

**WHO STEPS**

**Noncommunicable Disease**

**Risk Factor Survey**

**Data Book for Uganda**

**2023**

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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 Information Results

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| Age group by sex | Description: Summary information by age group and sex of the respondents.  Instrument question:   * Sex * What is your date of birth? |

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| **Age group and sex of respondents** | | | | | | | | |
| Age Group  (years) | **Men** | |  | **Women** | |  | **Both Sexes** | |
| n | % |  | n | % |  | n | % |
| 18-29 | 469 | 38.5% |  | 750 | 61.5% |  | 1219 | 100% |
| 30-44 | 451 | 35.6% |  | 816 | 64.4% |  | 1267 | 100% |
| 45-69 | 506 | 41.9% |  | 702 | 58.1% |  | 1208 | 100% |
| **18-69** | **1426** | 38.6% |  | **2268** | 61.4% |  | **3694** | 100% |

**Analysis Information:**

* Questions used: C1, C2, C3
* Epi Info program name: Cagesex (unweighted)

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| Education | Description: Mean number of years of education among respondents.  Instrument question:   * 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** | | | | | | | | |
| Age Group  (years) | **Men** | |  | **Women** | |  | **Both Sexes** | |
| n | Mean |  | n | Mean |  | n | Mean |
| 18-29 | 468 | 7.1 |  | 741 | 6.6 |  | 1209 | 6.8 |
| 30-44 | 449 | 6.9 |  | 808 | 5.5 |  | 1257 | 6.0 |
| 45-69 | 504 | 5.8 |  | 686 | 3.7 |  | 1190 | 4.6 |
| **18-69** | 1421 | **6.6** |  | **2235** | **5.3** |  | **3656** | **5.8** |

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| **Analysis Information:**   * Questions used: C4 * Epi Info program name: Ceduyears (unweighted) |

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

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| **Highest level of education** | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | |
| n | % No formal schooling | % Primary School completed | % O-Level completed | % Junior Secondary completed | % A-level completed | % University /Higher institutions completed | % Post graduate degree |
| 18-29 | 469 | 44.6 | 33.7 | 16.2 | 0.4 | 2.3 | 2.8 | 0.0 |
| 30-44 | 451 | 44.8 | 31.3 | 11.3 | 0.9 | 5.8 | 6.0 | 0.0 |
| 45-69 | 506 | 59.5 | 24.5 | 7.3 | 0.8 | 2.0 | 5.7 | 0.2 |
| **18-69** | 1426 | 49.9 | 29.7 | 11.5 | 0.7 | 3.3 | 4.8 | 0.1 |

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| **Highest level of education** | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | |
| n | % No formal schooling | % Primary School completed | % O-Level completed | % Junior Secondary completed | % A-level completed | % University /Higher institutions completed | % Post graduate degree |
| 18-29 | 749 | 51.4 | 29.4 | 13.4 | 0.4 | 2.3 | 3.2 | 0.0 |
| 30-44 | 816 | 59.9 | 25.2 | 8.3 | 0.1 | 2.5 | 3.9 | 0.0 |
| 45-69 | 702 | 76.4 | 17.0 | 4.1 | 0.3 | 0.3 | 1.9 | 0.1 |
| **18-69** | 2267 | 62.2 | 24.0 | 8.7 | 0.3 | 1.7 | 3.0 | 0.0 |

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| **Highest level of education** | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | |
| n | % No formal schooling | % Primary School completed | % O-Level completed | % Junior Secondary completed | % A-level completed | % University /Higher institutions completed | % Post graduate degree |
| 18-29 | 48.8 | 31.0 | 14.4 | 0.4 | 48.8 | 2.3 | 3.0 | 0.0 |
| 30-44 | 54.5 | 27.4 | 9.4 | 0.4 | 54.5 | 3.6 | 4.7 | 0.0 |
| 45-69 | 69.3 | 20.1 | 5.5 | 0.5 | 69.3 | 1.0 | 3.5 | 0.2 |
| **18-69** | 57.5 | 26.2 | 9.8 | 0.4 | 57.5 | 2.3 | 3.7 | 0.1 |

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| **Analysis Information:**   * Questions used: C5 * Epi Info program name: Ceduhigh (unweighted) |

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

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| **Ethnic group of respondents** | | | | | | | | | | | | | | | | |
| Age Group (years) | **Both Sexes** | | | | | | | | | | | | | | | |
| n | %Baganda | %Banyankore | %Iteso | %Lugbara/Madi | %Basoga | %Langi | %Bakiga | %Karimojong | %Acholi | %Bagisu | %Sabiny | %Alur/Jopadhola | %Banyoro | %Batoro | %Other |
| 18-29 | 1219 | 11.6 | 11.2 | 8.0 | 6.5 | 9.7 | 7.7 | 7.0 | 2.4 | 4.8 | 3.0 | 1.2 | 5.3 | 2.7 | 2.5 | 16.5 |
| 30-44 | 1267 | 13.9 | 9.9 | 7.3 | 4.5 | 10.3 | 7.0 | 7.9 | 2.3 | 5.0 | 5.2 | 1.4 | 5.2 | 1.7 | 2.5 | 15.8 |
| 45-69 | 1208 | 14.8 | 9.8 | 6.4 | 6.9 | 9.9 | 7.8 | 7.2 | 1.1 | 3.1 | 6.4 | 1.2 | 5.5 | 2.6 | 1.7 | 15.6 |
| **18-69** | 3694 | 13.5 | 10.3 | 7.2 | 5.9 | 10.0 | 7.5 | 7.4 | 1.9 | 4.3 | 4.8 | 1.3 | 5.4 | 2.3 | 2.2 | 15.9 |

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| **Analysis Information:**   * Questions used: C6 * Epi Info program name: Cethnic (unweighted) |

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

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| **Marital status** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 469 | 47.1 | 32.0 | 6.4 | 0.2 | 0.0 | 14.3 |
| 30-44 | 451 | 7.3 | 64.7 | 10.9 | 0.2 | 0.4 | 16.4 |
| 45-69 | 506 | 1.4 | 72.1 | 13.4 | 0.8 | 3.4 | 8.9 |
| **18-69** | **1426** | **18.3** | **56.6** | **10.3** | **0.4** | **1.3** | **13.0** |

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| **Marital status** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 750 | 18.5 | 50.7 | 8.1 | 0.1 | 0.8 | 21.7 |
| 30-44 | 816 | 4.9 | 63.2 | 12.9 | 0.7 | 4.3 | 14.0 |
| 45-69 | 701 | 2.1 | 47.1 | 14.4 | 3.6 | 29.7 | 3.1 |
| **18-69** | **2267** | **8.6** | **54.1** | **11.8** | **1.4** | **11.0** | **13.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Marital status** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 1219 | 29.5 | 43.5 | 7.5 | 0.2 | 0.5 | 18.9 |
| 30-44 | 1267 | 5.8 | 63.8 | 12.2 | 0.6 | 2.9 | 14.8 |
| 45-69 | 1207 | 1.8 | 57.6 | 14.0 | 2.4 | 18.6 | 5.6 |
| **18-69** | **3693** | **12.3** | **55.1** | **11.2** | **1.0** | **7.3** | **13.1** |

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| **Analysis Information:**   * Questions used: C7 * Epi Info program name: Cmaritalstatus (unweighted) |

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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:   * Which of the following best describes your main work status over the past 12 months? |

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| **Employment status** | | | | | |
| Age Group  (years) | **Men** | | | | |
| n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 469 | 0.2 | 11.3 | 69.3 | 19.2 |
| 30-44 | 451 | 2.7 | 8.0 | 81.8 | 7.5 |
| 45-69 | 505 | 4.2 | 5.5 | 77.2 | 13.1 |
| **18-69** | **1425** | **2.4** | **8.2** | **76.1** | **13.3** |

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| **Employment status** | | | | | |
| Age Group  (years) | **Women** | | | | |
| n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 750 | 0.3 | 7.7 | 61.1 | 30.9 |
| 30-44 | 816 | 2.3 | 5.4 | 72.7 | 19.6 |
| 45-69 | 702 | 1.1 | 2.4 | 72.2 | 24.2 |
| **18-69** | **2268** | **1.3** | **5.2** | **68.7** | **24.8** |

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| **Employment status** | | | | | |
| Age Group  (years) | **Both Sexes** | | | | |
| n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 1219 | 0.2 | 9.1 | 64.2 | 26.4 |
| 30-44 | 1267 | 2.4 | 6.3 | 75.9 | 15.3 |
| 45-69 | 1207 | 2.4 | 3.7 | 74.3 | 19.6 |
| **18-69** | **3693** | **1.7** | **6.4** | **71.5** | **20.4** |

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| **Analysis Information:**   * Questions used: C8 * Epi Info program name: Cworkpaid (unweighted) |

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

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| **Unpaid work and unemployed** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % Non-paid | % Student | % Home-  maker | % Retired | Unemployed | |
| % Able to work | % Not able to work |
| 18-29 | 90 | 15.6 | 41.1 | 4.4 | 0.0 | 34.4 | 4.4 |
| 30-44 | 34 | 44.1 | 0.0 | 2.9 | 0.0 | 52.9 | 0.0 |
| 45-69 | 66 | 33.3 | 0.0 | 1.5 | 16.7 | 37.9 | 10.6 |
| **18-69** | **190** | **26.8** | **19.5** | **3.2** | **5.8** | **38.9** | **5.8** |

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| **Unpaid work and unemployed** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Non-paid | % Student | % Home-  maker | % Retired | Unemployed | |
| % Able to work | % Not able to work |
| 18-29 | 232 | 15.9 | 11.6 | 23.3 | 0.0 | 48.3 | 0.9 |
| 30-44 | 160 | 25.6 | 0.0 | 17.5 | 0.0 | 53.8 | 3.1 |
| 45-69 | 170 | 28.2 | 0.0 | 11.2 | 3.5 | 42.4 | 14.7 |
| **18-69** | **562** | **22.4** | **4.8** | **18.0** | **1.1** | **48.0** | **5.7** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Unpaid work and unemployed** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Non-paid | % Student | % Home-  maker | % Retired | Unemployed | |
| % Able to work | % Not able to work |
| 18-29 | 322 | 15.8 | 19.9 | 18.0 | 0.0 | 44.4 | 1.9 |
| 30-44 | 194 | 28.9 | 0.0 | 14.9 | 0.0 | 53.6 | 2.6 |
| 45-69 | 236 | 29.7 | 0.0 | 8.5 | 7.2 | 41.1 | 13.6 |
| **18-69** | **752** | **23.5** | **8.5** | **14.2** | **2.3** | **45.7** | **5.7** |

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| **Analysis Information:**   * Questions used: C8 * Epi Info program name: Cworknotpaid (unweighted) |

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| Per capita annual income | Description: Mean reported per capita annual income of respondents in local currency.  Instrument questions:   * How many people older than 18 years, including yourself, live in your household? * Taking the past year, can you tell me what the average earning of the household has been? |

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| **Mean annual per capita income** | |
| n | Mean |
| 3226 | 1,387,729 Shillings |

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| **Analysis Information:**   * Questions used: C9, C10a-c * Epi Info program name: Cmeanincome (unweighted) |

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

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| **Estimated household earnings (**Shillings) | | | | | |
| n | % Quintile 1: Under 1,000,000 | % Quintile 2:  1,000,000 – 9,999,999 | % Quintile 3:  10,000,000 - 29,999,999 | % Quintile 4:  30,000,000 -59,999,999 | % Quintile 5:  60,000,000 and more |
| **141** | 70.9 | 25.5 | 2.1 | 1.4 | **-** |

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| **Analysis Information:**   * Questions used: C11 * Epi Info program name: Cquintile (unweighted) |

#### Tobacco Use

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

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| **Percentage of current smokers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Current smoker | 95% CI |  | n | % Current smoker | 95% CI |  | n | % Current smoker | 95% CI |
| 18-29 | 469 | 7.8 | 4.9-10.7 |  | 750 | 0.8 | 0.3-1.3 |  | 1219 | 4.1 | 2.7-5.5 |
| 30-44 | 451 | 15.1 | 10.5-19.7 |  | 816 | 2.3 | 0.9-3.6 |  | 1267 | 7.9 | 5.5-10.2 |
| 45-69 | 506 | 22.5 | 17.7-27.3 |  | 702 | 4.5 | 2.8-6.3 |  | 1208 | 13.5 | 10.8-16.2 |
| **18-69** | **1426** | **15.0** | **12.3-17.6** |  | **2268** | **2.4** | **1.7-3.2** |  | **3694** | **8.3** | **6.9-9.8** |

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| **Analysis Information:**   * Questions used: T1, T2, T8 * Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted) |

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Smoking status** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | Current smoker | | | | Non-smokers | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 469 | 5.7 | 3.2-8.2 | 2.1 | 0.4-3.9 | 6.9 | 4.3-9.6 | 85.3 | 81.6-88.9 |
| 30-44 | 451 | 10.9 | 7.1-14.8 | 4.2 | 0.9-7.4 | 7.8 | 4.8-10.8 | 77.1 | 72.2-82.0 |
| 45-69 | 506 | 20.4 | 15.7-25.1 | 2.1 | 0.7-3.4 | 19.4 | 15.7-23.2 | 58.1 | 52.2-64.0 |
| **18-69** | **1426** | **12.2** | **9.8-14.7** | **2.7** | **1.4-4.0** | **11.5** | **9.5-13.4** | **73.6** | **70.4-76.7** |

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| **Smoking status** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Current smoker | | | | Non-smokers | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 750 | 0.5 | 0.1-0.9 | 0.3 | 0.0-0.6 | 1.4 | 0.3-2.5 | 97.8 | 96.6-99.0 |
| 30-44 | 816 | 1.7 | 0.5-2.8 | 0.6 | 0.1-1.1 | 2.3 | 1.1-3.6 | 95.4 | 93.6-97.2 |
| 45-69 | 702 | 3.1 | 1.8-4.5 | 1.4 | 0.3-2.5 | 6.3 | 4.0-8.7 | 89.1 | 86.2-92.1 |
| **18-69** | **2268** | **1.7** | **1.1-2.3** | **0.7** | **0.3-1.1** | **3.2** | **2.3-4.1** | **94.3** | **93.1-95.6** |

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| **Smoking status** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | Current smoker | | | | Non-smokers | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 1219 | 3.0 | 1.8-4.2 | 1.2 | 0.3-2.0 | 4.1 | 2.6-5.5 | 91.8 | 89.9-93.8 |
| 30-44 | 1267 | 5.7 | 3.8-7.6 | 2.2 | 0.7-3.6 | 4.7 | 3.3-6.2 | 87.4 | 84.9-90.0 |
| 45-69 | 1208 | 11.7 | 9.1-14.4 | 1.7 | 0.8-2.7 | 12.9 | 10.5-15.2 | 73.6 | 70.1-77.2 |
| **18-69** | **3694** | **6.7** | **5.4-7.9** | **1.7** | **1.0-2.3** | **7.1** | **6.0-8.2** | **84.5** | **82.7-86.4** |

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| **Analysis Information:**   * Questions used: T1, T2, T8 * Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted) |

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

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| **Current daily smokers among smokers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Daily smokers | 95% CI |  | n | % Daily smokers | 95% CI |  | n | % Daily smokers | 95% CI |
| 18-29 | 41 | 72.7 | 53.6-91.7 |  | 10 | 62.9 | 30.3-95.5 |  | 51 | 71.7 | 54.1-89.3 |
| 30-44 | 66 | 72.4 | 54.0-90.8 |  | 24 | 73.5 | 52.7-94.4 |  | 90 | 72.6 | 56.9-88.4 |
| 45-69 | 112 | 90.7 | 84.7-96.8 |  | 35 | 68.8 | 48.5-89.1 |  | 147 | 87.0 | 80.4-93.7 |
| **18-69** | **219** | **81.8** | **74.1-89.6** |  | **69** | **69.6** | **56.2-83.0** |  | **288** | **80.0** | **73.0-86.9** |

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| **Analysis Information:**   * Questions used: T1, T2 * Epi Info program name: Tsmokefreq (unweighted); TsmokefreqWT (weighted) |

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| **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 questions:   * Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? * Do you currently smoke tobacco products daily? * How old were you when you first started smoking? * Do you remember how long ago it was? |

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| **Mean age started smoking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean age | 95% CI |  | n | Mean age | 95% CI |  | n | Mean age | 95% CI |
| 18-29 | 33 | 17.5 | 16.0-19.0 |  | 6 | 20.8 | - |  | 39 | 17.8 | 16.3-19.2 |
| 30-44 | 54 | 21.2 | 19.2-23.2 |  | 17 | 21.1 | - |  | 71 | 21.2 | 19.4-22.9 |
| 45-69 | 98 | 25.0 | 21.6-28.4 |  | 27 | 23.5 | - |  | 125 | 24.8 | 21.8-27.8 |
| **18-69** | **185** | **22.7** | **20.4-25.0** |  | **50** | **22.4** | **-** |  | **235** | **22.7** | **20.6-24.7** |

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| **Mean duration of smoking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean duration | 95% CI |  | n | Mean duration | 95% CI |  | n | Mean duration | 95% CI |
| 18-29 | 33 | 6.4 | 5.2-7.5 |  | 6 | 4.6 | - |  | 39 | 6.2 | 5.1-7.3 |
| 30-44 | 54 | 15.1 | 12.8-17.4 |  | 17 | 18.2 | - |  | 71 | 15.6 | 13.5-17.6 |
| 45-69 | 98 | 30.6 | 27.7-33.5 |  | 27 | 30.4 | - |  | 125 | 30.6 | 28.0-33.2 |
| **18-69** | **185** | **22.3** | **19.7-24.9** |  | **50** | **23.8** | **-** |  | **235** | **22.5** | **20.2-24.8** |

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| **Analysis Information:**   * Questions used: T1, T2, T3, T4a-c * Epi Info program name: Tsmokeagetime (unweighted); TsmokeagetimeWT (weighted) |

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

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| **Manufactured cigarette smokers among daily smokers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured cigarette smoker | 95% CI |
| 18-29 | 33 | 77.9 | 57.4-98.3 |  | 4 | 39.3 | 0.0-95.9 |  | 37 | 75.5 | 56.1-94.8 |
| 30-44 | 51 | 80.2 | 67.1-93.3 |  | 17 | 47.4 | 21.8-73.0 |  | 68 | 74.7 | 62.4-87.1 |
| 45-69 | 100 | 71.6 | 61.3-82.0 |  | 25 | 21.6 | 1.9-41.4 |  | 125 | 65.4 | 55.1-75.8 |
| **18-69** | **184** | **74.9** | **66.6-83.1** |  | **46** | **32.2** | **14.0-50.3** |  | **230** | **69.5** | **61.4-77.7** |

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| **Manufactured cigarette smokers among current smokers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured cigarette smoker | 95% CI |
| 18-29 | 41 | 82.8 | 67.1-98.5 |  | 7 | 23.7 | 0.0-63.0 |  | 48 | 78.5 | 63.5-93.4 |
| 30-44 | 62 | 80.9 | 68.3-93.4 |  | 23 | 37.6 | 12.8-62.3 |  | 85 | 73.1 | 61.1-85.1 |
| 45-69 | 112 | 70.4 | 60.1-80.6 |  | 33 | 16.4 | 2.3-30.6 |  | 145 | 61.7 | 51.3-72.1 |
| **18-69** | **215** | **75.6** | **68.2-83.1** |  | **63** | **24.1** | **10.1-38.1** |  | **278** | **67.9** | **60.3-75.5** |

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| **Analysis Information:**   * Questions used: T1, T2, T5a, T5aw * Epi Info program name: Tsmokeman (unweighted); TsmokemanWT (weighted) |

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

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 33 | 3.0 | 1.4-4.6 | 33 | 1.5 | 0.8-2.1 | 33 | 1.3 | 0.0-3.1 |
| 30-44 | 51 | 4.5 | 2.7-6.3 | 52 | 2.3 | 1.1-3.5 | 51 | 0.6 | 0.0-1.2 |
| 45-69 | 100 | 3.1 | 2.4-3.8 | 97 | 2.4 | 1.6-3.2 | 99 | 0.9 | 0.1-1.7 |
| **18-69** | **184** | **3.4** | **2.7-4.2** | **182** | **2.2** | **1.6-2.8** | **183** | **0.9** | **0.3-1.5** |

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | Mean # of cigars, cheerots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 33 | 0.2 | 0.0-0.4 | 32 | 0.1 | 0.0-0.2 | 33 | 0.5 | 0.0-1.2 |
| 30-44 | 50 | 1.3 | 0.0-2.8 | 52 | 0.0 | 0.0-0.1 | 50 | 0.0 | 0.0-0.1 |
| 45-69 | 99 | 0.6 | 0.2-0.9 | 94 | 0.0 | - | 96 | 0.2 | 0.0-0.4 |
| **18-69** | **182** | **0.7** | **0.2-1.1** | **178** | **0.0** | **0.0-0.0** | **179** | **0.2** | **0.0-0.4** |

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| 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 | 4 | 1.2 | - | 5 | 3.4 | - | 4 | 1.6 | - |
| 30-44 | 17 | 1.5 | - | 16 | 1.2 | - | 18 | 1.1 | - |
| 45-69 | 25 | 0.5 | - | 25 | 1.3 | - | 26 | 0.6 | - |
| **18-69** | **46** | **0.9** | **-** | **46** | **1.5** | **-** | **48** | **0.8** | **-** |

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Mean # of cigars, cheerots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 5 | 0.0 | - | 5 | 0.0 | - | 4 | 0.0 | - |
| 30-44 | 17 | 1.1 | - | 17 | 0.0 | - | 18 | 0.1 | - |
| 45-69 | 25 | 0.2 | - | 27 | 0.0 | - | 26 | 0.4 | - |
| **18-69** | **47** | **0.5** | **-** | **49** | **0.0** | **-** | **48** | **0.3** | **-** |

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| 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 | 37 | 2.9 | 1.4-4.4 | 38 | 1.6 | 0.9-2.3 | 37 | 1.3 | 0.0-3.0 |
| 30-44 | 68 | 4.0 | 2.4-5.6 | 68 | 2.1 | 1.1-3.2 | 69 | 0.7 | 0.2-1.2 |
| 45-69 | 125 | 2.7 | 2.1-3.4 | 122 | 2.3 | 1.6-3.0 | 125 | 0.9 | 0.2-1.6 |
| **18-69** | **230** | **3.1** | **2.4-3.8** | **228** | **2.1** | **1.6-2.6** | **231** | **0.9** | **0.4-1.4** |

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | Mean # of cigars, cheerots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of other type of tobacco | 95% CI |
| 18-29 | 38 | 0.2 | 0.0-0.4 | 37 | 0.1 | 0.0-0.2 | 37 | 0.5 | 0.0-1.1 |
| 30-44 | 67 | 1.3 | 0.0-2.5 | 69 | 0.0 | 0.0-0.0 | 68 | 0.0 | 0.0-0.1 |
| 45-69 | 124 | 0.5 | 0.2-0.8 | 121 | 0.0 | - | 122 | 0.2 | 0.0-0.4 |
| **18-69** | **229** | **0.7** | **0.3-1.0** | **227** | **0.0** | **0.0-0.0** | **227** | **0.2** | **0.0-0.4** |

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| **Analysis Information:**   * Questions used: T1, T2, T5a-T5f * Epi Info program name: Tsmoketype (unweighted); TsmoketypeWT (weighted) |

