44 | 120 | 22.6 | 20.5 - 24.7 | 18 | 18.0 | 15.3 - 20.8 | 138 | 22.3 | 20.3 - 24.3 |
| 45-59 | 100 | 33.8 | 30.6 - 37.0 | 11 | 27.4 | 25.1 - 29.8 | 111 | 33.2 | 30.2 - 36.1 |
| 60-69 | 34 | 42.0 | 38.6 - 45.5 | 5 | 35.8 | 25.7 - 45.8 | 39 | 41.4 | 38.1 - 44.7 |
| **Total** | **297** | **23.3** | **20.5 - 26.0** | **36** | **21.4** | **15.6 - 27.1** | **333** | **23.1** | **20.5 - 25.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 91 | 23.9 | 18.8 - 29.0 | 6 | 22.8 | 16.0 - 29.6 | 97 | 23.9 | 18.8 - 28.9 |
| Urban | 206 | 22.8 | 19.8 - 25.8 | 30 | 21.2 | 15.0 - 27.5 | 236 | 22.6 | 19.9 - 25.3 |

|  |  |
| --- | --- |
| **Manufactured cigarette smokers** | Description: Percentage of smokers who use manufactured cigarettes among daily smokers and among current smokers |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T5: On average, how many of the following products do you smoke each day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Manufactured cigarette smokers among daily smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Manu-factured cigarette smoker | 95% CI | n | % Manu-factured cigarette smoker | 95% CI | n | % Manu-factured cigarette smoker | 95% CI |
| 18-29 | 42 | 100.0 | 100.0 - 100.0 | 2 | 100.0 | 100.0 - 100.0 | 44 | 100.0 | 100.0 - 100.0 |
| 30-44 | 120 | 100.0 | 100.0 - 100.0 | 18 | 100.0 | 100.0 - 100.0 | 138 | 100.0 | 100.0 - 100.0 |
| 45-59 | 98 | 100.0 | 100.0 - 100.0 | 10 | 100.0 | 100.0 - 100.0 | 108 | 100.0 | 100.0 - 100.0 |
| 60-69 | 34 | 100.0 | 100.0 - 100.0 | 5 | 100.0 | 100.0 - 100.0 | 39 | 100.0 | 100.0 - 100.0 |
| **Total** | **294** | **100.0** | **100.0 - 100.0** | **35** | **100.0** | **100.0 - 100.0** | **329** | **100.0** | **100.0 - 100.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 90 | 100.0 | 100.0 - 100.0 | 6 | 100.0 | 100.0 - 100.0 | 96 | 100.0 | 100.0 - 100.0 |
| Urban | 204 | 100.0 | 100.0 - 100.0 | 29 | 100.0 | 100.0 - 100.0 | 233 | 100.0 | 100.0 - 100.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Manufactured cigarette smokers among current smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Manu-factured cigarette smoker | 95% CI | n | % Manu-factured cigarette smoker | 95% CI | n | % Manu-factured cigarette smoker | 95% CI |
| 18-29 | 69 | 98.5 | 93.6 - 99.7 | 9 | 68.8 | 28.8 - 92.3 | 78 | 94.3 | 83.4 - 98.2 |
| 30-44 | 166 | 98.0 | 94.5 - 99.3 | 27 | 92.9 | 62.6 - 99.0 | 193 | 97.5 | 93.9 - 99.0 |
| 45-59 | 159 | 95.5 | 80.7 - 99.1 | 15 | 100.0 | 100.0 - 100.0 | 174 | 96.0 | 82.9 - 99.2 |
| 60-69 | 56 | 97.3 | 87.2 - 99.5 | 6 | 100.0 | 100.0 - 100.0 | 62 | 97.5 | 88.4 - 99.5 |
| **Total** | **450** | **97.2** | **92.7 - 98.9** | **57** | **87.5** | **64.0 - 96.5** | **507** | **96.0** | **91.6 - 98.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 145 | 96.2 | 83.3 - 99.2 | 11 | 76.9 | 25.5 - 97.0 | 156 | 94.9 | 83.5 - 98.6 |
| Urban | 305 | 97.8 | 94.9 - 99.1 | 46 | 90.7 | 63.5 - 98.2 | 351 | 96.7 | 92.5 - 98.6 |

|  |  |
| --- | --- |
| **Cigarette smokers** | Description: Cigarette smokers (manufactured or hand rolled) |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T5: On average, how many of the following products do you smoke each day? T5: On average, how many of the following products do you smoke each week? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current cigarette smokers among all respondents** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Cigarette smoker | 95% CI | n | % Cigarette smoker | 95% CI | n | % Cigarette smoker | 95% CI |
| 18-29 | 267 | 23.7 | 16.4 - 33.0 | 242 | 2.0 | 0.8 - 5.2 | 509 | 11.2 | 7.5 - 16.5 |
| 30-44 | 473 | 29.8 | 21.5 - 39.7 | 506 | 2.0 | 1.1 - 3.5 | 979 | 13.2 | 9.7 - 17.7 |
| 45-59 | 444 | 28.6 | 17.0 - 43.9 | 482 | 4.4 | 1.5 - 12.2 | 926 | 16.8 | 10.7 - 25.4 |
| 60-69 | 298 | 13.7 | 8.7 - 20.8 | 305 | 0.7 | 0.3 - 1.9 | 603 | 6.1 | 4.0 - 9.4 |
| **Total** | **1482** | **25.8** | **20.3 - 32.2** | **1535** | **2.4** | **1.4 - 4.3** | **3017** | **12.8** | **10.1 - 16.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 23.2 | 14.7 - 34.6 | 454 | 1.0 | 0.3 - 3.2 | 898 | 10.6 | 7.1 - 15.6 |
| Urban | 1038 | 28.0 | 22.0 - 34.8 | 1081 | 3.7 | 2.0 - 7.0 | 2119 | 14.7 | 11.3 - 18.9 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current daily cigarette smokers among smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Cigarette smoker | 95% CI | n | % Cigarette smoker | 95% CI | n | % Cigarette smoker | 95% CI |
| 18-29 | 70 | 57.0 | 35.9 - 75.8 | 9 | 15.9 | 2.5 - 58.7 | 79 | 51.2 | 33.2 - 68.9 |
| 30-44 | 168 | 84.0 | 76.3 - 89.6 | 27 | 58.7 | 31.2 - 81.7 | 195 | 81.6 | 73.1 - 87.9 |
| 45-59 | 163 | 50.4 | 29.6 - 71.1 | 16 | 32.5 | 6.6 - 76.6 | 179 | 48.1 | 29.3 - 67.5 |
| 60-69 | 57 | 50.6 | 28.7 - 72.2 | 6 | 85.1 | 42.4 - 97.8 | 63 | 52.9 | 31.7 - 73.0 |
| **Total** | **458** | **62.2** | **50.4 - 72.6** | **58** | **34.6** | **17.3 - 57.2** | **516** | **58.9** | **48.3 - 68.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 146 | 62.8 | 40.8 - 80.5 | 11 | 12.6 | 3.4 - 37.4 | 157 | 59.4 | 39.3 - 76.8 |
| Urban | 312 | 61.7 | 49.1 - 72.9 | 47 | 41.0 | 18.8 - 67.4 | 359 | 58.5 | 47.0 - 69.2 |

|  |  |
| --- | --- |
| **Amount of tobacco used among daily smokers by type** | Description: Mean amount of tobacco used by daily smokers per day, by type |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T5: On average, how many of the following products do you smoke each day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of manufactured cig. | 95% CI | n | Mean # of hand-rolled cig. | 95% CI | n | Mean # of pipes of tobacco | 95% CI |
| 18-29 | 42 | 8.0 | 5.3 - 10.8 | 43 | 0.0 | 0.0 - 0.0 | 43 | 0.1 | 0.0 - 0.2 |
| 30-44 | 120 | 11.3 | 8.4 - 14.2 | 120 | 0.0 | 0.0 - 0.1 | 121 | 0.0 | 0.0 - 0.0 |
| 45-59 | 98 | 15.2 | 6.1 - 24.3 | 98 | 0.0 | 0.0 - 0.0 | 98 | 0.0 | 0.0 - 0.1 |
| 60-69 | 34 | 13.8 | 10.4 - 17.2 | 34 | 0.1 | 0.0 - 0.3 | 33 | 0.0 | 0.0 - 0.1 |
| **Total** | **294** | **11.7** | **8.4 - 15.1** | **295** | **0.0** | **0.0 - 0.0** | **295** | **0.0** | **0.0 - 0.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 90 | 14.1 | 7.7 - 20.5 | 91 | 0.0 | 0.0 - 0.0 | 91 | 0.0 | 0.0 - 0.0 |
| Urban | 204 | 10.0 | 7.6 - 12.3 | 204 | 0.0 | 0.0 - 0.1 | 204 | 0.1 | 0.0 - 0.1 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of cigars, cheroots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 43 | 0.1 | 0.0 - 0.2 | 43 | 0.0 | 0.0 - 0.0 | 43 | 0.2 | 0.0 - 0.4 |
| 30-44 | 121 | 0.0 | 0.0 - 0.0 | 120 | 0.0 | 0.0 - 0.0 | 121 | 0.1 | 0.0 - 0.2 |
| 45-59 | 98 | 0.0 | 0.0 - 0.0 | 98 | 0.0 | 0.0 - 0.0 | 97 | 0.2 | 0.0 - 0.4 |
| 60-69 | 33 | 0.0 | 0.0 - 0.0 | 33 | 0.0 | 0.0 - 0.0 | 33 | 0.3 | 0.0 - 0.8 |
| **Total** | **295** | **0.0** | **0.0 - 0.0** | **294** | **0.0** | **0.0 - 0.0** | **294** | **0.1** | **0.0 - 0.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 91 | 0.0 | 0.0 - 0.0 | 91 | 0.0 | 0.0 - 0.0 | 91 | 0.1 | 0.0 - 0.2 |
| Urban | 204 | 0.0 | 0.0 - 0.1 | 203 | 0.0 | 0.0 - 0.0 | 203 | 0.2 | 0.0 - 0.4 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of manufactured cig. | 95% CI | n | Mean # of hand-rolled cig. | 95% CI | n | Mean # of pipes of tobacco | 95% CI |
| 18-29 | 2 | 3.9 | 3.7 - 4.1 | 2 | 0.0 | 0.0 - 0.0 | 2 | 0.0 | 0.0 - 0.0 |
| 30-44 | 18 | 7.7 | 3.3 - 12.1 | 18 | 0.4 | 0.0 - 1.0 | 18 | 0.0 | 0.0 - 0.0 |
| 45-59 | 10 | 5.7 | 4.8 - 6.6 | 10 | 0.1 | 0.0 - 0.5 | 10 | 0.0 | 0.0 - 0.0 |
| 60-69 | 5 | 4.1 | 0.7 - 7.6 | 4 | 0.0 | 0.0 - 0.0 | 5 | 0.0 | 0.0 - 0.0 |
| **Total** | **35** | **6.1** | **4.3 - 7.9** | **34** | **0.2** | **0.0 - 0.5** | **35** | **0.0** | **0.0 - 0.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 6 | 6.6 | 1.6 - 11.6 | 6 | 0.4 | 0.0 - 1.2 | 6 | 0.0 | 0.0 - 0.0 |
| Urban | 29 | 6.0 | 4.1 - 7.9 | 28 | 0.2 | 0.0 - 0.5 | 29 | 0.0 | 0.0 - 0.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of cigars, cheroots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 2 | 0.0 | 0.0 - 0.0 | 2 | 0.0 | 0.0 - 0.0 | 2 | 0.0 | 0.0 - 0.0 |
| 30-44 | 18 | 0.0 | 0.0 - 0.0 | 18 | 0.0 | 0.0 - 0.0 | 18 | 0.4 | 0.0 - 1.1 |
| 45-59 | 10 | 0.0 | 0.0 - 0.0 | 10 | 0.0 | 0.0 - 0.0 | 10 | 0.0 | 0.0 - 0.1 |
| 60-69 | 5 | 0.0 | 0.0 - 0.0 | 5 | 0.0 | 0.0 - 0.0 | 5 | 0.0 | 0.0 - 0.0 |
| **Total** | **35** | **0.0** | **0.0 - 0.0** | **35** | **0.0** | **0.0 - 0.0** | **35** | **0.2** | **0.0 - 0.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 6 | 0.0 | 0.0 - 0.0 | 6 | 0.0 | 0.0 - 0.0 | 6 | 0.0 | 0.0 - 0.0 |
| Urban | 29 | 0.0 | 0.0 - 0.0 | 29 | 0.0 | 0.0 - 0.0 | 29 | 0.2 | 0.0 - 0.5 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of manufactured cig. | 95% CI | n | Mean # of hand-rolled cig. | 95% CI | n | Mean # of pipes of tobacco | 95% CI |
| 18-29 | 44 | 7.9 | 5.2 - 10.5 | 45 | 0.0 | 0.0 - 0.0 | 45 | 0.1 | 0.0 - 0.2 |
| 30-44 | 138 | 11.0 | 8.3 - 13.8 | 138 | 0.0 | 0.0 - 0.1 | 139 | 0.0 | 0.0 - 0.0 |
| 45-59 | 108 | 14.3 | 5.9 - 22.8 | 108 | 0.0 | 0.0 - 0.0 | 108 | 0.0 | 0.0 - 0.1 |
| 60-69 | 39 | 12.7 | 9.3 - 16.2 | 38 | 0.1 | 0.0 - 0.3 | 38 | 0.0 | 0.0 - 0.1 |
| **Total** | **329** | **11.3** | **8.2 - 14.5** | **329** | **0.0** | **0.0 - 0.1** | **330** | **0.0** | **0.0 - 0.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 96 | 14.0 | 7.7 - 20.3 | 97 | 0.0 | 0.0 - 0.0 | 97 | 0.0 | 0.0 - 0.0 |
| Urban | 233 | 9.5 | 7.4 - 11.7 | 232 | 0.0 | 0.0 - 0.1 | 233 | 0.1 | 0.0 - 0.1 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | Mean # of cigars, cheroots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 45 | 0.1 | 0.0 - 0.2 | 45 | 0.0 | 0.0 - 0.0 | 45 | 0.2 | 0.0 - 0.4 |
| 30-44 | 139 | 0.0 | 0.0 - 0.0 | 138 | 0.0 | 0.0 - 0.0 | 139 | 0.1 | 0.0 - 0.2 |
| 45-59 | 108 | 0.0 | 0.0 - 0.0 | 108 | 0.0 | 0.0 - 0.0 | 107 | 0.1 | 0.0 - 0.4 |
| 60-69 | 38 | 0.0 | 0.0 - 0.0 | 38 | 0.0 | 0.0 - 0.0 | 38 | 0.3 | 0.0 - 0.7 |
| **Total** | **330** | **0.0** | **0.0 - 0.0** | **329** | **0.0** | **0.0 - 0.0** | **329** | **0.1** | **0.0 - 0.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 97 | 0.0 | 0.0 - 0.0 | 97 | 0.0 | 0.0 - 0.0 | 97 | 0.1 | 0.0 - 0.2 |
| Urban | 233 | 0.0 | 0.0 - 0.1 | 232 | 0.0 | 0.0 - 0.0 | 232 | 0.2 | 0.0 - 0.3 |

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| **Smoked tobacco consumption** | Description: Percentage of current smokers who smoke each of the following products |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T5: On average, how many of the following products do you smoke each day? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 69 | 98.5 | 93.6 - 99.7 | 70 | 0.1 | 0.0 - 0.4 | 70 | 8.0 | 1.4 - 35.0 |
| 30-44 | 166 | 98.0 | 94.5 - 99.3 | 166 | 1.7 | 0.2 - 11.3 | 167 | 0.1 | 0.0 - 0.6 |
| 45-59 | 159 | 95.5 | 80.7 - 99.1 | 160 | 1.0 | 0.1 - 6.7 | 160 | 1.4 | 0.3 - 6.0 |
| 60-69 | 56 | 97.3 | 87.2 - 99.5 | 56 | 9.6 | 2.5 - 29.9 | 55 | 0.2 | 0.0 - 1.7 |
| **Total** | **450** | **97.2** | **92.7 - 98.9** | **452** | **1.4** | **0.5 - 3.8** | **452** | **2.8** | **0.7 - 11.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 145 | 96.2 | 83.3 - 99.2 | 146 | 1.4 | 0.3 - 5.7 | 146 | 5.7 | 1.1 - 25.4 |
| Urban | 305 | 97.8 | 94.9 - 99.1 | 306 | 1.4 | 0.4 - 5.5 | 306 | 0.7 | 0.2 - 2.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 70 | 3.4 | 0.5 - 21.0 | 70 | 0.2 | 0.0 - 1.7 | 70 | 3.7 | 1.1 - 11.7 |
| 30-44 | 167 | 1.8 | 0.6 - 5.7 | 166 | 0.0 | 0.0 - 0.0 | 167 | 3.5 | 1.6 - 7.5 |
| 45-59 | 160 | 0.0 | 0.0 - 0.0 | 160 | 1.0 | 0.1 - 6.9 | 159 | 1.5 | 0.6 - 4.0 |
| 60-69 | 54 | 1.7 | 0.3 - 8.9 | 54 | 0.0 | 0.0 - 0.0 | 54 | 8.0 | 1.9 - 28.5 |
| **Total** | **451** | **1.6** | **0.4 - 5.5** | **450** | **0.4** | **0.1 - 2.3** | **450** | **3.1** | **1.6 - 5.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 146 | 0.2 | 0.0 - 1.4 | 146 | 0.8 | 0.1 - 6.0 | 146 | 0.8 | 0.2 - 3.8 |
| Urban | 305 | 2.6 | 0.7 - 9.6 | 304 | 0.1 | 0.0 - 0.8 | 304 | 4.8 | 2.4 - 9.4 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 9 | 68.8 | 28.8 - 92.3 | 9 | 6.4 | 0.8 - 37.0 | 9 | 0.0 | 0.0 - 0.0 |
| 30-44 | 27 | 92.9 | 62.6 - 99.0 | 27 | 21.8 | 5.3 - 58.4 | 27 | 0.0 | 0.0 - 0.0 |
| 45-59 | 15 | 100.0 | 100.0 - 100.0 | 15 | 1.6 | 0.2 - 13.8 | 15 | 0.0 | 0.0 - 0.0 |
| 60-69 | 6 | 100.0 | 100.0 - 100.0 | 5 | 0.0 | 0.0 - 0.0 | 6 | 0.0 | 0.0 - 0.0 |
| **Total** | **57** | **87.5** | **64.0 - 96.5** | **56** | **8.1** | **2.5 - 23.6** | **57** | **0.0** | **0.0 - 0.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 11 | 76.9 | 25.5 - 97.0 | 11 | 1.7 | 0.2 - 13.7 | 11 | 0.0 | 0.0 - 0.0 |
| Urban | 46 | 90.7 | 63.5 - 98.2 | 45 | 10.1 | 2.8 - 30.3 | 46 | 0.0 | 0.0 - 0.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 9 | 6.4 | 0.8 - 37.0 | 9 | 0.0 | 0.0 - 0.0 | 9 | 0.0 | 0.0 - 0.0 |
| 30-44 | 27 | 0.0 | 0.0 - 0.0 | 27 | 0.0 | 0.0 - 0.0 | 27 | 2.2 | 0.3 - 15.0 |
| 45-59 | 15 | 0.0 | 0.0 - 0.0 | 15 | 0.0 | 0.0 - 0.0 | 15 | 0.4 | 0.1 - 2.2 |
| 60-69 | 6 | 0.0 | 0.0 - 0.0 | 6 | 0.0 | 0.0 - 0.0 | 6 | 0.0 | 0.0 - 0.0 |
| **Total** | **57** | **2.2** | **0.3 - 14.9** | **57** | **0.0** | **0.0 - 0.0** | **57** | **0.7** | **0.1 - 3.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 11 | 0.0 | 0.0 - 0.0 | 11 | 0.0 | 0.0 - 0.0 | 11 | 0.0 | 0.0 - 0.0 |
| Urban | 46 | 2.9 | 0.4 - 19.1 | 46 | 0.0 | 0.0 - 0.0 | 46 | 0.9 | 0.2 - 4.7 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 78 | 94.3 | 83.4 - 98.2 | 79 | 0.9 | 0.1 - 6.0 | 79 | 6.8 | 1.2 - 31.2 |
| 30-44 | 193 | 97.5 | 93.9 - 99.0 | 193 | 3.6 | 1.1 - 11.7 | 194 | 0.1 | 0.0 - 0.6 |
| 45-59 | 174 | 96.0 | 82.9 - 99.2 | 175 | 1.1 | 0.2 - 5.4 | 175 | 1.2 | 0.3 - 5.3 |
| 60-69 | 62 | 97.5 | 88.4 - 99.5 | 61 | 9.0 | 2.4 - 28.5 | 61 | 0.2 | 0.0 - 1.5 |
| **Total** | **507** | **96.0** | **91.6 - 98.2** | **508** | **2.2** | **1.0 - 4.6** | **509** | **2.5** | **0.6 - 10.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 156 | 94.9 | 83.5 - 98.6 | 157 | 1.4 | 0.4 - 5.1 | 157 | 5.3 | 1.0 - 23.8 |
| Urban | 351 | 96.7 | 92.5 - 98.6 | 351 | 2.7 | 1.1 - 6.6 | 352 | 0.6 | 0.2 - 1.7 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 79 | 3.8 | 0.8 - 16.8 | 79 | 0.2 | 0.0 - 1.4 | 79 | 3.2 | 1.0 - 10.1 |
| 30-44 | 194 | 1.6 | 0.5 - 5.1 | 193 | 0.0 | 0.0 - 0.0 | 194 | 3.4 | 1.6 - 7.0 |
| 45-59 | 175 | 0.0 | 0.0 - 0.0 | 175 | 0.8 | 0.1 - 6.1 | 174 | 1.4 | 0.5 - 3.5 |
| 60-69 | 60 | 1.5 | 0.3 - 8.3 | 60 | 0.0 | 0.0 - 0.0 | 60 | 7.5 | 1.8 - 26.8 |
| **Total** | **508** | **1.7** | **0.5 - 5.0** | **507** | **0.4** | **0.1 - 2.0** | **507** | **2.8** | **1.5 - 5.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 157 | 0.2 | 0.0 - 1.3 | 157 | 0.8 | 0.1 - 5.4 | 157 | 0.8 | 0.2 - 3.6 |
| Urban | 351 | 2.7 | 0.8 - 8.3 | 350 | 0.1 | 0.0 - 0.7 | 350 | 4.2 | 2.1 - 8.1 |

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| **Frequency of daily cigarette smoking** | Description: Percentage of daily cigarette smokers smoking given quantities of manufactured or hand-rolled cigarettes per day |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T5 a - b: On average, how many of the following products do you smoke each day? |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % <5 Cigs. | 95% CI | % 5-9 Cigs | 95% CI | % 10-14 Cigs | 95% CI |
| 18-29 | 42 | 34.5 | 16.0 - 59.2 | 28.0 | 11.4 - 54.0 | 23.2 | 7.3 - 53.7 |
| 30-44 | 118 | 13.7 | 7.7 - 23.4 | 36.3 | 21.1 - 54.9 | 20.6 | 10.5 - 36.6 |
| 45-59 | 97 | 12.6 | 5.1 - 27.8 | 25.9 | 10.0 - 52.4 | 26.3 | 9.8 - 53.8 |
| 60-69 | 34 | 12.1 | 2.5 - 42.7 | 13.9 | 5.5 - 30.7 | 19.6 | 6.8 - 45.0 |
| **Total** | **291** | **18.7** | **12.4 - 27.3** | **29.9** | **19.5 - 42.9** | **23.0** | **13.7 - 35.8** |
| Area |  |  |  |  |  |  |  |
| Rural | 90 | 8.5 | 3.7 - 18.3 | 29.3 | 13.1 - 53.2 | 29.6 | 13.5 - 53.1 |
| Urban | 201 | 26.6 | 17.9 - 37.5 | 30.4 | 19.0 - 44.9 | 17.9 | 9.5 - 31.1 |

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| --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | |
| **Male** | | | | | |
| Age Categories (Years) | n | % 15-24 Cigs | 95% CI | % ≥ 25 Cigs | 95% CI |
| 18-29 | 42 | 14.3 | 3.9 - 40.3 | 0.0 | 0.0 - 0.0 |
| 30-44 | 118 | 24.0 | 11.6 - 43.2 | 5.4 | 1.3 - 19.9 |
| 45-59 | 97 | 16.1 | 7.8 - 30.4 | 19.1 | 3.6 - 59.6 |
| 60-69 | 34 | 53.8 | 29.9 - 76.1 | 0.5 | 0.1 - 3.9 |
| **Total** | **291** | **20.5** | **12.8 - 31.2** | **7.9** | **2.1 - 25.1** |
| Area |  |  |  |  |  |
| Rural | 90 | 20.7 | 8.3 - 42.8 | 12.0 | 1.8 - 50.1 |
| Urban | 201 | 20.3 | 12.5 - 31.3 | 4.8 | 1.5 - 14.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % <5 Cigs. | 95% CI | % 5-9 Cigs | 95% CI | % 10-14 Cigs | 95% CI |
| 18-29 | 2 | 100.0 | 100.0 - 100.0 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| 30-44 | 18 | 37.0 | 13.1 - 69.7 | 26.4 | 8.7 - 57.4 | 21.9 | 7.3 - 50.1 |
| 45-59 | 10 | 16.9 | 2.4 - 62.4 | 80.6 | 35.2 - 97.0 | 0.9 | 0.1 - 8.6 |
| 60-69 | 4 | 51.9 | 10.8 - 90.6 | 15.3 | 1.7 - 65.0 | 32.8 | 4.3 - 84.1 |
| **Total** | **34** | **40.2** | **16.0 - 70.2** | **42.4** | **15.5 - 74.7** | **11.0** | **3.7 - 28.2** |
| Area |  |  |  |  |  |  |  |
| Rural | 6 | 61.8 | 22.4 - 90.1 | 15.2 | 1.9 - 62.2 | 0.0 | 0.0 - 0.0 |
| Urban | 28 | 38.2 | 13.5 - 70.9 | 44.9 | 15.9 - 77.8 | 12.0 | 3.9 - 31.2 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | |
| **Female** | | | | | |
| Age Categories (Years) | n | % 15-24 Cigs | 95% CI | % ≥ 25 Cigs | 95% CI |
| 18-29 | 2 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| 30-44 | 18 | 9.4 | 2.3 - 31.5 | 5.2 | 0.7 - 30.7 |
| 45-59 | 10 | 1.6 | 0.1 - 15.5 | 0.0 | 0.0 - 0.0 |
| 60-69 | 4 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| **Total** | **34** | **4.4** | **1.2 - 14.9** | **2.1** | **0.3 - 14.7** |
| Area |  |  |  |  |  |
| Rural | 6 | 23.0 | 4.5 - 65.1 | 0.0 | 0.0 - 0.0 |
| Urban | 28 | 2.7 | 0.4 - 15.7 | 2.3 | 0.3 - 16.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % <5 Cigs. | 95% CI | % 5-9 Cigs | 95% CI | % 10-14 Cigs | 95% CI |
| 18-29 | 44 | 37.4 | 18.4 - 61.3 | 26.8 | 10.9 - 52.2 | 22.2 | 7.0 - 52.0 |
| 30-44 | 136 | 15.4 | 8.6 - 26.0 | 35.6 | 21.2 - 53.1 | 20.7 | 11.0 - 35.6 |
| 45-59 | 107 | 13.0 | 5.8 - 26.6 | 30.7 | 13.8 - 55.1 | 24.0 | 9.1 - 50.1 |
| 60-69 | 38 | 15.4 | 4.5 - 41.3 | 14.0 | 5.9 - 29.6 | 20.7 | 8.0 - 44.1 |
| **Total** | **325** | **20.2** | **13.9 - 28.6** | **30.8** | **20.7 - 43.1** | **22.1** | **13.5 - 34.2** |
| Area |  |  |  |  |  |  |  |
| Rural | 96 | 9.2 | 4.3 - 18.9 | 29.1 | 13.1 - 52.7 | 29.2 | 13.3 - 52.4 |
| Urban | 229 | 27.8 | 19.3 - 38.3 | 32.0 | 21.0 - 45.4 | 17.3 | 9.6 - 29.1 |

