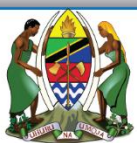




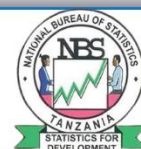
UNITED REPUBLIC OF TANZANIA

Country Report

Non-communicable Disease Risk Factors (STEPS) Survey 2023



**World Health
Organization**





Non-communicable Disease Risk Factors (STEPS) Survey 2023

Country Report

Ministry of Health Mainland

Ministry of Health Zanzibar

National Institute for Medical Research

Office of the Government Statistician Zanzibar

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Table of Contents

Table of Contents	iii
List of tables.....	vii
List of Figures	xi
Foreword.....	xv
Acknowledgements	xvii
Executive summary	xix
List of abbreviations	xxii
STEPS Survey 2023 implementation	24
Roles and Responsibilities of STEPS Stakeholders	24
The Ministry of Health, Tanzania Mainland and the Ministry of Health, - Zanzibar:	24
National Institute for Medical Research (NIMR).....	25
National Bureau of Statistics (NBS).....	25
Office of Chief Government Statistician (OCGS), Zanzibar	25
Zanzibar Health Research Institute (ZAHRI)	26
Other institutions	26
Survey Operations and Fieldwork	26
Main Training and Pretest.....	26
Capacity Building	27
Survey advocacy and dissemination plan.....	28
Survey Advocacy plan	28
Results Dissemination Plan.....	28
STEPS survey Technical and Steering Committees	29
STEPS Survey Steering Committee Members	29
STEPS Technical Committee Members	30
Introduction.....	32
Background.....	32
Survey Objectives and Scope	34
Objectives.....	34
Broad objective.....	34
Specific Objectives	34

Scope.....	35
Methods.....	35
Study design and settings.....	35
Survey population.....	35
Sampling	36
Data collection tools and methods.....	38
Data management and analysis	39
Study Quality Control Measures	40
Ethical consideration.....	40
Results.....	42
Sampling and Response Proportions	42
Demographic Information Results.....	42
Age and Sex of Respondents.....	42
Education.....	43
Marital status	44
Employment status.....	45
STEP 1: Behavioural Risk Factors	47
Tobacco Use	47
Former daily smokers and former smokers.....	52
Smokeless tobacco use.....	55
Overall Current tobacco users (daily plus non-daily).....	61
Tobacco use and urine cotinine	63
Alcohol Consumption	66
Diet.....	80
Salt Consumption	84
Physical Activity.....	87
History of Raised Blood Pressure.....	92
History of Diabetes	94
Blood sugar measurement and diagnosis	94
History of Raised Total Cholesterol	96
History of Cardiovascular Diseases.....	98
Lifestyle Advice	99
STEP 2: Physical measurements	105

Blood pressure	105
Population Mean height, weight, and body mass index.....	111
Waist and hip circumference	114
STEP 3: Biochemical Measurements.....	117
Blood Glucose (mmol/L)	117
Total Cholesterol (mmol/L)	120
Salt Consumption	122
Cardiovascular disease risk	123
Summary of combined risk factors.....	125
Mental Health	128
Percentage of population with depressive episodes in the past 12 months.....	128
Percentage population with depressive symptoms and having taken medications	128
Percentage of the population having taken minimally adequate treatment [MAT] (medications)	129
Percentage population that had received psychological therapy/counselling sessions among those with depressive symptoms	129
Percentage having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions)	130
Percentage population having received professional help	131
Oral Health	133
Having natural teeth.....	133
The percentage of the population experienced oral pain or discomfort in the past 12 months	133
Percentage population reporting seeing a dentist during the past 12 months	134
The percentage of the population never received dental care	135
Main reason for last visit to the dentist.....	135
Percent of population reporting teeth at least once a day	136
Percent population reporting use of toothpaste to clean teeth.....	136
Percent population using various tools to clean teeth.....	137
Percent population reported having difficulty in chewing foods or speech/trouble pronouncing words during the past 12 months	138
Percent population reporting feeling tense, embarrassed or avoided smiling because of problems with teeth or mouth during the past 12 months.....	138

The percentage of the population reported sleep interruption, not at work and having difficulty doing usual activities due to tooth problem during the past 12 months	139
Percent population reported being less tolerant of spouses or people close to them or reduced participation in social activities during the past 12 months	140
Injuries and Violence	142
Percent of Drivers or passengers in the population not always using seatbelt.....	142
Motorcyclist (driver or passenger) not always using helmet	142
Percent population reporting a history of involvement in a road traffic crash in the past 12 months.....	143
The percentage of population experiencing serious injuries among those involved in a road traffic crash.....	144
Percent population reporting unintentional Injuries (non-road traffic related)	144
Reported causes of Unintentional Injuries (non-road traffic related).....	145
Location of Unintentional Injuries (non-road traffic related)	146
Discussions, Conclusion and Recommendations of STEPS Survey 2023	149
Discussion	149
Conclusions and Recommendations	158
References	159
Appendices.....	162
Appendix 1	163
Appendix 1.1 Data collection team.....	163
Appendix 2 Fact sheets.....	165
Appendix 2.1 Fact Sheet STEPS survey Tanzania 2023	165
Appendix 2.2 Fact sheet STEPS survey Tanzania Mainland 2023	169
Appendix 2.3 Fact sheet STEPS survey Zanzibar 2023	173
Appendix 2.4 Fact sheet STEPS survey Tanzania Mainland 2023 comparisons with STEPS 2012	177
Appendix 2.5 Fact STEPS survey Zanzibar 2023 comparison with STEPS 2011.....	183
Appendix 3	186
Appendix 3.1 Data book STEPS Survey 2023 Tanzania	186

List of Tables

Table 1	Summary information by age group and sex of the population.	41
Table 2	Mean number of years of education among population for the Tanzania STEPS survey 2023.	42
Table 3	Marital status of survey population of the Tanzania 2023 STEPS survey.	43
Table 4	Proportion of Tanzanians in paid employment and those who are unpaid in the 2023 STEPS Survey	44
Table 5	Percentage of current daily smokers among smokers aged 18 to 69 years by sex in Tanzania	48
Table 6	Percentage of current daily smokers among smokers among Tanzanian population aged 18 to 69 years	49
Table 7	Mean number of years since smoking cessation by age and sex categories	52
Table 8	Exposed to second-hand smoke in home during the past 30 days	61
Table 9	Percentage of population with positive urine cotinine 200 ng/mL test	62
Table 10	Percentage of population with positive urine cotinine 10 ng/mL test	62
Table 11	Reported tobacco use vs urine cotinine test results (Men)	63
Table 12	Reported tobacco use vs urine cotinine test results (Women)	63
Table 13	Reported tobacco use vs urine cotinine test results (Both sexes)	63
Table 14	Alcohol consumption status of the population (both sexes)	65
Table 15	Participants Stopping drinking due to health reasons	66
Table 16	Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers	67
Table 17	Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers	68
Table 18	Population drinking at the high-end level	68
Table 19	Population drinking at intermediate level	69
Table 20	Population drinking at a lower-end level	70
Table 21	Largest number of drinks consumed during a single occasion in the past 30 days among current drinkers	70
Table 22	Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers	76
Table 23	Percentage of unrecorded alcohol from all alcohol consumed during past 7 days	77
Table 24	Unrecorded alcohol consumption during the past 7 days by type	77
Table 25	Unrecorded alcohol consumption during the past 7 days by type	78
Table 26	Unrecorded alcohol consumption during the past 7 days by type	78
Table 27	Mean number of days fruit consumed in a typical week	79

List of Tables

Table 28	Mean number of days vegetables consumed in a typical week	79
Table 29	Mean number of servings of fruit and/or vegetables on average per day	80
Table 30	Number of servings of fruit and/or vegetables on average per day	81
Table 31	The population that consume less than five servings of fruit and/or vegetables on average per day	82
Table 32	The population that add salt always or often before eating or when eating	83
Table 33	Population that always or often consumes processed food high in salt	84
Table 34	Self-reported quantity of salt consumed	84
Table 35	Not meeting WHO recommendations on physical activity for health	86
Table 36	Mean minutes of total physical activity on average per day	88
Table 37	Percent population currently taking oral treatment (medication) prescribed for raised total cholesterol	96
Table 38	Percent population that have seen a traditional healer for raised cholesterol among those previously diagnosed	96
Table 39	Percent population currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed	96
Table 40	Percentage of population with a previous history of cardiovascular diseases	97
Table 41	Percentage who received lifestyle advice to quit using tobacco or not to start during the past three years	98
Table 42	Percent population advised by doctor or health worker to reduce salt in the diet	99
Table 43	Percent population advised to eat at least five servings of fruit and/or vegetables each day	99
Table 44	Percent population advised to reduce dietary fat intake	100
Table 45	Percent population advised to start or do more physical activity	100
Table 46	Percent population advised to maintain a healthy body weight	100
Table 47	Percent population advised to reduce sugary beverages in diet	101
Table 48	Percentage of population (excluding pregnant women) classified as overweight (BMI $\geq$ 25)	112
Table 49	Mean waist circumference by age and sex	113
Table 50	Mean hip circumference by age and sex	114
Table 51	Mean waist-to-hip ratio by age and sex	114
Table 52	Mean fasting blood glucose among adults aged 18 to 69 in Tanzania	116
Table 53	Percentage population with impaired fasting glycemia	117
Table 54	Percentage population with raised blood glucose or currently on medication for diabetes	117
Table 55	Percentage population currently on medication for diabetes	118
Table 56	Raised blood glucose diagnosis and treatment in the population	118

List of Tables

Table 57	Mean total cholesterol by age and sex	119
Table 58	Total cholesterol ≥ 5.0 mmol/L or currently on medication for raised cholesterol	121
Table 59	Total cholesterol ≥ 6.2 mmol/L or currently on medication for raised cholesterol	121
Table 60	The population mean salt intake (g/day)	121
Table 61	Percentage of population with a 10-year CVD risk $\geq 20\%$ or with existing CVD	123
Table 62	Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes	123
Table 63	Percentage of population with depressive episode in the past 12 months	127
Table 64	Percentage population having taken medications	128
Table 65	Percentage of population receiving minimally adequate treatment (medications)	128
Table 66	Percentage receiving psychological therapy or counselling	129
Table 67	Percentage receiving minimally adequate treatment (psychological therapy/counselling)	129
Table 68	Percentage having received professional help	130
Table 69	Percentage having received minimally adequate treatment (any)	130
Table 70	Percentage of drivers/passengers not always using a seatbelt in past 30 days	141
Table 71	Percentage of motorcyclists not always wearing a helmet in past 30 days	142
Table 72	Percentage of people seriously injured in a road traffic crash needing medical attention in the past 12 months	143

List of Figures

Figure 1	2023 STEPS Survey response rate in STEP 1, 2 and 3	42
Figure 2	Highest level of education achieved by the population of the Tanzania 2023 STEPS survey	44
Figure 3	Prevalence of current smokers by gender and age group among population aged 18 to 69 years	47
Figure 4	Proportion of daily and former smokers in the Tanzanian population aged 18 to 69 years by sex	48
Figure 5	Proportion of non-smokers by age and sex in the Tanzanian population aged 18 to 69 by sex	48
Figure 6	Percentage of daily male smokers aged 18 to 69 in the population smoking given quantities of manufactured or hand-rolled cigarettes per day	51
Figure 7	Former daily smokers (who don't smoke currently) among all population aged 18 to 69 years	52
Figure 8	Former daily smokers (who don't smoke currently) among ever-daily smokers	53
Figure 9	Percentage of current smokers who have tried to stop smoking during the past 12 months	54
Figure 10	Percentage of current smokers advised by health worker to stop smoking (last 12 months)	55
Figure 11	Percentage of current users of smokeless tobacco among all population aged 18 to 69 years by sex	55
Figure 12	Former daily smokeless tobacco users (not current users) among all population	56
Figure 13	Former daily smokeless tobacco users (not current users) among ever-daily users	57
Figure 14	Mean times per day smokeless tobacco used by daily both sexes users by type	57
Figure 15	Mean times per day smokeless tobacco used by daily both sexes users by type	58
Figure 16	Mean times per day smokeless tobacco used by daily male users by type	58
Figure 17	Mean times per day smokeless tobacco used by daily female users by type	58
Figure 18	Percentage of current male users of smokeless tobacco using each product	59
Figure 19	Percentage of current female users of smokeless tobacco using each product	60
Figure 20	Percentage of both sexes using smokeless tobacco products	60
Figure 21	Percentage of current tobacco users (smoking + smokeless)	61
Figure 22	Percentage of daily tobacco users	61
Figure 23	Percentage exposed to second-hand smoke in workplace (past 30 days)	62
Figure 24	Alcohol consumption status	66
Figure 25	Frequency of alcohol consumption in past 12 months (ages 18–69)	67
Figure 26	Mean number of drinking occasions (past 30 days)	68

List of Figures

Figure 27	Population drinking at the high-end level	69
Figure 28	Population drinking at intermediate level	70
Figure 29	Population drinking at a lower-end level	71
Figure 30	Largest number of drinks in a single occasion (past 30 days)	72
Figure 31	Six or more drinks on one occasion (heavy episodic drinking)	72
Figure 32	Mean times with 6+ drinks per occasion (past 30 days)	73
Figure 33	Frequency of alcohol consumption (past 7 days)	73
Figure 34	Mean number of standard drinks per day (past 7 days)	74
Figure 35	Consumption of unrecorded alcohol	74
Figure 36	Standard drinks of unrecorded alcohol per day (past 7 days)	75
Figure 37	Inability to stop drinking once started (past 12 months)	76
Figure 38	Failing to meet expectations due to drinking (past 12 months)	76
Figure 39	Family/partner problems due to someone else's drinking	77
Figure 40	Number of servings of fruit/vegetables per day	82
Figure 41	Population consuming <5 servings of fruits/vegetables per day	83
Figure 42	Population adding salt before/during eating	84
Figure 43	Population who believe lowering salt is important	86
Figure 44	Mean minutes of total physical activity per day	88
Figure 45	Population by physical activity categories	88
Figure 46	Minutes spent on work/transport/recreation physical activity	89
Figure 47	Population doing no physical activity in any domain	90
Figure 48	Contribution of work/transport/recreation to total activity	91
Figure 49	Population not engaging in vigorous activity	91
Figure 50	Blood pressure measurement and diagnosis	92
Figure 51	Currently taking BP medication among diagnosed	93
Figure 52	Seen traditional healer among diagnosed	93
Figure 53	Using herbal/traditional remedy for high BP	94
Figure 54	Blood sugar measurement and diagnosis	95
Figure 55	Total cholesterol measurement and diagnosis	96
Figure 56	Population with history of CVD and on CVD therapy	98
Figure 57	Women screened for cervical cancer (ages 18–69)	103
Figure 58	Mean systolic blood pressure	105
Figure 59	Mean diastolic blood pressure	106
Figure 60	Prevalence of SBP ≥ 140 or DBP ≥ 90 mmHg	107
Figure 61	Prevalence of severe hypertension	107
Figure 62	Prevalence of raised BP or on medication	108
Figure 63	Prevalence of SBP ≥ 160 or DBP ≥ 100 mmHg or on medication	109

List of Figures

Figure 64	Hypertension care cascade	109
Figure 65	Hypertension care cascade by age and sex	110
Figure 66	Mean heart rate (bpm)	110
Figure 67	Mean height (cm) by age and sex	111
Figure 68	Mean height (cm) by age and sex	112
Figure 69	BMI classifications by age and sex	112
Figure 70	BMI classification by age and sex (both sexes)	113
Figure 71	Diabetes care cascade	120
Figure 72	Cholesterol ≥ 5.0 mmol/L by age and sex	121
Figure 73	Percent 10-year cardiovascular risk	123
Figure 74	Population with 0, 1–2, or 3–5 combined risk factors	125
Figure 75	Population with natural teeth	133
Figure 76	Oral pain/discomfort prevalence	134
Figure 77	Seen dentist in past 12 months	134
Figure 78	Never received dental care	135
Figure 79	Reason for last dental visit	135
Figure 80	Cleaning teeth at least once or twice a day	136
Figure 81	Use of toothpaste among those who clean teeth	137
Figure 82	Tools used to clean teeth	137
Figure 83	Difficulty chewing/speaking due to teeth	138
Figure 84	Feeling tense/embarrassed about mouth issues	139
Figure 85	Sleep/work/daily activity affected by oral issues	140
Figure 86	Social impact of oral problems	140
Figure 87	Involvement in road traffic crash (past 12 months)	143
Figure 88	Injured in non-road accident needing care	145
Figure 89	Causes of serious non-road injuries	146
Figure 90	Location of serious accidental injuries	147

Foreword

The ministries of Health both Tanzania Mainland and Zanzibar are charged with improving the health and welfare of all Tanzania citizens. In considering the high burden of non-communicable diseases which are lifestyle and preventable diseases, the Ministries in collaboration with partners have been conducting STEPS survey to understand the prevalence and pattern of the non-communicable diseases.

The trend of non-communicable disease poses a bottleneck towards achieving the Sustainable Development Goal 3 target 3.4, which is aimed at reducing mortality from NCD by one-third by 2030. The effects of NCDs especially in the sub-Saharan Africa have been tremendously increasing higher than previously predicted. The mortality from NCD Worldwide in 1990 was 18.7 Million death and was expected to double to 36.6 Million death by 2020 but surprisingly in 2016 mortality was already 40.1 Million, by this trend it is obvious that urgent interventions need to be emphasized to combat the situation.

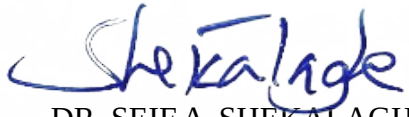
WHO recommends that each country perform a STEPS Survey which is a stepwise approach to risk factors surveillance involving a standardized method of collecting, analysing, and disseminating data on key NCD risk factors in a country. STEPS information is useful for monitoring Country NCD trends but also in making comparison across Countries. The Survey instrument covers key behavioural risk factors: tobacco use, alcohol use, physical inactivity, and unhealthy diet, Key biological risk factors include: Overweight and Obesity, raised blood pressure, raised blood sugar and abnormal blood lipids, but the survey can be expanded to include Oral health, sexual health, and road safety.

The Government of Tanzania has been working with WHO and in conducting STEPS survey as a way of improving indicators for NCDs and attain National goals and targets as well as the sustainable development goals. It is important to know that by working together we can achieve our unified vision of all Tanzanians living healthy and productive lives.

The last conducted STEPS Survey in Tanzania was in 2011 and 2012 done in Zanzibar and Tanzania mainland, respectively. The survey indicated that prevalence of NCDs and related risk factors such as raised blood pressure, obesity, unhealthy eating habits, raised cholesterol, smoking and alcohol consumption were evident.

The results of this survey 2022/2023 has demonstrated that the prevalence of NCDs and the risks of developing NCD both behavioural and biological although we have made slight progress in some areas, are still high coupled with low level of NCD awareness among the Tanzanian population.

The result from this survey provides a benchmark of our progress as a country in tackling non communicable diseases. I urge policy makers and development and implementing partners to use this report to identify priority areas for further investments. There is need to continue educating the community on the various NCD risk factors and how they can prevent NCDs by taking individual and community actions with the support of service providers.



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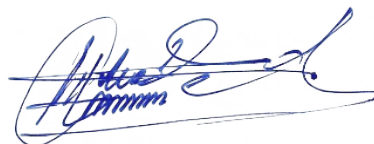
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Executive summary

Tanzania STEPS Survey 2023

The Tanzania STEPS survey on non-communicable disease (NCD) risk factors was conducted from September to November 2023. This comprehensive survey aimed to assess the health status of Tanzanian adults aged 18-69 years through three main steps: socio-demographic and behavioral information collection, physical measurements (height, weight, and blood pressure), and biochemical measurements to assess blood glucose and cholesterol levels. Utilizing a multistage cluster sample design, the survey achieved an overall response rate of 82.5% with 3,565 participants.

Below is a summary of the key findings:

Tobacco use: Report showed 9.9% of adults currently smoke, with a higher prevalence among males (19.8%) compared to females (0.8%). Additionally, 8.3% of adults smoke daily, primarily using manufactured cigarettes, and the average age of starting smoking is 21.9 years.

Alcohol consumption: Results showed 58.4% of adults are lifetime abstainers, with females (68.3%) abstaining more than males (47.8%). Currently, 19.4% of adults drink alcohol, and 8.4% engage in heavy episodic drinking.

The survey also highlighted concerning dietary habits, with 92.4% of adults consuming less than the recommended five servings of fruits and vegetables per day. On average, adults consume fruit 2.8 days per week and have 1.3 servings of vegetables daily. Additionally, 19.6% of adults always or often add salt or salty sauce to their food, and 10.8% frequently consume processed foods high in salt.

Physical activity: Data indicated that only 1.9% of adults have insufficient activity levels, with a median daily activity time of 274.3 minutes. Moreover, 34.5% of adults do not engage in vigorous physical activity. On an average, total activity time for individuals in the population was 332.5 minutes and the amount of time for women (317.6 minutes) was significantly lower than men (383.2 minutes). The population spent most of the time (240.5 minutes) for work related activity, around 73.1 minutes for travel and least time (17.9 minutes) for leisure time activity. There was only slight difference in work related and transport related activities between men and women whereas the mean minutes of recreation-related physical activity per day was almost six times higher among men than women.

Cervical cancer screening: Regarding cervical cancer screening, report showed that, 13.7% of women aged 30-49 have undergone cervical cancer screening.

Mental Health: The survey revealed significant mental health concerns, with 20.3% of respondents experiencing a depressive episode and 13.9% having suicidality in the past year. Additionally, only 11.4% of those who had a depressive episode took medication, and 14.2% received psychological therapy or counselling.

Injuries: The survey highlights significant unintentional injuries risks, including road traffic crashes. Nearly half (47%) of drivers and passengers reported to not consistently wearing seatbelts, with males more likely to forgo them than females. Similarly, three in five (62%) motorcyclists reported to not always wearing helmets, with female riders being 1.5 times more likely to not wear them than males. In the past year, 8 in 100 people experienced a road crash, with nearly two-thirds (64%) of crashes resulting in serious injuries. Additionally, one in ten people reported non-road traffic-related injuries, with one-third occurring at home.

Oral Health: The majority (97.9%) of the population retains good dental health, with most individuals cleaning their teeth daily (96.4%) and retaining more than twenty natural teeth. However, a sizeable portion (36.3%) experiences oral pain, especially women and older adults, and two-thirds have never received dental care, highlighting a gap in dental services. While most use toothpaste and toothbrushes, only 42.1% clean twice daily, and dental visits are primarily driven by pain rather than routine check-ups. The impacts of poor oral health on chewing, psychological well-being, and daily functioning are more pronounced in older adults and women.

BMI, Overweight & Obesity: The mean body mass index (BMI) for the population is 23.7 kg/m², with 31.1% of adults being overweight and 10.2% obese.

Blood Pressure and Cardiovascular Risk: The mean systolic blood pressure (SBP) is 124.3 mmHg, and the mean diastolic blood pressure (DBP) is 79.4 mmHg. Among those with raised blood pressure, 26.4% had previously been diagnosed, and only 7.1% are on medication. This STEPS survey found a hypertension prevalence of 23.1%, with two-thirds (62%) of the population having never measured their blood pressure. Close to three-quarters (73.6%) of individuals with hypertension remain undiagnosed, and among those diagnosed, 1 in 5 are not on medication. Among those on treatment, only a small fraction (3.3%) have their blood pressure adequately controlled, leaving this population at significant cardiovascular risk. The overall prevalence of cardiovascular disease (CVD) risk was 7.8%, with higher rates in women (11%) than in men (4.3%). Despite a significant history of cardiovascular symptoms, preventive therapy usage remains low, with only 0.3% on statins and 0.4% on aspirin for heart disease prevention or treatment.

Impaired fasting glycemia and raised blood glucose: The survey showed that, 3.4% of adults have impaired fasting glycaemia. The overall prevalence of diabetes in the population aged 18 to 69 years was 2.9%. Among these, the percentage of Tanzanians currently on diabetes medications was 0.9%. The percentage increased with increase in age and more men (1.1%) were on medications compared to women (0.7%). Most of the population on medications for diabetes were in 46-69 age group in both sexes.

Total Cholesterol: Results showed that the mean total blood cholesterol level of the population is 3.5 mmol/L, with 10.9% having raised total cholesterol.

Daily salt consumption: Additionally, the mean daily salt intake is 8.3 grams, whilst the daily recommended intake is 5g, and 6.5% of adults were found to have raised sodium levels.

In summary, this report various chapters contained therein, and appended fact sheets and data book provide a detailed report of the prevalence and patterns of NCD risk factors among Tanzanian adults. The findings underscore the urgent need for targeted public health interventions to address these risk factors and improve overall health outcomes in Tanzania and the need to sustain the gains in areas where there is improvement compared to the previous 2011 survey in Zanzibar and that of 2012 in Tanzania mainland.

List of abbreviations

BMI	Body Mass Index
CDC	Centers for Disease Control
CVD	Cardiovascular Diseases
DBP	Diastolic Blood Pressure
DPOs	Development Partner Organizations
GIS	Geographical Information System
HMIS	Health Information Management System
ICT	Information Communication and Technology
IHI	Ifakara Health Institute
KCMC	Kilimanjaro Christian Medical Centre
LMIC	Lower- and Middle-Income Country
MAT	Minimum Adequate Therapy
MOH	Ministry of Health
NATHREC	National Health Research Ethics Committee
NBS	National Bureau of Statistics
NGO	Non-Governmental Organization
NIMR	National Institute for Medical Research
NPHL	National Public Health Lab
OCGS	Office of the Chief Government Statistician
PMO-OHC	Prime Ministers Officer – One Health Coordination
PORALG	President's Office Regional Administration and Local Government
SBP	Systolic Blood Pressure
TANCDAA	Tanzania NCD Alliance
TFNC	Tanzania Food and Nutrition Centre
UDOM	University of Dodoma
URT	United Republic of Tanzania
VEO	Village Executive Officer
WHO	World Health Organization
ZAHREC	Zanzibar Health Research Ethics Committee
ZAHRI	Zanzibar Health Research Institute

CHAPTER 1

STEPS Survey Implementation

STEPS Survey 2023 implementation

Roles and Responsibilities of STEPS Stakeholders

The National Institute for Medical Research (NIMR) was the main implementer / executing organization of the STEPS survey, in close collaboration with the Office of the Chief Government Statistician (OCGS)-Zanzibar, the MoH-Mainland and MoH-Zanzibar and Tanzania National Bureau of Statistics (NBS). NIMR, with guidance from MoH, established a technical committee that included representatives of Government Institutions and relevant stakeholders. The committee was responsible for the overall survey design and implementation. The committee also coordinated with all relevant departments within the Ministries responsible for health to ensure that the content of the survey is “owned” by the entire Ministry of Health (Tanzania Mainland and Zanzibar), and for the wider policy implications of findings. The committee reviewed draft questionnaires, manuals, sample designing, suggest revisions, reviewed the translations into Swahili, and developed a plan for pretesting them. NIMR through the committee planned for and monitored the training of interviewers and other survey teams, data collection and supervision, data processing, and writing the final survey reports.

The Ministry of Health, Tanzania Mainland and the Ministry of Health, - Zanzibar:

As the main users of the data obtained from this survey, the MOH both in Mainland and Zanzibar played a key role in the oversight of the design and implementation of the survey; the Ministries provided senior staff with knowledge of the various NCD programs to assist NBS/OCGS in all aspects of survey planning, design and implementation, including;

- a) Serving on the Technical Working Group meetings and chairing those meetings;*
- b) Providing input in the adaptation of survey questionnaires to meet the specific needs of Tanzania;*
- c) Provide inputs on the analysis and draft survey reports;*
- d) Working survey coordinator (NIMR) to organize a national dissemination seminar to disseminate survey findings.*

National Institute for Medical Research (NIMR)

The main role of NIMR in the survey was to provide technical and scientific oversight of the survey from planning to execution. NIMR had the overall responsibility for the day-to-day technical operations including recruitment and training of field and data processing staff, and the supervision of the office and field operations also to coordinate blood sample collection, processing storage and analyses. Following completion of data collection and development of a tabulation plan for the final report, data weighting, analysis, report writing and dissemination of the findings.

National Bureau of Statistics (NBS)

NBS were the co-implementer of the survey in collaboration with NIMR for Mainland Tanzania. NBS provided technical support on overall sampling design, and sampling process identification of the sampling frame (including household listing). NBS also assisted with detailed data analysis of survey results.

Office of Chief Government Statistician (OCGS), Zanzibar

The OCGS, Zanzibar, worked closely with NIMR and NBS in all phases of the survey, providing personnel and technical input. They offered oversight and coordinated survey-related activities in Zanzibar and liaised with other Government Institutions in Zanzibar, particularly the **MoH**. They provided technical support in questionnaire development, training of interviewers, data collection, manuals, supervision, data analysis, reporting writing and will be key in dissemination of the survey findings.

World Health Organization:

As WHO/Tanzania's implementing partner, WHO served as the lead organization in provision of technical assistance during the design and implementation of the survey. Specifically, the Organization;

- a) *Provided a team of survey experts who worked closely with STEPS Technical Working Group in the areas of survey design, sample design, questionnaire design, interviewer training, data processing, field supervision, data analysis, report writing, report production, and dissemination;*
- b) *Provided technical assistance in developing standard operating procedures for all survey procedures and provided copies of its model questionnaires, model interviewers' training manual, computer programs, and tabulation and report plans;*

- c) *Provided technical assistance on the national STEPS coordination team and data collector and mentored the Staffs who oversaw STEPS field work.*
- d) *Provided biomarkers' Kits that were used for data collection;*
- e) *Reviewed the data for quality control*
- f) *Provided technical assistance in the preparation and dissemination of the survey reports;*

Zanzibar Health Research Institute (ZAHRI)

ZAHRI worked closely with NIMR and Office of Chief Government Statistician (OCGS), Zanzibar to provide further technical assistance in conducting the STEPS survey in Zanzibar. ZAHRI assisted with detailed data analysis and dissemination of survey results. Also, to coordinate blood sample collection, processing storage and analyses.

Other institutions

CDC country office, through implementing partner PATH, provided additional ICT equipment (tablets) that were used for data collection in the field.

Survey Operations and Fieldwork

Main Training and Pretest

For the main survey, it was estimated that 15 teams will be needed. The team consisted of one Supervisor, 4 interviewers and 1 driver. At least two people visited the household for STEP 1 and 2 as needed. One interviewer was expected to complete five questionnaires per day. STEP 3 was done at a nearby facility; participants were invited after having been given fasting instructions during the day of interviews. In addition, there were two quality control teams (one for the mainland and one for Zanzibar). A six-day training course for field staff candidates was conducted and this included a detailed description of the content of the questionnaire, how to fill in the questionnaire, and interviewing techniques. Training consisted of classroom lectures, mock interviews and practice interviews in the field. Each interviewer completed at least five interviews during the training period. Data processing personnel attended the training course to become thoroughly familiar with the questionnaires. Trainers were from the NBS, OCGS, MoH-Zanzibar, MoH – Tanzania Mainland, NIMR and WHO HQ.

The interviewers were also trained to conduct biomarkers testing. Trainees conducted procedures during the training course, as well as in the field during the field practice sessions. The pretest provided valuable experience for the survey organizers about questionnaire design, training mechanisms, and fieldwork logistics. This experience was used to modify the survey instruments and biomarker logistics as necessary.

Fieldwork took a total of 2 months to complete. Each team on the mainland covered two regions, with one team covering only Dar es Salaam. Close communication was always maintained between the NIMR, central offices and field personnel during fieldwork and feedback to the technical committee. The STEPS technical team was responsible for daily quality control of the field data collection, and weekly internal quality control meetings were held. Biweekly external quality control meetings were held with WHO teams from Afro and HQ.

Capacity Building

Capacity building activities were an important aspect of the 2022/2023 STEPS survey implementation. Training and involvement of many personnel in field staff training, data collection, data entry and analysis during the implementation of the 2022/2023 STEPS have significantly increased the in-country capacity to conduct future STEPS Surveys utilizing mostly the local human resources. Capacity building activities will also be conducted to increase the capacity of researchers and NCD program officers in Tanzania to utilize the 2022/2023 STEPS data for further analysis and to inform NCD policies and practice.

Survey advocacy and dissemination plan

Survey Advocacy plan

It was important to raise public awareness of Non communicable diseases, and the rationale for carrying out the survey prior to the survey, this improved the response rate and ensured their full participation of population in the study;

The public sensitization plans involved media campaigns (TVs and Radio) and the use of local community leaders including religious leaders, local administrative personnel e.g., Village Executive Officers (VEO) and respected community elders. The sensitization messages covered the following;

- *NCDs and associated risk factors*
- *The burden of NCDs*
- *The consequences if the problem is not addressed*
- *The STEPS survey*
- *The process of selection of subjects*
- *The need for household lists*
- *Methods of data collection*
- *The benefits of taking part in the survey*

Results Dissemination Plan

- Dissemination of the STEPS findings and recommendations to the policymakers will be done by production of STEPS Country report, FACT Sheet, policy briefs using less technical language to reach a wider audience
- Dissemination of the STEPS findings and recommendations to the public through the media and community forums to raise awareness of NCDs and their related risk factors
- Dissemination of the STEPS findings to the scientific community through presentations at key national and international scientific meetings and through peer-reviewed publications

STEPS survey Technical and Steering Committees

STEPS Survey Steering Committee Members

SN	Name	Institution
1.	Prof. Tumaini J. Nagu	Chair
2.	Prof. Said Aboud	NIMR
3.	Dr Mary Theodory Mayige	NIMR
4.	Prof. Paschal Ruggajo	MOH - Mainland
5.	Tumainiel Macha	
6.	Dr. Omary S. Ubuguyu	
7.	Dr. Salum A. Manyatta	PMO-OHC
8.	Dr. Ntuli Kapologwe	PO-RALG
9.	Dr. Salim N. Slim	MoH - Zanzibar
10	Prof. Blandina Mmbaga	KCMC
11	Dr. Benard Gombanila	Bugando
12	Ray Masumo	TFNC
13	Prof. Kaushik Ramaiya	TANCDA
14	Dr. Sally Mtenga	IHI
15	Dr. Silvia Meku	NBS
16	Dr. Steven Kibusi	UDOM
17	Dr. Vulstan James Shedura	MTWARA Zonal Hospital
18	Dr. Msafiri Leonard Birigi	MBEYA Zonal Hospital

STEPS Technical Committee Members

Sn	Name	Institution
1.	Dr. Mary Theodory Mayige	NIMR
2.	Dr. Omary S. Ubuguyu	MOH - Mainland
3.	Claud Kumaliya	MOH- HMIS Mainland
4.	Valeria Millinga	MOH - Mainland
5.	Dr. Bakari Salumu	PO-RALG
6.	Dr. Goodluck Tumaini Mtei	MOH - Mainland
7.	Dr. Omary M. Suleyman	MoH - Zanzibar
8.	Zuhura Salehe Amour	MoH - Zanzibar
9.	Maryam M. Mtumwa	MoH - Zanzibar
10.	Dr. Alphoncina Nanai	WHO
11.	Dr. Neema Kileo	WHO
12.	Happy Nchimbi	TANCDA
13.	Dr. Frank E. Hassan	NIMR
14.	Dr. Gibson B Kagaruki	NIMR
15.	Dr. Samueli Likindikoki	MUHAS
16.	Stephano G Cosmas	NBS
17.	Dr. Rachel Nungu	TDA
18.	Kombo Mdachi Kombo	OCGS - Zanzibar
19.	Salum K. Ali	OCGS - Zanzibar

CHAPTER 2

Introduction: Tanzania STEPS Survey 2023

Key highlights

The main objective for the STEPS 2022/2-23 Survey was to assess the National prevalence of risk factors for Non-Communicable Diseases in Tanzania (Mainland and Zanzibar).

Scope

STEPS 1 to 3, core and expanded modules

Includes additional modules; cervical cancer, oral health, mental health and injuries and trauma

Specific Objectives

To document the national prevalence and patterns of NCDs risk factors

To generate country data on NCDs and related risk factors using WHO recommended approach that can be used to comparable globally

To collect data from which to predict likely future demands for NCDs and analysis of trends of NCDs risk factors over time

To document the process of data collection and field work experiences.

Introduction

Background

The trend of non-communicable diseases mortality worldwide presents a serious obstacle to attaining the Sustainable Development Goal 3 Target 3.4, to reduce by one-third the mortality from NCDs by 2030 (World Health Organization, 2018). The effects of NCDs have been skyrocketing worldwide and are even higher than previously predicted. The effects have also been disproportionately distributed to the Low-and-Mid-Income-Countries (LMICs) especially Sub-Saharan Africa (Feachem & Jamison, 1991) (Habib & Saha, 2010). The mortality from NCD causes has been increasing in the past three decades, and it was expected to double since 1990 when there were 18.7 million deaths from NCDs to about 36.6 million deaths in 2020 (Habib & Saha, 2010). However, in 2016 the mortality from NCDs was already 40.1 million worldwide and accounted for 71% of all deaths (Bennett et al., 2018).

The last conducted nationally representative survey in Tanzania was the 2012 STEPs survey MOH, 2013 and in Zanzibar (Ministry of Health (Zanzibar), 2011) documented a higher prevalence of cardio-metabolic and behavioral NCD risk factors in Tanzania. The burden was comparable to other sub-Saharan countries like Ghana, Zambia, Swaziland, Gambia, Mali, Malawi, Sierra Leone, Swaziland, and Botswana (Aryal et al., 2015) (Ahmed et al., 2017) (WHO, 2013). Available evidence projects a further rise of NCDs in LMICs, which will further weaken the health systems which are currently struggling with the burdens of communicable diseases chiefly malaria, HIV, and Tuberculosis. Owing to the chronicity of the NCDs, the costs for care are unprecedented to families, communities, and the country (Mathebula et al., 2020) (WHO, 2013) making prevention the only viable solution. Preventive efforts call for a clear understanding of the risk factors, which although they remain common, vary with populations, regions, and contexts. Updating the data for the burdens and risk factors for NCDs are therefore of paramount importance.

In Tanzania, the last national NCDs risk factors surveys conducted in 2011 in Zanzibar and in 2012 in Tanzania mainland indicated that, the prevalence of NCDs and related risk factors; mainly raised blood pressure hypertension, obesity, unhealthy eating habits, raised cholesterol, smoking and alcohol consumption were evident (WHO, 2013) and (MOH, 2013). It is well documented that the common and most important NCDs including diabetes, cardiovascular diseases, chronic respiratory diseases, and cancers share the common four risk factors, among others. These are tobacco use, harmful alcohol consumption, poor feeding practices, and sedentary lifestyles (WHO,2013). The Surveys also studied the common risk factors for NCDs in Tanzania. The

evidence gathered showed the use of tobacco has risen as it nearly doubled compared to the preceding four-year survey. For example, in Tanzania mainland, between 2008 and 2012 the prevalence of tobacco smokers jumped from 7.9% to 14.1%. According to the latest data, 28% of males use tobacco. While smoking is the predominant way to use tobacco, other forms than cigarettes are becoming popular, such as the snuff.

Other risk factors are also prevalent among adults in Tanzania. The evidence gathered in 2011 and 2012 showed that alcohol drinkers were 29.3% of the population. Moreover, healthy eating was not being practiced adequately. As a proxy for healthy eating, consumption of fruits and vegetables measured as five servings per day was low. Those who ate less than 5 servings of fruits and/or vegetables on average per day were as high as 97.2% in Tanzania mainland and 97.9% in Zanzibar among adults aged 25 to 64 years. Based on the above details, it is evident that, the burden of immediate NCDs risk factors were high.

For example, the prevalence of overweight and obese was 26%; raised cholesterol was 26%; and raised triglycerides was 33.8% for Tanzania mainland and in Zanzibar, the prevalence of overweight/obesity, Cholesterol and Triglycerides were 51%, 24.5% and 6.9% respectively. The prevalence of hyperglycemic disorders (pre-diabetes and diabetes) was high at all ages with an estimated total prevalence of around 20%. Of these, diabetes was prevalent in 9.1% while pre-diabetes was prevalent among 10.9% of the general adults' population (MOH, 2013) (WHO 2013). In Zanzibar, the prevalence (pre-diabetes and diabetes) was 7.1% (Ministry of Health (Zanzibar), 2011).

The burden of NCDs and risk factors thereof are not evenly distributed in regions, and even urban and rural areas. Apart from the STEPS survey, other small studies after STEPs survey have documented un-acceptable levels of NCDs burden. Studies have indicated rising burdens of hypertension in Mwanza (44.7%), Kilimanjaro (31%) and unprecedented burdens of overweight and obesity (58%) (Muhihi et al., 2012) (Stanifer et al., 2016). Primary prevention through targeting the risk factors has been identified as an effective intervention for the control of the rising burden of NCDs (Larsson et al., 2013) (Charlton et al., 2014) (Ibrahim et al., 2016).

It is generally recommended that all individuals adhere to healthy eating plans including low fat intake (15% and 30% of total energy intake, with lower saturated fat intake, < 10%), moderate carbohydrates (providing 55- 75% of energy requirements), low free sugars (<10%) and recommended proteins is 10-15% of total daily intake. Also, it is recommended to restrict salt intake to less than 5g a day and at least 400 g of fruits and vegetables per day (Maguire et al., 2007) (Habib & Saha, 2010).

The 2022/2023 STEPS survey was planned to determine the current prevalence of NCDs risk factors, examining the trends through comparing with the previous surveys, and benchmarking the results with other STEPS countries to determine the country's position in relation to other WHO member-states. The goal of carrying out this survey was to collect national representative data on the major NCD risk factors. The data will highlight factors that need to be targeted for NCD prevention and control. Also, to provide information on the levels of these risk factors which can be used as indicators in evaluating NCD prevention interventions. The survey also has documented information on NCDs knowledge and attitudes towards NCDs prevention strategies.

Survey Objectives and Scope

Objectives

The main and specific objectives of this survey were to address the need for National data on the burden of NCDs, bearing in mind the need to establish an ongoing National NCD risk factor surveillance system. In addition, it considers the need to conform to the recommended methods to generate comparable data for global surveillance. Such overarching goals have been reached through the outlined objectives below:

Broad objective

The broad objective for the STEPS 2022/2-23 Survey was to assess the National prevalence of risk factors for Non-Communicable Diseases in Tanzania. This National representative survey met this main objective through the following specific objectives:

Specific Objectives

1. To document the national prevalence and patterns of NCDs risk factors
2. To generate country data on NCDs and related risk factors using WHO recommended approach that can be used to comparable globally
3. To collect data from which to predict likely future demands for NCDs and analysis of trends of NCDs risk factors over time
4. To document the process of data collection and field work experiences.

Scope

The 2022/2023 STEPS survey included three levels of assessment of NCD risk factors from assessment of behavioral risk factors, physical measurements and biochemical measurements. Step 1 (core and expanded), step 2 (core and expanded) and step 3 (core) were used in this survey.

A total of **4320** participants aged 18-69 years old were sampled to participate in the survey. Interview, physical measurements, and blood tests were done to gather data for steps 1-3.

Step 1: Information on socio-demographic trends, tobacco use, alcohol consumption, dietary behavior and physical activity, personal history of chronic diseases and information on cervical cancer (eligible sample), mental and oral health.

Step 2: The following physical measurements were taken; blood pressure, height, and weight, hips circumference and waist circumference.

Step 3: Blood samples were taken for Fasting blood glucose measurements and Total cholesterol levels. Urine samples were collected for urine cotinine, and for urine sodium and creatinine measurements.

Methods

Study design and settings

This survey employed a quantitative cross-sectional household-based survey which involved interviews, physical measurements, and sample collection for biochemical tests.

Survey population

All adult women and men ages 18 – 69 years residing in Tanzania.

Inclusion criteria

All women and men aged 18-69 years living in a selected residential household for at least 6 months. Pregnant women were included but excluded from weight, height, waist and hip circumferences and spot urine sample collection

No inclusion criteria

- a) Those living in the selected residence for less than 6 months.
- b) Household member who was away from home for more than 2 months
- c) Those who were mentally incapacitated participated in the survey.
- d) Those who were sick/ frail and unable to participate in the survey.