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| **Smoked tobacco consump-tion** | Description: Percentage of current smokers who smoke each of the following products.    Instrument questions:   * Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? * Do you currently smoke tobacco products daily? * On average, how many of the following products do you smoke each day/week? |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 41 | 82.8 | 67.1-98.5 | 41 | 45.7 | 26.0-65.5 | 41 | 24.2 | 5.8-42.6 |
| 30-44 | 62 | 80.9 | 68.3-93.4 | 63 | 45.1 | 29.6-60.6 | 63 | 25.1 | 6.6-43.7 |
| 45-69 | 112 | 70.4 | 60.1-80.6 | 109 | 49.3 | 36.6-61.9 | 111 | 14.8 | 7.8-21.8 |
| **18-69** | **215** | **75.6** | **68.2-83.1** | **213** | **47.4** | **38.1-56.7** | **215** | **19.6** | **12.2-27.0** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 41 | 14.4 | 0.0-32.1 | 39 | 4.8 | 0.0-11.6 | 41 | 13.1 | 0.0-30.5 |
| 30-44 | 62 | 10.5 | 0.0-23.7 | 64 | 4.2 | 0.0-10.5 | 62 | 10.2 | 0.0-26.8 |
| 45-69 | 111 | 14.0 | 5.3-22.6 | 106 | 0.0 | 0.0-0.0 | 108 | 8.0 | 1.5-14.6 |
| **18-69** | **214** | **13.1** | **6.6-19.6** | **209** | **2.2** | **0.0-4.5** | **211** | **9.7** | **2.7-16.7** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 7 | 23.7 | 0.0-63.0 | 8 | 29.6 | 0.0-66.7 | 8 | 56.7 | 22.7-90.7 |
| 30-44 | 23 | 37.6 | 12.8-62.3 | 22 | 47.5 | 24.6-70.4 | 23 | 35.9 | 15.7-56.2 |
| 45-69 | 33 | 16.4 | 2.3-30.6 | 32 | 66.0 | 46.2-85.7 | 32 | 25.0 | 9.0-41.1 |
| **18-69** | **63** | **24.1** | **10.1-38.1** | **62** | **56.3** | **43.9-68.8** | **63** | **32.0** | **21.2-42.7** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 9 | 0.0 | 0.0-0.0 | 9 | 0.0 | 0.0-0.0 | 8 | 12.9 | 0.0-37.4 |
| 30-44 | 23 | 28.5 | 2.6-54.4 | 23 | 3.3 | 0.0-10.3 | 24 | 12.6 | 0.0-27.4 |
| 45-69 | 33 | 14.0 | 0.3-27.7 | 35 | 0.0 | 0.0-0.0 | 33 | 11.2 | 0.0-23.7 |
| **18-69** | **65** | **17.3** | **5.0-29.5** | **67** | **1.1** | **0.0-3.2** | **65** | **11.8** | **3.4-20.3** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % Manuf. cigs. | 95% CI | n | % Hand-rolled cigs. | 95% CI | n | % Pipes of tobacco | 95% CI |
| 18-29 | 48 | 78.5 | 63.5-93.4 | 49 | 44.4 | 25.5-63.3 | 49 | 26.8 | 10.0-43.7 |
| 30-44 | 85 | 73.1 | 61.1-85.1 | 85 | 45.5 | 31.9-59.1 | 86 | 26.9 | 11.3-42.5 |
| 45-69 | 145 | 61.7 | 51.3-72.1 | 141 | 52.0 | 40.6-63.4 | 143 | 16.4 | 9.7-23.0 |
| **18-69** | **278** | **67.9** | **60.3-75.5** | **275** | **48.7** | **40.3-57.2** | **278** | **21.4** | **15.0-27.8** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % Cigars, cheroots, cigarillos | 95% CI | n | % Shisha | 95% CI | n | % Other | 95% CI |
| 18-29 | 50 | 13.2 | 0.0-29.4 | 48 | 4.3 | 0.0-10.4 | 49 | 13.1 | 0.0-29.2 |
| 30-44 | 85 | 13.5 | 1.4-25.6 | 87 | 4.1 | 0.0-9.5 | 86 | 10.6 | 0.0-24.6 |
| 45-69 | 144 | 14.0 | 6.3-21.6 | 141 | 0.0 | 0.0-0.0 | 141 | 8.6 | 2.8-14.3 |
| **18-69** | **279** | **13.7** | **7.8-19.6** | **276** | **2.0** | **0.0-4.0** | **276** | **10.0** | **3.9-16.1** |

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| **Analysis Information:**   * Questions used: T1, T2, T5a-T5fw * Epi Info program name: Tsmoketypeprev (unweighted); TsmoketypeprevWT (weighted) |

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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 questions:   * Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? * Do you currently smoke tobacco products daily? * On average, how many of the following products do you smoke each day? |

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| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | |
| n | % <5 Cigs. | 95% CI | % 5-9 Cigs. | 95% CI | % 10-14 Cigs. | 95% CI | % 15-24 Cigs. | 95% CI | %  ≥ 25 Cigs. | 95% CI |
| 18-29 | 31 | 73.7 | 57.5-90.0 | 12.6 | 1.6-23.7 | 8.0 | 0.0-16.5 | 5.6 | 0.0-13.6 | 0.0 | 0.0-0.0 |
| 30-44 | 50 | 39.3 | 17.5-61.2 | 31.3 | 12.4-50.2 | 17.9 | 6.8-29.0 | 10.9 | 0.0-23.6 | 0.5 | 0.0-1.6 |
| 45-69 | 86 | 53.4 | 38.7-68.0 | 29.0 | 16.0-42.0 | 11.1 | 4.6-17.6 | 6.0 | 1.0-11.1 | 0.5 | 0.0-1.6 |
| **18-69** | **167** | **53.1** | **43.3-62.9** | **26.8** | **18.3-35.2** | **12.4** | **7.1-17.8** | **7.3** | **2.3-12.2** | **0.4** | **0.0-1.1** |

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| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | |
| n | % <5 Cigs. | 95% CI | % 5-9 Cigs. | 95% CI | % 10-14 Cigs. | 95% CI | % 15-24 Cigs. | 95% CI | %  ≥ 25 Cigs. | 95% CI |
| 18-29 | 1 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 100.0 | 100.0-100.0 | 0.0 | 0.0-0.0 | - | - |
| 30-44 | 10 | 81.0 | 52.3-100.0 | 14.0 | 0.0-41.7 | 5.0 | 0.0-15.7 | 0.0 | 0.0-0.0 | - | - |
| 45-69 | 20 | 96.0 | 87.8-100.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 4.0 | 0.0-12.2 | - | - |
| **18-69** | **31** | **87.0** | **72.4-100.0** | **4.6** | **0.0-14.2** | **5.9** | **0.0-15.4** | **2.5** | **0.0-7.9** | **-** | **-** |

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| **Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day** | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | |
| n | % <5 Cigs. | 95% CI | % 5-9 Cigs. | 95% CI | % 10-14 Cigs. | 95% CI | % 15-24 Cigs. | 95% CI | %  ≥ 25 Cigs. | 95% CI |
| 18-29 | 32 | 71.7 | 55.1-88.4 | 12.3 | 1.6-23.0 | 10.5 | 0.8-20.3 | 5.4 | 0.0-13.2 | 0.0 | 0.0-0.0 |
| 30-44 | 60 | 44.3 | 24.5-64.2 | 29.2 | 12.3-46.1 | 16.4 | 6.5-26.3 | 9.6 | 0.0-20.9 | 0.5 | 0.0-1.4 |
| 45-69 | 106 | 58.2 | 45.3-71.0 | 25.7 | 14.4-37.1 | 9.8 | 4.1-15.6 | 5.8 | 1.2-10.4 | 0.5 | 0.0-1.4 |
| **18-69** | **198** | **56.5** | **47.5-65.5** | **24.5** | **17.0-32.1** | **11.8** | **7.0-16.6** | **6.8** | **2.3-11.3** | **0.4** | **0.0-1.0** |

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| **Analysis Information:**   * Questions used: T1, T2, T5a, T5b * Epi Info program name: Tcig (unweighted); TcigWT (weighted) |

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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 questions:   * Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? * Do you currently smoke tobacco products daily? * In the past did you ever smoke any tobacco products? * In the past, did you ever smoke daily? * How old were you when you stopped smoking? |

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| **Former daily smokers (who don’t smoke currently) among all respondents** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Former daily smokers | 95% CI |  | n | % Former daily smokers | 95% CI |  | n | % Former daily smokers | 95% CI |
| 18-29 | 469 | 3.1 | 1.4-4.9 |  | 750 | 0.4 | 0.0-0.8 |  | 1219 | 1.7 | 0.8-2.6 |
| 30-44 | 451 | 5.7 | 2.4-9.1 |  | 816 | 1.1 | 0.2-1.9 |  | 1267 | 3.1 | 1.5-4.7 |
| 45-69 | 506 | 16.6 | 13.1-20.0 |  | 702 | 4.9 | 2.9-6.9 |  | 1208 | 10.7 | 8.7-12.8 |
| **18-69** | **1426** | **8.5** | **6.9-10.1** |  | **2268** | **2.0** | **1.3-2.7** |  | **3694** | **5.1** | **4.2-5.9** |

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| **Former daily smokers (who don’t smoke currently) among ever daily smokers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Former daily smokers | 95% CI |  | n | % Former daily smokers | 95% CI |  | n | % Former daily smokers | 95% CI |
| 18-29 | 48 | 35.6 | 18.6-52.7 |  | 11 | 46.3 | 13.5-79.0 |  | 59 | 36.7 | 20.8-52.6 |
| 30-44 | 77.0 | 34.4 | 17.8-51.1 |  | 25 | 38.9 | 13.9-63.8 |  | 102 | 35.2 | 20.9-49.5 |
| 45-69 | 185.0 | 44.8 | 36.8-52.8 |  | 61 | 61.2 | 48.5-73.9 |  | 246 | 47.7 | 40.5-55.0 |
| **18-69** | **310.0** | **40.9** | **34.5-47.3** |  | **97** | **54.3** | **43.1-65.5** |  | **407** | **43.1** | **37.4-48.9** |

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| **Mean years since cessation** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean years | 95% CI |  | n | Mean years | 95% CI |  | n | Mean years | 95% CI |
| 18-29 | 36 | 3.6 | - |  | 10 | 9.2 | 1.4-17.1 |  | 46 | 4.6 | - |
| 30-44 | 37 | 12.9 | - |  | 18 | 12.2 | 7.9-16.4 |  | 55 | 12.7 | - |
| 45-69 | 100 | 21.1 | - |  | 47 | 20.0 | 14.4-25.6 |  | 147 | 20.8 | - |
| **18-69** | **173** | **15.6** | **-** |  | **75** | **16.4** | **12.7-20.2** |  | **248** | **15.8** | **-** |

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| **Analysis Information:**   * Questions used: T1, T2, T8, T9, T10, T11a-c * Epi Info program name: Tsmokeexdaily (unweighted); TsmokeexdailyWT (weighted) |

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

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| **Current smokers who have tried to stop smoking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Tried to stop smoking | 95% CI |  | n | % Tried to stop smoking | 95% CI |  | n | %Tried to stop smoking | 95% CI |
| 18-29 | 41 | 58.0 | 38.7-77.2 |  | 10 | 48.8 | 14.3-83.2 |  | 51 | 57.1 | 39.6-74.6 |
| 30-44 | 66 | 58.3 | 42.4-74.2 |  | 24 | 47.4 | 16.3-78.5 |  | 90 | 56.5 | 42.0-71.0 |
| 45-69 | 112 | 29.0 | 19.1-38.9 |  | 35 | 45.9 | 23.9-67.9 |  | 147 | 31.8 | 22.8-40.8 |
| **18-69** | **219** | **43.2** | **33.6-52.9** |  | **69** | **46.7** | **29.8-63.5** |  | **288** | **43.8** | **35.3-52.2** |

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| **Analysis Information:**   * Questions used: T1, T2, T6 * Epi Info program name: Tcessation (unweighted); TcessationWT (weighted) |

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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 questions:   * Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? * During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco? |

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| **Current smokers who have been advised by doctor to stop smoking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Advised to stop smoking | 95% CI |  | n | % Advised to stop smoking | 95% CI |  | n | %Advised to stop smoking | 95% CI |
| 18-29 | 32 | 14.4 | 2.4-26.4 |  | 9 | 24.9 | 8.2-41.6 |  | 41 | 15.6 | 3.8-27.5 |
| 30-44 | 52 | 24.1 | 4.3-43.9 |  | 21 | 19.6 | 2.1-37.2 |  | 73 | 23.4 | 6.5-40.3 |
| 45-69 | 89 | 33.5 | 19.3-47.7 |  | 32 | 30.1 | 9.8-50.4 |  | 121 | 32.9 | 20.8-45.0 |
| **18-69** | **173** | **27.2** | **16.9-37.4** |  | **62** | **26.6** | **13.7-39.5** |  | **235** | **27.1** | **18.3-35.9** |

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| **Analysis Information:**   * Questions used: T1, T2, T7 * Epi Info program name: Tcessation (unweighted); TcessationWT (weighted) |

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

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| **Current users of smokeless tobacco** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Current users | 95% CI |  | n | % Current users | 95% CI |  | n | % Current users | 95% CI |
| 18-29 | 469 | 3.6 | 1.9-5.4 |  | 750 | 1.0 | 0.1-2.0 |  | 1219 | 2.3 | 1.3-3.3 |
| 30-44 | 451 | 4.1 | 2.1-6.0 |  | 816 | 1.6 | 0.6-2.6 |  | 1267 | 2.7 | 1.6-3.7 |
| 45-69 | 506 | 4.4 | 2.4-6.4 |  | 702 | 2.7 | 1.2-4.2 |  | 1208 | 3.6 | 2.3-4.8 |
| **18-69** | **1426** | **4.0** | **2.8-5.3** |  | **2268** | **1.7** | **0.8-2.7** |  | **3694** | **2.8** | **2.0-3.7** |

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| **Analysis Information:**   * Questions used: T12, T13, T15 * Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted) |

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| **Status of smokeless tobacco use** | Description: Status of using smokeless tobacco among all respondents.  Instrument questions:   * Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? * Do you currently use smokeless tobacco products daily? * In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]? |

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| **Smokeless tobacco use** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | Current user | | | | Non user | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI |
| 18-29 | 469 | 2.2 | 0.7-3.7 | 1.4 | 0.4-2.4 | 4.4 | 2.1-6.8 | 91.9 | 89.0-94.8 |
| 30-44 | 451 | 2.4 | 0.9-3.9 | 1.7 | 0.5-2.9 | 5.4 | 1.5-9.3 | 90.5 | 86.4-94.6 |
| 45-69 | 506 | 2.6 | 1.1-4.2 | 1.8 | 0.4-3.1 | 3.5 | 1.1-5.9 | 92.1 | 88.9-95.2 |
| **18-69** | **1426** | **2.4** | **1.4-3.4** | **1.6** | **0.8-2.4** | **4.4** | **2.6-6.2** | **91.6** | **89.4-93.7** |

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| **Smokeless tobacco use** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Current user | | | | Non user | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI |
| 18-29 | 750 | 0.7 | 0.0-1.5 | 0.3 | 0.0-0.6 | 1.1 | 0.0-2.5 | 97.8 | 96.2-99.5 |
| 30-44 | 816 | 1.2 | 0.4-2.1 | 0.3 | 0.0-0.8 | 0.7 | 0.0-1.4 | 97.8 | 96.6-99.0 |
| 45-69 | 702 | 2.3 | 0.9-3.6 | 0.5 | 0.0-1.0 | 2.3 | 0.8-3.8 | 94.9 | 92.8-97.0 |
| **18-69** | **2268** | **1.4** | **0.5-2.2** | **0.4** | **0.1-0.6** | **1.3** | **0.6-2.0** | **96.9** | **95.8-98.1** |

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| **Smokeless tobacco use** | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | |
| n | Current user | | | | Non user | | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI | |
| 18-29 | 1219 | 1.4 | 0.6-2.3 | 0.8 | 0.3-1.4 | 2.7 | 1.4-4.0 | 95.0 | 93.3-96.7 | |
| 30-44 | 1267 | 1.7 | 0.9-2.6 | 0.9 | 0.4-1.5 | 2.7 | 0.9-4.5 | 94.6 | 92.6-96.6 | |
| 45-69 | 1208 | 2.5 | 1.4-3.5 | 1.1 | 0.4-1.8 | 2.9 | 1.5-4.3 | 93.5 | 91.6-95.4 | |
| **18-69** | **3694** | **1.9** | **1.2-2.6** | **1.0** | **0.6-1.4** | **2.8** | **1.8-3.7** | **94.4** | **93.2-95.6** | |
| **Analysis Information:**   * Questions used: T12, T13, T15 * Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted) | | | | | | | | | |

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| **Former daily users of smokeless tobacco** | Description: Percentage of former daily users of smokeless tobacco among all respondents and among ever daily users.  Instrument questions:   * Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? * Do you currently use smokeless tobacco products daily? * In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]? * In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel] daily? |

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| **Former daily smokeless tobacco users (who don't use tobacco currently) among all respondents** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Former daily users | 95% CI |  | n | % Former daily users | 95% CI |  | n | % Former daily users | 95% CI |
| 18-29 | 469 | 3.5 | 1.2-5.8 |  | 750 | 0.3 | 0.0-0.6 |  | 1219 | 1.8 | 0.7-3.0 |
| 30-44 | 451 | 3.4 | 0.3-6.4 |  | 816 | 0.6 | 0.0-1.3 |  | 1267 | 1.8 | 0.4-3.2 |
| 45-69 | 506 | 3.5 | 1.0-6.0 |  | 702 | 1.4 | 0.1-2.7 |  | 1208 | 2.5 | 1.1-3.9 |
| **18-69** | **1426** | **3.5** | **1.8-5.2** |  | **2268** | **0.8** | **0.3-1.2** |  | **3694** | **2.0** | **1.2-2.9** |

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| **Former daily smokeless tobacco users (who don’t use tobacco currently) among ever daily users** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Former daily users | 95% CI |  | n | % Former daily users | 95% CI |  | n | % Former daily users | 95% CI |
| 18-29 | 28 | 61.2 | 37.6-84.8 |  | 12 | 29.1 | 2.2-56.0 |  | 40 | 56.1 | 34.2-78.0 |
| 30-44 | 25 | 58.4 | 30.2-86.6 |  | 22 | 34.2 | 6.2-62.2 |  | 47 | 51.3 | 27.7-74.9 |
| 45-69 | 32 | 57.0 | 36.9-77.0 |  | 28 | 38.5 | 12.8-64.2 |  | 60 | 50.0 | 34.2-65.8 |
| **18-69** | **85** | **58.9** | **42.8-74.9** |  | **62** | **35.7** | **17.6-53.7** |  | **147** | **52.2** | **38.4-66.1** |

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| **Analysis Information:**   * Questions used: T12, T13, T15, T16 * Epi Info program name: Tsmokelessexdaily (unweighted); TsmokelessexdailyWT (weighted) |

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| **Amount of smokeless tobacco used among daily users by type** | Description: Mean times per day smokeless tobacco used by daily smokeless tobacco users per day, by type.  Instrument questions:   * Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? * Do you currently use smokeless tobacco products daily? * On average, how many times a day do you use…? |

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| **Mean times per day smokeless tobacco used by daily smokeless tobacco users by type** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | Snuff by mouth | 95% CI | n | Snuff by nose | 95% CI | n | Chewing tobacco | 95% CI |
| 18-29 | 14 | 1.3 | 0.1-2.5 | 14 | 3.3 | 1.7-4.8 | 14 | 0.2 | 0.0-0.4 |
| 30-44 | 12 | 1.8 | 0.0-3.9 | 13 | 4.1 | 0.6-7.7 | 14 | 0.3 | 0.0-0.8 |
| 45-69 | 16 | 5.0 | 0.0-11.2 | 16 | 3.4 | 0.7-6.1 | 15 | 0.0 | - |
| **18-69** | **42** | **2.9** | **0.1-5.7** | **43** | **3.5** | **1.6-5.5** | **43** | **0.1** | **0.0-0.3** |

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| **Mean times per day smokeless tobacco used by daily smokeless tobacco users by type** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Snuff by mouth | 95% CI | n | Snuff by nose | 95% CI | n | Chewing tobacco | 95% CI |
| 18-29 | 6 | 1.1 | 0.5-1.8 | 7 | 0.7 | 0.1-1.3 | 8 | 0.8 | 0.0-1.5 |
| 30-44 | 12 | 2.6 | 1.3-4.0 | 17 | 0.7 | 0.2-1.2 | 15 | 0.9 | 0.0-2.5 |
| 45-69 | 19 | 0.8 | 0.0-1.6 | 19 | 2.2 | 0.7-3.7 | 19 | 1.4 | 0.4-2.4 |
| **18-69** | **37** | **1.4** | **0.8-2.0** | **43** | **1.5** | **0.8-2.2** | **42** | **1.1** | **0.3-2.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean times per day smokeless tobacco used by daily smokeless tobacco users by type** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | Snuff by mouth | 95% CI | n | Snuff by nose | 95% CI | n | Chewing tobacco | 95% CI |
| 18-29 | 20 | 1.2 | 0.3-2.2 | 21 | 2.6 | 1.5-3.7 | 22 | 0.3 | 0.0-0.6 |
| 30-44 | 24 | 2.1 | 0.7-3.5 | 30 | 2.7 | 0.6-4.7 | 29 | 0.5 | 0.0-1.2 |
| 45-69 | 35 | 3.1 | 0.0-6.9 | 35 | 2.8 | 1.3-4.4 | 34 | 0.7 | 0.1-1.2 |
| **18-69** | **79** | **2.3** | **0.5-4.1** | **86** | **2.7** | **1.5-4.0** | **85** | **0.5** | **0.2-0.9** |

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| **Analysis Information:**   * Questions used: T12, T13, T14a-otherw * Epi Info program name: Tsmokelesstype (unweighted); TsmokelesstypeWT (weighted) |

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| **Smokeless tobacco consump-tion** | Description: Percentage of current users of smokeless tobacco who use each of the following products.    Instrument questions:   * Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? * Do you currently use smokeless tobacco products daily? * On average, how many times a day/week do you use…? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current users of smokeless tobacco using each of the following products** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % Snuff by mouth | 95% CI | % Snuff by nose | 95% CI | % Chewing tobacco | 95% CI | % other | 95% CI |
| 18-29 | 22 | 42.3 | 17.0-67.6 | 65.8 | 42.4-89.2 | 21.2 | 1.0-41.5 | 10.9 | 0.0-24.7 |
| 30-44 | 21 | 52.1 | 27.8-76.3 | 66.1 | 44.8-87.4 | 12.2 | 0.0-28.1 | 0.0 | 0.0-0.0 |
| 45-69 | 23 | 48.2 | 24.6-71.7 | 43.1 | 19.8-66.5 | 5.8 | 0.0-17.0 | 0.0 | 0.0-0.0 |
| **18-69** | **66** | **47.3** | **32.5-62.0** | **57.3** | **44.0-70.5** | **12.9** | **4.0-21.8** | **3.7** | **0.0-8.6** |

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| **Percentage of current users of smokeless tobacco using each of the following products** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Snuff by mouth | 95% CI | % Snuff by nose | 95% CI | % Chewing tobacco | 95% CI | % other | 95% CI |
| 18-29 | 10 | 63.6 | 42.4-84.8 | 40.0 | 12.2-67.7 | 26.2 | 5.2-47.3 | 8.7 | 0.0-27.4 |
| 30-44 | 15 | 69.7 | 45.4-94.0 | 24.5 | 6.8-42.1 | 16.6 | 0.0-35.7 | 13.3 | 0.0-29.4 |
| 45-69 | 24 | 31.1 | 10.5-51.7 | 44.8 | 18.8-70.8 | 49.1 | 24.0-74.3 | 18.1 | 0.4-35.8 |
| **18-69** | **49** | **49.0** | **35.0-63.1** | **37.0** | **21.0-53.1** | **33.6** | **17.1-50.0** | **14.5** | **2.1-26.8** |

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| **Percentage of current users of smokeless tobacco using each of the following products** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % Snuff by mouth | 95% CI | % Snuff by nose | 95% CI | % Chewing tobacco | 95% CI | % other | 95% CI |
| 18-29 | 32 | 46.5 | 26.3-66.7 | 60.1 | 42.1-78.1 | 22.4 | 6.0-38.7 | 10.4 | 0.0-21.5 |
| 30-44 | 36 | 57.8 | 37.5-78.2 | 51.6 | 35.7-67.5 | 13.6 | 1.4-25.8 | 4.6 | 0.0-11.2 |
| 45-69 | 47 | 41.9 | 23.9-59.9 | 43.7 | 26.1-61.4 | 21.2 | 6.5-35.8 | 6.4 | 0.0-12.9 |
| **18-69** | **115** | **47.8** | **35.5-60.2** | **50.9** | **40.7-61.1** | **19.2** | **11.0-27.3** | **7.1** | **2.2-12.0** |

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| **Analysis Information:**   * Questions used: T12, T13, T14a-otherw * Epi Info program name: Tsmokelesstypeprev (unweighted); TsmokelesstypeprevWT (weighted) |

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

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| **Current tobacco users** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Current users | 95% CI |  | n | % Current users | 95% CI |  | n | % Current users | 95% CI |
| 18-29 | 469 | 10.1 | 6.9-13.3 |  | 750 | 1.5 | 0.4-2.5 |  | 1219 | 5.6 | 4.0-7.3 |
| 30-44 | 451 | 17.7 | 13.1-22.3 |  | 816 | 3.3 | 1.7-4.9 |  | 1267 | 9.6 | 7.2-12.0 |
| 45-69 | 506 | 24.4 | 19.4-29.4 |  | 702 | 6.7 | 4.4-9.0 |  | 1208 | 15.5 | 12.7-18.4 |
| **18-69** | **1426** | **17.2** | **14.5-20.0** |  | **2268** | **3.7** | **2.5-4.9** |  | **3694** | **10.1** | **8.6-11.6** |