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| --- | --- | --- | --- | --- | --- |
| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | |
| **Total** | | | | | |
| Age Categories (Years) | n | % 15-24 Cigs | 95% CI | % ≥ 25 Cigs | 95% CI |
| 18-29 | 44 | 13.6 | 3.8 - 39.0 | 0.0 | 0.0 - 0.0 |
| 30-44 | 136 | 22.9 | 11.3 - 41.1 | 5.4 | 1.4 - 18.4 |
| 45-59 | 107 | 14.8 | 7.3 - 27.6 | 17.5 | 3.3 - 56.6 |
| 60-69 | 38 | 49.4 | 27.0 - 72.1 | 0.5 | 0.1 - 3.6 |
| **Total** | **325** | **19.4** | **12.2 - 29.4** | **7.5** | **2.1 - 23.5** |
| Area |  |  |  |  |  |
| Rural | 96 | 20.7 | 8.5 - 42.5 | 11.8 | 1.8 - 49.7 |
| Urban | 229 | 18.4 | 11.5 - 28.2 | 4.5 | 1.5 - 12.6 |

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| --- | --- |
| **Former daily smokers and former smokers** | Description: Percentage of former daily smokers among all respondents and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T8: In the past did you ever smoke any tobacco products? T9: In the past, did you ever smoke daily?  T10: How old were you when you stopped smoking? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Former daily smokers (who don’t smoke currently) among all respondents** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Former daily smokers | 95% CI | n | % Former daily smokers | 95% CI | n | % Former daily smokers | 95% CI |
| 18-29 | 267 | 10.4 | 6.2 - 16.9 | 242 | 6.2 | 1.2 - 26.9 | 509 | 8.0 | 3.7 - 16.7 |
| 30-44 | 473 | 33.1 | 20.5 - 48.8 | 506 | 4.4 | 2.3 - 8.4 | 979 | 16.0 | 9.8 - 25.0 |
| 45-59 | 444 | 21.3 | 12.3 - 34.3 | 482 | 4.3 | 1.5 - 12.0 | 926 | 13.0 | 8.2 - 20.0 |
| 60-69 | 298 | 30.5 | 20.7 - 42.4 | 305 | 0.1 | 0.0 - 0.9 | 603 | 12.8 | 8.1 - 19.6 |
| **Total** | **1482** | **22.0** | **16.6 - 28.4** | **1535** | **4.5** | **1.9 - 10.0** | **3017** | **12.2** | **9.2 - 16.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 20.7 | 11.7 - 33.9 | 454 | 4.6 | 0.9 - 19.6 | 898 | 11.5 | 6.5 - 19.7 |
| Urban | 1038 | 23.1 | 18.2 - 28.8 | 1081 | 4.4 | 2.4 - 7.8 | 2119 | 12.8 | 10.1 - 16.2 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Former daily smokers (who don’t smoke currently) among ever daily smokers** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Former daily smokers | 95% CI | n | % Former daily smokers | 95% CI | n | % Former daily smokers | 95% CI |
| 18-29 | 79 | 43.0 | 27.0 - 60.6 | 8 | 93.1 | 53.4 - 99.4 | 87 | 56.6 | 33.9 - 76.9 |
| 30-44 | 246 | 56.3 | 38.8 - 72.3 | 47 | 77.6 | 58.7 - 89.4 | 293 | 59.0 | 43.3 - 73.0 |
| 45-59 | 230 | 58.1 | 40.6 - 73.8 | 29 | 69.7 | 32.3 - 91.7 | 259 | 59.7 | 43.6 - 74.0 |
| 60-69 | 108 | 80.7 | 66.8 - 89.7 | 6 | 16.9 | 2.2 - 64.6 | 114 | 79.0 | 65.3 - 88.3 |
| **Total** | **663** | **56.8** | **47.0 - 66.2** | **90** | **80.7** | **59.7 - 92.2** | **753** | **60.5** | **51.1 - 69.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 197 | 57.6 | 38.7 - 74.5 | 16 | 96.4 | 81.7 - 99.4 | 213 | 63.3 | 45.2 - 78.4 |
| Urban | 466 | 56.3 | 46.8 - 65.3 | 74 | 69.6 | 48.4 - 84.9 | 540 | 58.4 | 49.4 - 66.8 |

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| **Cessation** | Description: Percentage of current smokers who have tried to stop smoking during the past 12 months |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T6: During the past 12 months, have you tried to stop smoking? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current smokers who have tried to stop smoking** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Tried to stop smoking | 95% CI | n | % Tried to stop smoking | 95% CI | n | % Tried to stop smoking | 95% CI |
| 18-29 | 70 | 52.5 | 31.3 - 72.9 | 9 | 84.2 | 38.1 - 97.9 | 79 | 57.0 | 36.1 - 75.6 |
| 30-44 | 168 | 72.0 | 59.3 - 81.9 | 27 | 70.6 | 46.9 - 86.8 | 195 | 71.9 | 60.3 - 81.1 |
| 45-59 | 163 | 68.1 | 47.8 - 83.2 | 16 | 84.8 | 36.0 - 98.2 | 179 | 70.2 | 51.7 - 83.8 |
| 60-69 | 57 | 52.1 | 30.9 - 72.6 | 6 | 67.2 | 25.5 - 92.5 | 63 | 53.1 | 32.9 - 72.4 |
| **Total** | **458** | **64.0** | **53.1 - 73.5** | **58** | **80.8** | **59.3 - 92.4** | **516** | **66.0** | **55.9 - 74.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 146 | 54.5 | 34.3 - 73.3 | 11 | 67.5 | 21.0 - 94.2 | 157 | 55.4 | 36.0 - 73.3 |
| Urban | 312 | 70.8 | 61.4 - 78.7 | 47 | 84.7 | 62.6 - 94.8 | 359 | 72.9 | 64.2 - 80.2 |

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| **Advice to stop smoking** | Description: Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among those smokers who have had a visit to a doctor or other health worker in the past 12 months |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T7: During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current smokers who have been advised by doctor to stop smoking** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Advised to stop smoking | 95% CI | n | % Advised to stop smoking | 95% CI | n | % Advised to stop smoking | 95% CI |
| 18-29 | 61 | 24.7 | 11.2 - 45.9 | 8 | 18.8 | 2.5 - 67.7 | 69 | 23.9 | 11.6 - 43.1 |
| 30-44 | 145 | 58.6 | 43.4 - 72.2 | 21 | 64.5 | 35.7 - 85.6 | 166 | 59.2 | 44.9 - 72.0 |
| 45-59 | 139 | 34.2 | 17.9 - 55.2 | 16 | 77.6 | 34.5 - 95.8 | 155 | 40.2 | 22.9 - 60.4 |
| 60-69 | 49 | 74.0 | 55.7 - 86.6 | 6 | 56.9 | 17.0 - 89.5 | 55 | 72.8 | 55.5 - 85.1 |
| **Total** | **394** | **40.2** | **30.0 - 51.4** | **51** | **56.0** | **30.7 - 78.5** | **445** | **42.1** | **32.3 - 52.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 131 | 38.8 | 21.9 - 58.8 | 8 | 27.5 | 4.1 - 77.3 | 139 | 38.0 | 22.2 - 56.8 |
| Urban | 263 | 41.3 | 29.9 - 53.7 | 43 | 64.7 | 36.9 - 85.2 | 306 | 45.0 | 33.4 - 57.2 |

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| **Current users of smokeless tobacco** | Description: Percentage of current users of smokeless tobacco among all respondents |
| Instrument question: T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current users of smokeless tobacco** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Current users | 95% CI | n | % Current users | 95% CI | n | % Current users | 95% CI |
| 18-29 | 267 | 1.8 | 0.3 - 10.8 | 242 | 0.0 | 0.0 - 0.3 | 509 | 0.8 | 0.1 - 4.8 |
| 30-44 | 473 | 0.2 | 0.0 - 1.1 | 506 | 0.1 | 0.0 - 0.5 | 979 | 0.1 | 0.0 - 0.5 |
| 45-59 | 444 | 1.3 | 0.5 - 3.6 | 482 | 0.1 | 0.0 - 0.7 | 926 | 0.7 | 0.3 - 1.8 |
| 60-69 | 298 | 0.0 | 0.0 - 0.0 | 305 | 0.1 | 0.0 - 0.8 | 603 | 0.1 | 0.0 - 0.4 |
| **Total** | **1482** | **1.1** | **0.4 - 3.0** | **1535** | **0.1** | **0.0 - 0.2** | **3017** | **0.5** | **0.2 - 1.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 1.5 | 0.3 - 6.9 | 454 | 0.1 | 0.0 - 0.2 | 898 | 0.7 | 0.1 - 3.0 |
| Urban | 1038 | 0.7 | 0.3 - 1.8 | 1081 | 0.1 | 0.0 - 0.3 | 2119 | 0.4 | 0.2 - 0.8 |

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| **Current tobacco users** | Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among all respondents |
| Instrument question: T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? T2: Do you currently smoke tobacco products daily? T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? T13: Do you currently use smokeless tobacco products daily? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Current tobacco users** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Current users | 95% CI | n | % Current users | 95% CI | n | % Current users | 95% CI |
| 18-29 | 267 | 24.1 | 16.8 - 33.4 | 242 | 2.9 | 1.3 - 6.4 | 509 | 11.9 | 8.1 - 17.2 |
| 30-44 | 473 | 30.5 | 22.1 - 40.5 | 506 | 2.2 | 1.3 - 3.8 | 979 | 13.6 | 10.1 - 18.2 |
| 45-59 | 444 | 31.3 | 19.1 - 46.9 | 482 | 4.8 | 1.8 - 12.3 | 926 | 18.4 | 12.2 - 26.9 |
| 60-69 | 298 | 14.4 | 9.4 - 21.5 | 305 | 0.8 | 0.4 - 2.0 | 603 | 6.5 | 4.3 - 9.8 |
| **Total** | **1482** | **27.1** | **21.5 - 33.4** | **1535** | **2.9** | **1.8 - 4.8** | **3017** | **13.6** | **10.9 - 16.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 24.5 | 15.9 - 35.8 | 454 | 1.4 | 0.5 - 3.6 | 898 | 11.3 | 7.7 - 16.3 |
| Urban | 1038 | 29.3 | 23.4 - 35.9 | 1081 | 4.4 | 2.5 - 7.5 | 2119 | 15.6 | 12.3 - 19.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Daily tobacco users** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Daily users | 95% CI | n | % Daily users | 95% CI | n | % Daily users | 95% CI |
| 18-29 | 267 | 13.8 | 8.6 - 21.5 | 242 | 0.5 | 0.1 - 2.8 | 509 | 6.1 | 3.7 - 9.9 |
| 30-44 | 473 | 25.7 | 18.0 - 35.3 | 506 | 1.3 | 0.7 - 2.4 | 979 | 11.1 | 7.9 - 15.5 |
| 45-59 | 444 | 15.5 | 8.6 - 26.3 | 482 | 1.9 | 0.6 - 5.8 | 926 | 8.9 | 5.3 - 14.4 |
| 60-69 | 298 | 7.3 | 4.1 - 12.6 | 305 | 0.6 | 0.2 - 1.6 | 603 | 3.4 | 2.0 - 5.7 |
| **Total** | **1482** | **16.7** | **12.8 - 21.5** | **1535** | **1.1** | **0.6 - 2.0** | **3017** | **8.0** | **6.2 - 10.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 15.2 | 9.2 - 24.2 | 454 | 0.2 | 0.1 - 0.4 | 898 | 6.7 | 4.1 - 10.6 |
| Urban | 1038 | 18.0 | 13.9 - 23.0 | 1081 | 1.9 | 1.0 - 3.6 | 2119 | 9.2 | 7.0 - 11.9 |

# Electronic Cigarettes

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| **Electronic cigarettes use** | Description: Electronic cigarettes use - current and daily |
| Instrument question: EC1. Do you currently use electronic cigarettes such as vapes, electronic pens, electronic pipes, electronic hookahs or Juul? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current electronic cigarettes users** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Current users | 95% CI | n | % Current users | 95% CI | n | % Current users | 95% CI |
| 18-29 | 267 | 34.4 | 25.4 - 44.6 | 242 | 7.1 | 4.0 - 12.4 | 509 | 18.7 | 13.6 - 25.2 |
| 30-44 | 473 | 23.9 | 17.1 - 32.4 | 506 | 2.7 | 1.4 - 5.2 | 979 | 11.3 | 8.2 - 15.3 |
| 45-59 | 444 | 10.7 | 4.5 - 23.5 | 482 | 1.7 | 0.5 - 5.8 | 926 | 6.3 | 2.9 - 13.1 |
| 60-69 | 298 | 1.1 | 0.2 - 4.8 | 305 | 0.0 | 0.0 - 0.0 | 603 | 0.5 | 0.1 - 2.1 |
| **Total** | **1482** | **20.4** | **16.1 - 25.5** | **1535** | **3.6** | **2.4 - 5.4** | **3017** | **11.0** | **8.8 - 13.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 12.8 | 7.8 - 20.2 | 454 | 1.5 | 0.6 - 3.9 | 898 | 6.4 | 4.1 - 9.7 |
| Urban | 1038 | 27.0 | 21.5 - 33.2 | 1081 | 5.6 | 3.7 - 8.3 | 2119 | 15.2 | 12.1 - 19.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of daily users among current electronic cigarettes users** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % Daily users | 95% CI | n | % Daily users | 95% CI | n | % Daily users | 95% CI |
| 18-29 | 97 | 39.5 | 25.3 - 55.7 | 25 | 17.4 | 4.8 - 46.9 | 122 | 34.7 | 22.9 - 48.6 |
| 30-44 | 117 | 33.4 | 21.2 - 48.4 | 27 | 36.5 | 14.6 - 66.0 | 144 | 33.9 | 22.4 - 47.6 |
| 45-59 | 37 | 58.2 | 17.7 - 90.0 | 7 | 2.6 | 0.3 - 19.8 | 44 | 51.1 | 17.7 - 83.5 |
| 60-69 | 5 | 0.0 | 0.0 - 0.0 | 0 | - | - | 5 | 0.0 | 0.0 - 0.0 |
| **Total** | **256** | **40.6** | **29.4 - 53.0** | **59** | **20.2** | **8.8 - 39.7** | **315** | **36.9** | **27.3 - 47.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 75 | 49.4 | 28.8 - 70.2 | 12 | 32.0 | 5.0 - 80.8 | 87 | 47.1 | 28.3 - 66.8 |
| Urban | 181 | 37.0 | 24.4 - 51.7 | 47 | 17.2 | 7.1 - 36.1 | 228 | 33.1 | 22.6 - 45.5 |

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| --- | --- |
| **Initiation of EC use** | Description: Mean age of initiation of electronic cigarettes use, among daily users |
| Instrument question: EC1. Do you currently use electronic cigarettes such as vapes, electronic pens, electronic pipes, electronic hookahs or Juul? EC2. Do you currently use electronic cigarettes daily? EC3. How old were you when you first started using electornic cigarettes? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean age started EC use** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean age | 95% CI | n | Mean age | 95% CI | n | Mean age | 95% CI |
| 18-29 | 40 | 19.3 | 17.9 - 20.7 | 4 | 21.0 | 18.0 - 24.1 | 44 | 19.5 | 18.2 - 20.8 |
| 30-44 | 61 | 29.5 | 27.3 - 31.8 | 10 | 30.5 | 26.4 - 34.5 | 71 | 29.7 | 27.7 - 31.7 |
| 45-59 | 15 | 47.3 | 39.8 - 54.8 | 2 | 7.4 | 0.0 - 18.1 | 17 | 47.1 | 39.5 - 54.6 |
| 60-69 | 0 | - | - | 0 | - | - | 0 | - | - |
| **Total** | **116** | **28.7** | **22.6 - 34.8** | **16** | **24.8** | **20.8 - 28.8** | **132** | **28.3** | **22.7 - 34.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 34 | 26.7 | 20.6 - 32.7 | 3 | 23.6 | 22.0 - 25.2 | 37 | 26.4 | 20.9 - 32.0 |
| Urban | 82 | 29.8 | 21.2 - 38.4 | 13 | 25.3 | 19.6 - 31.1 | 95 | 29.3 | 21.5 - 37.1 |

# Diet

|  |  |
| --- | --- |
| **Mean number of days of fruit and vegetable consumption** | Description: mean number of days fruit and vegetables consumed |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D3: In a typical week, on how many days do you eat vegetables? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of days fruit consumed in a typical week** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI |
| 18-29 | 266 | 2.6 | 2.3 - 3.0 | 240 | 2.7 | 2.2 - 3.1 | 506 | 2.7 | 2.4 - 2.9 |
| 30-44 | 463 | 3.3 | 2.9 - 3.7 | 501 | 3.0 | 2.6 - 3.5 | 964 | 3.1 | 2.8 - 3.5 |
| 45-59 | 440 | 3.5 | 2.8 - 4.2 | 478 | 3.5 | 3.0 - 4.1 | 918 | 3.5 | 3.1 - 3.9 |
| 60-69 | 295 | 4.5 | 4.0 - 5.1 | 304 | 3.6 | 2.9 - 4.4 | 599 | 4.0 | 3.5 - 4.5 |
| **Total** | **1464** | **3.3** | **3.0 - 3.6** | **1523** | **3.1** | **2.8 - 3.4** | **2987** | **3.2** | **3.0 - 3.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 438 | 3.4 | 2.9 - 3.9 | 452 | 2.9 | 2.4 - 3.4 | 890 | 3.1 | 2.8 - 3.4 |
| Urban | 1026 | 3.2 | 2.9 - 3.5 | 1071 | 3.3 | 3.0 - 3.6 | 2097 | 3.3 | 3.1 - 3.5 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of days vegetables consumed in a typical week** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI |
| 18-29 | 266 | 3.7 | 3.1 - 4.2 | 241 | 3.8 | 3.2 - 4.3 | 507 | 3.7 | 3.3 - 4.1 |
| 30-44 | 470 | 5.1 | 4.6 - 5.5 | 503 | 5.1 | 4.6 - 5.7 | 973 | 5.1 | 4.7 - 5.5 |
| 45-59 | 444 | 4.8 | 3.9 - 5.8 | 482 | 5.7 | 5.2 - 6.1 | 926 | 5.2 | 4.6 - 5.8 |
| 60-69 | 298 | 5.6 | 5.2 - 6.1 | 304 | 5.9 | 5.3 - 6.5 | 602 | 5.8 | 5.4 - 6.2 |
| **Total** | **1478** | **4.6** | **4.2 - 5.0** | **1530** | **4.9** | **4.6 - 5.2** | **3008** | **4.8** | **4.5 - 5.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 442 | 4.9 | 4.2 - 5.7 | 454 | 4.7 | 4.1 - 5.4 | 896 | 4.8 | 4.3 - 5.3 |
| Urban | 1036 | 4.4 | 4.0 - 4.7 | 1076 | 5.0 | 4.8 - 5.3 | 2112 | 4.7 | 4.5 - 5.0 |

|  |  |
| --- | --- |
| **Mean number of servings of fruit and vegetable consumption** | Description: mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D2: How many servings of fruit do you eat on one of those days? D3: In a typical week, on how many days do you eat vegetables? D4: How many servings of vegetables do you eat on one of those days? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of servings of fruit on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of servings | 95% CI | n | Mean number of servings | 95% CI | n |  | 95% CI |
| 18-29 | 263 | 0.8 | 0.6 - 1.0 | 240 | 0.6 | 0.5 - 0.8 | 503 | 0.7 | 0.6 - 0.8 |
| 30-44 | 463 | 0.8 | 0.7 - 0.9 | 501 | 0.7 | 0.6 - 0.8 | 964 | 0.7 | 0.6 - 0.8 |
| 45-59 | 438 | 1.0 | 0.7 - 1.2 | 475 | 1.0 | 0.8 - 1.3 | 913 | 1.0 | 0.8 - 1.2 |
| 60-69 | 295 | 1.6 | 0.9 - 2.2 | 301 | 0.9 | 0.6 - 1.1 | 596 | 1.2 | 0.8 - 1.5 |
| **Total** | **1459** | **0.9** | **0.8 - 1.1** | **1517** | **0.8** | **0.7 - 0.9** | **2976** | **0.8** | **0.8 - 0.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 437 | 0.9 | 0.6 - 1.1 | 450 | 0.7 | 0.5 - 0.8 | 887 | 0.8 | 0.6 - 0.9 |
| Urban | 1022 | 1.0 | 0.8 - 1.1 | 1067 | 0.9 | 0.8 - 1.0 | 2089 | 0.9 | 0.8 - 1.0 |

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| **Mean number of servings of vegetables on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of servings | 95% CI | n | Mean number of servings | 95% CI | n |  | 95% CI |
| 18-29 | 265 | 1.0 | 0.8 - 1.2 | 241 | 1.1 | 0.9 - 1.3 | 506 | 1.0 | 0.9 - 1.2 |
| 30-44 | 469 | 1.6 | 1.3 - 2.0 | 502 | 1.5 | 1.2 - 1.7 | 971 | 1.5 | 1.3 - 1.7 |
| 45-59 | 443 | 1.5 | 1.0 - 2.0 | 481 | 1.7 | 1.4 - 1.9 | 924 | 1.6 | 1.3 - 1.9 |
| 60-69 | 297 | 1.9 | 1.5 - 2.3 | 303 | 1.7 | 1.5 - 1.9 | 600 | 1.8 | 1.6 - 2.0 |
| **Total** | **1474** | **1.4** | **1.2 - 1.6** | **1527** | **1.4** | **1.3 - 1.6** | **3001** | **1.4** | **1.3 - 1.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 1.5 | 1.2 - 1.9 | 451 | 1.4 | 1.1 - 1.6 | 892 | 1.5 | 1.2 - 1.7 |
| Urban | 1033 | 1.3 | 1.2 - 1.5 | 1076 | 1.5 | 1.3 - 1.6 | 2109 | 1.4 | 1.3 - 1.5 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of servings | 95% CI | n | Mean number of servings | 95% CI | n |  | 95% CI |
| 18-29 | 266 | 1.8 | 1.4 - 2.1 | 241 | 1.7 | 1.4 - 1.9 | 507 | 1.7 | 1.5 - 1.9 |
| 30-44 | 471 | 2.4 | 2.0 - 2.7 | 503 | 2.2 | 1.9 - 2.4 | 974 | 2.2 | 2.0 - 2.5 |
| 45-59 | 443 | 2.4 | 1.8 - 3.1 | 481 | 2.7 | 2.4 - 3.0 | 924 | 2.6 | 2.2 - 2.9 |
| 60-69 | 298 | 3.5 | 2.5 - 4.5 | 304 | 2.5 | 2.2 - 2.9 | 602 | 2.9 | 2.4 - 3.4 |
| **Total** | **1478** | **2.3** | **2.1 - 2.6** | **1529** | **2.2** | **2.0 - 2.4** | **3007** | **2.2** | **2.1 - 2.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 2.4 | 1.9 - 2.9 | 453 | 2.0 | 1.7 - 2.3 | 896 | 2.2 | 1.9 - 2.5 |
| Urban | 1035 | 2.3 | 2.0 - 2.5 | 1076 | 2.3 | 2.1 - 2.5 | 2111 | 2.3 | 2.2 - 2.4 |

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| --- | --- |
| **Fruit and vegetable consumption per day** | Description: Frequency of fruit and/or vegetable consumption |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D2: How many servings of fruit do you eat on one of those days? D3: In a typical week, on how many days do you eat vegetables? D4: How many servings of vegetables do you eat on one of those days? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 266 | 35.2 | 26.2 - 45.4 | 47.9 | 38.2 - 57.8 | 11.5 | 6.5 - 19.6 | 5.4 | 1.9 - 14.3 |
| 30-44 | 471 | 11.1 | 7.6 - 16.0 | 65.7 | 55.5 - 74.5 | 14.1 | 9.3 - 20.8 | 9.2 | 5.1 - 16.1 |
| 45-59 | 443 | 25.3 | 10.2 - 50.3 | 46.5 | 30.3 - 63.4 | 17.7 | 8.6 - 32.8 | 10.5 | 3.9 - 25.4 |
| 60-69 | 298 | 7.1 | 4.0 - 12.4 | 39.0 | 29.5 - 49.4 | 37.4 | 26.5 - 49.7 | 16.5 | 8.0 - 30.9 |
| **Total** | **1478** | **22.8** | **15.9 - 31.5** | **51.0** | **43.7 - 58.3** | **17.0** | **12.8 - 22.1** | **9.2** | **5.9 - 14.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 21.0 | 9.4 - 40.7 | 54.3 | 39.5 - 68.3 | 16.2 | 9.2 - 26.9 | 8.5 | 3.3 - 20.1 |
| Urban | 1035 | 24.3 | 19.1 - 30.3 | 48.3 | 43.0 - 53.6 | 17.6 | 13.8 - 22.2 | 9.9 | 6.8 - 14.2 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 241 | 24.0 | 15.6 - 35.0 | 61.2 | 47.5 - 73.4 | 11.2 | 5.9 - 20.1 | 3.6 | 1.6 - 7.8 |
| 30-44 | 503 | 16.6 | 9.6 - 27.1 | 57.3 | 45.1 - 68.7 | 21.3 | 13.1 - 32.8 | 4.8 | 2.5 - 9.2 |
| 45-59 | 481 | 8.3 | 4.9 - 13.7 | 52.2 | 42.3 - 62.0 | 27.0 | 18.4 - 37.7 | 12.6 | 7.0 - 21.6 |
| 60-69 | 304 | 13.1 | 5.3 - 28.7 | 56.1 | 42.6 - 68.8 | 22.0 | 14.1 - 32.6 | 8.8 | 4.9 - 15.5 |
| **Total** | **1529** | **16.6** | **12.8 - 21.3** | **57.2** | **51.3 - 62.9** | **19.4** | **15.2 - 24.4** | **6.8** | **4.7 - 9.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 453 | 14.2 | 8.6 - 22.5 | 64.7 | 56.1 - 72.5 | 16.6 | 10.6 - 25.0 | 4.5 | 2.0 - 9.6 |
| Urban | 1076 | 18.8 | 14.3 - 24.4 | 50.2 | 43.5 - 56.9 | 22.1 | 16.9 - 28.3 | 8.9 | 6.4 - 12.4 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 507 | 28.8 | 22.0 - 36.6 | 55.6 | 46.3 - 64.4 | 11.3 | 7.3 - 17.1 | 4.4 | 2.2 - 8.3 |
| 30-44 | 974 | 14.4 | 9.7 - 20.7 | 60.7 | 52.2 - 68.5 | 18.4 | 12.8 - 25.7 | 6.6 | 4.2 - 10.0 |
| 45-59 | 924 | 17.0 | 8.1 - 32.5 | 49.3 | 39.0 - 59.6 | 22.2 | 14.6 - 32.1 | 11.5 | 6.5 - 19.5 |
| 60-69 | 602 | 10.6 | 5.4 - 19.7 | 49.0 | 39.8 - 58.2 | 28.4 | 20.9 - 37.4 | 12.0 | 7.3 - 19.1 |
| **Total** | **3007** | **19.3** | **15.3 - 24.2** | **54.5** | **49.7 - 59.2** | **18.3** | **15.2 - 21.9** | **7.9** | **5.9 - 10.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 896 | 17.2 | 10.3 - 27.1 | 60.2 | 51.7 - 68.1 | 16.4 | 11.5 - 22.9 | 6.2 | 3.2 - 11.6 |
| Urban | 2111 | 21.3 | 17.7 - 25.4 | 49.3 | 44.8 - 53.9 | 20.0 | 16.5 - 24.2 | 9.4 | 7.3 - 11.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Less than five servings of fruit and/or vegetables on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % < five servings per day | 95% CI | n | % < five servings per day | 95% CI | n | % < five servings per day | 95% CI |
| 18-29 | 266 | 94.6 | 85.7 - 98.1 | 241 | 96.4 | 92.2 - 98.4 | 507 | 95.6 | 91.7 - 97.8 |
| 30-44 | 471 | 90.8 | 83.9 - 94.9 | 503 | 95.2 | 90.8 - 97.5 | 974 | 93.4 | 90.0 - 95.8 |
| 45-59 | 443 | 89.5 | 74.6 - 96.1 | 481 | 87.4 | 78.4 - 93.0 | 924 | 88.5 | 80.5 - 93.5 |
| 60-69 | 298 | 83.5 | 69.1 - 92.0 | 304 | 91.2 | 84.5 - 95.1 | 602 | 88.0 | 80.9 - 92.7 |
| **Total** | **1478** | **90.8** | **85.8 - 94.1** | **1529** | **93.2** | **90.4 - 95.3** | **3007** | **92.1** | **89.5 - 94.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 91.5 | 79.9 - 96.7 | 453 | 95.5 | 90.4 - 98.0 | 896 | 93.8 | 88.4 - 96.8 |
| Urban | 1035 | 90.1 | 85.8 - 93.2 | 1076 | 91.1 | 87.6 - 93.6 | 2111 | 90.6 | 88.1 - 92.7 |