Sampling

Sample Size Determination

The overall sample size was determined by the minimum number of individual interviews needed to obtain a national estimate of proportion of persons with NCDs risk factors aged 18 – 69 years old with a relative standard error of 5% at National level. Using an overall design effect of 1.5 (associated with allocation by strata and an assumed intra-cluster correlation of .05 for proportion), and 6 clusters with 80% response rate. A total sample of **4320** individuals 1 adult per household age 18 – 69 years old agreeing to participate in the survey, was sufficient to obtain a relative standard error of 5% or less for a proportion estimate of 50% population with NCDs risk factors (97.2%, 25.9% and 29.3%) with a 95% CI at national level and a relative standard error of 5% at domain level and for 6 age and sex categories. The agreed age sex categories were ≤ 30 , 31-45 and 46-69 years for both male and female. The estimated number of households consider adjustments for household vacancy and non-response, number of individuals per household, individual non- response and refusals.

Sampling frame and Sample Size

The sampling frame used for STEPS 2022/2023 was the Tanzania Population and Housing Census (TPHC 2022) which was conducted in Tanzania in 2022. The sampling frame is a complete list of Enumeration Areas (EA) covering the whole country, provided by the National Bureau of Statistics (NBS) of Tanzania. The EAs were created for the 2022 TPHC which served as a counting unit for the census. In rural areas, an EA is a natural village, or a segment of a large village, or a group of small villages; in urban areas, an EA is a street or a city block. Each EA appears with identification information, administrative belongings and a measure of size which is the number of residential households residing in the EA. Each EA is also classified into one of the two types of residence,

urban or rural. Each EA has an accompanied cartographical material which delineates its geographical locations, boundaries, main access and landmarks in or outside the EA which helps to identify the EAs. According to the 2022 TPHC, Tanzania Mainland is divided into Regions; each Region is subdivided into Districts.

The sample for STEPS 2022/2023 was a stratified sample selected in three stages from the 2022 census frame. Stratification was achieved by separating urban and rural areas to form a unique sampling stratum. In total, four explicit sampling strata (TZM-U, TZM-R, ZNZ-U and ZNZ-R) were created. EA samples were selected independently in each sampling stratum, by a probability proportion to size (PPS) selection procedure. Implicit stratification and proportional allocation were achieved at each of the lower administrative unit levels by sorting the sampling frame within the explicit stratum according to the administrative unit in different levels (region-District-Ward-EA) before sample selection.

In the first stage, 288 EAs were selected with probability proportional to the EA size and with independent selection in each sampling stratum and distributed in proportion into rural and urban EAs. With a fixed number of 15 households to be selected per cluster, the total number of households that were selected was **4320**.

At the second stage, a fixed number of 15 households were selected from each selected EA by systematic sampling method. The interviewers were asked to interview only the pre-selected households; no replacement was allowed for non-population households to prevent bias. The interviewers were asked to make at least 3-4 call-backs for nonresponse to reduce nonresponse bias.

The third sampling stage involved selecting a population aged 18-69 years randomly from each selected household. Information on the gender and age of each household member who were 18 – 69 years was obtained from the household roster. Using a random sampling, one individual aged 18 - 69 years was selected and interviewed. This was a randomized selection made by the eSTEPS tool based on the list of people aged 18 to 69 in the household using this random approach, the approximate proportions of females and males in the general population were to be achieved in the sample. Benchmark weighting was used to adjust the gender proportions in the survey results. The proposed sample design provided a representative sample of the main domains of interest at Urban/Rural and Male/Female at National level (URT); Urban/Rural and Male/Female for both Mainland/Zanzibar.

Due to the non-proportional allocation of the sample to the two domains and to their urban rural areas and the possible differences in response rates, sampling weights was required for any analysis using STEPS 2022/2023 data to ensure the actual representation of the survey results at

national level and as well as at domain level. The STEPS 2022/2023 sample used a three-stage stratified cluster sample, sampling weights were calculated based on sampling probabilities separately for each sampling stage including for each household and each participant.

A full description of the sample design is available as “*STEPS 2022/2023 Sampling Note*”. The sampling note contains a detailed description of how the final weights were calculated. These weights were attached to the final data files to yield representative survey estimates.

Data collection tools and methods

The STEPS Tanzania questionnaires was based on the standard STEPS questionnaires developed by the WHO, adapted to the Tanzania situation and needs. During the adaptation of these questionnaires, inputs were sought from the Ministries of Health (Tanzania Mainland and Zanzibar) and a variety of organizations with expertise in the different health topics covered in the STEPS questionnaires. The NBS organized a national stakeholders’ meeting aiming to bring in key stakeholders (ministries, relevant NGOs and DPOs, professional bodies, user groups and other key institutions) to inform the survey objectives and obtain feedback. The meeting provided needed additional feedback for necessary STEPS adaptation for local context and refinement on the deployment plan, as well as buy-in from national stakeholders on using STEPS findings.

STEP 1: Interview:

The questionnaire section captured the following: demographic information; behavioral measures on the consumption of tobacco, alcohol, fruits and vegetables and assessment of physical activity. Self-reported information on hypertension, diabetes, dyslipidemia, and family history of cardiovascular diseases was included. In addition, the questionnaire also contained measures of socio-economic status, diet and physical activity which were all self-reported. Additionally, STEPS 2022/2023 included optional modules on cervical cancer, oral health injuries and mental health status.

STEP 2: Physical measurements

Blood pressure was taken using an electronic sphygmomanometer Bosch & Sohn Medicus UNO BP device. Blood pressure was taken at rest, with the patient seated for at least 10 minutes and the

arm elevated at the level of the heart. All blood pressure measurements were repeated 3 times with 3 minutes' intervals and all 3 readings would be recorded in the tablets.

Weighing was done in kilograms (kg) with a digital weighing scale (SECA®) - WS80-N weight scale) on a stable and flat surface in a person with light clothing.

Height was measured in centimeters, using a portable stadiometer (SECA®) or ultrasonic height meters, participants were asked to stand with feet together, heels against the height scale with knees straight and in light clothing.

Waist circumference was measured to the nearest 0.1cm using a flexible non-stretch tape. The tape was placed over no more than one layer of clothing halfway between the lowest rib and the top of the hip bone approximately at the level of the umbilicus lightly without tightening the skin. The patient was instructed to relax and breathe out whilst the measurement was being taken.

Hip Circumference was measured the nearest 0.1 cm using a flexible non-stretch tape around the widest portion of the buttocks, with the tape parallel to the floor wearing minimal clothing, standing straight.

STEP 3: Laboratory measurements

Blood Glucose, and Cholesterol Measurements

Participants were asked to fast for at least 8 hours. Blood was taken by fingerpick and measured through dry chemistry using CardioChek Professional Analyzer v2.56. All tests were done by a trained technician.

Urine Sodium and Creatinine

Participants were asked to collect their urine in the evening before fasting and take it with them to the appointment for blood testing the next morning. Participants were provided with a container with a QR code pasted on the container, a Ziplock bag, and instructions for urine collection.

Urine testing for cotinine was done in the field and results entered in the tablets. Remaining urine samples were transported to a central laboratory, where the samples were analyzed for urine sodium and creatinine using standard chemistry analyzers.

Data management and analysis

Flow of household and individual participant data was monitored daily as they come in, saved automatically in the central server on the eSTEPS platform and backup files stored at NIMR servers. Overall data cleaning and verification was done centrally through a technical supervision team.

Analyses were done using descriptive statistical methods as per standard STEPS protocol and data analysis tools. Using GIS mapping, magnitudes in prevalence of and distribution of risk factors along geographical settings, descriptive statistics were used to explain differences and distribution of NCDs risk factors along the rural/urban, age-groups, sex, and other socio-demographical divides in Tanzania.

Study Quality Control Measures

To ensure quality of data collected the following measures were undertaken;

- *The team members enrolled were those experienced with field data collection*
- *The data collection teams were trained in the data collection tools and the survey methods and were involved in piloting the instrument to familiarize with the data collection tools and sought clarifications before going to the field*
- *Data collection and measurement protocols including show cards were developed and included into the tablet and distributed to each of data collectors in addition to the training*
- *The physical and biochemical measurement instruments were calibrated according to manufacturer's instructions before use*
- *Blood pressure measurement was repeated 3 times with 3 minutes intervals as per STEPS standard protocol and to ensure consistency*
- *Data collection was done electronically to minimize errors that may arise from data entry*
- *Field check tables were produced weekly to assess performance and to provide feedback for research teams*
- *Data collection tool contained checks and limitations to limit data entry errors*
- *eSTEPS tool incorporated modules for quality checks which were routinely monitored by the QC team*

Ethical consideration

Ethical approval to conduct this study was sought from National Health Research Ethics Committee (NathREC) for the Tanzania Mainland and Zanzibar Health Research Ethics Committee (ZAHREC) as well as Second Vice President Office, Zanzibar. Introduction letters were written by respective ministries of health to their appropriate authorities. Informed consent forms were signed by participants upon confirmation of understanding of the research and goals. Interviews, Physical and Biochemical measurements were taken in an enclosed room for confidentiality. Participants were permitted to stop the interview at any time or refuse to participate without repercussion. Data was maintained in confidential manners and no personal; identifiers were collected and used for publications.

CHAPTER 3

Results: Response Rate and Sociodemographic Characteristics

Key Findings

The 2023 STEPS Survey was conducted in all regions of mainland Tanzania and Zanzibar

Total enumeration areas visited 288

Survey Sample size 4320 individuals

Overall response rate 82.6%

Total survey participants 3565

Females 59.1% and Males 40.9%

Results

Sampling and Response Proportions

The expected sample size for STEPS survey was 4320 individuals from 4320 households across. At the end of the survey, the overall response rate was 82.6% (3565/4320) (Figure 1).



Figure 1 2023 STEPS Survey response rate in STEP 1, 2 and 3

Demographic Information Results

Age and Sex of Respondents

The 2023 STEPS Survey was conducted in all regions of mainland Tanzania and Zanzibar. A total of 288 enumeration areas were visited, a total of 3565 households were enrolled. The number of survey population was 3565, and the majority were females 59.1% (2106/3565), while age groups were equally distributed in both sexes (Table 1)

Table 1 Summary information by age group and sex of the population.

Summary information by age group and sex of the population						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-30	457	31.3	739	35.1	1196	33.5
31-45	508	34.8	735	34.9	1243	34.9
46-69	494	33.9	632	30.0	1126	31.6
18-69	1459	100.0	2106	100.0	3565	100.0

Education

Mean number of years of education among population for the Tanzania STEPS survey 2023.

The mean years of schooling among the population was 6.7 years, decreasing with age and among both men and women. The mean number of years of schooling was lower among women 6.3, and the difference with men was more observed among the older age group, where women's mean years of school was (4.8 years) and men's (6.2 years) see Table 2 below.

Table 2 Mean number of years of education among population for the Tanzania STEPS survey 2023.

Mean number of years of education						
Age Group (years)	Men		Women		Both Sexes	
	N	Mean	N	Mean	N	Mean
18-30	451	7.8	722	7.4	1173	7.6
31-45	500	7.5	722	6.5	1222	6.9
46-69	481	6.2	605	4.8	1086	5.4
18-69	1432	7.2	2049	6.3	3481	6.7

Highest level of education achieved by the population of the Tanzania 2023 STEPS survey

Most of the individuals in the population completed primary school education (46.8%). Secondary education and high school level were significantly attained by population within the younger age group (21.6%) and 1.5%, respectively. Most of the population who completed college and university levels were among the 31-45 years group. No difference is observed between men and women. A quarter of population had no formal education, with the proportion of women being twice that of men (Figure 2)

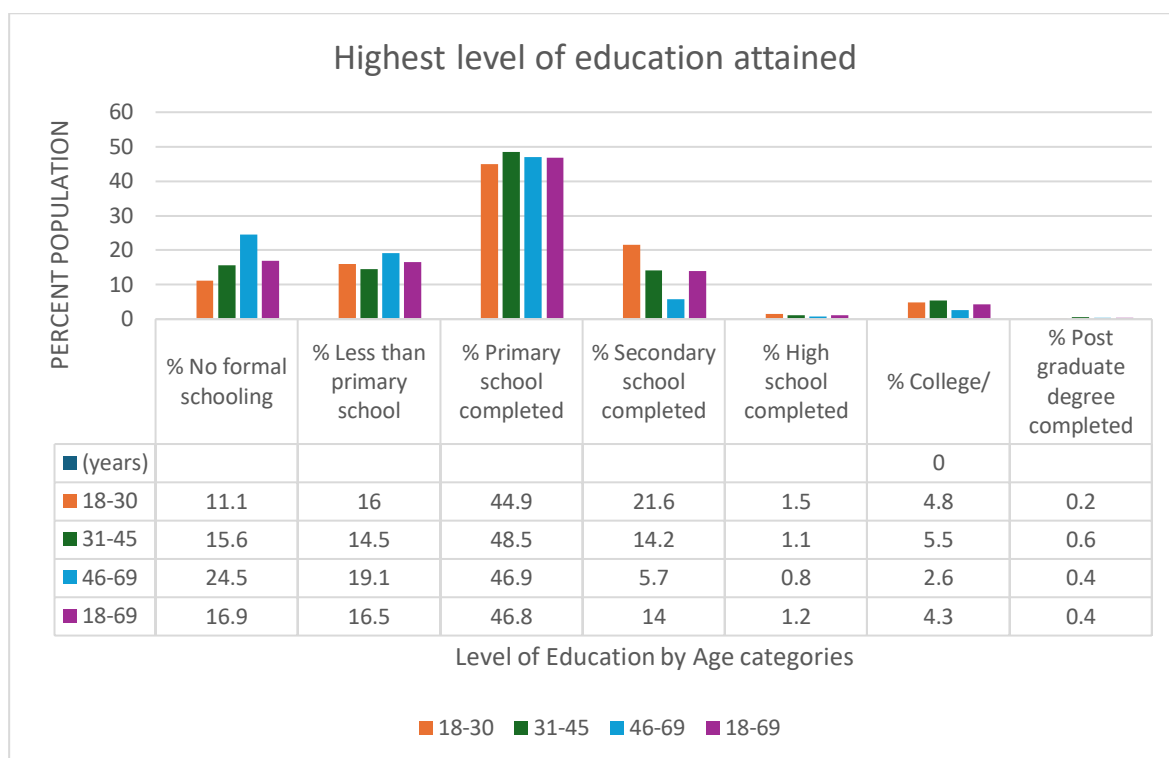


Figure 2 Highest level of education achieved by the population of the Tanzania 2023 STEPS survey

Marital status

Most of the population were currently married (59.2%), with the 31-45 age group having a higher proportion (70.4%) than the rest. A significant proportion of age group 18-30 years were never married (38.8%) and were cohabiting (6.2%) compared to other age groups (Table 3).

Table 3 Marital status of survey population of the Tanzania 2023 STEPS survey.

Marital status							
Age group (years)	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-30	1195	38.9	49.2	3.9	1.3	0.4	6.2
31-45	1240	10.2	70.4	7.8	2.8	3.2	5.5
46-69	1122	4.7	57.3	10.8	4.1	18.2	4.9
18-69	3557	18.1	59.2	7.5	2.7	7.0	5.5

Employment status

Employment has been assessed as the proportion of the population in paid employment and those who are unpaid. Unpaid includes non-paid workers, students, homemakers, retired people, and the unemployed. In this survey, most were self-employed (64.3%), with men (73.4%) and women (57.9%), and the least difference was observed among the age groups (Table 4).

Table 4 *Proportion of Tanzanians in paid employment and those who are unpaid in the 2023 STEPS Survey*

Employment status					
Age group (Years)	N	% Government employee	% Non- government employee	% Self- employed	% Unpaid
18-30	1195	1.1	6.5	54.7	37.7
31-45	1243	4.5	3.7	69.1	22.7
46-69	1126	2.1	3.0	69.0	25.8
18-69	3564	2.6	4.4	64.3	28.7



Results: STEP 1 Behavioral Risk Factors

Key Findings

The overall smoking prevalence in Tanzania is 9.9%, with a striking gender gap—19.8% among men and only 0.8% among women

Among current smokers, 46.7% of men and 60.9% of women attempted to quit smoking in the past year.

The survey showed that the overall prevalence of exposure to secondhand smoking at the workplace is 30%

The proportion of current alcohol drinkers is 19.4%, with 15% alcohol abstainers for the past 12 months and 58.4% lifetime alcohol abstainers

Percentage of physical activity contributing to total activity was 66.5% from work 66.5%, transport related 26.7%, and during leisure time 6.9 %.

The percentage of female population aged 30-49 who have ever had a screening test for cervical cancer was 10%



STEP 1: Behavioural Risk Factors

Tobacco Use

Current smokers among all population.

The prevalence of tobacco smoking was 9.9%, with higher rates among those aged 31-45 (14.5%) compared to those aged 18- 30 years (6.0%) and 46-69 (12.9%), Figure 2 Prevalence of current smokers by gender and age group. Additionally, male smokers outnumbered female smokers by 25 times.

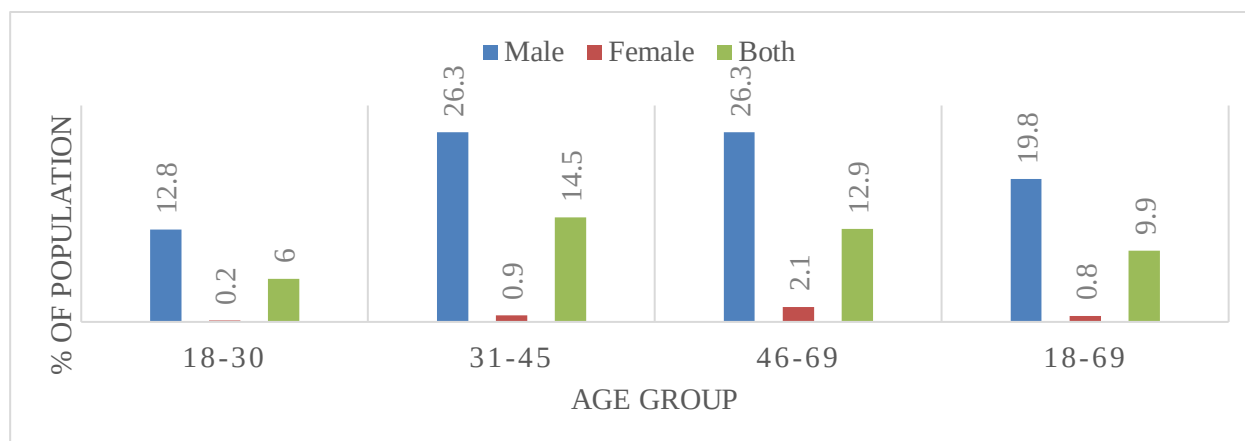


Figure 3 Prevalence of current smokers by gender and age group among population aged 18 to 69 years

Smoking status in the population

The prevalence of daily smoking was 8.3%, increasing with age for both sexes. Likewise, the likelihood of quitting smoking also rose with age. Conversely, the proportion of never-smokers was highest among those aged 18-30 (90.9%) compared to older age groups Figure 4: Proportion of daily and former smokers.



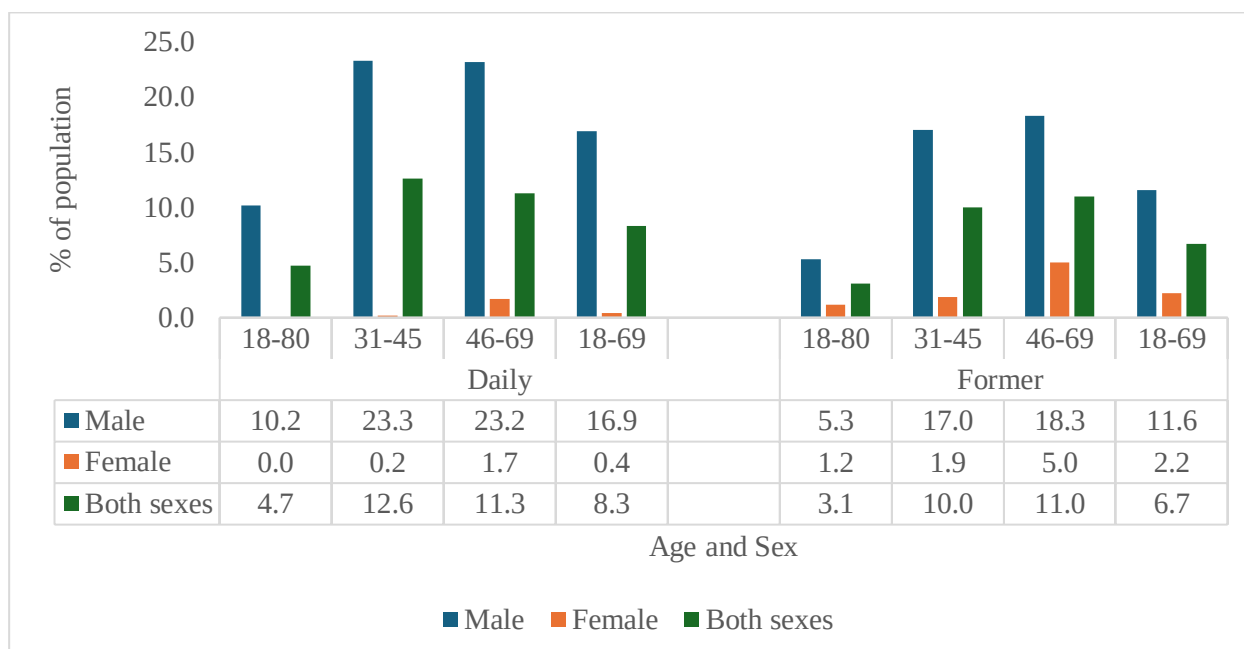


Figure 4 Proportion of daily and former smokers in the Tanzanian population aged 18 to 69 years by sex

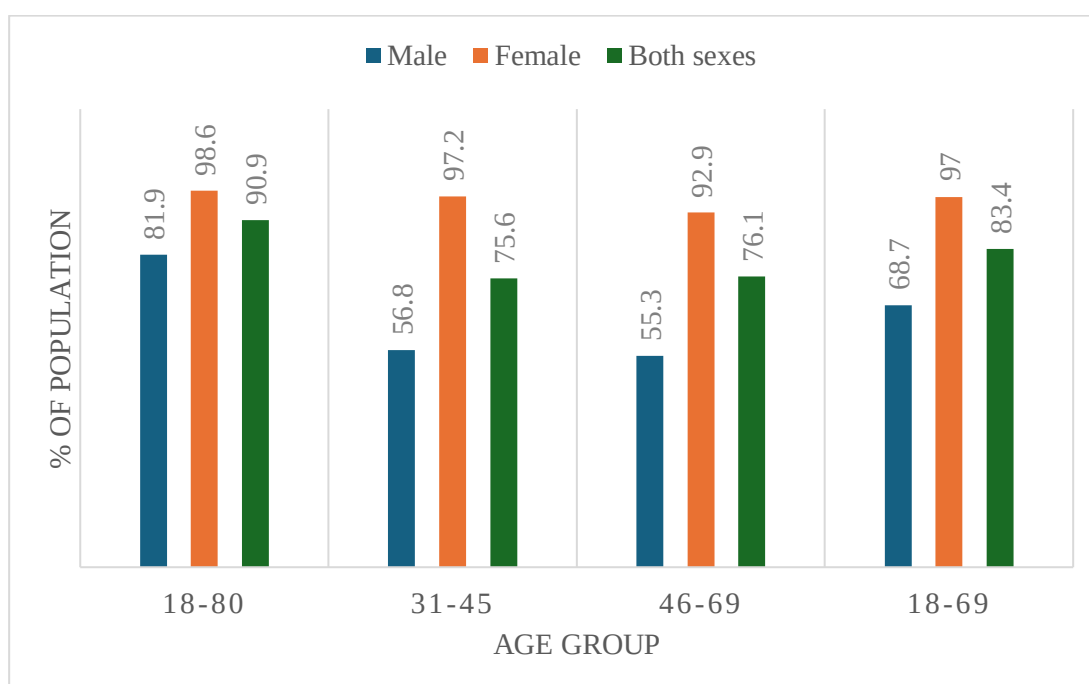


Figure 5 Proportion of non-smokers by age and sex in the Tanzanian population aged 18 to 69 by sex

Daily smoking habit

The majority of current smokers were daily smokers (84.2%). For females, the proportion of daily smokers increased with age, while for males, the rates were equally distributed. (Table 5)

Table 5 *Percentage of current daily smokers among smokers aged 18 to 69 years by sex in Tanzania*

Percentage of current daily smokers among smokers aged 18 to 69 years by sex									
Age Group (years)	Men			Women			Both Sexes		
	N	% Daily smokers	95% CI	N	% Daily smokers	95% CI	n	% Daily smokers	95% CI
18-30	45	79.4	58.2-100.0	3	0.0	0.0-0.0	48	77.9	56.3-99.5
31-45	95	88.8	79.5-98.1	5	18.6	0.0-54.4	100	86.8	76.7-97.0
46-69	124	87.9	81.4-94.4	15	80.4	50.8-100.0	139	87.3	81.0-93.5
18-69	264	85.6	78.2-93.0	23	51.3	16.0-86.6	287	84.2	76.6-91.8

Initiation and duration of smoking among daily smokers

The average age for smoking initiation was 22 years, slightly varied by gender (males: 21.9 years vs. females: 20.6 years). Among males, the average age of smoking initiation was higher for those aged 46-69 years (27.6 years) compared to those aged 31-45 years (18.8 years) and those aged 18-30 years (21.6 years). The mean duration of smoking for females (28 years) was higher than for males (19.1 years).

Smoking manufactured cigarette smokers among daily smokers and current smokers

Majority of the daily smokers (92.0%) were smoking manufactured cigarettes. Those aged 45 and below were more likely to smoke manufactured cigarette i.e. 18-30years (98.2%) and 31-45years (97.5%) as compared to those aged 46-69 years (82.8%). However, very few daily smoker women were smoking manufactured cigarettes (12.5%). Similar results were observed among current smokers. About 85% of the current smokers were smoking manufactured cigarettes, however, very few women (15.6%) were smoking manufactured cigarettes (Table 6).

Table 6

Percentage of current daily smokers among smokers among Tanzanian population aged 18 to 69 years

Current daily smokers among smokers											
Age Group (years)	Men				Women				Both Sexes		
	N	% Daily smokers	95% CI		N	% Daily smokers	95% CI		n	% smokers	Daily 95% CI
18-30	45	79.4	58.2-100.0		3	0.0	0.0-0.0		48	77.9	56.3-99.5
31-45	95	88.8	79.5-98.1		5	18.6	0.0-54.4		100	86.8	76.7-97.0
46-69	124	87.9	81.4-94.4		15	80.4	50.8-100.0		139	87.3	81.0-93.5
18-69	264	85.6	78.2-93.0		23	51.3	16.0-86.6		287	84.2	76.6-91.8

Amount of tobacco used among daily smokers per day by type

The average number of manufactured cigarettes smoked by males was 5.9 cigarettes per day. This average was higher among those aged 31-45 years (7.3 cigarettes) compared to those aged 18-30 years (4.6 cigarettes) and those aged 46-69 years (4.8 cigarettes). On average, males smoked 1.6 hand-rolled cigarettes per day, with the mean increasing with age: 0.7, 1.2, and 3.3 hand-rolled cigarettes among males aged 18-30, 31-45, and 46-69 years, respectively. The mean number of other tobacco products smoked by males, includes pipes, cigars, cheroots, cigarillos, shisha sessions, and other types of tobacco, was less than 1. For females, the mean number of almost all types of tobacco smoked daily was less than 1, except for hand-rolled cigarettes, which averaged 9.2 per day.

Smoked tobacco consumption among current smokers

About 85% of current smokers of both sexes use manufactured cigarettes, with the proportion higher among those aged 31-45 years (90.9%) compared to those aged 18-30 years (83.8%) and 46-69 years (76.4%). Approximately one-third (30.8%) of current smokers also smoke hand-rolled cigarettes, with rates increasing by age: 15.4% for those aged 18-29 years, 26.2% for those aged 31-45 years, and 55.9% for those aged 46-69 years. The proportion of pipe tobacco smokers is 5.1% and increases with age. However, the proportion of those who smoke other types of tobacco, such as cigars, cheroots, cigarillos, and shisha, is less than 5%. Among males, the proportion reported to smoke manufactured cigarettes is 88%, slightly higher among those aged 31-45 years (92.8%) compared to those aged 18-30 years (85.4%) and 46-69 years (82.3%). The proportions of current male smokers reported to smoke hand-rolled cigarettes and pipe tobacco are 30.1% and 4.5%, respectively, and these rates increase with age. Less than 5% of current male smokers reported smoking cheroots, cigarillos, shisha, and other tobacco products. Only 16% of current female smokers use manufactured cigarettes; however, the rate is higher among those aged 31-45 years compared to those aged 18-30 years (0.0%) and 46-69 years (13.9%). Nearly 46% of females reported smoking hand-rolled cigarettes, with the proportion being higher among those aged 46-

69 years (73.3%) than those aged 18-30 years (0.0%) and those aged 31-45 years (30.5%). One-fifth (20.2%) of females reported smoking pipe tobacco, with a majority aged 31-45 years (54.8%). Less than 10% of females smoked cigars, cheroots, cigarillos, shisha, or other tobacco products.

Daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day

The proportion of males who reported smoking 10-14 manufactured or hand-rolled cigarettes per day was 22.6%, with a higher prevalence among those aged 31-35 years compared to those aged 18-30 years (6.1%) and those aged 46-69 years (21.2%). More than 10% of males aged 46-49 and those aged 31-45 years smoked 15 or more manufactured or hand-rolled cigarettes per day (Figure 6). Only eight women provided information about the quantity of manufactured or hand-rolled cigarettes smoked daily, making meaningful comparative analysis unfeasible.

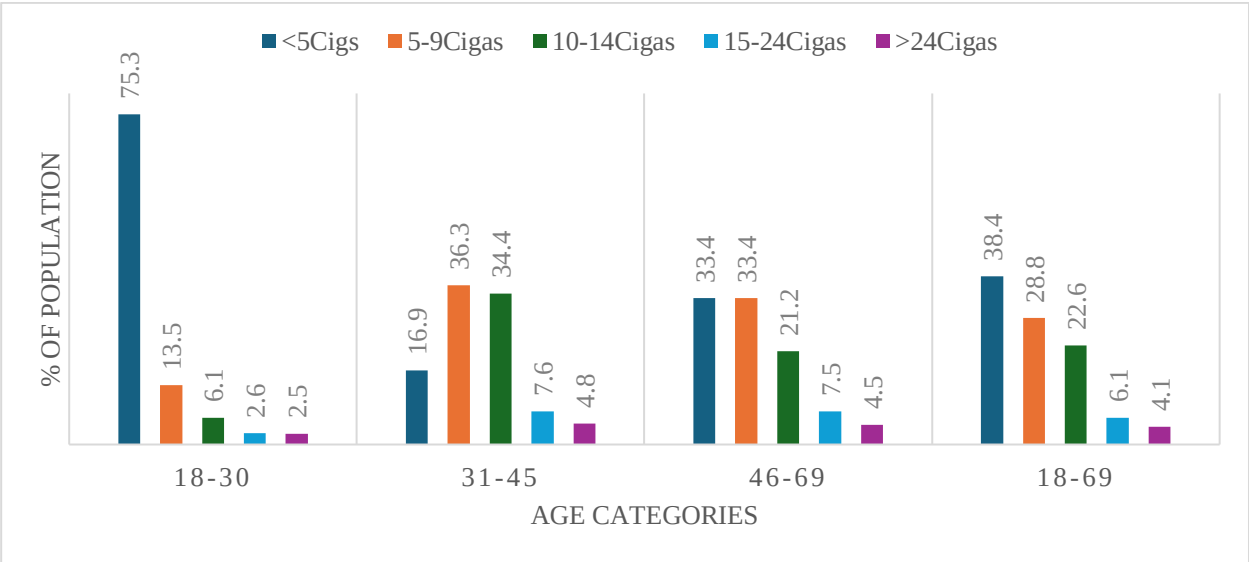


Figure 6 Percentage of daily male smokers aged 18 to 69 in the population smoking given quantities of manufactured or hand-rolled cigarettes per day

Former daily smokers and former smokers

The proportion of former daily smokers (who don't smoke currently) among all Tanzanians was 4.7%, and it was higher among those aged 31-45 years (7.8%) and those aged 46-69 years (7.6%). The rate of former daily smokers (who don't smoke currently) for males was 8 times higher than for females. Among males, the rate was higher for those aged 31-45 years (14.1%) and those aged 46-69 years (14.4%) compared to those aged 18-30 years; the same trend was observed among females as well (Figure 7).

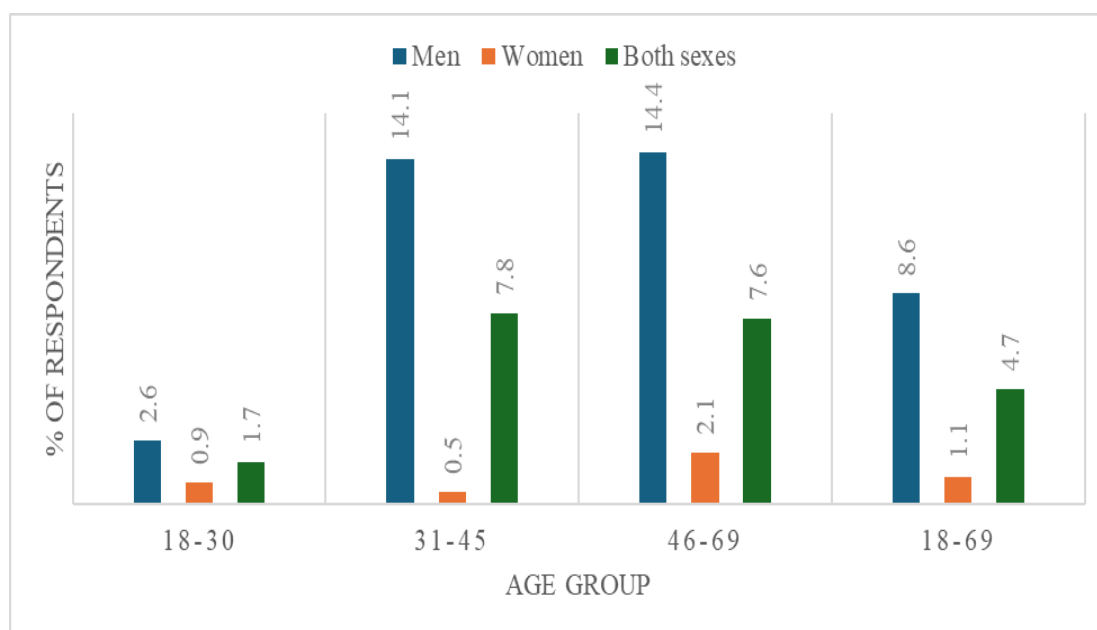


Figure 7 Former daily smokers (who don't smoke currently) among all population aged 18 to 69 years

Former daily smokers (who don't smoke currently) among ever-daily smokers

More than one-third (35.9%) of former daily smokers (those who don't currently smoke) were among ever-daily smokers. The rate was higher among those aged 31-45 (37.7%) and those aged 46-69 (38.3%). The proportion of women who are former daily smokers (those who don't currently smoke) was more than twice that of men across all age groups (Figure 8).

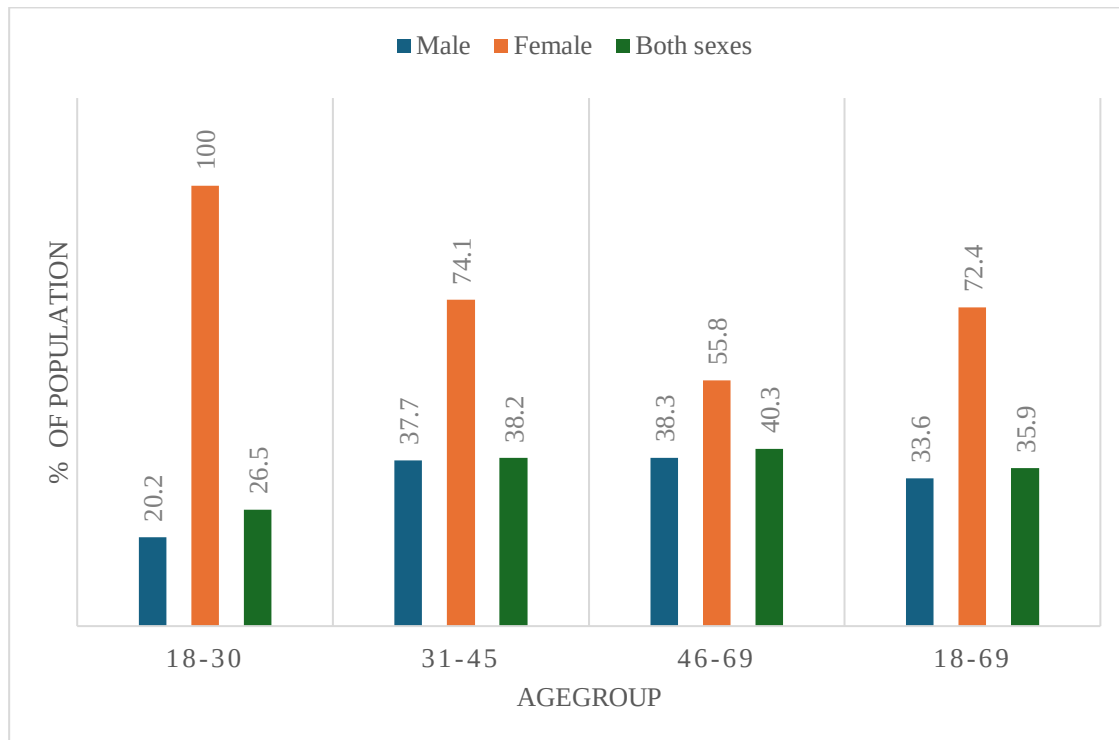


Figure 8 Former daily smokers (who don't smoke currently) among ever-daily smokers

Time in years since smoking cessation

The mean number of years since cessation among former smokers was 14.3 years and increased with age. Similarly, the mean period since cessation for males was 13.4 years and increased with age. For females, the mean number of years was 19.5 years, with higher averages observed among those aged 46-69 years (30.1 years) and 18-30 years (9.1 years) but lower among those aged 31-45 years (5.5 years). (Table 7)

Table 7 Mean number of years since smoking cessation by age and sex categories

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
18-30	38	4.1	2.6-5.6		8	9.1	No results		46	5.0	3.1-6.9
31-45	59	12.0	10.2-13.8		11	5.5	No results		70	11.5	9.6-13.4
46-69	102	22.8	19.0-26.6		28	30.1	No results		130	24.6	19.4-29.8
18-69	199	13.4	11.4-15.4		47	19.5	No results		246	14.3	11.6-17.0

Percentage of current smokers who have tried to stop smoking during the past 12 months

About half (46.7%) of current smokers have attempted to quit smoking in the past 12 months, with the rate being higher among those aged 31-45 years (70.1%) compared to other age categories. For females, the rates were higher among those aged 31 years and above than those aged 18-30. Overall, the rate of attempts across all age groups among females was twice that of their male counterparts. (Figure 9).

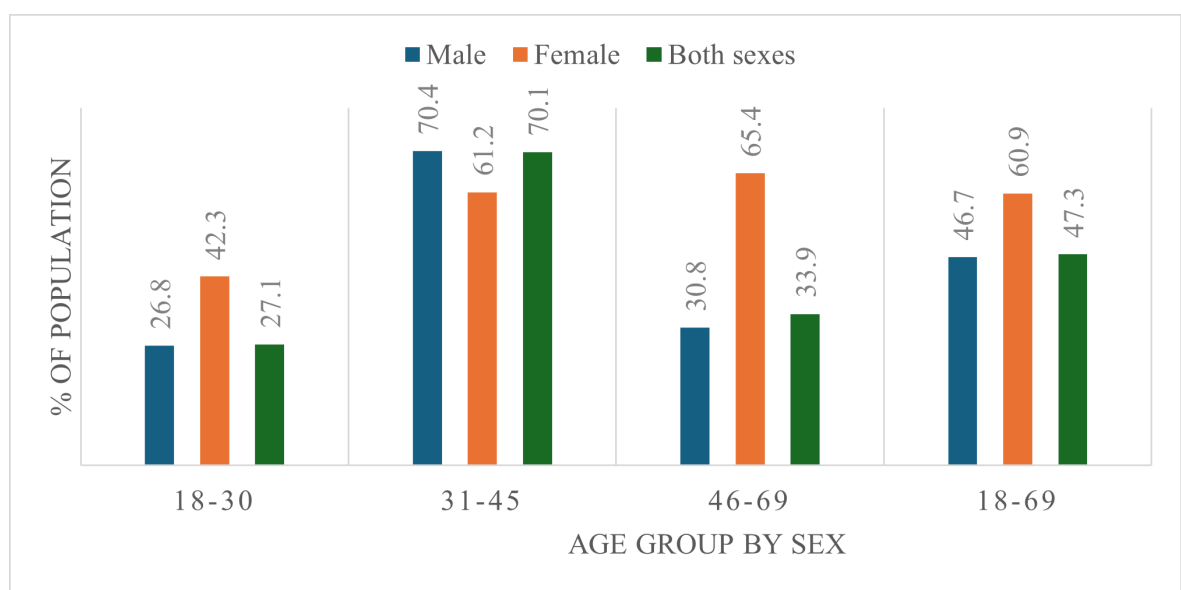


Figure 9 Percentage of current smokers who have tried to stop smoking during the past 12 months

Proportion of current smokers in the population reported receiving advice to stop smoking

Less than one-third (29.5%) of current smokers reported receiving advice from a doctor or other health worker to stop smoking among those who had visited a doctor or health worker in the past 12 months. The highest proportion that received advice was among those aged 31-45 years (48.5%), while the percentage was very small among those aged 18-30 years (3.7%). The proportion of males who received advice across all age categories was higher than that of females, except those aged 18-30. (Figure 10)

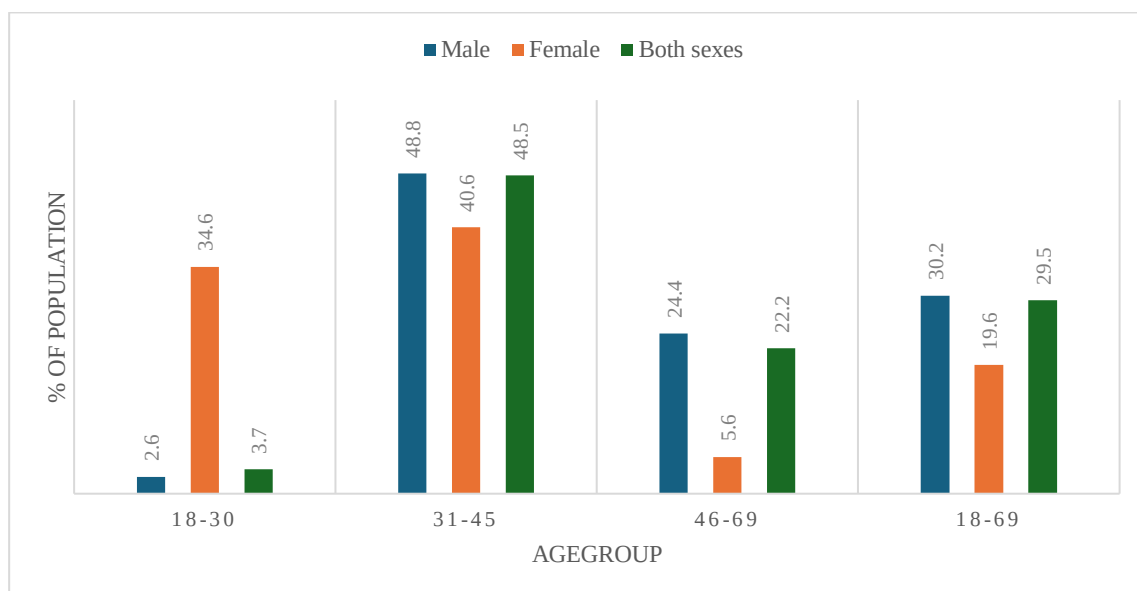


Figure 10 Percentage of current smokers who a doctor or other health worker has advised to stop smoking among those smokers who have had a visit to a doctor or other health worker in the past 12 months

Smokeless tobacco use

Current users of smokeless tobacco

The proportion of current smokeless tobacco users was 1.9%, slightly higher among males (2.5%) than females (1.4%). It was also higher among males aged 31-45 (3.9%) and those aged 46-69 (3.3%) compared to those aged 18-30 (1.2%). The proportion of females aged 46-69 was six times that of those aged 18-30 and 31-45. (Figure 11)

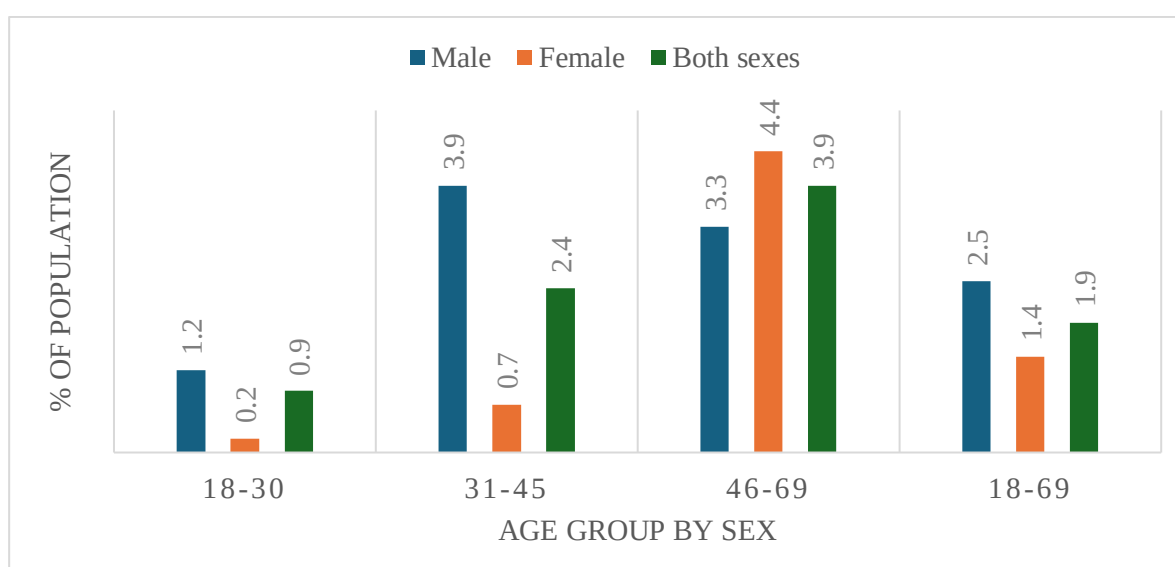


Figure 11 Percentage of current users of smokeless tobacco among all population aged 18 to 69 years by sex

Status of smokeless tobacco use among all population

Among both sexes, the proportions of daily, current, and past smokeless tobacco users were 1.1%, 0.8%, and 2.2%, respectively, and these proportions increased with age. For males, the proportions were 1.5%, 1.0%, and 3.2% for daily, current, and past smokeless users, respectively, showing a slight increase in male users with age. Among female population, 0.8%, 0.6%, and 1.3% were daily, current, and past smokeless users, respectively, with a similar increase in the proportion of users for each type of smokeless tobacco observed.