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| **Daily tobacco users** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Daily users | 95% CI |  | n | % Daily users | 95% CI |  | n | % Daily users | 95% CI |
| 18-29 | 469 | 7.2 | 4.4-10.0 |  | 750 | 1.2 | 0.2-2.1 |  | 1219 | 4.1 | 2.6-5.5 |
| 30-44 | 451 | 12.6 | 8.7-16.6 |  | 816 | 2.7 | 1.2-4.1 |  | 1267 | 7.0 | 5.0-9.1 |
| 45-69 | 506 | 21.3 | 16.6-26.1 |  | 702 | 5.2 | 3.2-7.3 |  | 1208 | 13.3 | 10.5-16.0 |
| **18-69** | **1426** | **13.6** | **11.1-16.1** |  | **2268** | **2.9** | **1.8-4.0** |  | **3694** | **8.0** | **6.6-9.3** |

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| **Analysis Information:**   * Questions used: T1, T2, T12, T13 * Epi Info program name: Tdailyuser (unweighted); TdailyuserWT (weighted) |

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| **Exposure to second-hand smoke in home in past 30 days** | Description: Percentage of respondents exposed second-hand smoke in the home in the past 30 days.  Instrument question:   * In the past 30 days, did someone smoke in your home? |

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| **Exposed to second-hand smoke in home during the past 30 days** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Exposed | 95% CI |  | n | % Exposed | 95% CI |  | n | % Exposed | 95% CI |
| 18-29 | 469 | 30.5 | 25.0-36.1 |  | 750 | 28.0 | 23.9-32.1 |  | 1219 | 29.2 | 25.8-32.6 |
| 30-44 | 451 | 33.3 | 27.4-39.1 |  | 816 | 27.7 | 23.7-31.7 |  | 1267 | 30.1 | 26.9-33.4 |
| 45-69 | 506 | 32.3 | 27.4-37.2 |  | 702 | 27.3 | 23.0-31.7 |  | 1208 | 29.8 | 26.6-33.1 |
| **18-69** | **1426** | **31.9** | **28.5-35.4** |  | **2268** | **27.7** | **25.3-30.1** |  | **3694** | **29.7** | **27.5-31.9** |

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| **Analysis Information:**   * Questions used: T17 * Epi Info program name: Tetshome (unweighted); TetshomeWT (weighted) |

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| **Exposure to second-hand smoke in the workplace in past 30 days** | Description: Percentage of respondents exposed to second-hand smoke in the workplace in the past 30 days.  Instrument question:   * During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)? |

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| **Exposed to second-hand smoke in the workplace during the past 30 days** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % Exposed | 95% CI |  | n | % Exposed | 95% CI |  | n | % Exposed | 95% CI |
| 18-29 | 390 | 58.4 | 51.4-65.4 |  | 609 | 38.3 | 32.9-43.6 |  | 999 | 47.9 | 43.2-52.7 |
| 30-44 | 372 | 60.1 | 53.8-66.4 |  | 653 | 45.8 | 40.9-50.6 |  | 1025 | 52.1 | 48.0-56.3 |
| 45-69 | 412 | 53.6 | 47.0-60.2 |  | 557 | 41.8 | 36.4-47.2 |  | 969 | 47.8 | 43.3-52.4 |
| **18-69** | **1174** | **57.3** | **52.9-61.7** |  | **1819** | **41.9** | **38.6-45.2** |  | **2993** | **49.3** | **46.0-52.5** |

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| **Analysis Information:**   * Questions used: T18 * Epi Info program name: Tetswork (unweighted); TetsworkWT (weighted) |

#### Alcohol Consumption

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| **Alcohol consumption status** | Description: Alcohol consumption status of all respondents.  Instrument questions:   * Have you ever consumed any alcohol such as …? * Have you consumed any alcohol in the past 12 months? * Have you consumed any alcohol in the past 30 days? |

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| **Alcohol consumption status** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 469 | 36.6 | 31.5-41.8 | 12.8 | 9.0-16.7 | 8.8 | 6.0-11.6 | 41.7 | 35.7-47.8 |
| 30-44 | 451 | 47.5 | 41.1-53.9 | 6.1 | 3.3-8.9 | 17.2 | 13.4-21.0 | 29.2 | 23.3-35.0 |
| 45-69 | 506 | 50.4 | 44.5-56.4 | 6.8 | 4.2-9.4 | 18.6 | 13.6-23.6 | 24.1 | 19.3-29.0 |
| **18-69** | 1426 | 44.6 | 41.0-48.2 | 8.8 | 6.9-10.6 | 14.6 | 12.4-16.9 | 32.0 | 28.6-35.4 |

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| **Alcohol consumption status** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 750 | 13.4 | 9.7-17.0 | 12.8 | 9.7-15.9 | 14.5 | 11.8-17.3 | 59.3 | 54.5-64.1 |
| 30-44 | 816 | 21.7 | 17.8-25.7 | 9.5 | 7.3-11.8 | 21.2 | 16.9-25.4 | 47.6 | 43.1-52.0 |
| 45-69 | 702 | 22.7 | 18.9-26.4 | 9.1 | 6.3-11.9 | 25.6 | 21.5-29.6 | 42.7 | 37.9-47.5 |
| **18-69** | **2268** | **19.1** | **16.7-21.5** | **10.5** | **8.8-12.2** | **20.2** | **17.7-22.6** | **50.2** | **47.4-53.0** |

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| **Alcohol consumption status** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 1219 | 24.5 | 21.1-27.9 | 12.8 | 10.2-15.4 | 11.8 | 9.8-13.7 | 50.9 | 46.9-54.9 |
| 30-44 | 1267 | 33.0 | 29.0-37.1 | 8.0 | 6.3-9.8 | 19.4 | 16.4-22.5 | 39.5 | 35.8-43.2 |
| 45-69 | 1208 | 36.5 | 32.5-40.5 | 7.9 | 6.1-9.8 | 22.1 | 18.7-25.5 | 33.5 | 29.7-37.2 |
| **18-69** | **3694** | **31.1** | **28.6-33.6** | **9.7** | **8.4-11.0** | **17.6** | **15.7-19.4** | **41.6** | **39.1-44.1** |

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| **Analysis Information:**   * Questions used: A1, A2, A5 * Epi Info program name: Aconsumption (unweighted); AconsumptionWT (weighted) |

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| **Stopping drinking due to health reasons** | Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the last 12 months.  Instrument questions:   * Have you consumed any alcohol in the past 12 months? * Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker? |

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| **Stopping drinking due to health reasons** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % stopping due to health reasons | 95% CI |  | n | % stopping due to health reasons | 95% CI |  | n | % stopping due to health reasons | 95% CI |
| 18-29 | 49 | 28.8 | 12.7-44.9 |  | 111 | 5.7 | 1.6-9.9 |  | 160 | 14.0 | 7.0-20.9 |
| 30-44 | 71 | 15.6 | 5.2-26.0 |  | 153 | 22.9 | 12.9-32.9 |  | 224 | 20.1 | 11.3-28.9 |
| 45-69 | 89 | 36.3 | 18.2-54.4 |  | 172 | 25.0 | 17.3-32.8 |  | 261 | 29.7 | 20.6-38.9 |
| **18-69** | **209** | **27.4** | **17.3-37.6** |  | **436** | **19.4** | **15.1-23.6** |  | **645** | **22.5** | **17.9-27.2** |

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| **Analysis Information:**   * Questions used: A1, A2, A3 * Epi Info program name: Astopdrink (unweighted); AstopdrinkWT (weighted) |

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| **Frequency of alcohol consumption** | Description: Frequency of alcohol consumption in the past 12 months among those respondents who drank in the last 12 months.  Instrument question:   * During the past 12 months, how frequently have you had at least one alcoholic drink? |

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| **Frequency of alcohol consumption in the past 12 months** | | | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | | | | |
| n | % Daily | 95% CI | % 5-6 days/ week | 95% CI | % 3-4 days/ week | | 95% CI | % 1-2 days/ week | 95% CI | % 1-3 days/ month | 95% CI | %  < once a month | 95% CI |
| 18-29 | 44 | 6.0 | 1.8-10.1 | 3.4 | 0.2-6.6 | | 13.9 | 8.9-18.8 | 28.2 | 21.5-34.9 | 20.3 | 13.6-26.9 | 25.7 | 18.1-33.2 |
| 30-44 | 38 | 17.1 | 11.1-23.1 | 4.8 | 2.2-7.4 | | 14.4 | 9.7-19.1 | 32.0 | 24.7-39.3 | 15.4 | 9.8-21.0 | 15.1 | 9.3-21.0 |
| 45-69 | 39 | 17.3 | 12.3-22.2 | 7.7 | 3.1-12.3 | | 20.5 | 15.2-25.7 | 24.4 | 18.8-30.0 | 11.6 | 7.9-15.3 | 14.6 | 9.7-19.5 |
| **18-69** | **121** | **13.4** | **10.6-16.3** | **5.4** | **3.3-7.5** | | **16.4** | **13.4-19.4** | **27.9** | **24.1-31.7** | **15.6** | **13.0-18.3** | **18.5** | **15.0-21.9** |

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| **Frequency of alcohol consumption in the past 12 months** | | | | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | | | | |
| n | % Daily | 95% CI | % 5-6 days/ week | 95% CI | % 3-4 days/ week | | 95% CI | % 1-2 days/ week | 95% CI | % 1-3 days/ month | 95% CI | %  < once a month | 95% CI |
| 18-29 | 41 | 1.6 | 0.2-3.1 | 3.6 | 0.2-7.0 | | 2.3 | 0.5-4.0 | 17.1 | 41 | 23.5 | 15.4-31.6 | 46.7 | 37.2-56.3 |
| 30-44 | 53 | 7.3 | 3.4-11.2 | 0.5 | 0.0-1.1 | | 6.1 | 3.0-9.2 | 25.1 | 53 | 18.3 | 12.9-23.8 | 39.9 | 32.4-47.4 |
| 45-69 | 51 | 11.3 | 5.9-16.7 | 2.8 | 0.2-5.3 | | 10.9 | 5.7-16.1 | 16.2 | 51 | 23.4 | 16.7-30.2 | 31.5 | 23.7-39.3 |
| **18-69** | **145** | **6.8** | **4.5-9.1** | **2.2** | **0.7-3.7** | | **6.5** | **4.3-8.6** | **19.7** | **145** | **21.6** | **17.9-25.3** | **39.3** | **34.3-44.3** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of alcohol consumption in the past 12 months** | | | | | | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | | | | | | |
| n | | % Daily | 95% CI | % 5-6 days/ week | 95% CI | % 3-4 days/ week | | 95% CI | % 1-2 days/ week | 95% CI | % 1-3 days/ month | 95% CI | %  < once a month | | 95% CI |
| 18-29 | 85 | | 4.4 | 1.7-7.0 | 3.5 | 1.2-5.8 | | 9.6 | 6.4-12.9 | 24.1 | 19.3-29.0 | 21.5 | 16.0-26.9 | 33.4 | | 27.0-39.7 |
| 30-44 | 91 | | 12.9 | 9.0-16.8 | 3.0 | 1.5-4.5 | | 10.8 | 7.8-13.9 | 29.0 | 24.0-34.1 | 16.7 | 12.8-20.5 | 25.7 | | 21.0-30.5 |
| 45-69 | 90 | | 15.1 | 11.4-18.9 | 5.9 | 2.8-9.1 | | 17.0 | 13.2-20.9 | 21.5 | 17.4-25.5 | 15.8 | 12.5-19.2 | 20.6 | | 16.1-25.1 |
| **18-69** | **266** | | **10.9** | **8.9-12.9** | **4.2** | **2.8-5.6** | | **12.6** | **10.6-14.6** | **24.8** | **22.0-27.5** | **17.9** | **15.6-20.3** | **26.4** | | **23.4-29.5** |
| **Analysis Information:**   * Questions used: A1, A2, A4 * Epi Info program name: Afrequency (unweighted); AfrequencyWT (weighted) | | | | | | | | | | | | |

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| **Drinking occasions in the past 30 days** | Description: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers.  Instrument question:   * During the past 30 days, on how many occasions did you have at least one alcoholic drink? |

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| **Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 159 | 6.7 | 5.5-7.8 |  | 97 | 4.5 | 2.9-6.0 |  | 256 | 6.0 | 5.1-6.9 |
| 30-44 | 205 | 9.6 | 8.2-11.1 |  | 168 | 5.7 | 4.5-6.8 |  | 373 | 8.2 | 7.1-9.2 |
| 45-69 | 238 | 10.9 | 9.4-12.4 |  | 154 | 7.6 | 5.7-9.4 |  | 392 | 9.9 | 8.7-11.1 |
| **18-69** | **602** | **9.3** | **8.4-10.2** |  | **419** | **6.1** | **5.1-7.1** |  | **1021** | **8.2** | **7.5-9.0** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A6 * Epi Info program name: Aoccasions (unweighted); AoccasionsWT (weighted) |

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| **Standard drinks per drinking occasion** | Description: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers.  Instrument question:   * During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion? |

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 162 | 3.0 | 2.3-3.8 |  | 94 | 2.2 | 1.5-2.8 |  | 256 | 2.8 | 2.2-3.3 |
| 30-44 | 204 | 4.4 | 3.4-5.4 |  | 168 | 2.5 | 2.1-3.0 |  | 372 | 3.7 | 3.0-4.3 |
| 45-69 | 241 | 3.7 | 3.0-4.5 |  | 151 | 3.0 | 2.3-3.7 |  | 392 | 3.5 | 2.9-4.1 |
| **18-69** | **607** | **3.7** | **3.3-4.2** |  | **413** | **2.6** | **2.2-3.0** |  | **1020** | **3.4** | **3.0-3.7** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A7 * Epi Info program name: Anumdrinkperday (unweighted); AnumdrinkperdayWT (weighted) |

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| **Average volume drinking levels among all respondents** | Description: Percentage of respondents with different drinking levels.  A standard drink contains approximately 10g of pure alcohol.  Instrument questions:   * During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion? |

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| **Drinking at high-end level among all respondents (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % ≥60g | 95% CI |  | n | % ≥40g | 95% CI |  | n | % high-end level | 95% CI |
| 18-29 | 292 | 4.0 | 1.3-6.6 |  | 643 | 1.4 | 0.5-2.4 |  | 935 | 2.6 | 1.3-4.0 |
| 30-44 | 228 | 9.2 | 5.1-13.3 |  | 638 | 3.2 | 1.8-4.6 |  | 866 | 5.8 | 3.7-8.0 |
| 45-69 | 247 | 5.7 | 3.4-8.0 |  | 535 | 4.5 | 2.5-6.5 |  | 782 | 5.1 | 3.6-6.6 |
| **18-69** | **767** | **6.1** | **4.2-8.0** |  | **1816** | **3.0** | **2.0-3.9** |  | **2583** | **4.4** | **3.3-5.6** |

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| **Drinking at intermediate level among all respondents (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % 40-59.9g | 95% CI |  | n | % 20-39.9g | 95% CI |  | n | % intermediate level | 95% CI |
| 18-29 | 292 | 3.1 | 0.9-5.3 |  | 643 | 3.7 | 2.0-5.5 |  | 935 | 3.4 | 2.0-4.8 |
| 30-44 | 228 | 5.0 | 2.6-7.3 |  | 638 | 7.8 | 5.3-10.3 |  | 866 | 6.6 | 4.8-8.4 |
| 45-69 | 247 | 5.7 | 3.6-7.9 |  | 535 | 7.3 | 5.0-9.5 |  | 782 | 6.5 | 4.8-8.2 |
| **18-69** | **767** | **4.5** | **3.3-5.8** |  | **1816** | **6.2** | **4.9-7.4** |  | **2583** | **5.4** | **4.5-6.4** |

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| **Drinking at lower-end level among all respondents (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % <40g | 95% CI |  | n | % <20g | 95% CI |  | n | % lower-end level | 95% CI |
| 18-29 | 292 | 27.1 | 22.4-31.8 |  | 643 | 6.7 | 4.1-9.3 |  | 935 | 16.4 | 13.7-19.0 |
| 30-44 | 228 | 31.6 | 26.3-36.9 |  | 638 | 9.9 | 7.4-12.5 |  | 866 | 19.3 | 16.2-22.4 |
| 45-69 | 247 | 37.0 | 31.4-42.6 |  | 535 | 9.3 | 6.7-11.8 |  | 782 | 23.0 | 19.6-26.3 |
| **18-69** | **767** | **31.8** | **28.8-34.9** |  | **1816** | **8.6** | **7.0-10.2** |  | **2583** | **19.4** | **17.5-21.4** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A7 * Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted) |

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| **Average volume drinking levels among current (past 30 days) drinkers** | Description: Percentage of current (past 30 days) drinkers with different drinking levels.  A standard drink contains approximately 10g of pure alcohol.  Instrument questions:   * During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion? |

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| **High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % high-end (≥60g) | 95% CI | % intermediate (40-59.9g) | 95% CI | % lower-end (<40g) | 95% CI |
| 18-29 | 162 | 11.6 | 4.3-18.9 | 9.0 | 3.0-15.1 | 79.4 | 70.5-88.2 |
| 30-44 | 204 | 20.1 | 12.3-28.0 | 10.9 | 5.9-15.9 | 69.0 | 60.8-77.2 |
| 45-69 | 241 | 11.7 | 7.2-16.3 | 11.8 | 7.6-16.0 | 76.5 | 70.6-82.4 |
| **18-69** | **607** | **14.4** | **10.3-18.5** | **10.7** | **8.0-13.5** | **74.9** | **70.5-79.4** |

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| **High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % high-end (≥40g) | 95% CI | % intermediate (20-39.9g) | 95% CI | % lower-end (<20g) | 95% CI |
| 18-29 | 94 | 12.1 | 4.8-19.4 | 31.3 | 19.8-42.7 | 56.7 | 43.1-70.2 |
| 30-44 | 168 | 15.4 | 9.2-21.5 | 37.2 | 27.9-46.4 | 47.5 | 38.1-56.8 |
| 45-69 | 151 | 21.5 | 12.9-30.0 | 34.5 | 25.3-43.7 | 44.0 | 34.7-53.4 |
| **18-69** | **413** | **16.8** | **12.2-21.4** | **34.8** | **29.3-40.4** | **48.4** | **42.0-54.8** |

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| **High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers** | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | |
| n | % high-end | 95% CI | % intermediate | 95% CI | % lower-end | 95% CI |
| 18-29 | 256 | 11.7 | 6.2-17.3 | 15.3 | 9.7-20.8 | 73.0 | 65.7-80.3 |
| 30-44 | 372 | 18.3 | 12.5-24.1 | 20.7 | 15.3-26.1 | 60.9 | 54.4-67.5 |
| 45-69 | 392 | 14.7 | 10.6-18.9 | 18.8 | 14.3-23.3 | 66.5 | 61.0-72.0 |
| **18-69** | **1020** | **15.2** | **11.8-18.5** | **18.5** | **15.6-21.4** | **66.3** | **62.4-70.3** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A7 * Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted) |

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| **Largest number of drinks in the past 30 days** | Description: Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers.  Instrument question:   * During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together? |

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| **Mean maximum number of standard drinks consumed on one occasion in the past 30 days** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean maximum number | 95% CI |  | n | Mean  maximum  number | 95% CI |  | n | Mean maximum number | 95% CI |
| 18-29 | 157 | 3.7 | 3.0-4.4 |  | 96 | 2.1 | 1.7-2.4 |  | 253 | 3.2 | 2.7-3.7 |
| 30-44 | 201 | 5.1 | 4.1-6.1 |  | 169 | 3.2 | 2.5-3.9 |  | 370 | 4.4 | 3.7-5.1 |
| 45-69 | 236 | 4.8 | 4.0-5.6 |  | 152 | 3.1 | 2.5-3.7 |  | 388 | 4.3 | 3.7-4.9 |
| **18-69** | **594** | **4.6** | **4.0-5.1** |  | **417** | **2.9** | **2.5-3.3** |  | **1011** | **4.0** | **3.6-4.4** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A8 * Epi Info program name: Alargestnum (unweighted); AlargestnumWT (weighted) |

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| **Six or more drinks on a single occasion (“heavy episodic drinking”)**  visue-gris-lNMH | Description: Percentage of respondents who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.  Instrument question:   * During the past 30 days, how many times did you have **six or more**   standard alcoholic drinks in a single drinking occasion? |

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| **Six or more drinks on a single occasion at least once during the past 30 days among total population** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % ≥ 6 drinks | 95% CI |  | n | % ≥ 6 drinks | 95% CI |  | n | % ≥ 6 drinks | 95% CI |
| 18-29 | 451 | 10.3 | 6.8-13.9 |  | 738 | 1.3 | 0.6-2.1 |  | 1189 | 5.6 | 3.8-7.3 |
| 30-44 | 425 | 14.5 | 9.5-19.4 |  | 805 | 3.5 | 2.1-4.8 |  | 1230 | 8.2 | 5.8-10.6 |
| 45-69 | 483 | 13.9 | 10.2-17.7 |  | 684 | 5.1 | 3.3-6.9 |  | 1167 | 9.4 | 7.4-11.5 |
| **18-69** | **1359** | **12.8** | **10.3-15.3** |  | **2227** | **3.2** | **2.4-4.0** |  | **3586** | **7.7** | **6.4-8.9** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A9 * Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted) |

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| **Six or more drinks on a single occasion** | Description: Mean number of times in the past 30 days on which current (past 30 days) drinkers consumed six or more drinks during a single occasion.  Instrument question:   * During the past 30 days, how many times did you have **six or more**   standard alcoholic drinks in a single drinking occasion? |

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| **Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of times | 95% CI |  | n | Mean number of times | 95% CI |  | n | Mean number of times | 95% CI |
| 18-29 | 159 | 0.9 | 0.5-1.2 |  | 95 | 0.4 | 0.0-0.7 |  | 254 | 0.7 | 0.5-1.0 |
| 30-44 | 197 | 2.2 | 1.1-3.2 |  | 167 | 0.5 | 0.3-0.8 |  | 364 | 1.6 | 0.9-2.2 |
| 45-69 | 236 | 2.0 | 1.2-2.8 |  | 149 | 1.1 | 0.5-1.7 |  | 385 | 1.7 | 1.2-2.3 |
| **18-69** | **592** | **1.7** | **1.3-2.2** |  | **411** | **0.7** | **0.4-1.0** |  | **1003** | **1.4** | **1.1-1.7** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A9 * Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted) |

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| **Past 7 days drinking** | Description: Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers.  Instrument question:   * During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day? |

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| **Frequency of alcohol consumption in the past 7 days** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | |
| n | % Daily | 95% CI | % 5-6 days | 95% CI | % 3-4 days | 95% CI | % 1-2 days | 95% CI | % 0  days | 95% CI |
| 18-29 | 170 | 5.7 | 0.4-11.0 | 7.9 | 4.2-11.7 | 14.9 | 9.3-20.5 | 59.8 | 51.3-68.4 | 11.6 | 6.1-17.1 |
| 30-44 | 215 | 16.5 | 10.6-22.4 | 8.0 | 3.9-12.1 | 21.1 | 14.7-27.5 | 43.0 | 34.8-51.2 | 11.5 | 4.5-18.4 |
| 45-69 | 250 | 19.7 | 14.2-25.2 | 13.4 | 8.5-18.4 | 24.3 | 17.8-30.8 | 37.0 | 30.4-43.7 | 5.6 | 2.6-8.5 |
| **18-69** | **635** | **14.5** | **11.2-17.9** | **10.1** | **7.5-12.6** | **20.5** | **16.9-24.1** | **45.7** | **41.0-50.3** | **9.2** | **6.1-12.4** |

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| **Frequency of alcohol consumption in the past 7 days** | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | |
| n | % Daily | 95% CI | % 5-6 days | 95% CI | % 3-4 days | 95% CI | % 1-2 days | 95% CI | % 0  days | 95% CI |
| 18-29 | 99 | 7.1 | 0.4-13.8 | 3.0 | 0.0-6.2 | 11.8 | 5.3-18.3 | 44.7 | 31.0-58.5 | 33.4 | 22.0-44.8 |
| 30-44 | 173 | 8.1 | 2.7-13.5 | 6.8 | 2.9-10.7 | 11.2 | 5.3-17.2 | 54.4 | 45.0-63.8 | 19.4 | 12.1-26.8 |
| 45-69 | 160 | 13.9 | 7.3-20.5 | 8.1 | 2.5-13.7 | 20.0 | 13.5-26.6 | 40.6 | 31.1-50.1 | 17.4 | 11.1-23.8 |
| **18-69** | **432** | **10.0** | **6.5-13.5** | **6.4** | **3.7-9.1** | **14.6** | **10.9-18.4** | **47.0** | **40.6-53.4** | **22.0** | **17.2-26.7** |