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| **Adding salt at meal** | Description: Percentage of all respondents who always or often add salt or salty sauce to their food before eating or as they are eating |
| Instrument question: D5: How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Add salt always or often before eating or when eating** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 265 | 28.7 | 20.2 - 39.1 | 241 | 20.1 | 8.9 - 39.2 | 506 | 23.8 | 15.5 - 34.6 |
| 30-44 | 473 | 19.9 | 14.1 - 27.4 | 506 | 21.4 | 14.3 - 30.7 | 979 | 20.8 | 15.9 - 26.8 |
| 45-59 | 441 | 12.8 | 6.2 - 24.8 | 481 | 11.4 | 7.3 - 17.3 | 922 | 12.1 | 8.0 - 17.9 |
| 60-69 | 297 | 11.8 | 6.5 - 20.3 | 305 | 9.6 | 5.3 - 16.9 | 602 | 10.5 | 7.0 - 15.4 |
| **Total** | **1476** | **19.5** | **15.1 - 24.7** | **1533** | **17.1** | **12.1 - 23.5** | **3009** | **18.1** | **14.4 - 22.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 442 | 19.9 | 12.2 - 30.8 | 454 | 16.3 | 8.2 - 29.8 | 896 | 17.9 | 11.2 - 27.3 |
| Urban | 1034 | 19.1 | 15.4 - 23.3 | 1079 | 17.8 | 13.6 - 23.0 | 2113 | 18.4 | 15.5 - 21.7 |

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| **Adding salt when cooking** | Description: Percentage of all respondents who always or often add salt to their food when cooking or preparing foods at home |
| Instrument question: D6: How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Add salt always or often when cooking or preparing food at home** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 256 | 46.4 | 36.0 - 57.1 | 239 | 72.5 | 59.7 - 82.3 | 495 | 61.5 | 52.6 - 69.8 |
| 30-44 | 463 | 63.4 | 49.0 - 75.7 | 506 | 66.8 | 51.7 - 79.1 | 969 | 65.5 | 54.8 - 74.7 |
| 45-59 | 434 | 69.9 | 53.1 - 82.7 | 482 | 76.8 | 67.9 - 83.8 | 916 | 73.3 | 63.7 - 81.1 |
| 60-69 | 288 | 61.6 | 48.9 - 72.8 | 305 | 74.4 | 64.5 - 82.4 | 593 | 69.1 | 60.6 - 76.5 |
| **Total** | **1441** | **60.1** | **52.9 - 67.0** | **1532** | **72.0** | **65.0 - 78.1** | **2973** | **66.8** | **61.3 - 71.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 427 | 62.0 | 47.8 - 74.5 | 454 | 74.8 | 61.2 - 84.7 | 881 | 69.3 | 58.4 - 78.5 |
| Urban | 1014 | 58.5 | 52.5 - 64.3 | 1078 | 69.5 | 63.0 - 75.2 | 2092 | 64.5 | 60.0 - 68.8 |

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| **Salty processed food consumption** | Description: Percentage of all respondents who always or often eat processed foods high in salt |
| Instrument question: D7: How often do you eat processed food high in salt? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Always or often consume processed food high in salt** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 38.5 | 27.5 - 50.7 | 242 | 23.1 | 15.0 - 33.8 | 509 | 29.6 | 21.8 - 38.9 |
| 30-44 | 473 | 28.0 | 19.6 - 38.1 | 506 | 18.1 | 12.0 - 26.4 | 979 | 22.1 | 17.1 - 28.0 |
| 45-59 | 444 | 7.4 | 3.4 - 15.6 | 482 | 5.8 | 3.4 - 10.0 | 926 | 6.7 | 4.0 - 10.9 |
| 60-69 | 298 | 5.7 | 2.4 - 12.9 | 305 | 10.6 | 2.3 - 37.7 | 603 | 8.5 | 2.7 - 23.5 |
| **Total** | **1482** | **22.1** | **17.4 - 27.7** | **1535** | **15.9** | **11.9 - 20.8** | **3017** | **18.6** | **15.3 - 22.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 20.8 | 13.0 - 31.6 | 454 | 11.4 | 6.0 - 20.7 | 898 | 15.5 | 10.2 - 22.8 |
| Urban | 1038 | 23.2 | 18.4 - 28.9 | 1081 | 20.0 | 15.8 - 25.0 | 2119 | 21.5 | 18.0 - 25.4 |

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| **Salt consumption** | Description: Percentage of all respondents who think they consume far too much or too much salt |
| Instrument question: D8: How much salt or salty sauce do you think you consume? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Think they consume far too much or too much salt** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 265 | 19.5 | 12.2 - 29.7 | 241 | 20.8 | 12.5 - 32.6 | 506 | 20.3 | 14.5 - 27.6 |
| 30-44 | 470 | 10.7 | 6.8 - 16.4 | 504 | 17.3 | 9.7 - 29.0 | 974 | 14.7 | 9.6 - 21.8 |
| 45-59 | 439 | 5.0 | 1.7 - 13.9 | 480 | 3.2 | 1.4 - 6.8 | 919 | 4.1 | 2.0 - 8.4 |
| 60-69 | 293 | 4.5 | 1.3 - 14.8 | 305 | 5.1 | 1.0 - 22.8 | 598 | 4.9 | 1.6 - 14.1 |
| **Total** | **1467** | **10.9** | **7.7 - 15.2** | **1530** | **13.6** | **9.8 - 18.5** | **2997** | **12.4** | **9.9 - 15.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 439 | 10.6 | 5.4 - 19.5 | 453 | 12.6 | 6.9 - 21.9 | 892 | 11.7 | 7.7 - 17.5 |
| Urban | 1028 | 11.2 | 8.0 - 15.4 | 1077 | 14.5 | 10.3 - 20.0 | 2105 | 13.0 | 10.2 - 16.3 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI |
| 18-29 | 265 | 2.0 | 0.4 - 9.6 | 17.5 | 10.6 - 27.5 | 64.8 | 53.4 - 74.8 |
| 30-44 | 470 | 0.4 | 0.2 - 1.2 | 10.3 | 6.4 - 16.0 | 76.6 | 67.9 - 83.6 |
| 45-59 | 439 | 0.2 | 0.1 - 0.8 | 4.8 | 1.5 - 13.8 | 61.5 | 43.6 - 76.7 |
| 60-69 | 293 | 0.0 | 0.0 - 0.0 | 4.5 | 1.3 - 14.8 | 66.3 | 55.9 - 75.3 |
| **Total** | **1467** | **0.8** | **0.2 - 2.8** | **10.1** | **7.0 - 14.3** | **66.9** | **59.6 - 73.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 439 | 0.0 | 0.0 - 0.3 | 10.5 | 5.4 - 19.5 | 64.4 | 50.5 - 76.2 |
| Urban | 1028 | 1.5 | 0.4 - 5.2 | 9.7 | 6.9 - 13.6 | 69.1 | 62.5 - 75.1 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | |
| **Male** | | | | | |
| Age Categories (Years) | n | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 265 | 15.4 | 8.0 - 27.5 | 0.3 | 0.1 - 1.5 |
| 30-44 | 470 | 11.0 | 6.8 - 17.5 | 1.6 | 0.7 - 4.0 |
| 45-59 | 439 | 28.6 | 15.4 - 46.9 | 4.9 | 1.5 - 14.6 |
| 60-69 | 293 | 27.0 | 19.4 - 36.3 | 2.2 | 0.9 - 5.1 |
| **Total** | **1467** | **19.8** | **14.2 - 26.9** | **2.3** | **1.1 - 5.2** |
| Area |  |  |  |  |  |
| Rural | 439 | 23.8 | 13.8 - 38.0 | 1.3 | 0.4 - 4.2 |
| Urban | 1028 | 16.4 | 12.0 - 22.0 | 3.3 | 1.2 - 8.5 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI |
| 18-29 | 241 | 1.7 | 0.7 - 4.1 | 19.1 | 11.1 - 30.9 | 65.4 | 50.7 - 77.6 |
| 30-44 | 504 | 1.3 | 0.4 - 3.8 | 16.1 | 8.6 - 27.9 | 62.4 | 47.8 - 75.0 |
| 45-59 | 480 | 1.2 | 0.2 - 5.9 | 2.0 | 0.9 - 4.4 | 75.1 | 66.6 - 82.1 |
| 60-69 | 305 | 0.0 | 0.0 - 0.0 | 5.1 | 1.0 - 22.8 | 58.3 | 44.6 - 70.7 |
| **Total** | **1530** | **1.2** | **0.6 - 2.4** | **12.3** | **8.6 - 17.3** | **66.0** | **59.1 - 72.3** |
| Area |  |  |  |  |  |  |  |
| Rural | 453 | 0.3 | 0.1 - 0.7 | 12.3 | 6.7 - 21.7 | 61.9 | 49.7 - 72.6 |
| Urban | 1077 | 2.1 | 1.1 - 4.3 | 12.3 | 8.4 - 17.8 | 69.9 | 63.8 - 75.4 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | |
| **Female** | | | | | |
| Age Categories (Years) | n | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 241 | 13.7 | 5.2 - 31.6 | 0.1 | 0.0 - 0.8 |
| 30-44 | 504 | 19.9 | 9.3 - 37.8 | 0.4 | 0.1 - 1.0 |
| 45-59 | 480 | 20.0 | 13.4 - 28.7 | 1.7 | 0.6 - 4.7 |
| 60-69 | 305 | 34.7 | 23.5 - 47.9 | 1.9 | 0.7 - 4.8 |
| **Total** | **1530** | **19.6** | **13.6 - 27.6** | **0.8** | **0.4 - 1.5** |
| Area |  |  |  |  |  |
| Rural | 453 | 24.9 | 14.1 - 40.2 | 0.6 | 0.2 - 2.2 |
| Urban | 1077 | 14.7 | 11.1 - 19.1 | 1.0 | 0.5 - 1.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI |
| 18-29 | 506 | 1.8 | 0.8 - 4.4 | 18.4 | 12.9 - 25.6 | 65.1 | 54.9 - 74.2 |
| 30-44 | 974 | 0.9 | 0.4 - 2.3 | 13.7 | 8.8 - 20.9 | 68.1 | 58.0 - 76.7 |
| 45-59 | 919 | 0.7 | 0.2 - 2.8 | 3.4 | 1.5 - 7.7 | 68.1 | 57.9 - 76.9 |
| 60-69 | 598 | 0.0 | 0.0 - 0.0 | 4.9 | 1.6 - 14.1 | 61.6 | 52.4 - 70.0 |
| **Total** | **2997** | **1.0** | **0.6 - 1.9** | **11.3** | **8.9 - 14.4** | **66.4** | **60.9 - 71.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 892 | 0.2 | 0.1 - 0.4 | 11.6 | 7.5 - 17.3 | 62.9 | 52.6 - 72.2 |
| Urban | 2105 | 1.8 | 1.0 - 3.5 | 11.2 | 8.6 - 14.4 | 69.6 | 65.1 - 73.7 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Self-reported quantity of salt consumed** | | | | | |
| **Total** | | | | | |
| Age Categories (Years) | n | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 506 | 14.4 | 8.0 - 24.4 | 0.2 | 0.1 - 0.7 |
| 30-44 | 974 | 16.4 | 9.1 - 27.6 | 0.9 | 0.4 - 1.8 |
| 45-59 | 919 | 24.4 | 16.4 - 34.7 | 3.4 | 1.4 - 8.0 |
| 60-69 | 598 | 31.6 | 23.9 - 40.4 | 2.0 | 1.1 - 3.7 |
| **Total** | **2997** | **19.7** | **14.8 - 25.7** | **1.5** | **0.8 - 2.7** |
| Area |  |  |  |  |  |
| Rural | 892 | 24.5 | 15.5 - 36.4 | 0.9 | 0.4 - 2.2 |
| Urban | 2105 | 15.4 | 12.6 - 18.8 | 2.0 | 1.0 - 4.2 |

|  |  |
| --- | --- |
| **Lowering salt** | Description: Percentage of respondents who think lowering salt in diet is very, somewhat or not at all important |
| Instrument question: D9: How important to you is lowering the salt in your diet? |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Importance of lowering salt in diet** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Very important | 95% CI | % Somewhat important | 95% CI | % Not at all important | 95% CI |
| 18-29 | 254 | 12.9 | 7.7 - 20.9 | 73.4 | 63.2 - 81.6 | 13.7 | 7.7 - 23.1 |
| 30-44 | 463 | 26.7 | 19.0 - 36.2 | 67.5 | 57.6 - 76.0 | 5.8 | 3.2 - 10.3 |
| 45-59 | 429 | 25.7 | 13.9 - 42.5 | 62.6 | 44.2 - 77.9 | 11.7 | 3.8 - 30.7 |
| 60-69 | 291 | 36.6 | 24.3 - 50.9 | 56.3 | 43.5 - 68.3 | 7.1 | 3.5 - 13.9 |
| **Total** | **1437** | **23.2** | **17.6 - 29.8** | **66.6** | **59.1 - 73.3** | **10.3** | **6.4 - 16.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 430 | 21.3 | 12.8 - 33.3 | 66.8 | 53.2 - 78.1 | 11.9 | 5.6 - 23.3 |
| Urban | 1007 | 24.8 | 18.4 - 32.4 | 66.4 | 58.5 - 73.4 | 8.9 | 5.2 - 14.8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Importance of lowering salt in diet** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Very important | 95% CI | % Somewhat important | 95% CI | % Not at all important | 95% CI |
| 18-29 | 239 | 24.5 | 15.3 - 36.8 | 70.3 | 57.2 - 80.8 | 5.2 | 1.9 - 13.3 |
| 30-44 | 498 | 44.7 | 32.4 - 57.7 | 49.0 | 37.1 - 61.0 | 6.3 | 3.0 - 12.7 |
| 45-59 | 476 | 34.8 | 25.3 - 45.6 | 61.8 | 51.3 - 71.3 | 3.5 | 1.9 - 6.2 |
| 60-69 | 305 | 31.8 | 21.9 - 43.6 | 64.4 | 52.0 - 75.2 | 3.8 | 1.5 - 9.2 |
| **Total** | **1518** | **34.0** | **28.3 - 40.2** | **61.1** | **54.9 - 66.9** | **4.9** | **3.0 - 7.9** |
| Area |  |  |  |  |  |  |  |
| Rural | 449 | 35.9 | 26.4 - 46.7 | 59.9 | 49.2 - 69.7 | 4.2 | 1.7 - 9.9 |
| Urban | 1069 | 32.1 | 26.3 - 38.7 | 62.2 | 55.7 - 68.3 | 5.6 | 3.4 - 9.2 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Importance of lowering salt in diet** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Very important | 95% CI | % Somewhat important | 95% CI | % Not at all important | 95% CI |
| 18-29 | 493 | 19.6 | 14.0 - 26.8 | 71.6 | 63.5 - 78.5 | 8.7 | 5.1 - 14.5 |
| 30-44 | 961 | 37.5 | 28.8 - 47.2 | 56.4 | 47.3 - 65.1 | 6.1 | 3.7 - 10.0 |
| 45-59 | 905 | 30.3 | 21.9 - 40.2 | 62.2 | 51.6 - 71.7 | 7.6 | 3.2 - 17.0 |
| 60-69 | 596 | 33.8 | 25.5 - 43.1 | 61.1 | 51.8 - 69.7 | 5.1 | 3.0 - 8.8 |
| **Total** | **2955** | **29.3** | **25.2 - 33.7** | **63.5** | **58.4 - 68.2** | **7.3** | **5.2 - 10.1** |
| Area |  |  |  |  |  |  |  |
| Rural | 879 | 29.7 | 23.2 - 37.3 | 62.8 | 53.9 - 70.9 | 7.4 | 4.2 - 12.8 |
| Urban | 2076 | 28.9 | 24.1 - 34.1 | 64.0 | 58.8 - 69.0 | 7.1 | 4.9 - 10.2 |

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| **Salt knowledge** | Description: Percentage of respondents who think consuming too much salt could cause a serious health problem |
| Instrument question: D10: Do you think that too much salt or salty sauce in your diet could cause a health problem? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Think consuming too much salt could cause serious health problem** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 86.3 | 78.9 - 91.4 | 242 | 94.5 | 84.6 - 98.1 | 509 | 91.0 | 85.4 - 94.6 |
| 30-44 | 473 | 92.8 | 88.1 - 95.8 | 506 | 98.2 | 96.6 - 99.1 | 979 | 96.1 | 93.9 - 97.5 |
| 45-59 | 444 | 88.1 | 70.8 - 95.8 | 482 | 97.7 | 95.2 - 98.9 | 926 | 92.7 | 83.6 - 97.0 |
| 60-69 | 298 | 90.3 | 82.5 - 94.8 | 305 | 96.0 | 89.6 - 98.5 | 603 | 93.6 | 89.2 - 96.3 |
| **Total** | **1482** | **89.0** | **83.6 - 92.8** | **1535** | **96.6** | **93.7 - 98.2** | **3017** | **93.2** | **90.3 - 95.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 91.0 | 79.9 - 96.2 | 454 | 98.8 | 97.2 - 99.4 | 898 | 95.4 | 90.3 - 97.9 |
| Urban | 1038 | 87.3 | 81.2 - 91.6 | 1081 | 94.5 | 89.1 - 97.4 | 2119 | 91.3 | 87.3 - 94.1 |

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| **Controlling salt intake** | Description: Percentage of respondents who take specific action on a regular basis to control salt intake |
| Instrument question: D11a-f: Do you do any of the following on a regular basis to control your salt intake? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Limit consumption of processed foods** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 56.8 | 45.5 - 67.5 | 242 | 76.6 | 65.6 - 85.0 | 509 | 68.2 | 60.1 - 75.4 |
| 30-44 | 473 | 70.5 | 60.4 - 78.9 | 506 | 81.4 | 69.9 - 89.2 | 979 | 77.0 | 69.6 - 83.1 |
| 45-59 | 444 | 76.5 | 60.0 - 87.5 | 482 | 91.2 | 85.5 - 94.8 | 926 | 83.6 | 74.6 - 89.9 |
| 60-69 | 298 | 81.4 | 72.0 - 88.2 | 305 | 77.7 | 58.8 - 89.5 | 603 | 79.2 | 68.2 - 87.2 |
| **Total** | **1482** | **69.4** | **62.6 - 75.5** | **1535** | **81.8** | **76.8 - 85.9** | **3017** | **76.3** | **71.9 - 80.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 69.7 | 56.5 - 80.3 | 454 | 84.9 | 76.8 - 90.5 | 898 | 78.3 | 70.2 - 84.7 |
| Urban | 1038 | 69.1 | 62.7 - 74.9 | 1081 | 78.9 | 72.5 - 84.1 | 2119 | 74.5 | 70.1 - 78.4 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Look at the salt or sodium content on food labels** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 26.5 | 18.9 - 35.9 | 242 | 36.2 | 23.5 - 51.1 | 509 | 32.1 | 24.1 - 41.2 |
| 30-44 | 473 | 23.3 | 16.5 - 31.9 | 506 | 50.2 | 38.6 - 61.8 | 979 | 39.4 | 30.7 - 48.8 |
| 45-59 | 444 | 33.6 | 17.3 - 55.0 | 482 | 45.0 | 36.0 - 54.4 | 926 | 39.1 | 28.9 - 50.5 |
| 60-69 | 298 | 37.8 | 26.1 - 51.0 | 305 | 45.2 | 32.9 - 58.1 | 603 | 42.1 | 33.3 - 51.4 |
| **Total** | **1482** | **29.2** | **22.1 - 37.5** | **1535** | **43.7** | **37.4 - 50.1** | **3017** | **37.3** | **32.8 - 42.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 28.8 | 15.8 - 46.6 | 454 | 46.2 | 35.5 - 57.3 | 898 | 38.7 | 30.9 - 47.1 |
| Urban | 1038 | 29.6 | 24.7 - 34.9 | 1081 | 41.3 | 34.5 - 48.4 | 2119 | 36.0 | 31.3 - 40.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Buy low salt/sodium alternatives** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 36.3 | 27.0 - 46.8 | 242 | 47.7 | 33.0 - 62.8 | 509 | 42.9 | 33.5 - 52.8 |
| 30-44 | 473 | 31.8 | 23.1 - 42.1 | 506 | 52.4 | 40.7 - 63.9 | 979 | 44.1 | 35.5 - 53.2 |
| 45-59 | 444 | 43.0 | 26.3 - 61.5 | 482 | 55.4 | 45.7 - 64.7 | 926 | 49.0 | 38.9 - 59.2 |
| 60-69 | 298 | 46.7 | 34.7 - 59.0 | 305 | 62.8 | 48.2 - 75.4 | 603 | 56.1 | 46.9 - 64.8 |
| **Total** | **1482** | **38.5** | **31.3 - 46.2** | **1535** | **52.8** | **46.8 - 58.8** | **3017** | **46.5** | **41.7 - 51.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 39.1 | 25.5 - 54.6 | 454 | 59.9 | 49.5 - 69.5 | 898 | 50.9 | 42.2 - 59.6 |
| Urban | 1038 | 37.9 | 32.8 - 43.4 | 1081 | 46.2 | 39.6 - 52.9 | 2119 | 42.5 | 38.1 - 46.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Use spices other than salt when cooking** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 71.8 | 60.3 - 81.0 | 242 | 70.2 | 53.4 - 83.0 | 509 | 70.9 | 60.5 - 79.5 |
| 30-44 | 473 | 83.7 | 77.0 - 88.7 | 506 | 72.6 | 61.7 - 81.3 | 979 | 77.1 | 70.1 - 82.8 |
| 45-59 | 444 | 74.6 | 58.1 - 86.2 | 482 | 75.4 | 65.2 - 83.4 | 926 | 75.0 | 65.8 - 82.4 |
| 60-69 | 298 | 68.5 | 56.9 - 78.2 | 305 | 74.3 | 62.2 - 83.6 | 603 | 71.9 | 63.3 - 79.2 |
| **Total** | **1482** | **75.4** | **69.0 - 80.9** | **1535** | **72.7** | **65.0 - 79.3** | **3017** | **73.9** | **68.9 - 78.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 76.6 | 63.7 - 85.9 | 454 | 72.2 | 57.5 - 83.2 | 898 | 74.1 | 64.4 - 81.9 |
| Urban | 1038 | 74.4 | 68.5 - 79.6 | 1081 | 73.2 | 66.4 - 79.1 | 2119 | 73.8 | 69.2 - 77.9 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Avoid eating foods prepared outside of a home** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 45.6 | 35.2 - 56.4 | 242 | 40.4 | 26.8 - 55.6 | 509 | 42.6 | 33.0 - 52.7 |
| 30-44 | 473 | 39.0 | 29.2 - 49.8 | 506 | 60.5 | 48.8 - 71.1 | 979 | 51.9 | 43.3 - 60.4 |
| 45-59 | 444 | 44.9 | 28.1 - 62.9 | 482 | 60.7 | 50.2 - 70.3 | 926 | 52.6 | 42.3 - 62.6 |
| 60-69 | 298 | 47.1 | 35.3 - 59.1 | 305 | 68.7 | 57.1 - 78.4 | 603 | 59.7 | 50.2 - 68.5 |
| **Total** | **1482** | **43.8** | **36.6 - 51.3** | **1535** | **54.9** | **47.0 - 62.5** | **3017** | **50.0** | **45.1 - 54.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 46.9 | 32.9 - 61.3 | 454 | 54.2 | 39.9 - 67.8 | 898 | 51.0 | 42.1 - 59.8 |
| Urban | 1038 | 41.2 | 35.8 - 46.7 | 1081 | 55.5 | 48.7 - 62.1 | 2119 | 49.0 | 44.4 - 53.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Do other things specifically to control your salt intake** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 21.3 | 15.3 - 28.9 | 242 | 25.7 | 16.6 - 37.4 | 509 | 23.8 | 18.0 - 30.8 |
| 30-44 | 473 | 28.7 | 20.6 - 38.5 | 506 | 43.3 | 30.7 - 56.9 | 979 | 37.5 | 28.5 - 47.4 |
| 45-59 | 444 | 35.2 | 21.1 - 52.3 | 482 | 34.5 | 26.5 - 43.4 | 926 | 34.8 | 26.3 - 44.4 |
| 60-69 | 298 | 22.2 | 14.0 - 33.2 | 305 | 33.2 | 20.5 - 49.0 | 603 | 28.6 | 19.7 - 39.5 |
| **Total** | **1482** | **27.8** | **22.1 - 34.4** | **1535** | **34.1** | **28.4 - 40.2** | **3017** | **31.3** | **27.3 - 35.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 23.9 | 14.2 - 37.2 | 454 | 34.0 | 24.7 - 44.7 | 898 | 29.6 | 23.0 - 37.3 |
| Urban | 1038 | 31.2 | 26.0 - 36.9 | 1081 | 34.2 | 27.7 - 41.2 | 2119 | 32.8 | 28.2 - 37.8 |

# Physical Activity

|  |  |
| --- | --- |
| **Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)** | Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent) |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not meeting WHO recommendations on physical activity for health** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI |
| 18-29 | 260 | 7.5 | 4.1 - 13.2 | 236 | 17.6 | 10.0 - 29.2 | 496 | 13.3 | 8.5 - 20.2 |
| 30-44 | 460 | 15.6 | 9.1 - 25.6 | 502 | 13.1 | 8.7 - 19.1 | 962 | 14.1 | 9.9 - 19.6 |
| 45-59 | 438 | 8.0 | 3.1 - 18.9 | 471 | 16.5 | 11.1 - 24.0 | 909 | 12.1 | 8.1 - 17.8 |
| 60-69 | 295 | 12.6 | 6.9 - 22.0 | 301 | 17.4 | 10.2 - 28.3 | 596 | 15.4 | 10.4 - 22.3 |
| **Total** | **1453** | **10.3** | **7.3 - 14.3** | **1510** | **15.9** | **12.1 - 20.6** | **2963** | **13.4** | **10.9 - 16.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 7.8 | 4.2 - 14.1 | 446 | 14.4 | 8.5 - 23.2 | 878 | 11.6 | 7.6 - 17.3 |
| Urban | 1021 | 12.4 | 8.2 - 18.2 | 1064 | 17.4 | 13.3 - 22.4 | 2085 | 15.1 | 12.3 - 18.5 |

|  |  |
| --- | --- |
| **Levels of total physical activity according to former recommen-dations** | Description: Percentage of respondents classified into three categories of total physical activity according to former recommendations |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 260 | 12.4 | 8.0 - 18.7 | 18.5 | 11.0 - 29.5 | 69.1 | 58.6 - 77.9 |
| 30-44 | 460 | 35.1 | 22.5 - 50.3 | 15.9 | 10.1 - 24.1 | 49.0 | 37.3 - 60.7 |
| 45-59 | 438 | 11.8 | 6.0 - 22.1 | 21.1 | 11.6 - 35.3 | 67.0 | 51.7 - 79.4 |
| 60-69 | 295 | 29.4 | 20.9 - 39.6 | 23.6 | 16.8 - 32.0 | 47.1 | 35.5 - 59.0 |
| **Total** | **1453** | **19.9** | **14.8 - 26.2** | **19.3** | **14.4 - 25.3** | **60.8** | **53.5 - 67.7** |
| Area |  |  |  |  |  |  |  |
| Rural | 432 | 17.9 | 9.5 - 31.1 | 15.8 | 8.4 - 27.9 | 66.3 | 52.1 - 78.0 |
| Urban | 1021 | 21.6 | 16.6 - 27.6 | 22.2 | 17.2 - 28.1 | 56.2 | 49.9 - 62.3 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 236 | 28.7 | 18.5 - 41.6 | 29.0 | 18.4 - 42.5 | 42.3 | 27.4 - 58.8 |
| 30-44 | 502 | 22.0 | 15.7 - 29.8 | 46.1 | 33.0 - 59.7 | 32.0 | 22.8 - 42.8 |
| 45-59 | 471 | 33.2 | 22.4 - 46.2 | 35.1 | 26.4 - 44.8 | 31.7 | 24.6 - 39.8 |
| 60-69 | 301 | 24.0 | 15.6 - 35.1 | 47.9 | 35.0 - 61.1 | 28.1 | 19.7 - 38.4 |
| **Total** | **1510** | **27.2** | **21.6 - 33.5** | **38.1** | **31.9 - 44.6** | **34.8** | **28.4 - 41.8** |
| Area |  |  |  |  |  |  |  |
| Rural | 446 | 21.4 | 13.2 - 32.8 | 40.5 | 30.1 - 51.9 | 38.1 | 27.2 - 50.2 |
| Urban | 1064 | 32.7 | 26.9 - 39.1 | 35.7 | 29.2 - 42.8 | 31.6 | 25.8 - 38.1 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of total physical activity according to former recommendations** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 496 | 21.8 | 15.5 - 29.7 | 24.5 | 17.8 - 32.9 | 53.7 | 44.4 - 62.7 |
| 30-44 | 962 | 27.2 | 20.0 - 35.8 | 34.2 | 24.7 - 45.2 | 38.7 | 31.3 - 46.6 |
| 45-59 | 909 | 22.2 | 15.3 - 31.1 | 27.9 | 20.8 - 36.3 | 49.9 | 39.7 - 60.0 |
| 60-69 | 596 | 26.2 | 19.5 - 34.4 | 37.7 | 28.7 - 47.8 | 36.0 | 28.1 - 44.8 |
| **Total** | **2963** | **24.0** | **19.9 - 28.5** | **29.8** | **25.8 - 34.1** | **46.3** | **41.3 - 51.3** |
| Area |  |  |  |  |  |  |  |
| Rural | 878 | 19.9 | 13.5 - 28.3 | 30.0 | 23.5 - 37.5 | 50.1 | 41.6 - 58.6 |
| Urban | 2085 | 27.6 | 23.5 - 32.2 | 29.6 | 25.2 - 34.4 | 42.8 | 37.8 - 48.0 |