Former daily users of smokeless tobacco among all population and among ever-daily users

Among both sexes, the proportion of former daily smokeless tobacco users (who do not currently use tobacco) among all population was 1.6% and was observed to increase with age. The rates were higher among male population (2.5%) than female population (0.7%). Similarly, within each sex, the rate was observed to increase with age. (Figure 12)

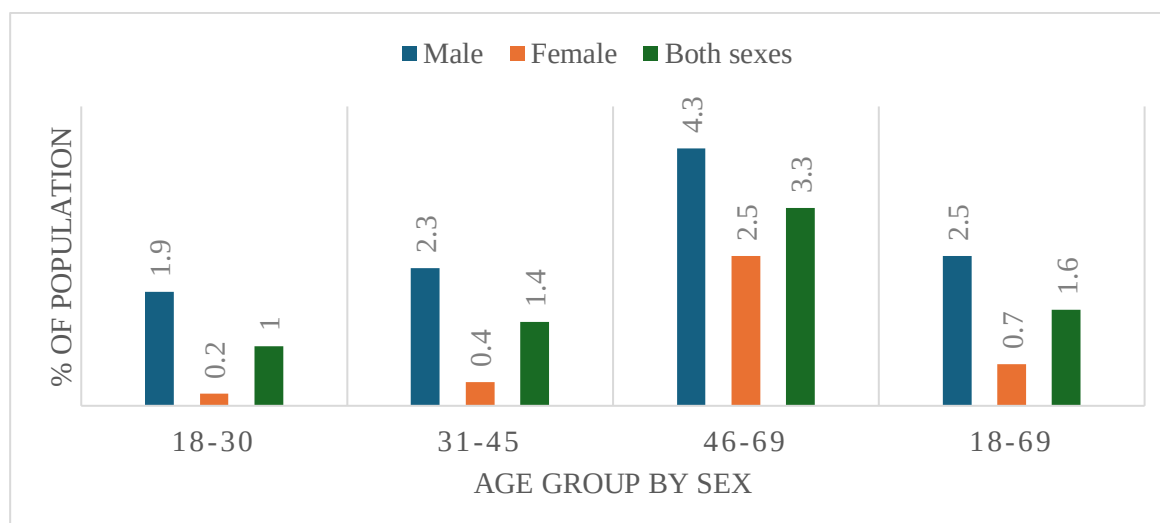


Figure 12 Former daily smokeless tobacco users (who don't use tobacco currently) among all population aged 18 to 69 years by sex

More than half (58.7%) of former daily smokeless tobacco users among ever daily users reported not currently using tobacco. The rate was higher among those aged 18-30 years (68.4%) and those aged 46-69 years (65.6%) compared to those aged 31-45 years (39.6%). Among females, the rates were observed to increase with age, while among males, the rates were higher among those aged 18-30 years (81.6%) and those aged 46-69 years (71.9%) compared to those aged 31-45 years (39.6%). (Figure 13)

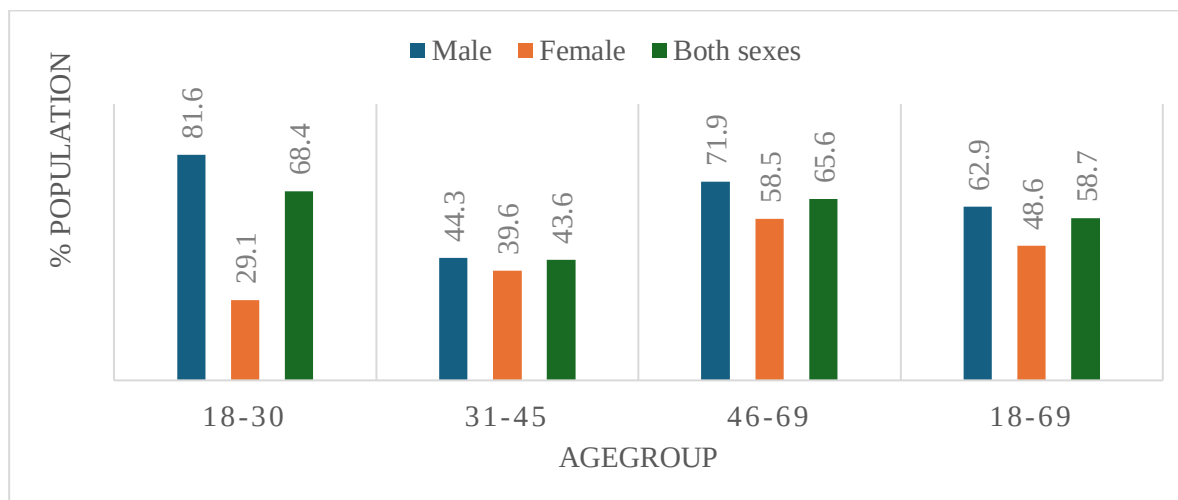


Figure 13 Former daily smokeless tobacco users (who don't use tobacco currently) among ever-daily users

Amount of smokeless tobacco used among daily users per day by type

The results of the amount of smokeless tobacco use is presented in Figure 14 and Figure 15. The mean number of daily uses for snuff by mouth was higher among both sexes aged 31-45 years, followed by those aged 46-69 years, and was lower among those aged 18-30. Similar trends were observed for snuff by nose and chewing tobacco. The male group also reflected the results among both sexes. For females, the mean trend for snuff by mouth was similar to that of both sexes and males. However, for snuff by nose, the mean was higher among those aged 46-69 years, and for chewing tobacco, the mean was higher among those aged 18-30 years compared to the other age categories.

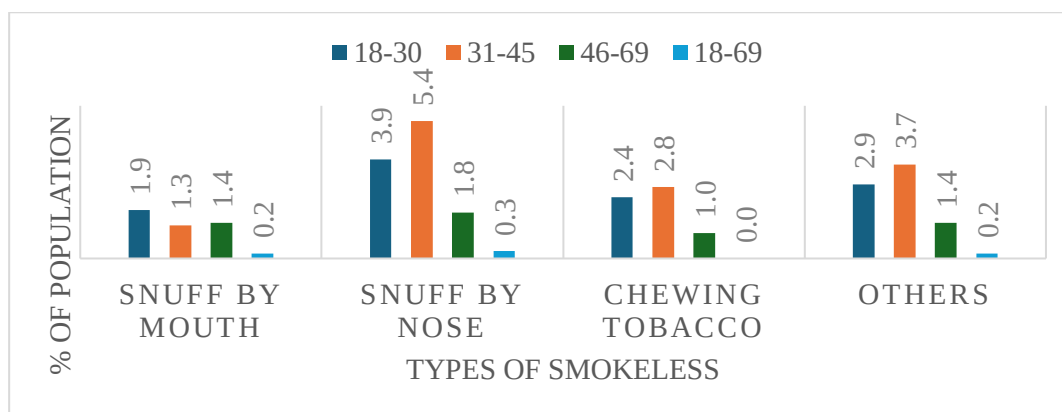


Figure 14 Mean times per day smokeless tobacco used by daily both sexes smokeless tobacco users by type

Mean times per day smokeless tobacco used by daily smokeless tobacco users per day

The mean times per day of daily uses for snuff by mouth was higher among both sexes aged 18-30 years, followed by those aged 46-69 years, and was lower among those aged 31-45. However, for snuff by nose and chewing tobacco the mean was slightly higher among those aged 31-45 years (Figure 14). Among male, the mean times per day of daily uses for snuff by mouth,

snuff by nose and chewing tobacco was slightly higher among those age 31-45years (Figure 15). For female the mean times per day of daily uses for snuff by mouth was slightly higher among those aged 31-45years followed by those aged 46-69years. For the snuff by nose and chewing tobacco the mean was slightly higher among those aged 46-69years and those aged 18-30years respectively (Figure 16).

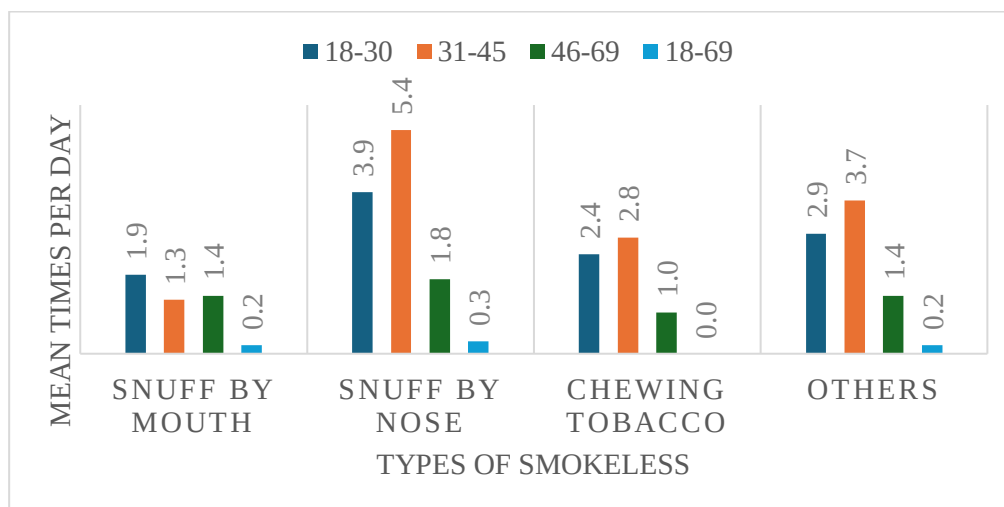


Figure 15 Mean times per day smokeless tobacco used by daily both sexes smokeless tobacco users by type

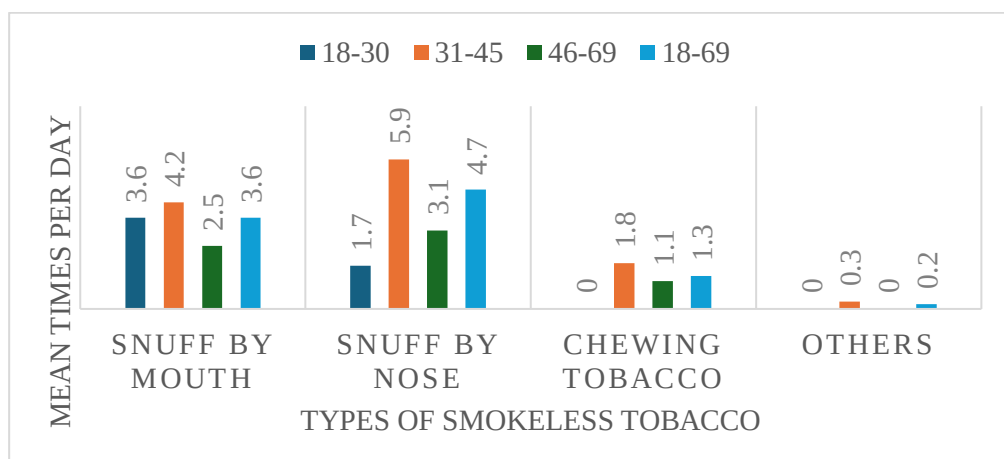


Figure 16 Mean times per day smokeless tobacco used by daily males' smokeless tobacco users by type

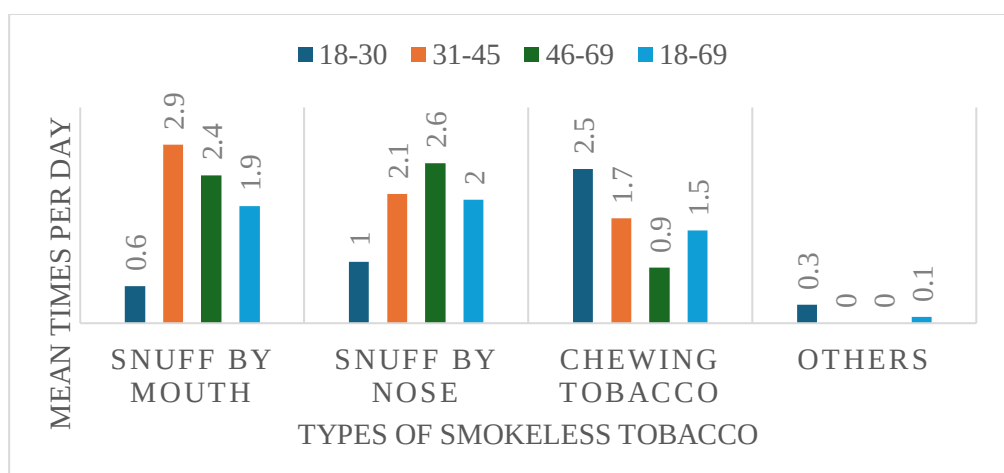


Figure 17 Mean times per day smokeless tobacco used by daily females' smokeless tobacco users by type

Smokeless tobacco consumption among the current users of smokeless tobacco

The proportion of snuff-by-mouth consumption among current users of smokeless tobacco in males was 73%, with higher usage among those aged 18-30 years compared to those aged 46-69 years. For snuff by nose, the overall proportion was 61%, with higher usage among those aged 46-69 years (71%) than in the other age categories. Chewing tobacco was consumed by 30% of current users of smokeless tobacco, with a higher proportion among those aged 31-45 years compared to the other age categories. (Figure 17)

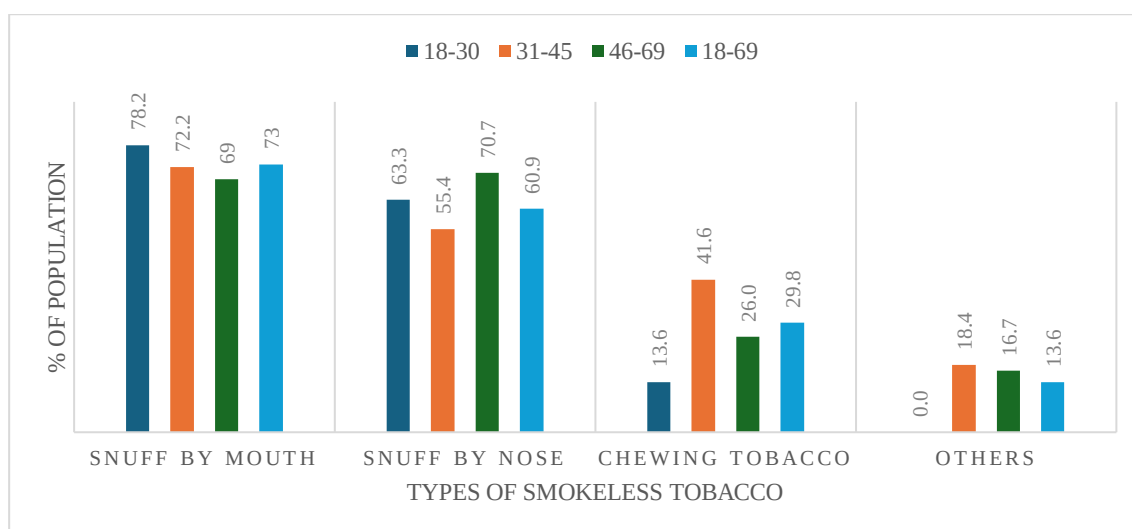


Figure 18 Percentage of current male users of smokeless tobacco using each of the following products

The overall proportion of snuff by mouth consumption among current female users of smokeless tobacco was 80%, with higher usage among those aged 18-30 years compared to those aged 31-45 years. For snuff by nose, the overall proportion was 39%, with higher usage among those aged 31-45 years (65%) than in the other age categories. Chewing tobacco was consumed by 53% of current users of smokeless tobacco, with a higher proportion among those aged 31-45 years (76.4%) and those aged 18-30 years (72.6%) compared to those aged 46-69 years (35.1%). (Figure 18)

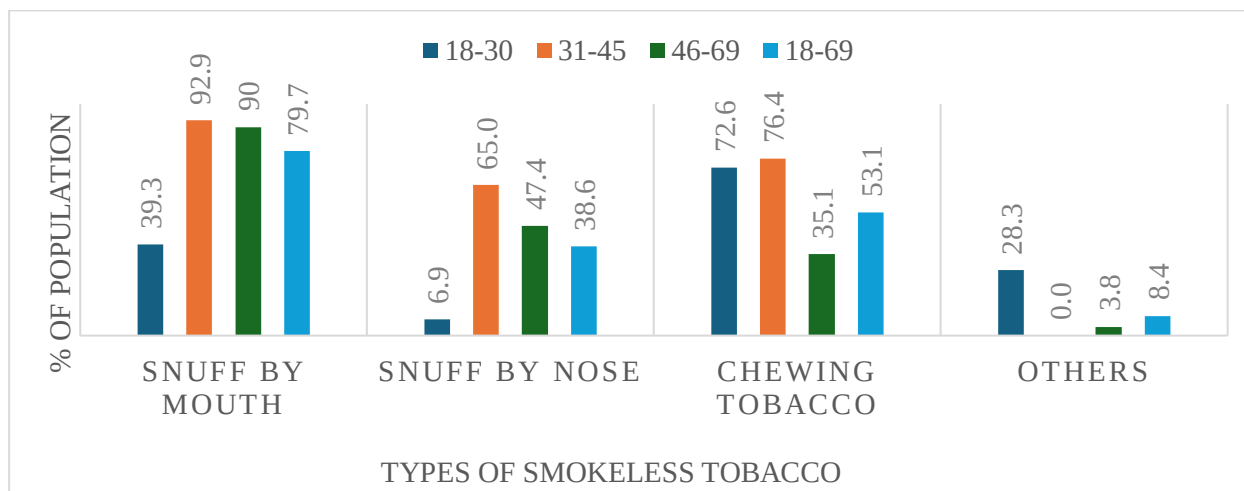


Figure 19 Percentage of current female users of smokeless tobacco using each of the following products

The proportion of snuff-by-mouth consumption among current users of smokeless tobacco from both sexes was 76%, with higher usage among those aged 46-69 years compared to those aged 18-30 years. For snuff by nose, the overall proportion was 54%, with higher usage among those aged 31-45 years (56.6%) and 46-69 years (58.8%) compared to those aged 18-30 years (43.5%). Chewing tobacco was consumed by 38% of current smokeless tobacco users, with a higher proportion among those aged 31-45 years (47.3%) than in the other age brackets. (Figure 19)

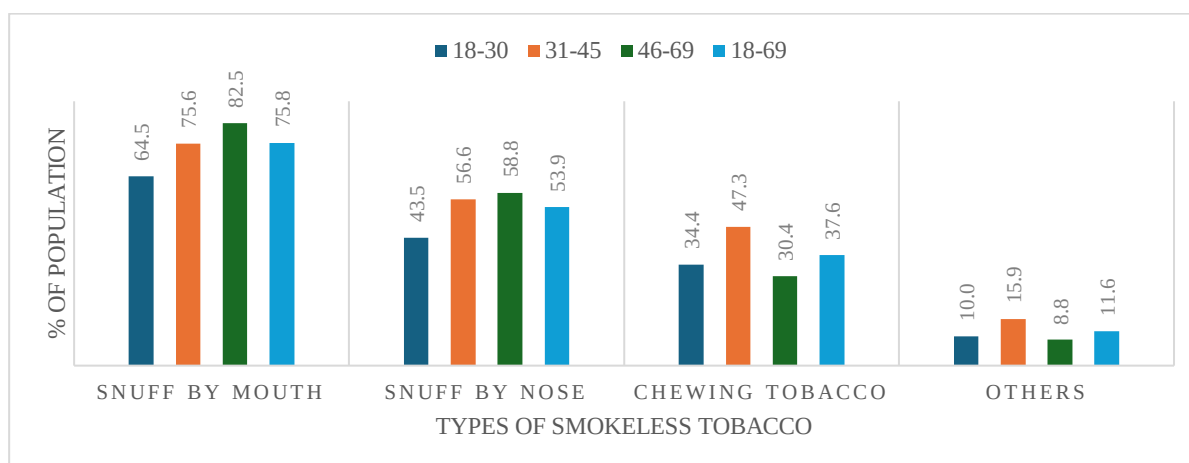


Figure 20 Percentage of current both sexes users of smokeless tobacco using each of the following products

Overall Current tobacco users (daily plus non-daily)

The overall prevalence of current (daily plus non-daily) tobacco users, including both smoking and smokeless tobacco, among all population was 11.3%. By age, the prevalence was higher among those aged 31-45 years (16.2%) and those aged 46-69 years (15.9%) compared to those aged 18-30 years (6.5%). By gender, the overall prevalence of current smokers among males was ten times that of females. In both genders, the prevalence was higher among those aged 31 years and older. (Figure 20)

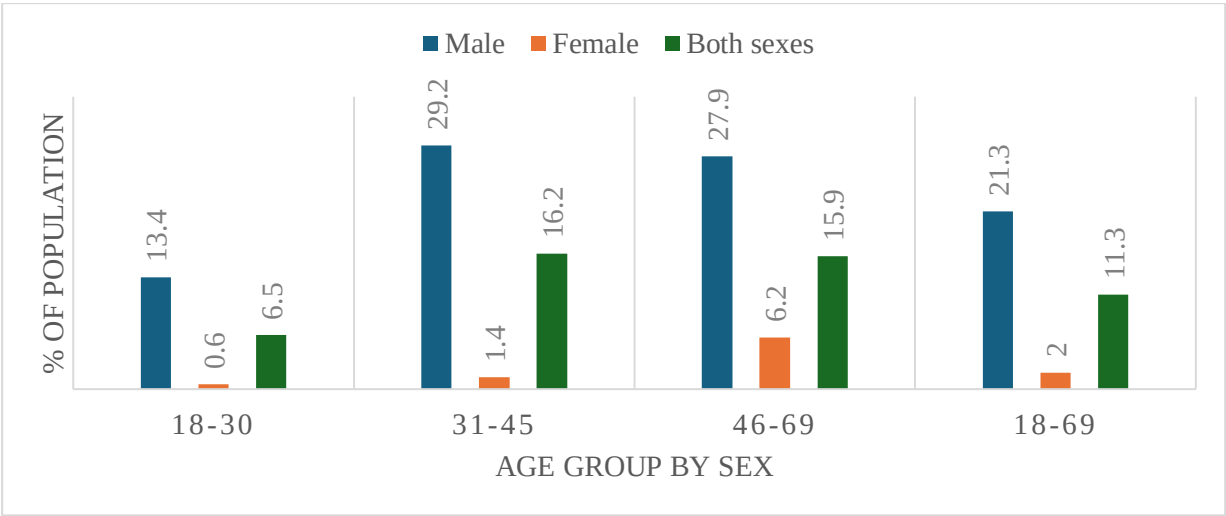


Figure 21 Percentage of current (daily plus non-daily) tobacco users, including smoking and smokeless, among all population

The overall prevalence of daily tobacco users was 9.1%, with higher rates among those aged 31-45 years (13.8%) and those aged 46-69 years (12.5%). By gender, the prevalence of daily tobacco users among males was 17 times that of females. Among males, the prevalence was higher among those aged 31-45 years (25.4%) and those aged 46-69 years (23.9%), and lower among those aged 18-30 years (10.4%). (Figure 21)

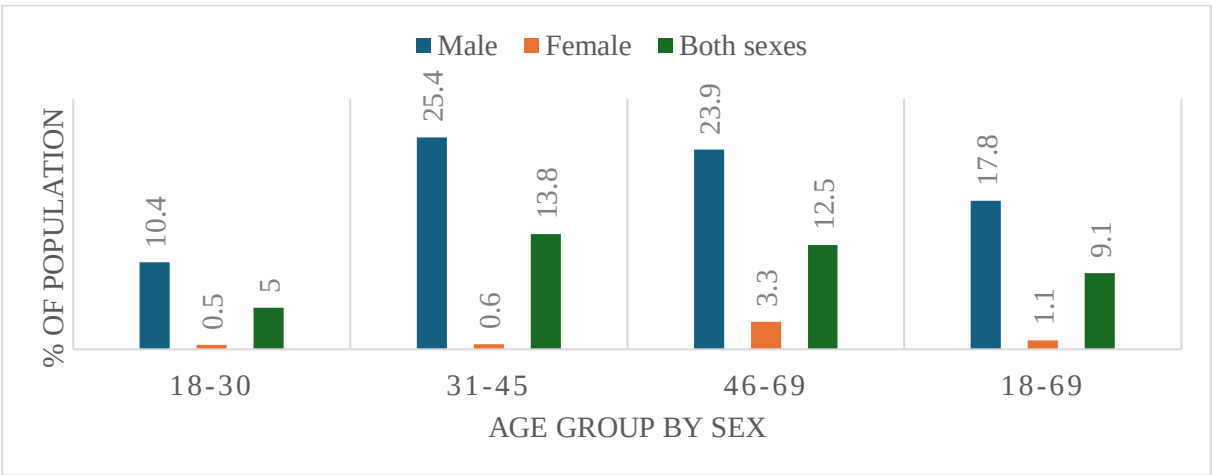


Figure 22 Percentage of daily tobacco users, including smoking and smokeless, among all population

The overall prevalence of exposure to second-hand smoke in the workplace in the past 30 days was 30.3%. By age it was higher among those aged 31-45 years compared to those aged 18-30 years (26.4%). By gender, the prevalence exposed male was two times of female counterpart. In each sex, the prevalence was slightly higher among those aged 31 and above than those aged below. (Figure 21)

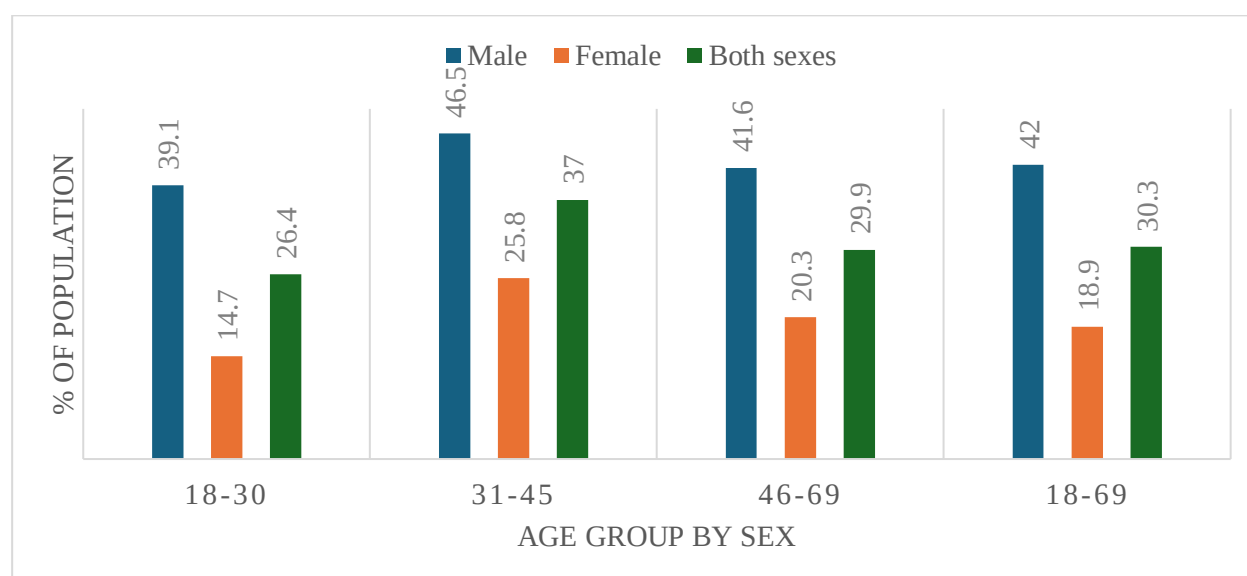


Figure 23 Percentage of population exposed to second-hand smoke in the workplace in the past 30 days.

Exposed to second-hand smoke in home during the past 30 days

Regarding second-hand smoke exposure at home, the survey indicated that 17.1% of adults aged 18-69 were exposed in the past month. Exposure rates were slightly higher among men and among those aged 31-45 years (Table 8).

Table 8 Exposed to second-hand smoke in home during the past 30 days

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
18-30	457	15.8	10.2-21.5	739	14.3	7.4-21.2	1196	15.0	10.4-19.6
31-45	508	20.3	8.7-31.9	735	16.6	12.1-21.1	1243	18.6	11.5-25.7
46-69	494	21.7	16.7-26.8	632	18.6	11.6-25.5	1126	20.0	15.7-24.2
18-69	1459	18.4	13.4-23.4	2106	15.8	11.7-19.9	3565	17.1	14.4-19.8

Tobacco use and urine cotinine

Urine cotinine test (Test: Spot urine Cotinine test)

The overall prevalence of a positive urine cotinine test at 200 ng/mL was 13.5% and increased with age. The prevalence of a positive urine cotinine test among males was five times that of females. In each sex, the prevalence also increased with age (Table 9).

Table 9 Percentage of population with positive urine cotinine 200 ng/mL test

Urine Cotinine 200 ng/mL test results										
Age Group (years)	Men				Women			Both Sexes		
	n	% Cotinine (+)	95% CI		n	% Cotinine (+)	95% CI	n	% Cotinin e (+)	95% CI
	18-30	411	15.2	7.7-22.8	619	1.9	0.2-3.6	1030	8.5	3.8-13.2
	31-45	464	30.5	19.0-42.1	650	2.9	1.4-4.3	1114	17.9	10.7-25.2
	46-69	471	29.1	22.8-35.4	602	9.9	4.7-15.2	1073	19.0	14.1-23.9
18-69	1346	22.9	18.1-27.7	1871	4.0	2.4-5.5	3217	13.5	10.5-16.6	

The overall prevalence of a positive urine cotinine test at 10 ng/mL was 21.1% and increased with age. The prevalence of a positive urine cotinine test among males was five times that of females. In each sex, the prevalence also increased with age. (Table 10)

Table 10 Percentage of population with positive urine cotinine 10 ng/mL test

Urine Cotinine 10 ng/mL test results											
Age Group (years)	Men				Women			Both Sexes			
	n	% Cotinine e (+)	95% CI		n	% Cotinine e (+)	95% CI	n	% Cotinine e (+)	95% CI	
18-30	411	22.2	15.4-29.1		619	13.4	2.1-24.7		1030	17.8	11.1-24.5
31-45	464	33.9	22.8-45.1		650	9.8	5.4-14.1		1114	22.9	16.1-29.8
46-69	471	36.4	29.5-43.4		602	16.7	11.9-21.4		1073	26.0	21.6-30.5
18-69	1346	28.8	24.2-33.4		1871	13.1	7.5-18.8		3217	21.1	16.9-25.2

Reported tobacco use vs urine cotinine test cross tabulation

Among males, the prevalence of cotinine positivity in current tobacco users was 19.2%, while it was 3.8% among reported non-users. In both categories, the prevalence of cotinine positivity increased with age. (Table 11) In contrast, among women, the prevalence of cotinine positivity was slightly higher among those who reported not being current tobacco users (2.3%) compared to current tobacco users (1.7%) (Table 12). Among both sexes, the prevalence of cotinine positivity was 10.6% among current tobacco users and 3.0% among non-current tobacco users, with the prevalence among users being three times that of non-tobacco users. Similarly, in both groups (tobacco users and non-users), the prevalence of positive cotinine increased with age. (Table 13)

Table 11 *Reported tobacco use vs urine cotinine test results (Men)*

Reported tobacco use vs cotinine 200 ng/mL test									
Men									
Age Group (years)	N	Current user				Non-user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	410	12.1	4.1-20.1	3.2	1.1-5.3	1.6	0.0-3.9	83.1	75.6-90.5
31-45	463	26.9	15.2-38.7	3.7	1.1-6.4	3.2	1.0-5.4	66.1	54.9-77.4
46-69	471	24.0	18.0-30.0	5.1	2.9-7.4	2.8	1.1-4.5	68.1	61.4-74.7
18-69	1344	19.2	14.2-24.2	3.8	2.3-5.2	2.4	1.1-3.7	74.6	69.8-79.5

Table 12 *Reported tobacco use vs urine cotinine test results (Women)*

Reported tobacco use vs cotinine 200 ng/mL test									
Women									
Age Group (years)	N	Current user				Non-user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	616	0.2	0.0-0.5	1.7	0.1-3.4	0.2	0.0-0.5	97.8	96.1-99.5
31-45	650	0.7	0.0-1.5	2.1	1.0-3.3	0.6	0.0-1.3	96.6	94.9-98.2
46-69	602	6.2	1.4-11.0	3.7	1.9-5.5	0.6	0.0-1.3	89.5	84.2-94.8
18-69	1868	1.7	0.5-2.9	2.3	1.3-3.3	0.4	0.1-0.7	95.6	94.0-97.2

Table 13 Reported tobacco use vs urine cotinine test results (Both sexes)

Reported tobacco use vs cotinine 200 ng/mL test									
Both Sexes									
Age Group (years)	N	Current user				Non-user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	1026	6.1	1.4-10.8	2.5	0.9-4.1	0.9	0.0-2.1	90.5	85.8-95.2
31-45	1113	15.0	7.6-22.3	3.0	1.4-4.6	2.0	0.8-3.2	80.0	72.9-87.1
46-69	1073	14.6	10.2-19.0	4.4	2.8-5.9	1.7	0.8-2.6	79.3	74.2-84.5
18-69	3212	10.6	7.5-13.7	3.0	2.0-4.1	1.4	0.7-2.1	85.0	81.9-88.1



Alcohol Consumption

Status of alcohol consumption

The proportion of current alcohol drinkers was 19.4%, with 15% alcohol abstainers for the past 12 months and 58.4% lifetime alcohol abstainers. Alcohol consumption was higher among participants of 31 – 45 years (28.7%), with men current drinkers twice the proportion of women of the same age group. Majority of 30 years and below reported to be lifetime abstainers (67.8%), with more women reporting to be lifetime abstainers (68.3%) than men (60.9%) (Table 14)

Table 14 Alcohol consumption status of the population (both sexes)

Alcohol consumption status									
Both Sexes									
Age Group (years)	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
18-30	1196	11.9	8.4-15.4	8.3	0.3-16.4	12.0	7.4-16.6	67.8	61.1-74.5
31-45	1243	28.7	22.3-35.0	5.3	3.2-7.4	17.3	12.1-22.5	48.8	42.3-55.2
46-69	1125	24.8	19.7-30.0	6.7	4.0-9.4	19.4	15.3-23.5	49.1	41.0-57.1
18-69	3564	19.4	16.7-22.1	7.1	2.9-11.3	15.0	11.3-18.7	58.4	53.3-63.6

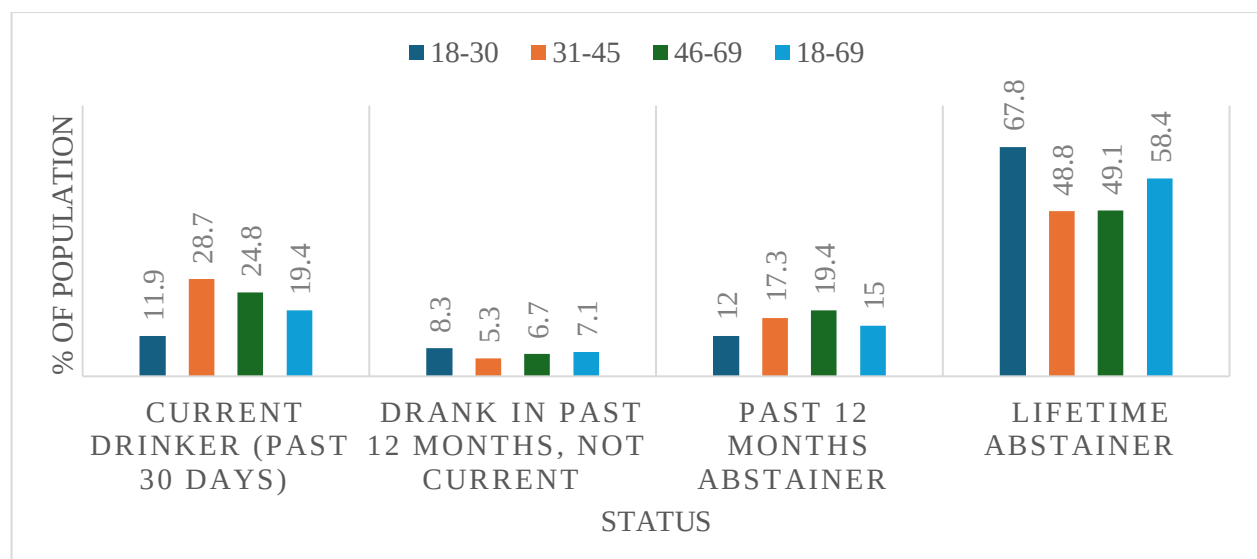


Figure 24 Alcohol consumption status

Stopping drinking

The percentage of the population that stopped drinking due to health reasons alcohol in the past 12 months was 24.9% among those population who drank in their lifetime (Table 15). They stopped drinking due to health reasons, such as a negative impact of drinking on their health or as per the advice of their doctor or another health worker.

Table 15 Participants Stopping drinking due to health reasons

Stopping drinking due to health reasons												
Age Group (years)	Men				Women				Both Sexes			
	n	% stopping due to health reasons			n	% stopping due to health reasons			n	% stopping due to health reasons		
		95% CI	26.5	9.1-43.8		95% CI	8.7	1.1-16.3		95% CI	14.9	5.2-24.6
18-30	45	26.5	9.1-43.8	75	8.7	1.1-16.3	120	14.9	5.2-24.6			
31-45	75	23.6	1.9-45.4	102	31.1	20.9-41.3	177	26.3	10.9-41.7			
46-69	103	25.8	15.6-36.0	132	49.8	32.4-67.1	235	38.4	26.6-50.3			
18-69	223	25.0	13.3-36.7	309	24.7	17.2-32.2	532	24.9	16.7-33.1			

Frequency of alcohol consumption

The frequency of alcohol consumption in the past 12 months among those population who drank in the last 12 months was less than once per month (30.8%), and the majority also drank 1-2 days per month (21.4%) or 1-3 days per month (21.3%). Most women drank less than once a month (32.7%) than men (29.9%) see Figure 24 below.