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| **Frequency of alcohol consumption in the past 7 days** | | | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | | | |
| n | | % Daily | 95% CI | % 5-6 days | 95% CI | % 3-4 days | 95% CI | % 1-2 days | 95% CI | % 0  days | 95% CI | |
| 18-29 | 269 | | 6.1 | 1.7-10.5 | 6.6 | 3.8-9.4 | 14.0 | 9.5-18.6 | 55.7 | 48.1-63.3 | 17.6 | 12.3-22.9 | |
| 30-44 | 388 | | 13.4 | 9.2-17.6 | 7.5 | 4.5-10.6 | 17.5 | 12.8-22.2 | 47.2 | 40.9-53.5 | 14.4 | 8.7-20.1 | |
| 45-69 | 410 | | 17.8 | 13.4-22.3 | 11.7 | 7.9-15.5 | 23.0 | 18.4-27.6 | 38.2 | 32.8-43.5 | 9.3 | 6.4-12.1 | |
| **18-69** | **1067** | | **13.1** | **10.5-15.6** | **8.9** | **6.9-10.8** | **18.6** | **16.0-21.3** | **46.1** | **42.5-49.7** | **13.3** | **10.6-16.1** | |
| **Analysis Information:**   * Questions used: A1, A2, A5, A10a-g * Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted) | | | | | | | | | | |

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| **Standard drinks per day in the past 7 days** | Description: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers.  Instrument question:   * During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day? |

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| **Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number | 95% CI |  | n | Mean  number | 95% CI |  | n | Mean number | 95% CI |
| 18-29 | 170 | 0.7 | 0.5-0.9 |  | 99 | 0.3 | 0.2-0.4 |  | 269 | 0.6 | 0.5-0.8 |
| 30-44 | 215 | 1.2 | 0.9-1.5 |  | 173 | 0.5 | 0.4-0.6 |  | 388 | 1.0 | 0.7-1.2 |
| 45-69 | 250 | 1.5 | 1.1-1.9 |  | 160 | 1.1 | 0.5-1.7 |  | 410 | 1.4 | 1.0-1.7 |
| **18-69** | **635** | **1.2** | **1.0-1.4** |  | **432** | **0.7** | **0.4-0.9** |  | **1067** | **1.0** | **0.8-1.2** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A10a-g * Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted) |

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| **Consumption of unrecorded alcohol** | Description: Percentage of respondents that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers.  Instrument questions:   * Have you consumed any alcohol within the past 30 days? * During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol? |

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| **Consumption of unrecorded alcohol** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % consuming unrecorded alcohol | 95% CI |  | n | % consuming unrecorded alcohol | 95% CI |  | n | % consuming unrecorded alcohol | 95% CI |
| 18-29 | 167 | 52.8 | 43.0-62.6 |  | 94 | 48.9 | 34.7-63.1 |  | 261 | 51.8 | 43.8-59.8 |
| 30-44 | 208 | 57.0 | 49.1-64.8 |  | 170 | 47.6 | 36.6-58.6 |  | 378 | 53.4 | 46.9-60.0 |
| 45-69 | 250 | 66.6 | 59.9-73.4 |  | 155 | 57.9 | 48.4-67.4 |  | 405 | 64.0 | 58.4-69.5 |
| **18-69** | **625** | **59.6** | **55.2-63.9** |  | **419** | **51.7** | **44.7-58.8** |  | **1044** | **57.1** | **53.1-61.1** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A10a-g, A11 * Epi Info program name: Aunrecorded (unweighted); AunrecordedWT (weighted) |

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| **Standard drinks of unrecorded alcohol per day in the past 7 days** | Description: Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current (past 30 days) drinkers.  Instrument question:   * On average, how many standard drinks of the following did you consume during the past 7 days? |

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| **Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number | 95% CI |  | n | Mean  number | 95% CI |  | n | Mean number | 95% CI |
| 18-29 | 62 | 0.5 | 0.3-0.7 |  | 45 | 0.3 | 0.2-0.4 |  | 107 | 0.4 | 0.3-0.6 |
| 30-44 | 92 | 0.9 | 0.5-1.2 |  | 75 | 0.5 | 0.3-0.6 |  | 167 | 0.7 | 0.5-1.0 |
| 45-69 | 129 | 0.8 | 0.6-1.0 |  | 71 | 0.6 | 0.3-0.9 |  | 200 | 0.8 | 0.6-0.9 |
| **18-69** | **283** | **0.7** | **0.6-0.9** |  | **191** | **0.5** | **0.4-0.6** |  | **474** | **0.7** | **0.6-0.8** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A10a-g, A11, A12a-e * Epi Info program name: Ameanunrecorded (unweighted); AmeanunrecordedWT (weighted) |

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| **Percent of unrecorded alcohol from all alcohol consumed** | | Description: Percentage of unrecorded alcohol from all alcohol consumed during the past 7 days among current (past 30 days) drinkers.  Instrument questions:   * During each of the past 7 days, how many standard drinks did you have each day? * During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol? * On average, how many standard drinks of the following did you consume during the past 7 days? | | | | | | | |
| **Percentage of unrecorded alcohol from all alcohol consumed during past 7 days** | | | | | | | | |
| Age Group  (years) | **Men** | |  | **Women** | |  | **Both Sexes** | |
| n | % unrecorded alcohol of all alcohol |  | n | % unrecorded alcohol of all alcohol |  | n | % unrecorded alcohol of all alcohol |
| 18-29 | 125 | 30.3 |  | 69 | 35.0 |  | 194 | 31.1 |
| 30-44 | 177 | 33.5 |  | 133 | 38.4 |  | 310 | 34.4 |
| 45-69 | 206 | 29.5 |  | 116 | 24.6 |  | 322 | 28.2 |
| **18-69** | **508** | **31.0** |  | **318** | **29.9** |  | **826** | **30.7** |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A10a-g, A11, A12a-e * Epi Info program name: Please contact the STEPS team. |

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| **Types of unrecorded alcohol** | Description: Percentage of each type of unrecorded alcohol of all unrecorded alcohol consumed in the past 7 days among current (past 30 days) drinkers.  Instrument questions:   * During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol? * On average, how many standard drinks of the following did you consume during the past 7 days? |

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| **Unrecorded alcohol consumption during the past 7 days by type** | | | | | |
|  | **Men** | | | | |
| Age Group  (years) | n | % home-brewed spirits |  | % home-brewed beer/  wine |  |
| 18-29 | 62 | 39.4 |  | 60.6 |  |
| 30-44 | 92 | 44.0 |  | 56.0 |  |
| 45-69 | 127 | 48.8 |  | 51.2 |  |
| **18-69** | 281 | **45.4** |  | **54.6** |  |

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| **Unrecorded alcohol consumption during the past 7 days by type** | | | | | |
|  | **Women** | | | | |
| Age Group  (years) | n | % home-brewed spirits |  | % home-brewed beer/  wine |  |
| 18-29 | 44 | 27.0 |  | 73.0 |  |
| 30-44 | 75 | 32.2 |  | 67.8 |  |
| 45-69 | 70 | 36.0 |  | 64.0 |  |
| **18-69** | **189** | **33.4** |  | **66.6** |  |

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| **Unrecorded alcohol consumption during the past 7 days by type** | | | | | |
|  | **Both Sexes** | | | | |
| Age Group  (years) | n | % home-brewed spirits |  | % home-brewed beer/  wine |  |
| 18-29 | 106 | 37.3 |  | 62.7 |  |
| 30-44 | 167 | 41.4 |  | 58.6 |  |
| 45-69 | 197 | 46.0 |  | 54.0 |  |
| **18-69** | **470** | **42.9** |  | **57.1** |  |

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| **Analysis Information:**   * Questions used: A1, A2, A5, A11, A12a-e * Epi Info program name: Please contact the STEPS team. |

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| **Frequency of impaired control over drinking** | Description: Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers.  Instrument questions:   * Have you consumed any alcohol within the past 12 months? * How often during the past 12 months have you found that you were not able to stop drinking once you had started? |

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| **Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 237 | 17.5 | 11.8-23.2 | 13.0 | 7.4-18.7 | 69.5 | 62.7-76.2 |
| 30-44 | 253 | 22.2 | 15.5-28.9 | 18.2 | 9.0-27.4 | 59.6 | 51.3-67.9 |
| 45-69 | 293 | 31.4 | 23.9-38.9 | 12.9 | 8.0-17.9 | 55.7 | 48.2-63.2 |
| **18-69** | **783** | **24.0** | **20.1-27.9** | **14.5** | **10.1-19.0** | **61.5** | **56.9-66.1** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 199 | 9.0 | 3.9-14.1 | 11.4 | 5.7-17.0 | 79.6 | 72.3-87.0 |
| 30-44 | 266 | 14.2 | 9.4-19.1 | 14.5 | 8.6-20.4 | 71.3 | 64.0-78.7 |
| 45-69 | 222 | 19.4 | 13.1-25.7 | 7.2 | 3.3-11.2 | 73.4 | 66.3-80.5 |
| **18-69** | **687** | **14.3** | **11.5-17.1** | **11.1** | **7.8-14.5** | **74.6** | **70.3-78.8** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 14.4 | 9.8-19.0 | 12.4 | 8.3-16.6 | 73.2 | 67.7-78.6 |
| 30-44 | 519 | 18.8 | 14.4-23.2 | 16.6 | 10.9-22.3 | 64.6 | 59.1-70.1 |
| 45-69 | 515 | 27.1 | 21.4-32.7 | 10.9 | 7.4-14.4 | 62.0 | 56.3-67.7 |
| **18-69** | **1470** | **20.3** | **17.4-23.1** | **13.2** | **10.1-16.3** | **66.5** | **63.1-69.9** |

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| **Analysis Information:**   * Questions used: A1, A2, A13 * Epi Info program name: Anotabletostop (unweighted); AnotabletostopWT (weighted) |

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| **Frequency of failing to do what was normally expected because of drinking** | Description: Frequency of failing to do what was normally expected from you because of drinking during the past 12 months among past 12 month drinkers.  Instrument questions:   * Have you consumed any alcohol within the past 12 months? * How often during the past 12 months have you failed to do what was normally expected from you because of drinking? |

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| **Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 237 | 12.9 | 7.0-18.9 | 12.1 | 6.2-18.0 | 75.0 | 67.4-82.5 |
| 30-44 | 253 | 15.4 | 9.6-21.2 | 13.5 | 8.8-18.2 | 71.1 | 63.8-78.4 |
| 45-69 | 293 | 18.7 | 12.6-24.8 | 12.4 | 7.2-17.6 | 68.9 | 62.1-75.6 |
| **18-69** | **783** | **15.8** | **12.2-19.4** | **12.6** | **9.6-15.7** | **71.6** | **67.8-75.4** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 199 | 3.0 | 0.0-6.0 | 8.5 | 3.4-13.6 | 88.5 | 82.8-94.2 |
| 30-44 | 266 | 6.0 | 3.0-9.0 | 10.1 | 5.6-14.7 | 83.9 | 78.0-89.7 |
| 45-69 | 222 | 11.9 | 6.4-17.4 | 9.3 | 4.4-14.2 | 78.8 | 72.0-85.6 |
| **18-69** | **687** | **7.0** | **4.5-9.5** | **9.4** | **6.6-12.1** | **83.6** | **79.6-87.6** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 9.3 | 5.3-13.3 | 10.8 | 6.5-15.0 | 79.9 | 74.6-85.2 |
| 30-44 | 519 | 11.4 | 7.7-15.0 | 12.1 | 8.5-15.7 | 76.6 | 71.5-81.7 |
| 45-69 | 515 | 16.3 | 11.8-20.7 | 11.3 | 7.4-15.2 | 72.4 | 67.4-77.5 |
| **18-69** | **1470** | **12.4** | **10.0-14.9** | **11.4** | **9.1-13.6** | **76.2** | **73.4-79.0** |

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| **Analysis Information:**   * Questions used: A1, A2, A14 * Epi Info program name: Afailexpected (unweighted); AfailexpectedWT (weighted) |

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| **Frequency of morning drinking** | Description: Frequency of needing a first drink in the morning to get going after a heavy drinking session during the past 12 months among past 12 month drinkers.  Instrument questions:   * Have you consumed any alcohol within the past 12 months? * How often during the past 12 months have you needed a first drink in the morning to get yourself going after a heavy drinking session? |

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| **Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 237 | 5.4 | 1.4-9.4 | 3.1 | 1.0-5.2 | 91.5 | 86.9-96.1 |
| 30-44 | 253 | 9.3 | 4.0-14.6 | 8.5 | 2.9-14.0 | 82.3 | 75.6-89.0 |
| 45-69 | 293 | 13.4 | 8.5-18.4 | 7.9 | 3.2-12.6 | 78.7 | 72.3-85.1 |
| **18-69** | **783** | **9.5** | **6.6-12.4** | **6.4** | **3.9-9.0** | **84.1** | **80.5-87.7** |

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| **Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 199 | 1.2 | 0.0-2.4 | 3.8 | 0.0-8.1 | 95.0 | 90.6-99.4 |
| 30-44 | 266 | 4.3 | 1.7-7.0 | 5.1 | 1.4-8.8 | 90.6 | 86.3-94.9 |
| 45-69 | 222 | 8.7 | 4.6-12.9 | 5.3 | 2.3-8.4 | 86.0 | 81.1-90.9 |
| **18-69** | **687** | **4.8** | **3.0-6.6** | **4.8** | **2.6-6.9** | **90.5** | **87.6-93.3** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 3.9 | 1.3-6.4 | 3.3 | 1.3-5.4 | 92.8 | 89.4-96.2 |
| 30-44 | 519 | 7.2 | 3.9-10.4 | 7.0 | 3.5-10.5 | 85.8 | 81.6-90.0 |
| 45-69 | 515 | 11.7 | 8.2-15.3 | 6.9 | 3.8-10.1 | 81.3 | 76.9-85.8 |
| **18-69** | **1470** | **7.7** | **5.8-9.6** | **5.8** | **4.0-7.5** | **86.5** | **84.1-88.9** |

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| **Analysis Information:**   * Questions used: A1, A2, A15 * Epi Info program name: Amorningdrink (unweighted); AmorningdrinkWT (weighted) |

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| **Frequency of problems with family/ partner due to someone else’s drinking** | Description: Frequency of having had problems with family or partner due to someone else’s drinking in the past 12 months among all respondents.  Instrument question:   * Have you had family problems or problems with your partner due to someone else’s drinking within the past 12 months? |

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| **Frequency of family/partner problems due to someone else’s drinking during the past 12 months among all respondents** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 469 | 4.4 | 1.7-7.1 | 10.5 | 7.0-13.9 | 85.1 | 80.1-90.1 |
| 30-44 | 451 | 4.4 | 2.5-6.3 | 13.7 | 9.7-17.6 | 81.9 | 77.6-86.3 |
| 45-69 | 506 | 5.8 | 3.2-8.5 | 12.3 | 8.8-15.8 | 81.8 | 77.3-86.3 |
| **18-69** | **1426** | **4.9** | **3.3-6.5** | **12.1** | **9.9-14.2** | **83.0** | **80.2-85.9** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of family/partner problems due to someone else’s drinking during the past 12 months among all respondents** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 750 | 5.1 | 3.2-7.0 | 8.5 | 6.1-10.9 | 86.4 | 83.6-89.3 |
| 30-44 | 816 | 5.0 | 3.3-6.7 | 9.7 | 7.3-12.0 | 85.3 | 82.4-88.2 |
| 45-69 | 702 | 5.2 | 3.2-7.2 | 9.5 | 7.1-12.0 | 85.3 | 82.0-88.6 |
| **18-69** | **2268** | **5.1** | **4.0-6.2** | **9.2** | **7.8-10.6** | **85.7** | **83.8-87.6** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Frequency of family/partner problems due to someone else’s drinking during the past 12 months among all respondents** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 1219 | 4.8 | 3.1-6.5 | 9.4 | 7.4-11.5 | 85.8 | 83.0-88.6 |
| 30-44 | 1267 | 4.7 | 3.4-6.1 | 11.4 | 9.2-13.6 | 83.8 | 81.2-86.5 |
| 45-69 | 1208 | 5.5 | 3.8-7.2 | 10.9 | 8.9-12.9 | 83.6 | 80.9-86.2 |
| **18-69** | **3694** | **5.0** | **4.0-6.0** | **10.5** | **9.2-11.9** | **84.4** | **82.6-86.3** |

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| **Analysis Information:**   * Question used: A16 * Epi Info program name: Afamproblem (unweighted); AfamproblemWT (weighted) |

#### Diet

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

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| **Mean number of days fruit consumed in a typical week** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of days | 95% CI |  | n | Mean  number of days | 95% CI |  | n | Mean number of days | 95% CI |
| 18-29 | 452 | 3.5 | 3.3-3.7 |  | 724 | 3.1 | 2.9-3.4 |  | 1176 | 3.3 | 3.1-3.5 |
| 30-44 | 443 | 3.3 | 3.0-3.6 |  | 783 | 3.3 | 3.0-3.5 |  | 1226 | 3.3 | 3.1-3.5 |
| 45-69 | 486 | 3.3 | 3.0-3.6 |  | 681 | 3.3 | 3.1-3.6 |  | 1167 | 3.3 | 3.1-3.5 |
| **18-69** | **1381** | **3.4** | **3.2-3.6** |  | **2188** | **3.2** | **3.1-3.4** |  | **3569** | **3.3** | **3.2-3.4** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of days vegetables consumed in a typical week** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of days | 95% CI |  | n | Mean  number of days | 95% CI |  | n | Mean number of days | 95% CI |
| 18-29 | 460 | 3.2 | 2.9-3.4 |  | 738 | 3.6 | 3.3-3.8 |  | 1198 | 3.4 | 3.2-3.6 |
| 30-44 | 444 | 3.2 | 2.9-3.6 |  | 805 | 3.8 | 3.6-4.0 |  | 1249 | 3.5 | 3.3-3.7 |
| 45-69 | 498 | 3.7 | 3.4-4.0 |  | 693 | 3.9 | 3.7-4.2 |  | 1191 | 3.8 | 3.6-4.0 |
| **18-69** | **1402** | **3.4** | **3.2-3.6** |  | **2236** | **3.7** | **3.6-3.9** |  | **3638** | **3.6** | **3.4-3.7** |

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| **Analysis Information:**   * Questions used: D1, D3 * Epi Info program name: Ddays (unweighted); DdaysWT (weighted) |

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| 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 questions:   * In a typical week, on how many days do you eat fruit? * How many servings of fruit do you eat on one of those days? * In a typical week, on how many days do you eat vegetables? * How many servings of vegetables do you eat on one of those days? |

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| **Mean number of servings of fruit on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of servings | 95% CI |  | n | Mean  number of servings | 95% CI |  | n | Mean number of servings | 95% CI |
| 18-29 | 444 | 1.5 | 1.3-1.8 |  | 715 | 1.1 | 1.0-1.3 |  | 1159 | 1.3 | 1.2-1.5 |
| 30-44 | 432 | 1.5 | 1.2-1.7 |  | 773 | 1.4 | 1.2-1.6 |  | 1205 | 1.4 | 1.2-1.6 |
| 45-69 | 477 | 1.3 | 1.1-1.5 |  | 671 | 1.4 | 1.2-1.7 |  | 1148 | 1.4 | 1.2-1.5 |
| **18-69** | **1353** | **1.4** | **1.3-1.6** |  | **2159** | **1.3** | **1.2-1.4** |  | **3512** | **1.4** | **1.3-1.5** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of servings of vegetables on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of servings | 95% CI |  | n | Mean  number of servings | 95% CI |  | n | Mean number of servings | 95% CI |
| 18-29 | 451 | 1.1 | 0.9-1.3 |  | 725 | 1.1 | 1.0-1.2 |  | 1176 | 1.1 | 0.9-1.2 |
| 30-44 | 428 | 1.0 | 0.8-1.3 |  | 795 | 1.3 | 1.1-1.4 |  | 1223 | 1.2 | 1.0-1.3 |
| 45-69 | 481 | 1.2 | 1.0-1.3 |  | 677 | 1.4 | 1.2-1.6 |  | 1158 | 1.3 | 1.2-1.4 |
| **18-69** | **1360** | **1.1** | **1.0-1.2** |  | **2197** | **1.3** | **1.2-1.3** |  | **3557** | **1.2** | **1.1-1.3** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of servings of fruit and/or vegetables on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean number of servings | 95% CI |  | n | Mean  number of servings | 95% CI |  | n | Mean number of servings | 95% CI |
| 18-29 | 462 | 2.5 | 2.2-2.9 |  | 738 | 2.2 | 2.0-2.4 |  | 1200 | 2.4 | 2.1-2.6 |
| 30-44 | 441 | 2.4 | 2.1-2.8 |  | 804 | 2.6 | 2.3-2.9 |  | 1245 | 2.5 | 2.3-2.8 |
| 45-69 | 495 | 2.4 | 2.1-2.6 |  | 692 | 2.8 | 2.5-3.2 |  | 1187 | 2.6 | 2.4-2.8 |
| **18-69** | **1398** | **2.5** | **2.2-2.7** |  | **2234** | **2.5** | **2.3-2.7** |  | **3632** | **2.5** | **2.3-2.6** |

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| **Analysis Information:**   * Questions used: D1, D2 , D3, D4 * Epi Info program name: Dservings (unweighted); DservingsWT (weighted) |

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

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 462 | 28.7 | 23.7-33.7 | 46.7 | 40.9-52.5 | 13.4 | 9.0-17.9 | 11.2 | 6.9-15.4 |
| 30-44 | 441 | 34.4 | 27.8-41.0 | 41.5 | 36.2-46.9 | 12.5 | 8.1-16.9 | 11.6 | 7.9-15.3 |
| 45-69 | 495 | 27.0 | 22.8-31.3 | 43.9 | 38.3-49.6 | 19.8 | 14.2-25.4 | 9.2 | 6.3-12.2 |
| **18-69** | **1398** | **29.8** | **26.7-32.9** | **44.2** | **41.2-47.2** | **15.3** | **12.3-18.3** | **10.6** | **8.5-12.8** |

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 738 | 28.7 | 24.5-32.8 | 49.1 | 44.9-53.2 | 12.5 | 9.4-15.5 | 9.8 | 7.2-12.4 |
| 30-44 | 804 | 28.4 | 24.7-32.1 | 45.9 | 41.8-50.0 | 13.4 | 10.8-16.0 | 12.3 | 9.2-15.5 |
| 45-69 | 692 | 27.9 | 23.5-32.4 | 43.9 | 39.2-48.7 | 15.9 | 12.5-19.3 | 12.3 | 9.3-15.3 |
| **18-69** | **2234** | **28.4** | **25.8-30.9** | **46.4** | **43.8-49.0** | **13.8** | **12.2-15.5** | **11.4** | **9.7-13.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 1200 | 28.7 | 25.2-32.2 | 47.9 | 44.2-51.6 | 12.9 | 10.3-15.6 | 10.5 | 8.1-12.8 |
| 30-44 | 1245 | 31.0 | 27.3-34.8 | 44.0 | 40.5-47.4 | 13.0 | 10.5-15.5 | 12.0 | 9.5-14.5 |
| 45-69 | 1187 | 27.5 | 24.6-30.4 | 43.9 | 40.4-47.5 | 17.8 | 14.7-20.9 | 10.8 | 8.7-12.8 |
| **18-69** | **3632** | **29.0** | **26.9-31.2** | **45.4** | **43.3-47.5** | **14.5** | **12.8-16.2** | **11.1** | **9.6-12.5** |

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| **Analysis Information:**   * Questions used: D1, D2 , D3, D4 * Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted) |

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| Fruit and vegetable consumption per dayvisue-gris-lNMH | Description: Percentage of those eating less than five servings of fruit and/or vegetables on average per day.  Instrument questions:   * In a typical week, on how many days do you eat fruit? * How many servings of fruit do you eat on one of those days? * In a typical week, on how many days do you eat vegetables? * How many servings of vegetables do you eat on one of those days? |

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| **Less than five servings of fruit and/or vegetables on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % < five servings per day | 95% CI |  | n | % < five servings per day | 95% CI |  | n | % < five servings per day | 95% CI |
| 18-29 | 462 | 88.8 | 84.6-93.1 |  | 738 | 90.2 | 87.6-92.8 |  | 1200 | 89.6 | 87.2-91.9 |
| 30-44 | 441 | 88.4 | 84.7-92.1 |  | 804 | 87.7 | 84.5-90.8 |  | 1245 | 88.0 | 85.5-90.5 |
| 45-69 | 495 | 90.8 | 87.8-93.7 |  | 692 | 87.7 | 84.7-90.7 |  | 1187 | 89.2 | 87.2-91.3 |
| **18-69** | **1398** | **89.4** | **87.2-91.5** |  | **2234** | **88.6** | **86.8-90.3** |  | **3632** | **88.9** | **87.5-90.4** |

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| **Analysis Information:**   * Questions used: D1, D2 , D3, D4 * Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted) |