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| --- | --- |
| **Total physical activity- mean** | Description: Mean minutes of total physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of total physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 260 | 174.1 | 138.6 - 209.6 | 236 | 103.1 | 82.0 - 124.2 | 496 | 133.3 | 114.0 - 152.6 |
| 30-44 | 460 | 147.0 | 121.6 - 172.4 | 502 | 105.7 | 81.2 - 130.3 | 962 | 122.0 | 103.9 - 140.1 |
| 45-59 | 438 | 183.7 | 110.5 - 257.0 | 471 | 125.1 | 85.9 - 164.4 | 909 | 155.3 | 114.1 - 196.6 |
| 60-69 | 295 | 127.0 | 101.6 - 152.4 | 301 | 97.5 | 75.5 - 119.5 | 596 | 109.8 | 92.6 - 127.0 |
| **Total** | **1453** | **165.2** | **137.5 - 192.9** | **1510** | **108.7** | **93.6 - 123.7** | **2963** | **133.6** | **118.9 - 148.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 170.0 | 115.6 - 224.5 | 446 | 110.7 | 83.5 - 138.0 | 878 | 135.9 | 108.9 - 163.0 |
| Urban | 1021 | 161.1 | 139.2 - 183.0 | 1064 | 106.7 | 93.2 - 120.2 | 2085 | 131.4 | 118.3 - 144.6 |

|  |  |
| --- | --- |
| **Total physical activity- median** | Description: Median minutes of total physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of total physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 115.7 | 55.7 - 231.4 | 236 | 82.9 | 27.9 - 150.0 | 496 | 102.9 | 34.3 - 180.0 |
| 30-44 | 460 | 102.9 | 32.9 - 171.4 | 502 | 57.1 | 36.4 - 128.6 | 962 | 64.3 | 36.4 - 145.0 |
| 45-59 | 438 | 98.6 | 70.7 - 197.1 | 471 | 85.7 | 41.4 - 128.6 | 909 | 91.4 | 51.4 - 157.1 |
| 60-69 | 295 | 77.1 | 40.7 - 175.7 | 301 | 52.9 | 34.3 - 120.0 | 596 | 75.0 | 37.1 - 141.4 |
| **Total** | **1453** | **102.9** | **51.4 - 205.7** | **1510** | **68.6** | **32.9 - 141.4** | **2963** | **85.7** | **38.6 - 157.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 107.1 | 70.7 - 175.7 | 446 | 75.7 | 36.4 - 141.4 | 878 | 94.3 | 45.7 - 150.0 |
| Urban | 1021 | 90.0 | 34.3 - 218.6 | 1064 | 68.6 | 27.9 - 137.1 | 2085 | 77.1 | 30.0 - 180.0 |

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| --- | --- |
| **Domain-specific physical activity- mean** | Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of work-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 260 | 106.0 | 77.6 - 134.5 | 236 | 64.8 | 43.9 - 85.6 | 496 | 82.3 | 65.1 - 99.5 |
| 30-44 | 460 | 76.7 | 54.3 - 99.2 | 502 | 72.7 | 51.1 - 94.4 | 962 | 74.3 | 58.7 - 89.9 |
| 45-59 | 438 | 152.0 | 76.7 - 227.3 | 471 | 76.2 | 57.7 - 94.7 | 909 | 115.2 | 74.5 - 156.0 |
| 60-69 | 295 | 93.2 | 68.6 - 117.7 | 301 | 71.9 | 52.7 - 91.1 | 596 | 80.8 | 65.3 - 96.3 |
| **Total** | **1453** | **112.4** | **84.3 - 140.5** | **1510** | **70.9** | **61.0 - 80.8** | **2963** | **89.2** | **75.4 - 103.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 121.8 | 63.9 - 179.7 | 446 | 62.5 | 48.0 - 77.1 | 878 | 87.7 | 61.6 - 113.9 |
| Urban | 1021 | 104.4 | 86.9 - 121.9 | 1064 | 78.9 | 65.7 - 92.1 | 2085 | 90.5 | 79.4 - 101.6 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of transport-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 260 | 8.8 | 5.4 - 12.2 | 236 | 6.4 | 3.2 - 9.5 | 496 | 7.4 | 5.1 - 9.7 |
| 30-44 | 460 | 14.6 | 6.5 - 22.7 | 502 | 9.1 | 4.2 - 14.0 | 962 | 11.3 | 7.0 - 15.6 |
| 45-59 | 438 | 9.6 | 5.9 - 13.2 | 471 | 31.1 | 0.0 - 76.4 | 909 | 20.0 | 0.0 - 42.6 |
| 60-69 | 295 | 5.6 | 2.4 - 8.8 | 301 | 5.2 | 2.0 - 8.4 | 596 | 5.4 | 3.1 - 7.7 |
| **Total** | **1453** | **10.2** | **7.6 - 12.8** | **1510** | **13.2** | **1.7 - 24.6** | **2963** | **11.8** | **5.2 - 18.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 10.0 | 6.9 - 13.0 | 446 | 18.8 | 0.0 - 41.3 | 878 | 15.0 | 1.8 - 28.3 |
| Urban | 1021 | 10.3 | 6.2 - 14.4 | 1064 | 7.9 | 5.4 - 10.3 | 2085 | 9.0 | 6.4 - 11.5 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of recreation-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 260 | 59.3 | 43.8 - 74.7 | 236 | 32.0 | 20.2 - 43.8 | 496 | 43.6 | 34.0 - 53.2 |
| 30-44 | 460 | 55.7 | 37.6 - 73.7 | 502 | 23.9 | 14.4 - 33.4 | 962 | 36.4 | 26.1 - 46.7 |
| 45-59 | 438 | 22.2 | 14.7 - 29.6 | 471 | 17.8 | 13.4 - 22.2 | 909 | 20.1 | 15.8 - 24.3 |
| 60-69 | 295 | 28.2 | 20.3 - 36.1 | 301 | 20.3 | 13.4 - 27.3 | 596 | 23.6 | 18.3 - 29.0 |
| **Total** | **1453** | **42.6** | **34.4 - 50.9** | **1510** | **24.6** | **19.4 - 29.8** | **2963** | **32.5** | **27.8 - 37.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 38.3 | 23.7 - 52.8 | 446 | 29.4 | 19.5 - 39.3 | 878 | 33.2 | 24.6 - 41.8 |
| Urban | 1021 | 46.3 | 37.2 - 55.4 | 1064 | 20.0 | 16.8 - 23.2 | 2085 | 32.0 | 27.3 - 36.6 |

|  |  |
| --- | --- |
| **Domain-specific physical activity- median** | Description: Median minutes spent in work-, transport- and recreation-related physical activity on average per day |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of work-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 48.6 | 10.0 - 141.4 | 236 | 30.0 | 8.6 - 128.6 | 496 | 38.6 | 8.6 - 128.6 |
| 30-44 | 460 | 17.1 | 2.9 - 94.3 | 502 | 30.0 | 15.0 - 77.1 | 962 | 30.0 | 8.6 - 85.7 |
| 45-59 | 438 | 77.1 | 25.7 - 171.4 | 471 | 45.0 | 10.0 - 85.7 | 909 | 60.0 | 17.1 - 128.6 |
| 60-69 | 295 | 50.0 | 10.0 - 120.0 | 301 | 38.6 | 15.0 - 90.0 | 596 | 38.6 | 15.0 - 102.9 |
| **Total** | **1453** | **51.4** | **8.6 - 128.6** | **1510** | **34.3** | **8.6 - 90.0** | **2963** | **38.6** | **8.6 - 120.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 60.0 | 15.0 - 128.6 | 446 | 30.0 | 8.6 - 90.0 | 878 | 38.6 | 8.6 - 120.0 |
| Urban | 1021 | 42.9 | 4.3 - 154.3 | 1064 | 38.6 | 10.0 - 90.0 | 2085 | 38.6 | 8.6 - 120.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of transport-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 0.0 | 0.0 - 12.9 | 236 | 0.0 | 0.0 - 4.3 | 496 | 0.0 | 0.0 - 7.1 |
| 30-44 | 460 | 0.0 | 0.0 - 0.0 | 502 | 0.0 | 0.0 - 7.1 | 962 | 0.0 | 0.0 - 7.1 |
| 45-59 | 438 | 2.1 | 0.0 - 15.0 | 471 | 0.0 | 0.0 - 10.0 | 909 | 0.0 | 0.0 - 15.0 |
| 60-69 | 295 | 0.0 | 0.0 - 0.0 | 301 | 0.0 | 0.0 - 0.0 | 596 | 0.0 | 0.0 - 0.0 |
| **Total** | **1453** | **0.0** | **0.0 - 12.9** | **1510** | **0.0** | **0.0 - 7.1** | **2963** | **0.0** | **0.0 - 7.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 0.0 | 0.0 - 17.1 | 446 | 0.0 | 0.0 - 7.1 | 878 | 0.0 | 0.0 - 10.0 |
| Urban | 1021 | 0.0 | 0.0 - 2.9 | 1064 | 0.0 | 0.0 - 4.3 | 2085 | 0.0 | 0.0 - 4.3 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of recreation-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 40.0 | 17.1 - 75.0 | 236 | 12.9 | 4.3 - 51.4 | 496 | 25.7 | 8.6 - 51.4 |
| 30-44 | 460 | 34.3 | 8.6 - 85.7 | 502 | 8.6 | 0.0 - 30.0 | 962 | 17.1 | 1.7 - 38.6 |
| 45-59 | 438 | 8.6 | 0.0 - 34.3 | 471 | 10.0 | 0.0 - 25.7 | 909 | 8.6 | 0.0 - 25.7 |
| 60-69 | 295 | 17.1 | 0.0 - 38.6 | 301 | 5.7 | 0.0 - 25.7 | 596 | 10.0 | 0.0 - 34.3 |
| **Total** | **1453** | **25.7** | **4.3 - 53.6** | **1510** | **12.9** | **0.0 - 30.0** | **2963** | **17.1** | **0.0 - 38.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 17.1 | 4.3 - 51.4 | 446 | 12.9 | 0.0 - 34.3 | 878 | 17.1 | 4.3 - 42.9 |
| Urban | 1021 | 25.7 | 8.6 - 60.0 | 1064 | 8.6 | 0.0 - 25.7 | 2085 | 17.1 | 0.0 - 38.6 |

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| **No physical activity by domain** | Description: Percentage of respondents classified as doing no work-, transport- or recreational-related physical activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No work-related physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI |
| 18-29 | 260 | 14.7 | 9.4 - 22.2 | 236 | 23.7 | 14.3 - 36.7 | 496 | 19.9 | 14.1 - 27.4 |
| 30-44 | 460 | 23.6 | 16.1 - 33.3 | 502 | 16.2 | 11.0 - 23.4 | 962 | 19.2 | 14.8 - 24.5 |
| 45-59 | 438 | 16.4 | 7.6 - 32.0 | 471 | 20.1 | 12.7 - 30.4 | 909 | 18.2 | 12.0 - 26.7 |
| 60-69 | 295 | 13.8 | 7.7 - 23.5 | 301 | 6.8 | 3.7 - 12.2 | 596 | 9.7 | 6.3 - 14.6 |
| **Total** | **1453** | **17.4** | **12.8 - 23.3** | **1510** | **18.5** | **14.0 - 23.9** | **2963** | **18.0** | **14.9 - 21.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 13.9 | 7.2 - 25.3 | 446 | 19.4 | 12.0 - 29.8 | 878 | 17.1 | 11.8 - 24.1 |
| Urban | 1021 | 20.4 | 15.0 - 27.3 | 1064 | 17.5 | 13.4 - 22.7 | 2085 | 18.9 | 15.5 - 22.7 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No transport-related physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI |
| 18-29 | 260 | 60.5 | 47.9 - 71.9 | 236 | 70.5 | 57.4 - 80.9 | 496 | 66.3 | 56.3 - 75.0 |
| 30-44 | 460 | 76.3 | 67.0 - 83.6 | 502 | 61.5 | 46.7 - 74.4 | 962 | 67.3 | 56.8 - 76.3 |
| 45-59 | 438 | 48.9 | 31.2 - 66.8 | 471 | 67.1 | 50.9 - 80.0 | 909 | 57.7 | 44.2 - 70.1 |
| 60-69 | 295 | 80.8 | 71.5 - 87.6 | 301 | 75.7 | 61.6 - 85.9 | 596 | 77.9 | 68.5 - 85.0 |
| **Total** | **1453** | **62.9** | **53.8 - 71.2** | **1510** | **67.5** | **60.2 - 74.1** | **2963** | **65.5** | **59.0 - 71.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 52.8 | 37.7 - 67.4 | 446 | 62.5 | 49.8 - 73.7 | 878 | 58.4 | 47.0 - 69.0 |
| Urban | 1021 | 71.5 | 63.9 - 78.0 | 1064 | 72.2 | 64.5 - 78.8 | 2085 | 71.9 | 66.1 - 77.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No recreation-related physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI | n | % no activity at work | 95% CI |
| 18-29 | 260 | 10.4 | 5.4 - 19.0 | 236 | 21.8 | 13.0 - 34.2 | 496 | 17.0 | 11.3 - 24.7 |
| 30-44 | 460 | 12.8 | 8.1 - 19.5 | 502 | 32.6 | 23.9 - 42.7 | 962 | 24.8 | 19.3 - 31.1 |
| 45-59 | 438 | 26.6 | 14.9 - 42.8 | 471 | 37.0 | 28.3 - 46.6 | 909 | 31.7 | 23.2 - 41.5 |
| 60-69 | 295 | 26.0 | 18.5 - 35.2 | 301 | 39.3 | 27.1 - 53.0 | 596 | 33.8 | 25.8 - 42.9 |
| **Total** | **1453** | **18.1** | **13.4 - 23.9** | **1510** | **31.0** | **25.9 - 36.6** | **2963** | **25.3** | **21.6 - 29.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 17.9 | 10.1 - 29.8 | 446 | 25.8 | 18.5 - 34.9 | 878 | 22.5 | 16.6 - 29.8 |
| Urban | 1021 | 18.3 | 13.7 - 23.9 | 1064 | 35.9 | 30.1 - 42.2 | 2085 | 27.9 | 23.8 - 32.3 |

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| **Composition of total physical activity** | Description: Percentage of work, transport and recreational activity contributing to total activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 253 | 48.0 | 41.1 - 54.8 | 8.2 | 4.5 - 12.0 | 43.8 | 37.5 - 50.1 |
| 30-44 | 446 | 41.8 | 32.8 - 50.7 | 7.1 | 4.4 - 9.9 | 51.1 | 41.0 - 61.2 |
| 45-59 | 419 | 65.1 | 54.6 - 75.6 | 11.1 | 4.0 - 18.1 | 23.8 | 13.8 - 33.9 |
| 60-69 | 279 | 62.9 | 55.7 - 70.1 | 7.3 | 2.4 - 12.2 | 29.8 | 24.1 - 35.5 |
| **Total** | **1397** | **53.7** | **48.0 - 59.5** | **8.8** | **5.9 - 11.6** | **37.5** | **31.6 - 43.4** |
| Area |  |  |  |  |  |  |  |
| Rural | 420 | 58.1 | 47.6 - 68.5 | 8.6 | 5.5 - 11.8 | 33.3 | 22.3 - 44.3 |
| Urban | 977 | 50.0 | 43.8 - 56.1 | 8.9 | 4.4 - 13.5 | 41.1 | 35.5 - 46.7 |

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| **Composition of total physical activity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 221 | 51.9 | 40.3 - 63.5 | 12.3 | 6.3 - 18.3 | 35.8 | 25.2 - 46.3 |
| 30-44 | 474 | 59.8 | 52.7 - 66.8 | 11.3 | 7.2 - 15.5 | 28.9 | 22.9 - 34.9 |
| 45-59 | 433 | 62.3 | 50.1 - 74.5 | 15.9 | 1.1 - 30.7 | 21.8 | 16.7 - 26.8 |
| 60-69 | 285 | 70.6 | 62.6 - 78.7 | 4.6 | 2.0 - 7.2 | 24.8 | 16.3 - 33.2 |
| **Total** | **1413** | **59.2** | **54.7 - 63.8** | **11.9** | **7.9 - 15.9** | **28.9** | **24.3 - 33.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 416 | 54.6 | 47.5 - 61.7 | 13.1 | 5.8 - 20.4 | 32.3 | 23.8 - 40.8 |
| Urban | 997 | 63.7 | 58.9 - 68.5 | 10.7 | 7.4 - 14.1 | 25.6 | 21.9 - 29.2 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | Activity from work | 95% CI | Activity for transport | 95% CI | Activity during leisure time | 95% CI |
| 18-29 | 474 | 50.2 | 42.9 - 57.5 | 10.5 | 6.9 - 14.2 | 39.3 | 32.7 - 45.8 |
| 30-44 | 920 | 52.6 | 47.0 - 58.2 | 9.6 | 6.9 - 12.4 | 37.8 | 31.8 - 43.7 |
| 45-59 | 852 | 63.8 | 56.3 - 71.3 | 13.3 | 5.5 - 21.2 | 22.9 | 17.0 - 28.8 |
| 60-69 | 564 | 67.5 | 62.0 - 72.9 | 5.7 | 3.1 - 8.3 | 26.8 | 21.5 - 32.2 |
| **Total** | **2810** | **56.8** | **53.3 - 60.2** | **10.5** | **7.8 - 13.2** | **32.7** | **29.0 - 36.5** |
| Area |  |  |  |  |  |  |  |
| Rural | 836 | 56.1 | 50.1 - 62.1 | 11.2 | 6.7 - 15.7 | 32.7 | 25.8 - 39.7 |
| Urban | 1974 | 57.4 | 53.5 - 61.2 | 9.9 | 7.0 - 12.8 | 32.8 | 29.5 - 36.0 |

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| --- | --- |
| **No vigorous physical activity** | Description: Percentage of respondents not engaging in vigorous physical activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No vigorous physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI |
| 18-29 | 260 | 12.1 | 7.7 - 18.4 | 236 | 55.8 | 39.8 - 70.6 | 496 | 37.2 | 28.5 - 46.8 |
| 30-44 | 460 | 41.7 | 29.3 - 55.4 | 502 | 53.2 | 40.7 - 65.3 | 962 | 48.7 | 39.8 - 57.6 |
| 45-59 | 438 | 25.7 | 14.7 - 41.1 | 471 | 85.1 | 78.0 - 90.3 | 909 | 54.6 | 42.5 - 66.1 |
| 60-69 | 295 | 59.0 | 46.2 - 70.6 | 301 | 91.5 | 84.5 - 95.5 | 596 | 77.9 | 70.1 - 84.2 |
| **Total** | **1453** | **29.3** | **23.3 - 36.2** | **1510** | **66.6** | **58.2 - 74.0** | **2963** | **50.2** | **44.6 - 55.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 25.0 | 15.0 - 38.5 | 446 | 61.8 | 46.7 - 74.8 | 878 | 46.1 | 36.2 - 56.4 |
| Urban | 1021 | 33.0 | 27.2 - 39.4 | 1064 | 71.1 | 65.3 - 76.3 | 2085 | 53.8 | 49.2 - 58.3 |

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| --- | --- |
| **Sedentary** | Description: Minutes spent in sedentary activities on a typical day |
| Instrument question: P16a-b:How much time do you usually spend sitting or reclining on a typical day? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 263 | 329.0 | 286.2 - 371.9 | 241 | 306.1 | 257.6 - 354.7 | 504 | 315.8 | 283.2 - 348.5 |
| 30-44 | 466 | 332.9 | 292.2 - 373.7 | 503 | 276.0 | 231.3 - 320.6 | 969 | 298.8 | 266.7 - 330.8 |
| 45-59 | 440 | 252.8 | 204.9 - 300.7 | 477 | 254.6 | 220.5 - 288.6 | 917 | 253.7 | 224.4 - 282.9 |
| 60-69 | 296 | 212.2 | 187.2 - 237.1 | 302 | 201.6 | 175.7 - 227.5 | 598 | 206.0 | 188.0 - 224.1 |
| **Total** | **1465** | **292.4** | **269.5 - 315.3** | **1523** | **271.6** | **246.9 - 296.4** | **2988** | **280.8** | **262.2 - 299.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 253.9 | 222.4 - 285.4 | 449 | 239.1 | 198.3 - 279.8 | 890 | 245.4 | 215.2 - 275.7 |
| Urban | 1024 | 325.7 | 296.3 - 355.0 | 1074 | 302.6 | 277.5 - 327.7 | 2098 | 313.0 | 293.7 - 332.4 |

# History of Raised Blood Pressure

|  |  |
| --- | --- |
| **Blood pressure measurement and diagnosis** | Description: Blood pressure measurement and diagnosis among all respondents |
| Instrument question: H1: Have you ever had your blood pressure measured by a doctor or other health worker? H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? H2b: Have you been told in the past 12 months? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 267 | 23.0 | 15.3 - 33.0 | 67.4 | 57.4 - 76.0 | 7.1 | 3.5 - 13.9 | 2.6 | 1.2 - 5.7 |
| 30-44 | 473 | 8.0 | 4.2 - 14.5 | 72.7 | 63.0 - 80.6 | 13.3 | 7.8 - 21.5 | 6.1 | 3.8 - 9.7 |
| 45-59 | 444 | 4.6 | 1.4 - 13.7 | 46.5 | 30.2 - 63.5 | 33.4 | 17.0 - 55.3 | 15.5 | 6.9 - 31.4 |
| 60-69 | 298 | 7.9 | 3.7 - 16.0 | 44.4 | 34.0 - 55.3 | 31.8 | 21.4 - 44.3 | 16.0 | 10.1 - 24.3 |
| **Total** | **1482** | **11.5** | **8.1 - 16.0** | **59.5** | **51.4 - 67.0** | **19.9** | **13.1 - 29.0** | **9.1** | **5.7 - 14.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 11.2 | 5.8 - 20.6 | 58.2 | 42.6 - 72.2 | 22.3 | 10.2 - 41.9 | 8.3 | 3.4 - 19.2 |
| Urban | 1038 | 11.7 | 8.4 - 16.2 | 60.6 | 54.3 - 66.5 | 17.9 | 13.5 - 23.2 | 9.8 | 6.2 - 15.3 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 242 | 9.6 | 5.3 - 16.8 | 83.4 | 74.9 - 89.4 | 5.4 | 2.4 - 11.6 | 1.6 | 0.7 - 3.8 |
| 30-44 | 506 | 7.3 | 4.4 - 11.8 | 69.2 | 58.5 - 78.1 | 15.1 | 8.3 - 25.9 | 8.5 | 5.2 - 13.6 |
| 45-59 | 482 | 2.5 | 1.2 - 5.1 | 52.3 | 40.0 - 64.4 | 35.0 | 23.9 - 48.0 | 10.1 | 6.3 - 15.9 |
| 60-69 | 305 | 3.7 | 1.3 - 9.5 | 33.3 | 22.1 - 46.8 | 51.6 | 37.6 - 65.3 | 11.5 | 6.6 - 19.3 |
| **Total** | **1535** | **6.5** | **4.5 - 9.3** | **65.5** | **59.3 - 71.2** | **21.1** | **16.6 - 26.4** | **7.0** | **5.2 - 9.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 454 | 5.1 | 2.3 - 11.0 | 68.3 | 57.2 - 77.7 | 22.3 | 14.6 - 32.5 | 4.3 | 2.4 - 7.5 |
| Urban | 1081 | 7.7 | 5.6 - 10.5 | 62.8 | 57.3 - 68.1 | 19.9 | 15.8 - 24.8 | 9.5 | 7.1 - 12.6 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 509 | 15.3 | 10.7 - 21.3 | 76.6 | 69.7 - 82.3 | 6.1 | 3.5 - 10.3 | 2.0 | 1.1 - 3.6 |
| 30-44 | 979 | 7.6 | 5.1 - 11.0 | 70.6 | 63.4 - 76.8 | 14.3 | 9.5 - 21.2 | 7.5 | 5.2 - 10.8 |
| 45-59 | 926 | 3.6 | 1.8 - 7.2 | 49.3 | 38.8 - 59.9 | 34.2 | 23.2 - 47.2 | 12.9 | 7.6 - 21.1 |
| 60-69 | 603 | 5.4 | 2.7 - 10.6 | 37.9 | 29.4 - 47.2 | 43.3 | 33.4 - 53.8 | 13.4 | 9.3 - 18.9 |
| **Total** | **3017** | **8.7** | **6.7 - 11.2** | **62.8** | **57.8 - 67.6** | **20.6** | **16.4 - 25.4** | **7.9** | **6.0 - 10.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 898 | 7.8 | 4.6 - 12.8 | 63.9 | 54.5 - 72.4 | 22.3 | 14.8 - 32.1 | 6.0 | 3.3 - 10.8 |
| Urban | 2119 | 9.5 | 7.5 - 12.1 | 61.8 | 57.4 - 66.1 | 19.0 | 15.6 - 22.9 | 9.7 | 7.4 - 12.5 |

|  |  |
| --- | --- |
| **Blood pressure treatment among those diagnosed** | Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure |
| Instrument question: H1: Have you ever had your blood pressure measured by a doctor or other health worker? H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? H3: In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking meds | 95% CI | n | % taking meds | 95% CI | n | % taking meds | 95% CI |
| 18-29 | 27 | 1.7 | 0.4 - 7.4 | 23 | 7.4 | 2.0 - 23.9 | 50 | 4.5 | 1.6 - 12.3 |
| 30-44 | 109 | 57.4 | 38.0 - 74.8 | 125 | 64.9 | 46.1 - 80.0 | 234 | 62.2 | 48.2 - 74.5 |
| 45-59 | 195 | 48.5 | 21.5 - 76.4 | 219 | 71.9 | 55.6 - 83.9 | 414 | 59.4 | 38.2 - 77.6 |
| 60-69 | 159 | 96.9 | 93.6 - 98.5 | 199 | 89.3 | 68.4 - 97.0 | 358 | 92.0 | 78.4 - 97.3 |
| **Total** | **490** | **53.8** | **34.9 - 71.6** | **566** | **69.4** | **60.3 - 77.3** | **1056** | **62.4** | **50.9 - 72.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 151 | 35.8 | 15.0 - 63.9 | 178 | 72.0 | 56.3 - 83.7 | 329 | 55.1 | 35.3 - 73.4 |
| Urban | 339 | 70.9 | 59.3 - 80.4 | 388 | 67.3 | 56.4 - 76.6 | 727 | 68.9 | 61.0 - 75.8 |

|  |  |
| --- | --- |
| **Blood pressure advice by a traditional healer** | Description: Percentage of respondents who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure |
| Instrument question: H1: Have you ever had your blood pressure measured by a doctor or other health worker? H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? H4: Have you ever seen a traditional healer for raised blood pressure? H5: Are you currently taking any herbal or traditional remedy for your high blood pressure? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Seen a traditional healer among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % seen trad. Healer | 95% CI | n | % seen trad. Healer | 95% CI | n | % seen trad. Healer | 95% CI |
| 18-29 | 27 | 4.9 | 1.4 - 16.0 | 23 | 0.8 | 0.1 - 6.1 | 50 | 2.9 | 0.9 - 8.5 |
| 30-44 | 109 | 3.0 | 1.3 - 6.9 | 125 | 1.1 | 0.4 - 2.9 | 234 | 1.8 | 0.9 - 3.4 |
| 45-59 | 195 | 5.1 | 2.3 - 11.0 | 219 | 6.2 | 2.9 - 12.6 | 414 | 5.6 | 3.2 - 9.7 |
| 60-69 | 159 | 7.6 | 2.9 - 18.3 | 199 | 8.3 | 1.6 - 32.7 | 358 | 8.0 | 2.6 - 22.1 |
| **Total** | **490** | **5.2** | **3.1 - 8.5** | **566** | **5.0** | **2.2 - 10.9** | **1056** | **5.1** | **3.1 - 8.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 151 | 2.2 | 0.9 - 5.6 | 178 | 8.0 | 2.7 - 21.7 | 329 | 5.3 | 2.1 - 12.9 |
| Urban | 339 | 8.0 | 4.9 - 12.8 | 388 | 2.4 | 1.4 - 4.2 | 727 | 4.8 | 3.3 - 7.1 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI |
| 18-29 | 27 | 0.5 | 0.1 - 4.1 | 23 | 1.4 | 0.3 - 6.5 | 50 | 1.0 | 0.3 - 3.3 |
| 30-44 | 109 | 4.9 | 2.0 - 11.4 | 125 | 2.0 | 0.8 - 5.2 | 234 | 3.0 | 1.5 - 6.0 |
| 45-59 | 195 | 10.3 | 3.6 - 26.2 | 219 | 9.6 | 5.4 - 16.3 | 414 | 9.9 | 5.4 - 17.5 |
| 60-69 | 159 | 11.0 | 5.6 - 20.6 | 199 | 12.9 | 4.4 - 32.1 | 358 | 12.2 | 5.8 - 24.0 |
| **Total** | **490** | **8.5** | **4.3 - 15.9** | **566** | **7.9** | **4.6 - 13.2** | **1056** | **8.1** | **5.4 - 12.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 151 | 2.6 | 1.0 - 6.4 | 178 | 8.0 | 2.7 - 21.2 | 329 | 5.5 | 2.3 - 12.7 |
| Urban | 339 | 14.1 | 7.5 - 25.0 | 388 | 7.7 | 5.0 - 11.8 | 727 | 10.5 | 7.1 - 15.3 |