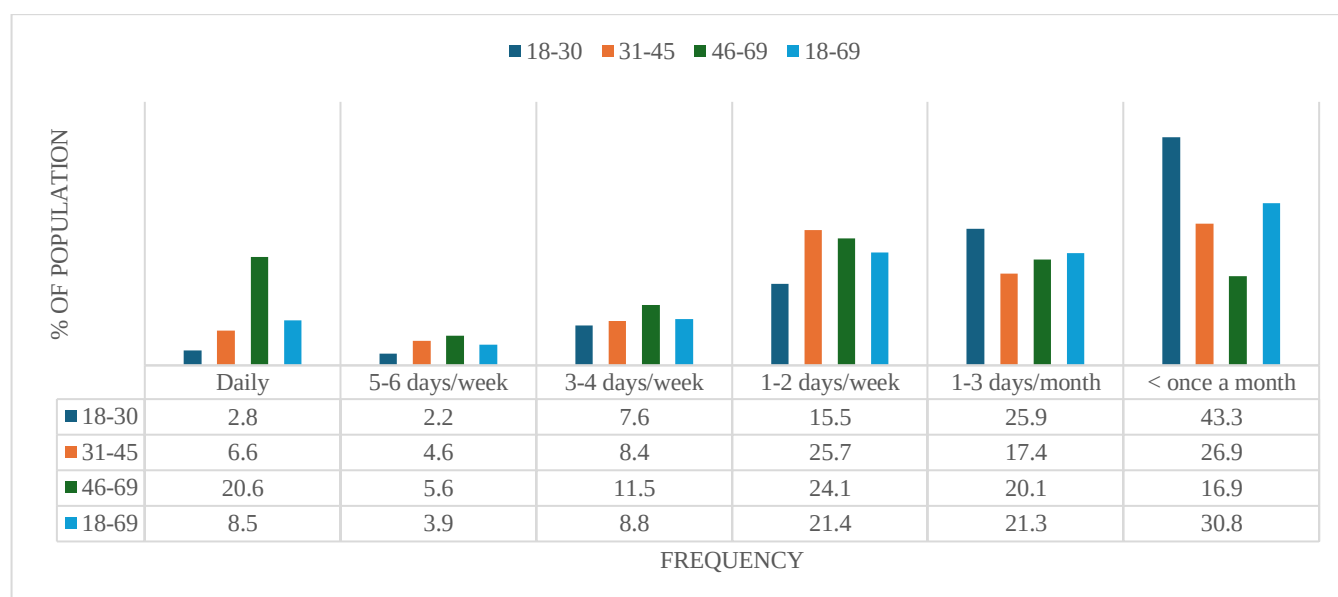


Figure 25 Frequency of alcohol consumption in the past 12 months in the Tanzanian population aged 18 to 69 both sexes

Drinking occasions in the past 30 days

Among current (past 30 days) drinkers, the mean number of occasions with at least one drink in the past 30 days was 8 times, with men having more occasional drinking (8.7) than women (6.9). The older age group (46-69 years) had more drinking occasions than the lower age groups. (Table 16 and Figure 25)

Table 16 Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers

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
18-30	74	6.4	4.3-8.4	61	5.1	No results	135	5.9	4.2-7.5
31-45	141	6.7	4.2-9.2	120	6.9	No results	261	6.7	5.0-8.4
46-69	164	14.3	10.8-17.9	113	9.2	No results	277	12.5	9.2-15.8
18-69	379	8.7	7.4-10.0	294	6.9	No results	673	8.0	7.0-9.1

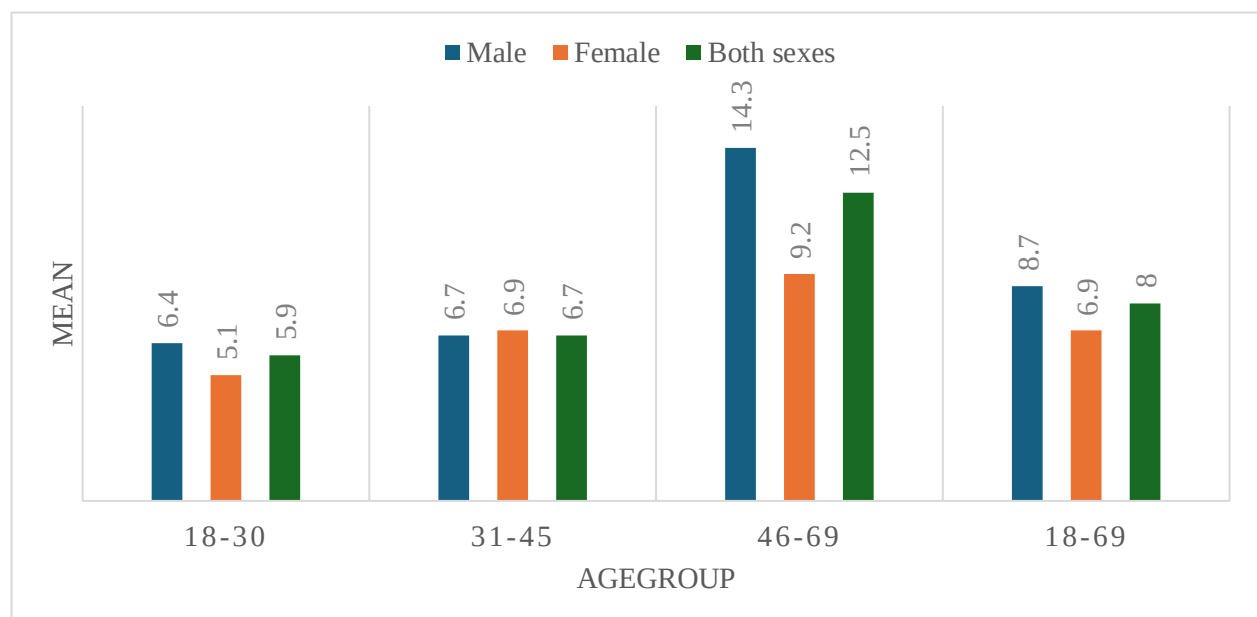


Figure 26 Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers

Standard drinks per drinking occasion

The mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers was 6.2, with men drinking 6.8 standard drinks while women drank 5.2 drinks. The most significant mean number of standard drinks consumed per drinking occasion was 6.7 among the 18-30 age group compared to the older age groups. (Table 17)

Table 17

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers

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
18-30	79	8.4	5.1-11.7	61	3.8	No results	140	6.7	4.5-8.9
31-45	145	6.2	5.2-7.3	120	5.1	No results	265	5.9	5.1-6.7
46-69	164	5.9	4.7-7.0	115	6.9	No results	279	6.2	5.3-7.2
18-69	388	6.8	5.6-8.1	296	5.2	No results	684	6.2	5.4-7.1

Average volume drinking levels among all population

A standard drink contains approximately 10g of pure alcohol. The percentage of the population drinking excessively among all population during the past 30 days was 8.4% (≥ 60 g of pure alcohol on average per occasion among men and ≥ 40 g of pure alcohol on average per occasion among women). The Percentage of men was twice that of women, as shown in the table below (Table 18)

Table 18

Population drinking at the high-end level

Drinking at high-end level among all population (≥ 60 g of pure alcohol on average per occasion among men and ≥ 40 g of pure alcohol on average per occasion among women)									
Age Group (years)	Men			Women			Both Sexes		
	n	% ≥ 60 g	95% CI	n	% ≥ 40 g	95% CI	n	% high-end level	95% CI
18-30	453	6.8	3.2-10.4	737	3.2	1.4-4.9	1190	4.8	3.0-6.7
31-45	501	17.9	10.7-25.1	732	8.2	3.1-13.3	1233	13.2	8.8-17.6
46-69	489	12.5	8.3-16.6	627	8.9	3.8-14.0	1116	10.5	7.3-13.8
18-69	1443	11.4	8.2-14.5	2096	5.7	3.3-8.1	3539	8.4	6.8-10.0

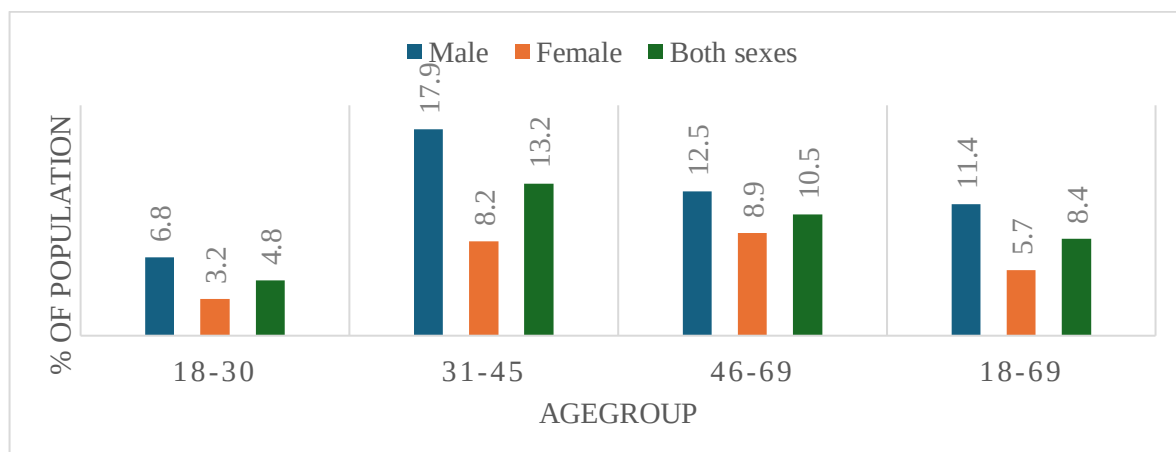


Figure 27

Population drinking at the high-end level

Percentage drinking at the intermediate level among all population (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) was 4.5%, with minor differences across the age group and sex (Table 19)

Table 19 Population drinking at intermediate level

Drinking at intermediate level among all population (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
18-30	453	3.2	1.3-5.1		737	3.2	0.0-6.5	1190	3.2
31-45	501	6.4	3.0-9.8		732	6.3	3.8-8.9	1233	6.4
46-69	489	7.7	4.9-10.5		627	3.5	1.6-5.4	1116	5.4
18-69	1443	5.1	3.5-6.7		2096	4.1	2.1-6.1	3539	4.5

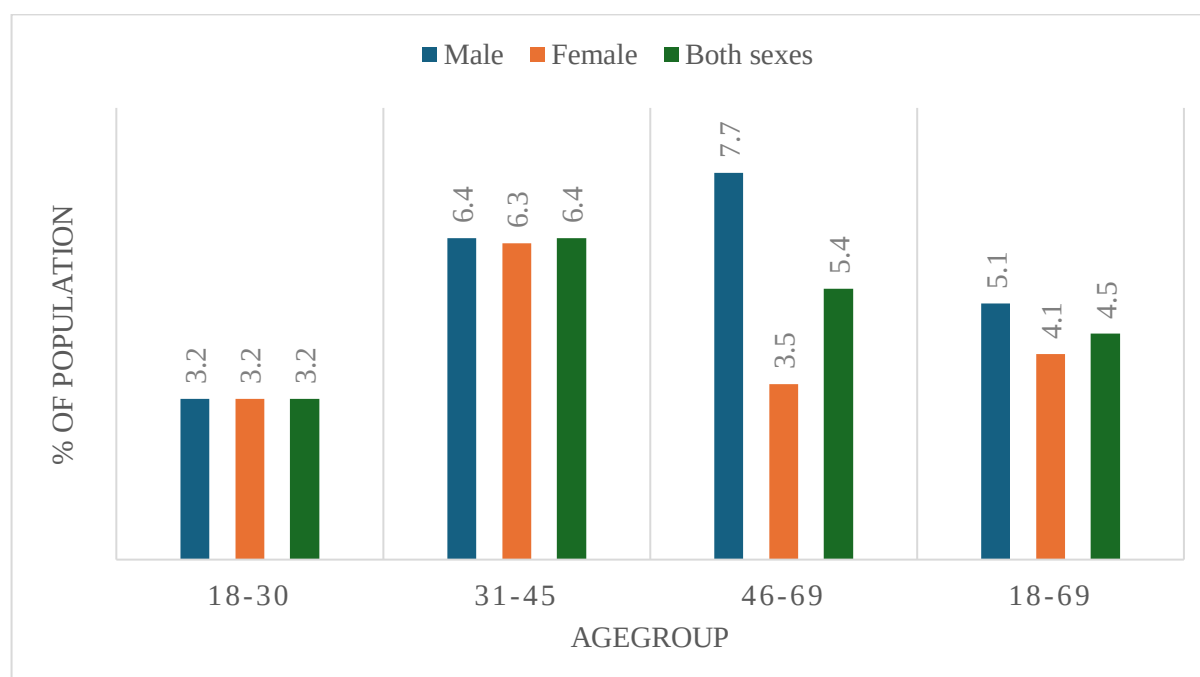


Figure 28 Population drinking at intermediate level

Those Drinking moderately among all population (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women) was 5.1 % of population, which was increasing with age and more prominent in men 8.2% (Table 20)

Table 20 Population drinking at a lower-end level

Drinking at lower-end level among all population (<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
18-30	453	5.3	2.5-8.1	737	1.5	0.5-2.5	1190	3.3	1.8-4.7
31-45	501	9.6	5.3-13.8	732	2.5	0.7-4.3	1233	6.2	3.9-8.5
46-69	489	13.4	6.4-20.3	627	3.6	1.6-5.6	1116	8.0	5.0-10.9
18-69	1443	8.2	6.5-9.9	2096	2.2	1.3-3.1	3539	5.1	4.1-6.0

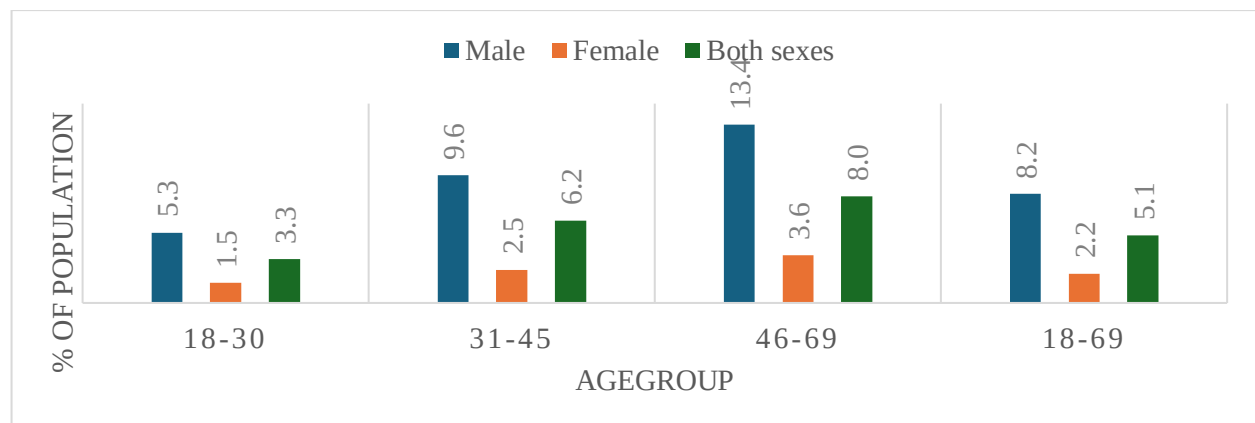


Figure 29 Population drinking at a lower-end level

Largest number of drinks in the past 30 days

On average the largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers was 8 drinks. Men drank 8.7 drinks on average, and the number of drinks increased with a decrease in age to 10 on average among the younger group (18-30 age group). Women drank 6.8 drinks on average on one occasion, and the number of drinks increased to 9.4 on average among the 46-69 age group (Table 21& Figure 29).

Table 21 Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers.

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
18-30	74	10.0	7.2-12.8	60	4.4	No results	134	7.8	5.8-9.8
31-45	138	8.0	6.8-9.1	115	7.2	No results	253	7.7	6.8-8.6
46-69	160	8.3	6.9-9.7	107	9.4	No results	267	8.7	7.3-10.1
18-69	372	8.7	7.6-9.8	282	6.8	No results	654	8.0	7.2-8.8

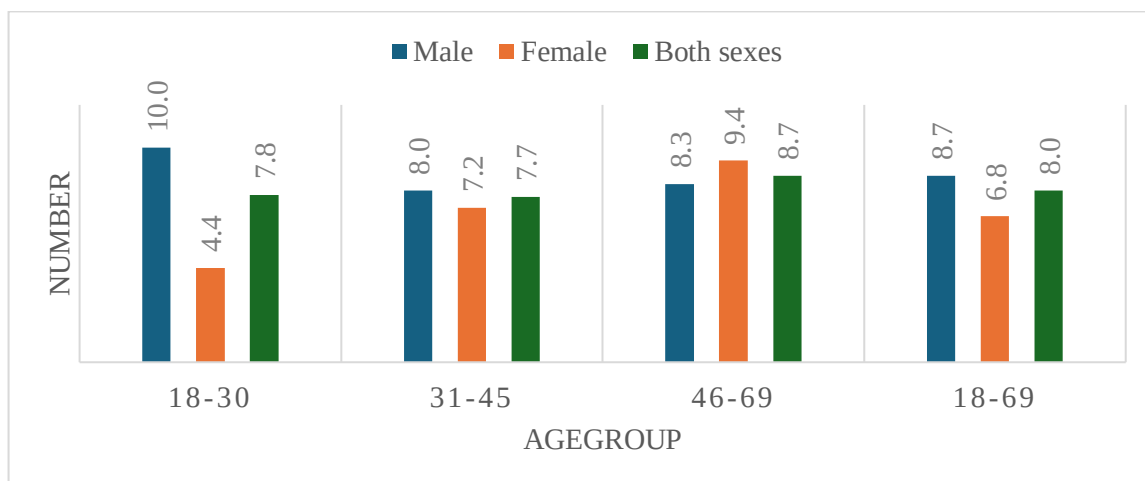


Figure 30 Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers.

Six or more drinks on a single occasion (“heavy episodic drinking”)

The percentage of the population who had six or more drinks on any occasion in the past 30 days during a single occasion among the population was 8.4 %. The percentage of men (13.7%) was almost four times larger than women (3.7%), and the percentage increased towards older age group. The 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 was 2.6, with men two times (3.2) more than women (1.6) see Figure 30 & Figure 31, below.

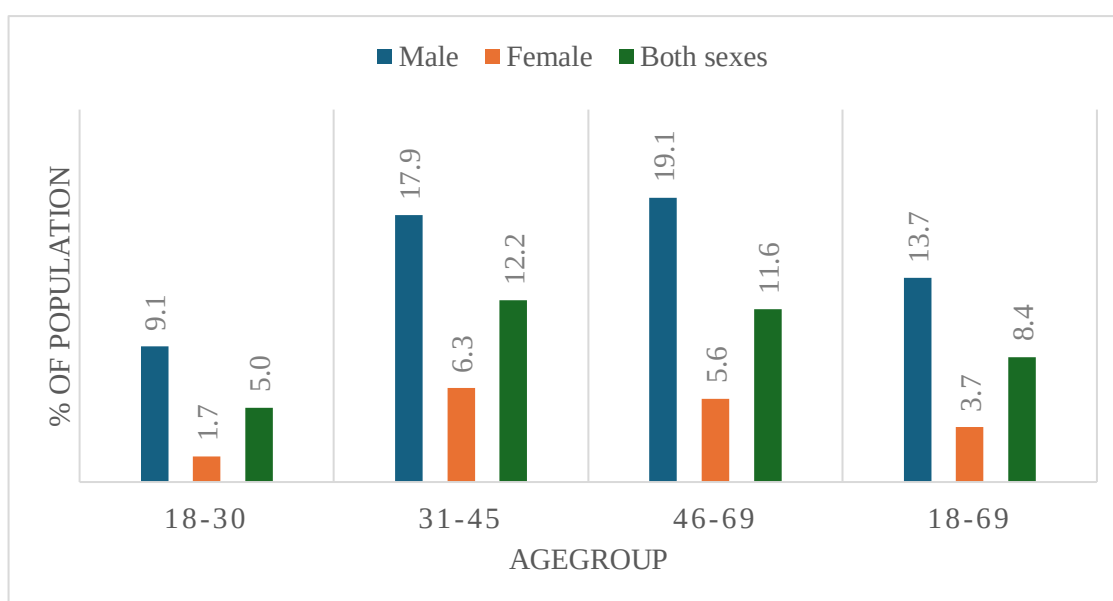


Figure 31 Six or more drinks on a single occasion (“heavy episodic drinking”)

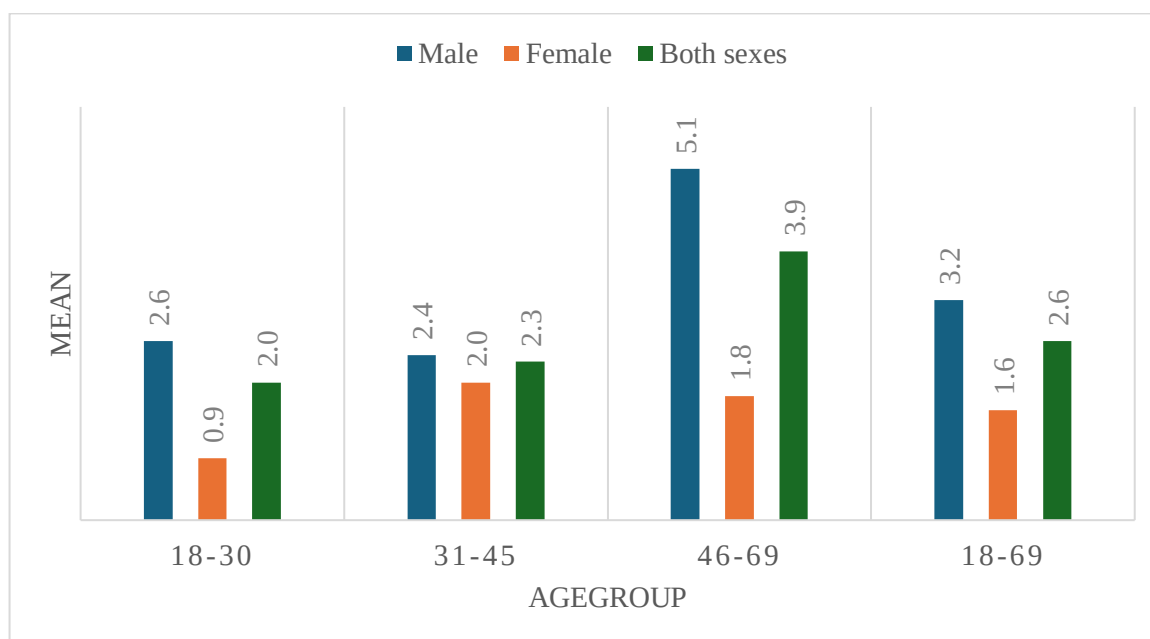


Figure 32 Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers

Frequency of alcohol consumption in the past 7 days

Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers was 1-2 days per week (39.3%). The percentage of daily drinkers in the past 7 days by current drinkers was 17.3%. Percentage of women drinking 1-2 days per week was 46.1%, slightly higher than men (35.9%) see Figure 32 below.

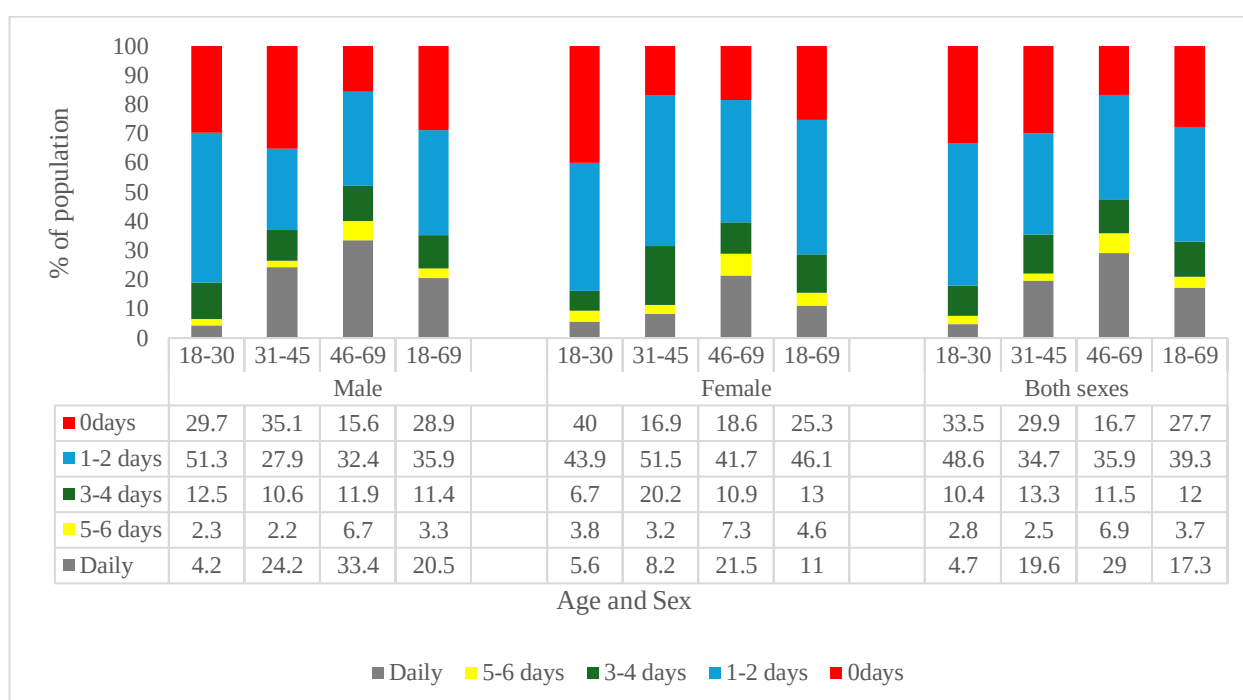


Figure 33 Frequency of alcohol consumption in the past 7 days

Standard drinks per day in the past 7 days

The mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers was 1.7. The number of standard drinks consumed was seen to increase with age group and differ slightly between men (1.8) and women (1.4) see Figure 33 below.

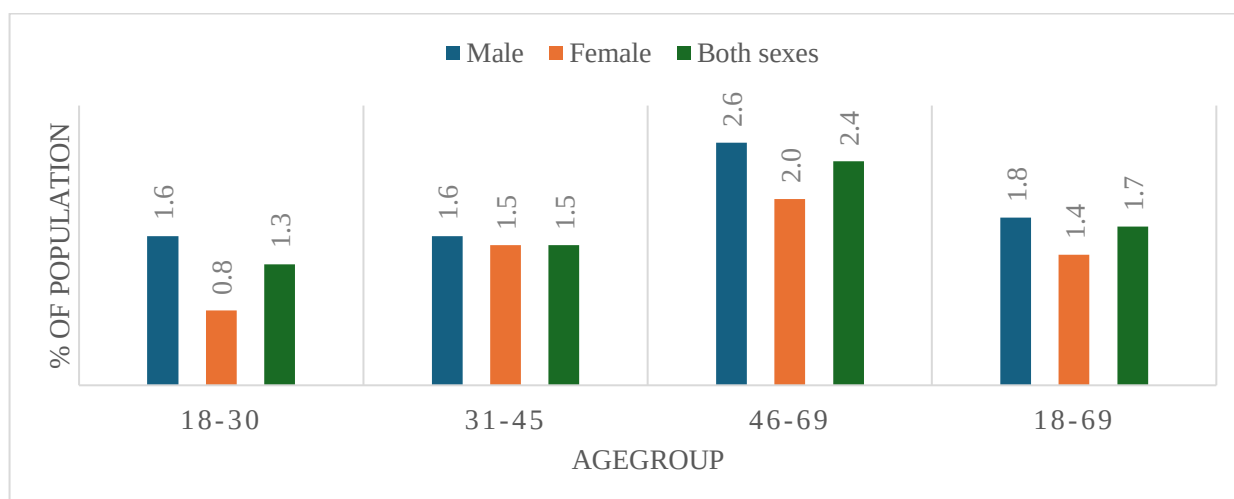


Figure 34 Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers

Consumption of unrecorded alcohol

The percentage of population 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 was 20.2%, with 27.0% of women drinking unrecorded alcohol while men was 16.8% (Figure 34).

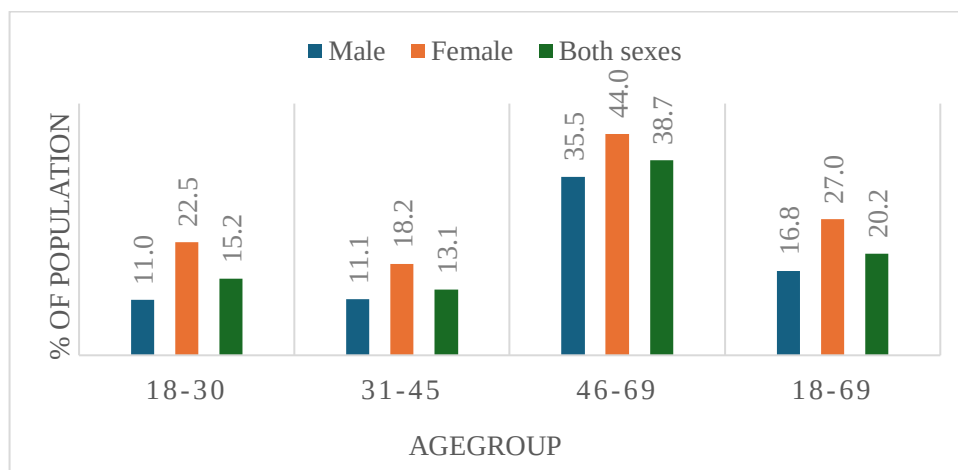


Figure 35 Consumption of unrecorded alcohol

Standard drinks of unrecorded alcohol consumed per day in the past 7 days

The mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current (past 30 days) drinkers was 1.4. The mean number of standard drinks of unrecorded alcohol consumed on average per day for men was 1.8 and women was 1.0. The mean number increased towards the older age group (Figure 35).

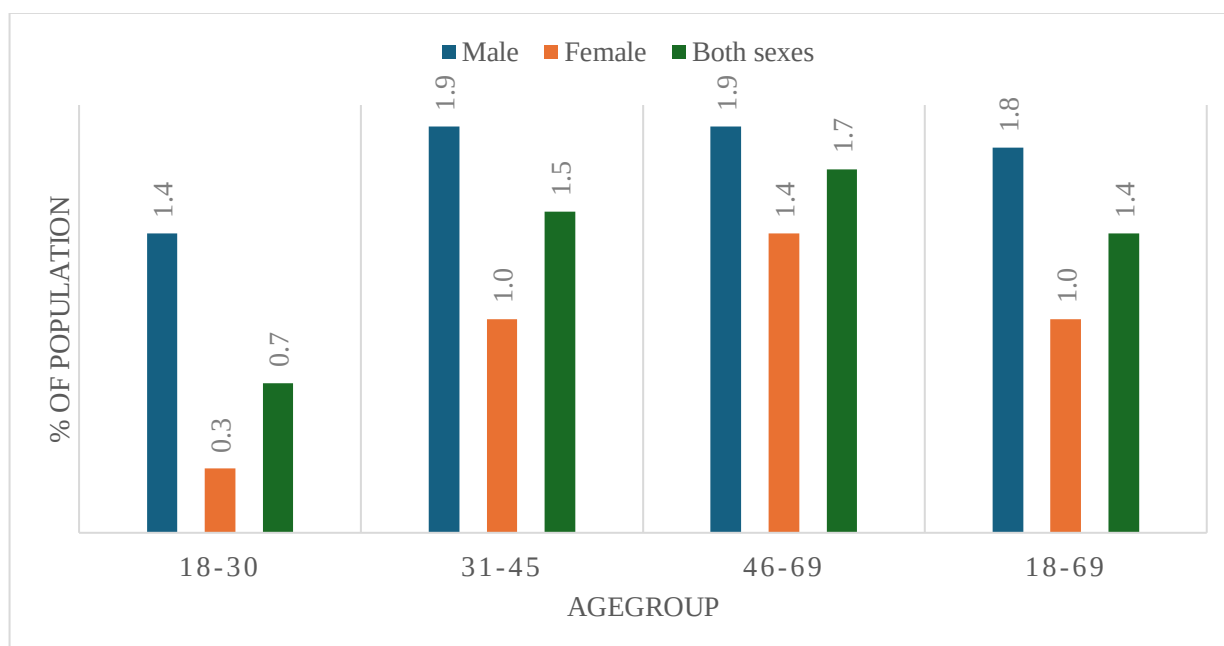


Figure 36 Standard drinks of unrecorded alcohol per day in the past 7 days

Frequency of impaired control over drinking

The most frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers was monthly or more frequently which was 16.8 with men (18.4%) more frequently than women (13.3%). The most frequent age group was 31-45 years in both men (20.4%) and women (9.5%) see Figure 36 below.

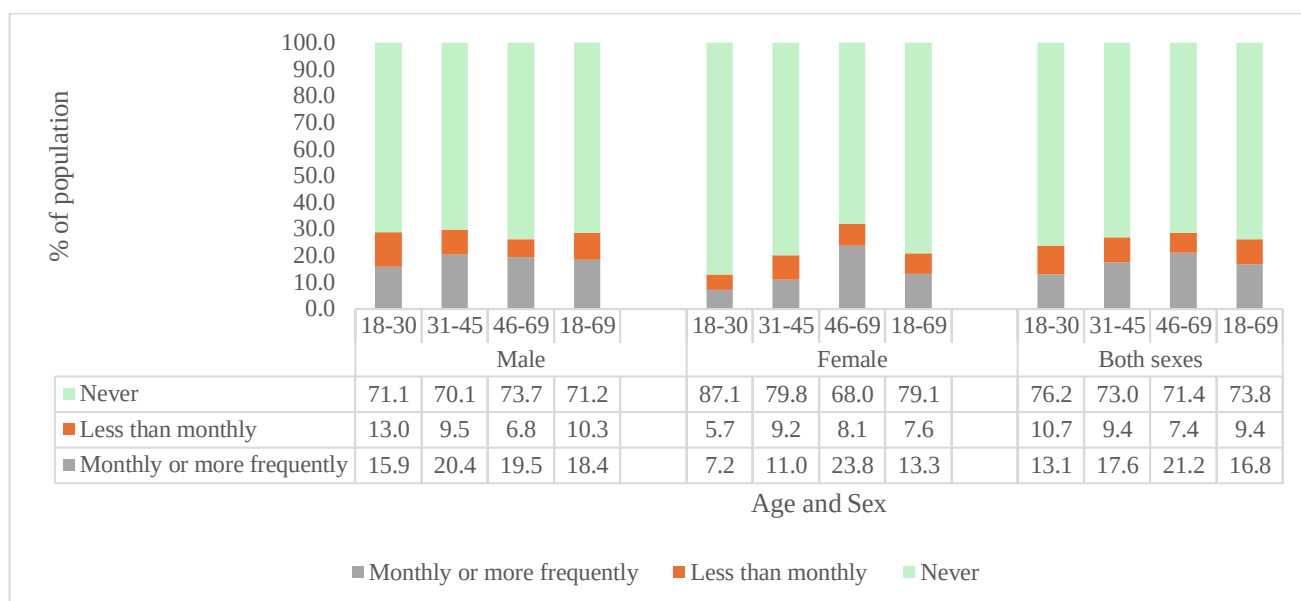


Figure 37 Frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers

Frequency of failing to do what was normally expected from you during the past 12 months among past 12-month drinkers

The percentage of the population who reported failing to do what was normally expected because of drinking during the past 12 months among past 12-month drinkers was 5.5% reporting they failed monthly or more frequently, and 5.9 % reporting less than monthly. Men frequency was increasing towards the older age groups, and the frequency was more than women of the same age group (Figure 37).

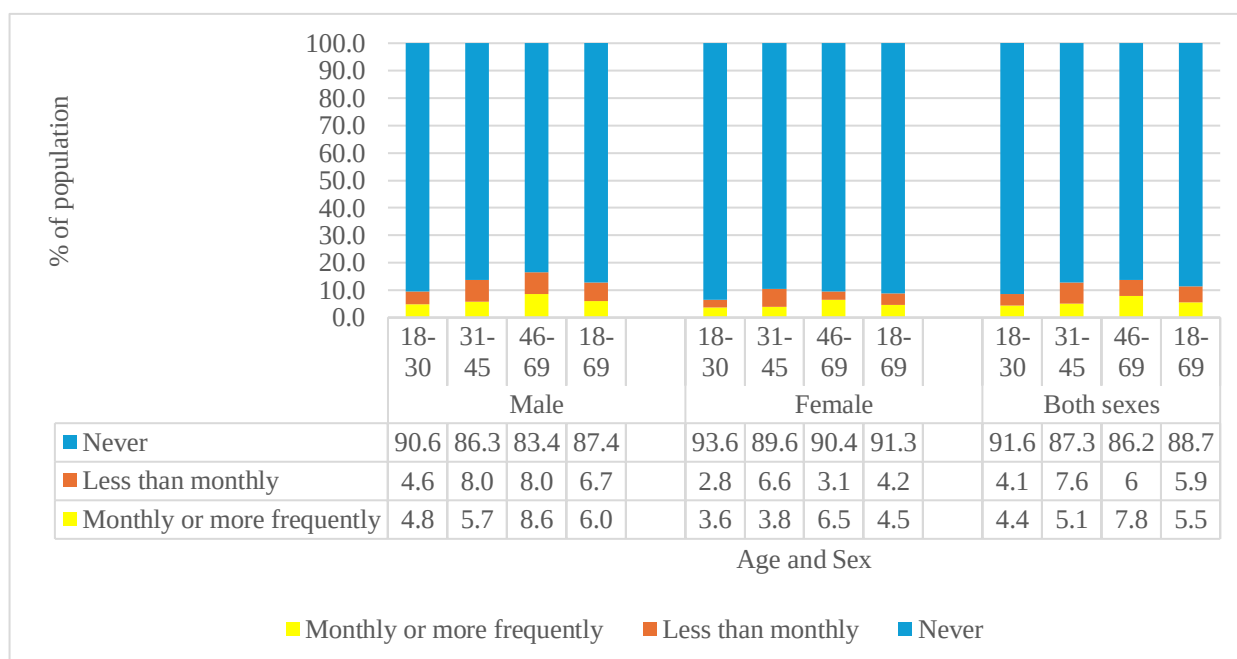


Figure 38 Frequency of failing to do what was normally expected from you during the past 12 months among past 12-month drinkers

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers

The percentage of the population who reported 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 was 5.8% reporting they failed monthly or more frequently, and 4.3 % reporting less than monthly. The overall frequency was almost the same between men and women (Table 22)

Table 22 Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	211	4.3	0.7-7.9	1.7	0.0-3.6	94.0	89.5-98.5
31-45	346	4.9	2.3-7.4	6.3	2.4-10.2	88.8	83.9-93.8
46-69	356	9.5	5.2-13.8	5.2	2.1-8.2	85.3	80.0-90.6
18-69	913	5.8	3.4-8.1	4.3	2.3-6.2	90.0	86.4-93.6

Frequency of problems with family/ partner due to someone else's drinking

The percentage of the population who reported having had problems with family or partner due to someone else's drinking in the past 12 months among all population was 2.0 %, reporting it happened monthly or more frequently, and 3.5 % reporting less than monthly (Figure 38).

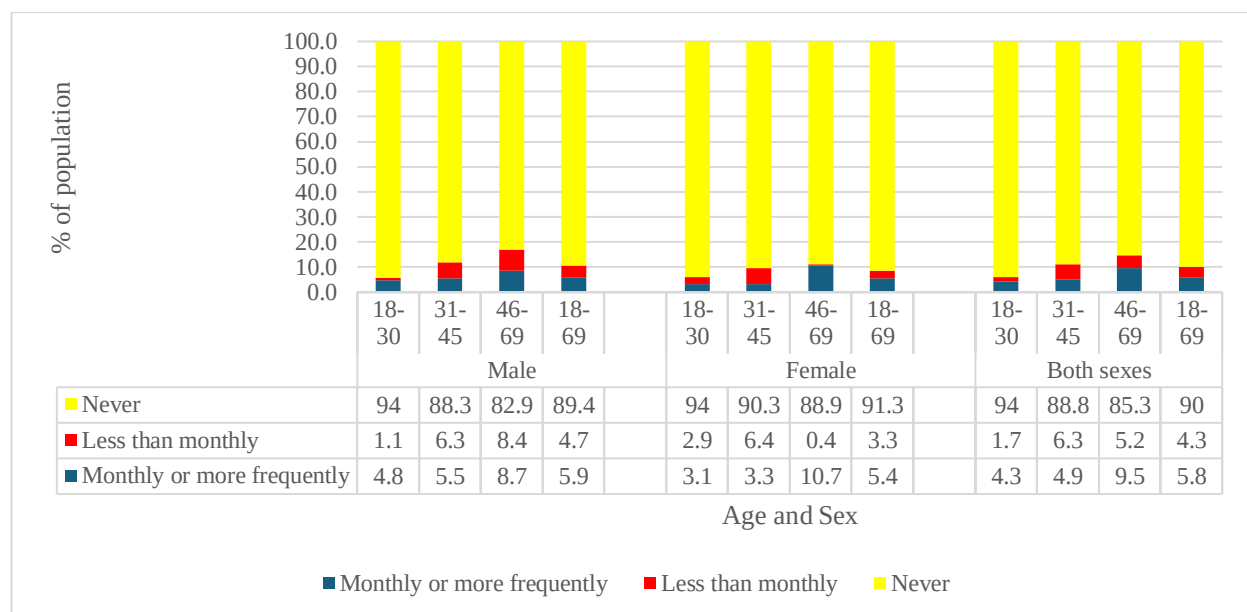


Figure 39 Frequency of family/partner problems due to someone else's drinking during the past 12 months among all population

Percentage of unrecorded alcohol from all alcohol consumed during the past 7 days among current (past 30 days) drinkers.

Results on percentage consumption of unrecorded alcohol among all alcohol consumed by past 30 days drinkers, shows that men aged 18-30 have the highest percentage of unrecorded alcohol consumption at 57.1%, which decreases significantly with age, dropping to 22.3% for those aged 46-69. Women follow a similar pattern, with the 18-30 age group consuming 57.8% unrecorded alcohol, which decreases to 16.6% for the 46-69 age group. Both sexes combined have the highest percentage of unrecorded alcohol consumption in the 18-30 age group at 57.8%, and this figure falls to 13.6% for the 46-69 age group. When broken down by type, younger men (18-30) show a preference for home-brewed spirits (75.9%), whereas younger women prefer home-brewed beer or wine (64.5%), see Table 23, Table 24, Table 25 & Table 26 below.

Table 23 *Percentage of unrecorded alcohol from all alcohol consumed during past 7 days*

Percentage of unrecorded alcohol from all alcohol consumed during past 7 days								
Age	Men			Women			Both Sexes	
Group	n	% unrecorded alcohol		n	% unrecorded alcohol		n	% unrecorded alcohol
(years)		of all alcohol			of all alcohol			of all alcohol
18-30	55	7.1		45	7.8		100	7.2
31-45	102	8.1		98	11.5		200	9.0
46-69	137	22.2		90	25.8		277	23.4
18-69	294	12.5		233	16.6		527	13.6

Table 24 *Unrecorded alcohol consumption during the past 7 days by type*

Unrecorded alcohol consumption during the past 7 days by type			
Men			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	9	75.9	24.1
31-45	23	10.4	89.6
46-69	58	40.4	59.6
18-69	90	37.8	62.2

Table 25

Unrecorded alcohol consumption during the past 7 days by type

Unrecorded alcohol consumption during the past 7 days by type			
Women			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	17	35.5	64.5
31-45	22	7.4	92.6
46-69	47	28.5	71.5
18-69	86	23.2	76.8

Table 26

Unrecorded alcohol consumption during the past 7 days by type

Unrecorded alcohol consumption during the past 7 days by type			
Both Sexes			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	26	66.7	33.3
31-45	45	9.3	90.7
46-69	105	36.2	63.8
18-69	176	32.9	67.1



Diet

The population mean number of days' fruits are consumed in a typical week

The mean number of days fruit consumed in a typical week was 2.8. A slight difference was observed between men and women and across age groups (Table 27).

Table 27 Mean number of days fruit consumed in a typical week

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	
	18-30	446	2.6	2.3-2.9	717	2.8	2.0-3.6	1163	2.7	2.3-3.2
	31-45	483	3.0	2.5-3.5	704	2.7	2.5-2.9	1187	2.9	2.6-3.2
	46-69	470	2.6	2.1-3.0	597	3.1	2.1-4.1	1067	2.9	2.2-3.5
18-69	1399	2.7	2.4-3.0	2018	2.9	2.4-3.3	3417	2.8	2.5-3.1	

The population mean number of days vegetables are consumed in a typical week

The mean number of days vegetables consumed in a typical week was 4.4. As in fruits, a slight difference was observed between men and women and across age groups. (Table 28)

Table 28 Mean number of days vegetables consumed in a typical week

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	
	18-30	455	4.2	3.7-4.6	733	4.1	3.8-4.4	1188	4.1	3.9-4.4
	31-45	501	4.2	3.9-4.5	729	4.9	4.6-5.2	1230	4.5	4.3-4.8
	46-69	490	4.4	4.0-4.7	626	5.0	4.5-5.6	1116	4.7	4.4-5.1
18-69	1446	4.2	3.9-4.5	2088	4.5	4.3-4.8	3534	4.4	4.2-4.6	

Population mean number of servings of fruit and/or vegetables on average per day

The mean number of fruit servings per day on average was 1 serving. Slight insignificant difference was noted between men and women and across the age groups. Mean number of servings of vegetables on average per day was 1.3 servings which is slightly higher than fruits (1.0 serving) with women consuming higher vegetable servings than men while men consume more fruit servings than women. Mean number of servings of fruit and/or vegetables on average per day was 2.3 servings (Table 29) which is almost half the recommended amount by WHO (5 servings)

Table 29 Mean number of servings of fruit and/or vegetables on average per day

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
18-30	456	2.3	2.0-2.7		737	2.0	1.8-2.2	1193	2.2	2.0-2.4
31-45	504	2.2	1.7-2.6		731	2.4	2.0-2.8	1235	2.3	2.0-2.5
46-69	492	2.2	1.6-2.7		628	2.6	2.1-3.0	1120	2.4	2.1-2.7
18-69	1452	2.3	2.0-2.5		2096	2.2	2.0-2.5	3548	2.3	2.1-2.4

The percentage of the population receiving adequate servings of fruit and/or vegetables on average per day.

The percentage that receives more or equal to five servings of fruit and/or vegetables on average per day was 7.6%, with the percentage of men (8.1%) slightly more than women (7.2%). The percentage of younger age group in men and older age group in women are more than the rest of the groups in each sex. The table below shows the percentage of the population that consumes no fruits/vegetables was 25.1%, with men (26.9%) slightly more than women (23.4%) see Table 30 below.