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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:   * 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** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 18.1 | 13.7-22.5 |  | 750 | 15.3 | 12.3-18.4 |  | 1219 | 16.7 | 14.0-19.3 |
| 30-44 | 451 | 23.3 | 18.3-28.3 |  | 815 | 17.6 | 14.1-21.0 |  | 1266 | 20.1 | 17.2-23.0 |
| 45-69 | 505 | 17.6 | 13.8-21.3 |  | 701 | 13.5 | 10.3-16.7 |  | 1206 | 15.5 | 13.0-18.0 |
| **18-69** | **1425** | **19.5** | **17.0-22.0** |  | **2266** | **15.5** | **13.5-17.6** |  | **3691** | **17.4** | **15.7-19.1** |

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| **Analysis Information:**   * Question used: D5 * Epi Info program name: Deating (unweighted); DeatingWT (weighted) |

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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:   * 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** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 446 | 32.9 | 27.0-38.8 |  | 748 | 38.9 | 34.4-43.4 |  | 1194 | 36.1 | 32.4-39.8 |
| 30-44 | 438 | 33.0 | 28.2-37.9 |  | 814 | 33.9 | 30.0-37.8 |  | 1252 | 33.5 | 30.3-36.7 |
| 45-69 | 500 | 35.9 | 29.9-42.0 |  | 699 | 32.3 | 27.1-37.5 |  | 1199 | 34.1 | 29.8-38.4 |
| **18-69** | **1384** | **34.0** | **30.5-37.4** |  | **2261** | **35.2** | **32.4-38.0** |  | **3645** | **34.6** | **32.2-37.1** |

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| **Analysis Information:**   * Question used: D6 * Epi Info program name: Dooking (unweighted); **DcookingWT** (weighted) |

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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:   * How often do you eat processed food high in salt? |

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| **Always or often consume processed food high in salt** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 468 | 16.9 | 12.1-21.6 |  | 748 | 7.7 | 5.7-9.8 |  | 1216 | 12.1 | 9.4-14.8 |
| 30-44 | 449 | 13.8 | 9.5-18.1 |  | 812 | 10.9 | 6.6-15.2 |  | 1261 | 12.2 | 8.8-15.5 |
| 45-69 | 502 | 10.9 | 7.4-14.4 |  | 697 | 8.1 | 2.8-13.4 |  | 1199 | 9.5 | 6.1-12.8 |
| **18-69** | **1419** | **13.9** | **11.3-16.5** |  | **2257** | **8.9** | **5.9-12.0** |  | **3676** | **11.3** | **8.8-13.8** |

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| **Analysis Information:**   * Question used: D7 * Epi Info program name: Dprocessed (unweighted); DprocessedWT (weighted) |

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| **Salt consumption** | Description: Percentage of all respondents who think they consume far too much or too much salt.  Instrument question:   * 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** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 466 | 21.3 | 16.1-26.6 |  | 748 | 10.0 | 7.4-12.6 |  | 1214 | 15.4 | 12.4-18.5 |
| 30-44 | 444 | 15.9 | 12.2-19.7 |  | 812 | 13.9 | 11.1-16.7 |  | 1256 | 14.8 | 12.6-17.0 |
| 45-69 | 505 | 13.1 | 9.5-16.7 |  | 697 | 8.2 | 6.0-10.4 |  | 1202 | 10.6 | 8.4-12.9 |
| **18-69** | **1415** | **16.9** | **14.2-19.6** |  | **2257** | **10.8** | **9.2-12.4** |  | **3672** | **13.7** | **12.0-15.3** |

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| **Self-reported quantity of salt consumed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | |
| n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 466 | 3.4 | 1.0-5.8 | 17.9 | 12.9-22.8 | 62.6 | 56.5-68.6 | 14.4 | 10.1-18.7 | 1.7 | 0.2-3.3 |
| 30-44 | 444 | 1.0 | 0.2-1.7 | 15.0 | 11.3-18.7 | 70.7 | 66.1-75.3 | 12.5 | 9.1-15.9 | 0.9 | 0.1-1.7 |
| 45-69 | 505 | 1.5 | 0.2-2.8 | 11.6 | 8.2-14.9 | 66.6 | 60.7-72.5 | 17.9 | 12.7-23.0 | 2.4 | 1.1-3.7 |
| **18-69** | **1415** | **2.0** | **1.0-3.1** | **14.9** | **12.3-17.4** | **66.3** | **62.5-70.2** | **15.0** | **12.0-18.1** | **1.7** | **1.0-2.5** |

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| **Self-reported quantity of salt consumed** | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | |
| n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 748 | 0.9 | 0.2-1.5 | 9.1 | 6.6-11.7 | 69.3 | 65.0-73.6 | 19.3 | 15.6-22.9 | 1.4 | 0.3-2.6 |
| 30-44 | 812 | 1.0 | 0.0-2.1 | 12.9 | 10.3-15.5 | 63.1 | 59.2-67.0 | 20.4 | 16.7-24.2 | 2.5 | 1.3-3.8 |
| 45-69 | 697 | 0.8 | 0.2-1.4 | 7.4 | 5.3-9.5 | 53.5 | 48.6-58.3 | 32.2 | 27.5-36.9 | 6.2 | 3.9-8.5 |
| **18-69** | **2257** | **0.9** | **0.4-1.4** | **9.9** | **8.4-11.4** | **62.3** | **59.7-65.0** | **23.6** | **21.3-25.9** | **3.3** | **2.3-4.2** |

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| **Self-reported quantity of salt consumed** | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | |
| n | % Far too much | 95% CI | % Too much | 95% CI | % Just the right amount | 95% CI | % Too little | 95% CI | % Far too little | 95% CI |
| 18-29 | 1214 | 2.1 | 0.9-3.3 | 13.3 | 10.4-16.3 | 66.1 | 62.1-70.0 | 16.9 | 13.8-20.1 | 1.6 | 0.6-2.5 |
| 30-44 | 1256 | 1.0 | 0.3-1.7 | 13.8 | 11.7-16.0 | 66.4 | 63.4-69.4 | 17.0 | 14.3-19.7 | 1.8 | 1.0-2.6 |
| 45-69 | 1202 | 1.2 | 0.4-1.9 | 9.5 | 7.3-11.7 | 60.0 | 56.3-63.8 | 25.0 | 21.6-28.5 | 4.3 | 3.0-5.6 |
| **18-69** | **3672** | **1.4** | **0.9-2.0** | **12.2** | **10.7-13.8** | **64.2** | **61.8-66.6** | **19.6** | **17.5-21.6** | **2.5** | **1.9-3.2** |

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| **Analysis Information:**   * Question used: D8 * Epi Info program name: Dsaltquantity (unweighted); DsaltquantityWT (weighted) |

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| **Lowering salt** | | Description: Percentage of respondents who think lowering salt in diet is very, somewhat or not at all important.  Instrument question:   * How important to you is lowering the salt in your diet? | | | | | | |
| **Importance of lowering salt in diet** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | | % Very important | 95% CI | %  Somewhat important | 95% CI | %  Not at all important | 95% CI | |
| 18-29 | 396 | | 70.7 | 65.0-76.5 | 23.8 | 18.4-29.3 | 5.4 | 3.0-7.8 | |
| 30-44 | 393 | | 68.1 | 62.0-74.3 | 22.8 | 18.2-27.3 | 9.1 | 5.7-12.5 | |
| 45-69 | 421 | | 66.6 | 60.1-73.0 | 27.8 | 21.6-34.0 | 5.6 | 2.9-8.3 | |
| **18-69** | **1210** | | **68.5** | **65.1-72.0** | **24.8** | **21.7-28.0** | **6.6** | **4.9-8.3** | |

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| **Importance of lowering salt in diet** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Very important | 95% CI | %  Somewhat important | 95% CI | %  Not at all important | 95% CI |
| 18-29 | 666 | 69.9 | 65.4-74.4 | 22.3 | 18.5-26.2 | 7.8 | 5.3-10.4 |
| 30-44 | 694 | 66.4 | 61.5-71.2 | 27.3 | 22.6-32.0 | 6.3 | 4.1-8.5 |
| 45-69 | 589 | 73.9 | 69.5-78.3 | 21.5 | 17.2-25.8 | 4.6 | 2.8-6.4 |
| **18-69** | **1949** | **69.9** | **66.9-72.9** | **23.7** | **20.9-26.5** | **6.4** | **5.0-7.7** |

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| **Importance of lowering salt in diet** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Very important | 95% CI | %  Somewhat important | 95% CI | %  Not at all important | 95% CI |
| 18-29 | 1062 | 70.3 | 66.4-74.1 | 23.0 | 19.6-26.5 | 6.7 | 4.9-8.5 |
| 30-44 | 1087 | 67.2 | 63.1-71.2 | 25.3 | 22.0-28.6 | 7.6 | 5.6-9.5 |
| 45-69 | 1010 | 70.3 | 66.3-74.2 | 24.6 | 20.9-28.4 | 5.1 | 3.5-6.7 |
| **18-69** | **3159** | **69.3** | **66.9-71.6** | **24.3** | **22.1-26.4** | **6.5** | **5.4-7.6** |

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| **Analysis Information:**   * Question used: D9 * Epi Info program name: Dlower (unweighted); DlowerWT (weighted) |

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| **Salt knowledge** | Description: Percentage of respondents who think consuming too much salt could cause a serious health problem.  Instrument question:   * 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** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 80.3 | 76.0-84.7 |  | 750 | 85.2 | 81.9-88.5 |  | 1219 | 82.9 | 80.1-85.7 |
| 30-44 | 451 | 79.7 | 75.1-84.3 |  | 816 | 82.1 | 78.7-85.4 |  | 1267 | 81.0 | 78.2-83.8 |
| 45-69 | 506 | 74.1 | 69.0-79.3 |  | 702 | 80.2 | 76.7-83.7 |  | 1208 | 77.2 | 74.0-80.3 |
| **18-69** | **1426** | **78.0** | **75.2-80.8** |  | **2268** | **82.6** | **80.6-84.6** |  | **3694** | **80.4** | **78.6-82.3** |

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| **Analysis Information:**   * Question used: D10 * Epi Info program name: Dhealth (unweighted); DhealthWT (weighted) |

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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:   * Do you do any of the following on a regular basis to control your salt intake? |

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| **Limit consumption of processed foods** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 36.3 | 30.3-42.4 |  | 750 | 43.5 | 38.6-48.5 |  | 1219 | 40.1 | 35.9-44.2 |
| 30-44 | 451 | 42.4 | 36.2-48.6 |  | 816 | 42.2 | 37.5-46.8 |  | 1267 | 42.3 | 38.2-46.4 |
| 45-69 | 506 | 38.5 | 33.2-43.8 |  | 702 | 46.2 | 41.7-50.8 |  | 1208 | 42.4 | 38.6-46.2 |
| **18-69** | **1426** | **38.9** | **35.6-42.1** |  | **2268** | **43.9** | **40.9-46.9** |  | **3694** | **41.5** | **38.9-44.1** |

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| **Look at the salt or sodium content on food labels** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 16.4 | 12.3-20.4 |  | 750 | 13.2 | 10.0-16.4 |  | 1219 | 14.7 | 12.1-17.4 |
| 30-44 | 451 | 9.8 | 6.8-12.7 |  | 816 | 11.1 | 8.1-14.1 |  | 1267 | 10.5 | 8.4-12.7 |
| 45-69 | 506 | 12.4 | 8.7-16.2 |  | 702 | 9.5 | 6.7-12.3 |  | 1208 | 11.0 | 8.3-13.6 |
| **18-69** | **1426** | **13.1** | **10.8-15.4** |  | **2268** | **11.4** | **9.5-13.2** |  | **3694** | **12.2** | **10.6-13.8** |

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| **Buy low salt/sodium alternatives** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 23.2 | 18.2-28.3 |  | 750 | 25.4 | 20.9-29.8 |  | 1219 | 24.4 | 20.8-27.9 |
| 30-44 | 451 | 20.6 | 16.6-24.7 |  | 816 | 24.4 | 20.7-28.2 |  | 1267 | 22.8 | 19.6-26.0 |
| 45-69 | 506 | 26.7 | 21.4-32.0 |  | 702 | 26.9 | 22.5-31.3 |  | 1208 | 26.8 | 22.9-30.7 |
| **18-69** | **1426** | **23.6** | **20.4-26.9** |  | **2268** | **25.5** | **22.8-28.2** |  | **3694** | **24.6** | **22.1-27.2** |

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| **Use spices other than salt when cooking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 19.2 | 13.6-24.8 |  | 750 | 22.7 | 17.9-27.5 |  | 1219 | 21.0 | 17.2-24.8 |
| 30-44 | 451 | 18.4 | 14.0-22.7 |  | 816 | 17.7 | 14.1-21.3 |  | 1267 | 18.0 | 14.8-21.2 |
| 45-69 | 506 | 14.0 | 10.0-17.9 |  | 702 | 18.5 | 14.3-22.6 |  | 1208 | 16.2 | 13.1-19.3 |
| **18-69** | **1426** | **17.2** | **14.1-20.3** |  | **2268** | **19.7** | **16.8-22.6** |  | **3694** | **18.5** | **16.0-21.0** |

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| **Avoid eating foods prepared outside of a home** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 30.0 | 24.3-35.7 |  | 750 | 37.9 | 33.3-42.4 |  | 1219 | 34.1 | 30.3-37.9 |
| 30-44 | 451 | 29.3 | 24.4-34.3 |  | 816 | 37.8 | 33.5-42.0 |  | 1267 | 34.1 | 30.7-37.5 |
| 45-69 | 506 | 31.9 | 26.6-37.2 |  | 702 | 40.2 | 35.5-44.9 |  | 1208 | 36.1 | 32.5-39.7 |
| **18-69** | **1426** | **30.5** | **27.2-33.7** |  | **2268** | **38.5** | **35.9-41.2** |  | **3694** | **34.7** | **32.5-37.0** |

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| **Do other things specifically to control your salt intake** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 469 | 14.6 | 10.4-18.7 |  | 750 | 17.6 | 12.4-22.8 |  | 1219 | 16.2 | 12.6-19.7 |
| 30-44 | 451 | 9.9 | 6.4-13.4 |  | 816 | 11.8 | 8.7-14.8 |  | 1267 | 11.0 | 8.7-13.2 |
| 45-69 | 506 | 10.7 | 7.3-14.0 |  | 702 | 11.3 | 8.1-14.5 |  | 1208 | 11.0 | 8.6-13.4 |
| **18-69** | **1426** | **11.8** | **9.7-14.0** |  | **2268** | **13.7** | **11.2-16.2** |  | **3694** | **12.8** | **11.0-14.7** |

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| **Analysis Information:**   * Questions used: D11a-f * Epi Info program name: Dcontrol (unweighted); DcontrolWT (weighted) |

#### Physical Activity

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| Introduction | A population's physical activity (or inactivity) can be described in different ways. The two most common ways are  (1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and  (2) to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.  When analyzing GPAQ data, both continuous as well as categorical indicators are used. |

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| Metabolic Equivalent (MET) | METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities, and are also used for the analysis of GPAQ data.  Applying MET values to activity levels allows us to calculate total physical activity. MET is the ratio of a person's working metabolic rate relative to the resting metabolic rate. One MET is defined as the energy cost of sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour. For the analysis of GPAQ data, existing guidelines have been adopted: It is estimated that, compared to sitting quietly, a person's caloric consumption is four times as high when being moderately active, and eight times as high when being vigorously active.  Therefore, for the calculation of a person's total physical activity using GPAQ data, the following MET values are used: |

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| Domain | MET value |
| Work | * Moderate MET value = 4.0 * Vigorous MET value = 8.0 |
| Transport | Cycling and walking MET value = 4.0 |
| Recreation | * Moderate MET value = 4.0 * Vigorous MET value = 8.0 |

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| WHO global recommen-dations on physical activity for health | For the calculation of the categorical indicator on the recommended amount of physical activity for health, the total time spent in physical activity during a typical week and the intensity of the physical activity are taken into account.  Throughout a week, including activity for work, during transport and leisure time, adults should do at least   * 150 minutes of moderate-intensity physical activity OR * 75 minutes of vigorous-intensity physical activity OR * An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes. |

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| Former recommen-dations for comparison purposes | For comparison purposes, tables presenting cut-offs from former recommendations are also included in GPAQ data analysis.  The three levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are shown below.   * **High**   A person reaching any of the following criteria is classified in this category:  - Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR  - 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.   * **Moderate**   A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:  - 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR  - 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR  - 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.   * **Low**   A person not meeting any of the above mentioned criteria falls in this category. |

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| Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)visue-gris-lNMH | 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 questions   * activity at work * travel to and from places * recreational activities |

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| **Not meeting WHO recommendations on physical activity for health** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % not meeting recs | 95% CI |  | n | % not meeting recs | 95% CI |  | n | % not meeting recs | 95% CI |
| 18-29 | 442 | 3.3 | 0.2-6.4 |  | 706 | 3.4 | 1.6-5.2 |  | 1148 | 3.3 | 1.6-5.1 |
| 30-44 | 422 | 3.0 | 0.8-5.2 |  | 755 | 3.0 | 1.5-4.4 |  | 1177 | 3.0 | 1.6-4.3 |
| 45-69 | 476 | 4.6 | 2.2-7.1 |  | 663 | 3.2 | 1.6-4.8 |  | 1139 | 3.9 | 2.4-5.4 |
| **18-69** | **1340** | **3.7** | **2.0-5.3** |  | **2124** | **3.2** | **2.2-4.2** |  | **3464** | **3.4** | **2.5-4.3** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Pnotmeetingrecs (unweighted); PnotmeetingrecsWT (weighted) |

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| 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 questions:   * activity at work * travel to and from places * recreational activities |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 442 | 4.2 | 1.0-7.4 | 5.7 | 2.7-8.7 | 90.1 | 86.1-94.2 |
| 30-44 | 422 | 5.2 | 2.4-8.0 | 5.5 | 3.2-7.8 | 89.3 | 85.6-93.0 |
| 45-69 | 476 | 8.8 | 5.7-12.0 | 10.1 | 5.8-14.3 | 81.1 | 76.3-85.9 |
| **18-69** | **1340** | **6.1** | **4.2-7.9** | **7.1** | **5.3-8.9** | **86.8** | **84.3-89.3** |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 706 | 8.6 | 6.0-11.1 | 9.1 | 6.7-11.4 | 82.4 | 78.8-85.9 |
| 30-44 | 755 | 6.1 | 3.9-8.3 | 12.1 | 9.0-15.2 | 81.9 | 77.8-85.9 |
| 45-69 | 663 | 8.4 | 5.7-11.1 | 13.1 | 9.5-16.6 | 78.5 | 74.2-82.7 |
| **18-69** | **2124** | **7.7** | **6.3-9.1** | **11.3** | **9.5-13.1** | **81.0** | **78.8-83.2** |

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| **Level of total physical activity according to former recommendations** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Low | 95% CI | % Moderate | 95% CI | % High | 95% CI |
| 18-29 | 1148 | 6.5 | 4.5-8.4 | 7.4 | 5.4-9.5 | 86.1 | 83.4-88.8 |
| 30-44 | 1177 | 5.7 | 4.0-7.4 | 9.1 | 7.1-11.2 | 85.2 | 82.4-87.9 |
| 45-69 | 1139 | 8.6 | 6.5-10.8 | 11.6 | 8.8-14.3 | 79.8 | 76.5-83.0 |
| **18-69** | **3464** | **6.9** | **5.8-8.1** | **9.3** | **7.9-10.7** | **83.8** | **82.0-85.5** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Ptotallevels (unweighted); PtotallevelsWT (weighted) |

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

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| **Mean minutes of total physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean minutes | 95% CI |  | n | Mean  minutes | 95% CI |  | n | Mean minutes | 95% CI |
| 18-29 | 442 | 450.7 | 415.8-485.5 |  | 706 | 342.4 | 318.0-366.9 |  | 1148 | 394.4 | 373.3-415.5 |
| 30-44 | 422 | 429.8 | 383.9-475.7 |  | 755 | 347.3 | 324.7-369.9 |  | 1177 | 383.9 | 357.7-410.0 |
| 45-69 | 476 | 349.5 | 319.3-379.7 |  | 663 | 325.9 | 300.5-351.2 |  | 1139 | 337.5 | 318.0-357.1 |
| **18-69** | **1340** | **410.2** | **387.0-433.4** |  | **2124** | **338.9** | **322.8-355.0** |  | **3464** | **372.6** | **357.6-387.7** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Ptotal (unweighted); PtotalWT (weighted) |

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

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| **Median minutes of total physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Median minutes | Inter-quartile range (P25-P75) |  | n | Median  minutes | Inter-quartile range (P25-P75) |  | n | Median minutes | Inter-quartile range (P25-P75) |
| 18-29 | 442 | 420.0 | 248.6-617.1 |  | 706 | 291.4 | 180.0-471.4 |  | 1148 | 351.4 | 210.0-565.7 |
| 30-44 | 422 | 360.0 | 231.4-570.0 |  | 755 | 291.4 | 192.9-445.7 |  | 1177 | 325.7 | 205.7-501.4 |
| 45-69 | 476 | 305.7 | 175.7-480.0 |  | 663 | 282.9 | 180.0-411.4 |  | 1139 | 291.4 | 177.1-437.1 |
| **18-69** | **1340** | **360** | **222.9-570.0** |  | **2124** | **287.9** | **180.0-445.7** |  | **3464** | **317.1** | **195.7-505.7** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Ptotal (unweighted); PtotalmedianWT (weighted) |

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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 questions:   * activity at work * travel to and from places * recreational activities |

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| **Mean minutes of work-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean minutes | 95% CI |  | n | Mean  minutes | 95% CI |  | n | Mean minutes | 95% CI |
| 18-29 | 442 | 290.3 | 264.5-316.2 |  | 706 | 243.1 | 226.4-259.9 |  | 1148 | 265.8 | 250.8-280.8 |
| 30-44 | 422 | 303.2 | 276.0-330.3 |  | 755 | 247.7 | 233.4-262.0 |  | 1177 | 272.3 | 257.1-287.5 |
| 45-69 | 476 | 253.6 | 228.5-278.8 |  | 663 | 234.5 | 218.7-250.2 |  | 1139 | 244.0 | 229.4-258.5 |
| **18-69** | **1340** | **281.7** | **265.3-298.1** |  | **2124** | **242.0** | **232.5-251.5** |  | **3464** | **260.8** | **251.2-270.3** |

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| **Mean minutes of transport-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean minutes | 95% CI |  | n | Mean  minutes | 95% CI |  | n | Mean minutes | 95% CI |
| 18-29 | 442 | 124.7 | 102.7-146.7 |  | 706 | 87.6 | 75.6-99.6 |  | 1148 | 105.4 | 92.8-118.0 |
| 30-44 | 422 | 109.2 | 82.8-135.6 |  | 755 | 91.0 | 79.1-102.9 |  | 1177 | 99.1 | 84.5-113.6 |
| 45-69 | 476 | 82.4 | 72.0-92.8 |  | 663 | 85.9 | 73.2-98.6 |  | 1139 | 84.2 | 75.6-92.7 |
| **18-69** | **1340** | **105.8** | **93.6-117.9** |  | **2124** | **88.2** | **80.0-96.4** |  | **3464** | **96.5** | **88.7-104.4** |

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| **Mean minutes of recreation-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean minutes | 95% CI |  | n | Mean  minutes | 95% CI |  | n | Mean minutes | 95% CI |
| 18-29 | 442 | 35.6 | 29.2-42.1 |  | 706 | 11.7 | 8.0-15.4 |  | 1148 | 23.2 | 19.1-27.2 |
| 30-44 | 422 | 17.5 | 12.7-22.3 |  | 755 | 8.6 | 6.3-10.8 |  | 1177 | 12.5 | 10.1-15.0 |
| 45-69 | 476 | 13.4 | 8.7-18.1 |  | 663 | 5.5 | 2.8-8.2 |  | 1139 | 9.4 | 6.5-12.4 |
| **18-69** | **1340** | **22.7** | **19.1-26.4** |  | **2124** | **8.7** | **6.5-11.0** |  | **3464** | **15.4** | **13.0-17.7** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Psetspecific (unweighted); PsetspecificWT (weighted) |

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

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| **Median minutes of work-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Median minutes | Inter-quartile range (P25-P75) |  | n | Median  minutes | Inter-quartile range (P25-P75) |  | n | Median minutes | Inter-quartile range (P25-P75) |
| 18-29 | 442 | 257.1 | 128.6-420.0 |  | 706 | 205.7 | 111.4-342.9 |  | 1148 | 231.4 | 120.0-377.1 |
| 30-44 | 422 | 265.7 | 154.3-411.4 |  | 755 | 214.3 | 128.6-325.7 |  | 1177 | 240.0 | 137.1-360.0 |
| 45-69 | 476 | 214.9 | 102.9-214.3 |  | 663 | 205.7 | 126.4-308.6 |  | 1139 | 205.7 | 120.0-342.9 |
| **18-69** | **1340** | **257.1** | **128.6-411.4** |  | **2124** | **205.7** | **120.0-325.7** |  | **3464** | **231.4** | **128.6-360.0** |