# History of Diabetes

|  |  |
| --- | --- |
| **Blood sugar measurement and diagnosis** | Description: Blood sugar measurement and diagnosis among all respondents |
| Instrument question: H6: Have you ever had your blood sugar measured by a doctor or other health worker? H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? H7b: Have you been told in the past 12 months? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 267 | 50.4 | 38.9 - 61.8 | 49.3 | 37.8 - 60.8 | 0.2 | 0.1 - 0.8 | 0.1 | 0.0 - 0.7 |
| 30-44 | 473 | 25.3 | 18.3 - 34.0 | 65.3 | 55.1 - 74.3 | 6.0 | 3.0 - 11.4 | 3.4 | 1.8 - 6.2 |
| 45-59 | 444 | 10.8 | 5.7 - 19.8 | 71.8 | 56.9 - 83.2 | 15.6 | 7.5 - 29.8 | 1.7 | 0.9 - 3.3 |
| 60-69 | 298 | 16.4 | 9.9 - 25.9 | 64.0 | 52.1 - 74.4 | 13.2 | 8.4 - 20.4 | 6.4 | 3.1 - 12.6 |
| **Total** | **1482** | **27.4** | **21.9 - 33.6** | **62.3** | **55.5 - 68.7** | **8.1** | **5.1 - 12.7** | **2.1** | **1.5 - 3.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 21.8 | 13.6 - 33.0 | 69.7 | 57.2 - 79.8 | 7.2 | 2.6 - 18.2 | 1.4 | 0.6 - 3.0 |
| Urban | 1038 | 32.3 | 26.4 - 38.7 | 56.0 | 50.0 - 61.8 | 9.0 | 6.1 - 12.9 | 2.8 | 1.8 - 4.2 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 242 | 35.6 | 22.8 - 50.7 | 57.4 | 42.1 - 71.5 | 2.3 | 0.9 - 5.5 | 4.7 | 1.3 - 16.0 |
| 30-44 | 506 | 18.1 | 11.8 - 26.7 | 73.3 | 63.9 - 81.0 | 6.2 | 3.0 - 12.4 | 2.3 | 1.0 - 5.2 |
| 45-59 | 482 | 14.1 | 9.6 - 20.3 | 64.7 | 52.6 - 75.2 | 16.4 | 8.2 - 30.2 | 4.7 | 2.2 - 9.8 |
| 60-69 | 305 | 13.6 | 6.7 - 25.8 | 57.8 | 43.5 - 70.9 | 21.1 | 9.7 - 39.8 | 7.5 | 3.7 - 14.7 |
| **Total** | **1535** | **22.4** | **17.6 - 28.0** | **64.1** | **57.6 - 70.1** | **9.2** | **6.0 - 13.9** | **4.3** | **2.5 - 7.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 454 | 19.5 | 12.2 - 29.5 | 66.0 | 54.4 - 76.0 | 10.3 | 4.8 - 20.7 | 4.2 | 1.6 - 10.7 |
| Urban | 1081 | 25.1 | 19.7 - 31.6 | 62.3 | 56.0 - 68.2 | 8.1 | 5.9 - 11.1 | 4.4 | 2.6 - 7.3 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 509 | 41.9 | 32.2 - 52.2 | 54.0 | 44.0 - 63.7 | 1.4 | 0.6 - 3.2 | 2.7 | 0.8 - 9.2 |
| 30-44 | 979 | 21.0 | 16.0 - 27.1 | 70.1 | 63.2 - 76.2 | 6.1 | 3.7 - 10.0 | 2.7 | 1.6 - 4.6 |
| 45-59 | 926 | 12.4 | 9.0 - 16.9 | 68.4 | 59.3 - 76.3 | 16.0 | 9.5 - 25.7 | 3.2 | 1.8 - 5.6 |
| 60-69 | 603 | 14.8 | 9.4 - 22.5 | 60.4 | 50.9 - 69.2 | 17.8 | 10.2 - 29.2 | 7.0 | 4.3 - 11.4 |
| **Total** | **3017** | **24.6** | **20.6 - 29.1** | **63.3** | **58.5 - 67.9** | **8.7** | **6.3 - 11.9** | **3.4** | **2.2 - 5.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 898 | 20.5 | 14.2 - 28.6 | 67.6 | 58.8 - 75.3 | 9.0 | 4.9 - 15.8 | 3.0 | 1.2 - 7.1 |
| Urban | 2119 | 28.4 | 24.0 - 33.2 | 59.4 | 55.0 - 63.7 | 8.5 | 6.5 - 11.1 | 3.7 | 2.5 - 5.3 |

|  |  |
| --- | --- |
| **Diabetes treatment among those diagnosed** | Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes |
| Instrument question: H6: Have you ever had your blood sugar measured by a doctor or other health worker? H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking meds | 95% CI | n | % taking meds | 95% CI | n | % taking meds | 95% CI |
| 18-29 | 4 | 0.0 | 0.0 - 0.0 | 14 | 20.6 | 4.2 - 60.5 | 18 | 19.8 | 4.1 - 58.8 |
| 30-44 | 47 | 82.7 | 66.5 - 92.0 | 52 | 67.1 | 42.9 - 84.7 | 99 | 73.7 | 58.7 - 84.6 |
| 45-59 | 91 | 77.0 | 52.1 - 91.1 | 98 | 76.2 | 50.7 - 90.9 | 189 | 76.6 | 59.5 - 87.9 |
| 60-69 | 86 | 91.4 | 81.3 - 96.3 | 97 | 90.3 | 77.1 - 96.3 | 183 | 90.7 | 82.0 - 95.4 |
| **Total** | **228** | **80.5** | **67.3 - 89.2** | **261** | **68.4** | **51.5 - 81.6** | **489** | **73.0** | **61.5 - 82.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 75 | 88.0 | 66.6 - 96.4 | 81 | 68.7 | 39.2 - 88.2 | 156 | 74.7 | 53.0 - 88.5 |
| Urban | 153 | 75.8 | 60.0 - 86.8 | 180 | 68.1 | 52.2 - 80.7 | 333 | 71.5 | 59.6 - 81.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking insulin prescribed for diabetes among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking insulin | 95% CI | n | % taking insulin | 95% CI | n | % taking insulin | 95% CI |
| 18-29 | 4 | 0.0 | 0.0 - 0.0 | 14 | 0.6 | 0.1 - 5.2 | 18 | 0.6 | 0.1 - 5.0 |
| 30-44 | 47 | 24.1 | 7.6 - 55.0 | 52 | 19.9 | 3.7 - 61.9 | 99 | 21.7 | 7.8 - 47.5 |
| 45-59 | 91 | 38.6 | 11.1 - 76.0 | 98 | 10.2 | 4.1 - 23.1 | 189 | 23.4 | 7.8 - 52.3 |
| 60-69 | 86 | 21.8 | 11.6 - 37.1 | 97 | 15.2 | 5.6 - 35.0 | 183 | 17.4 | 9.0 - 30.8 |
| **Total** | **228** | **31.4** | **13.1 - 58.0** | **261** | **11.7** | **5.8 - 22.1** | **489** | **19.1** | **10.0 - 33.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 75 | 47.5 | 12.7 - 84.9 | 81 | 12.9 | 4.0 - 34.6 | 156 | 23.6 | 7.7 - 53.2 |
| Urban | 153 | 21.3 | 11.2 - 36.6 | 180 | 10.3 | 5.7 - 17.9 | 333 | 15.1 | 9.9 - 22.4 |

|  |  |
| --- | --- |
| **Diabetes advice by traditional healer** | Description: Percentage of respondents who are have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed |
| Instrument question: H6: Have you ever had your blood sugar measured by a doctor or other health worker? H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? H10: Have you ever seen a traditional healer for diabetes or raised blood sugar? H11: Are you currently taking any herbal or traditional remedy for your diabetes? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Seen a traditional healer for diabetes among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % seen trad. Healer | 95% CI | n | % seen trad. Healer | 95% CI | n | % seen trad. Healer | 95% CI |
| 18-29 | 4 | 0.0 | 0.0 - 0.0 | 14 | 41.9 | 8.4 - 85.1 | 18 | 40.5 | 8.0 - 84.2 |
| 30-44 | 47 | 0.1 | 0.0 - 0.8 | 52 | 0.0 | 0.0 - 0.0 | 99 | 0.0 | 0.0 - 0.3 |
| 45-59 | 91 | 2.2 | 0.6 - 8.3 | 98 | 1.7 | 0.3 - 9.2 | 189 | 1.9 | 0.7 - 5.6 |
| 60-69 | 86 | 6.8 | 1.9 - 21.1 | 97 | 5.9 | 1.1 - 25.6 | 183 | 6.2 | 2.0 - 17.9 |
| **Total** | **228** | **2.7** | **1.1 - 6.4** | **261** | **9.4** | **2.1 - 32.7** | **489** | **6.8** | **2.0 - 21.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 75 | 2.9 | 0.5 - 14.2 | 81 | 13.9 | 2.1 - 55.2 | 156 | 10.5 | 1.9 - 41.0 |
| Urban | 153 | 2.5 | 0.9 - 6.8 | 180 | 4.4 | 1.5 - 12.6 | 333 | 3.6 | 1.7 - 7.5 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional treatment for diabetes among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI |
| 18-29 | 4 | 18.7 | 2.3 - 69.4 | 14 | 0.0 | 0.0 - 0.0 | 18 | 0.7 | 0.1 - 5.4 |
| 30-44 | 47 | 5.2 | 1.7 - 14.9 | 52 | 0.9 | 0.2 - 3.9 | 99 | 2.7 | 1.0 - 6.9 |
| 45-59 | 91 | 23.1 | 8.8 - 48.4 | 98 | 5.7 | 2.0 - 15.1 | 189 | 13.8 | 6.7 - 26.3 |
| 60-69 | 86 | 14.8 | 6.9 - 28.9 | 97 | 10.4 | 3.3 - 28.1 | 183 | 11.8 | 5.6 - 23.3 |
| **Total** | **228** | **17.2** | **9.0 - 30.2** | **261** | **5.0** | **2.5 - 9.5** | **489** | **9.6** | **6.0 - 14.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 75 | 9.0 | 3.0 - 24.1 | 81 | 4.2 | 1.5 - 11.3 | 156 | 5.7 | 2.7 - 11.6 |
| Urban | 153 | 22.3 | 11.4 - 38.9 | 180 | 5.8 | 2.5 - 12.7 | 333 | 13.0 | 7.8 - 20.7 |

# History of Raised Total Cholesterol

|  |  |
| --- | --- |
| **Cholesterol measurement and diagnosis** | Description: Total cholesterol measurement and diagnosis among all respondents |
| Instrument question: H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker? H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol? H13b:Have you been told in the past 12 months? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 267 | 71.6 | 59.4 - 81.3 | 26.4 | 16.8 - 39.0 | 0.9 | 0.3 - 2.8 | 1.0 | 0.3 - 3.0 |
| 30-44 | 473 | 29.1 | 21.0 - 38.6 | 56.1 | 45.2 - 66.4 | 8.3 | 5.2 - 12.9 | 6.6 | 4.1 - 10.5 |
| 45-59 | 444 | 13.7 | 7.5 - 23.7 | 50.7 | 34.1 - 67.2 | 17.4 | 10.0 - 28.3 | 18.2 | 8.9 - 33.7 |
| 60-69 | 298 | 14.8 | 8.7 - 24.2 | 33.3 | 24.6 - 43.4 | 40.0 | 28.7 - 52.5 | 11.8 | 6.7 - 19.9 |
| **Total** | **1482** | **35.7** | **29.7 - 42.3** | **42.7** | **35.3 - 50.5** | **12.4** | **9.3 - 16.4** | **9.2** | **5.8 - 14.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 30.2 | 20.3 - 42.4 | 50.7 | 36.6 - 64.7 | 9.9 | 5.5 - 17.3 | 9.2 | 3.9 - 20.2 |
| Urban | 1038 | 40.5 | 34.5 - 46.7 | 35.8 | 31.2 - 40.6 | 14.5 | 11.0 - 18.9 | 9.3 | 5.7 - 14.6 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 242 | 66.9 | 53.0 - 78.4 | 28.0 | 17.6 - 41.5 | 3.7 | 0.9 - 13.8 | 1.3 | 0.3 - 5.9 |
| 30-44 | 506 | 48.8 | 36.9 - 60.9 | 39.5 | 29.1 - 50.9 | 6.7 | 3.3 - 13.0 | 5.0 | 2.6 - 9.5 |
| 45-59 | 482 | 12.5 | 8.2 - 18.5 | 49.7 | 37.4 - 62.0 | 25.2 | 15.8 - 37.9 | 12.6 | 8.0 - 19.3 |
| 60-69 | 305 | 10.6 | 6.0 - 18.0 | 28.4 | 19.2 - 39.8 | 47.7 | 33.9 - 61.9 | 13.3 | 8.3 - 20.6 |
| **Total** | **1535** | **41.4** | **34.0 - 49.2** | **36.8** | **30.8 - 43.4** | **15.1** | **11.0 - 20.5** | **6.6** | **4.9 - 8.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 454 | 44.4 | 31.4 - 58.2 | 35.7 | 25.6 - 47.3 | 16.5 | 9.4 - 27.3 | 3.4 | 2.0 - 5.7 |
| Urban | 1081 | 38.6 | 32.3 - 45.3 | 37.9 | 31.6 - 44.6 | 13.9 | 10.2 - 18.5 | 9.7 | 7.1 - 13.1 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 509 | 68.9 | 59.9 - 76.7 | 27.4 | 20.0 - 36.2 | 2.5 | 0.8 - 7.9 | 1.2 | 0.4 - 3.4 |
| 30-44 | 979 | 40.9 | 32.2 - 50.2 | 46.2 | 37.7 - 54.8 | 7.3 | 4.8 - 11.1 | 5.7 | 3.5 - 9.0 |
| 45-59 | 926 | 13.1 | 9.5 - 17.8 | 50.2 | 40.2 - 60.3 | 21.2 | 14.6 - 29.7 | 15.5 | 9.7 - 23.8 |
| 60-69 | 603 | 12.3 | 8.2 - 18.1 | 30.5 | 23.8 - 38.1 | 44.5 | 34.5 - 55.0 | 12.7 | 8.6 - 18.3 |
| **Total** | **3017** | **38.9** | **34.1 - 43.9** | **39.4** | **35.1 - 44.0** | **13.9** | **11.2 - 17.2** | **7.8** | **5.8 - 10.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 898 | 38.3 | 29.6 - 47.8 | 42.2 | 34.3 - 50.6 | 13.7 | 9.0 - 20.1 | 5.9 | 3.2 - 10.6 |
| Urban | 2119 | 39.4 | 35.0 - 44.1 | 36.9 | 33.0 - 41.1 | 14.1 | 11.5 - 17.2 | 9.5 | 7.2 - 12.4 |

|  |  |
| --- | --- |
| **Cholesterol treatment among those diagnosed** | Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol |
| Instrument question: H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker? H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol? H14: In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking meds | 95% CI | n | % taking meds | 95% CI | n | % taking meds | 95% CI |
| 18-29 | 10 | 3.9 | 0.5 - 25.3 | 11 | 20.6 | 2.5 - 72.0 | 21 | 16.9 | 2.5 - 61.3 |
| 30-44 | 100 | 48.3 | 32.2 - 64.8 | 73 | 43.4 | 21.4 - 68.4 | 173 | 45.7 | 29.9 - 62.3 |
| 45-59 | 194 | 55.2 | 33.2 - 75.4 | 169 | 69.6 | 53.2 - 82.1 | 363 | 62.4 | 47.4 - 75.3 |
| 60-69 | 160 | 84.5 | 69.7 - 92.8 | 177 | 80.4 | 61.9 - 91.2 | 337 | 82.0 | 69.4 - 90.1 |
| **Total** | **464** | **60.1** | **46.4 - 72.4** | **430** | **65.2** | **53.1 - 75.5** | **894** | **63.0** | **53.8 - 71.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 150 | 63.7 | 36.0 - 84.6 | 133 | 76.7 | 58.7 - 88.5 | 283 | 71.3 | 54.5 - 83.7 |
| Urban | 314 | 57.6 | 44.0 - 70.2 | 297 | 56.0 | 42.5 - 68.8 | 611 | 56.8 | 46.9 - 66.1 |

|  |  |
| --- | --- |
| **Cholesterol advice by traditional healer** | Description: Percentage of respondents who are have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed |
| Instrument question: H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker? H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol? H15: Have you ever seen a traditional healer for raised cholesterol? H16: Are you currently taking any herbal or traditional remedy for your raised cholesterol? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Seen a traditional healer for raised cholesterol among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % seen trad. healer | 95% CI | n | % seen trad. healer | 95% CI | n | % seen trad. healer | 95% CI |
| 18-29 | 10 | 0.0 | 0.0 - 0.0 | 11 | 0.0 | 0.0 - 0.0 | 21 | 0.0 | 0.0 - 0.0 |
| 30-44 | 100 | 1.0 | 0.4 - 2.6 | 73 | 0.0 | 0.0 - 0.0 | 173 | 0.4 | 0.2 - 1.2 |
| 45-59 | 194 | 10.3 | 2.5 - 33.7 | 169 | 6.0 | 1.6 - 19.6 | 363 | 8.1 | 3.0 - 20.2 |
| 60-69 | 160 | 0.6 | 0.2 - 1.9 | 177 | 8.2 | 1.5 - 34.3 | 337 | 5.3 | 1.0 - 23.0 |
| **Total** | **464** | **5.8** | **1.6 - 19.5** | **430** | **5.3** | **1.8 - 14.5** | **894** | **5.5** | **2.4 - 12.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 150 | 1.1 | 0.3 - 3.6 | 133 | 10.5 | 3.0 - 30.7 | 283 | 6.5 | 2.1 - 18.8 |
| Urban | 314 | 9.1 | 2.2 - 30.5 | 297 | 1.2 | 0.4 - 3.1 | 611 | 4.8 | 1.4 - 15.2 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI | n | % taking trad. meds | 95% CI |
| 18-29 | 10 | 0.0 | 0.0 - 0.0 | 11 | 0.9 | 0.1 - 7.7 | 21 | 0.7 | 0.1 - 5.6 |
| 30-44 | 100 | 6.1 | 2.3 - 15.2 | 73 | 3.4 | 1.0 - 10.7 | 173 | 4.6 | 2.3 - 9.0 |
| 45-59 | 194 | 8.8 | 4.2 - 17.5 | 169 | 9.8 | 4.1 - 21.7 | 363 | 9.3 | 5.2 - 16.1 |
| 60-69 | 160 | 2.6 | 1.1 - 5.8 | 177 | 13.4 | 4.6 - 33.4 | 337 | 9.3 | 3.6 - 22.2 |
| **Total** | **464** | **6.5** | **3.7 - 11.0** | **430** | **9.3** | **4.8 - 17.0** | **894** | **8.0** | **5.1 - 12.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 150 | 3.8 | 1.7 - 8.2 | 133 | 12.0 | 4.4 - 28.8 | 283 | 8.5 | 3.8 - 18.2 |
| Urban | 314 | 8.3 | 4.3 - 15.4 | 297 | 7.1 | 3.2 - 15.1 | 611 | 7.7 | 4.6 - 12.6 |

# History of Cardiovascular Diseases

|  |  |
| --- | --- |
| **History of cardio-vascular diseases** | Description: Percentage of respondents who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents |
| Instrument question: H17: Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Having ever had a heart attack or chest pain from heart disease or a stroke** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % CVD history | 95% CI | n | % CVD history | 95% CI | n | % CVD history | 95% CI |
| 18-29 | 267 | 2.8 | 0.7 - 10.1 | 242 | 1.5 | 0.5 - 4.2 | 509 | 2.0 | 0.8 - 4.8 |
| 30-44 | 473 | 2.6 | 1.1 - 6.0 | 506 | 2.2 | 1.0 - 4.9 | 979 | 2.4 | 1.4 - 4.2 |
| 45-59 | 444 | 7.7 | 3.4 - 16.5 | 482 | 8.4 | 4.2 - 16.3 | 926 | 8.0 | 4.7 - 13.4 |
| 60-69 | 298 | 8.3 | 5.1 - 13.2 | 305 | 7.9 | 3.1 - 18.9 | 603 | 8.1 | 4.5 - 14.0 |
| **Total** | **1482** | **4.9** | **3.0 - 7.9** | **1535** | **4.2** | **2.7 - 6.4** | **3017** | **4.5** | **3.3 - 6.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 1.0 | 0.5 - 2.0 | 454 | 3.8 | 1.8 - 7.6 | 898 | 2.6 | 1.4 - 4.6 |
| Urban | 1038 | 8.3 | 5.1 - 13.3 | 1081 | 4.6 | 2.7 - 7.6 | 2119 | 6.3 | 4.4 - 8.9 |

|  |  |
| --- | --- |
| **Prevention and treatment of heart disease** | Description: Percentage of respondents who are currently taking aspirin or statins regularly to prevent or treat heart disease |
| Instrument question: H18: Are you currently taking aspirin regularly to prevent or treat heart disease? H19: Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking aspirin regularly to prevent or treat heart disease** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking aspirin | 95% CI | n | % taking aspirin | 95% CI | n | % taking aspirin | 95% CI |
| 18-29 | 267 | 0.0 | 0.0 - 0.0 | 242 | 1.1 | 0.3 - 3.8 | 509 | 0.6 | 0.2 - 2.2 |
| 30-44 | 473 | 4.0 | 1.7 - 9.4 | 506 | 0.2 | 0.0 - 0.7 | 979 | 1.7 | 0.7 - 4.0 |
| 45-59 | 444 | 6.1 | 2.3 - 15.0 | 482 | 3.2 | 1.3 - 7.6 | 926 | 4.7 | 2.3 - 9.2 |
| 60-69 | 298 | 15.1 | 9.6 - 23.0 | 305 | 3.6 | 2.1 - 6.1 | 603 | 8.4 | 5.7 - 12.2 |
| **Total** | **1482** | **4.6** | **2.9 - 7.3** | **1535** | **1.6** | **0.9 - 2.8** | **3017** | **3.0** | **2.1 - 4.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 2.4 | 1.3 - 4.7 | 454 | 1.9 | 0.8 - 4.7 | 898 | 2.1 | 1.3 - 3.6 |
| Urban | 1038 | 6.6 | 3.8 - 11.2 | 1081 | 1.4 | 0.8 - 2.2 | 2119 | 3.7 | 2.3 - 5.8 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking statins regularly to prevent or treat heart disease** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % taking statins | 95% CI | n | % taking statins | 95% CI | n | % taking statins | 95% CI |
| 18-29 | 267 | 0.1 | 0.0 - 0.5 | 242 | 2.5 | 0.8 - 7.9 | 509 | 1.5 | 0.5 - 4.5 |
| 30-44 | 473 | 2.7 | 1.3 - 5.5 | 506 | 0.6 | 0.2 - 1.5 | 979 | 1.4 | 0.8 - 2.6 |
| 45-59 | 444 | 10.3 | 4.8 - 20.6 | 482 | 7.7 | 4.2 - 13.7 | 926 | 9.0 | 5.5 - 14.6 |
| 60-69 | 298 | 24.5 | 15.2 - 36.9 | 305 | 17.4 | 11.2 - 26.1 | 603 | 20.3 | 14.9 - 27.2 |
| **Total** | **1482** | **6.7** | **4.4 - 10.2** | **1535** | **5.0** | **3.4 - 7.3** | **3017** | **5.7** | **4.4 - 7.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 5.1 | 2.1 - 12.0 | 454 | 3.6 | 1.7 - 7.3 | 898 | 4.3 | 2.5 - 7.3 |
| Urban | 1038 | 8.1 | 5.2 - 12.4 | 1081 | 6.2 | 4.0 - 9.6 | 2119 | 7.1 | 5.3 - 9.5 |