Table 30 Number of servings of fruit and/or vegetables on average per day

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
18-30	1193	25.5	21.3-29.8	54.7	48.8-60.6	11.9	8.4-15.3	7.9	4.6-11.2
31-45	1235	25.0	16.7-33.2	49.7	43.6-55.7	18.7	8.6-28.8	6.7	4.3-9.0
46-69	1120	24.0	18.2-29.8	48.0	39.6-56.4	19.9	9.0-30.8	8.2	4.8-11.5
18-69	3548	25.1	21.7-28.4	51.9	48.2-55.5	15.5	11.1-19.9	7.6	5.6-9.5

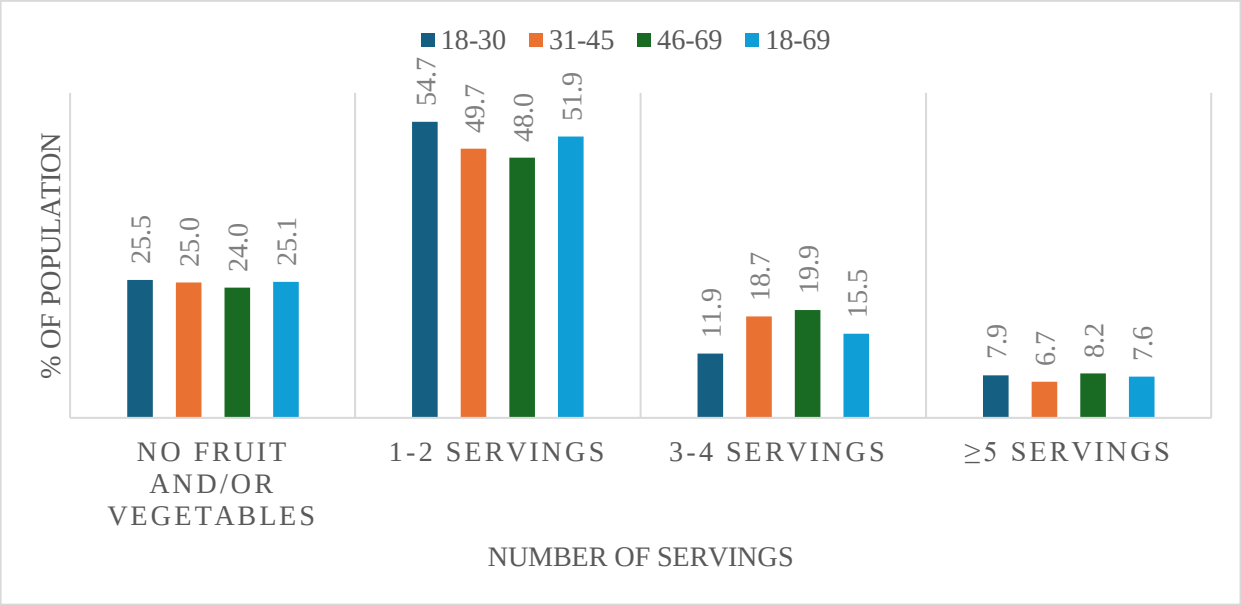


Figure 40 Number of servings of fruit and/or vegetables on average per day



The percentage of those eating less than five servings of fruit and/or vegetables on average per day

The percentage of those eating less than five servings of fruit and/or vegetables on average per day was 92.4%. The percentage difference between men (91.9%) and women (92.8%) and across the groups were insignificant (Table 31)

Table 31 The population that consume less than five servings of fruit and/or vegetables on average per day

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	
18-30	456	89.0	83.3-94.7		737	94.8	92.2-97.3		1193	92.1	88.8-95.4
31-45	504	96.0	93.6-98.3		731	90.3	86.8-93.8		1235	93.3	91.0-95.7
46-69	492	92.6	86.4-98.8		628	91.3	86.2-96.3		1120	91.9	88.5-95.2
18-69	1452	91.9	89.0-94.9		2096	92.8	90.4-95.3		3548	92.4	90.5-94.4

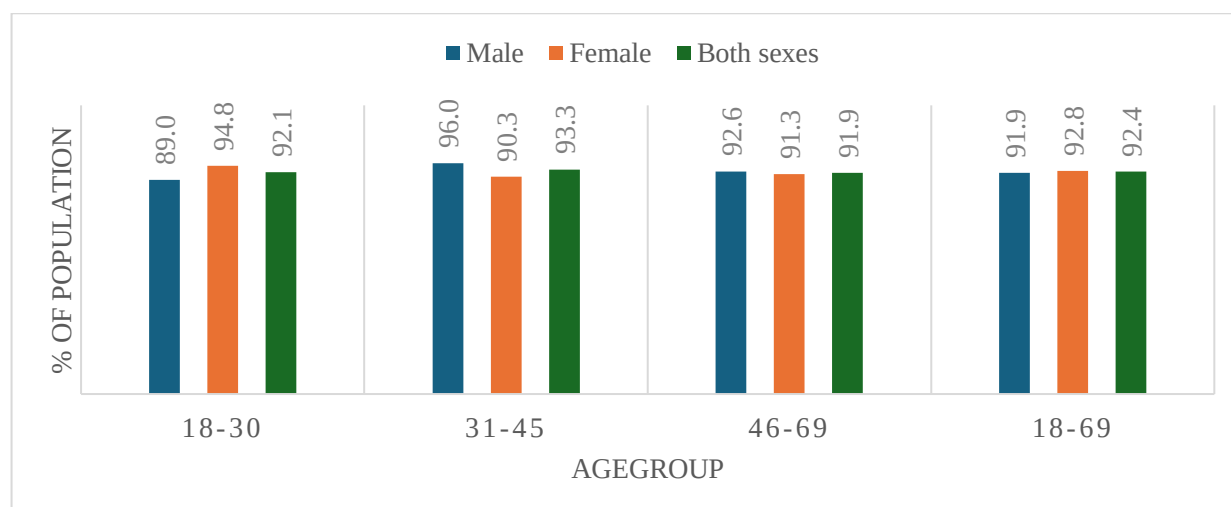


Figure 41 The population that consumes less than five servings of fruit and/or vegetables on average per day

Salt Consumption

Percent population who always add salt or salty sauce

The percentage of the whole population who always or often add salt or salty sauce to their food before eating or as they are eating was 19.6%. The percentage is slightly more among men (23.2%) than women (16.4%). The percentage of younger age group (18-30 years) that add salt or salty sauce were more in women (19.8%) than other age groups with men being those aged 31-45 years (27.9%) (Table 32)

Table 32 The population that add salt always or often before eating or when eating

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
18-30	456	22.1	16.9-27.4	738	19.8	14.5-25.1	1194	20.8	17.0-24.7
31-45	508	27.9	19.5-36.3	735	14.9	10.3-19.5	1243	21.9	17.2-26.5
46-69	493	17.6	12.8-22.4	632	10.0	5.8-14.2	1125	13.4	9.7-17.0
18-69	1457	23.2	19.3-27.0	2105	16.4	13.3-19.4	3562	19.6	17.2-22.1

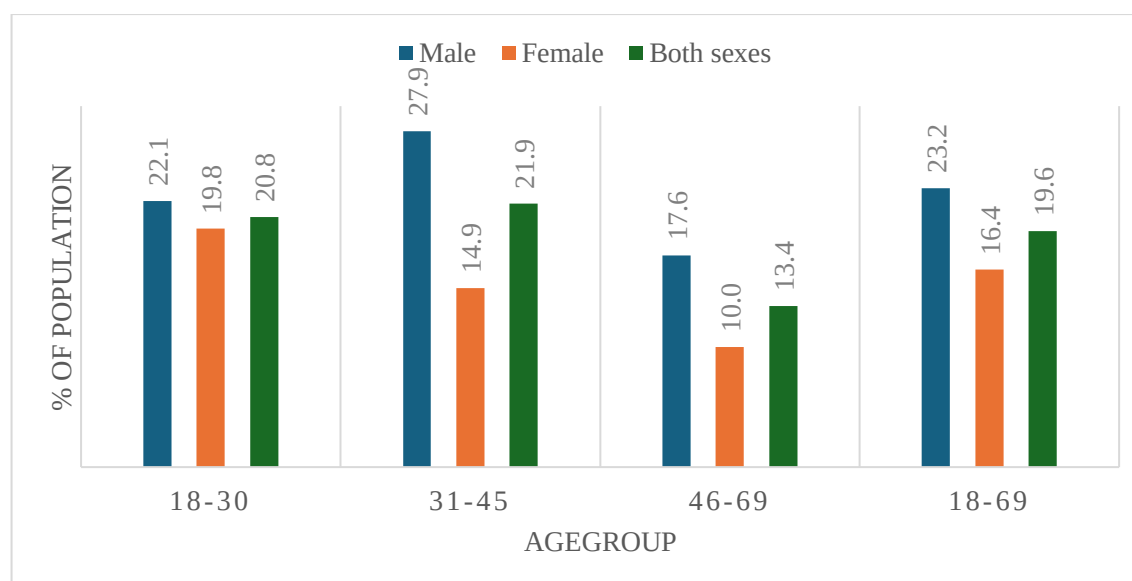


Figure 42 The proportion of population that add salt always or often before eating or when eating

Percent of the population who always or often eat processed food

The percentage of the population who always or often eat processed foods high in salt is 10.8%. The percentage of men was slightly more (12.5%) than women (9.3%), with the age group 31-45 years having more population in both sexes combined and, in each sex, individually. The

percentage of the population that thinks they consume far too much, or too much salt was 12%, with men population being slightly higher, 14.3%, than women, 9.9% (Table 33).

Table 33 Population that always or often consumes processed food high in salt

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	
18-30	456	11.5	7.0-16.1		733	9.2	4.6-13.8		1189	10.3	7.0-13.6
31-45	507	15.7	6.1-25.3		732	10.8	7.1-14.5		1239	13.4	8.4-18.4
46-69	489	9.5	6.0-13.0		629	7.8	4.1-11.4		1118	8.6	6.2-10.9
18-69	1452	12.5	8.4-16.6		2094	9.3	6.5-12.1		3546	10.8	8.7-13.0

Self-reported salt consumption levels

Much of the population's self-reported quantity of salt consumed is just the right amount (66.0%) followed by those reported to be too little (21.1%) and too much (10.6%). The majority of those reported too much (13.1%), and far too many (2.3%) were aged 31-45 years compared to the rest of the groups (Table 34)

Table 34 Self-reported quantity of salt consumed

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
18-30	1175	1.1	0.4-1.7	9.8	6.9-12.7	67.0	58.7-75.4	21.7	13.0-30.3	0.4	0.0-0.9
31-45	1220	2.3	1.0-3.7	13.1	9.4-16.9	65.6	58.1-73.1	17.5	12.6-22.5	1.4	0.3-2.5
46-69	1099	1.0	0.3-1.6	8.9	6.2-11.6	64.2	55.2-73.2	24.8	15.1-34.4	1.2	0.5-1.9
18-69	3494	1.4	0.9-1.9	10.6	9.0-12.2	66.0	60.7-71.4	21.1	15.4-26.7	0.9	0.5-1.3

Importance and action to lowering salt consumption

The percentage of the population who think lowering salt in diet is very important was 36.7%, somewhat important 33.8% and not at all important 29.5%. More men (39.5%) think lowering salt in diet is very important than women (34.2%) and majority of the population (42.2%) aged 31-45 years (42.2%) thinks it is very important compared to other age groups. A percentage of the population (77.2%) think consuming too much salt could cause serious health problems. A percentage of women (79.2) think consuming too much salt could cause serious health problem than men (75%) refer Figure 42.

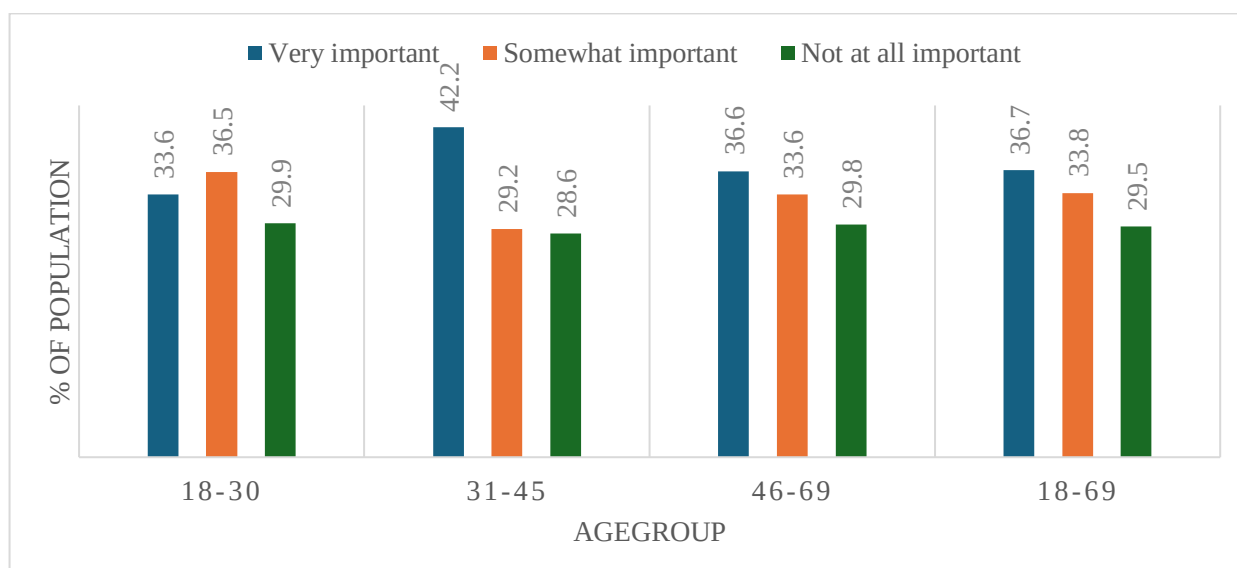


Figure 43 Percentage of population who think lowering salt in diet is important

Regarding specific actions to lower salt consumption, the proportion of population that reported limiting the consumption of processed foods was 40.3%, looking at the salt or sodium content on the food label 16.9%, buy low salt/sodium alternatives 34.8%, using spices other than salt 13.9%, Avoid eating foods prepared outside of a home 34.5% and do other things specifically to control your salt intake 7.3%



Physical Activity

Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)

The percentage of population not meeting WHO recommendations on physical activity for health (population doing less than 150 minutes of moderate-intensity physical activity per week or equivalent) was 1.9%. There was no difference in proportion of women and men, however the percentage of population increased towards older age categories in both sexes (Table 35)

Table 35 Not meeting WHO recommendations on physical activity for health

Not meeting WHO recommendations on physical activity for health										
Age Group (years)	Men				Women			Both Sexes		
		% not			% not			% not		
	N	meeting	95% CI	n	meeting	95% CI	n	meeting	95% CI	
		recs			recs			recs		
18-30	446	0.8	0.1-1.5	720	1.0	0.2-1.9	1166	0.9	0.4-1.5	
31-45	493	2.2	0.4-4.1	720	2.6	0.8-4.3	1213	2.4	1.1-3.7	
46-69	486	4.6	1.8-7.5	616	3.0	1.1-4.9	1102	3.7	2.0-5.5	
18-69	1425	2.0	1.0-2.9	2056	1.9	1.0-2.8	3481	1.9	1.2-2.7	

Levels of total physical activity according to former WHO recommendations

The percentage of population was classified into three categories of total physical activity according to WHO recommendations. Total physical activity was derived from activity at work, travel to and from places and recreational activities. Level of high total physical activity was done by 81.6% of Tanzanians. Percentage of men and women with high level of total physical activity was 87.8% and 76.0% respectively. The overall mean minutes of total physical activity on average per day was 32.5 minutes. The mean minutes of total physical activity was 383.2 minutes for men and 285.8 minutes for women per day. Middle age group (31-45 years) had higher overall mean minutes of total physical activity among men compared to other age groups (Figure 43, Figure 44 and Table 36)

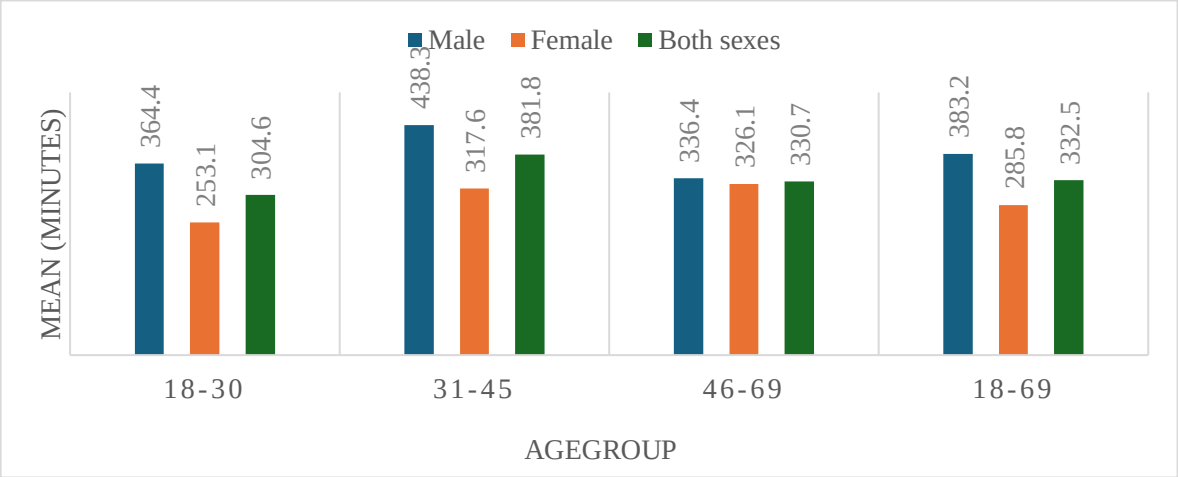


Figure 44 Mean minutes of total physical activity on average per day

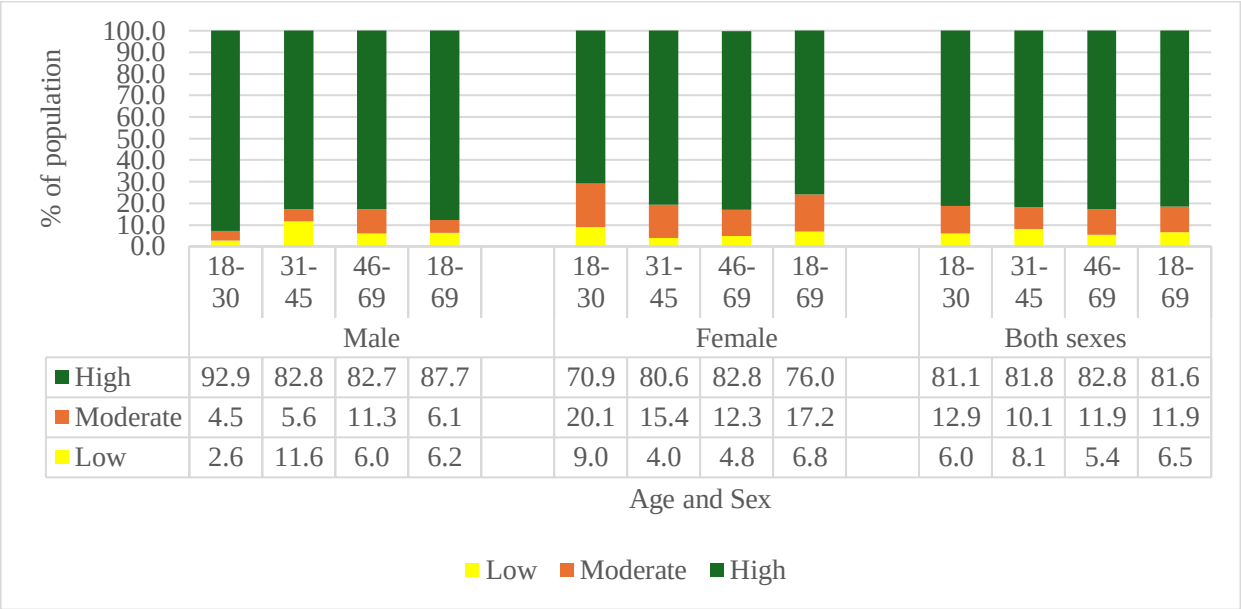


Figure 45 Percentage of population classified into three categories of total physical activity according to former recommendations



Table 36

Mean minutes of total physical activity on average per day

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	
18-30	446	364.4	327.1-401.6		720	253.1	218.9-287.4		1166	304.6	271.7-337.4
31-45	493	438.3	352.5-524.1		720	317.6	295.2-340.0		1213	381.8	332.4-431.3
46-69	486	336.4	304.0-368.8		616	326.1	281.3-370.9		1102	330.7	302.8-358.6
18-69	1425	383.2	346.8-419.5		2056	285.8	262.8-308.7		3481	332.5	309.4-355.7

Domain-specific physical activity- mean

Mean minutes spent in work-related, transport-related and recreation-related physical activity on average per day was 240.5 minutes, 73.1 minutes, and 18.9 minutes respectively (Figure 45). Overall, the mean minutes of recreation-related physical activity per day was almost **six times** higher among men than women. Mean minutes of recreation-related physical activity was higher among younger age groups with men being nine times active than women in the same group. There was only slight difference in work related and transport related activities between men and women.

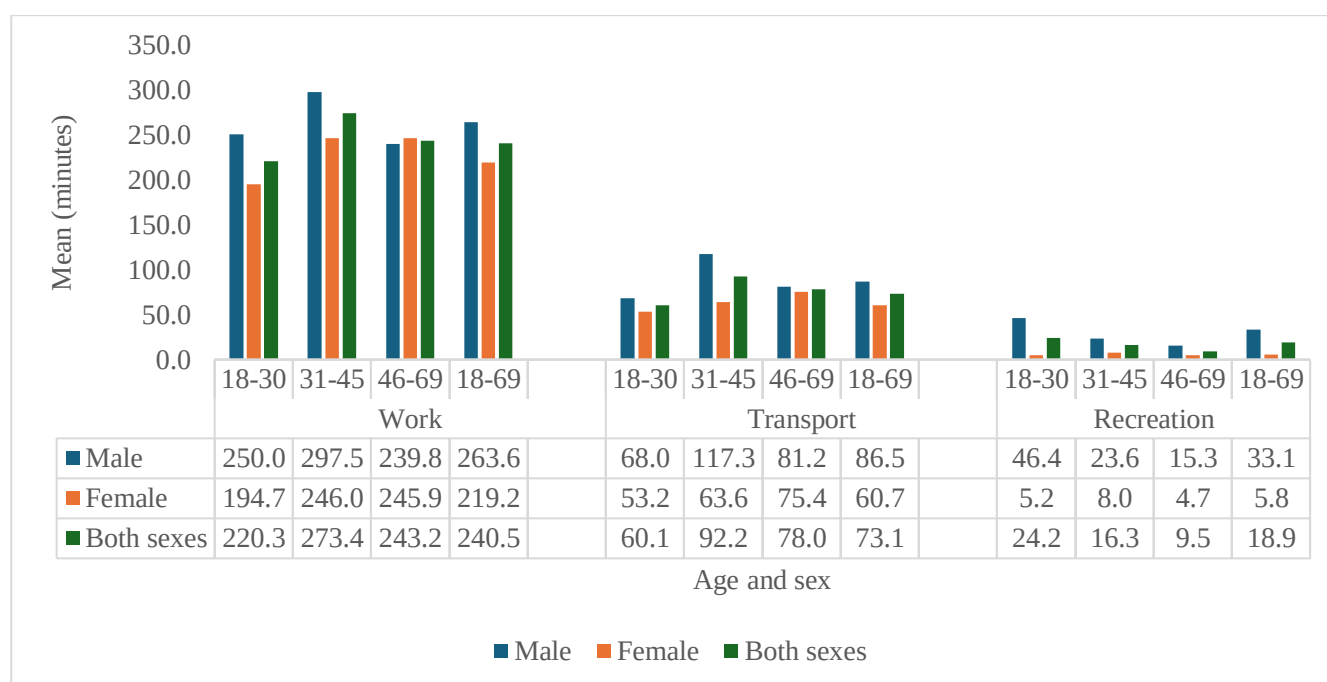


Figure 46

Mean minutes spent in work-, transport- and recreation-related physical activity on average per day.

No physical activity by domain

The overall percentage of the population classified as doing no work-related, no transport-related or recreational-related physical activity was 7.2%, 6.6% and 66.8% respectively. No recreational-related physical activities were high in both sexes, with women (83.2%) almost twice the proportion of men (49.1%), refer Figure 46.

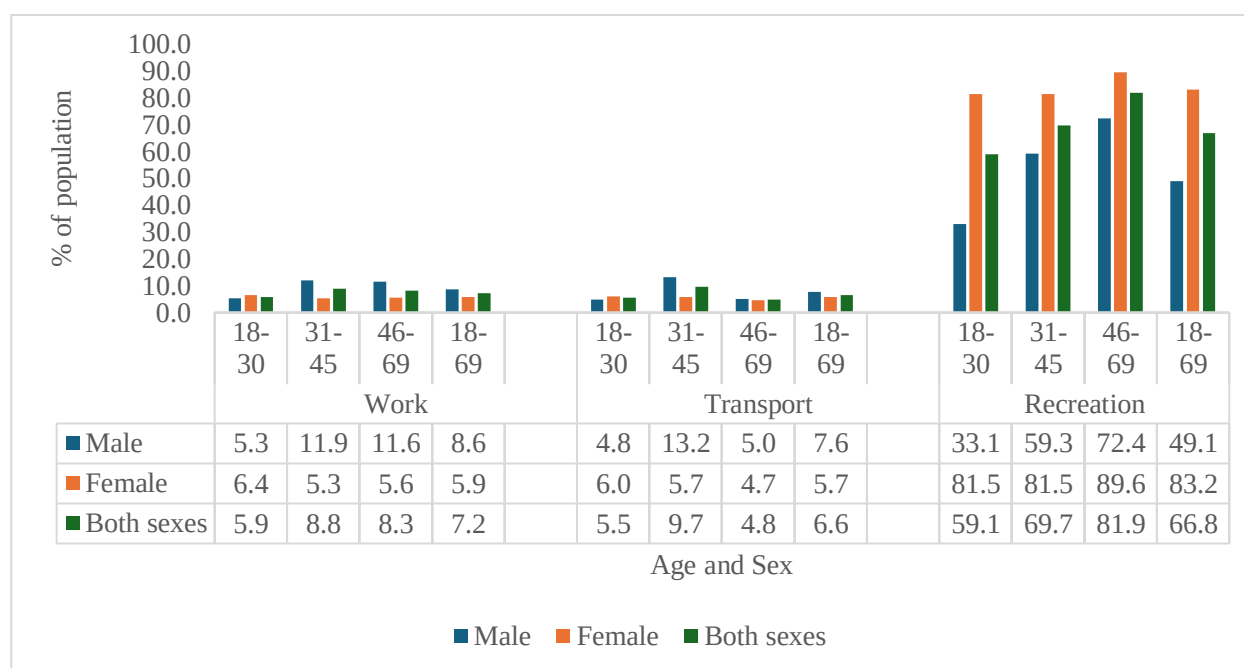


Figure 47 Percentage of population classified as doing no work-, transport- or recreational-related physical activity.

Composition of total physical activity

Overall, the percentage of activity contributing to total activity was 66.5%, for transport 26.7%, and during leisure time 6.9 %. Majority of activities are work-related with the least being activity during leisure time. Leisure time activity decreased towards the older age groups. Men were two to three times more active in leisure time activities than women (Figure 47)

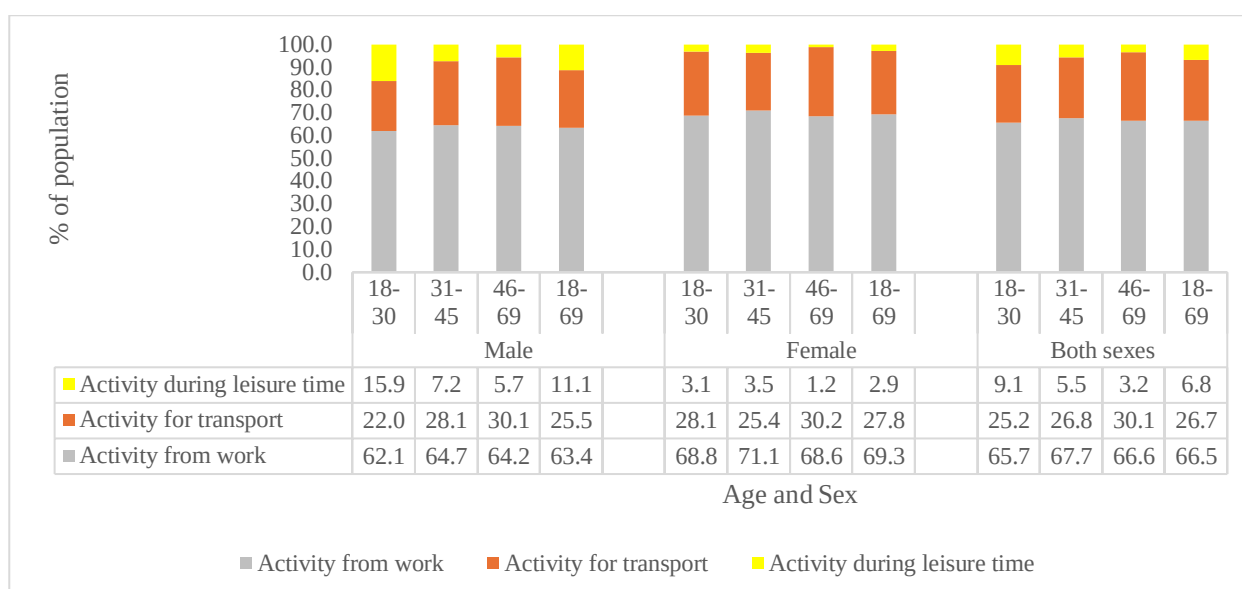


Figure 48 Percentage of work, transport and recreational activity contributing to total activity

No vigorous physical activity

Overall, One-third 34.5% of all population and half of women population do not engage in vigorous physical activities with only 17.5% of men not engaging in vigorous activities.

Overall, there was no difference between age groups among those not engaging in vigorous activities. Percentage of younger age group (18-3- years) women not engaging in vigorous physical activities was almost five times more than their male counterpart.

The overall amount of time spent on sedentary activities on a typical day was 132.2 minutes with men spending 129.7 minutes and women 134.4 minutes. Slightly difference was observed among age groups in both sexes and among men and women (Figure 48).

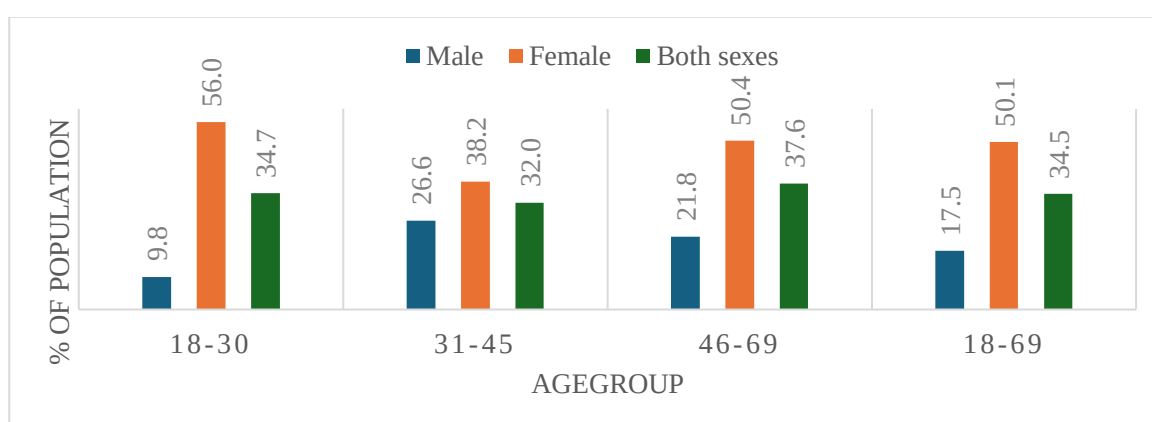


Figure 49 Percentage of population not engaging in vigorous physical activity.

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Sixty-two percent of the population, both male and female, have never measured their blood pressure. This rate was higher among those aged 18 to 30 years (67.9%) and those aged 31 to 45 years (62.7%) compared to those aged 46 to 69 years (46%). A similar trend was observed within each age group by sex (Figure 49).

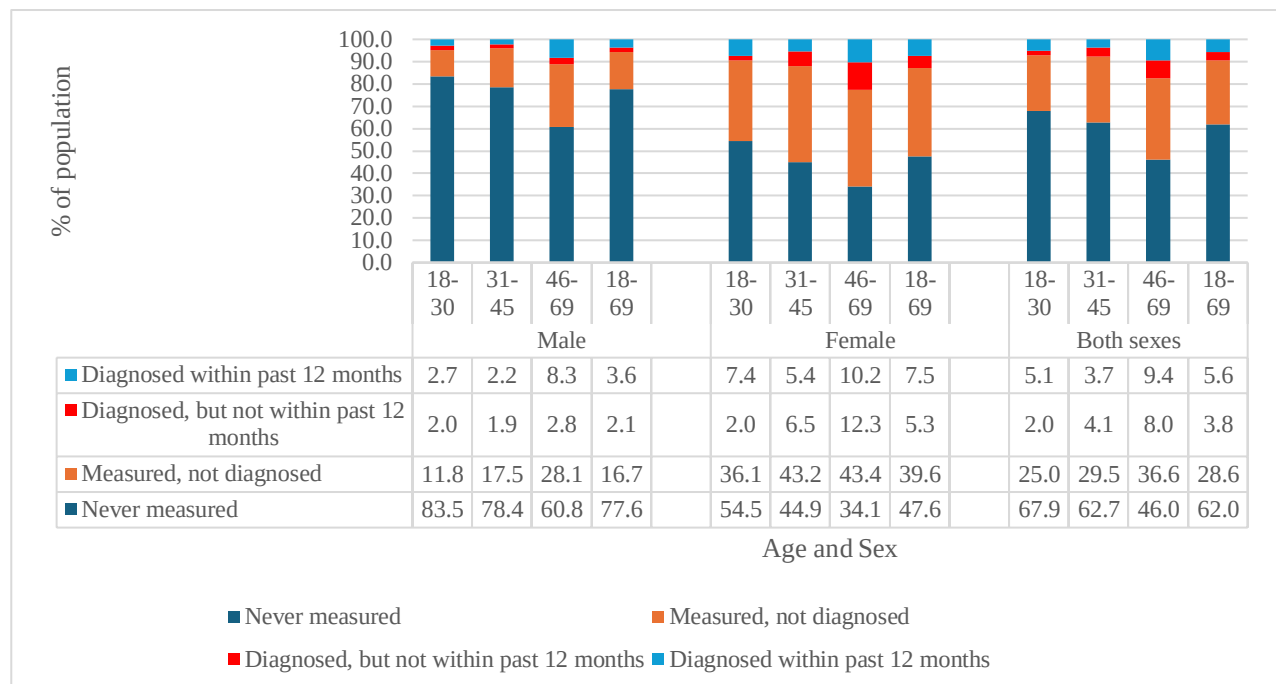


Figure 50 Blood pressure measurement and diagnosis

Blood pressure treatment among those diagnosed

Among those known to have hypertension, only 16% were on medication for elevated blood pressure. The rate was slightly higher among men (17.7%) than among women (15%). Considering age, individuals aged 46 to 69 were more likely to be on medication for elevated blood pressure compared to those in younger age groups, particularly those aged 18 to 30 (Figure 50).



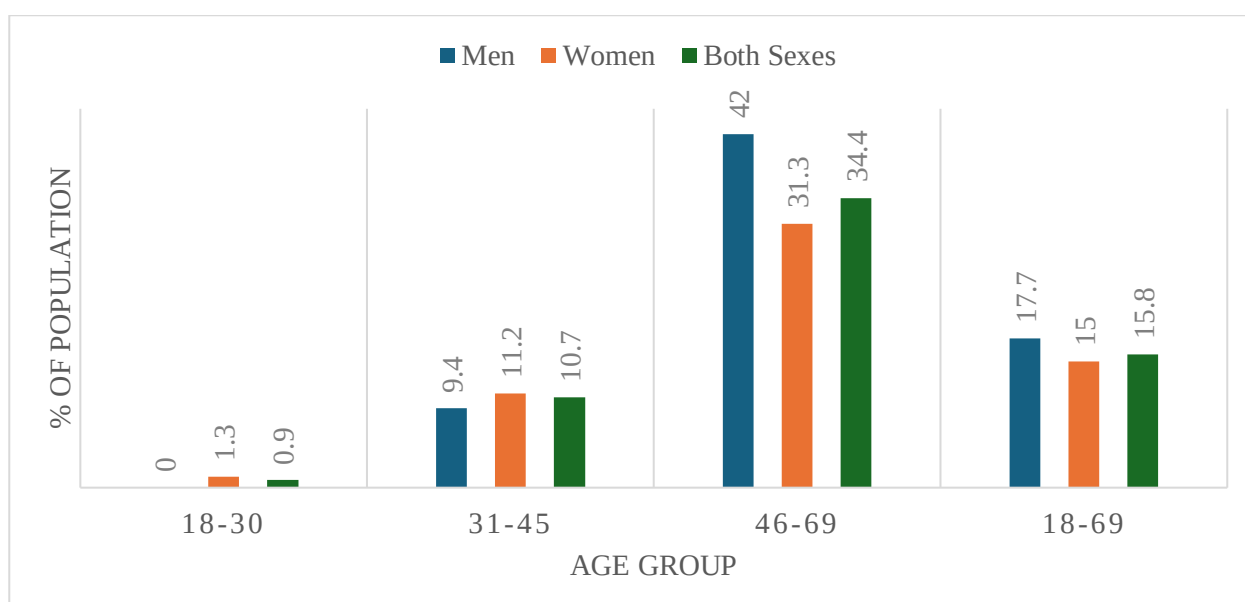


Figure 51 *Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed*

Blood pressure advice by a traditional healer

Less than 10% of known hypertensive individuals have ever seen a traditional healer, with the proportion being slightly higher among women (9.4%) than men (5.1%). The rates were higher among those aged 46 to 49 years compared to the other age brackets (Figure 51).

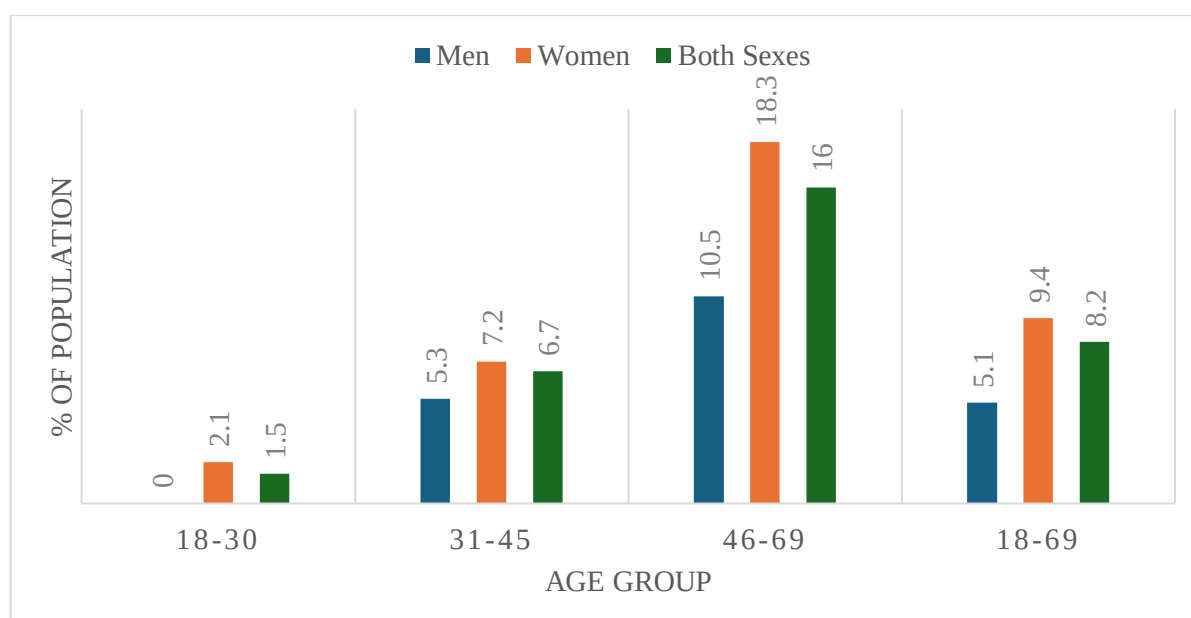


Figure 52 *Seen a traditional healer among those previously diagnosed*

Only six percent of known hypertensive individuals were taking herbal or traditional remedies for elevated blood pressure. The proportion of women using these remedies was twice that of men. The rate was higher among those aged 46 to 69 years (11.3%) compared to those aged 31 to 45 years (7.4%) and those aged 18 to 30 years (0.7%). Notably, no males aged 18 to 30 years were taking herbal or traditional remedies for elevated blood pressure. In each sex, the rate of taking herbal or traditional remedies is increasing with increase in age (Figure 52).

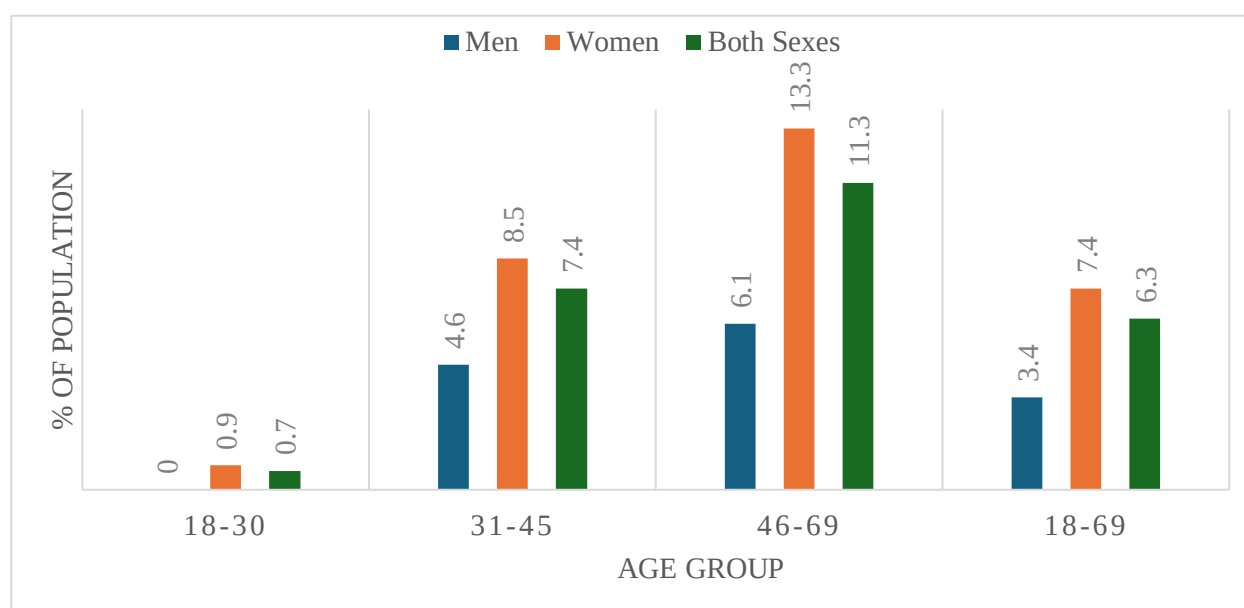


Figure 53 Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed

History of Diabetes

Blood sugar measurement and diagnosis

The majority (88.3%) of the population had never measured their blood glucose; this rate was higher among those aged 18–30 years (92.7%) compared to those aged 46–69 years (78.6%). Only 11% of the population had measured their blood glucose but were not diagnosed, with rates being almost the same across all age groups. Considering gender, males aged 45 years and below were more likely to have never measured their blood glucose compared to their older counterparts. A similar trend was observed among females. Among males, those aged 46–69 years were three times more likely to have been measured but not diagnosed compared to the younger age group. For females, those aged 30 years and above were two and a half times more likely to report being measured but not diagnosed than those in the younger age groups (Figure 53).