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| **Median minutes of transport-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Median minutes | Inter-quartile range (P25-P75) |  | n | Median  minutes | Inter-quartile range (P25-P75) |  | n | Median minutes | Inter-quartile range (P25-P75) |
| 18-29 | 442 | 60.0 | 21.4-180.0 |  | 706 | 51.4 | 17.1-120.0 |  | 1148 | 51.4 | 17.1-120.0 |
| 30-44 | 422 | 51.4 | 21.4-137.1 |  | 755 | 51.4 | 20.0-120.0 |  | 1177 | 51.4 | 21.4-120.0 |
| 45-69 | 476 | 42.9 | 19.3-102.9 |  | 663 | 42.9 | 17.1-105.0 |  | 1139 | 42.9 | 17.1-102.9 |
| **18-69** | **1340** | **51.4** | **21.4-128.6** |  | **2124** | **51.4** | **17.1-111.4** |  | **3464** | **51.4** | **17.1-120.0** |

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| **Median minutes of recreation-related physical activity on average per day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Median minutes | Inter-quartile range (P25-P75) |  | n | Median  minutes | Inter-quartile range (P25-P75) |  | n | Median minutes | Inter-quartile range (P25-P75) |
| 18-29 | 442 | 8.6 | 0.0-51.4 |  | 706 | 0.0 | 0.0-0.0 |  | 1148 | 0.0 | 0.0-25.7 |
| 30-44 | 422 | 0.0 | 0.0-12.9 |  | 755 | 0.0 | 0.0-0.0 |  | 1177 | 0.0 | 0.0-4.3 |
| 45-69 | 476 | 0.0 | 0.0-0.0 |  | 663 | 0.0 | 0.0-0.0 |  | 1139 | 0.0 | 0.0-0.0 |
| **18-69** | **1340** | **0.0** | **0.0-0.0** |  | **2124** | **0.0** | **0.0-0.0** |  | **3464** | **0.0** | **0.0-6.4** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Psetspecific (unweighted); PsetspecificmedianWT (weighted) |

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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 questions:   * activity at work * travel to and from places * recreational activities |

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| **No work-related physical activity** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % no activity at work | 95% CI |  | n | % no activity at work | 95% CI |  | n | % no activity at work | 95% CI |
| 18-29 | 442 | 7.5 | 4.1-10.8 |  | 706 | 6.5 | 4.3-8.8 |  | 1148 | 7.0 | 4.9-9.0 |
| 30-44 | 422 | 7.8 | 3.9-11.6 |  | 755 | 6.0 | 3.9-8.2 |  | 1177 | 6.8 | 4.5-9.0 |
| 45-69 | 476 | 7.5 | 4.5-10.5 |  | 663 | 6.0 | 3.9-8.0 |  | 1139 | 6.7 | 4.9-8.6 |
| **18-69** | **1340** | **7.6** | **5.5-9.6** |  | **2124** | **6.2** | **4.8-7.5** |  | **3464** | **6.8** | **5.6-8.1** |

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| **No transport-related physical activity** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % no activity for transport | 95% CI |  | n | % no activity for transport | 95% CI |  | n | % no activity for transport | 95% CI |
| 18-29 | 442 | 9.4 | 5.3-13.4 |  | 706 | 7.5 | 4.9-10.2 |  | 1148 | 8.4 | 6.0-10.9 |
| 30-44 | 422 | 8.1 | 4.5-11.7 |  | 755 | 8.8 | 5.5-12.1 |  | 1177 | 8.5 | 6.0-10.9 |
| 45-69 | 476 | 9.0 | 5.7-12.3 |  | 663 | 8.4 | 5.7-11.1 |  | 1139 | 8.7 | 6.5-10.8 |
| **18-69** | **1340** | **8.9** | **6.6-11.1** |  | **2124** | **8.2** | **6.4-10.0** |  | **3464** | **8.5** | **7.0-10.0** |

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| **No recreation-related physical activity** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % no activity at recreation | 95% CI |  | n | % no activity at recreation | 95% CI |  | n | % no activity at recreation | 95% CI |
| 18-29 | 442 | 46.7 | 40.5-53.0 |  | 706 | 75.3 | 70.2-80.4 |  | 1148 | 61.6 | 57.4-65.8 |
| 30-44 | 422 | 68.7 | 63.2-74.2 |  | 755 | 78.0 | 74.0-82.0 |  | 1177 | 73.9 | 70.8-77.0 |
| 45-69 | 476 | 78.1 | 73.3-82.9 |  | 663 | 87.2 | 83.8-90.7 |  | 1139 | 82.7 | 79.6-85.8 |
| **18-69** | **1340** | **63.9** | **60.6-67.2** |  | **2124** | **79.9** | **77.3-82.5** |  | **3464** | **72.3** | **70.1-74.5** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Pnoactivitybyset (unweighted); PnoactivitybysetWT (weighted) |

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| Composition of total physical activity | Description: Percentage of work, transport and recreational activity contributing to total activity.  Instrument questions:   * activity at work * travel to and from places * recreational activities |

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| **Composition of total physical activity** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % Activity from work | 95% CI | % Activity for transport | 95% CI | % Activity during leisure time | 95% CI |
| 18-29 | 436 | 63.2 | 59.9-66.5 | 27.0 | 23.7-30.3 | 9.8 | 8.2-11.5 |
| 30-44 | 416 | 69.6 | 66.4-72.9 | 25.3 | 22.5-28.2 | 5.0 | 3.3-6.7 |
| 45-69 | 465 | 70.3 | 67.2-73.3 | 26.2 | 23.2-29.2 | 3.5 | 2.3-4.7 |
| **18-69** | **1317** | **67.5** | **65.7-69.3** | **26.2** | **24.6-27.9** | **6.3** | **5.4-7.1** |

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| **Composition of total physical activity** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Activity from work | 95% CI | % Activity for transport | 95% CI | % Activity during leisure time | 95% CI |
| 18-29 | 699 | 69.7 | 67.4-72.1 | 26.8 | 24.6-29.1 | 3.4 | 2.4-4.4 |
| 30-44 | 746 | 70.5 | 68.2-72.7 | 26.7 | 24.4-28.9 | 2.9 | 1.8-4.0 |
| 45-69 | 648 | 72.8 | 70.4-75.1 | 25.7 | 23.5-27.9 | 1.5 | 0.9-2.2 |
| **18-69** | **2093** | **70.9** | **69.4-72.4** | **26.4** | **24.9-27.9** | **2.7** | **2.1-3.3** |

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| **Composition of total physical activity** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Activity from work | 95% CI | % Activity for transport | 95% CI | % Activity during leisure time | 95% CI |
| 18-29 | 1135 | 66.6 | 64.5-68.7 | 26.9 | 24.8-29.0 | 6.5 | 5.5-7.5 |
| 30-44 | 1162 | 70.1 | 68.1-72.1 | 26.1 | 24.3-27.9 | 3.8 | 2.9-4.8 |
| 45-69 | 1113 | 71.6 | 69.5-73.6 | 26.0 | 24.0-27.9 | 2.5 | 1.7-3.3 |
| **18-69** | **3410** | **69.3** | **68.0-70.6** | **26.3** | **25.2-27.5** | **4.4** | **3.8-4.9** |

**Analysis Information:**

* Questions used: P1-P15b
* Epi Info program name: Pcomposition(unweighted); PcompositionWT (weighted)

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| No vigorous physical activity | Description: Percentage of respondents not engaging in vigorous physical activity.  Instrument questions:   * activity at work * recreational activities |

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| **No vigorous physical activity** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % no vigorous activity | 95% CI |  | n | % no vigorous activity | 95% CI |  | n | % no vigorous activity | 95% CI |
| 18-29 | 442 | 29.7 | 23.7-35.7 |  | 706 | 63.5 | 58.2-68.9 |  | 1148 | 47.3 | 43.2-51.4 |
| 30-44 | 422 | 41.4 | 35.2-47.6 |  | 755 | 68.1 | 63.5-72.7 |  | 1177 | 56.2 | 52.3-60.1 |
| 45-69 | 476 | 63.3 | 57.0-69.7 |  | 663 | 74.1 | 69.8-78.4 |  | 1139 | 68.8 | 64.7-72.9 |
| **18-69** | **1340** | **44.6** | **40.7-48.4** |  | **2124** | **68.3** | **65.2-71.5** |  | **3464** | **57.1** | **54.3-59.9** |

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| **Analysis Information:**   * Questions used: P1-P15b * Epi Info program name: Pnovigorous(unweighted); PnovigorousWT (weighted) |

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| Sedentary | Description: Minutes spent in sedentary activities on a typical day.  Instrument question:   * sedentary behaviour |

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| **Minutes spent in sedentary activities on average per day** | | | | | |
| Age Group  (years) | **Men** | | | | |
| n | Mean minutes | 95% CI | Median minutes | Inter-quartile range  (P25-P75) |
| 18-29 | 469 | 173.9 | 157.3-190.5 | 140 | 75-240 |
| 30-44 | 451 | 175.1 | 158.7-191.4 | 150 | 90-240 |
| 45-69 | 506 | 194.6 | 178.4-210.9 | 180 | 120-240 |
| **18-69** | **1426** | **181.3** | **170.9-191.7** | **180** | **90-240** |

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| --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities on average per day** | | | | | |
| Age Group  (years) | **Women** | | | | |
| n | Mean minutes | 95% CI | Median minutes | Inter-quartile range  (P25-P75) |
| 18-29 | 750 | 174.9 | 163.2-186.7 | 150 | 90-240 |
| 30-44 | 816 | 179.0 | 165.7-192.4 | 150 | 90-240 |
| 45-69 | 702 | 179.8 | 163.0-196.6 | 180 | 90-240 |
| **18-69** | **2268** | **177.8** | **169.5-186.2** | **150** | **90-240** |

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| --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities on average per day** | | | | | |
| Age Group  (years) | **Both Sexes** | | | | |
| n | Mean minutes | 95% CI | Median minutes | Inter-quartile range  (P25-P75) |
| 18-29 | 1219 | 174.5 | 164.5-184.4 | 150 | 90-240 |
| 30-44 | 1267 | 177.3 | 166.3-188.4 | 150 | 90-240 |
| 45-69 | 1208 | 187.2 | 175.8-198.6 | 180 | 90-240 |
| **18-69** | **3694** | **179.5** | **172.8-186.1** | **170** | **90-240** |

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| **Analysis Information:**   * Question used : P16a-b * Epi Info program name: Psedentary (unweighted); PsedentaryWT and PsedentarymedianWT (weighted) |

#### History of Raised Blood Pressure

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| --- | --- |
| Blood pressure measurement and diagnosis | Description: Blood pressure measurement and diagnosis among all respondents.  Instrument questions:   * 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? * Have you been told in the past 12 months? |

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| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 469 | 84.1 | 79.5-88.7 | 13.6 | 9.1-18.1 | 1.3 | 0.1-2.5 | 1.0 | 0.0-1.9 |
| 30-44 | 451 | 69.9 | 62.5-77.3 | 25.7 | 18.3-33.1 | 1.9 | 0.3-3.5 | 2.6 | 0.8-4.3 |
| 45-69 | 506 | 58.3 | 52.6-64.0 | 27.5 | 22.6-32.4 | 5.7 | 3.6-7.8 | 8.6 | 4.3-12.9 |
| **18-69** | **1426** | **71.1** | **67.6-74.6** | **21.9** | **18.5-25.3** | **3.0** | **2.0-3.9** | **4.0** | **2.4-5.7** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| 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 | 750 | 53.2 | 48.1-58.3 | 41.3 | 36.3-46.4 | 2.4 | 1.2-3.6 | 3.1 | 1.5-4.6 |
| 30-44 | 816 | 35.4 | 30.7-40.0 | 51.5 | 46.8-56.3 | 6.7 | 4.7-8.7 | 6.4 | 4.4-8.4 |
| 45-69 | 702 | 34.0 | 29.5-38.6 | 36.3 | 31.2-41.4 | 13.2 | 9.5-16.8 | 16.5 | 12.5-20.5 |
| **18-69** | **2268** | **41.3** | **38.0-44.5** | **43.3** | **40.5-46.1** | **7.2** | **5.7-8.6** | **8.3** | **6.7-9.9** |

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| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | |
| 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 | 1219 | 68.0 | 64.5-71.5 | 28.1 | 24.6-31.5 | 1.9 | 1.1-2.7 | 2.1 | 1.2-3.0 |
| 30-44 | 1267 | 50.5 | 46.0-54.9 | 40.2 | 36.0-44.4 | 4.6 | 3.1-6.1 | 4.7 | 3.3-6.1 |
| 45-69 | 1208 | 46.1 | 42.2-50.1 | 31.9 | 28.3-35.5 | 9.4 | 7.3-11.6 | 12.5 | 9.6-15.5 |
| **18-69** | **3694** | **55.3** | **52.5-58.2** | **33.2** | **30.7-35.6** | **5.2** | **4.3-6.1** | **6.3** | **5.2-7.4** |

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| **Analysis Information:**   * Questions used: H1, H2a, H2b * Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted) |

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| Blood pressure treatment among those diagnosed | Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure.  Instrument questions:   * 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? * In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |
| 18-29 | 11 | 26.4 | 0.0-55.5 |  | 42 | 8.0 | 0.0-18.1 |  | 53 | 13.1 | 1.6-24.5 |
| 30-44 | 19 | 11.7 | 0.1-23.3 |  | 101 | 15.6 | 5.0-26.2 |  | 120 | 14.8 | 6.0-23.5 |
| 45-69 | 63 | 51.0 | 34.9-67.2 |  | 185 | 31.4 | 23.3-39.5 |  | 248 | 37.7 | 29.3-46.1 |
| **18-69** | **93** | **40.7** | **27.0-54.5** |  | **328** | **23.9** | **18.1-29.7** |  | **421** | **28.7** | **22.4-35.1** |

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| **Analysis Information:**   * Questions used: H1, H2a, H3 * Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted) |

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| 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 questions:   * 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? * Have you ever seen a traditional healer for raised blood pressure? * Are you currently taking any herbal or traditional remedy for your high blood pressure? |

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| **Seen a traditional healer among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % seen trad. healer | 95% CI |  | n | %  seen trad. healer | 95% CI |  | n | % seen trad. healer | 95% CI |
| 18-29 | 11 | 20.6 | 0.0-49.2 |  | 42 | 7.5 | 0.0-15.7 |  | 53 | 11.1 | 1.0-21.2 |
| 30-44 | 19 | 0.0 | 0.0-0.0 |  | 101 | 11.1 | 4.1-18.1 |  | 120 | 8.8 | 3.1-14.5 |
| 45-69 | 63 | 25.6 | 1.6-49.6 |  | 185 | 20.4 | 12.2-28.7 |  | 248 | 22.1 | 12.6-31.6 |
| **18-69** | **93** | **20.2** | **2.2-38.1** |  | **328** | **16.1** | **10.5-21.7** |  | **421** | **17.3** | **10.8-23.8** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |
| 18-29 | 11 | 26.8 | 0.0-61.4 |  | 42 | 9.8 | 0.0-23.9 |  | 53 | 14.5 | 0.0-29.1 |
| 30-44 | 19 | 4.3 | 0.0-12.5 |  | 101 | 7.9 | 2.0-13.8 |  | 120 | 7.1 | 2.1-12.2 |
| 45-69 | 63 | 28.3 | 9.7-46.9 |  | 185 | 15.9 | 9.2-22.6 |  | 248 | 19.9 | 11.7-28.1 |
| **18-69** | **93** | **23.6** | **9.1-38.1** |  | **328** | **12.8** | **7.9-17.8** |  | **421** | **15.9** | **10.1-21.8** |

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| **Analysis Information:**   * Questions used: H1, H2a, H4, H5 * Epi Info program name: Hraisedbptrad (unweighted); HraisedbptradWT (weighted) |

#### History of Diabetes

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| --- | --- |
| Blood sugar measurement and diagnosis | Description: Blood sugar measurement and diagnosis among all respondents.  Instrument questions:   * Have you ever had your blood sugar 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 sugar or diabetes? * Have you been told in the past 12 months? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 469 | 95.6 | 91.9-99.4 | 4.3 | 0.6-8.0 | 0.0 | 0.0-0.0 | 0.1 | 0.0-0.2 |
| 30-44 | 451 | 90.8 | 87.5-94.1 | 8.1 | 5.0-11.2 | 0.9 | 0.1-1.8 | 0.2 | 0.0-0.5 |
| 45-69 | 506 | 80.1 | 75.1-85.0 | 16.0 | 11.2-20.8 | 2.3 | 0.3-4.3 | 1.6 | 0.5-2.7 |
| **18-69** | **1426** | **88.9** | **86.5-91.3** | **9.4** | **7.1-11.8** | **1.1** | **0.3-1.8** | **0.6** | **0.3-1.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| 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 | 750 | 91.8 | 88.9-94.6 | 7.3 | 4.5-10.0 | 0.7 | 0.0-1.5 | 0.3 | 0.0-0.6 |
| 30-44 | 816 | 88.1 | 84.9-91.3 | 11.0 | 7.9-14.2 | 0.5 | 0.0-0.9 | 0.4 | 0.0-0.8 |
| 45-69 | 702 | 72.9 | 68.8-76.9 | 21.8 | 18.0-25.7 | 1.9 | 0.9-2.9 | 3.4 | 1.7-5.2 |
| **18-69** | **2268** | **84.7** | **82.6-86.9** | **13.0** | **10.9-15.1** | **1.0** | **0.5-1.4** | **1.3** | **0.7-1.9** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | |
| 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 | 1219 | 93.6 | 91.4-95.9 | 5.8 | 3.6-8.1 | 0.4 | 0.0-0.8 | 0.2 | 0.0-0.4 |
| 30-44 | 1267 | 89.3 | 86.9-91.7 | 9.8 | 7.5-12.0 | 0.7 | 0.2-1.1 | 0.3 | 0.0-0.6 |
| 45-69 | 1208 | 76.4 | 73.3-79.6 | 18.9 | 15.9-22.0 | 2.1 | 0.9-3.2 | 2.5 | 1.5-3.6 |
| **18-69** | **3694** | **86.7** | **85.1-88.2** | **11.3** | **9.8-12.9** | **1.0** | **0.6-1.4** | **1.0** | **0.6-1.3** |

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| **Analysis Information:**   * Questions used: H6, H7a, H7b * Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted) |

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

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| **Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking insulin | 95% CI |  | n | % taking insulin | 95% CI |  | n | % taking insulin | 95% CI |
| 18-29 | 1 | 0.0 | 0.0-0.0 |  | 7 | 20.8 | 0.0-52.2 |  | 8 | 19.4 | 0.0-48.0 |
| 30-44 | 7 | 31.4 | 0.0-66.9 |  | 8 | 27.0 | 0.0-59.2 |  | 15 | 29.2 | 3.1-55.4 |
| 45-69 | 19 | 40.6 | 10.3-70.8 |  | 35 | 28.8 | 8.8-48.7 |  | 54 | 33.8 | 16.0-51.6 |
| **18-69** | **27** | **38.1** | **12.4-63.8** |  | **50** | **27.3** | **11.1-43.6** |  | **77** | **31.7** | **16.8-46.5** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking insulin prescribed for diabetes among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |
| 18-29 | 1 | 100.0 | 100.0-100.0 |  | 7 | 63.0 | 21.4-100.0 |  | 8 | 65.6 | 27.3-100.0 |
| 30-44 | 7 | 48.3 | 1.1-95.5 |  | 8 | 74.2 | 42.9-100.0 |  | 15 | 61.0 | 38.4-83.6 |
| 45-69 | 19 | 59.1 | 32.9-85.4 |  | 35 | 44.9 | 25.9-63.9 |  | 54 | 50.9 | 34.3-67.6 |
| **18-69** | **27** | **57.7** | **34.0-81.3** |  | **50** | **51.4** | **34.0-68.8** |  | **77** | **53.9** | **39.8-68.0** |

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| **Analysis Information:**   * Questions used: H6, H7a, H8, H9 * Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted) |

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| 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 questions:   * Have you ever had your blood sugar 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 sugar or diabetes? * Have you ever seen a traditional healer for diabetes or raised blood sugar? * Are you currently taking any herbal or traditional remedy for your diabetes? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Seen a traditional healer for diabetes among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % seen trad. healer | 95% CI |  | n | %  seen trad. healer | 95% CI |  | n | % seen trad. healer | 95% CI |
| 18-29 | 1 | 0.0 | 0.0-0.0 |  | 7 | 64.8 | 24.5-100.0 |  | 8 | 60.3 | 20.6-100.0 |
| 30-44 | 7 | 37.3 | 0.0-86.0 |  | 8 | 24.1 | 0.0-57.4 |  | 15 | 30.9 | 1.5-60.2 |
| 45-69 | 19 | 39.0 | 10.3-67.6 |  | 35 | 21.6 | 7.3-35.8 |  | 54 | 29.0 | 15.2-42.7 |
| **18-69** | **27** | **38.0** | **13.5-62.5** |  | **50** | **28.5** | **10.8-46.2** |  | **77** | **32.3** | **19.0-45.6** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional treatment for diabetes among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |
| 18-29 | 1 | 0.0 | 0.0-0.0 |  | 7 | 57.0 | 14.5-99.5 |  | 8 | 53.1 | 11.7-94.5 |
| 30-44 | 7 | 37.3 | 0.0-86.0 |  | 8 | 12.6 | 0.0-34.7 |  | 15 | 25.2 | 0.0-52.5 |
| 45-69 | 19 | 25.9 | 5.2-46.6 |  | 35 | 14.3 | 2.0-26.6 |  | 54 | 19.2 | 7.7-30.8 |
| **18-69** | **27** | **27.8** | **9.4-46.1** |  | **50** | **20.6** | **4.6-36.5** |  | **77** | **23.5** | **12.1-34.9** |

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| **Analysis Information:**   * Questions used: H6, H7a, H10, H11 * Epi Info program name: Hdiabetestrad (unweighted); HdiabetestradWT (weighted) |

#### History of Raised Total Cholesterol

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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 469 | 99.1 | 98.1-100.0 | 0.3 | 0.0-0.7 | 0.5 | 0.0-1.4 | 0.1 | 0.0-0.3 |
| 30-44 | 451 | 98.6 | 97.5-99.6 | 0.6 | 0.0-1.2 | 0.6 | 0.0-1.3 | 0.2 | 0.0-0.7 |
| 45-69 | 506 | 96.5 | 94.2-98.8 | 2.3 | 0.4-4.3 | 0.9 | 0.0-2.3 | 0.3 | 0.0-0.6 |
| **18-69** | **1426** | **98.1** | **97.1-99.0** | **1.1** | **0.4-1.8** | **0.7** | **0.1-1.3** | **0.2** | **0.0-0.4** |

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| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| 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 | 750 | 98.1 | 96.5-99.8 | 1.7 | 0.1-3.4 | 0.1 | 0.0-0.4 | 0.0 | 0.0-0.0 |
| 30-44 | 816 | 98.0 | 96.0-99.9 | 1.3 | 0.4-2.2 | 0.6 | 0.0-1.8 | 0.1 | 0.0-0.3 |
| 45-69 | 702 | 95.1 | 92.7-97.6 | 2.5 | 0.9-4.2 | 0.9 | 0.2-1.5 | 1.5 | 0.2-2.7 |
| **18-69** | **2268** | **97.2** | **95.9-98.4** | **1.8** | **1.0-2.7** | **0.5** | **0.1-1.0** | **0.5** | **0.1-0.9** |

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| **Total cholesterol measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | |
| 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 | 1219 | 98.6 | 97.6-99.6 | 1.0 | 0.1-1.9 | 0.3 | 0.0-0.8 | 0.1 | 0.0-0.2 |
| 30-44 | 1267 | 98.2 | 97.1-99.4 | 1.0 | 0.4-1.6 | 0.6 | 0.0-1.4 | 0.2 | 0.0-0.4 |
| 45-69 | 1208 | 95.8 | 94.1-97.4 | 2.4 | 1.2-3.7 | 0.9 | 0.2-1.6 | 0.9 | 0.2-1.5 |
| **18-69** | **3694** | **97.6** | **96.8-98.4** | **1.5** | **0.9-2.0** | **0.6** | **0.2-1.0** | **0.4** | **0.1-0.6** |

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| **Analysis Information:**   * Questions used: H12, H13a, H13b * Epi Info program name: Hchol (unweighted); HcholWT (weighted) |