# Lifestyle Advice

|  |  |
| --- | --- |
| **Lifestyle advice** | Description: Percentage of respondents who received lifestyle advice from a doctor or health worker during the past three years among all respondents |
| Instrument question: H20a-f: During the past three years, has a doctor or other health worker advised you to do any of the following? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to quit using tobacco or don’t start** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 23.7 | 14.2 - 36.8 | 162 | 13.1 | 6.3 - 25.5 | 315 | 17.2 | 11.1 - 25.6 |
| 30-44 | 335 | 39.3 | 30.3 - 49.1 | 372 | 11.7 | 6.2 - 21.0 | 707 | 22.2 | 16.4 - 29.2 |
| 45-59 | 310 | 19.6 | 10.1 - 34.8 | 376 | 21.6 | 13.0 - 33.8 | 686 | 20.6 | 13.7 - 29.8 |
| 60-69 | 235 | 31.5 | 21.6 - 43.6 | 258 | 10.0 | 4.7 - 19.9 | 493 | 19.0 | 13.2 - 26.6 |
| **Total** | **1033** | **27.3** | **21.3 - 34.2** | **1168** | **14.5** | **10.3 - 20.1** | **2201** | **19.8** | **16.4 - 23.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 18.7 | 10.7 - 30.7 | 353 | 12.9 | 7.1 - 22.3 | 654 | 15.3 | 10.3 - 22.2 |
| Urban | 732 | 33.7 | 27.5 - 40.4 | 815 | 15.8 | 10.3 - 23.3 | 1547 | 23.4 | 19.3 - 28.1 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to reduce salt in the diet** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 23.9 | 13.7 - 38.3 | 162 | 25.8 | 12.4 - 46.2 | 315 | 25.1 | 15.5 - 38.0 |
| 30-44 | 335 | 31.0 | 23.3 - 39.9 | 372 | 39.7 | 25.6 - 55.8 | 707 | 36.4 | 26.8 - 47.3 |
| 45-59 | 310 | 21.9 | 11.9 - 36.7 | 376 | 54.9 | 42.4 - 66.8 | 686 | 38.6 | 27.8 - 50.6 |
| 60-69 | 235 | 47.0 | 35.1 - 59.2 | 258 | 58.2 | 42.4 - 72.4 | 493 | 53.5 | 42.7 - 63.9 |
| **Total** | **1033** | **28.0** | **21.7 - 35.3** | **1168** | **41.7** | **34.1 - 49.6** | **2201** | **36.0** | **30.7 - 41.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 18.0 | 10.6 - 28.9 | 353 | 47.0 | 32.7 - 61.7 | 654 | 35.2 | 25.2 - 46.6 |
| Urban | 732 | 35.5 | 28.6 - 43.0 | 815 | 37.4 | 31.0 - 44.3 | 1547 | 36.6 | 31.8 - 41.6 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 25.9 | 16.3 - 38.5 | 162 | 50.3 | 36.0 - 64.5 | 315 | 41.0 | 30.8 - 52.0 |
| 30-44 | 335 | 44.5 | 35.4 - 54.0 | 372 | 58.8 | 44.8 - 71.5 | 707 | 53.4 | 43.5 - 63.0 |
| 45-59 | 310 | 57.2 | 34.9 - 76.9 | 376 | 60.7 | 49.3 - 71.1 | 686 | 59.0 | 46.5 - 70.5 |
| 60-69 | 235 | 61.8 | 49.4 - 72.8 | 258 | 60.0 | 44.8 - 73.5 | 493 | 60.7 | 50.4 - 70.2 |
| **Total** | **1033** | **46.2** | **36.8 - 55.9** | **1168** | **56.8** | **49.8 - 63.5** | **2201** | **52.4** | **46.7 - 57.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 50.2 | 31.0 - 69.3 | 353 | 64.5 | 52.1 - 75.2 | 654 | 58.7 | 48.0 - 68.6 |
| Urban | 732 | 43.2 | 36.5 - 50.2 | 815 | 50.5 | 43.6 - 57.5 | 1547 | 47.4 | 42.3 - 52.6 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to reduce fat in the diet** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 34.0 | 22.0 - 48.4 | 162 | 33.0 | 17.8 - 52.8 | 315 | 33.3 | 22.0 - 46.9 |
| 30-44 | 335 | 47.4 | 38.0 - 57.0 | 372 | 55.3 | 40.9 - 68.9 | 707 | 52.3 | 42.2 - 62.3 |
| 45-59 | 310 | 71.3 | 50.8 - 85.7 | 376 | 59.2 | 47.8 - 69.7 | 686 | 65.2 | 53.6 - 75.2 |
| 60-69 | 235 | 57.3 | 43.7 - 69.9 | 258 | 67.3 | 53.4 - 78.7 | 493 | 63.1 | 53.1 - 72.2 |
| **Total** | **1033** | **53.4** | **44.0 - 62.7** | **1168** | **50.9** | **43.1 - 58.7** | **2201** | **52.0** | **45.8 - 58.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 57.4 | 38.3 - 74.6 | 353 | 55.7 | 41.2 - 69.3 | 654 | 56.4 | 44.3 - 67.9 |
| Urban | 732 | 50.5 | 42.7 - 58.1 | 815 | 47.0 | 39.2 - 54.9 | 1547 | 48.5 | 42.9 - 54.1 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to start or do more physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 31.0 | 21.2 - 42.8 | 162 | 34.7 | 22.3 - 49.7 | 315 | 33.3 | 25.0 - 42.8 |
| 30-44 | 335 | 58.9 | 49.0 - 68.2 | 372 | 59.1 | 45.3 - 71.7 | 707 | 59.0 | 49.6 - 67.8 |
| 45-59 | 310 | 73.8 | 52.3 - 87.9 | 376 | 78.3 | 70.0 - 84.8 | 686 | 76.1 | 65.2 - 84.3 |
| 60-69 | 235 | 69.9 | 56.9 - 80.4 | 258 | 59.1 | 43.1 - 73.5 | 493 | 63.6 | 53.1 - 73.0 |
| **Total** | **1033** | **58.1** | **48.6 - 67.1** | **1168** | **56.4** | **48.5 - 64.1** | **2201** | **57.1** | **51.4 - 62.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 56.6 | 37.3 - 74.1 | 353 | 55.5 | 40.2 - 69.8 | 654 | 55.9 | 44.7 - 66.6 |
| Urban | 732 | 59.2 | 51.1 - 66.9 | 815 | 57.2 | 50.1 - 64.1 | 1547 | 58.1 | 52.7 - 63.2 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to maintain a healthy body weight or to lose weight** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 34.3 | 22.5 - 48.4 | 162 | 30.2 | 18.2 - 45.6 | 315 | 31.7 | 23.2 - 41.7 |
| 30-44 | 335 | 54.0 | 44.1 - 63.6 | 372 | 51.1 | 36.7 - 65.3 | 707 | 52.2 | 42.4 - 61.9 |
| 45-59 | 310 | 72.8 | 53.1 - 86.3 | 376 | 62.0 | 49.9 - 72.8 | 686 | 67.3 | 55.9 - 77.0 |
| 60-69 | 235 | 63.4 | 49.7 - 75.3 | 258 | 51.7 | 36.5 - 66.6 | 493 | 56.6 | 45.6 - 67.0 |
| **Total** | **1033** | **56.5** | **47.3 - 65.3** | **1168** | **47.5** | **39.8 - 55.2** | **2201** | **51.3** | **45.6 - 56.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 64.9 | 46.5 - 79.7 | 353 | 51.3 | 36.6 - 65.9 | 654 | 56.8 | 45.8 - 67.3 |
| Urban | 732 | 50.3 | 42.5 - 58.1 | 815 | 44.3 | 37.8 - 51.0 | 1547 | 46.9 | 42.0 - 51.8 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to reduce sugary beverages in diet** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % advised | 95% CI | n | % advised | 95% CI | n | % advised | 95% CI |
| 18-29 | 153 | 39.8 | 26.7 - 54.6 | 162 | 23.7 | 14.2 - 36.8 | 315 | 29.9 | 21.9 - 39.2 |
| 30-44 | 335 | 46.9 | 37.9 - 56.3 | 372 | 56.4 | 42.2 - 69.6 | 707 | 52.8 | 42.8 - 62.6 |
| 45-59 | 310 | 57.8 | 36.0 - 76.8 | 376 | 62.7 | 50.4 - 73.6 | 686 | 60.3 | 47.9 - 71.5 |
| 60-69 | 235 | 45.3 | 33.1 - 58.0 | 258 | 60.6 | 45.8 - 73.7 | 493 | 54.2 | 43.7 - 64.4 |
| **Total** | **1033** | **48.6** | **39.0 - 58.3** | **1168** | **48.4** | **40.9 - 56.0** | **2201** | **48.5** | **42.7 - 54.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 49.9 | 30.9 - 69.0 | 353 | 48.9 | 34.9 - 63.1 | 654 | 49.3 | 38.1 - 60.7 |
| Urban | 732 | 47.6 | 39.9 - 55.5 | 815 | 48.0 | 41.0 - 55.1 | 1547 | 47.8 | 42.7 - 53.0 |

# Cervical Cancer Screening

|  |  |
| --- | --- |
| **Cervical cancer screening** | Description: Percentage of female respondents who have ever had a screening test for cervical cancer among all female respondents |
| Instrument question: CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above? |

|  |  |  |  |
| --- | --- | --- | --- |
| **Cervical cancer screening prevalence** | | | |
|  | **Female** | | |
| Age Categories (Years) | n | % ever tested | 95% CI |
| **Total** | **1528** | **56.9** | **50.7 - 62.8** |
| Area |  |  |  |
| Rural | 450 | 54.2 | 44.0 - 64.0 |
| Urban | 1078 | 59.4 | 52.5 - 65.9 |

|  |  |
| --- | --- |
| **Cervical cancer screening among women aged 30-49 years** | Description: Percentage of female respondents aged 30-49 years who have ever had a screening test for cervical cancer among all female respondents aged 30-49 years |
| Instrument question: CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above? |

|  |  |  |  |
| --- | --- | --- | --- |
| **Cervical cancer screening among women aged 30-49 years** | | | |
|  | **Female** | | |
| Age Categories (Years) | n | % ever tested | 95% CI |
| **Total** | **686** | **74.1** | **65.9 - 80.9** |
| Area |  |  |  |
| Rural | 184 | 76.8 | 62.1 - 87.0 |
| Urban | 502 | 71.9 | 62.5 - 79.6 |

# Health Status

|  |  |
| --- | --- |
| **Health Status** | Description: Self assessed health status |
| Instrument question: X1. Would you say your health is? |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Very good | 95% CI | % Good | 95% CI | % Moderate | 95% CI |
| 18-29 | 267 | 13.0 | 7.7 - 21.0 | 45.1 | 34.7 - 56.0 | 38.1 | 28.7 - 48.6 |
| 30-44 | 473 | 10.9 | 6.4 - 17.9 | 51.7 | 39.4 - 63.8 | 35.2 | 25.3 - 46.5 |
| 45-59 | 444 | 7.8 | 3.6 - 16.4 | 47.1 | 30.7 - 64.1 | 44.2 | 27.3 - 62.5 |
| 60-69 | 298 | 15.6 | 8.5 - 26.7 | 54.4 | 42.4 - 65.8 | 28.5 | 21.3 - 37.1 |
| **Total** | **1482** | **11.1** | **8.0 - 15.1** | **48.5** | **40.9 - 56.1** | **38.3** | **31.1 - 46.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 444 | 8.3 | 4.7 - 14.3 | 51.9 | 37.3 - 66.1 | 38.5 | 24.9 - 54.2 |
| Urban | 1038 | 13.4 | 9.1 - 19.4 | 45.5 | 38.9 - 52.2 | 38.1 | 32.8 - 43.7 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | |
| **Male** | | | | | |
| Age Categories (Years) | n | % Bad | 95% CI | % Very bad | 95% CI |
| 18-29 | 267 | 2.9 | 1.3 - 6.4 | 0.7 | 0.3 - 2.1 |
| 30-44 | 473 | 1.3 | 0.5 - 3.6 | 0.0 | 0.0 - 0.0 |
| 45-59 | 444 | 0.8 | 0.2 - 2.6 | 0.1 | 0.0 - 0.5 |
| 60-69 | 298 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| **Total** | **1482** | **1.5** | **0.9 - 2.6** | **0.3** | **0.1 - 0.7** |
| Area |  |  |  |  |  |
| Rural | 444 | 0.8 | 0.2 - 2.8 | 0.0 | 0.0 - 0.0 |
| Urban | 1038 | 2.2 | 1.2 - 3.9 | 0.5 | 0.2 - 1.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Very good | 95% CI | % Good | 95% CI | % Moderate | 95% CI |
| 18-29 | 242 | 7.7 | 3.8 - 14.9 | 46.9 | 32.4 - 62.0 | 43.0 | 28.5 - 58.8 |
| 30-44 | 506 | 4.2 | 2.2 - 7.8 | 51.8 | 39.2 - 64.2 | 41.1 | 29.0 - 54.4 |
| 45-59 | 482 | 3.4 | 1.9 - 6.0 | 44.8 | 32.7 - 57.4 | 48.8 | 36.3 - 61.4 |
| 60-69 | 305 | 5.5 | 2.3 - 12.4 | 48.5 | 35.5 - 61.6 | 44.8 | 32.6 - 57.8 |
| **Total** | **1535** | **5.3** | **3.6 - 7.8** | **48.1** | **40.7 - 55.5** | **44.1** | **36.5 - 51.9** |
| Area |  |  |  |  |  |  |  |
| Rural | 454 | 5.3 | 2.7 - 10.3 | 45.9 | 32.9 - 59.5 | 48.0 | 34.2 - 62.1 |
| Urban | 1081 | 5.3 | 3.4 - 8.1 | 50.1 | 43.4 - 56.8 | 40.3 | 34.1 - 46.9 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | |
| **Female** | | | | | |
| Age Categories (Years) | n | % Bad | 95% CI | % Very bad | 95% CI |
| 18-29 | 242 | 1.5 | 0.4 - 5.7 | 0.0 | 0.0 - 0.0 |
| 30-44 | 506 | 1.6 | 0.6 - 4.2 | 0.0 | 0.0 - 0.0 |
| 45-59 | 482 | 0.6 | 0.3 - 1.4 | 0.1 | 0.0 - 0.5 |
| 60-69 | 305 | 1.2 | 0.4 - 3.3 | 0.0 | 0.0 - 0.0 |
| **Total** | **1535** | **1.3** | **0.7 - 2.5** | **0.0** | **0.0 - 0.1** |
| Area |  |  |  |  |  |
| Rural | 454 | 0.3 | 0.1 - 0.6 | 0.0 | 0.0 - 0.0 |
| Urban | 1081 | 2.2 | 1.1 - 4.5 | 0.0 | 0.0 - 0.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Very good | 95% CI | % Good | 95% CI | % Moderate | 95% CI |
| 18-29 | 509 | 9.9 | 6.5 - 14.9 | 46.2 | 36.7 - 55.9 | 40.9 | 31.7 - 50.9 |
| 30-44 | 979 | 6.9 | 4.6 - 10.3 | 51.8 | 42.6 - 60.9 | 38.7 | 30.1 - 48.1 |
| 45-59 | 926 | 5.7 | 3.2 - 9.9 | 46.0 | 36.0 - 56.2 | 46.4 | 36.0 - 57.2 |
| 60-69 | 603 | 9.7 | 6.0 - 15.2 | 50.9 | 42.0 - 59.8 | 38.0 | 29.9 - 46.9 |
| **Total** | **3017** | **7.8** | **6.1 - 10.0** | **48.2** | **43.1 - 53.4** | **41.5** | **36.5 - 46.7** |
| Area |  |  |  |  |  |  |  |
| Rural | 898 | 6.6 | 4.3 - 10.1 | 48.5 | 39.1 - 58.0 | 43.9 | 34.5 - 53.8 |
| Urban | 2119 | 9.0 | 6.6 - 12.0 | 48.0 | 43.4 - 52.7 | 39.3 | 35.2 - 43.6 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Health status** | | | | | |
| **Total** | | | | | |
| Age Categories (Years) | n | % Bad | 95% CI | % Very bad | 95% CI |
| 18-29 | 509 | 2.1 | 1.0 - 4.3 | 0.3 | 0.1 - 0.9 |
| 30-44 | 979 | 1.5 | 0.6 - 3.3 | 0.0 | 0.0 - 0.0 |
| 45-59 | 926 | 0.7 | 0.3 - 1.5 | 0.1 | 0.0 - 0.3 |
| 60-69 | 603 | 0.7 | 0.3 - 1.9 | 0.0 | 0.0 - 0.0 |
| **Total** | **3017** | **1.4** | **0.9 - 2.2** | **0.1** | **0.1 - 0.3** |
| Area |  |  |  |  |  |
| Rural | 898 | 0.5 | 0.2 - 1.2 | 0.0 | 0.0 - 0.0 |
| Urban | 2119 | 2.2 | 1.4 - 3.6 | 0.2 | 0.1 - 0.6 |

# Health Screening

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| --- | --- |
| **FOBT** | Description: Ever had fecal occult blood test |
| Instrument question: X4. Have you ever had your faeces examined to look for hidden blood? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Fecal occult blood test** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % ever tested | 95% CI | n | % ever tested | 95% CI | n | % ever tested | 95% CI |
| 18-29 | 267 | 8.4 | 4.9 - 13.9 | 242 | 14.9 | 7.4 - 27.6 | 509 | 12.1 | 7.4 - 19.2 |
| 30-44 | 473 | 20.3 | 13.3 - 29.7 | 506 | 12.6 | 7.9 - 19.6 | 979 | 15.7 | 11.5 - 21.1 |
| 45-59 | 444 | 23.6 | 13.5 - 37.9 | 482 | 25.4 | 17.4 - 35.3 | 926 | 24.4 | 17.5 - 33.0 |
| 60-69 | 298 | 44.7 | 32.4 - 57.7 | 305 | 26.4 | 16.7 - 39.2 | 603 | 34.1 | 25.7 - 43.6 |
| **Total** | **1482** | **20.3** | **15.9 - 25.6** | **1535** | **18.1** | **14.0 - 23.2** | **3017** | **19.1** | **15.9 - 22.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 18.3 | 11.0 - 28.7 | 454 | 13.1 | 7.7 - 21.3 | 898 | 15.3 | 10.8 - 21.3 |
| Urban | 1038 | 22.0 | 17.6 - 27.3 | 1081 | 22.9 | 17.8 - 29.0 | 2119 | 22.5 | 18.6 - 27.0 |

|  |  |
| --- | --- |
| **Colonoscopy** | Description: Ever had colonoscopy |
| Instrument question: X5. Have you ever had a colonoscopy? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Colonoscopy** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % ever tested | 95% CI | n | % ever tested | 95% CI | n | % ever tested | 95% CI |
| 18-29 | 267 | 1.2 | 0.4 - 3.9 | 242 | 3.5 | 0.6 - 16.6 | 509 | 2.5 | 0.6 - 9.2 |
| 30-44 | 473 | 3.4 | 1.8 - 6.4 | 506 | 5.9 | 2.6 - 12.6 | 979 | 4.9 | 2.7 - 8.8 |
| 45-59 | 444 | 6.3 | 2.6 - 14.4 | 482 | 12.3 | 7.2 - 20.2 | 926 | 9.2 | 5.7 - 14.6 |
| 60-69 | 298 | 16.5 | 9.8 - 26.5 | 305 | 13.6 | 8.5 - 21.0 | 603 | 14.8 | 10.6 - 20.3 |
| **Total** | **1482** | **5.1** | **3.3 - 7.8** | **1535** | **7.6** | **5.1 - 11.1** | **3017** | **6.5** | **4.7 - 8.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 1.5 | 0.8 - 2.8 | 454 | 3.6 | 1.9 - 6.9 | 898 | 2.7 | 1.6 - 4.5 |
| Urban | 1038 | 8.2 | 5.1 - 12.8 | 1081 | 11.2 | 7.2 - 17.2 | 2119 | 9.8 | 6.8 - 14.0 |

|  |  |
| --- | --- |
| **Prostate examination** | Description: Ever had prostate examination |
| Instrument question: X6. Have you ever had an examination of your prostate? |

|  |  |  |  |
| --- | --- | --- | --- |
| **Prostate exam** | | | |
|  | **Male** | | |
| Age Categories (Years) | n | % ever examined | 95% CI |
| **Total** | **1482** | **6.3** | **4.3 - 9.1** |
| Area |  |  |  |
| Rural | 444 | 3.9 | 2.1 - 7.2 |
| Urban | 1038 | 8.4 | 5.3 - 13.2 |

|  |  |
| --- | --- |
| **Breast examination shown** | Description: Ever had shown how to examine breast |
| Instrument question: X7. Have you been shown how to examine your breast? |

|  |  |  |  |
| --- | --- | --- | --- |
| **Shown how to examine breast** | | | |
|  | **Female** | | |
| Age Categories (Years) | n | % ever shown | 95% CI |
| **Total** | **1535** | **53.8** | **47.9 - 59.5** |
| Area |  |  |  |
| Rural | 454 | 51.3 | 41.5 - 61.0 |
| Urban | 1081 | 56.0 | 49.7 - 62.2 |

|  |  |
| --- | --- |
| **Last breast exam** | Description: Last time had a breast examination |
| Instrument question: X8. When was the last time you had an examination of your breast? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Last breast exam** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % One year or less | 95% CI | % Between one to two years | 95% CI | % More than two years | 95% CI | % Never | 95% CI |
| 18-29 | 242 | 6.3 | 3.3 - 11.5 | 4.2 | 1.4 - 12.4 | 19.6 | 10.3 - 34.2 | 69.7 | 56.1 - 80.6 |
| 30-44 | 506 | 19.3 | 10.8 - 32.0 | 11.3 | 3.4 - 31.6 | 39.9 | 28.8 - 52.1 | 28.9 | 20.9 - 38.6 |
| 45-59 | 482 | 10.4 | 6.3 - 16.8 | 4.8 | 2.5 - 8.9 | 63.7 | 53.2 - 73.0 | 20.9 | 14.7 - 28.8 |
| 60-69 | 305 | 5.2 | 2.9 - 9.0 | 9.6 | 4.2 - 20.5 | 61.1 | 48.1 - 72.7 | 21.8 | 13.4 - 33.4 |
| **Total** | **1535** | **11.1** | **7.7 - 15.8** | **7.2** | **3.7 - 13.6** | **41.5** | **35.8 - 47.5** | **39.7** | **34.1 - 45.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 454 | 12.2 | 6.3 - 22.4 | 9.0 | 3.0 - 24.1 | 40.8 | 31.0 - 51.4 | 37.6 | 28.2 - 48.0 |
| Urban | 1081 | 10.1 | 7.7 - 13.0 | 5.4 | 3.7 - 7.9 | 42.2 | 36.2 - 48.4 | 41.6 | 35.5 - 48.0 |

# Patient Health

|  |  |
| --- | --- |
| **Depression** | Description: Patient Health |
| Instrument question: Over the last 2 weeks, how often have you been bothered by any of the following problems? PHQ1. Little interest or pleasure in doing things? PHQ2. Feeling down, depressed or hopeless? PHQ3.Trouble falling asleep or staying asleep or sleeping too much? PHQ4. Feeling tired or having little energy? PHQ5. Poor appetite or overeating? PHQ6. Feeling bad about yourself or that you are a failure or have let yourself or your family down? PHQ7.Trouble concentrating on things such as reading the newspaper or watching television? PHQ8. Moving or speaking so slowly that other people could have noticed? Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual? PHQ9. Thoughts that you would be better off dead or of hurting yourself in some way. |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % No depression | 95% CI | % Minimal depression | 95% CI | % Mild depression | 95% CI |
| 18-29 | 267 | 8.1 | 4.1 - 15.3 | 30.0 | 21.6 - 40.1 | 44.4 | 33.9 - 55.4 |
| 30-44 | 473 | 26.7 | 18.2 - 37.4 | 46.8 | 34.6 - 59.5 | 19.4 | 13.2 - 27.7 |
| 45-59 | 444 | 30.4 | 19.1 - 44.8 | 42.8 | 27.1 - 60.2 | 19.8 | 6.1 - 48.3 |
| 60-69 | 298 | 61.5 | 48.8 - 72.8 | 32.4 | 23.6 - 42.7 | 5.4 | 1.6 - 16.3 |
| **Total** | **1482** | **25.9** | **20.8 - 31.7** | **38.8** | **31.9 - 46.1** | **25.8** | **18.9 - 34.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 444 | 26.9 | 18.1 - 37.8 | 37.4 | 25.0 - 51.8 | 28.1 | 15.6 - 45.1 |
| Urban | 1038 | 25.1 | 20.0 - 31.0 | 39.9 | 34.0 - 46.2 | 23.8 | 19.4 - 28.9 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % Moderate depression | 95% CI | % Moderately severe depression | 95% CI | % Severe depression | 95% CI |
| 18-29 | 267 | 11.0 | 6.7 - 17.6 | 5.5 | 2.9 - 10.0 | 1.0 | 0.3 - 3.2 |
| 30-44 | 473 | 6.4 | 3.0 - 13.2 | 0.5 | 0.2 - 1.5 | 0.0 | 0.0 - 0.0 |
| 45-59 | 444 | 6.9 | 1.5 - 25.8 | 0.0 | 0.0 - 0.0 | 0.1 | 0.0 - 0.5 |
| 60-69 | 298 | 0.7 | 0.2 - 2.7 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| **Total** | **1482** | **7.4** | **4.3 - 12.3** | **1.8** | **1.0 - 3.3** | **0.3** | **0.1 - 1.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 444 | 7.1 | 2.4 - 19.0 | 0.6 | 0.2 - 1.5 | 0.0 | 0.0 - 0.1 |
| Urban | 1038 | 7.7 | 5.0 - 11.6 | 2.9 | 1.6 - 5.5 | 0.6 | 0.2 - 1.9 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % No depression | 95% CI | % Minimal depression | 95% CI | % Mild depression | 95% CI |
| 18-29 | 242 | 14.3 | 5.9 - 31.0 | 33.4 | 20.1 - 50.1 | 21.4 | 13.9 - 31.6 |
| 30-44 | 506 | 20.5 | 13.8 - 29.5 | 36.5 | 25.8 - 48.7 | 25.3 | 17.9 - 34.5 |
| 45-59 | 482 | 37.4 | 25.8 - 50.7 | 38.3 | 29.9 - 47.4 | 21.6 | 13.3 - 33.1 |
| 60-69 | 305 | 57.7 | 46.2 - 68.3 | 34.3 | 25.1 - 44.7 | 7.4 | 3.8 - 13.9 |
| **Total** | **1535** | **27.0** | **21.0 - 34.0** | **35.7** | **28.7 - 43.3** | **21.0** | **17.0 - 25.6** |
| Area |  |  |  |  |  |  |  |
| Rural | 454 | 29.7 | 19.0 - 43.2 | 36.4 | 23.6 - 51.3 | 19.5 | 13.3 - 27.7 |
| Urban | 1081 | 24.6 | 19.3 - 30.8 | 35.0 | 30.1 - 40.2 | 22.3 | 17.8 - 27.6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % Moderate depression | 95% CI | % Moderately severe depression | 95% CI | % Severe depression | 95% CI |
| 18-29 | 242 | 20.7 | 10.8 - 35.9 | 7.6 | 3.3 - 16.8 | 2.5 | 1.1 - 5.4 |
| 30-44 | 506 | 15.7 | 6.3 - 34.1 | 1.8 | 0.7 - 4.9 | 0.2 | 0.1 - 0.6 |
| 45-59 | 482 | 2.2 | 0.6 - 7.5 | 0.4 | 0.1 - 1.2 | 0.1 | 0.0 - 0.3 |
| 60-69 | 305 | 0.7 | 0.2 - 1.8 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| **Total** | **1535** | **12.3** | **7.5 - 19.4** | **3.2** | **1.6 - 6.1** | **0.9** | **0.5 - 1.8** |
| Area |  |  |  |  |  |  |  |
| Rural | 454 | 11.0 | 3.8 - 27.8 | 2.6 | 0.6 - 10.9 | 0.9 | 0.3 - 2.8 |
| Urban | 1081 | 13.4 | 9.5 - 18.8 | 3.7 | 2.2 - 6.2 | 0.9 | 0.4 - 2.0 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % No depression | 95% CI | % Minimal depression | 95% CI | % Mild depression | 95% CI |
| 18-29 | 509 | 11.7 | 6.0 - 21.4 | 32.0 | 23.0 - 42.5 | 31.2 | 24.0 - 39.4 |
| 30-44 | 979 | 23.0 | 17.5 - 29.6 | 40.6 | 32.2 - 49.7 | 22.9 | 17.6 - 29.3 |
| 45-59 | 926 | 33.8 | 24.9 - 44.1 | 40.6 | 31.5 - 50.5 | 20.7 | 11.3 - 34.7 |
| 60-69 | 603 | 59.2 | 50.7 - 67.2 | 33.5 | 26.8 - 41.0 | 6.6 | 3.7 - 11.3 |
| **Total** | **3017** | **26.5** | **22.5 - 31.1** | **37.0** | **32.6 - 41.7** | **23.1** | **19.0 - 27.7** |
| Area |  |  |  |  |  |  |  |
| Rural | 898 | 28.4 | 21.2 - 37.0 | 36.8 | 28.6 - 45.8 | 23.2 | 16.0 - 32.4 |
| Urban | 2119 | 24.8 | 21.0 - 29.1 | 37.2 | 33.5 - 41.1 | 23.0 | 19.5 - 26.8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Depression severity** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % Moderate depression | 95% CI | % Moderately severe depression | 95% CI | % Severe depression | 95% CI |
| 18-29 | 509 | 16.6 | 10.1 - 25.9 | 6.7 | 3.8 - 11.6 | 1.8 | 1.0 - 3.5 |
| 30-44 | 979 | 12.0 | 5.6 - 23.7 | 1.3 | 0.6 - 3.0 | 0.1 | 0.0 - 0.4 |
| 45-59 | 926 | 4.6 | 1.4 - 14.0 | 0.2 | 0.1 - 0.6 | 0.1 | 0.0 - 0.2 |
| 60-69 | 603 | 0.7 | 0.3 - 1.7 | 0.0 | 0.0 - 0.0 | 0.0 | 0.0 - 0.0 |
| **Total** | **3017** | **10.1** | **7.0 - 14.5** | **2.6** | **1.6 - 4.2** | **0.6** | **0.4 - 1.2** |
| Area |  |  |  |  |  |  |  |
| Rural | 898 | 9.3 | 4.3 - 19.1 | 1.7 | 0.5 - 5.9 | 0.5 | 0.2 - 1.6 |
| Urban | 2119 | 10.8 | 8.1 - 14.3 | 3.4 | 2.2 - 5.1 | 0.8 | 0.4 - 1.5 |

|  |  |
| --- | --- |
| **Depression difficulties** | Description: On those with any sign of depression |
| Instrument question: Over the last 2 weeks, how often have you been bothered by any of the following problems? PHQ10. How difficult have these problems made it for you to do your work, take care of things at home or get along with other people? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of difficulty to work, take care of things or get along with other people** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Not difficult at all | 95% CI | % Somewhat difficult | 95% CI | % Very difficult | 95% CI | % Extremely difficult | 95% CI |
| 18-29 | 241 | 81.6 | 74.3 - 87.3 | 14.6 | 9.5 - 21.8 | 3.6 | 1.8 - 7.1 | 0.2 | 0.0 - 1.2 |
| 30-44 | 367 | 88.6 | 82.5 - 92.7 | 10.8 | 6.8 - 16.8 | 0.6 | 0.1 - 3.2 | 0.0 | 0.0 - 0.0 |
| 45-59 | 268 | 78.2 | 39.0 - 95.2 | 21.5 | 4.6 - 61.1 | 0.3 | 0.1 - 1.0 | 0.1 | 0.0 - 0.5 |
| 60-69 | 137 | 85.0 | 66.1 - 94.3 | 14.4 | 5.2 - 34.1 | 0.6 | 0.1 - 3.9 | 0.0 | 0.0 - 0.0 |
| **Total** | **1013** | **82.5** | **70.5 - 90.3** | **15.7** | **8.1 - 28.3** | **1.7** | **0.9 - 3.0** | **0.1** | **0.0 - 0.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 279 | 82.1 | 52.6 - 95.0 | 17.8 | 4.9 - 47.4 | 0.1 | 0.0 - 0.6 | 0.0 | 0.0 - 0.0 |
| Urban | 734 | 82.9 | 78.5 - 86.6 | 14.0 | 10.6 - 18.3 | 2.9 | 1.6 - 5.3 | 0.2 | 0.0 - 0.8 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of difficulty to work, take care of things or get along with other people** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Not difficult at all | 95% CI | % Somewhat difficult | 95% CI | % Very difficult | 95% CI | % Extremely difficult | 95% CI |
| 18-29 | 226 | 74.6 | 63.0 - 83.5 | 22.2 | 13.9 - 33.4 | 3.2 | 1.3 - 7.5 | 0.0 | 0.0 - 0.2 |
| 30-44 | 407 | 83.0 | 74.1 - 89.3 | 12.6 | 8.1 - 19.1 | 3.1 | 0.6 - 15.2 | 1.3 | 0.4 - 4.5 |
| 45-59 | 304 | 90.2 | 79.8 - 95.6 | 8.8 | 3.7 - 19.4 | 0.7 | 0.2 - 2.5 | 0.3 | 0.1 - 1.5 |
| 60-69 | 160 | 86.6 | 74.6 - 93.4 | 8.7 | 4.4 - 16.3 | 4.7 | 0.9 - 21.8 | 0.0 | 0.0 - 0.0 |
| **Total** | **1097** | **81.5** | **75.9 - 86.0** | **15.3** | **11.3 - 20.3** | **2.7** | **1.2 - 5.9** | **0.5** | **0.2 - 1.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 301 | 87.7 | 78.4 - 93.3 | 10.7 | 5.5 - 19.7 | 1.3 | 0.4 - 4.1 | 0.4 | 0.1 - 2.4 |
| Urban | 796 | 76.1 | 70.3 - 81.0 | 19.3 | 14.8 - 24.7 | 4.0 | 1.6 - 9.6 | 0.7 | 0.2 - 2.3 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Level of difficulty to work, take care of things or get along with other people** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Not difficult at all | 95% CI | % Somewhat difficult | 95% CI | % Very difficult | 95% CI | % Extremely difficult | 95% CI |
| 18-29 | 467 | 77.7 | 71.3 - 83.0 | 18.8 | 13.8 - 25.1 | 3.4 | 1.9 - 5.8 | 0.1 | 0.0 - 0.5 |
| 30-44 | 774 | 85.1 | 79.6 - 89.4 | 11.9 | 8.7 - 16.1 | 2.1 | 0.5 - 9.4 | 0.8 | 0.2 - 2.8 |
| 45-59 | 572 | 83.7 | 59.2 - 94.8 | 15.7 | 4.8 - 40.8 | 0.5 | 0.2 - 1.2 | 0.2 | 0.0 - 0.7 |
| 60-69 | 297 | 86.0 | 76.8 - 91.9 | 10.9 | 6.1 - 18.9 | 3.1 | 0.6 - 13.6 | 0.0 | 0.0 - 0.0 |
| **Total** | **2110** | **82.0** | **76.2 - 86.6** | **15.5** | **11.0 - 21.3** | **2.3** | **1.3 - 3.9** | **0.3** | **0.1 - 0.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 580 | 85.2 | 71.6 - 93.0 | 13.8 | 6.3 - 27.8 | 0.8 | 0.3 - 2.3 | 0.2 | 0.0 - 1.3 |
| Urban | 1530 | 79.1 | 75.5 - 82.4 | 16.9 | 14.0 - 20.3 | 3.5 | 1.9 - 6.4 | 0.4 | 0.1 - 1.3 |