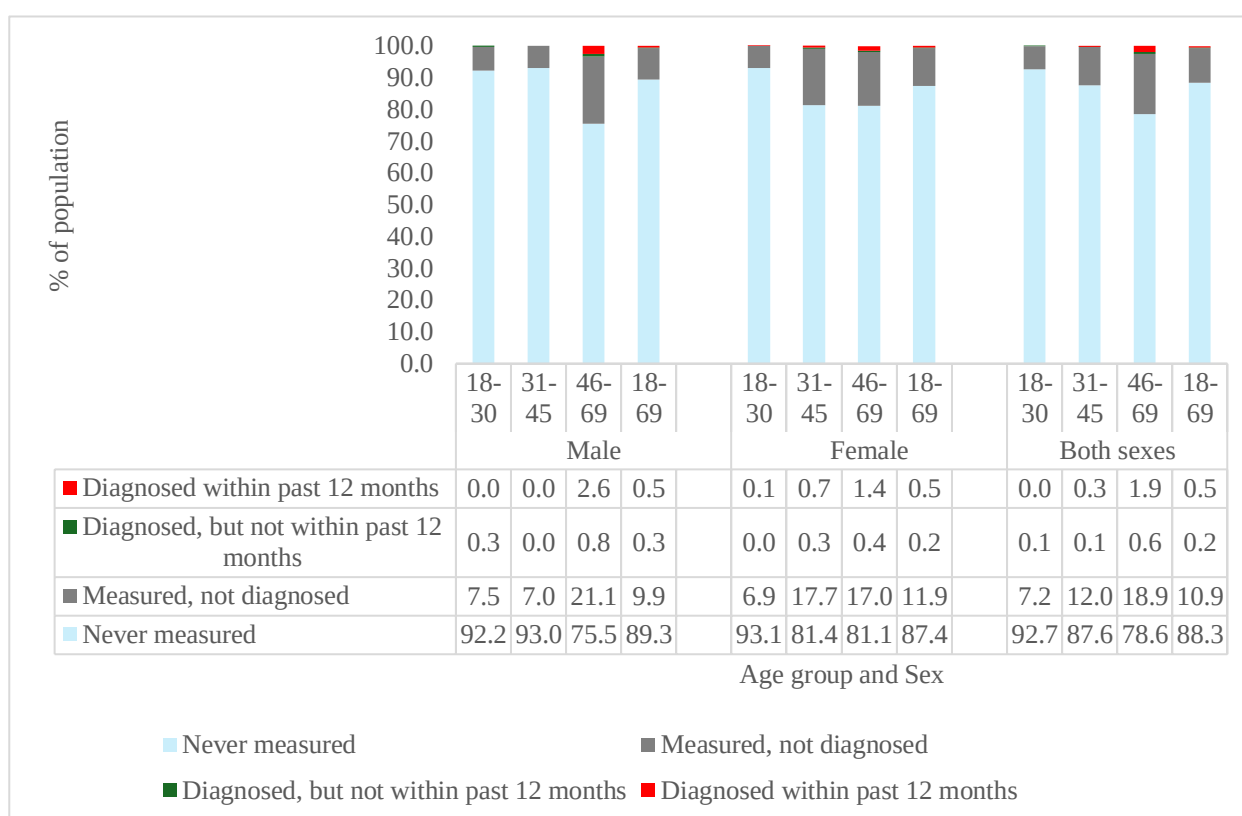


Figure 54 Blood sugar measurement and diagnosis among Tanzanians

History of diabetes treatment among those diagnosed

More than half (52.5%) of the previously diagnosed individuals were currently taking medications prescribed for diabetes. The proportion of women (60.5%) on diabetes medication was higher than that of men (44.9%). More than one-third (37.8%) of those on medication were taking insulin, with the rate among men (32.9%) slightly higher than that of women (29.9%). About one-third (32.3%) of the previously diagnosed individuals had ever seen a traditional healer for diabetes, and males (39.7%) were more likely to consult a traditional healer than women (24.4%). Only 10% of the previously diagnosed individuals were taking herbal or traditional treatments for diabetes. The rate of women (15.3%) reporting that they were currently taking herbal or traditional treatments was three times that of men (5.6%).

History of Raised Total Cholesterol

Total cholesterol measurement and previous history of raised total cholesterol

The survey results show that across all age groups, a significant proportion of individuals, particularly men, have never had their cholesterol measured. For instance, among 18-30-year-old men, about 96.6% have never had their cholesterol checked. Among older age groups, the rates remain high, with 96.7% of 46-69-year-old men never having had a measurement. Among those who have had their cholesterol measured, diagnosis rates for high cholesterol are relatively low. Also, a significant number have not had their cholesterol checked in the past year (Figure 54).

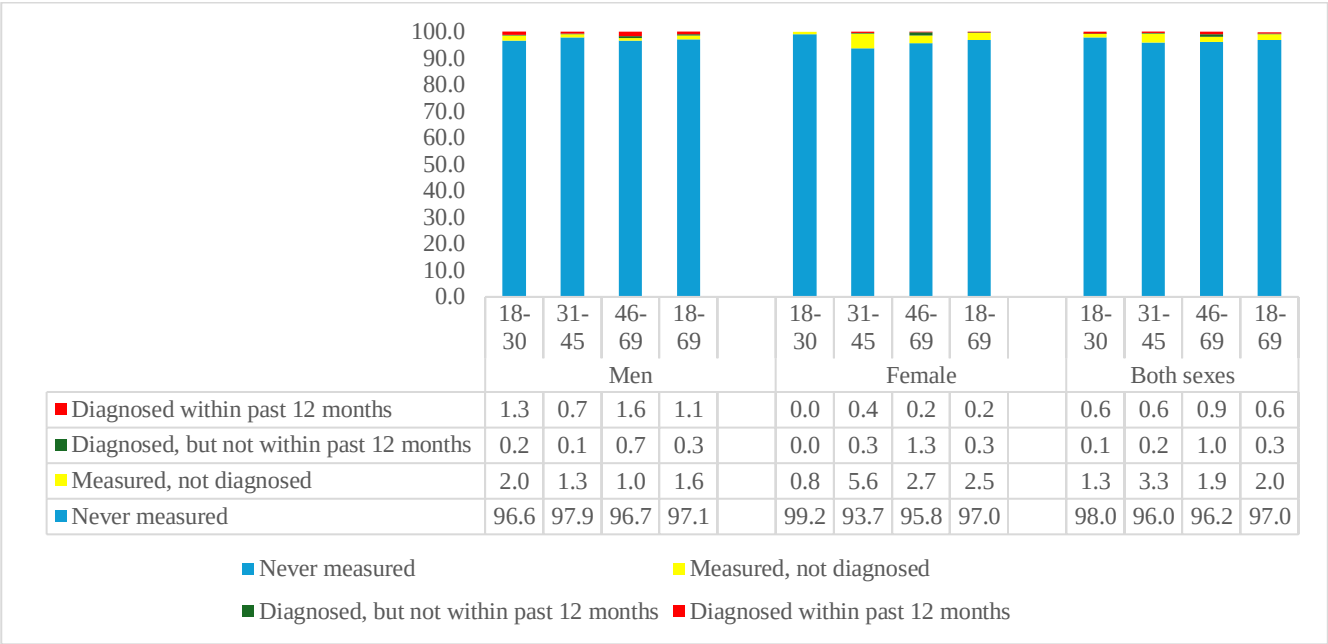


Figure 55 Total cholesterol measurement and diagnosis

History of treatment for raised cholesterol

The survey also shows that a small percentage of individuals, particularly women, are currently taking prescribed medication for high cholesterol, the rates are generally low, especially among younger age groups. Also, a proportion of individuals, particularly women, have sought treatment from traditional healers for high cholesterol. For instance, 42.4% of women aged 31-45 who were

previously diagnosed with high cholesterol have consulted a traditional healer (Table 37, Table 38& Table 39).

Table 37 Percent population currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed

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
18-30	2	0.0	NA	1	100.0	100.0-100.0	3	1.6	0.0-6.1
31-45	4	0.0	NA	6	21.5	0.0-67.1	10	9.4	0.0-30.3
46-69	8	0.0	NA	10	2.7	0.0-9.5	18	1.2	0.0-3.8
18-69	14	0.0	NA	17	11.3	0.0-32.9	31	3.3	0.0-9.2

Table 38 Percent population that have seen a traditional healer raised cholesterol among those previously diagnosed

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
18-30	2	0.0	0.0-0.0	1	0.0	0.0-0.0	3	0.0	0.0-0.0
31-45	4	0.0	0.0-0.0	6	42.4	0.0-87.3	10	18.6	0.0-47.2
46-69	8	10.4	0.0-21.7	10	0.9	0.0-3.1	18	6.2	0.0-18.2
18-69	14	3.3	0.4-6.1	17	15.6	0.0-42.7	31	6.8	0.0-17.4

Table 39 Percent population currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed

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
18-30	2	0.0	0.0-0.0	1	0.0	0.0-0.0	3	0.0	0.0-0.0
31-45	4	0.0	0.0-0.0	6	0.0	0.0-0.0	10	0.0	0.0-0.0
46-69	8	10.4	0.0-21.7	10	0.9	0.0-3.1	18	6.2	0.0-18.2
18-69	14	3.3	0.4-6.1	17	0.5	0.0-1.8	31	2.5	0.0-7.8

History of Cardiovascular Diseases

Previous history of cardiovascular diseases

The prevalence of cardiovascular diseases defined as heart attack or chest pain was ascertained by asking the population whether they have ever experienced chest pain from heart disease or if they have ever had a stroke. The overall prevalence was 7.8% and was higher in women (11%) versus 4.3% in men as shown in Table 40 below.

Table 40 Percentage of population with a previous history of cardiovascular diseases

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
18-30	457	3.1	0.9-5.4	739	10.0	2.3-17.7	1196	6.8	2.1-11.6
31-45	508	3.9	1.1-6.8	735	9.9	6.6-13.1	1243	6.7	4.4-9.0
46-69	494	7.8	4.8-10.9	632	14.7	7.8-21.6	1126	11.6	7.7-15.5
18-69	1459	4.3	2.9-5.7	2106	11.0	6.1-15.8	3565	7.8	5.1-10.4

Proportion of the population on CVD preventive therapy among those with previous history of CVD

Proportion of the population on CVD preventive therapy was low compared to the individuals that reported having experienced history of cardiovascular symptoms that were explored in the survey including history of chest pain suggestive of angina and previous history of stroke (Figure 55).

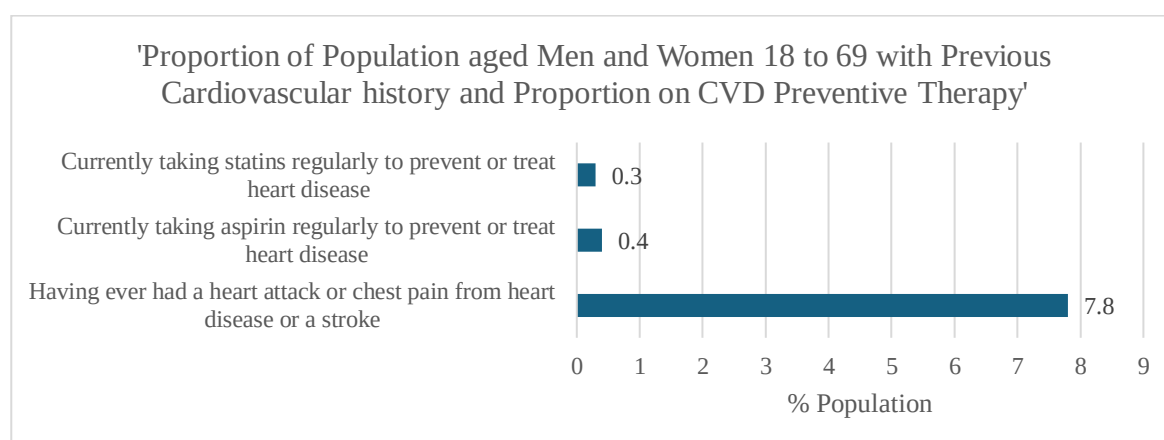


Figure 56 Proportion of population with history of CVD and Proportion on CVD preventive Therapy

Lifestyle Advice

Lifestyle advise on tobacco use

In both sexes, one in ten individuals had received lifestyle advice from a doctor or health worker in the past three years regarding quitting tobacco or preventing its use. The rates observed increased with age. By gender, the rate was slightly higher among males (12.6%) than females (8.5%), and similarly, the rates increased with age (Table 41).

Table 41 Percentage of population who received lifestyle advice from a doctor or health worker to quit using tobacco or not to start during the past three years among all population

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
18-30	154	10.0	3.3-16.6		389	7.9	3.6-12.2		543	8.7	5.1-12.3
31-45	169	15.1	7.0-23.1		350	9.1	4.9-13.4		519	11.5	7.2-15.7
46-69	195	16.2	9.3-23.1		304	9.1	2.9-15.3		499	11.7	6.1-17.3
18-69	518	12.6	8.1-17.2		1043	8.5	5.0-12.0		1561	10.1	7.2-13.1

The percentage of population advised by a doctor or health worker to reduce salt in the diet

The results show, two in ten Tanzanians had received advice to reduce salt intake in the past three years, with rates increasing across age brackets. Specifically, the table presents data on the advice given by doctors or health workers to reduce salt intake in the diet, categorized by age groups and gender. It shows that 11.6% of men and 17.5% of women aged 18-30 years were advised to reduce salt intake. For the age group 31-45 years, 18.1% of men and 28.7% of women received this advice. Among those aged 46-69 years, 30.9% of men and 24.7% of women were advised to reduce salt intake. Overall, 17.7% of men and 22.0% of women aged 18-69 years were advised by a doctor or health worker to reduce their salt intake, with a total of 20.3% across both sexes (Table 42)

Table 42

Percent population advised by doctor or health worker to reduce salt in the diet

Advised by doctor or health worker to reduce salt in the diet									
Age Group (years)	Men			Women			Both Sexes		
	N	% advise d	95% CI	N	% advise d	95% CI	N	% advise d	95% CI
18-30	154	11.6	4.5-18.8	389	17.5	10.2-24.8	543	15.1	10.3-20.0
31-45	169	18.1	10.7-25.5	350	28.7	14.2-43.2	519	24.5	14.9-34.2
46-69	195	30.9	21.1-40.7	304	24.7	11.4-37.9	499	26.9	16.1-37.8
18-69	518	17.7	12.2-23.2	1043	22.0	17.9-26.1	1561	20.3	17.0-23.6

Percent population advised by a doctor or health worker to eat at least five servings of fruit and/or vegetables each day

Forty-six percent of both sexes reported being advised by a doctor or health worker to eat at least five servings of fruits and/or vegetables each day, with a slightly higher rate among those aged 18-30 compared to older age categories. The proportion of females (48.5%) receiving this advice was higher than that of males (42.0%), see Table 43 .

Table 43

Percent population advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day

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	% advise d	95% CI		N	% advise d	95% CI		N	% advise d	95% CI
18-30	154	43.7	28.0-59.5		389	50.1	41.9-58.2		543	47.5	39.1-55.9
31-45	169	37.2	27.2-47.2		350	54.2	43.4-65.0		519	47.5	39.0-56.0
46-69	195	43.1	32.3-53.9		304	40.7	23.3-58.0		499	41.6	30.6-52.6
18-69	518	42.0	32.5-51.6		1043	48.5	41.7-55.3		1561	46.0	40.1-51.9

Percent population advised to reduce dietary fat intake

Regarding advice to reduce dietary fat intake, overall, only 31% reported receiving such advice, with a higher rate among females (34.7%) than males (24.7%). In both sexes, this rate decreased with age. Further categorizing by age groups and gender results shows that 25.9% of men and 36.5% of women aged 18-30 years were advised to reduce fat intake. For the age group 31-45 years, 21.2% of men and 38.8% of women received this advice. Among those aged 46-69 years, 25.5% of men and 27.6% of women were advised to reduce fat intake (Table 44).

Table 44

Percent population advised to reduce dietary fat intake

Advised by doctor or health worker to reduce fat in the diet									
Age Group (years)	Men			Women			Both Sexes		
	N	% advise d	95% CI	N	% advise d	95% CI	N	% advise d	95% CI
18-30	154	25.9	12.2-39.5	389	36.5	25.5-47.5	543	32.2	23.2-41.3
31-45	169	21.2	13.6-28.9	350	38.8	26.0-51.7	519	31.9	22.6-41.2
46-69	195	25.5	16.1-34.8	304	27.6	12.8-42.4	499	26.8	16.1-37.6
18-69	518	24.7	16.7-32.7	1043	34.7	27.6-41.7	1561	30.8	25.0-36.5

Percent population advised by doctor or health worker to start or do more physical activity

One-third of individuals received advice to start or increase exercise, although this rate also decreased with age and was equal between sexes. Among females, the rate for those aged 18-30 was twice that of those aged 46-69. For males, the rates for those aged 18-30 and 46-69 were twice that of those aged 31-45 (Table 45).

Table 45

Percent population advised by doctor or health worker to start or do more physical activity

Advised by doctor or health worker to start or do more physical activity									
Age Group (years)	Men			Women			Both Sexes		
	N	% advise d	95% CI	N	% advise d	95% CI	N	% advise d	95% CI
18-30	154	39.0	23.8-54.3	389	41.1	20.5-61.6	543	40.2	26.1-54.4
31-45	169	18.0	10.2-25.8	350	37.2	23.7-50.8	519	29.7	20.0-39.3
46-69	195	39.6	28.4-50.7	304	21.4	9.3-33.4	499	28.0	16.8-39.1
18-69	518	34.2	25.4-43.1	1043	35.0	23.2-46.7	1561	34.7	26.9-42.5

Percent population advised by a health worker to maintain a healthy body weight

About 16% of the population had ever received advice from a doctor or health worker to maintain a healthy body weight or to lose weight, with rates increasing with age. The rate was higher among males (18.8%) than females (13.6%), and in each sex, the rate increased with age, see Table 46.

Table 46 Percent population advised by health workers to maintain a healthy body weight

Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age Group (years)	Men			Women			Both Sexes		
	N	% advise d	95% CI	N	% advise d	95% CI	N	% advise d	95% CI
18-30	154	16.2	3.3-29.2	389	8.9	4.3-13.5	543	11.8	5.9-17.7
31-45	169	18.2	10.4-25.9	350	18.0	11.8-24.2	519	18.1	13.3-22.9
46-69	195	25.1	13.3-36.9	304	18.9	7.5-30.3	499	21.1	11.0-31.3
18-69	518	18.8	11.2-26.4	1043	13.6	8.4-18.8	1561	15.6	11.0-20.3

Percent population advised by doctor or health worker to reduce sugary beverages in diet

Two in ten individuals had ever been advised by a doctor or health worker to reduce sugary beverages in their diet, with rates in both sexes increasing with age. Among males, the rate increased with age, while among females, it was higher for those aged 31-45 (33.3%) and lower for younger age categories (Table 47)

Table 47 Percent population advised by doctor or health worker to reduce sugary beverages in diet

Advised by doctor or health worker to advised to reduce sugary beverages in diet									
Age Group (years)	Men			Women			Both Sexes		
	N	% advise d	95% CI	N	% advise d	95% CI	N	% advise d	95% CI
18-30	154	21.4	8.7-34.1	389	14.4	8.1-20.7	543	17.2	10.8-23.6
31-45	169	21.1	12.6-29.6	350	33.0	18.8-47.2	519	28.3	18.4-38.2
46-69	195	23.4	14.0-32.9	304	20.2	8.5-31.9	499	21.4	12.5-30.3
18-69	518	21.8	14.2-29.4	1043	20.2	16.4-24.0	1561	20.8	16.9-24.8



Cervical cancer screening

The survey also reports on the proportion of eligible population with history of ever screened for cervical cancer, using any of the available methods. The findings show, the percentage of female in the population who have ever had a screening test for cervical cancer among all female population was 10%. The majority were aged 31-45 years. The proportion of women screened for cervical cancer as per the cervical cancer screening guidelines (30-49years) is 13.7%, see Figure 56 below.

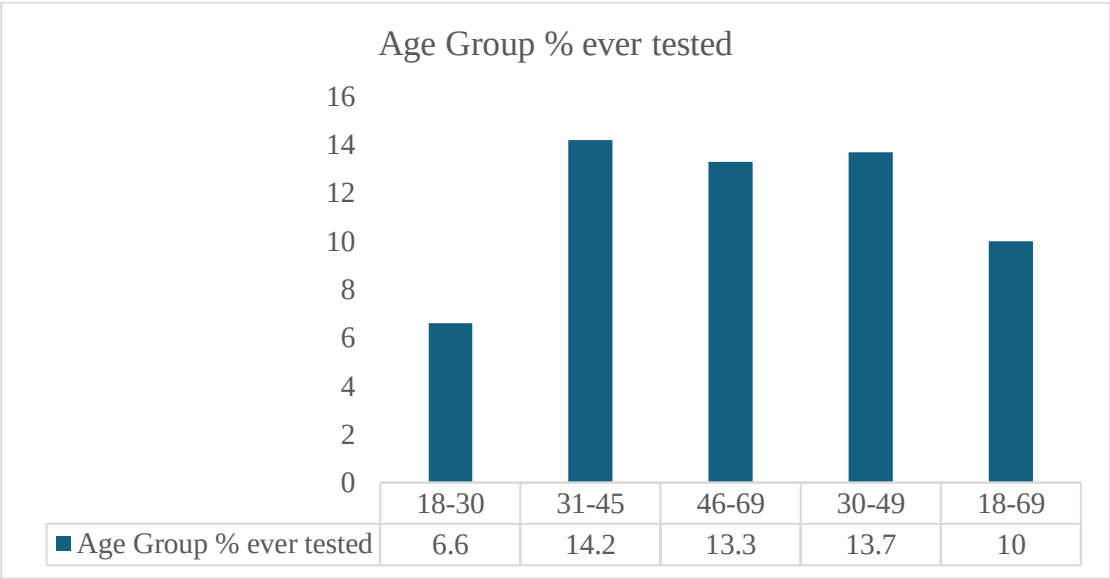


Figure 57 Proportion of women ever screened for cervical cancer among population aged 18 to 69 years



Results: STEP 2 Physical Measurements

Key Findings

Percentage of the population with raised blood pressure 23.1%

Percentage with raised blood pressure, not previously diagnosed 73.6%.

Only, 15.8% (8.6-22.9) of known patients with hypertension are on medication prescribed by a doctor.

One in five Tanzanians between the age of 18-69 has raised BP 23.1 % with SBP ≥ 140 or DBP ≥ 90 or is currently on medication for raised blood pressure.

8.7 % (6.9-10.4) of Tanzanians between the age of 18-69 have raised BP with SBP ≥ 160 or DBP ≥ 100 or currently on medication for raised blood pressure

STEP 2: Physical measurements

Blood pressure

Population mean systolic blood pressure

The results shows that mean population systolic blood pressure generally increases with age, with men having higher blood pressure than women particularly in younger age groups. For instance, among 18-30-year-olds, men have a mean systolic blood pressure of 121.8 mmHg, while women have a mean of 116.1 mmHg. However, in older age groups, 46-69-year-old men have a mean systolic blood pressure of 134.9 mmHg compared to 138.5 mmHg for women of the same age group (Figure 57).

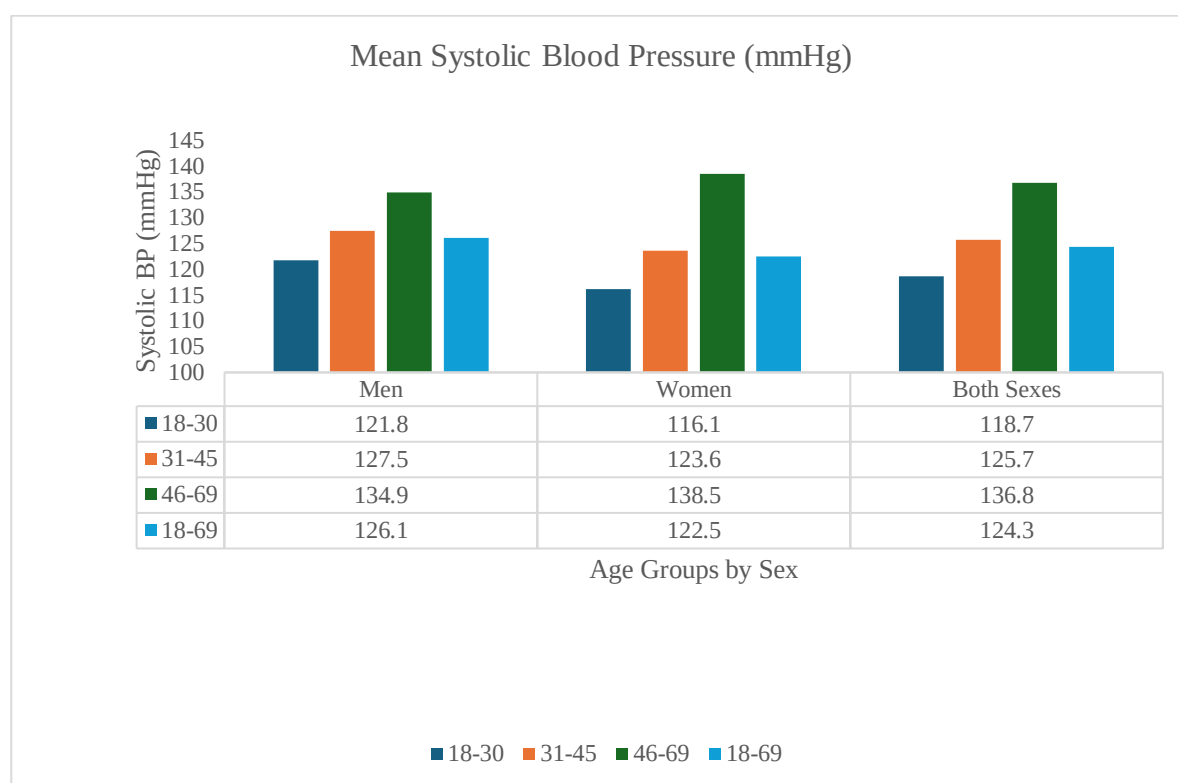


Figure 58 Population mean population systolic blood pressure (mmHg) among population aged 18 to 69 years

Population mean diastolic blood pressure

Results shows that population mean diastolic blood pressure generally increases with age, with women typically having slightly higher blood pressure than men. For instance, among 18-30-year-olds, men have a mean diastolic blood pressure of 75.4 mmHg, while women have a mean of 76.5

mmHg. This trend continues into older age groups, with 46-69-year-old women having a higher mean diastolic blood pressure (86.7 mmHg) compared to men (83.5 mmHg) (Figure 58)

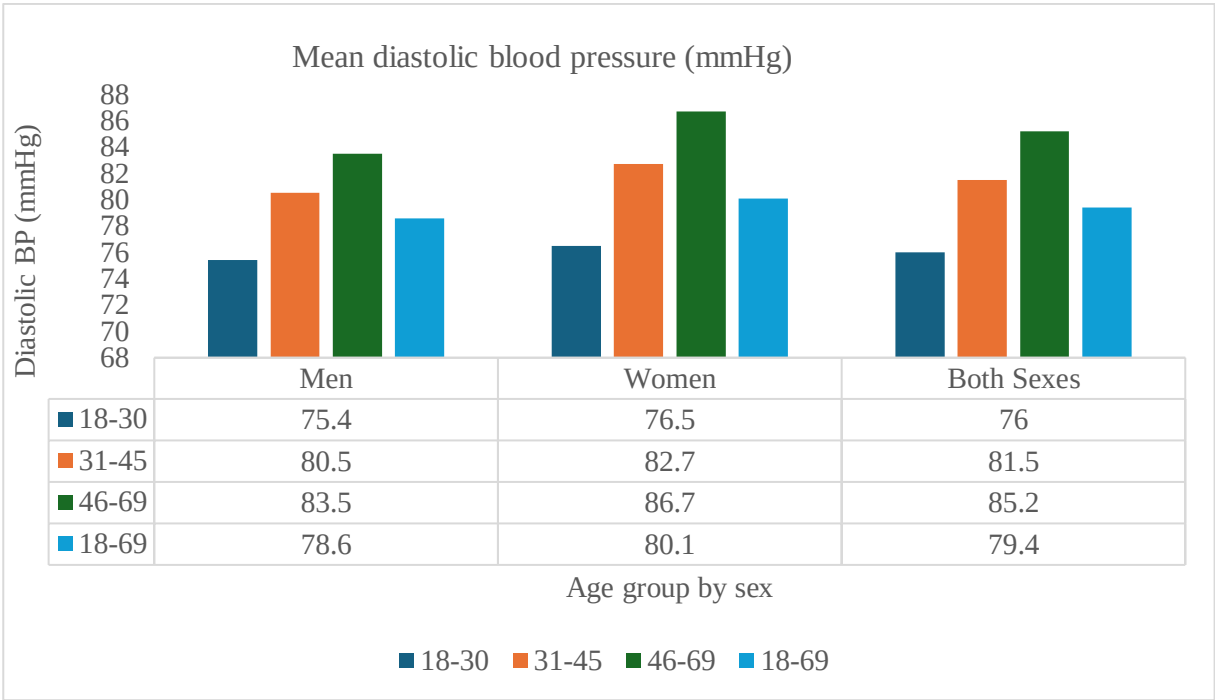


Figure 59 Population mean diastolic blood pressure

Population prevalence of raised blood pressure (SBP ≥140 and/or DBP≥90mmHg)

Notably, the prevalence of hypertension, defined as systolic blood pressure (SBP) ≥140 mmHg or diastolic blood pressure (DBP) ≥90 mmHg was 22.4%, significantly increases with age. For instance, while approximately 12.5% of 18-30-year-olds have hypertension, this figure increases to 43.5% among those aged 46-69-years, twice the national prevalence. (Figure 59)

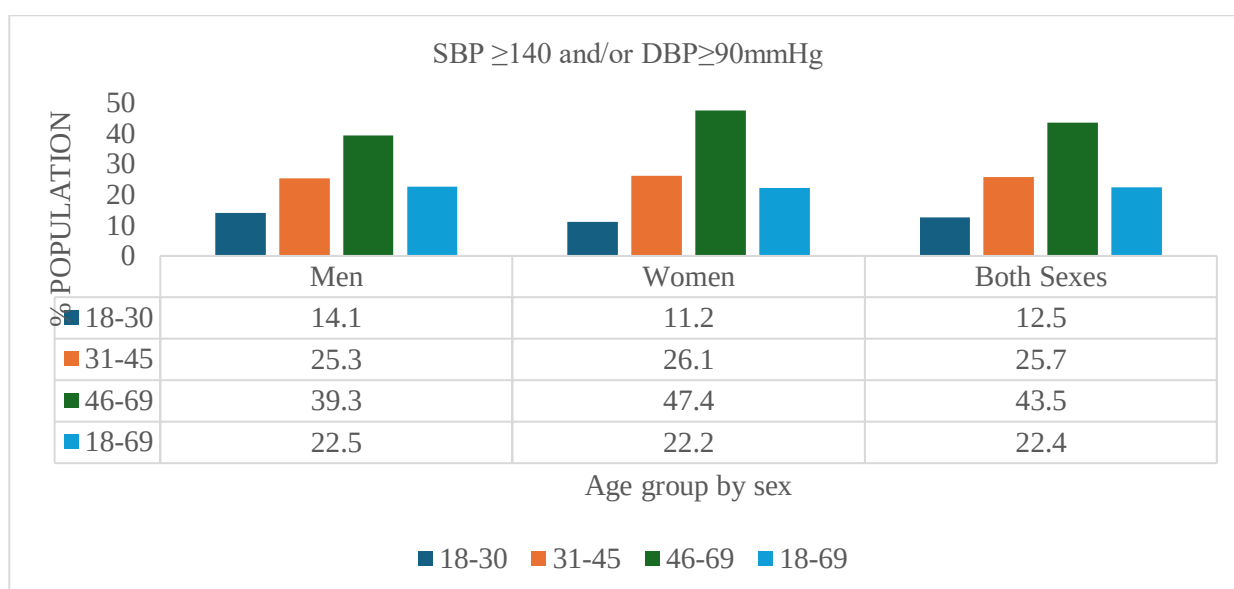


Figure 60 Population prevalence with systolic blood pressure (SBP) ≥ 140 mmHg or diastolic blood pressure (DBP) ≥ 90 mmHg

Population prevalence of raised blood pressure (severe hypertension SBP ≥ 160 and/or DBP ≥ 100 mmHg)

Also, prevalence of severe hypertension defined as systolic blood pressure (SBP) ≥ 160 mmHg or diastolic blood pressure (DBP) ≥ 100 mmHg is higher among older age groups and especially in women, among those aged 46-69-years, the prevalence is 18% in men and 24.5% in women respectively (Figure 60).

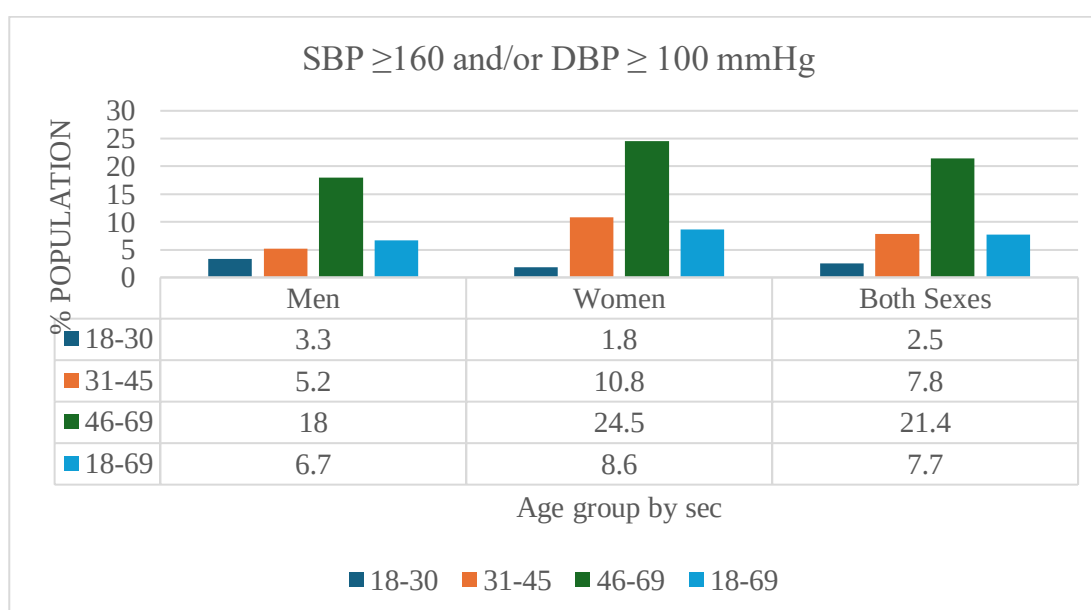


Figure 61 The population prevalence of severe hypertension

Population prevalence of raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure)

In the population, adults aged 18-30 have a relatively low prevalence of hypertension or medication use, with approximately 12.6% affected. Those aged 31-45 years have a higher prevalence, with around 26.3% having hypertension or being on medication. The highest prevalence is observed in the 46-69years age group, where 46.4% of individuals have hypertension or are taking medication. Overall, across all age groups 18-69 years, the prevalence is approximately 23.1%. (Figure 61)

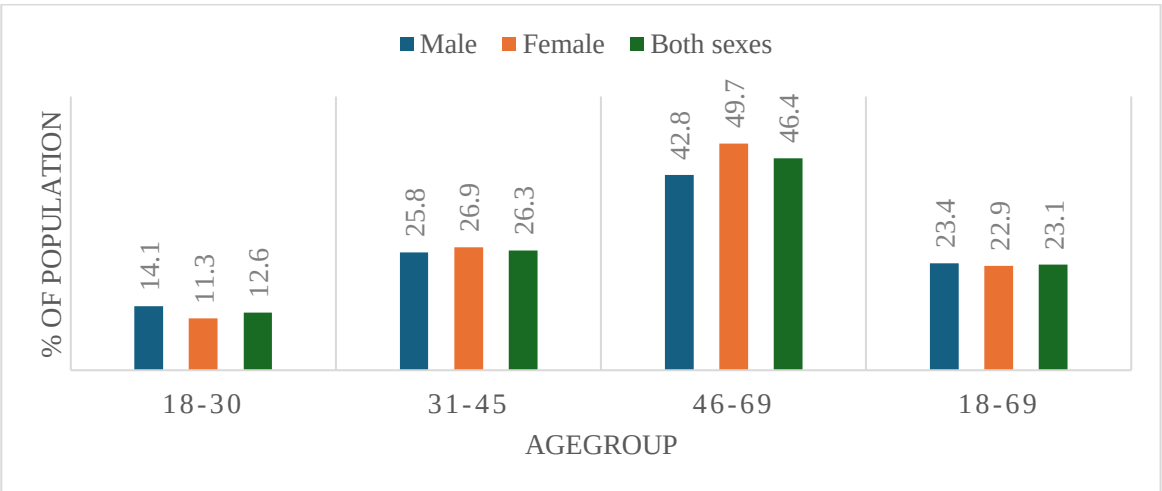


Figure 62 Prevalence of population with SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure

Population prevalence of raised blood pressure (SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure)

The prevalence of severe hypertension defined as SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure varies by age and sex, the results show that among 46-69-year-old men, 21.5% have severe hypertension or are taking medication for high blood pressure. This percentage is higher among women of the same age group, with a prevalence of 28.9%. (Figure 62)

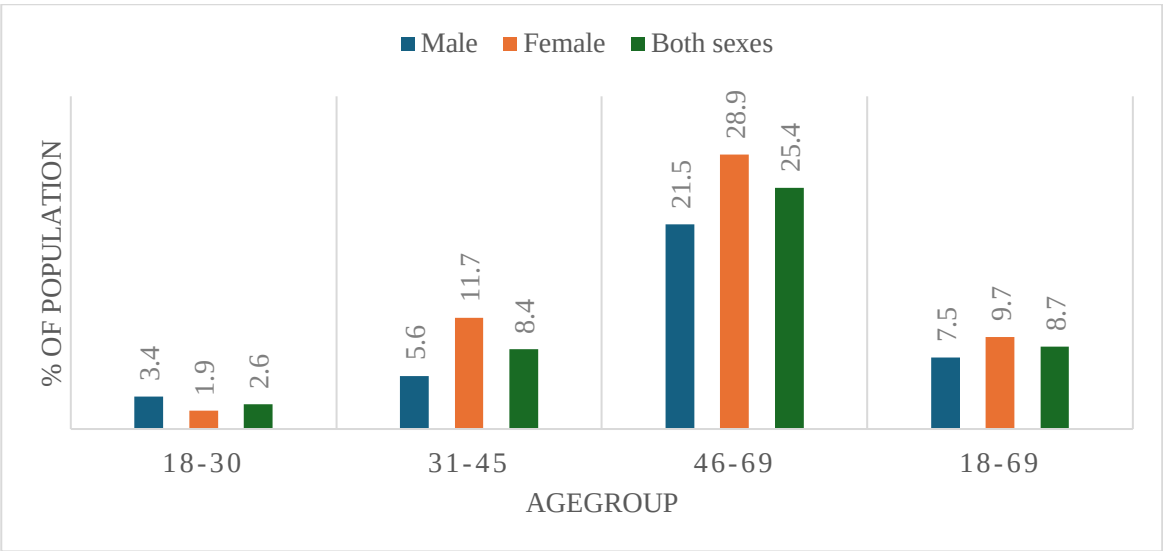


Figure 63 The prevalence of the population with SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure

Hypertension care cascade

The hypertension care cascade in figure below demonstrates the significant gaps in the management of hypertension. While a high proportion (73.6%) of individuals with hypertension remain undiagnosed, a substantial number of those diagnosed (19.3%) are not on medication. Even among those on medication, only a small fraction (3.3%) has their blood pressure adequately controlled (Figure 63). There are significant gaps different across age and sex categories (Figure 64).

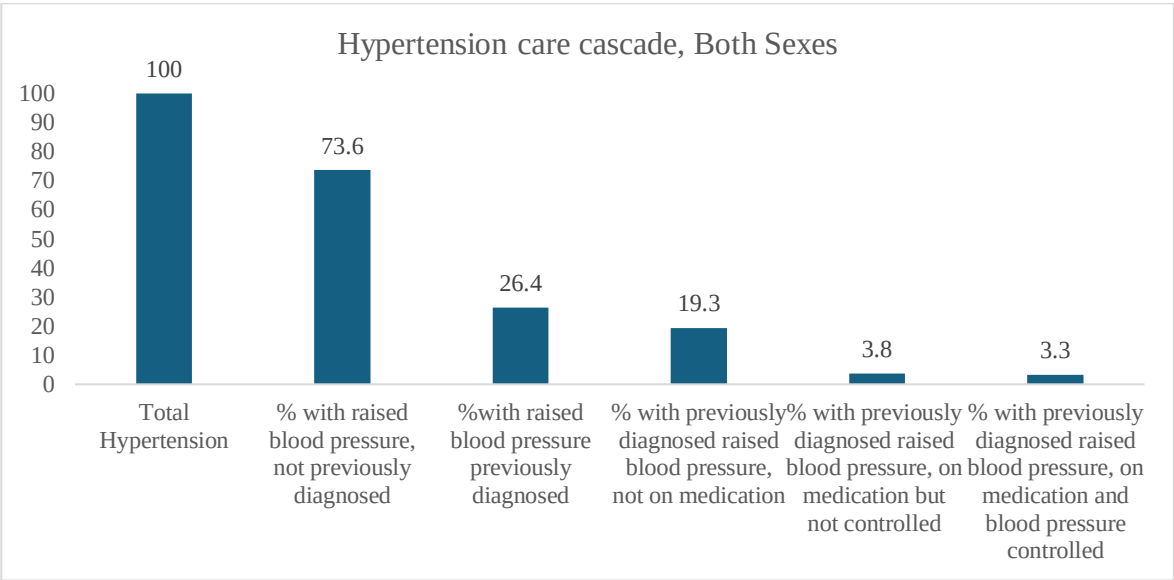


Figure 64 The hypertension care cascade of those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure.

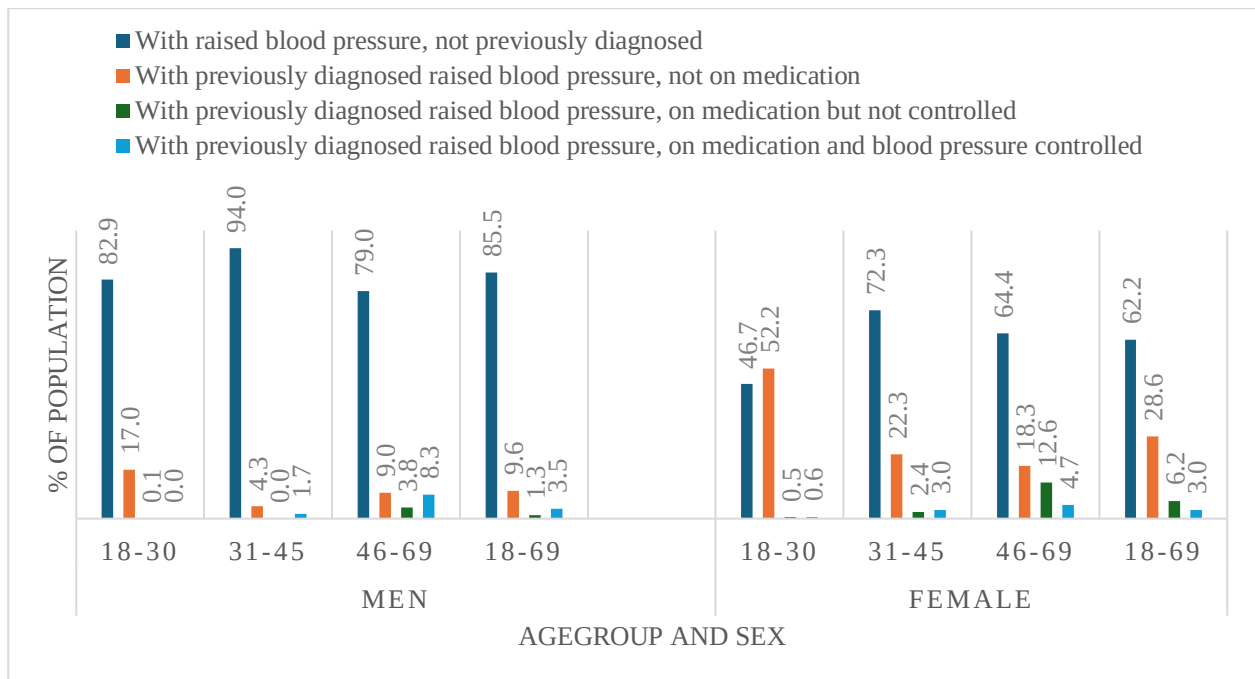


Figure 65 The hypertension care cascade of those with raised blood pressure ($SBP \geq 140$ and/or $DBP \geq 90$ mmHg) or on medication for raised blood pressure disaggregated by age and sex

Population mean heart rate (beats per minute)

The survey shows that mean population heart rates generally increase with age, with women typically having higher heart rates than men. For instance, among 18-30-year-olds, men have a mean heart rate of 67.8 beats per minute (bpm), while women have a mean of 82.0 bpm. This trend continues into older age groups, with 46-69-year-old women having a higher mean heart rate (73.4 bpm) than men (71.5 bpm) see Figure 65 below. However, the differences between men and women were smaller in older age groups.