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

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| **Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |  | n | % taking meds | 95% CI |
| 18-29 | 2 | 0.0 | 0.0-0.0 |  | 1 | 0.0 | 0.0-0.0 |  | 3 | 0.0 | 0.0-0.0 |
| 30-44 | 4 | 0.0 | 0.0-0.0 |  | 3 | 0.0 | 0.0-0.0 |  | 7 | 0.0 | 0.0-0.0 |
| 45-69 | 4 | 0.0 | 0.0-0.0 |  | 14 | 12.1 | 0.0-32.7 |  | 18 | 8.0 | 0.0-20.7 |
| **18-69** | **10** | **0.0** | **0.0-0.0** |  | **18** | **8.5** | **0.0-23.6** |  | **28** | **4.8** | **0.0-12.4** |

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| **Analysis Information:**   * Questions used: H12, H13a, H14 * Epi Info program name: Hchol (unweighted); HcholWT (weighted) |

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| 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 questions:   * Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker? * Have you ever been told by a doctor or other health worker that you have raised cholesterol? * Have you ever seen a traditional healer for raised cholesterol? * Are you currently taking any herbal or traditional remedy for your raised cholesterol? |

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| **Seen a traditional healer for raised cholesterol among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % seen trad. healer | 95% CI |  | n | %  seen trad. healer | 95% CI |  | n | % seen trad. healer | 95% CI |
| 18-29 | 2 | 18.8 | 0.0-67.3 |  | 1 | 0.0 | 0.0-0.0 |  | 3 | 15.2 | 0.0-49.9 |
| 30-44 | 4 | 0.0 | 0.0-0.0 |  | 3 | 0.0 | 0.0-0.0 |  | 7 | 0.0 | 0.0-0.0 |
| 45-69 | 4 | 0.0 | 0.0-0.0 |  | 14 | 0.0 | 0.0-0.0 |  | 18 | 0.0 | 0.0-0.0 |
| **18-69** | **10** | **4.6** | **0.0-21.5** |  | **18** | **0.0** | **0.0-0.0** |  | **28** | **2.0** | **0.0-6.3** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |  | n | % taking trad. meds | 95% CI |
| 18-29 | 2 | 0.0 | 0.0-0.0 |  | 1 | 0.0 | 0.0-0.0 |  | 3 | 0.0 | 0.0-0.0 |
| 30-44 | 4 | 28.2 | 0.0-96.7 |  | 3 | 0.0 | 0.0-0.0 |  | 7 | 13.2 | 0.0-42.6 |
| 45-69 | 4 | 0.0 | 0.0-0.0 |  | 14 | 20.4 | 0.0-42.8 |  | 18 | 13.5 | 0.0-30.4 |
| **18-69** | **10** | **8.1** | **0.0-33.5** |  | **18** | **14.3** | **0.0-30.8** |  | **28** | **11.6** | **0.0-25.3** |

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| **Analysis Information:**   * Questions used: H12, H13a, H15, H16 * Epi Info program name: Hcholtrad (unweighted); HcholtradWT (weighted) |

#### History of Cardiovascular Diseases

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| 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 questions:   * Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)? |

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| **Having ever had a heart attack or chest pain from heart disease or a stroke** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % CVD history | 95% CI |  | n | %  CVD history | 95% CI |  | n | %CVD history | 95% CI |
| 18-29 | 469 | 12.9 | 8.9-16.9 |  | 750 | 13.0 | 10.0-15.9 |  | 1219 | 12.9 | 10.4-15.4 |
| 30-44 | 451 | 11.7 | 7.9-15.4 |  | 816 | 15.6 | 12.3-18.9 |  | 1267 | 13.9 | 11.3-16.4 |
| 45-69 | 506 | 16.4 | 12.2-20.6 |  | 702 | 20.3 | 16.5-24.1 |  | 1208 | 18.4 | 15.4-21.3 |
| **18-69** | **1426** | **13.7** | **11.2-16.3** |  | **2268** | **16.1** | **14.0-18.2** |  | **3694** | **15.0** | **13.2-16.8** |

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| **Analysis Information:**   * Question used: H17 * Epi Info program name: Hcvd (unweighted); HcvdWT (weighted) |

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| 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 questions:   * Are you currently taking aspirin regularly to prevent or treat heart disease? * Are you currently taking statins (Lovostatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease? |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking aspirin regularly to prevent or treat heart disease** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking aspirin | 95% CI |  | n | % taking aspirin | 95% CI |  | n | % taking aspirin | 95% CI |
| 18-29 | 469 | 0.9 | 0.1-1.6 |  | 750 | 1.4 | 0.2-2.5 |  | 1219 | 1.1 | 0.4-1.8 |
| 30-44 | 451 | 0.7 | 0.0-1.5 |  | 816 | 1.4 | 0.4-2.5 |  | 1267 | 1.1 | 0.4-1.8 |
| 45-69 | 506 | 2.5 | 0.7-4.2 |  | 702 | 2.5 | 1.3-3.7 |  | 1208 | 2.5 | 1.4-3.6 |
| **18-69** | **1426** | **1.4** | **0.7-2.0** |  | **2268** | **1.7** | **1.1-2.4** |  | **3694** | **1.6** | **1.1-2.1** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently taking statins regularly to prevent or treat heart disease** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % taking statins | 95% CI |  | n | % taking statins | 95% CI |  | n | % taking statins | 95% CI |
| 18-29 | 469 | 1.3 | 0.2-2.4 |  | 750 | 0.8 | 0.1-1.5 |  | 1219 | 1.1 | 0.4-1.7 |
| 30-44 | 451 | 0.7 | 0.0-1.4 |  | 816 | 1.9 | 0.8-3.1 |  | 1267 | 1.4 | 0.7-2.1 |
| 45-69 | 506 | 1.5 | 0.3-2.6 |  | 702 | 3.6 | 2.1-5.1 |  | 1208 | 2.6 | 1.6-3.5 |
| **18-69** | **1426** | **1.2** | **0.6-1.8** |  | **2268** | **2.1** | **1.4-2.7** |  | **3694** | **1.6** | **1.2-2.1** |

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| **Analysis Information:**   * Questions used: H18, H19 * Epi Info program name: Hcvdmeds (unweighted); HcvdmedsWT (weighted) |

#### Lifestyle Advice

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

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| **Advised by doctor or health worker to quit using tobacco or don’t start** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 15.3 | 9.0-21.5 |  | 451 | 18.6 | 14.1-23.2 |  | 654 | 17.3 | 13.6-21.1 |
| 30-44 | 194 | 14.1 | 9.1-19.1 |  | 479 | 16.5 | 11.9-21.1 |  | 673 | 15.7 | 12.3-19.1 |
| 45-69 | 262 | 26.2 | 17.6-34.8 |  | 405 | 15.2 | 10.8-19.5 |  | 667 | 20.2 | 15.4-25.0 |
| **18-69** | **659** | **19.2** | **14.9-23.5** |  | **1335** | **16.9** | **14.2-19.5** |  | **1994** | **17.8** | **15.4-20.1** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to reduce salt in the diet** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 18.4 | 11.4-25.4 |  | 451 | 24.1 | 18.8-29.3 |  | 654 | 21.9 | 17.5-26.3 |
| 30-44 | 194 | 16.4 | 10.5-22.2 |  | 479 | 26.0 | 20.7-31.2 |  | 673 | 22.6 | 18.6-26.7 |
| 45-69 | 262 | 24.3 | 16.9-31.6 |  | 405 | 37.9 | 31.7-44.0 |  | 667 | 31.7 | 26.8-36.5 |
| **18-69** | **659** | **20.1** | **15.9-24.3** |  | **1335** | **28.9** | **25.9-32.0** |  | **1994** | **25.4** | **22.8-28.0** |

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| **Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 41.5 | 32.7-50.4 |  | 451 | 51.4 | 45.9-57.0 |  | 654 | 47.6 | 42.8-52.4 |
| 30-44 | 194 | 41.4 | 32.7-50.1 |  | 479 | 52.8 | 47.2-58.4 |  | 673 | 48.9 | 43.8-54.0 |
| 45-69 | 262 | 43.0 | 34.8-51.2 |  | 405 | 56.3 | 50.4-62.1 |  | 667 | 50.2 | 45.0-55.5 |
| **18-69** | **659** | **42.1** | **36.8-47.4** |  | **1335** | **53.4** | **50.0-56.8** |  | **1994** | **48.9** | **45.7-52.0** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to reduce fat in the diet** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 24.4 | 14.9-33.9 |  | 451 | 27.8 | 22.3-33.3 |  | 654 | 26.5 | 21.5-31.6 |
| 30-44 | 194 | 22.5 | 15.6-29.3 |  | 479 | 29.4 | 24.4-34.5 |  | 673 | 27.0 | 23.1-31.0 |
| 45-69 | 262 | 25.2 | 18.0-32.4 |  | 405 | 36.2 | 30.0-42.4 |  | 667 | 31.2 | 26.4-36.0 |
| **18-69** | **659** | **24.2** | **19.3-29.1** |  | **1335** | **30.9** | **27.6-34.2** |  | **1994** | **28.2** | **25.3-31.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to start or do more physical activity** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 28.0 | 18.6-37.4 |  | 451 | 36.2 | 30.3-42.2 |  | 654 | 33.0 | 27.6-38.5 |
| 30-44 | 194 | 25.6 | 18.7-32.5 |  | 479 | 31.8 | 26.1-37.5 |  | 673 | 29.6 | 25.0-34.3 |
| 45-69 | 262 | 34.0 | 25.5-42.5 |  | 405 | 33.2 | 27.1-39.2 |  | 667 | 33.5 | 28.5-38.5 |
| **18-69** | **659** | **29.6** | **24.8-34.5** |  | **1335** | **33.8** | **30.2-37.4** |  | **1994** | **32.1** | **29.2-35.1** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Advised by doctor or health worker to maintain a healthy body weight or to lose weight** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 19.1 | 9.8-28.4 |  | 451 | 20.4 | 15.3-25.5 |  | 654 | 19.9 | 15.0-24.8 |
| 30-44 | 194 | 14.6 | 9.5-19.7 |  | 479 | 21.0 | 16.3-25.6 |  | 673 | 18.8 | 15.1-22.4 |
| 45-69 | 262 | 24.4 | 16.0-32.7 |  | 405 | 18.8 | 13.5-24.1 |  | 667 | 21.3 | 16.5-26.2 |
| **18-69** | **659** | **19.9** | **15.3-24.5** |  | **1335** | **20.1** | **17.1-23.1** |  | **1994** | **20.0** | **17.2-22.9** |

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| **Advised by doctor or health worker to reduce sugary beverages in diet** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % advised | 95% CI |  | n | % advised | 95% CI |  | n | % advised | 95% CI |
| 18-29 | 203 | 18.2 | 11.7-24.8 |  | 451 | 27.6 | 21.7-33.5 |  | 654 | 24.0 | 19.3-28.7 |
| 30-44 | 194 | 25.4 | 18.0-32.8 |  | 479 | 27.3 | 22.3-32.4 |  | 673 | 26.6 | 22.3-31.0 |
| 45-69 | 262 | 25.1 | 18.2-32.1 |  | 405 | 31.7 | 25.6-37.9 |  | 667 | 28.7 | 24.2-33.2 |
| **18-69** | **659** | **22.8** | **18.5-27.2** |  | **1335** | **28.8** | **25.3-32.2** |  | **1994** | **26.4** | **23.6-29.3** |

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| **Analysis Information:**   * Questions used: H20a-f * Epi Info program name: Hlifestyle (unweighted); HlifestyleWT (weighted) |

#### Cervical Cancer Screening

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

|  |  |  |  |
| --- | --- | --- | --- |
| Age Group  (years) | **Women** | | |
| n | % ever tested | 95% CI |
| 18-29 | 744 | 9.4 | 6.7-12.1 |
| 30-44 | 813 | 20.4 | 17.1-23.6 |
| 45-69 | 695 | 24.0 | 19.0-29.0 |
| **18-69** | **2252** | **17.6** | **15.3-19.8** |

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| **Analysis Information:**   * Question used: CX1 * Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted) |

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| 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:   * Have you ever had a screening test for cervical cancer, using any of these methods described above? |

|  |  |  |  |
| --- | --- | --- | --- |
| Age Group  (years) | **Women** | | |
| n | % ever tested | 95% CI |
| **30-49** | **1012** | **23.0** | **19.6-26.4** |

visue-gris-lNMH

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| **Analysis Information:**   * Question used: CX1 * Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted) |

#### Physical Measurements

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| Blood pressurevisue-gris-lNMH | Description: Mean blood pressure among all respondents, including those currently on medication for raised blood pressure.  Instrument question:   * Reading 1-3 systolic and diastolic blood pressure |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean systolic blood pressure (mmHg)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 121.6 | 120.2-123.0 |  | 749 | 113.0 | 112.0-114.1 |  | 1218 | 117.1 | 116.2-118.1 |
| 30-44 | 450 | 123.6 | 122.0-125.1 |  | 815 | 118.3 | 116.9-119.7 |  | 1265 | 120.6 | 119.5-121.8 |
| 45-69 | 506 | 127.9 | 125.6-130.3 |  | 700 | 131.0 | 128.8-133.1 |  | 1206 | 129.4 | 127.8-131.1 |
| **18-69** | **1425** | **124.3** | **123.2-125.4** |  | **2264** | **120.3** | **119.3-121.3** |  | **3689** | **122.2** | **121.5-123.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean diastolic blood pressure (mmHg)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 76.3 | 75.3-77.2 |  | 749 | 76.3 | 75.3-77.2 |  | 1218 | 76.3 | 75.6-77.0 |
| 30-44 | 450 | 82.3 | 80.9-83.6 |  | 815 | 81.5 | 80.5-82.5 |  | 1265 | 81.8 | 81.0-82.7 |
| 45-69 | 506 | 84.8 | 83.3-86.3 |  | 700 | 85.8 | 84.5-87.1 |  | 1206 | 85.3 | 84.3-86.3 |
| **18-69** | **1425** | **81.0** | **80.2-81.7** |  | **2264** | **81.0** | **80.3-81.7** |  | **3689** | **81.0** | **80.4-81.5** |

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| **Analysis Information:**   * Questions used: M4a, M4b, M5a, M5b, M6a, M6b * Epi Info program name: Mbloodpressure (unweighted); MbloodpressureWT (weighted) |

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| --- | --- |
| Raised blood pressurevisue-gris-lNMH | 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? |

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| **SBP ≥140 and/or DBP ≥ 90 mmHg** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 467 | 9.6 | 6.2-13.0 |  | 738 | 8.5 | 5.7-11.4 |  | 1205 | 9.0 | 6.6-11.4 |
| 30-44 | 441 | 23.5 | 17.1-29.8 |  | 809 | 19.9 | 15.7-24.1 |  | 1250 | 21.4 | 17.8-25.1 |
| 45-69 | 500 | 36.3 | 30.6-42.1 |  | 688 | 38.9 | 34.1-43.7 |  | 1188 | 37.6 | 33.8-41.4 |
| **18-69** | **1408** | **22.8** | **20.0-25.6** |  | **2235** | **21.7** | **19.3-24.1** |  | **3643** | **22.2** | **20.4-24.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥160 and/or DBP ≥ 100 mmHg** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 467 | 0.2 | 0.0-0.6 |  | 738 | 1.1 | 0.4-1.8 |  | 1205 | 0.6 | 0.2-1.1 |
| 30-44 | 441 | 6.2 | 3.2-9.2 |  | 809 | 5.2 | 3.3-7.2 |  | 1250 | 5.6 | 3.9-7.4 |
| 45-69 | 500 | 13.3 | 8.6-17.9 |  | 688 | 15.8 | 11.2-20.3 |  | 1188 | 14.5 | 11.2-17.8 |
| **18-69** | **1408** | **6.4** | **4.6-8.3** |  | **2235** | **7.0** | **5.3-8.6** |  | **3643** | **6.7** | **5.6-7.9** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 467 | 10.1 | 6.6-13.5 |  | 738 | 9.2 | 6.2-12.2 |  | 1205 | 9.6 | 7.2-12.1 |
| 30-44 | 441 | 23.5 | 17.1-29.8 |  | 809 | 20.6 | 16.5-24.7 |  | 1250 | 21.8 | 18.2-25.5 |
| 45-69 | 500 | 37.8 | 32.0-43.5 |  | 688 | 43.1 | 37.7-48.6 |  | 1188 | 40.5 | 36.5-44.4 |
| **18-69** | **1408** | **23.4** | **20.6-26.3** |  | **2235** | **23.5** | **20.9-26.0** |  | **3643** | **23.5** | **21.7-25.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 467 | 0.8 | 0.0-1.7 |  | 738 | 1.8 | 0.8-2.7 |  | 1205 | 1.3 | 0.7-1.9 |
| 30-44 | 441 | 6.3 | 3.3-9.3 |  | 809 | 6.7 | 4.4-8.9 |  | 1250 | 6.5 | 4.6-8.4 |
| 45-69 | 500 | 17.2 | 12.1-22.3 |  | 688 | 24.1 | 18.4-29.8 |  | 1188 | 20.6 | 16.8-24.5 |
| **18-69** | **1408** | **8.0** | **6.0-10.1** |  | **2235** | **10.3** | **8.2-12.3** |  | **3643** | **9.2** | **7.8-10.6** |

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| **Analysis Information:**   * Questions used: H1, H2a, H3, M4a, M4b, M5a, M5b, M6a, M6b, M7 * Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted) |

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| --- | --- |
| Blood pressure diagnosis, treatment and control | Description: Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure.  Instrument questions:   * 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 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| n | % with raised blood pressure, not previously diagnosed | 95% CI | % with previously diagnosed raised blood pressure, not on medication | 95% CI | % with previously diagnosed raised blood pressure, on medication but not controlled | 95% CI | % with previously diagnosed raised blood pressure, on medication and blood pressure controlled | 95% CI |
| 18-29 | 46 | 92.0 | 83.3-100.0 | 2.0 | 0.0-6.0 | 1.1 | 0.0-3.4 | 4.9 | 0.0-12.3 |
| 30-44 | 96 | 90.7 | 83.3-98.0 | 7.1 | 0.1-14.1 | 2.3 | 0.0-4.6 | 0.0 | 0.0-0.0 |
| 45-69 | 182 | 66.5 | 55.5-77.5 | 13.6 | 8.2-19.0 | 16.0 | 6.5-25.6 | 3.9 | 0.5-7.3 |
| **18-69** | **324** | **77.6** | **70.3-84.9** | **9.9** | **6.1-13.6** | **9.6** | **3.9-15.4** | **2.9** | **0.7-5.1** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % with raised blood pressure, not previously diagnosed | 95% CI | % with previously diagnosed raised blood pressure, not on medication | 95% CI | % with previously diagnosed raised blood pressure, on medication but not controlled | 95% CI | % with previously diagnosed raised blood pressure, on medication and blood pressure controlled | 95% CI |
| 18-29 | 62 | 83.9 | 73.1-94.8 | 8.6 | 0.0-17.8 | 0.0 | 0.0-0.0 | 7.5 | 0.8-14.2 |
| 30-44 | 156 | 72.0 | 62.7-81.3 | 17.6 | 9.7-25.6 | 6.9 | 0.5-13.4 | 3.4 | 0.5-6.4 |
| 45-69 | 272 | 46.2 | 38.9-53.5 | 28.1 | 21.9-34.3 | 15.9 | 10.8-21.1 | 9.8 | 5.1-14.6 |
| **18-69** | **490** | **59.2** | **53.2-65.1** | **22.2** | **17.7-26.8** | **11.0** | **7.6-14.5** | **7.6** | **4.5-10.7** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | % with raised blood pressure, not previously diagnosed | 95% CI | % with previously diagnosed raised blood pressure, not on medication | 95% CI | % with previously diagnosed raised blood pressure, on medication but not controlled | 95% CI | % with previously diagnosed raised blood pressure, on medication and blood pressure controlled | 95% CI |
| 18-29 | 108 | 88.0 | 81.0-95.0 | 5.3 | 0.3-10.3 | 0.6 | 0.0-1.7 | 6.2 | 1.1-11.3 |
| 30-44 | 252 | 80.7 | 74.4-87.1 | 12.7 | 7.2-18.2 | 4.8 | 1.1-8.5 | 1.8 | 0.2-3.4 |
| 45-69 | 454 | 55.7 | 49.3-62.0 | 21.3 | 17.2-25.4 | 16.0 | 10.6-21.4 | 7.1 | 4.0-10.1 |
| **18-69** | **814** | **67.9** | **63.1-72.6** | **16.4** | **13.5-19.3** | **10.4** | **7.1-13.6** | **5.4** | **3.4-7.3** |

**Analysis Information:**

* Questions used: H1, H2a, H3, M4a, M4b, M5a, M5b, M6a, M6b, M7
* Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

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

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| **Mean heart rate (beats per minute)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | mean | 95% CI |  | n | mean | 95% CI |  | n | mean | 95% CI |
| 18-29 | 469 | 72.2 | 70.8-73.7 |  | 749 | 82.8 | 81.6-83.9 |  | 1218 | 77.7 | 76.7-78.8 |
| 30-44 | 450 | 72.8 | 71.6-74.1 |  | 815 | 80.1 | 79.1-81.1 |  | 1265 | 76.9 | 76.0-77.8 |
| 45-69 | 506 | 73.9 | 72.5-75.3 |  | 700 | 77.5 | 76.3-78.6 |  | 1206 | 75.7 | 74.8-76.6 |
| **18-69** | **1425** | **73.0** | **72.2-73.8** |  | **2264** | **80.2** | **79.5-81.0** |  | **3689** | **76.8** | **76.2-77.4** |

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| **Analysis Information:**   * Questions used: M16a, M16b, M16c * Epi Info program name: Mheartrate (unweighted); MheartrateWT (weighted) |

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

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| **Mean height (cm)** | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 167.2 | 165.8-168.6 |  | 624 | 159.5 | 158.5-160.6 |
| 30-44 | 450 | 167.6 | 166.3-169.0 |  | 743 | 159.3 | 158.2-160.5 |
| 45-69 | 506 | 169.1 | 167.8-170.4 |  | 695 | 159.2 | 158.0-160.4 |
| **18-69** | **1425** | **168.0** | **167.2-168.7** |  | **2062** | **159.4** | **158.6-160.1** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean weight (kg)** | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 60.3 | 58.9-61.6 |  | 624 | 58.0 | 56.7-59.3 |
| 30-44 | 450 | 62.9 | 61.2-64.6 |  | 743 | 61.9 | 60.6-63.1 |
| 45-69 | 506 | 60.8 | 59.4-62.2 |  | 695 | 60.3 | 58.6-61.9 |
| **18-69** | **1425** | **61.2** | **60.3-62.2** |  | **2062** | **60.1** | **59.2-61.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean BMI (kg/m2)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 465 | 21.8 | 21.2-22.4 |  | 621 | 22.9 | 22.4-23.5 |  | 1086 | 22.4 | 21.9-22.8 |
| 30-44 | 450 | 22.6 | 21.9-23.3 |  | 736 | 24.5 | 24.0-25.1 |  | 1186 | 23.6 | 23.2-24.1 |
| 45-69 | 503 | 21.3 | 20.8-21.7 |  | 691 | 24.1 | 23.4-24.9 |  | 1194 | 22.7 | 22.2-23.2 |
| **18-69** | **1418** | **21.9** | **21.5-22.2** |  | **2048** | **23.9** | **23.5-24.3** |  | **3466** | **22.9** | **22.6-23.2** |

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| **Analysis Information:**   * Questions used: M8, M11, M12 * Epi Info program name: Mbmi (unweighted); MbmiWT (weighted) |

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| BMI categoriesvisue-gris-lNMH | Description: Percentage of respondents (excluding pregnant women) in each BMI category.  Instrument questions:   * For women: Are you pregnant? * Height * Weight |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 465 | 11.9 | 8.2-15.6 | 74.4 | 68.9-79.9 | 8.1 | 5.0-11.3 | 5.5 | 1.5-9.5 |
| 30-44 | 450 | 13.7 | 10.0-17.3 | 65.3 | 59.6-70.9 | 11.1 | 7.6-14.6 | 10.0 | 5.5-14.5 |
| 45-69 | 503 | 27.0 | 22.0-32.0 | 56.4 | 50.4-62.4 | 13.1 | 9.4-16.8 | 3.5 | 1.6-5.4 |
| **18-69** | **1418** | **17.6** | **15.0-20.1** | **65.6** | **62.1-69.0** | **10.7** | **8.7-12.7** | **6.2** | **3.9-8.5** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| 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 | 621 | 11.9 | 8.6-15.1 | 65.3 | 60.6-69.9 | 15.7 | 11.9-19.5 | 7.2 | 4.8-9.6 |
| 30-44 | 736 | 10.8 | 8.2-13.5 | 52.6 | 47.8-57.4 | 21.5 | 18.0-24.9 | 15.1 | 11.6-18.7 |
| 45-69 | 691 | 16.5 | 12.9-20.1 | 51.1 | 46.8-55.4 | 17.8 | 14.1-21.5 | 14.5 | 11.2-17.9 |
| **18-69** | **2048** | **13.1** | **11.2-15.0** | **56.3** | **53.5-59.0** | **18.4** | **16.2-20.5** | **12.3** | **10.4-14.2** |