# Physical Measurements

|  |  |
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| **Blood pressure** | Description: Mean blood pressure among all respondents, including those currently on medication for raised blood pressure |
| Instrument question: M4-6 (a-b): Reading 1-3 systolic and diastolic blood pressure |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean systolic blood pressure (mmHg)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 266 | 123.5 | 120.9 - 126.1 | 240 | 109.1 | 105.6 - 112.5 | 506 | 115.2 | 112.5 - 117.9 |
| 30-44 | 471 | 128.0 | 125.1 - 130.9 | 503 | 122.5 | 117.8 - 127.3 | 974 | 124.7 | 121.7 - 127.8 |
| 45-59 | 444 | 138.3 | 133.0 - 143.6 | 480 | 132.0 | 129.1 - 135.0 | 924 | 135.3 | 131.8 - 138.7 |
| 60-69 | 297 | 142.0 | 139.3 - 144.7 | 303 | 138.8 | 132.6 - 145.0 | 600 | 140.2 | 136.5 - 143.8 |
| **Total** | **1478** | **131.5** | **128.9 - 134.0** | **1526** | **122.3** | **120.1 - 124.4** | **3004** | **126.4** | **124.6 - 128.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 134.2 | 129.7 - 138.8 | 449 | 122.9 | 119.3 - 126.5 | 892 | 127.8 | 124.7 - 131.0 |
| Urban | 1035 | 129.1 | 127.0 - 131.2 | 1077 | 121.7 | 119.2 - 124.2 | 2112 | 125.0 | 123.4 - 126.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean diastolic blood pressure (mmHg)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 266 | 77.8 | 76.2 - 79.5 | 240 | 76.4 | 73.7 - 79.1 | 506 | 77.0 | 75.3 - 78.7 |
| 30-44 | 471 | 83.5 | 81.4 - 85.5 | 503 | 85.0 | 81.6 - 88.5 | 974 | 84.4 | 82.1 - 86.7 |
| 45-59 | 444 | 89.7 | 87.1 - 92.3 | 480 | 84.9 | 82.2 - 87.6 | 924 | 87.4 | 85.1 - 89.7 |
| 60-69 | 297 | 84.6 | 82.9 - 86.3 | 303 | 82.1 | 79.0 - 85.2 | 600 | 83.2 | 81.2 - 85.1 |
| **Total** | **1478** | **83.9** | **82.4 - 85.4** | **1526** | **81.8** | **80.3 - 83.3** | **3004** | **82.7** | **81.7 - 83.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 85.4 | 82.9 - 88.0 | 449 | 81.9 | 79.4 - 84.5 | 892 | 83.5 | 81.7 - 85.2 |
| Urban | 1035 | 82.5 | 81.2 - 83.9 | 1077 | 81.6 | 80.1 - 83.2 | 2112 | 82.0 | 81.0 - 83.1 |

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| --- | --- |
| **Raised blood pressure** | Description: Percentage of respondents with raised blood pressure |
| Instrument question: Reading 1-3 systolic and diastolic blood pressure  During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥140 and/or DBP ≥ 90 mmHg** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 266 | 16.6 | 10.9 - 24.6 | 240 | 9.0 | 4.2 - 18.3 | 506 | 12.3 | 8.3 - 17.7 |
| 30-44 | 471 | 28.9 | 20.5 - 39.2 | 503 | 31.8 | 19.9 - 46.5 | 974 | 30.6 | 22.4 - 40.3 |
| 45-59 | 444 | 54.8 | 37.3 - 71.1 | 480 | 38.7 | 29.1 - 49.3 | 924 | 47.0 | 36.3 - 58.0 |
| 60-69 | 297 | 57.0 | 45.3 - 67.9 | 303 | 39.1 | 26.7 - 53.0 | 600 | 46.6 | 37.2 - 56.2 |
| **Total** | **1478** | **36.6** | **29.1 - 44.8** | **1526** | **26.8** | **21.6 - 32.6** | **3004** | **31.1** | **26.4 - 36.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 41.4 | 27.5 - 56.9 | 449 | 26.5 | 18.1 - 37.1 | 892 | 33.0 | 24.4 - 42.9 |
| Urban | 1035 | 32.4 | 26.8 - 38.5 | 1077 | 27.0 | 21.7 - 33.0 | 2112 | 29.4 | 25.5 - 33.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥160 and/or DBP ≥ 100 mmHg** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 266 | 2.0 | 0.8 - 5.0 | 240 | 1.2 | 0.4 - 3.4 | 506 | 1.6 | 0.8 - 3.1 |
| 30-44 | 471 | 8.8 | 4.4 - 16.8 | 503 | 12.5 | 5.9 - 24.4 | 974 | 11.0 | 6.3 - 18.5 |
| 45-59 | 444 | 11.5 | 5.9 - 21.4 | 480 | 13.2 | 6.6 - 24.7 | 924 | 12.3 | 6.8 - 21.3 |
| 60-69 | 297 | 11.4 | 7.7 - 16.7 | 303 | 12.9 | 6.1 - 25.2 | 600 | 12.3 | 7.6 - 19.2 |
| **Total** | **1478** | **7.9** | **5.5 - 11.2** | **1526** | **8.9** | **6.1 - 12.9** | **3004** | **8.5** | **6.3 - 11.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 8.8 | 4.7 - 16.0 | 449 | 9.3 | 5.0 - 16.6 | 892 | 9.1 | 5.4 - 14.8 |
| Urban | 1035 | 7.1 | 5.0 - 10.0 | 1077 | 8.7 | 5.6 - 13.2 | 2112 | 7.9 | 5.9 - 10.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 266 | 16.7 | 11.0 - 24.7 | 240 | 9.0 | 4.2 - 18.3 | 506 | 12.3 | 8.3 - 17.8 |
| 30-44 | 471 | 32.7 | 23.7 - 43.2 | 503 | 38.2 | 26.3 - 51.8 | 974 | 36.0 | 27.7 - 45.3 |
| 45-59 | 444 | 63.9 | 46.7 - 78.2 | 480 | 58.9 | 48.9 - 68.3 | 924 | 61.5 | 51.5 - 70.6 |
| 60-69 | 297 | 69.0 | 56.5 - 79.3 | 303 | 77.0 | 63.9 - 86.4 | 600 | 73.7 | 65.0 - 80.8 |
| **Total** | **1478** | **41.9** | **34.3 - 49.8** | **1526** | **38.2** | **32.3 - 44.3** | **3004** | **39.8** | **34.9 - 44.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 44.1 | 30.1 - 59.2 | 449 | 38.1 | 28.2 - 49.1 | 892 | 40.7 | 32.0 - 50.1 |
| Urban | 1035 | 39.9 | 33.6 - 46.5 | 1077 | 38.2 | 32.2 - 44.5 | 2112 | 38.9 | 34.3 - 43.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 266 | 2.1 | 0.9 - 5.0 | 240 | 1.4 | 0.6 - 3.6 | 506 | 1.7 | 0.9 - 3.2 |
| 30-44 | 471 | 18.2 | 11.8 - 27.1 | 503 | 21.9 | 13.7 - 33.2 | 974 | 20.4 | 14.6 - 27.9 |
| 45-59 | 444 | 33.8 | 21.4 - 48.8 | 480 | 42.6 | 32.4 - 53.4 | 924 | 38.0 | 29.0 - 48.0 |
| 60-69 | 297 | 50.6 | 39.6 - 61.5 | 303 | 67.0 | 53.9 - 77.9 | 600 | 60.1 | 50.7 - 68.8 |
| **Total** | **1478** | **21.8** | **17.2 - 27.1** | **1526** | **25.5** | **21.0 - 30.6** | **3004** | **23.8** | **20.5 - 27.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 19.1 | 12.5 - 28.2 | 449 | 24.5 | 17.4 - 33.4 | 892 | 22.2 | 17.0 - 28.4 |
| Urban | 1035 | 24.1 | 18.8 - 30.4 | 1077 | 26.4 | 21.4 - 32.1 | 2112 | 25.3 | 21.4 - 29.7 |

|  |  |
| --- | --- |
| **Blood pressure diagnosis** | Description: Raised blood pressure diagnosis among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure |
| Instrument question: Have you ever had your blood pressure measured by a doctor or other health worker? Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood pressure diagnosis among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % previously diagnosed | 95% CI | n | % previously diagnosed | 95% CI | n | % previously diagnosed | 95% CI |
| 18-29 | 46 | 35.8 | 17.1 - 60.3 | 30 | 16.1 | 5.2 - 40.1 | 76 | 27.5 | 14.2 - 46.6 |
| 30-44 | 173 | 46.6 | 32.3 - 61.5 | 175 | 51.6 | 28.6 - 73.9 | 348 | 49.8 | 34.2 - 65.4 |
| 45-59 | 294 | 59.5 | 37.4 - 78.4 | 288 | 61.2 | 44.3 - 75.8 | 582 | 60.3 | 45.1 - 73.7 |
| 60-69 | 216 | 67.7 | 55.4 - 78.0 | 240 | 80.3 | 67.0 - 89.2 | 456 | 75.4 | 65.1 - 83.4 |
| **Total** | **729** | **55.4** | **43.3 - 66.9** | **733** | **59.3** | **47.9 - 69.7** | **1462** | **57.5** | **48.2 - 66.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 223 | 50.8 | 28.5 - 72.8 | 224 | 58.0 | 37.2 - 76.2 | 447 | 54.6 | 37.5 - 70.8 |
| Urban | 506 | 59.9 | 51.2 - 67.9 | 509 | 60.5 | 51.3 - 69.1 | 1015 | 60.2 | 53.7 - 66.4 |

|  |  |
| --- | --- |
| **HTN treatment** | Description: Treatment of raised blood pressure among those with rasied BP or under medication |
| Instrument question: Have you ever had your blood pressure measured by a doctor or other health worker? Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker? Reading 1-3 systolic and diastolic blood pressure |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hypertension treatment** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % under medication | 95% CI | n | % under medication | 95% CI | n | % under medication | 95% CI |
| 18-29 | 46 | 1.0 | 0.2 - 4.1 | 30 | 5.8 | 1.5 - 19.9 | 76 | 3.0 | 1.1 - 8.0 |
| 30-44 | 173 | 34.0 | 22.0 - 48.5 | 175 | 39.9 | 21.0 - 62.4 | 348 | 37.7 | 24.5 - 53.1 |
| 45-59 | 294 | 37.1 | 20.1 - 58.1 | 288 | 55.4 | 39.2 - 70.6 | 582 | 45.6 | 31.5 - 60.5 |
| 60-69 | 216 | 66.8 | 54.5 - 77.1 | 240 | 72.6 | 56.5 - 84.4 | 456 | 70.3 | 59.1 - 79.5 |
| **Total** | **729** | **37.3** | **27.1 - 48.7** | **733** | **50.9** | **40.3 - 61.4** | **1462** | **44.6** | **36.2 - 53.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 223 | 24.7 | 12.9 - 42.0 | 224 | 49.7 | 31.0 - 68.6 | 447 | 38.0 | 24.6 - 53.5 |
| Urban | 506 | 49.4 | 40.0 - 58.8 | 509 | 51.9 | 43.0 - 60.8 | 1015 | 50.8 | 44.2 - 57.3 |

|  |  |
| --- | --- |
| **HTN control** | Description: Control of raised blood pressure among those with rasied BP or under medication |
| Instrument question: Have you ever had your blood pressure measured by a doctor or other health worker? Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker? Reading 1-3 systolic and diastolic blood pressure |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hypertension control** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % controlled | 95% CI | n | % controlled | 95% CI | n | % controlled | 95% CI |
| 18-29 | 46 | 0.5 | 0.1 - 3.3 | 30 | 0.0 | 0.0 - 0.0 | 76 | 0.3 | 0.0 - 1.9 |
| 30-44 | 173 | 11.7 | 6.5 - 20.0 | 175 | 16.9 | 7.4 - 34.0 | 348 | 15.0 | 8.3 - 25.6 |
| 45-59 | 294 | 14.3 | 7.1 - 26.8 | 288 | 34.3 | 20.3 - 51.6 | 582 | 23.6 | 14.4 - 36.2 |
| 60-69 | 216 | 17.4 | 10.3 - 28.0 | 240 | 49.3 | 32.7 - 66.0 | 456 | 36.8 | 25.0 - 50.3 |
| **Total** | **729** | **12.6** | **8.4 - 18.5** | **733** | **29.9** | **21.2 - 40.2** | **1462** | **21.8** | **16.2 - 28.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 223 | 6.2 | 3.0 - 12.1 | 224 | 30.5 | 15.7 - 50.8 | 447 | 19.1 | 10.3 - 32.7 |
| Urban | 506 | 18.8 | 13.2 - 26.2 | 509 | 29.3 | 22.2 - 37.6 | 1015 | 24.5 | 19.3 - 30.4 |

|  |  |
| --- | --- |
| **Mean heart rate** | Description: Mean heart rate (beats per minute) |
| Instrument question: M16 a-c: Reading 1-3 heart rate |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean heart rate (beats per minute)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | mean | 95% CI | n | mean | 95% CI | n | mean | 95% CI |
| 18-29 | 266 | 74.7 | 72.2 - 77.2 | 240 | 81.9 | 79.1 - 84.8 | 506 | 78.8 | 76.8 - 80.9 |
| 30-44 | 471 | 77.3 | 74.4 - 80.2 | 503 | 80.3 | 78.2 - 82.5 | 974 | 79.1 | 77.4 - 80.8 |
| 45-59 | 444 | 78.1 | 74.0 - 82.1 | 480 | 78.1 | 76.2 - 80.0 | 924 | 78.1 | 75.8 - 80.4 |
| 60-69 | 297 | 73.9 | 71.6 - 76.2 | 303 | 78.2 | 74.0 - 82.3 | 600 | 76.4 | 73.8 - 78.9 |
| **Total** | **1478** | **76.4** | **74.7 - 78.1** | **1526** | **80.1** | **78.7 - 81.4** | **3004** | **78.4** | **77.3 - 79.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 76.8 | 73.8 - 79.7 | 449 | 80.2 | 77.9 - 82.5 | 892 | 78.7 | 76.7 - 80.7 |
| Urban | 1035 | 76.0 | 74.2 - 77.9 | 1077 | 79.9 | 78.5 - 81.3 | 2112 | 78.2 | 77.0 - 79.4 |

|  |  |
| --- | --- |
| **Height, weight and BMI** | Description: Mean height, weight, and body mass index among all respondents (excluding pregnant women) |
| Instrument question: M8: For women: Are you pregnant? M11: Height M12: Weight |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean height (cm)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | mean | 95% CI | n | mean | 95% CI | n | mean | 95% CI |
| 18-29 | 267 | 166.2 | 164.9 - 167.5 | 239 | 153.9 | 152.5 - 155.4 | 506 | 159.3 | 157.6 - 161.0 |
| 30-44 | 471 | 167.6 | 166.2 - 169.0 | 496 | 154.7 | 153.4 - 156.0 | 967 | 159.9 | 158.4 - 161.4 |
| 45-59 | 444 | 165.9 | 163.7 - 168.1 | 481 | 151.4 | 149.6 - 153.3 | 925 | 158.9 | 156.7 - 161.1 |
| 60-69 | 297 | 164.7 | 163.1 - 166.3 | 304 | 149.4 | 147.2 - 151.5 | 601 | 155.7 | 153.3 - 158.2 |
| **Total** | **1479** | **166.3** | **165.4 - 167.2** | **1520** | **153.0** | **152.1 - 153.9** | **2999** | **158.9** | **157.9 - 160.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 443 | 166.1 | 164.3 - 167.8 | 448 | 152.3 | 150.7 - 153.9 | 891 | 158.3 | 156.4 - 160.2 |
| Urban | 1036 | 166.5 | 165.7 - 167.3 | 1072 | 153.6 | 152.9 - 154.4 | 2108 | 159.5 | 158.6 - 160.5 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean weight (kg)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | mean | 95% CI | n | mean | 95% CI | n | mean | 95% CI |
| 18-29 | 267 | 71.6 | 67.9 - 75.3 | 239 | 65.9 | 61.3 - 70.5 | 506 | 68.4 | 65.5 - 71.3 |
| 30-44 | 470 | 77.6 | 74.7 - 80.5 | 496 | 73.0 | 69.2 - 76.7 | 966 | 74.8 | 72.4 - 77.3 |
| 45-59 | 444 | 74.0 | 67.1 - 80.8 | 481 | 65.3 | 62.6 - 68.1 | 925 | 69.8 | 66.2 - 73.4 |
| 60-69 | 297 | 73.9 | 69.6 - 78.2 | 304 | 63.0 | 59.5 - 66.5 | 601 | 67.5 | 64.4 - 70.7 |
| **Total** | **1478** | **74.2** | **71.5 - 76.8** | **1520** | **67.6** | **65.2 - 70.0** | **2998** | **70.5** | **68.8 - 72.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 442 | 71.7 | 66.6 - 76.7 | 448 | 67.2 | 62.5 - 71.8 | 890 | 69.1 | 65.7 - 72.6 |
| Urban | 1036 | 76.3 | 74.6 - 78.0 | 1072 | 68.0 | 66.3 - 69.6 | 2108 | 71.8 | 70.6 - 73.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean BMI (kg/m2)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | mean | 95% CI | n | mean | 95% CI | n | mean | 95% CI |
| 18-29 | 266 | 25.9 | 24.6 - 27.1 | 239 | 27.8 | 25.7 - 29.8 | 505 | 26.9 | 25.6 - 28.3 |
| 30-44 | 469 | 27.6 | 26.7 - 28.4 | 495 | 30.5 | 29.0 - 32.0 | 964 | 29.3 | 28.3 - 30.3 |
| 45-59 | 444 | 26.8 | 24.5 - 29.1 | 480 | 28.5 | 27.5 - 29.4 | 924 | 27.6 | 26.3 - 29.0 |
| 60-69 | 297 | 27.2 | 25.9 - 28.5 | 304 | 28.1 | 27.1 - 29.1 | 601 | 27.7 | 27.0 - 28.5 |
| **Total** | **1476** | **26.8** | **25.9 - 27.6** | **1518** | **28.8** | **27.8 - 29.8** | **2994** | **27.9** | **27.2 - 28.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 25.9 | 24.3 - 27.5 | 447 | 28.9 | 26.9 - 30.8 | 888 | 27.6 | 26.1 - 29.0 |
| Urban | 1035 | 27.5 | 26.8 - 28.2 | 1071 | 28.8 | 28.1 - 29.5 | 2106 | 28.2 | 27.7 - 28.7 |

|  |  |
| --- | --- |
| **BMI categories** | Description: Percentage of respondents (excluding pregnant women) in each BMI category |
| Instrument question: M8: For women: Are you pregnant? M11: Height M12: Weight |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % Under-weight  <18.5 | 95% CI | % Normal weight 18.5-24.9 | 95% CI | % BMI 25.0-29.9 | 95% CI | % Obese ≥30.0 | 95% CI |
| 18-29 | 266 | 6.4 | 3.2 - 12.2 | 44.9 | 34.7 - 55.6 | 25.5 | 18.2 - 34.5 | 23.2 | 14.9 - 34.2 |
| 30-44 | 469 | 0.8 | 0.2 - 2.7 | 30.8 | 21.8 - 41.5 | 43.3 | 30.8 - 56.7 | 25.1 | 17.8 - 34.2 |
| 45-59 | 444 | 0.7 | 0.2 - 2.2 | 35.1 | 18.2 - 56.8 | 40.0 | 25.4 - 56.6 | 24.2 | 14.1 - 38.4 |
| 60-69 | 297 | 3.0 | 1.1 - 8.1 | 29.9 | 19.5 - 42.7 | 44.9 | 32.5 - 58.0 | 22.2 | 12.6 - 36.2 |
| **Total** | **1476** | **2.7** | **1.6 - 4.6** | **36.5** | **28.7 - 45.0** | **36.9** | **30.2 - 44.1** | **23.9** | **19.1 - 29.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 2.0 | 0.8 - 5.0 | 42.1 | 27.5 - 58.2 | 36.4 | 24.1 - 50.7 | 19.6 | 11.8 - 30.8 |
| Urban | 1035 | 3.4 | 1.8 - 6.2 | 31.6 | 26.3 - 37.5 | 37.3 | 31.7 - 43.2 | 27.7 | 23.1 - 32.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % Under-weight  <18.5 | 95% CI | % Normal weight 18.5-24.9 | 95% CI | % BMI 25.0-29.9 | 95% CI | % Obese ≥30.0 | 95% CI |
| 18-29 | 239 | 7.2 | 3.2 - 15.5 | 31.0 | 18.8 - 46.6 | 27.6 | 16.2 - 43.1 | 34.1 | 20.1 - 51.6 |
| 30-44 | 495 | 1.5 | 0.6 - 3.7 | 22.5 | 15.2 - 32.0 | 27.3 | 18.2 - 38.7 | 48.8 | 36.7 - 60.9 |
| 45-59 | 480 | 0.6 | 0.3 - 1.5 | 31.0 | 20.1 - 44.4 | 30.2 | 21.5 - 40.6 | 38.2 | 29.2 - 48.1 |
| 60-69 | 304 | 1.7 | 0.6 - 4.3 | 20.6 | 14.3 - 28.7 | 46.8 | 33.1 - 60.9 | 31.0 | 20.6 - 43.7 |
| **Total** | **1518** | **3.1** | **1.7 - 5.7** | **27.1** | **21.8 - 33.2** | **30.5** | **24.8 - 36.9** | **39.2** | **32.0 - 47.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 447 | 1.3 | 0.6 - 2.8 | 28.0 | 18.8 - 39.5 | 31.2 | 21.6 - 42.8 | 39.6 | 26.5 - 54.3 |
| Urban | 1071 | 4.9 | 2.4 - 9.7 | 26.3 | 21.5 - 31.7 | 29.9 | 24.2 - 36.3 | 38.9 | 33.2 - 45.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % Under-weight  <18.5 | 95% CI | % Normal weight 18.5-24.9 | 95% CI | % BMI 25.0-29.9 | 95% CI | % Obese ≥30.0 | 95% CI |
| 18-29 | 505 | 6.9 | 4.0 - 11.6 | 37.1 | 28.4 - 46.8 | 26.7 | 19.0 - 36.1 | 29.3 | 20.3 - 40.4 |
| 30-44 | 964 | 1.2 | 0.6 - 2.5 | 25.8 | 20.1 - 32.5 | 33.8 | 25.7 - 42.9 | 39.2 | 30.7 - 48.4 |
| 45-59 | 924 | 0.7 | 0.3 - 1.4 | 33.1 | 22.6 - 45.7 | 35.2 | 26.7 - 44.8 | 31.0 | 23.4 - 39.8 |
| 60-69 | 601 | 2.2 | 1.1 - 4.5 | 24.5 | 18.5 - 31.6 | 46.0 | 36.2 - 56.1 | 27.3 | 20.1 - 36.0 |
| **Total** | **2994** | **3.0** | **1.9 - 4.5** | **31.3** | **26.4 - 36.7** | **33.4** | **28.9 - 38.2** | **32.4** | **27.4 - 37.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 888 | 1.6 | 0.8 - 2.9 | 34.1 | 25.0 - 44.6 | 33.4 | 25.5 - 42.5 | 30.9 | 21.8 - 41.7 |
| Urban | 2106 | 4.2 | 2.6 - 6.8 | 28.7 | 25.0 - 32.8 | 33.3 | 29.2 - 37.7 | 33.8 | 30.0 - 37.8 |

|  |  |
| --- | --- |
| **BMI ≥25** | Description: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25) |
| Instrument question: M8: For women: Are you pregnant? M11: Height M12: Weight |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI≥25** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % BMI≥25 | 95% CI | n | % BMI≥25 | 95% CI | n | % BMI≥25 | 95% CI |
| 18-29 | 266 | 48.7 | 38.5 - 59.0 | 239 | 61.8 | 46.4 - 75.1 | 505 | 56.0 | 46.4 - 65.2 |
| 30-44 | 469 | 68.4 | 57.7 - 77.5 | 495 | 76.0 | 66.5 - 83.5 | 964 | 73.0 | 66.2 - 78.8 |
| 45-59 | 444 | 64.2 | 42.7 - 81.1 | 480 | 68.4 | 55.1 - 79.3 | 924 | 66.2 | 53.8 - 76.8 |
| 60-69 | 297 | 67.2 | 54.3 - 77.9 | 304 | 77.7 | 69.1 - 84.5 | 601 | 73.3 | 66.0 - 79.6 |
| **Total** | **1476** | **60.8** | **52.4 - 68.6** | **1518** | **69.7** | **63.6 - 75.3** | **2994** | **65.7** | **60.4 - 70.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 441 | 56.0 | 40.2 - 70.6 | 447 | 70.7 | 59.2 - 80.1 | 888 | 64.3 | 53.9 - 73.5 |
| Urban | 1035 | 65.0 | 58.7 - 70.7 | 1071 | 68.8 | 63.0 - 74.1 | 2106 | 67.0 | 62.9 - 71.0 |

|  |  |
| --- | --- |
| **Waist circumference** | Description: Mean waist circumference among all respondents (excluding pregnant women) |
| Instrument question: M8: For women: Are you pregnant? M14: Waist circumference measurement |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Waist circumference (cm)** | | | | | | |
|  | **Male** | | | **Female** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI |
| **Total** | **1479** | **92.4** | **90.1 - 94.6** | **1520** | **90.3** | **88.1 - 92.4** |
| Area |  |  |  |  |  |  |
| Rural | 443 | 90.7 | 86.5 - 94.8 | 448 | 90.0 | 85.9 - 94.1 |
| Urban | 1036 | 93.8 | 92.1 - 95.6 | 1072 | 90.5 | 89.0 - 92.0 |

|  |  |
| --- | --- |
| **Hip circumference** | Description: Mean hip circumference among all respondents (excluding pregnant women) |
| Instrument question: M8: For women: Are you pregnant? M15: Hip circumference measurement |