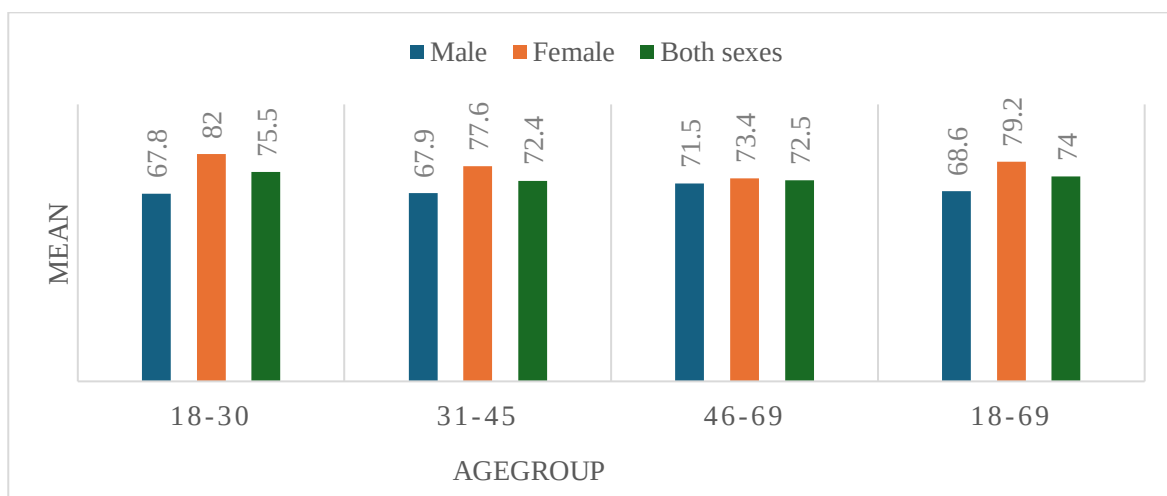


Figure 66 Population mean heart rate (beats per minute)

Population Mean height, weight, and body mass index

Population mean height (cm)

The (Figure 66) show men are generally taller than women across all age groups. For instance, among 18-30-year-olds, men have a mean height of 168.3 cm, while women have a mean height of 157.4 cm. This height difference persists across all age groups.

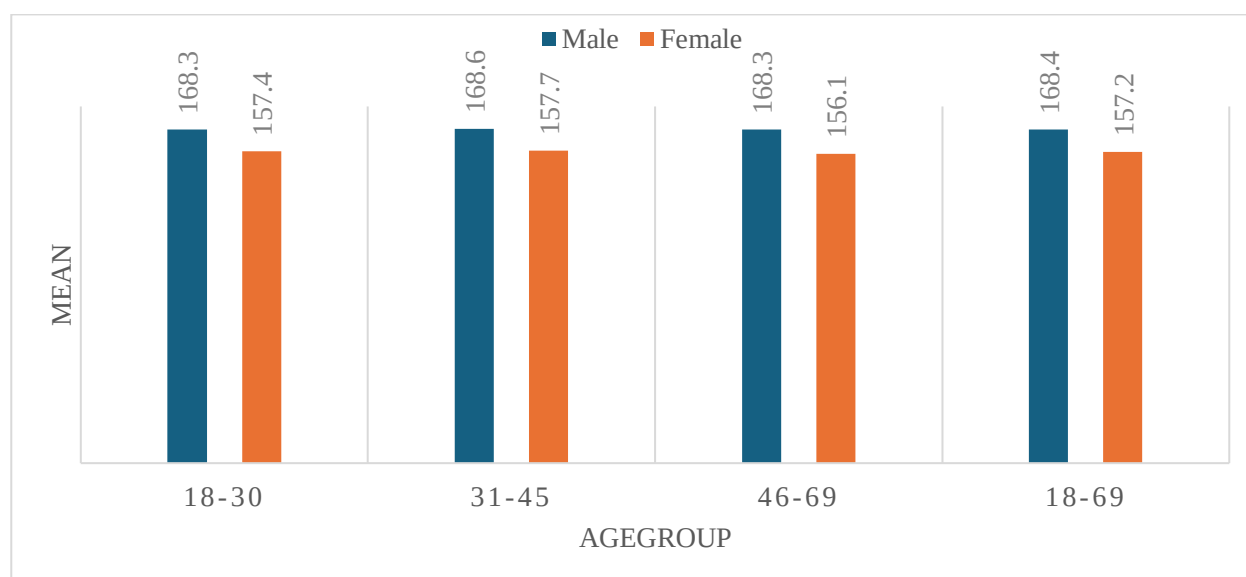


Figure 67 Mean height (cm) by age and sex

Body Mass Index (BMI)

Population mean BMI

The data shows that women generally have a higher BMI compared to men across all age groups. For instance, among 18-30-year-olds, men have a mean BMI of 22.2 kg/m², while women have a mean BMI of 24.3 kg/m² (Figure 67). This trend persists across all age groups, suggesting a consistent pattern of higher BMI in women.

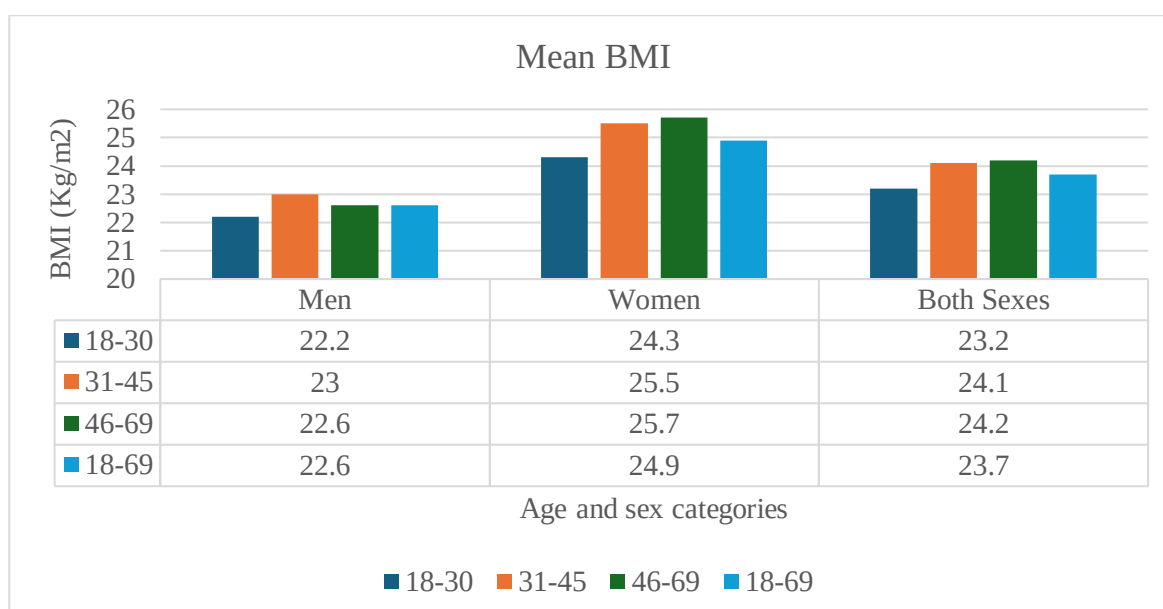


Figure 68 Mean height (cm) by age and sex

Percentage of population (excluding pregnant women) in each BMI category.

Concerning the trend in BMI classifications across age groups. For instance, among men aged 18-30, while 17.9% are underweight, a significant 64.4% fall within the normal weight range. However, 10.9% are overweight and 6.8% are obese. As we move to older age groups, the prevalence of obesity increases, with 6.7% of men aged 46-69 being obese.

A similar pattern is observed among women, with higher rates of overweight and obesity compared to men. For example, 10.4% of women aged 18-30 are obese, and this figure rises to 18.4% for women aged 46-69 (Figure 68).

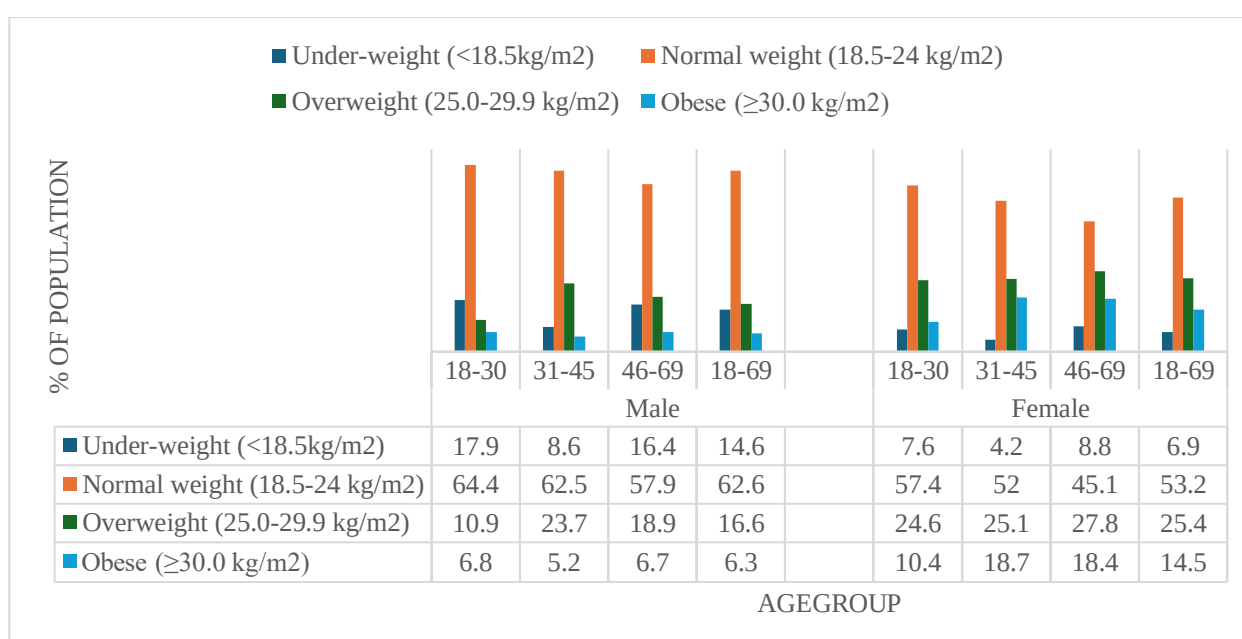


Figure 69 BMI classifications by age and sex

When considering both sexes (Figure 64), the data reveals a trend of increasing obesity rates across all age groups. For instance, among 18-30-year-olds, 8.6% are obese, while this figure rises to 11.2% for the 31-45 age group and 12.8% for those aged 46-69

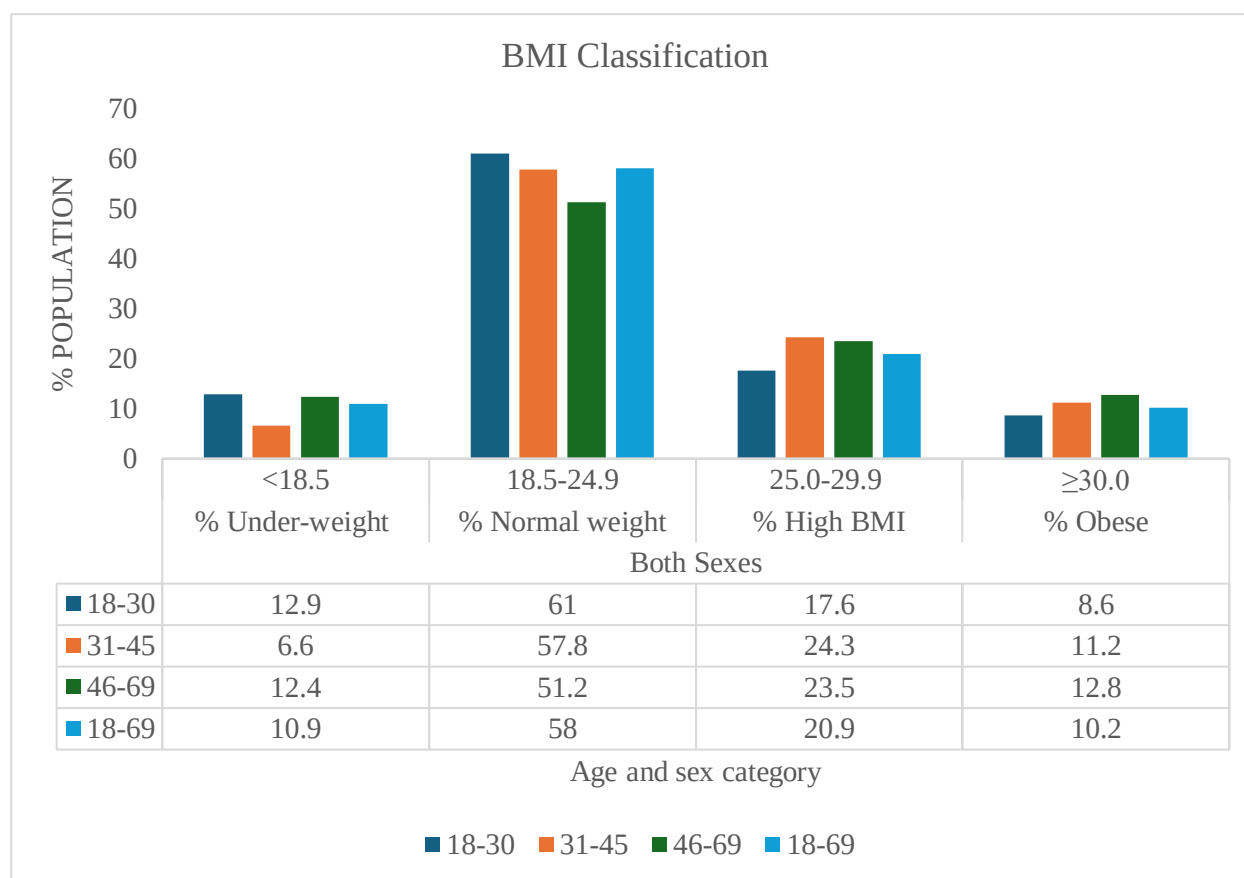


Figure 70 BMI classification by age and sex (both sexes)

Percentage of population (excluding pregnant women) classified as overweight (BMI≥25).

Results show that a significant proportion of the population is either overweight or obese. For instance, among those aged 18-30 years, over 26% fall into these categories. This percentage increases with age, reaching over 36% for individuals aged 46-69years, the prevalence is even higher (46.1%) for women in this age band (Table 48).

Table 48

Percentage of population (excluding pregnant women) classified as overweight (BMI $\geq$ 25).

BMI$\geq$25									
Age Group (years)	Men			Women			Both Sexes		
	N	% BMI $\geq$ 25	95% CI	n	% BMI $\geq$ 25	95% CI	N	% BMI $\geq$ 25	95% CI
18-30	451	17.7	12.4-23.0	629	35.0	21.8-48.2	1080	26.2	18.7-33.6
31-45	502	28.9	17.5-40.4	671	43.8	34.2-53.5	1173	35.5	30.1-40.9
46-69	489	25.6	19.2-32.0	624	46.1	39.5-52.8	1113	36.4	31.5-41.2
18-69	1442	22.9	18.1-27.6	1924	39.9	32.8-47.1	3366	31.1	27.1-35.1

Waist and hip circumference

Population mean waist circumference among the population (excluding pregnant women).

Results in Table 49 show the average waist circumference for men and women across different age groups. For men, the average waist circumference ranges from 86.1 to 90.6 centimeters. For women, the average waist circumference ranges from 91.4 to 95.9 centimeters.

Table 49

Mean waist circumference of the population (excluding pregnant women) by age and sex

Waist circumference (cm)							
Age Group (years)	Men			Women			
	N	Mean	95% CI	N	Mean	95% CI	
18-30	453	86.1	83.2-89.0	632	91.4	87.3-95.6	
31-45	503	88.9	86.7-91.1	671	94.3	90.0-98.6	
46-69	492	90.6	88.6-92.5	627	95.9	93.5-98.3	
18-69	1448	87.8	86.0-89.7	1930	93.2	90.0-96.5	

Population mean hip circumference among all population (excluding pregnant women).

The table below (Table 50) presents the results of hip circumference for men and women across different age groups. For men, the average hip circumference ranges from 83.7 to 87.9 cm, while for women, it ranges from 86.9 to 92.1 cm.

Table 50 Mean hip circumference of the population (excluding pregnant women) by age and sex

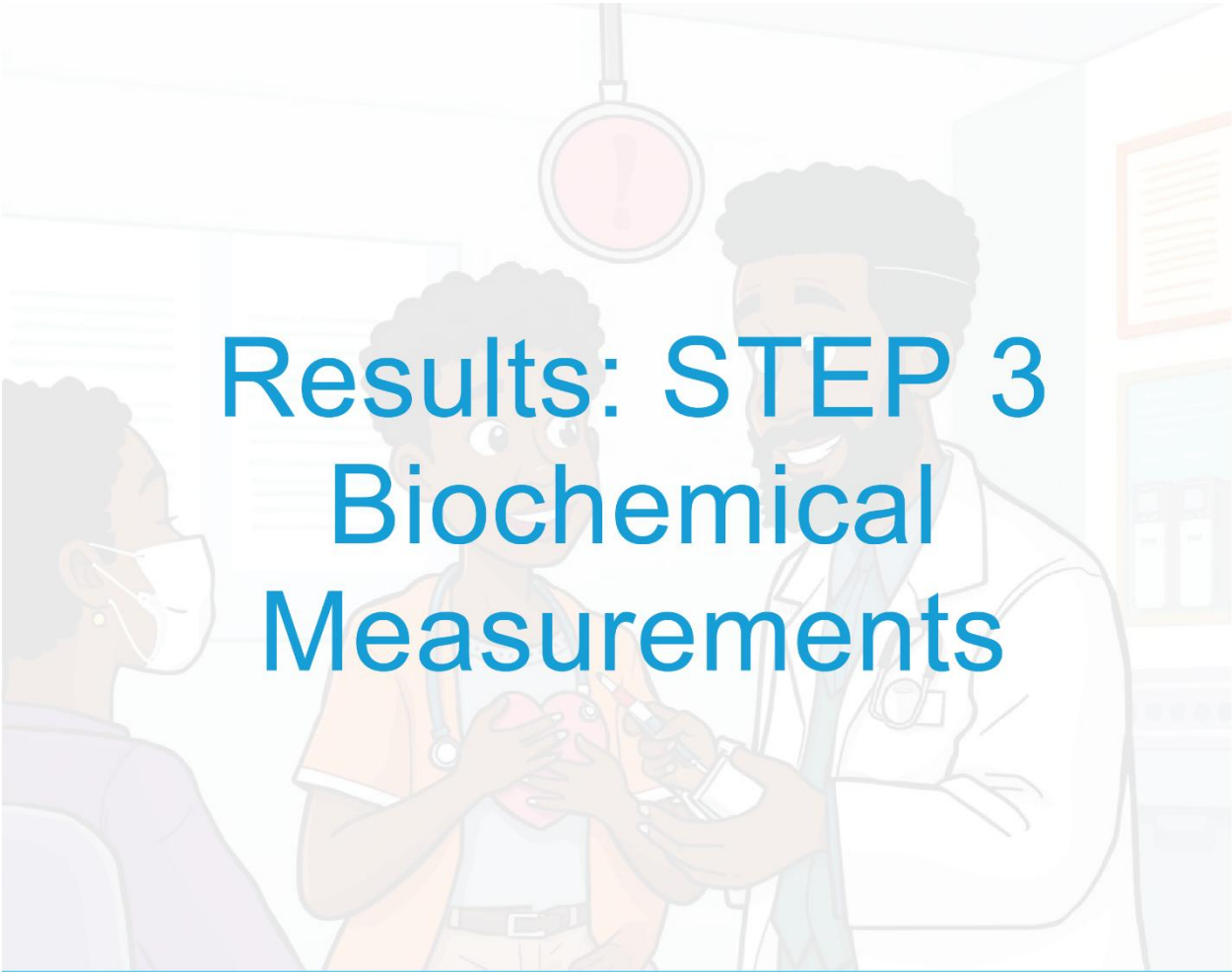
Hip circumference (cm)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		N	Mean	95% CI
18-30	453	83.7	81.1-86.3		632	86.9	84.8-89.0
31-45	503	87.9	83.8-92.0		671	91.9	90.6-93.2
46-69	492	87.4	85.6-89.3		627	92.1	89.7-94.6
18-69	1448	85.8	83.7-87.8		1930	89.5	88.3-90.6

Mean waist-to-hip ratio of the population (excluding pregnant women).

Results show both men and women in the population have a relatively healthy WHR of around 1.0, there is a slight increase in WHR in women, and a slight increase in WHR can significantly elevate CVD risk (Table 51).

Table 51 Mean waist-to-hip ratio of the population (excluding pregnant women) by age and sex

Mean waist / hip ratio							
Age Group (years)	Men				Women		
	n	Mean	95% CI		N	Mean	95% CI
18-30	453	1.0	1.0-1.1		632	1.1	1.0-1.1
31-45	503	1.0	1.0-1.1		671	1.0	1.0-1.1
46-69	492	1.0	1.0-1.1		627	1.1	1.0-1.1
18-69	1448	1.0	1.0-1.1		1930	1.1	1.0-1.1



Results: STEP 3 Biochemical Measurements

Key Findings

Prevalence of Diabetes is 2.9 %

The percentage of the population with raised blood glucose, not previously diagnosed, was 2.1%

Population with Impaired Fasting Glycaemia is 3.4 %

The percentage with previously diagnosed raised blood glucose on medication is 17.2%.

Men consume on average 9.1 grams and women consume 7.7 grams of salt per day vs 5g/day WHO recommendation

STEP 3: Biochemical Measurements

Blood Glucose (mmol/L)

The results were categorized into blood glucose level categories and the percentage of population currently on medication for raised blood glucose were included. Impaired fasting glycemia is defined as Plasma venous value of ≥ 6.1 mmol/L (110mg/dl) and < 7.0 mmol/L (126mg/dl) and Raised blood glucose is defined as Plasma venous value of ≥ 7.0 mmol/L (126mg/dl).

Population mean fasting blood glucose

The mean fasting blood glucose result was 4.5 mmol/L. The calculation included those currently on medication for diabetes and excluded non-fasting population. There was slight difference on the overall mean fasting blood glucose between men and women but both sexes had higher mean fasting blood glucose among the older age group (46-69 years) compared to other age groups, but it was within the normal range (Table 52).

Table 52 The mean fasting blood glucose among men and women aged 18 to 69 in Tanzania

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
18-30	411	4.5	4.2-4.7	663	4.4	4.2-4.6	1074	4.4	4.2-4.6
31-45	462	4.3	4.2-4.5	682	4.4	4.2-4.6	1144	4.4	4.2-4.5
46-69	470	4.8	4.5-5.1	604	4.9	4.6-5.2	1074	4.8	4.6-5.1
18-69	1343	4.5	4.3-4.6	1949	4.6	4.4-4.7	3292	4.5	4.4-4.7

Percentage population with impaired fasting glycemia

The survey found the prevalence of Tanzanians with impaired fasting glycemia to be 3.4%. The proportion of women (4.3%) with impaired fasting glycemia was twice that of men (2.0%). The overall proportion was lowest among the younger age group (18-30 years) (1.7%) and highest among the 46-69 years age group (6.0%). The proportion also increases with age in both women and men further details are included in (Table 53).

Table 53

Percentage population with impaired fasting glycemia

Impaired Fasting Glycaemia*											
Age Group (years)	Men				Women				Both Sexes		
	N	%	95% CI		N	%	95% CI		N	%	95% CI
18-30	411	0.9	0.2-1.6		663	2.8	1.1-4.4		1074	1.7	0.9-2.5
31-45	462	2.6	0.3-5.0		682	2.8	1.4-4.2		1144	2.7	1.4-4.1
46-69	470	4.2	2.2-6.2		604	6.6	2.9-10.4		1074	6.0	3.1-9.0
18-69	1343	2.0	1.1-3.0		1949	4.3	2.4-6.2		3292	3.4	2.1-4.7

Percentage population with diabetes (Raised blood glucose or currently on medication for diabetes)

The overall prevalence of diabetes in the population aged 18 to 69 years **was 2.9%**. Among these, the percentage of Tanzanians currently on diabetes medications was 0.9%. The percentage increased with increase in age and more men (1.1%) were on medications compared to women (0.7%). Most of the population on medications for diabetes were in the 46-69 age group in both sexes (Table 54).

Table 54

Percentage population with raised blood glucose or currently on medication for diabetes

Raised blood glucose or currently on medication for diabetes**										
Age Group	Men				Women			Both Sexes		
(years)	N	%	95% CI		N	%	95% CI	N	%	95% CI
18-30	411	1.0	0.0-2.0		663	1.0	0.3-1.7	1074	1.0	0.4-1.6
31-45	462	1.8	0.0-3.5		682	1.7	0.4-2.9	1144	1.7	0.7-2.7
46-69	470	9.3	4.2-14.3		604	5.5	2.7-8.4	1074	6.5	3.8-9.1
18-69	1343	2.8	1.5-4.1		1949	3.0	1.7-4.4	3292	2.9	1.9-3.9

The percentage of population currently on medication for diabetes

Results in Table 55 shows that 0.3% of men and 0.1% of women aged 18-30 years are on medication for diabetes. For the age group 31-45 years, 0.5% of men and 0.2% of women are on such medication. Among those aged 46-69 years, 4.4% of men and 1.4% of women are currently on diabetes medication. Overall, 1.1% of men and 0.7% of women aged 18-69 years are on medication for diabetes, with a total of 0.9% across both sexes.

Table 55

Percentage population currently on medication for diabetes

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	N	%	95% CI	N	%	95% CI	N	%	95% CI
18-30	411	0.3	0.0-0.9	663	0.1	0.0-0.2	1074	0.2	0.0-0.6
31-45	463	0.5	0.0-1.5	682	0.2	0.0-0.6	1145	0.3	0.0-0.8
46-69	471	4.4	0.0-9.1	604	1.4	0.4-2.5	1075	2.2	0.7-3.7
18-69	1345	1.1	0.1-2.1	1949	0.7	0.2-1.1	3294	0.9	0.4-1.4

Percentage population with previous diabetes diagnosis and treatment

The percentage of the population with raised blood glucose, not previously diagnosed, was 2.1%. The percentage of the population with previously diagnosed raised blood glucose, not on medication is 0.3% and the percentage with previously diagnosed raised blood glucose, on medication is 0.5%. (Table 56)

Table 56

Raised blood glucose diagnosis and treatment in the population

Raised blood glucose diagnosis and treatment among all population								
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	
18-30	1074	0.8	0.2-1.3	0.0	0.0-0.0	0.2	0.0-0.5	
31-45	1144	1.5	0.5-2.4	0.3	0.0-0.6	0.1	0.0-0.4	
46-69	1074	4.2	2.2-6.2	0.8	0.1-1.5	1.4	0.6-2.2	
18-69	3292	2.1	1.2-2.9	0.3	0.1-0.6	0.5	0.2-0.8	

Diabetes Care Cascade

The figure below shows that out of all the identified diabetes cases 72% were not previously diagnosed and 17% were previously diagnosed and on medication, and 10% were previously diagnosed but not on medication. (Figure 70)

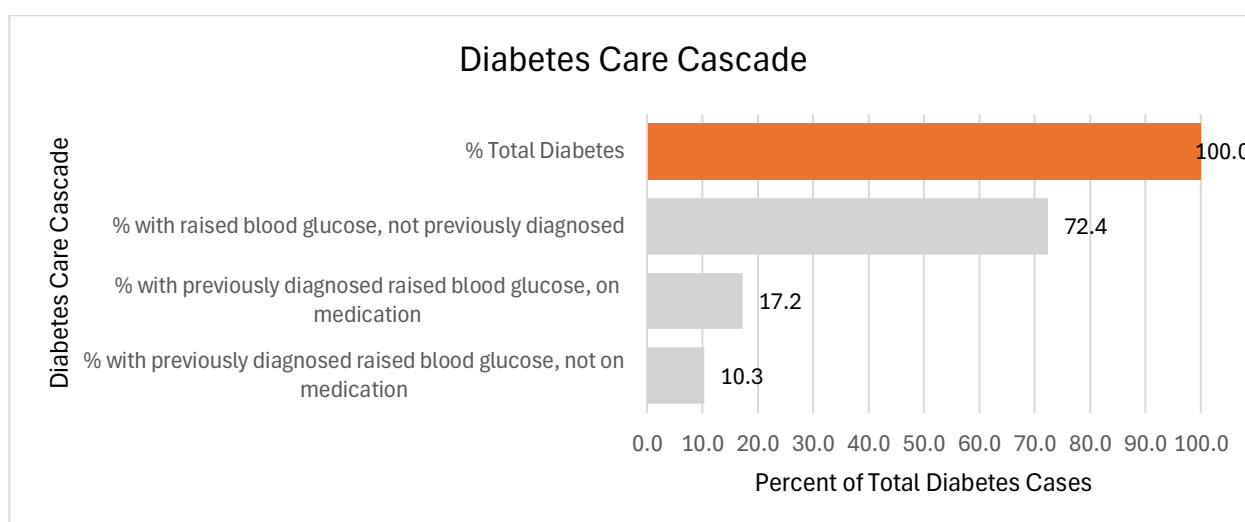


Figure 71 Diabetes Care Cascade

Total Cholesterol (mmol/L)

Population mean total cholesterol

Results below (Table 57) shows that women have consistently higher mean total cholesterol levels than men across all age groups. This trend is particularly evident in the 46-69 age group, where women have a significantly higher mean total cholesterol compared to men. Among those aged 18-30 years, Women have a higher mean total cholesterol (3.6 mmol/L) than men (3.0 mmol/L). Within the 31-45 years age band the difference between men and women is smaller, with women having a slightly higher mean total cholesterol (3.5 mmol/L) compared to men (3.3 mmol/L). The difference in cholesterol levels between men and women is most pronounced in the 46 to 69 age group. Women have a significantly higher mean total cholesterol (4.1 mmol/L) compared to men (3.5 mmol/L).

Table 57 Mean Total Cholesterol in men and women and in both sexes among population aged 18 to 69 years

Mean total cholesterol (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	N	Mean	95% CI	N	Mean	95% CI	N	Mean	95% CI
18-30	411	3.0	2.9-3.1	662	3.6	3.4-3.7	1073	3.2	3.1-3.4
31-45	462	3.3	3.1-3.5	682	3.5	3.4-3.7	1144	3.4	3.4-3.5
46-69	469	3.5	3.3-3.7	604	4.1	3.8-4.3	1073	3.9	3.7-4.1
18-69	1342	3.2	3.1-3.3	1948	3.8	3.6-3.9	3290	3.5	3.4-3.6

Prevalence of Raised Total Cholesterol

The prevalence of high total cholesterol increases with age and is higher in women than in men. For example, in the 46-69 age group, women have a significantly higher prevalence (25.5%) compared to men (11.6%) refer Figure 71. This suggests that women are at a higher risk of developing high cholesterol, especially as they age.

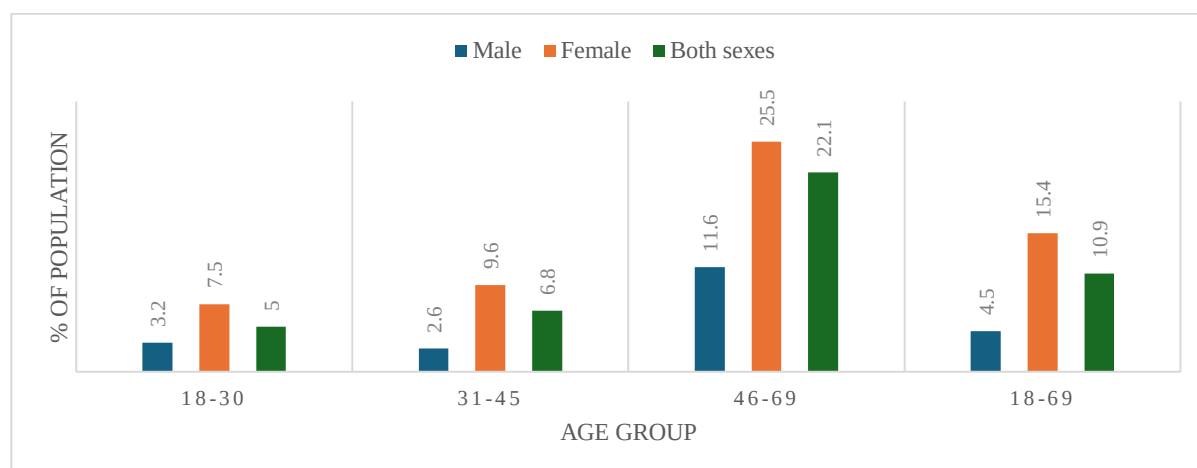


Figure 72 Percentage of population with total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl aggregated by age and sex

Percentage population with raised cholesterol or on medication for raised cholesterol

When considering both high total cholesterol levels and previous medication use, the prevalence of individuals with either a total cholesterol level ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol also increases with age and is higher in women. However, the prevalence of very high total cholesterol levels (≥ 6.2 mmol/L or ≥ 240 mg/dl) or current medication use for raised cholesterol remains relatively low, suggesting that a smaller subset of individuals have high cholesterol levels (Table 59). Further analysis using data from Table 58 and Table 59 shows that proportion of individuals on medication for high cholesterol are low in younger age groups, particularly for individuals aged 18-30 and 31-45. For example, in the 18-30 age group, only 0.0% of men and 1.3% of women are on medication for raised cholesterol. However, medication use rates increase significantly in the 46-69 age group. In this age group, 2.6% of men and 7.6% of women are on medication. Additionally, women have consistently higher medication rates compared to men across all age groups. For instance, in the 18-30 age group, women have a medication rate of 1.3% compared to 0.0% in men

Table 58

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol

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
18-30	411	3.2	0.8-5.5	662	7.5	2.9-12.0	1073	5.0	2.6-7.5
31-45	462	2.6	0.9-4.3	682	9.8	6.0-13.7	1144	6.9	4.2-9.6
46-69	469	11.6	7.1-16.2	604	25.5	18.7-32.3	1073	22.1	16.7-27.5
18-69	1342	4.5	2.7-6.4	1948	15.5	12.6-18.3	3290	10.9	8.8-13.1

Table 59

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol

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
18-30	411	0.5	0.0-1.0	662	1.3	0.1-2.5	1073	0.8	0.2-1.5
31-45	462	0.1	0.0-0.2	682	1.9	0.6-3.2	1144	1.2	0.4-2.0
46-69	469	2.6	0.6-4.5	604	7.6	2.9-12.4	1073	6.4	2.8-10.0
18-69	1342	0.7	0.2-1.2	1948	4.0	2.0-6.1	3290	2.7	1.4-3.9

Salt Consumption

Population mean salt intake (g/day)

For the age group 18-30, men consume an average of 9.2 grams of salt per day, while women consume 7.5 grams. In the 31-45 age group, men consume 8.9 grams, and women consume 8.1 grams. For those aged 46-69, men consume 9.1 grams, and women consume 7.5 grams. Finally, in the combined age group of 18-69, men consume 9.1 grams and women consume 7.7 grams (Table 60).

Table 60

The population mean salt intake (g/day)

Mean salt intake (g/day)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	N	Mean	95% CI	N	Mean	95% CI
18-30	238	9.2	8.7-9.7	336	7.5	7.2-7.9	574	8.5	8.1-9.0
31-45	278	8.9	8.5-9.4	361	8.1	7.8-8.4	639	8.4	8.2-8.7
46-69	283	9.1	8.7-9.4	335	7.5	7.2-7.8	618	7.9	7.6-8.2
18-69	799	9.1	8.8-9.4	1032	7.7	7.5-7.9	1831	8.3	8.1-8.5

Cardiovascular disease risk

CVD Risk by Age Group Categories

The survey data indicate that a significant proportion of the population, particularly in the older age group (55-69), have a moderate or high risk of cardiovascular disease (CVD). For example, in the 55-69 age group, 15.5% of both sexes have a moderate risk (10-20%) and 0.4% have a high risk ($\geq 20\%$) see Figure 72 below.

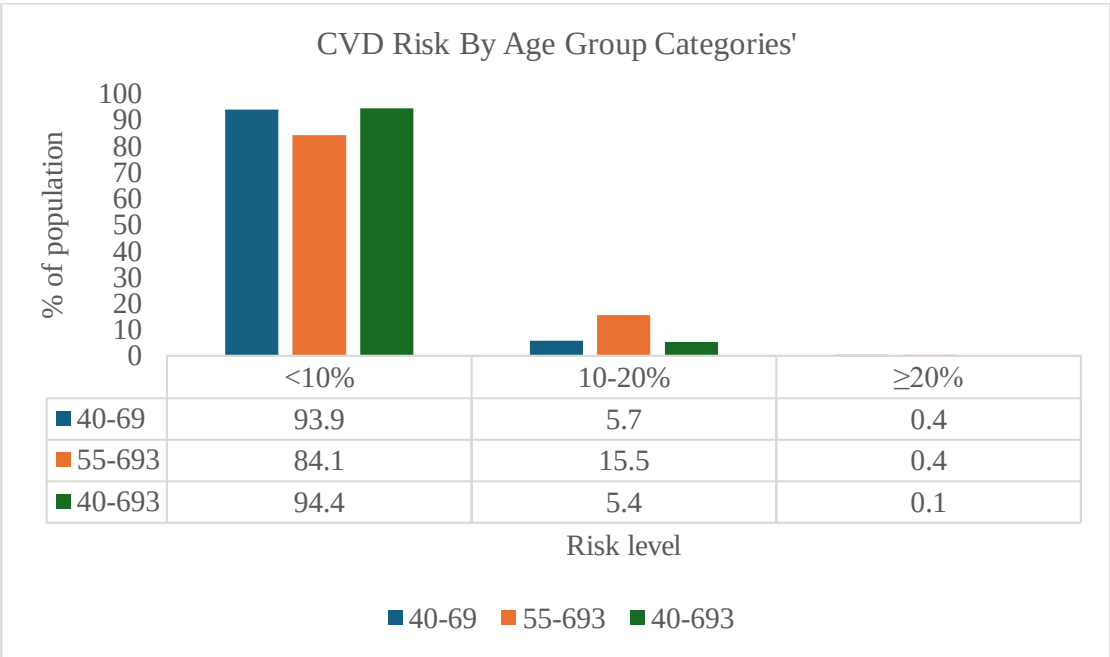


Figure 73 Percent 10-year cardiovascular risk*

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

Percentage of population aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 20\%$ or with existing CVD

The Survey data also indicate that a significant proportion of the population, particularly women and older individuals, have a high risk of cardiovascular disease (CVD). For example, in the 55-69 age group, 20.9% of women and 11.3% of men have a 10-year CVD risk $\geq 20\%$ or already have existing CVD (Table 61)

Table 61

Percentage of population with a 10-year CVD risk $\geq 20\%$ or with existing CVD

Percentage of population with a 10-year CVD risk $\geq 20\%$ or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	400	6.7	3.1-14.0	529	12.9	9.3-17.7	929	10.8	8.7-13.3
55-69	238	11.3	7.2-17.3	322	20.9	12.3-33.2	560	18.5	11.7-27.9
40-69	638	7.9	4.7-13.2	851	15.8	11.3-21.7	1489	13.3	10.6-16.6

The percentage of the population receiving drug therapy and counselling among those with CVD risk $\geq 20\%$ or existing CVD

Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 20\%$, including those with existing CVD) receiving drug therapy and counseling** (including glycemic control) to prevent heart attacks and strokes.

The results indicate that a significant proportion of eligible individuals are not receiving drug therapy and counseling to prevent cardiovascular disease (CVD). For example, in the 40-54 age group, only 3.7% of both sexes are receiving these interventions. Furthermore, in the 55-69 age group, only 28.1% of men and 5.4% of women are receiving these interventions (Table 62).

Table 62: Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes

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	33	3.9	0.9-14.8	59	3.6	1.1-11.6	92	3.7	1.4-9.2
55-69	35	28.1	12.3-52.2	44	5.4	1.8-14.8	79	8.9	3.9-19.0
40-69	68	13.0	5.8-26.7	103	4.5	1.9-10.1	171	6.1	3.1-11.4

* A 10-year CVD risk of $\geq 20\%$ 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.

Summary of combined risk factors

Percentage of population with 0, 1-2, or 3-5 of the combined risk factors

This section summarizes the combined risk factors for men, women and both sexes across three age groups: 18-44, 45-69, and 18-69 (combined).

The combined risk factors are listed below;

- 1) Current daily smoking,
- 2) Less than five servings of fruit and/or vegetables per day,
- 3) Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent),
- 4) Overweight or obese ($BMI \geq 25 \text{ kg/m}^2$),
- 5) Raised BP ($SBP \geq 140$ and/or $DBP \geq 90 \text{ mmHg}$ or currently on medication for raised BP).

Results in shows that in the population, men, in the 18-44 age group, 4.4% have no risk factors, 84.3% have 1-2 risk factors, and 11.4% have 3-5 risk factors. In the 45-69 age group, 1.2% have no risk factors, 76.0% have 1-2 risk factors, and 22.8% have 3-5 risk factors. In the 18-69 age group, 3.7% have no risk factors, 82.4% have 1-2 risk factors, and 13.9% have 3-5 risk factors. In the 45-69 age group, 1.2% have no risk factors, 74.8% have 1-2 risk factors, and 23.3% have 3-5 risk factors. In the 18-69 age group, 3.2% have no risk factors, 85.1% have 1-2 risk factors, and 11.7% have 3-5 risk factors. In the 18-44 age group, 4.0% of women have no risk factors, 86.1% have 1-2 risk factors, and 9.9% have 3-5 risk factors. In the 45-69 age group, 1.6% of women have no risk factors, 75.4% have 1-2 risk factors, and 23.0% have 3-5 risk factors. In the 18-69 age group, 3.4% have no risk factors, 83.7% have 1-2 risk factors, and 12.8% have 3-5 risk factors (Figure 73).