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| **BMI classifications** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| 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 | 1086 | 11.9 | 9.4-14.5 | 70.0 | 66.3-73.7 | 11.8 | 9.0-14.5 | 6.3 | 3.9-8.7 |
| 30-44 | 1186 | 12.1 | 9.9-14.4 | 58.4 | 54.7-62.1 | 16.7 | 14.2-19.1 | 12.8 | 9.9-15.7 |
| 45-69 | 1194 | 21.8 | 18.6-25.0 | 53.8 | 50.0-57.5 | 15.4 | 12.7-18.2 | 9.0 | 6.9-11.1 |
| **18-69** | **3466** | **15.3** | **13.6-17.0** | **60.8** | **58.5-63.2** | **14.6** | **13.0-16.1** | **9.3** | **7.6-11.0** |

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| **Analysis Information:**   * Questions used: M8, M11, M12 * Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted) |

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| BMI ≥25visue-gris-lNMH | Description: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25).  Instrument questions:   * For women: Are you pregnant? * Height * Weight |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI**≥**25** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % BMI≥25 | 95% CI |  | n | % BMI≥25 | 95% CI |  | n | % BMI≥25 | 95% CI |
| 18-29 | 465 | 13.7 | 9.0-18.3 |  | 621 | 22.9 | 18.5-27.2 |  | 1086 | 18.1 | 14.7-21.5 |
| 30-44 | 450 | 21.1 | 15.6-26.6 |  | 736 | 36.6 | 32.0-41.2 |  | 1186 | 29.5 | 25.7-33.2 |
| 45-69 | 503 | 16.6 | 12.4-20.8 |  | 691 | 32.3 | 27.7-36.9 |  | 1194 | 24.5 | 21.0-27.9 |
| **18-69** | **1418** | **16.9** | **13.8-20.0** |  | **2048** | **30.7** | **27.8-33.5** |  | **3466** | **23.9** | **21.4-26.4** |

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| **Analysis Information:**   * Questions used: M8, M11, M12 * Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted) |

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| Waist circumference | Description: Mean waist circumference among all respondents (excluding pregnant women).  Instrument questions:   * For women: Are you pregnant? * Waist circumference measurement |

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| **Waist circumference (cm)** | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 75.7 | 74.4-77.0 |  | 624 | 78.6 | 77.6-79.7 |
| 30-44 | 450 | 79.5 | 78.3-80.7 |  | 743 | 83.6 | 82.6-84.7 |
| 45-69 | 506 | 80.6 | 79.6-81.7 |  | 695 | 84.8 | 83.5-86.1 |
| **18-69** | **1425** | **78.5** | **77.8-79.3** |  | **2062** | **82.4** | **81.7-83.1** |

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| **Analysis Information:**   * Questions used: M8, M14 * Epi Info program name: Mwaist (unweighted); MwaistWT (weighted) |

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| Hip circumference | Description: Mean hip circumference among all respondents (excluding pregnant women).  Instrument questions:   * For women: Are you pregnant? * Hip circumference measurement |

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| **Hip circumference (cm)** | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 88.9 | 87.4-90.3 |  | 624 | 93.2 | 92.0-94.4 |
| 30-44 | 450 | 91.5 | 90.3-92.6 |  | 743 | 96.2 | 95.1-97.3 |
| 45-69 | 506 | 90.7 | 89.7-91.7 |  | 695 | 96.3 | 95.0-97.6 |
| **18-69** | **1425** | **90.3** | **89.5-91.1** |  | **2062** | **95.2** | **94.5-96.0** |

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| **Analysis Information:**   * Questions used: M8, M15 * Epi Info program name: Mhip (unweighted); MhipWT (weighted) |

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

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean waist / hip ratio** | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 469 | 0.9 | 0.8-0.9 |  | 624 | 0.8 | 0.8-0.9 |
| 30-44 | 450 | 0.9 | 0.9-0.9 |  | 743 | 0.9 | 0.9-0.9 |
| 45-69 | 506 | 0.9 | 0.9-0.9 |  | 695 | 0.9 | 0.9-0.9 |
| **18-69** | **1425** | **0.9** | **0.9-0.9** |  | **2062** | **0.9** | **0.9-0.9** |

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| **Analysis Information:**   * Questions used: M8, M14, M15 * Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted) |

#### Biochemical Measurements

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean fasting blood glucose (mmol/L)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 446 | 4.8 | 4.7-4.9 |  | 718 | 4.9 | 4.8-5.0 |  | 1164 | 4.8 | 4.7-4.9 |
| 30-44 | 433 | 4.9 | 4.8-5.0 |  | 788 | 5.2 | 5.0-5.3 |  | 1221 | 5.0 | 5.0-5.1 |
| 45-69 | 486 | 5.3 | 5.0-5.5 |  | 684 | 5.4 | 5.3-5.6 |  | 1170 | 5.4 | 5.2-5.5 |
| **18-69** | **1365** | **5.0** | **4.9-5.1** |  | **2190** | **5.1** | **5.1-5.2** |  | **3555** | **5.1** | **5.0-5.1** |

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| **Mean fasting blood glucose (mg/dl)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 446 | 85.8 | 83.9-87.8 |  | 718 | 88.0 | 85.8-90.2 |  | 1164 | 87.0 | 85.5-88.4 |
| 30-44 | 433 | 88.4 | 86.5-90.3 |  | 788 | 92.8 | 90.9-94.7 |  | 1221 | 90.9 | 89.4-92.3 |
| 45-69 | 486 | 95.0 | 90.4-99.6 |  | 684 | 98.0 | 95.0-101.1 |  | 1170 | 96.5 | 93.7-99.4 |
| **18-69** | **1365** | **89.7** | **87.8-91.6** |  | **2190** | **92.7** | **91.2-94.2** |  | **3555** | **91.3** | **90.0-92.6** |

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| **Analysis Information:**   * Questions used: B1, B5 * Epi Info program name: * measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted) * measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted) |

|  |  |
| --- | --- |
| Raised blood glucosevisue-gris-lNMH | 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 questions:   * In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? * Are you currently taking insulin for diabetes prescribed by a doctor or other health worker? * During the last 12 hours have you had anything to eat or drink, other than water? * Blood glucose measurement * Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker? |

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **Impaired Fasting Glycaemia\*** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 446 | 3.8 | 0.1-7.6 |  | 718 | 3.3 | 1.8-4.8 |  | 1164 | 3.5 | 1.6-5.5 |
| 30-44 | 433 | 2.3 | 0.7-3.9 |  | 788 | 7.9 | 5.4-10.4 |  | 1221 | 5.5 | 3.7-7.2 |
| 45-69 | 486 | 4.7 | 2.7-6.8 |  | 684 | 6.7 | 4.7-8.8 |  | 1170 | 5.7 | 4.3-7.2 |
| **18-69** | **1365** | **3.7** | **2.1-5.3** |  | **2190** | **5.9** | **4.7-7.1** |  | **3555** | **4.9** | **3.9-5.9** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood glucose or currently on medication for diabetes\*\*** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 446 | 0.9 | 0.1-1.8 |  | 718 | 1.6 | 0.4-2.9 |  | 1164 | 1.3 | 0.5-2.1 |
| 30-44 | 433 | 1.5 | 0.5-2.5 |  | 788 | 4.1 | 1.8-6.4 |  | 1221 | 2.9 | 1.6-4.3 |
| 45-69 | 486 | 5.3 | 2.8-7.9 |  | 684 | 6.2 | 4.1-8.4 |  | 1170 | 5.8 | 4.0-7.5 |
| **18-69** | **1365** | **2.6** | **1.6-3.6** |  | **2190** | **3.9** | **2.7-5.1** |  | **3555** | **3.3** | **2.5-4.0** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Currently on medication for diabetes** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 456 | 0.3 | 0.0-0.7 |  | 724 | 0.9 | 0.0-1.9 |  | 1180 | 0.6 | 0.1-1.2 |
| 30-44 | 443 | 0.7 | 0.0-1.4 |  | 794 | 1.3 | 0.0-2.7 |  | 1237 | 1.0 | 0.2-1.9 |
| 45-69 | 497 | 2.8 | 0.8-4.9 |  | 692 | 3.1 | 1.6-4.7 |  | 1189 | 3.0 | 1.7-4.2 |
| **18-69**  \* Impaired fasting glycaemia is defined as either   * plasma venous value: ≥6.1mmol/L (110mg/dl) and <7.0mmol/L (126mg/dl) * capillary whole blood value: ≥5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl) | **1396** | **1.3** | **0.5-2.0** |  | **2210** | **1.7** | **0.9-2.5** |  | **3606** | **1.5** | **1.0-2.1** |

\*\* Raised blood glucose is defined as either

* plasma venous value: ≥ 7.0 mmol/L (126 mg/dl)
* capillary whole blood value: ≥ 6.1 mmol/L (110 mg/dl)

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| **Analysis Information:**   * Questions used: H8, H9, B1, B5, B6   Epi Info program name:   * measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted) * measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted) |

|  |  |
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| Blood glucose diagnosis and treatment | Description: Raised blood glucose diagnosis and treatment among all respondents.  Instrument questions:   * Have you ever had your blood sugar 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 sugar or diabetes? * In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? * Are you currently taking insulin for diabetes prescribed by a doctor or other health worker? * During the last 12 hours have you had anything to eat or drink, other than water? * Blood glucose measurement * Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker? |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood glucose diagnosis and treatment among all respondents** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % with raised blood glucose, not previously diagnosed | 95% CI | % with previously diagnosed raised blood glucose, not on medication | 95% CI | % with previously diagnosed raised blood glucose, on medication | 95% CI |
| 18-29 | 446 | 0.6 | 0.0-1.4 | 0.0 | 0.0-0.0 | 0.1 | 0.0-0.3 |
| 30-44 | 433 | 0.7 | 0.1-1.4 | 0.3 | 0.0-0.7 | 0.6 | 0.0-1.2 |
| 45-69 | 486 | 2.9 | 1.3-4.5 | 1.7 | 0.4-3.0 | 2.5 | 0.4-4.5 |
| **18-69** | **1365** | **1.4** | **0.8-2.1** | **0.7** | **0.2-1.1** | **1.0** | **0.3-1.8** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood glucose diagnosis and treatment among all respondents** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % with raised blood glucose, not previously diagnosed | 95% CI | % with previously diagnosed raised blood glucose, not on medication | 95% CI | % with previously diagnosed raised blood glucose, on medication | 95% CI |
| 18-29 | 718 | 0.5 | 0.0-1.2 | 0.4 | 0.0-0.8 | 0.6 | 0.0-1.4 |
| 30-44 | 788 | 2.9 | 0.9-4.8 | 0.2 | 0.0-0.5 | 0.7 | 0.0-1.3 |
| 45-69 | 684 | 3.1 | 1.6-4.5 | 2.6 | 1.1-4.0 | 2.4 | 1.1-3.8 |
| **18-69** | **2190** | **2.1** | **1.1-3.1** | **1.0** | **0.5-1.5** | **1.2** | **0.6-1.8** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Raised blood glucose diagnosis and treatment among all respondents** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % with raised blood glucose, not previously diagnosed | 95% CI | % with previously diagnosed raised blood glucose, not on medication | 95% CI | % with previously diagnosed raised blood glucose, on medication | 95% CI |
| 18-29 | 1164 | 0.6 | 0.1-1.1 | 0.2 | 0.0-0.4 | 0.4 | 0.0-0.8 |
| 30-44 | 1221 | 1.9 | 0.8-3.1 | 0.3 | 0.0-0.5 | 0.6 | 0.2-1.1 |
| 45-69 | 1170 | 3.0 | 1.9-4.1 | 2.1 | 1.2-3.1 | 2.5 | 1.3-3.6 |
| **18-69** | **3555** | **1.8** | **1.2-2.4** | **0.8** | **0.5-1.2** | **1.1** | **0.7-1.6** |

**Analysis Information:**

* Questions used: H6, H7a, H8, H9, B1, B5, B6
* Epi Info program name:
* measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
* measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean total cholesterol (mmol/L)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 453 | 2.8 | 2.7-2.9 |  | 717 | 3.2 | 3.1-3.3 |  | 1170 | 3.0 | 2.9-3.1 |
| 30-44 | 438 | 3.1 | 3.0-3.2 |  | 781 | 3.3 | 3.2-3.4 |  | 1219 | 3.2 | 3.1-3.3 |
| 45-69 | 493 | 3.1 | 3.0-3.2 |  | 684 | 3.7 | 3.5-3.8 |  | 1177 | 3.4 | 3.3-3.5 |
| **18-69** | **1384** | **3.0** | **3.0-3.1** |  | **2182** | **3.4** | **3.3-3.4** |  | **3566** | **3.2** | **3.1-3.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean total cholesterol (mg/dl)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 453 | 108.7 | 105.9-111.5 |  | 717 | 122.7 | 118.3-127.1 |  | 1170 | 116.0 | 113.1-118.9 |
| 30-44 | 438 | 119.2 | 115.7-122.7 |  | 781 | 126.3 | 122.9-129.7 |  | 1219 | 123.1 | 120.4-125.9 |
| 45-69 | 493 | 121.0 | 117.8-124.2 |  | 684 | 141.4 | 135.2-147.6 |  | 1177 | 131.2 | 127.3-135.1 |
| **18-69** | **1384** | **116.0** | **114.1-117.9** |  | **2182** | **129.7** | **126.9-132.5** |  | **3566** | **123.2** | **121.2-125.2** |

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| **Analysis Information:**   * Questions used: B8 * Epi Info program name: * measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted) * measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted) |

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| Raised total cholesterolvisue-gris-lNMH | Description: Percentage of respondents with raised total cholesterol.  Instrument questions:   * Total cholesterol measurement |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 453 | 0.7 | 0.0-1.4 |  | 717 | 3.1 | 1.0-5.2 |  | 1170 | 1.9 | 0.7-3.1 |
| 30-44 | 438 | 2.3 | 0.9-3.8 |  | 781 | 5.0 | 3.0-7.1 |  | 1219 | 3.8 | 2.5-5.2 |
| 45-69 | 493 | 2.9 | 1.4-4.4 |  | 684 | 11.7 | 7.4-15.9 |  | 1177 | 7.3 | 4.9-9.6 |
| **18-69** | **1384** | **1.9** | **1.2-2.7** |  | **2182** | **6.4** | **4.8-8.0** |  | **3566** | **4.3** | **3.4-5.2** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 453 | 0.4 | 0.0-1.0 |  | 717 | 1.3 | 0.0-3.0 |  | 1170 | 0.9 | 0.0-1.8 |
| 30-44 | 438 | 0.1 | 0.0-0.3 |  | 781 | 0.0 | 0.0-0.0 |  | 1219 | 0.1 | 0.0-0.1 |
| 45-69 | 493 | 0.3 | 0.0-0.7 |  | 684 | 2.3 | 0.5-4.0 |  | 1177 | 1.3 | 0.4-2.2 |
| **18-69** | **1384** | **0.3** | **0.0-0.6** |  | **2182** | **1.1** | **0.4-1.9** |  | **3566** | **0.7** | **0.3-1.2** |

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| **Analysis Information:**   * Questions used: B8 * Epi Info program name: * measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted) * measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted) |

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 453 | 0.7 | 0.0-1.5 |  | 717 | 3.1 | 1.0-5.2 |  | 1170 | 2.0 | 0.8-3.2 |
| 30-44 | 438 | 2.3 | 0.9-3.8 |  | 781 | 5.0 | 3.0-7.1 |  | 1219 | 3.8 | 2.5-5.2 |
| 45-69 | 493 | 3.3 | 1.7-5.0 |  | 684 | 12.1 | 7.8-16.3 |  | 1177 | 7.7 | 5.3-10.2 |
| **18-69** | **1384** | **2.1** | **1.3-2.9** |  | **2182** | **6.5** | **4.9-8.2** |  | **3566** | **4.4** | **3.5-5.4** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 453 | 0.4 | 0.0-1.1 |  | 717 | 1.3 | 0.0-3.0 |  | 1170 | 0.9 | 0.0-1.8 |
| 30-44 | 438 | 0.1 | 0.0-0.3 |  | 781 | 0.0 | 0.0-0.0 |  | 1219 | 0.1 | 0.0-0.1 |
| 45-69 | 493 | 0.7 | 0.0-1.5 |  | 684 | 2.7 | 0.8-4.5 |  | 1177 | 1.7 | 0.5-2.9 |
| **18-69** | **1384** | **0.4** | **0.1-0.8** |  | **2182** | **1.3** | **0.5-2.1** |  | **3566** | **0.9** | **0.4-1.4** |

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| **Analysis Information:**   * Questions used: B8, B9 * Epi Info program name: * measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted) * measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted) |

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| Introduction to intake of salt per day | Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate population 24 hour salt intake, using the INTERSALT equation:  Estimated 24 hour sodium (Na) intake in mmol for males: 23.51+0.45\*spot Na concentration (mmol/L) -3.09\*spot creatinine concentration (mmol/L)+4.16\*BMI+0.22\*Age  Estimated 24 hour sodium (Na) intake in mmol for females: 3.74+0.33\* spot Na concentration (mmol/L)-2.44\* spot creatinine concentration (mmol/L)+2.42\* BMI +2.34\* Age -0.03\* Age ^2  The 24 hour sodium values in mmol are divided by 17.1 in order to get grams of salt. |

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| WHO recommen-dation | The WHO recommendation is less than 5 grams of salt or 2 grams of sodium per person per day. |

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean salt intake (g/day)** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | Mean | 95% CI |  | n | Mean | 95% CI |  | n | Mean | 95% CI |
| 18-29 | 173 | 4.7 | 4.5-4.9 |  | 245 | 5.2 | 5.0-5.3 |  | 418 | 4.9 | 4.8-5.1 |
| 30-44 | 198 | 5.2 | 4.9-5.6 |  | 324 | 6.0 | 5.8-6.2 |  | 522 | 5.6 | 5.5-5.8 |
| 45-69 | 230 | 5.6 | 5.4-5.8 |  | 283 | 5.7 | 5.5-6.0 |  | 513 | 5.7 | 5.5-5.9 |
| **18-69** | **601** | **5.2** | **5.1-5.4** |  | **852** | **5.7** | **5.5-5.8** |  | **1453** | **5.4** | **5.3-5.6** |

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| **Analysis Information:**   * Questions used: M8, B10, B14, B15 * Epi Info program name: Bsalt (unweighted); BsaltWT (weighted) |

#### Cardiovascular disease risk

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| CVD risk | Description: 10-year cardiovascular disease (CVD) risk\* among respondents aged 40-69 years  Instrument questions: combined from Step 1, 2 and 3   * Gender, age * Smoking status * Systolic blood pressure measurements * History of diabetes * Total cholesterol measurements * Body mass index |

|  |  |  |  |  |  |  |  |
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| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | <10% | 95% CI | 10-20% | 95% CI | ≥20% | 95% CI |
| 40-54 | 386 | 100.0 | - | 0 | - | 0 | - |
| 55-69 | 228 | 83.5 | 76.4-88.8 | 16.3 | 11.3-23.4 | 0.2 | - |
| **40-69** | **614** | **93.9** | **91.1-95.9** | **6.0** | **4.0-8.9** | **0.1** | - |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | <10% | 95% CI | 10-20% | 95% CI | ≥20% | 95% CI |
| 40-54 | 568 | 100.0 | - | 0 | - | 0 | - |
| 55-69 | 327 | 93.0 | 87.3-96.3 | 6.9 | 3.6-12.7 | 0.1 | - |
| **40-69** | **895** | **97.5** | **95.298.7** | **2.5** | **1.3-4.7** | **0** | **-** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of respondents by level of 10-year CVD risk** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | <10% | 95% CI | 10-20% | 95% CI | ≥20% | 95% CI |
| 40-54 | 954 | 1 | - | 0 | - | 0 | - |
| 55-69 | 555 | 88.3 | 84.0-91.6 | 11.5 | 8.3-15.8 | 0.1 | - |
| **40-69** | **1509** | **95.7** | **94.1-96.9** | **4.2** | **3.0-5.9** | **0.1** | **-** |

\* 10-year CVD risk is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

|  |
| --- |
| **Analysis Information:**   * Questions used: C1, C2, C3, T1, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B8 * Epi Info program name: Please contact the STEPS team. |

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| --- | --- |
| 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 questions: combined from Step 1, 2 and 3   * 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** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 40-54 | 387 | 15.6 | 11.5-20.7 |  | 569 | 21.3 | 17.3-25.9 |  | 956 | 18.5 | 15.4-22.0 |
| 55-69 | 228 | 16.0 | 10.8-23.1 |  | 327 | 20.4 | 15.7-26.1 |  | 555 | 18.2 | 14.6-22.6 |
| **40-69** | **615** | **15.7** | **12.4-19.7** |  | **896** | **21.0** | **17.7-24.6** |  | **1511** | **18.4** | **15.8-21.3** |

\* A 10-year CVD risk of ≥20% is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

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| **Analysis Information:**   * Questions used: C1, C2, C3, T1, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B8 * Epi Info program name: Please contact the STEPS team. |

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| Drug therapy and counseling for those with CVD risk ≥20% or existing CVDvisue-gris-lNMH | 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 questions: combined from Step 1, 2 and 3   * Gender, age * Smoking status * Systolic blood pressure measurements * History of diabetes * Total cholesterol measurements * Body mass index |

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| **Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 40-54 | 61 | 13.1 | - |  | 115 | 11.0 | 6.2-18.7 |  | 176 | 11.8 | 7.0-19.4 |
| 55-69 | 32 | 18.4 | - |  | 68 | 20.4 | 10.1-36.8 |  | 100 | 19.5 | 10.2-34.1 |
| **40-69** | **93** | **15.1** | **-** |  | **183** | **14.3** | **9.2-21.6** |  | **276** | **14.6** | **9.6-21.6** |

\* A 10-year CVD risk of ≥20% is defined according to age, sex, smoking status, blood pressure, history of diabetes, total cholesterol, and body mass index.

\*\*Counseling is defined as receiving advice from a doctor or other health worker to quit using tobacco or not start, reduce salt in diet, eat at least five servings of fruit and/or vegetables per day, reduce fat in diet, start or do more physical activity, maintain a healthy body weight or lose weight.

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| **Analysis Information:**   * Questions used: C1, C2, C3, T1, T8, T10, T11a-c, H6, H7a, H8, H9, H13a, H14, H17, H18, H19, H20a-f, M4a, M5a, M6a, M7, B1, B8 * Epi Info program name: Please contact the STEPS team. |

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#### Summary of Combined Risk Factors

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| Summary of Combined Risk Factors | Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors:   * 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).   Instrument questions: combined from Step 1 and Step 2 |

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| **Summary of Combined Risk Factors** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 834 | 6.7 | 4.4-8.9 | 87.0 | 83.9-90.2 | 6.3 | 3.9-8.7 |
| 45-69 | 461 | 2.4 | 0.7-4.0 | 83.2 | 79.0-87.3 | 14.5 | 10.5-18.5 |
| **18-69** | **1295** | **5.2** | **3.6-6.8** | **85.7** | **83.1-88.3** | **9.1** | **7.0-11.2** |

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| **Summary of Combined Risk Factors** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 1233 | 6.2 | 4.5-7.9 | 85.2 | 82.6-87.8 | 8.6 | 6.4-10.8 |
| 45-69 | 635 | 4.0 | 2.2-5.8 | 78.8 | 74.4-83.2 | 17.2 | 12.9-21.5 |
| **18-69** | **1868** | **5.5** | **4.2-6.7** | **83.1** | **80.7-85.4** | **11.5** | **9.4-13.5** |

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| **Summary of Combined Risk Factors** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 2067 | 6.4 | 5.0-7.8 | 86.1 | 84.1-88.1 | 7.5 | 5.8-9.1 |
| 45-69 | 1096 | 3.2 | 2.0-4.4 | 81.0 | 77.8-84.1 | 15.8 | 12.8-18.9 |
| **18-69** | **3163** | **5.3** | **4.3-6.4** | **84.4** | **82.7-86.1** | **10.3** | **8.8-11.8** |

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| **Analysis Information:**   * Questions used: T1, T2, D1-D4, P1-P15b, M4a-M6b, M7, M8, M11, M12 * Epi Info program name: Raisedrisk (unweighted); RaisedriskWT (weighted) |

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