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| --- | --- | --- | --- | --- | --- | --- |
| **Hip circumference (cm)** | | | | | | |
|  | **Male** | | | **Female** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI |
| **Total** | **1479** | **100.4** | **98.7 - 102.1** | **1520** | **104.3** | **102.5 - 106.2** |
| Area |  |  |  |  |  |  |
| Rural | 443 | 98.6 | 95.5 - 101.8 | 448 | 104.5 | 100.8 - 108.1 |
| Urban | 1036 | 101.9 | 100.7 - 103.2 | 1072 | 104.2 | 103.0 - 105.4 |

|  |  |
| --- | --- |
| **Waist/hip ratio** | Description: Mean waist-to-hip ratio among all respondents (excluding pregnant women) |
| Instrument question: M8: For women: Are you pregnant? M14: Waist circumference measurement M15: Hip circumference measurement |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Mean waist / hip ratio** | | | | | | |
|  | **Male** | | | **Female** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI |
| **Total** | **1479** | **0.9** | **0.9 - 0.9** | **1520** | **0.9** | **0.9 - 0.9** |
| Area |  |  |  |  |  |  |
| Rural | 443 | 0.9 | 0.9 - 0.9 | 448 | 0.9 | 0.8 - 0.9 |
| Urban | 1036 | 0.9 | 0.9 - 0.9 | 1072 | 0.9 | 0.9 - 0.9 |

# Biochemical Measurements

|  |  |
| --- | --- |
| **Mean fasting blood glucose** | Description: mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded) |
| Instrument question: B1: During the last 12 hours have you had anything to eat or drink, other than water? B5: Blood glucose measurement |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean fasting blood glucose (mmol/L)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 253 | 4.5 | 4.3 - 4.7 | 223 | 4.9 | 4.0 - 5.7 | 476 | 4.7 | 4.2 - 5.2 |
| 30-44 | 432 | 5.1 | 4.8 - 5.4 | 463 | 5.3 | 4.6 - 6.0 | 895 | 5.2 | 4.8 - 5.6 |
| 45-59 | 407 | 5.6 | 4.8 - 6.4 | 451 | 5.5 | 5.1 - 5.8 | 858 | 5.5 | 5.1 - 6.0 |
| 60-69 | 284 | 5.2 | 4.9 - 5.5 | 269 | 5.2 | 4.9 - 5.5 | 553 | 5.2 | 5.0 - 5.4 |
| **Total** | **1376** | **5.1** | **4.8 - 5.4** | **1406** | **5.2** | **4.8 - 5.6** | **2782** | **5.1** | **4.9 - 5.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 412 | 5.0 | 4.6 - 5.5 | 418 | 5.2 | 4.5 - 6.0 | 830 | 5.1 | 4.7 - 5.6 |
| Urban | 964 | 5.1 | 4.8 - 5.4 | 988 | 5.1 | 4.9 - 5.4 | 1952 | 5.1 | 5.0 - 5.3 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean fasting blood glucose (mg/dl)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 253 | 81.0 | 77.9 - 84.1 | 223 | 87.4 | 72.2 - 102.5 | 476 | 84.6 | 76.4 - 92.8 |
| 30-44 | 432 | 91.4 | 85.9 - 96.9 | 463 | 95.5 | 83.5 - 107.4 | 895 | 93.8 | 86.3 - 101.3 |
| 45-59 | 407 | 100.6 | 86.5 - 114.7 | 451 | 98.2 | 92.5 - 103.9 | 858 | 99.4 | 91.5 - 107.4 |
| 60-69 | 284 | 94.3 | 88.6 - 99.9 | 269 | 93.3 | 87.5 - 99.1 | 553 | 93.7 | 89.5 - 97.9 |
| **Total** | **1376** | **91.6** | **86.8 - 96.4** | **1406** | **93.3** | **86.6 - 100.0** | **2782** | **92.6** | **88.3 - 96.8** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 412 | 90.9 | 82.9 - 99.0 | 418 | 94.2 | 80.4 - 108.0 | 830 | 92.7 | 84.4 - 101.1 |
| Urban | 964 | 92.2 | 86.5 - 97.9 | 988 | 92.6 | 88.5 - 96.7 | 1952 | 92.4 | 89.2 - 95.7 |

|  |  |
| --- | --- |
| **Raised blood glucose** | Description: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded) |
| Instrument question: H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker? B1: During the last 12 hours have you had anything to eat or drink, other than water? B5: Blood glucose measurement |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Impaired Fasting Glycaemia\*** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 253 | 1.9 | 0.5 - 7.3 | 223 | 1.0 | 0.3 - 3.3 | 476 | 1.4 | 0.5 - 3.6 |
| 30-44 | 432 | 2.7 | 1.4 - 5.3 | 463 | 4.5 | 1.6 - 12.0 | 895 | 3.8 | 1.7 - 8.1 |
| 45-59 | 407 | 4.9 | 1.9 - 11.9 | 451 | 5.4 | 2.8 - 10.1 | 858 | 5.1 | 3.0 - 8.8 |
| 60-69 | 284 | 7.1 | 3.5 - 14.0 | 269 | 7.4 | 3.7 - 14.3 | 553 | 7.3 | 4.5 - 11.7 |
| **Total** | **1376** | **3.7** | **2.3 - 5.9** | **1406** | **4.0** | **2.5 - 6.3** | **2782** | **3.9** | **2.7 - 5.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 412 | 2.3 | 0.9 - 5.3 | 418 | 1.9 | 0.8 - 4.5 | 830 | 2.1 | 1.1 - 3.9 |
| Urban | 964 | 4.9 | 2.9 - 8.2 | 988 | 5.7 | 3.4 - 9.4 | 1952 | 5.4 | 3.7 - 7.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood glucose or currently on medication for diabetes** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 253 | 0.3 | 0.1 - 1.1 | 223 | 7.2 | 2.4 - 19.3 | 476 | 4.1 | 1.5 - 10.9 |
| 30-44 | 432 | 9.7 | 6.0 - 15.4 | 463 | 16.4 | 6.9 - 34.2 | 895 | 13.7 | 7.2 - 24.5 |
| 45-59 | 407 | 22.3 | 12.2 - 37.2 | 451 | 25.0 | 15.8 - 37.3 | 858 | 23.6 | 15.8 - 33.7 |
| 60-69 | 284 | 19.4 | 12.7 - 28.4 | 269 | 30.7 | 17.9 - 47.4 | 553 | 25.9 | 17.2 - 37.2 |
| **Total** | **1376** | **12.1** | **8.4 - 17.2** | **1406** | **17.4** | **12.3 - 24.2** | **2782** | **15.0** | **11.6 - 19.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 412 | 11.4 | 5.3 - 22.6 | 418 | 23.1 | 13.2 - 37.2 | 830 | 17.8 | 11.5 - 26.6 |
| Urban | 964 | 12.7 | 9.3 - 17.0 | 988 | 12.7 | 9.4 - 16.9 | 1952 | 12.7 | 10.2 - 15.8 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Diagnosed with diabetes among those with raised BG or currently on medication** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % diagnosed | 95% CI | n | % diagnosed | 95% CI | n | % diagnosed | 95% CI |
| 18-29 | 2 | 27.3 | 2.2 - 86.0 | 10 | 80.4 | 36.8 - 96.7 | 12 | 79.0 | 37.0 - 96.0 |
| 30-44 | 54 | 82.6 | 65.7 - 92.2 | 45 | 39.3 | 11.1 - 77.0 | 99 | 51.5 | 20.6 - 81.3 |
| 45-59 | 96 | 75.0 | 44.9 - 91.7 | 108 | 78.5 | 44.9 - 94.3 | 204 | 76.8 | 48.3 - 92.1 |
| 60-69 | 89 | 79.7 | 61.9 - 90.5 | 87 | 87.7 | 67.2 - 96.1 | 176 | 85.2 | 72.1 - 92.7 |
| **Total** | **241** | **77.1** | **59.0 - 88.8** | **250** | **69.1** | **45.0 - 86.0** | **491** | **72.0** | **53.4 - 85.2** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 83 | 71.1 | 34.8 - 91.9 | 80 | 61.9 | 28.8 - 86.7 | 163 | 64.5 | 35.4 - 85.8 |
| Urban | 158 | 81.6 | 66.2 - 91.0 | 170 | 80.2 | 67.3 - 88.9 | 328 | 80.8 | 70.9 - 88.0 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently on treatment for diabetes among those with raised BG or currently on medication** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % on medication | 95% CI | n | % on medication | 95% CI | n | % on medication | 95% CI |
| 18-29 | 2 | 0.0 | 0.0 - 0.0 | 10 | 23.5 | 4.3 - 67.6 | 12 | 22.8 | 4.3 - 66.1 |
| 30-44 | 54 | 79.9 | 63.1 - 90.2 | 45 | 37.3 | 10.6 - 74.9 | 99 | 49.3 | 20.0 - 79.1 |
| 45-59 | 96 | 63.9 | 35.4 - 85.1 | 108 | 67.8 | 38.1 - 87.8 | 204 | 65.9 | 41.1 - 84.2 |
| 60-69 | 89 | 78.7 | 61.1 - 89.7 | 87 | 85.9 | 65.8 - 95.1 | 176 | 83.6 | 70.4 - 91.6 |
| **Total** | **241** | **69.5** | **51.4 - 83.0** | **250** | **57.0** | **35.5 - 76.2** | **491** | **61.5** | **44.5 - 76.1** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 83 | 65.0 | 30.4 - 88.7 | 80 | 50.0 | 21.5 - 78.5 | 163 | 54.3 | 28.6 - 77.9 |
| Urban | 158 | 72.8 | 55.5 - 85.2 | 170 | 67.9 | 52.7 - 80.0 | 328 | 70.1 | 58.3 - 79.7 |

|  |  |
| --- | --- |
| **Total cholesterol** | Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol |
| Instrument question: B8: Total cholesterol measurement |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean total cholesterol (mmol/L)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 259 | 4.1 | 3.9 - 4.3 | 225 | 4.5 | 4.3 - 4.7 | 484 | 4.3 | 4.2 - 4.5 |
| 30-44 | 440 | 4.7 | 4.1 - 5.3 | 467 | 4.7 | 4.4 - 4.9 | 907 | 4.7 | 4.4 - 5.0 |
| 45-59 | 412 | 4.6 | 4.2 - 5.1 | 453 | 5.2 | 4.7 - 5.7 | 865 | 4.9 | 4.6 - 5.2 |
| 60-69 | 286 | 4.4 | 4.0 - 4.8 | 273 | 4.6 | 4.2 - 4.9 | 559 | 4.5 | 4.2 - 4.8 |
| **Total** | **1397** | **4.5** | **4.2 - 4.7** | **1418** | **4.7** | **4.6 - 4.9** | **2815** | **4.6** | **4.5 - 4.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 4.7 | 4.3 - 5.1 | 419 | 4.7 | 4.4 - 5.0 | 833 | 4.7 | 4.5 - 4.9 |
| Urban | 983 | 4.3 | 4.1 - 4.4 | 999 | 4.8 | 4.6 - 4.9 | 1982 | 4.5 | 4.4 - 4.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean total cholesterol (mg/dl)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 259 | 158.5 | 150.7 - 166.2 | 225 | 174.0 | 164.5 - 183.6 | 484 | 167.2 | 160.7 - 173.6 |
| 30-44 | 440 | 181.8 | 160.1 - 203.6 | 467 | 180.7 | 170.1 - 191.2 | 907 | 181.1 | 170.2 - 192.1 |
| 45-59 | 412 | 179.6 | 162.7 - 196.4 | 453 | 200.5 | 182.2 - 218.8 | 865 | 189.6 | 178.4 - 200.8 |
| 60-69 | 286 | 169.6 | 154.7 - 184.4 | 273 | 176.3 | 162.3 - 190.3 | 559 | 173.4 | 162.2 - 184.7 |
| **Total** | **1397** | **172.7** | **163.7 - 181.7** | **1418** | **182.9** | **176.9 - 188.9** | **2815** | **178.3** | **173.4 - 183.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 182.3 | 165.8 - 198.9 | 419 | 181.8 | 170.9 - 192.7 | 833 | 182.0 | 173.6 - 190.4 |
| Urban | 983 | 164.7 | 158.9 - 170.5 | 999 | 183.8 | 177.7 - 190.0 | 1982 | 175.2 | 170.2 - 180.3 |

|  |  |
| --- | --- |
| **Raised total cholesterol** | Description: Percentage of respondents with raised total cholesterol |
| Instrument question: B8: Total cholesterol measurement |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 259 | 14.7 | 9.2 - 22.6 | 225 | 25.3 | 14.5 - 40.3 | 484 | 20.6 | 14.1 - 29.2 |
| 30-44 | 440 | 33.9 | 21.0 - 49.6 | 467 | 34.2 | 24.2 - 45.9 | 907 | 34.1 | 25.6 - 43.7 |
| 45-59 | 412 | 43.4 | 25.7 - 63.0 | 453 | 55.3 | 43.4 - 66.6 | 865 | 49.1 | 38.4 - 60.0 |
| 60-69 | 286 | 22.8 | 14.2 - 34.5 | 273 | 30.2 | 20.6 - 41.9 | 559 | 27.1 | 20.0 - 35.5 |
| **Total** | **1397** | **30.0** | **22.0 - 39.4** | **1418** | **36.1** | **29.6 - 43.2** | **2815** | **33.4** | **28.3 - 38.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 38.8 | 23.9 - 56.1 | 419 | 32.6 | 21.6 - 46.0 | 833 | 35.4 | 26.2 - 45.8 |
| Urban | 983 | 22.7 | 18.0 - 28.2 | 999 | 39.0 | 32.4 - 46.0 | 1982 | 31.7 | 27.0 - 36.7 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 259 | 6.5 | 2.7 - 15.2 | 225 | 5.5 | 1.6 - 16.9 | 484 | 6.0 | 2.8 - 12.1 |
| 30-44 | 440 | 14.3 | 4.3 - 38.1 | 467 | 11.6 | 5.6 - 22.3 | 907 | 12.6 | 6.5 - 23.2 |
| 45-59 | 412 | 11.3 | 3.8 - 29.1 | 453 | 18.4 | 7.5 - 38.4 | 865 | 14.7 | 7.5 - 26.8 |
| 60-69 | 286 | 12.4 | 5.7 - 24.7 | 273 | 11.6 | 5.1 - 24.3 | 559 | 11.9 | 6.4 - 21.2 |
| **Total** | **1397** | **10.8** | **6.0 - 18.6** | **1418** | **11.3** | **7.4 - 17.1** | **2815** | **11.1** | **7.8 - 15.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 15.4 | 6.5 - 32.2 | 419 | 10.8 | 4.9 - 22.1 | 833 | 12.8 | 7.3 - 21.6 |
| Urban | 983 | 6.9 | 4.1 - 11.4 | 999 | 11.8 | 7.3 - 18.6 | 1982 | 9.6 | 6.5 - 14.1 |

|  |  |
| --- | --- |
| **Raised total cholesterol or on medication** | Description: Percentage of respondents with raised total cholesterol |
| Instrument question: B8: Total cholesterol measurement\nB9: During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a medical doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 259 | 14.8 | 9.3 - 22.7 | 225 | 25.8 | 14.9 - 40.7 | 484 | 20.9 | 14.3 - 29.5 |
| 30-44 | 440 | 40.7 | 28.3 - 54.6 | 467 | 36.3 | 26.0 - 48.0 | 907 | 38.1 | 29.5 - 47.4 |
| 45-59 | 412 | 63.2 | 45.7 - 77.8 | 453 | 72.7 | 63.3 - 80.4 | 865 | 67.8 | 57.1 - 76.9 |
| 60-69 | 286 | 61.7 | 48.6 - 73.3 | 273 | 79.6 | 69.2 - 87.1 | 559 | 72.0 | 63.2 - 79.4 |
| **Total** | **1397** | **42.6** | **34.7 - 50.9** | **1418** | **47.3** | **39.9 - 54.8** | **2815** | **45.2** | **39.8 - 50.7** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 50.7 | 35.8 - 65.4 | 419 | 44.7 | 31.3 - 58.8 | 833 | 47.4 | 37.3 - 57.7 |
| Urban | 983 | 35.9 | 29.9 - 42.3 | 999 | 49.5 | 42.6 - 56.4 | 1982 | 43.4 | 38.5 - 48.5 |

|  |  |
| --- | --- |
| **Raised total cholesterol and on medication** | Description: Percentage of respondents with raised total cholesterol |
| Instrument question: B8: Total cholesterol measurement\nB9: During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a medical doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 259 | 6.6 | 2.7 - 15.2 | 225 | 5.9 | 1.9 - 16.9 | 484 | 6.2 | 3.1 - 12.3 |
| 30-44 | 440 | 21.7 | 10.3 - 40.0 | 467 | 16.5 | 9.5 - 27.1 | 907 | 18.6 | 11.8 - 28.1 |
| 45-59 | 412 | 48.4 | 30.8 - 66.5 | 453 | 42.5 | 29.8 - 56.3 | 865 | 45.6 | 33.6 - 58.0 |
| 60-69 | 286 | 55.6 | 42.3 - 68.1 | 273 | 68.3 | 55.1 - 79.2 | 559 | 63.0 | 52.7 - 72.1 |
| **Total** | **1397** | **29.7** | **21.7 - 39.1** | **1418** | **26.0** | **20.7 - 32.1** | **2815** | **27.7** | **22.5 - 33.5** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 414 | 39.5 | 24.6 - 56.6 | 419 | 26.0 | 17.3 - 37.2 | 833 | 32.1 | 22.4 - 43.5 |
| Urban | 983 | 21.5 | 16.8 - 27.2 | 999 | 26.0 | 20.2 - 32.8 | 1982 | 24.0 | 19.9 - 28.7 |

|  |  |
| --- | --- |
| **Intake of salt per day** | Description: Mean intake of salt in grams per day among all respondents |
| Instrument question: M8: Are you pregnant? B10: Had you been fasting prior to urine collection? B14: Urinary sodium measurement B15: Urinary creatinine measurement |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean salt intake (g/day)** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 194 | 10.7 | 9.9 - 11.5 | 178 | 8.3 | 7.9 - 8.8 | 372 | 9.4 | 8.9 - 9.9 |
| 30-44 | 339 | 10.8 | 10.3 - 11.3 | 365 | 9.3 | 8.7 - 9.8 | 704 | 10.0 | 9.6 - 10.3 |
| 45-59 | 306 | 11.1 | 10.7 - 11.6 | 357 | 8.5 | 8.2 - 8.7 | 663 | 9.9 | 9.5 - 10.4 |
| 60-69 | 223 | 10.9 | 10.5 - 11.2 | 218 | 7.2 | 6.8 - 7.7 | 441 | 8.7 | 8.2 - 9.3 |
| **Total** | **1062** | **10.9** | **10.6 - 11.2** | **1118** | **8.5** | **8.3 - 8.7** | **2180** | **9.6** | **9.4 - 9.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 342 | 10.4 | 9.8 - 10.9 | 347 | 8.3 | 7.9 - 8.7 | 689 | 9.3 | 8.8 - 9.7 |
| Urban | 720 | 11.4 | 11.0 - 11.7 | 771 | 8.7 | 8.4 - 8.9 | 1491 | 9.9 | 9.7 - 10.2 |

# Cardiovascular disease risk

|  |  |
| --- | --- |
| **CVD risk** | Description: 10-year cardiovascular disease (CVD) risk\* among respondents aged 40-69 years |
| Instrument question: Gender, age Smoking status Systolic blood pressure measurements History of diabetes Total cholesterol measurements Body mass index |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % <10% | 95% CI | % 10-20% | 95% CI | % ≥20% | 95% CI |
| 40-54 | 439 | 96.4 | 92.0 - 98.4 | 3.6 | 1.6 - 8.0 | 0.0 | 0.0 - 0.2 |
| 55-69 | 428 | 56.4 | 42.8 - 69.1 | 40.3 | 28.1 - 53.8 | 3.4 | 1.1 - 9.5 |
| **Total** | **867** | **79.8** | **71.7 - 86.0** | **18.8** | **12.8 - 26.7** | **1.4** | **0.5 - 4.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 262 | 83.6 | 69.5 - 91.9 | 14.2 | 6.6 - 28.1 | 2.2 | 0.6 - 7.7 |
| Urban | 605 | 75.5 | 67.8 - 81.8 | 24.1 | 17.7 - 31.8 | 0.5 | 0.2 - 1.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % <10% | 95% CI | % 10-20% | 95% CI | % ≥20% | 95% CI |
| 40-54 | 503 | 99.9 | 99.5 - 100.0 | 0.1 | 0.0 - 0.5 | 0.0 | 0.0 - 0.0 |
| 55-69 | 416 | 82.5 | 68.2 - 91.2 | 17.0 | 8.4 - 31.4 | 0.5 | 0.1 - 2.2 |
| **Total** | **919** | **93.1** | **86.3 - 96.6** | **6.8** | **3.2 - 13.6** | **0.2** | **0.0 - 0.9** |
| Area |  |  |  |  |  |  |  |
| Rural | 270 | 89.4 | 72.6 - 96.4 | 10.2 | 3.3 - 27.3 | 0.3 | 0.0 - 2.4 |
| Urban | 649 | 95.7 | 92.1 - 97.7 | 4.2 | 2.3 - 7.8 | 0.1 | 0.0 - 0.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % <10% | 95% CI | % 10-20% | 95% CI | % ≥20% | 95% CI |
| 40-54 | 942 | 98.2 | 96.3 - 99.2 | 1.7 | 0.8 - 3.7 | 0.0 | 0.0 - 0.1 |
| 55-69 | 844 | 69.6 | 59.1 - 78.4 | 28.5 | 19.6 - 39.5 | 1.9 | 0.8 - 4.6 |
| **Total** | **1786** | **86.7** | **81.0 - 90.9** | **12.5** | **8.4 - 18.3** | **0.8** | **0.3 - 1.9** |
| Area |  |  |  |  |  |  |  |
| Rural | 532 | 86.3 | 73.6 - 93.4 | 12.4 | 5.5 - 25.6 | 1.4 | 0.5 - 3.9 |
| Urban | 1254 | 87.1 | 83.4 - 90.0 | 12.7 | 9.7 - 16.4 | 0.2 | 0.1 - 0.5 |

|  |  |
| --- | --- |
| **CVD risk of ≥20% or existing CVD** | Description: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk\* ≥20% or with existing CVD |
| Instrument question: Gender, age Smoking status Systolic blood pressure measurements History of diabetes Total cholesterol measurements Body mass index |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents with a 10-year CVD risk ≥20% or with existing CVD** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 40-54 | 439 | 4.4 | 1.8 - 10.0 | 503 | 7.2 | 3.3 - 14.8 | 942 | 5.9 | 3.3 - 10.3 |
| 55-69 | 428 | 13.7 | 7.3 - 24.3 | 416 | 7.8 | 3.8 - 15.2 | 844 | 10.7 | 6.7 - 16.5 |
| **Total** | **867** | **8.2** | **4.9 - 13.4** | **919** | **7.4** | **4.4 - 12.3** | **1786** | **7.8** | **5.5 - 11.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 262 | 3.2 | 1.2 - 8.1 | 270 | 8.0 | 3.2 - 18.5 | 532 | 5.4 | 2.8 - 10.2 |
| Urban | 605 | 14.1 | 8.5 - 22.4 | 649 | 7.0 | 3.8 - 12.6 | 1254 | 10.0 | 6.7 - 14.6 |

|  |  |
| --- | --- |
| **Drug therapy and counseling for those with CVD risk ≥20% or existing CVD** | Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk\* ≥20%, including those with existing CVD) receiving drug therapy and counseling\*\* (including glycaemic control) to prevent heart attacks and strokes |
| Instrument question: Gender, age Smoking status Systolic blood pressure measurements History of diabetes Total cholesterol measurements Body mass index |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 40-54 | 25 | 18.9 | 5.5 - 48.3 | 29 | 37.2 | 12.8 - 70.5 | 54 | 30.7 | 13.5 - 55.8 |
| 55-69 | 73 | 67.3 | 39.6 - 86.6 | 33 | 78.3 | 49.1 - 93.1 | 106 | 71.3 | 51.1 - 85.6 |
| **Total** | **98** | **52.2** | **28.3 - 75.2** | **62** | **54.1** | **27.7 - 78.4** | **160** | **53.1** | **34.9 - 70.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 24 | 54.8 | 16.0 - 88.5 | 15 | 55.0 | 15.5 - 89.1 | 39 | 54.9 | 22.8 - 83.4 |
| Urban | 74 | 51.6 | 24.2 - 78.0 | 47 | 53.4 | 23.4 - 81.0 | 121 | 52.3 | 31.1 - 72.6 |

# Summary of Combined Risk Factors

|  |  |
| --- | --- |
| **Summary of Combined Risk Factors** | Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors |
| Instrument question: Current daily smoking Less than five servings of fruit and/or vegetables per day Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent) Overweight or obese (BMI ≥ 25 kg/m2) Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP). |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Summary of Combined Risk Factors** | | | | | | | |
| **Male** | | | | | | | |
| Age Categories (Years) | n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 711 | 0.7 | 0.1 - 3.9 | 69.8 | 62.1 - 76.5 | 29.5 | 22.9 - 37.1 |
| 45-69 | 732 | 4.2 | 0.7 - 21.7 | 48.1 | 34.3 - 62.2 | 47.8 | 34.5 - 61.4 |
| **Total** | **1443** | **2.3** | **0.5 - 9.7** | **60.2** | **52.7 - 67.2** | **37.6** | **30.9 - 44.8** |
| Area |  |  |  |  |  |  |  |
| Rural | 428 | 3.7 | 0.5 - 22.3 | 59.5 | 44.6 - 72.8 | 36.8 | 24.6 - 51.0 |
| Urban | 1015 | 1.0 | 0.3 - 3.6 | 60.7 | 54.9 - 66.2 | 38.3 | 32.8 - 44.1 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Summary of Combined Risk Factors** | | | | | | | |
| **Female** | | | | | | | |
| Age Categories (Years) | n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 718 | 0.5 | 0.2 - 1.2 | 69.7 | 61.0 - 77.3 | 29.8 | 22.3 - 38.6 |
| 45-69 | 768 | 1.4 | 0.7 - 3.0 | 46.7 | 38.4 - 55.2 | 51.9 | 43.3 - 60.3 |
| **Total** | **1486** | **0.8** | **0.5 - 1.5** | **61.1** | **55.2 - 66.7** | **38.0** | **32.4 - 44.0** |
| Area |  |  |  |  |  |  |  |
| Rural | 437 | 0.4 | 0.1 - 1.2 | 62.5 | 51.9 - 71.9 | 37.1 | 27.6 - 47.7 |
| Urban | 1049 | 1.2 | 0.6 - 2.4 | 59.8 | 53.9 - 65.5 | 38.9 | 33.3 - 44.8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Summary of Combined Risk Factors** | | | | | | | |
| **Total** | | | | | | | |
| Age Categories (Years) | n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 1429 | 0.6 | 0.2 - 1.6 | 69.8 | 64.0 - 75.0 | 29.7 | 24.5 - 35.4 |
| 45-69 | 1500 | 2.8 | 0.7 - 10.1 | 47.4 | 39.5 - 55.3 | 49.9 | 42.1 - 57.6 |
| **Total** | **2929** | **1.5** | **0.5 - 4.2** | **60.7** | **55.8 - 65.4** | **37.8** | **33.2 - 42.7** |
| Area |  |  |  |  |  |  |  |
| Rural | 865 | 1.8 | 0.3 - 9.8 | 61.2 | 52.0 - 69.7 | 37.0 | 28.8 - 46.0 |
| Urban | 2064 | 1.1 | 0.6 - 2.2 | 60.2 | 55.7 - 64.6 | 38.6 | 34.3 - 43.1 |

1. World Health Organization. Global action plan for the prevention and control of NCDs 2013-2020. Geneva: World Health Organization; 2013. [↑](#footnote-ref-1)