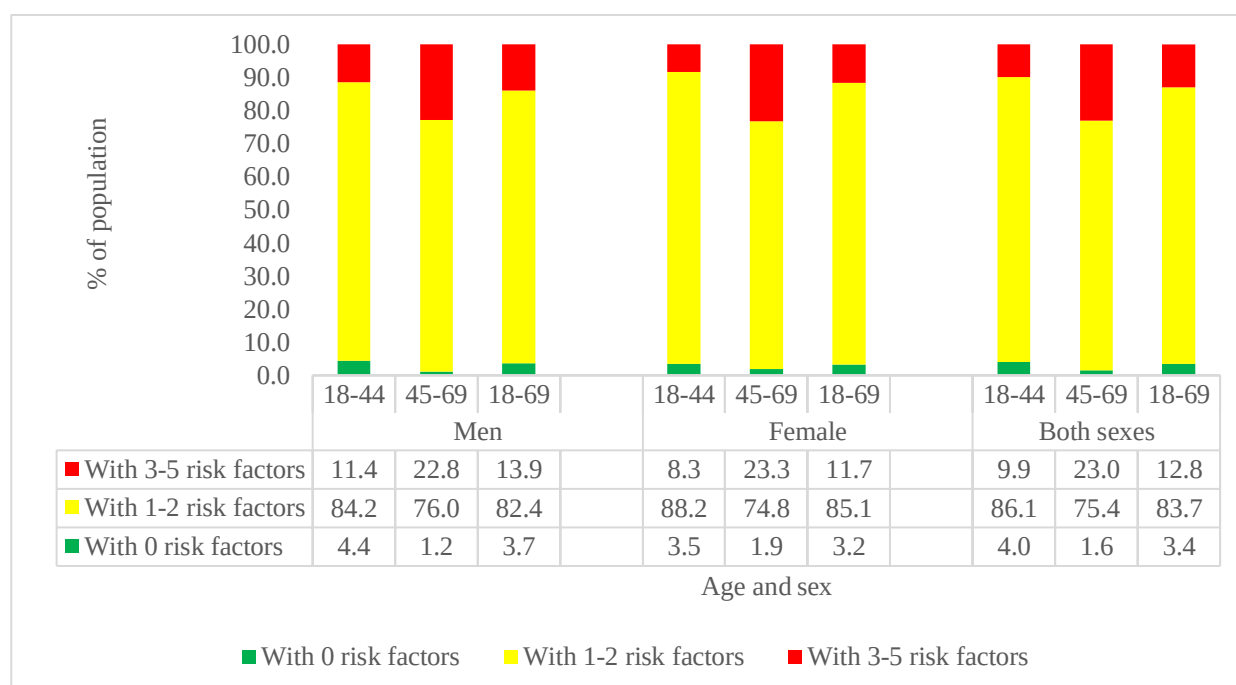


Figure 74 Percentage of population with 0, 1-2, or 3-5 of the combined risk factors

In the 18-69 (Combined) age group, 3.2% of women have no risk factors, 85.2% have 1-2 risk factors, and 11.7% have 3-5 risk factors. For both sexes, In the 18-44 age group, 4.0% of individuals have no risk factors, 86.2% have 1-2 risk factors, and 9.9% have 3-5 risk factors. In the 45-69 age group, 1.6% of individuals have no risk factors, 75.4% have 1-2 risk factors, and 23.0% have 3-5 risk factors. In the 18-69 (Combined) age group, 3.4% of individuals have no risk factors, 83.7% have 1-2 risk factors, and 12.8% have 3-5 risk factors





Results: Mental Health

Key Findings

1 in 5 people reported experiencing depressive symptoms in the past 12 months

Men's prevalence decreases with age increases; the opposite is true for women (it is twice as much). Of note, women above 40

Of those with symptoms, 1 in 9 and 1 in 7 reported receiving medication and psychotherapy, respectively. 99% of men aged 18-30 reported not using medication

Of those with symptoms, 1 in 7 of the population reported having suicidal thoughts

Determinants of depression, were being female, separated, divorced or widowed

Mental Health

Percentage of population with depressive episodes in the past 12 months

The Mental Health module of the 2023 STEPS survey focused on evaluating the overall mental well-being of individuals by examining depression among population. The prevalence of depressive episode in the past 12 months was 20.3%. Overall, 1 in five Tanzanians reported a history of a depressive episode.

Men, nearly 1 in 5 of the age categories, had reported experiencing depressive episodes 18-30(19.6%) and 31-45 (17.2%). While for women 1 in 4 of those aged 31-45 years (26.2%) and nearly a third (31.4%) aged 46-69 reported depressive symptoms.

Of note, in comparison across age categories between men and female, younger men aged 18-30 reported a higher prevalence by 2%. Contrary to epidemiology depression more to females across (Table 63)

Table 63 *Percentage of population with depressive episode in the past 12 months*

Percentage of population with depressive episode in the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% depressive episode	95% CI	n	% depressive episode	95% CI	n	% depressive episode	95% CI
18-30	457	19.6	8.5-30.7	739	17.7	11.2-24.1	1196	18.6	12.4-24.7
31-45	508	17.2	5.6-28.8	734	26.2	13.4-39.0	1242	21.3	14.8-27.9
46-69	494	13.3	9.6-17.1	631	31.4	15.0-47.8	1125	23.3	14.2-32.4
18-69	1459	17.6	10.4-24.9	2104	22.8	13.6-32.1	3563	20.3	15.1-25.6

Percentage population with depressive symptoms and having taken medications

The prevalence of those reported depressive episodes on medication was 11.4%. Women (16.8%) reported to be on medication were four times more compared to men (3.9%). Among men, those aged 46-69 years, nearly 1 in 10 reported taking medication (9.6%), while for those aged 18-30 years, almost none reported taking medication (0.1%). Among women, one in four (25.8%) reported having depressive episodes reported taking their medication, which is nearly three times more compared to those aged 18-30 (9.0%). When combining sexes, those aged 18-30 years, almost 1 in 20 (4.7%) took their medication compared to 1 in 5 for those aged 46-69 (21.7%) see Table 64 below.

Overall, the percentage on medication increased towards older age group and this was also evident in both sexes.

Table 64 *Percentage population having taken medications*

Percentage having taken medications											
Age Group (years)	Men				Women				Both Sexes		
	n	% took medication	95% CI		n	% took medication	95% CI		n	% took medication	95% CI
18-30	62	0.1	0.0-0.4		117	9.0	0.0-18.3		179	4.7	0.1-9.3
31-45	67	7.9	0.0-22.4		142	18.4	0.0-39.2		209	13.9	0.0-28.7
46-69	75	9.6	0.6-18.7		142	25.8	2.6-49.1		217	21.7	2.3-41.1
18-69	204	3.9	0.6-7.2		401	16.8	5.1-28.5		605	11.4	2.7-20.2

Percentage of the population having taken minimally adequate treatment [MAT] (medications)

The prevalence of those having taken minimally adequate treatment [MAT] (medications) was 7.0%. The percentage of women having taken minimally adequate treatment were almost 40 times more than men. Among men, there were almost none for ages 18-30 and 31-45, respectively—the reflected trend for those reported to take their medication. For women, nearly 1 in 5 those aged 31-45 and 46-69 reported receiving minimally adequate treatment for depressive symptoms in the last 12 months (Table 65).

Table 65 *Percentage of the population having taken minimally adequate treatment [MAT] (medications)*

Percentage having taken minimally adequate treatment [MAT] (medications)											
Age Group (years)	Men				Women				Both Sexes		
	n	% MAT (medications)	95% CI		n	% MAT (medications)	95% CI		n	% MAT (medications)	95% CI
18-30	62	0.0	0.0-0.0		117	1.3	0.0-4.0		179	0.7	0.0-2.0
31-45	67	0.1	0.0-0.3		142	16.7	0.0-38.4		209	9.5	0.0-24.7
46-69	75	2.1	0.0-6.0		142	21.2	0.0-47.0		217	16.3	0.0-37.9
18-69	204	0.3	0.0-0.9		401	11.8	0.0-25.9		605	7.0	0.0-17.1

Percentage population that had received psychological therapy/counselling sessions among those with depressive symptoms

The percentage having received psychological therapy/counselling sessions was 14.2%, with more women on medication (20.3) than men (5.7%) (almost four times). Among men, less than 10% of all age categories reported receiving psychological therapy/counselling, with those aged 31-45 being least likely, reporting 2.2%. Women are nearly 1 in 3(30.2%) of those aged 46-65, almost

three times more than those aged 18-30(11.1%). For both men and women, nearly 1 in 10(9.5%) and 1 in 4(24.2%) of those aged 18-30 and 46-65, respectively, reported receiving psychological therapy/counselling sessions for the difficulties (Table 66).

Table 66 *Percentage having received psychological therapy/counselling sessions*

Percentage having received psychological therapy/counselling sessions									
Age Group (years)	Men			Women			Both Sexes		
	N	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-30	62	7.4	0.0-17.6	116	11.5	1.2-21.8	178	9.5	2.4-16.7
31-45	67	2.2	0.0-4.8	142	22.3	3.7-40.8	209	13.6	0.0-28.0
46-69	75	6.7	0.0-13.8	142	30.2	9.2-51.1	217	24.2	5.7-42.6
18-69	204	5.7	0.1-11.3	400	20.3	10.6-30.0	604	14.2	5.5-22.9

Percentage having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions)

The prevalence of population with depressive episodes having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions) was 1.9%. For Men, only 2.1% of those aged 18-30 and almost none of those aged 31 to 69. For women, less than 5% of all age categories had reported receiving MAT. When combining both sexes, less than 5% of all age categories had reported receiving MAT, which is nearly 1 in 20 (Table 67)

Table 67 *Percentage having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions)*

Percentage having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions)									
Age Group (years)	Men			Women			Both Sexes		
	n	% MAT (therapy)	95% CI	n	% MAT (therapy)	95% CI	n	% MAT (therapy)	95% CI
18-30	62	2.1	0.0-5.3	116	3.2	0.0-6.9	178	2.6	0.2-5.1
31-45	67	0.0	0.0-0.0	142	1.0	0.0-2.5	209	0.6	0.0-1.4
46-69	75	0.3	0.0-0.7	142	2.9	0.0-6.5	217	2.2	0.0-4.8
18-69	204	1.2	0.0-2.8	400	2.4	0.2-4.7	604	1.9	0.5-3.3

Percentage population having received professional help

The percentage of the population with depressive episode that have received professional help was 17.4% with women (23.2%) prevalence twice that of men (9.2%). The percentage that received professional help increased towards older age group (28.4%) and it was more than twice that of younger group (11.6) (Table 68)

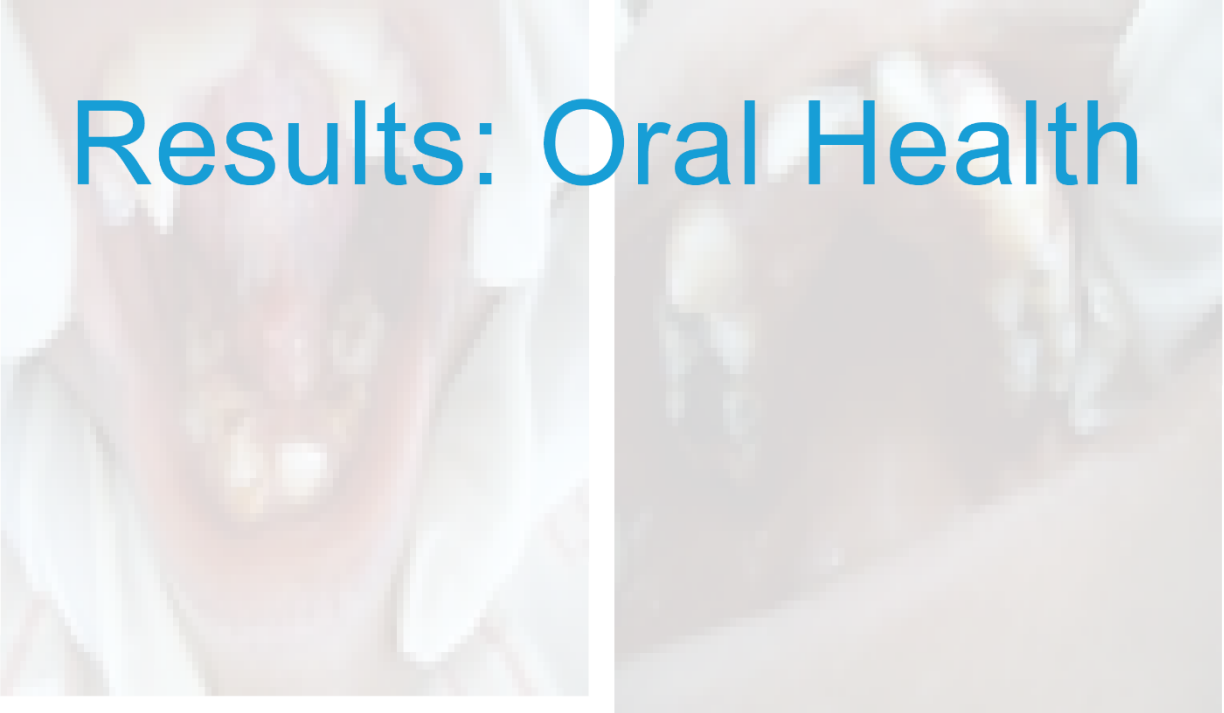
Table 68 *Percentage having received professional help*

Percentage having received professional help									
Age Group (years)	Men			Women			Both Sexes		
	% received			% received			% received		
	n	professional help (any)	95% CI	n	professional help (any)	95% CI	n	professional help (any)	95% CI
18-30	62	7.6	0.0-17.7	117	15.5	3.4-27.5	179	11.6	3.8-19.4
31-45	67	9.6	0.0-24.5	143	23.9	6.2-41.5	210	17.7	3.6-31.8
46-69	75	14.6	4.5-24.7	142	33.2	13.9-52.5	217	28.4	11.8-45.1
18-69	204	9.2	3.9-14.5	402	23.2	14.9-31.6	606	17.4	10.0-24.8

The prevalence of the population with depressive episode that having received minimally adequate treatment (MAT) was 8.9%. More women (14.1%) received MAT than men (1.5%). Men aged 18-30 and 46-69 reported a similar prevalence of 2.1% and 2.3%, respectively. That is, less than 1 in 20 men in those categories reported receiving any professional help. Women nearly 1 in 5 (17.4%) and 1 in 4 (24.1) of those aged 18-30 and 31-45, respectively, reported receiving any professional help (Table 69).

Table 69 *Percentage having received minimally adequate treatment [MAT] (any)*

Percentage having received minimally adequate treatment [MAT] (any)									
Age Group (years)	Men			Women			Both Sexes		
	% MAT (any)			% MAT (any)			% MAT (any)		
	n	professional help (any)	95% CI	N	professional help (any)	95% CI	n	professional help (any)	95% CI
18-30	62	2.1	0.0-5.3	117	4.4	0.0-9.3	179	3.3	0.4-6.2
31-45	67	0.1	0.0-0.3	143	17.4	0.0-38.6	210	10.0	0.0-25.0
46-69	75	2.3	0.0-6.2	142	24.1	0.0-48.3	217	18.5	0.0-39.2
18-69	204	1.5	0.0-3.2	402	14.1	1.3-26.9	606	8.9	0.0-18.5



Results: Oral Health

Key Findings

The majority of the people in the population had more than 20 natural teeth (97.9%)

Almost one third of the population (36.3%) reported experiencing pain or discomfort caused by their teeth or mouth during the past 12 months

Only 11.3% of the population reported having seen a dentist during the past 12 months

More than half of the population 65.7% reported have never received dental care

Most of the population (74.1%) main reason for last visit to the dentist is pain or trouble with teeth or gums

Much of the population (96.4 %) clean their teeth at least once per day

Most of the population (85.3%) are using toothpaste for cleaning their teeth

Most of the population (90.8%) are using Toothbrush for cleaning their teeth

Almost one third (29.9%) of the population had difficulty in chewing food within 12 months

Only 16.4 % of the population had interruption in sleep because of the state of their teeth

Oral Health

Having natural teeth

Most of the people in the population had more than 20 natural teeth (97.9%) with no major differences in gender (Men 98.6%) and (Women 97.4%). Slight differences are noted between the youngest (18-30yrs) 99.7% and the oldest age group (46-69yrs) 92.0%, respectively. In each sex and both, the proportion of individuals with recommended natural teeth was high ranging from 91% to 100% (Figure 74).

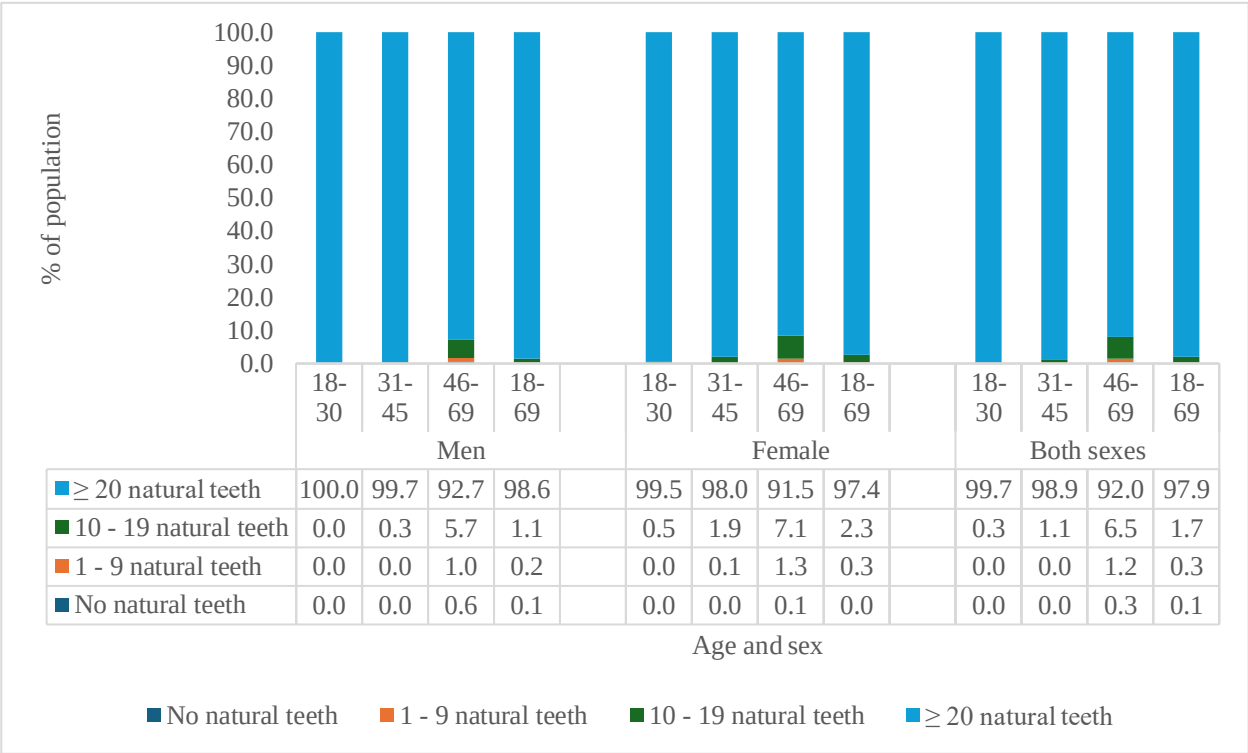


Figure 75 Percentage of the population with natural teeth

The percentage of the population experienced oral pain or discomfort in the past 12 months

Almost one third of the population (36.3%) reported experiencing pain or discomfort caused by their teeth or mouth during the past 12 months with more women than men (43.2% and 29.0%) respectively. Oral pain or discomfort is increasing with aging for women while for the overall population and men there is a slight drop in the percentage of the population experiencing pain or discomfort in middle compared to the youngest age group (Figure 75).

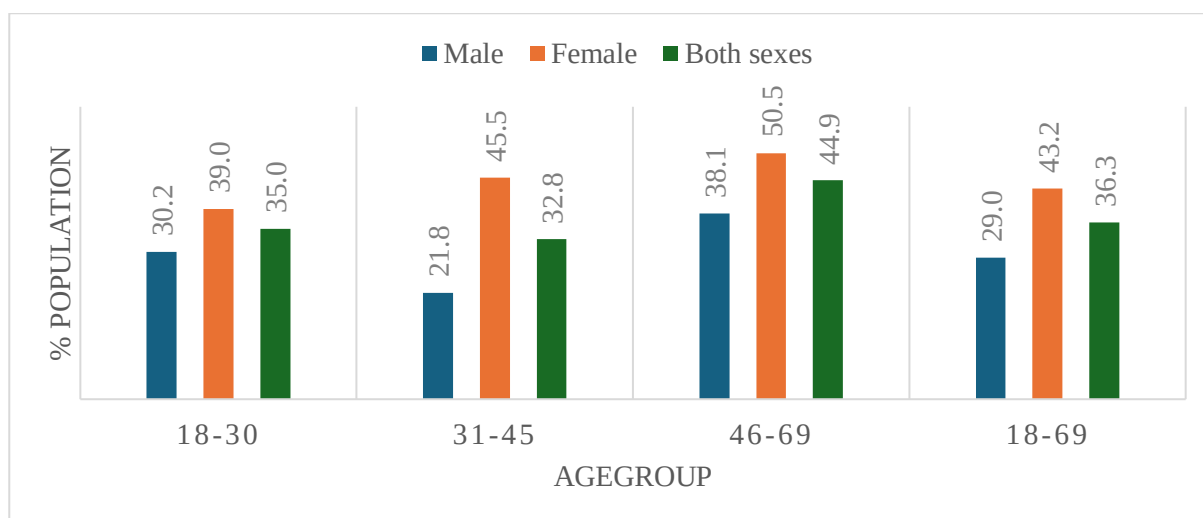


Figure 76 Percentage of the population having oral pain or discomfort

Percentage population reporting seeing a dentist during the past 12 months

Only 11.3% of the population reported having seen a dentist during the past 12 months with more women than men (14.2% & 8.4.0%), respectively, and the youngest compared to other age groups (Figure 76).

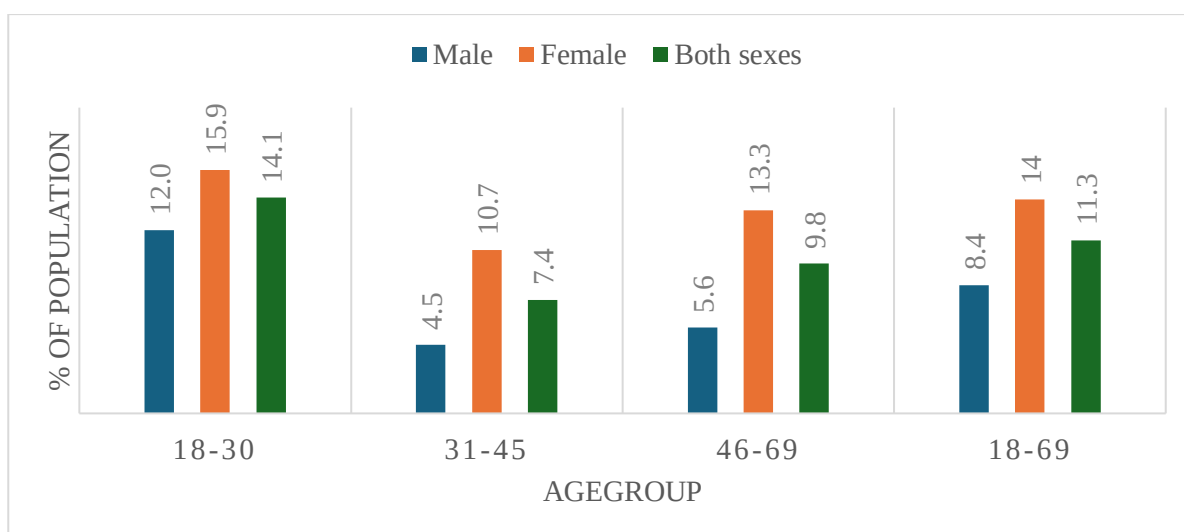


Figure 77 Percentage of population having seen a dentist during the past 12 months

The percentage of the population never received dental care

More than half of the population 65.7% reported they have never received dental care with more men than women (70.2% & 61.5 .0%) respectively and the youngest compared to other age groups (Figure 77)

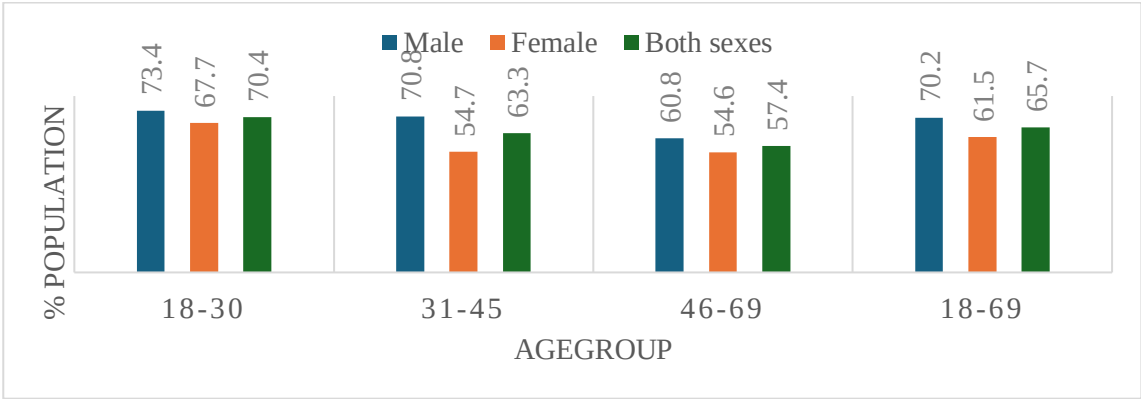


Figure 78 Percentage of population who have never received dental care

Main reason for last visit to the dentist

Main reason for last visit to the dentist among those who ever visited a dentist

Most of the population (74.1%) the main reason for the last visit to the dentist is pain or trouble with teeth or gums. No major differences are seen between women and men (73.7% and 74.6%) and across age groups (Figure 78)

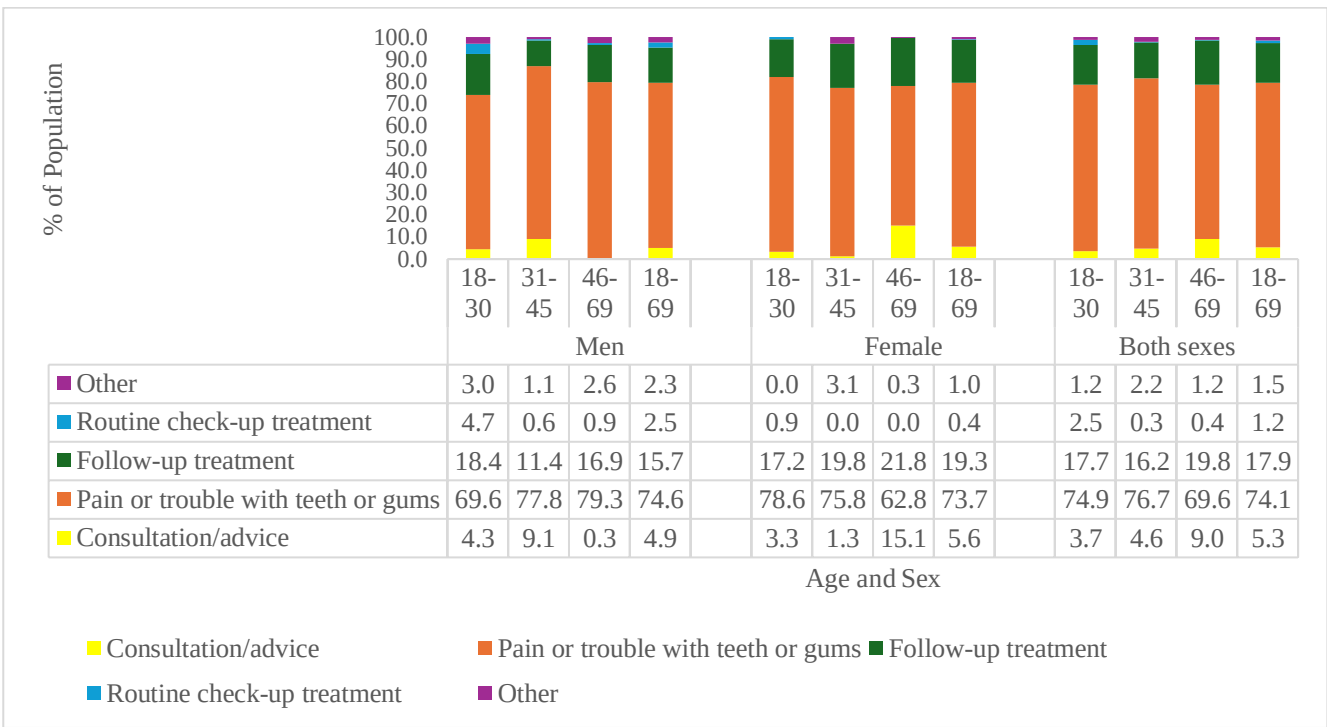


Figure 79 Main reason for last visit to the dentist among those who ever visited a dentist

Percent of population reporting teeth at least once a day

Most of the population (96.4 %) clean their teeth at least once per day with no major difference across the age groups. Only a slight difference is seen between men and women (93.9% and 98.6%) respectively. However, less than half of the population (42.1%) are cleaning their teeth at least twice per day with a decreasing percentage towards older age group. Moreover, there is notable differences between Women and Men (48.2% and 35.4%) respectively (Figure 79).

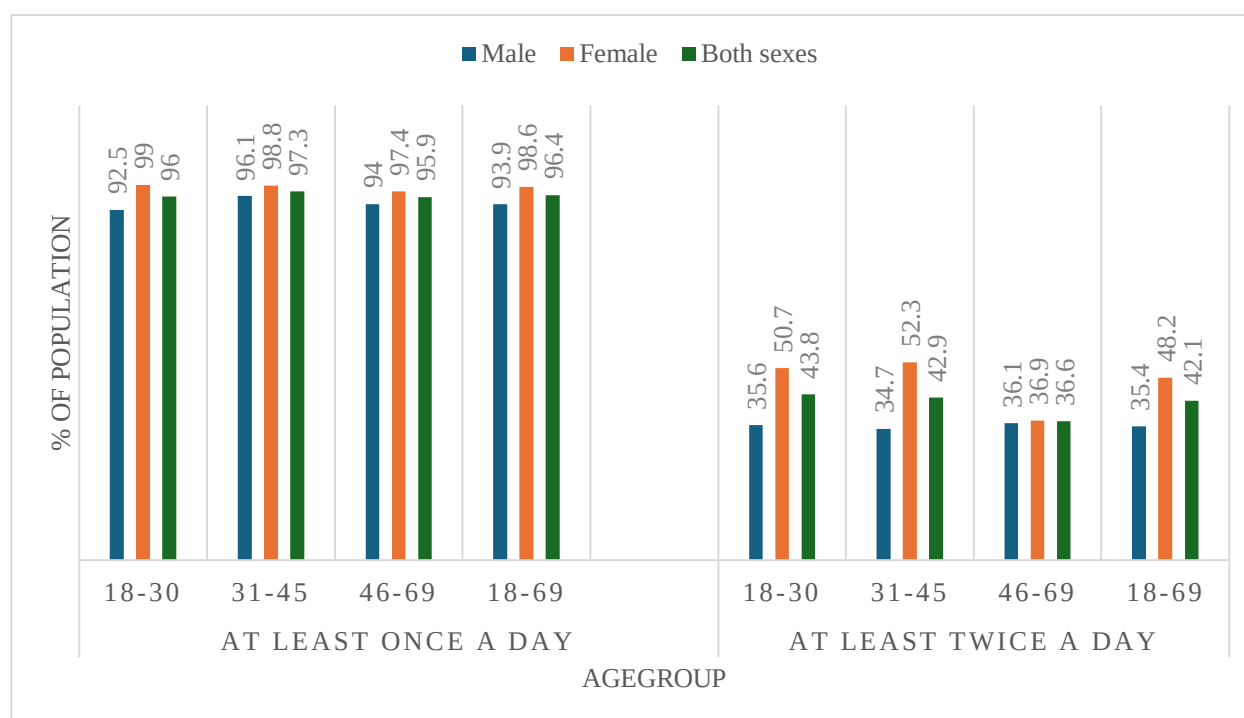


Figure 80 Percentage of population cleaning their teeth at least once or twice a day

Percent population reporting use of toothpaste to clean teeth

Most of the population (85.3%) are using toothpaste for cleaning their teeth with a decreasing percentage towards the older age group. Moreover, there is slight differences between Women and Men (87.0% and 83.4%) respectively (Figure 80).

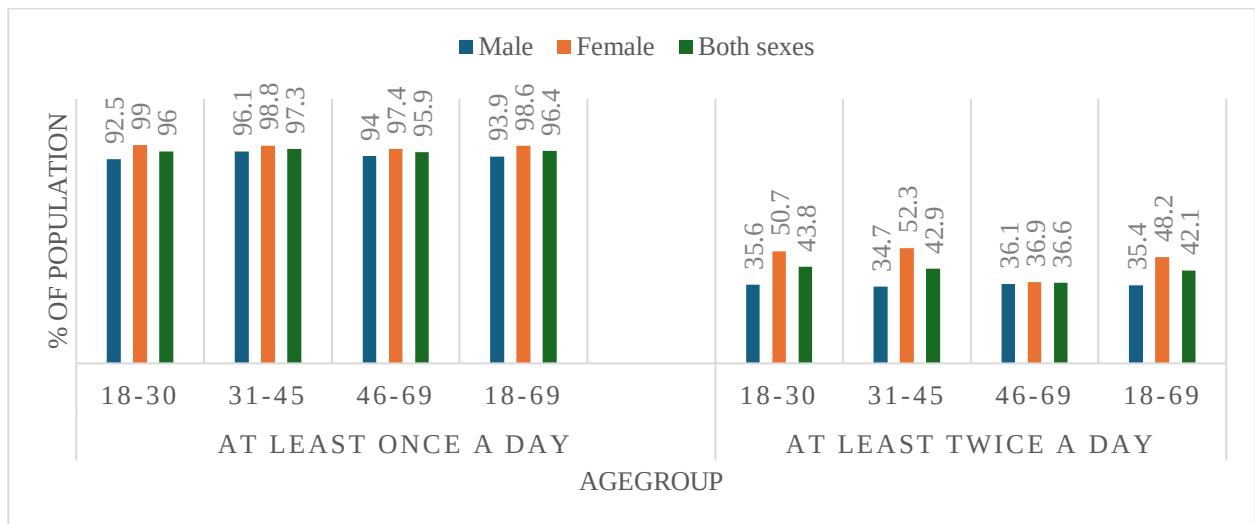


Figure 81 Percentage of population using toothpaste among those cleaning their teeth

Percent population using various tools to clean teeth

Most of the population (90.8%) are using Toothbrush for cleaning their teeth with a slight decreasing percentage towards the older age group (Figure 81). There are no notable differences for Women and Men (91.0% and 90.5%) respectively. Other tools used in cleaning teeth includes Wooden toothpicks (40.6 %) and chewstick/Miswaki (43.4%) of the population.

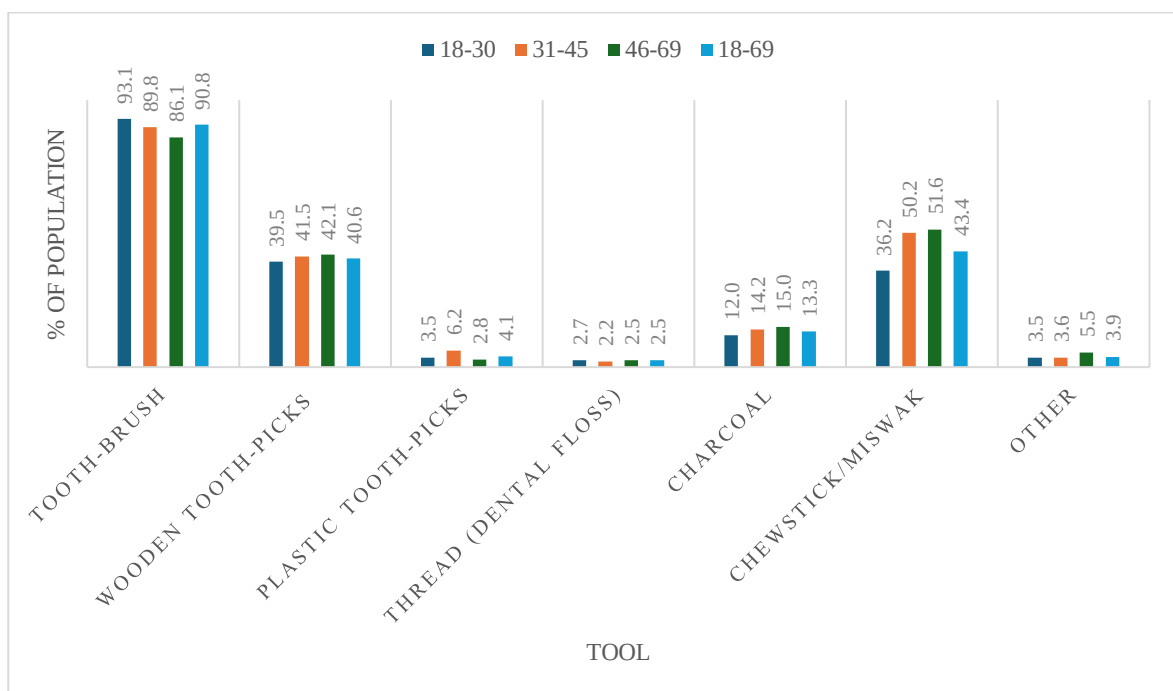


Figure 82 Percentage of both sexes using various tools to clean teeth

Percent population reported having difficulty in chewing foods or speech/trouble pronouncing words during the past 12 months

Almost one third (29.9%) of the population had difficulty in chewing food within 12 months of the survey. The percentage of the population increases with age with more people in the older group with chewing difficulty (41.7%) compared to the youngest group (27.5%). Moreover, women compared to men had more people with difficult in chewing 36.0% and 23.3% respectively. Only 10.5% of the population are having difficulty with speech/trouble pronouncing words during the past 12 months with slightly more women than men 13.1% and 7.6 % respectively, see Figure 82.

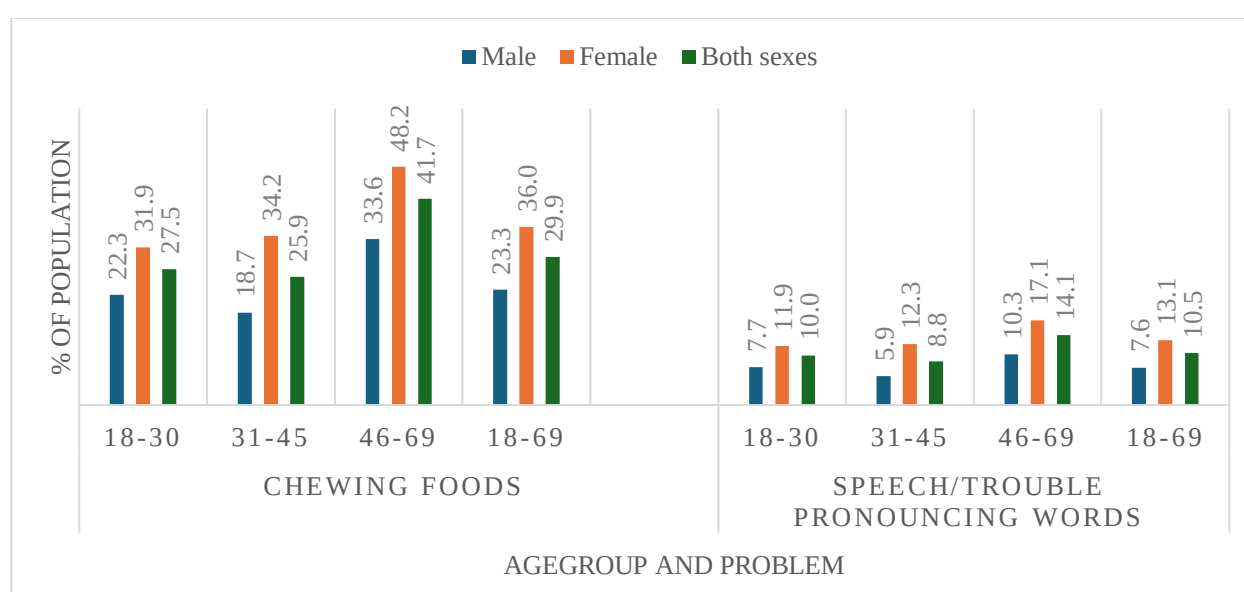


Figure 83 Percentage of population having difficulty in chewing foods or speech/trouble pronouncing words during the past 12 months

Percent population reporting feeling tense, embarrassed or avoided smiling because of problems with teeth or mouth during the past 12 months

Only 15.9% of the population felt tense because of problems with teeth or mouth within 12 months before the survey. The percentage of the population is higher in older (20.4%) compared to the youngest group (14.9%) and women than men (19.0%) and (12.5%) respectively. Only 3.6% of the population felt embarrassed about the appearance of their teeth. The percentage of the

population is higher in older (4.4 %) compared to the youngest group (2.2 %) and women than men (4.1 %) and (2.9 %) respectively. Only 5.2 % of the population avoided smiling because of their teeth. The percentage of the population is higher in older (6.5 %) compared to the youngest group (4.4 %) and women than men (6.9 %) and (3.4 %) respectively (Figure 83).

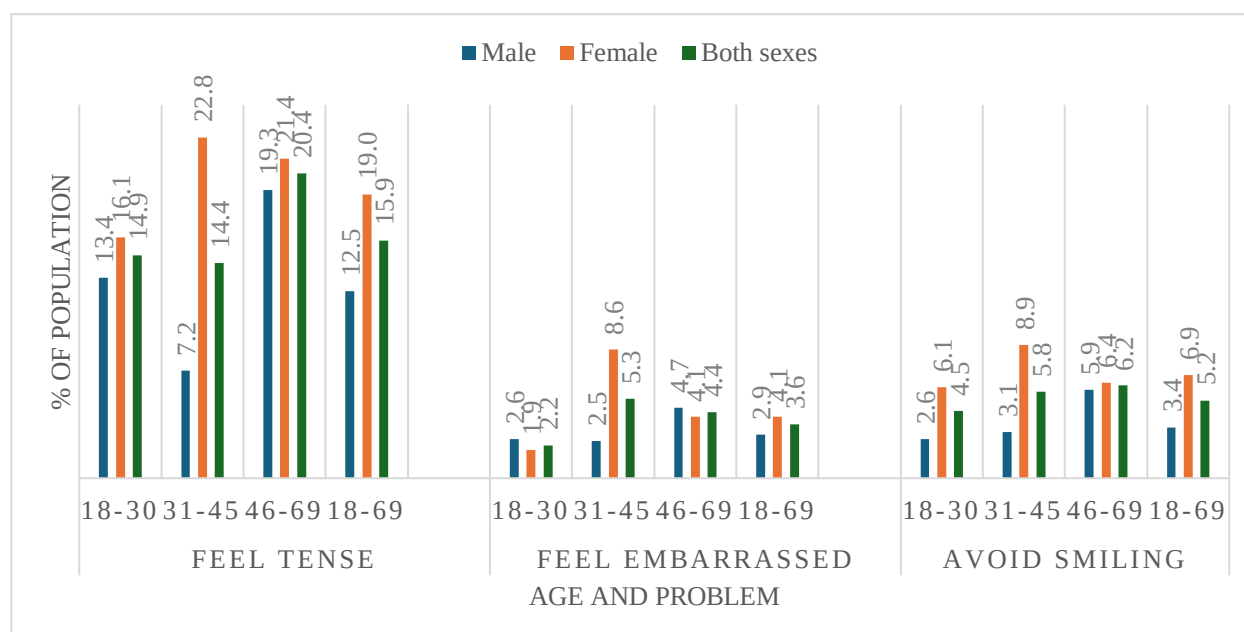


Figure 84 Percentage of population feeling tense, embarrassed or avoiding smiling because of problems with teeth or mouth during the past 12 months

The percentage of the population reported sleep interruption, not at work and having difficulty doing usual activities due to tooth problem during the past 12 months

Only 16.4 % of the population had interruption in sleep because of the state of their teeth. The percentage of the population is higher in older (19.0 %) compared to the youngest group (17.6 %) and women than men (19.3 %) and (13.3 %) respectively. Only 12.5 % of the population could not work in some days because of the state of their teeth. The percentage of the population is higher in older (14.2 %) compared to the youngest group (10.8 %). No notable difference is seen between women and men (12.9 %) and (12.1 %) respectively. Only 13.5 % of the population had difficulty doing usual activities because of the state of their teeth. The percentage of the population is higher in older (16.9 %) compared to the youngest group (11.4 %) and in women than men (14.5 %) and (12.3 %) respectively (Figure 84)



Figure 85 Percentage of the population sleep interruption, not at work and having difficulty doing usual activities due to teeth problem during the past 12 months

Percent population reported being less tolerant of spouses or people close to them or reduced participation in social activities during the past 12 months

Only 4.6 % of the population had been less tolerant of people close to them or spouse because of the state of their teeth. The percentage of the population is higher in older (5.1 %) compared to the youngest group (4.4 %) and in women than men (5.5 %) and (4.2 %) respectively. Only 7.2 % of the population had reduced participation in social activities because of the state of their teeth. The percentage of the population is higher in middle age group compared to other groups and in women than men (7.4 %) and (6.9 %) respectively (Figure 85).

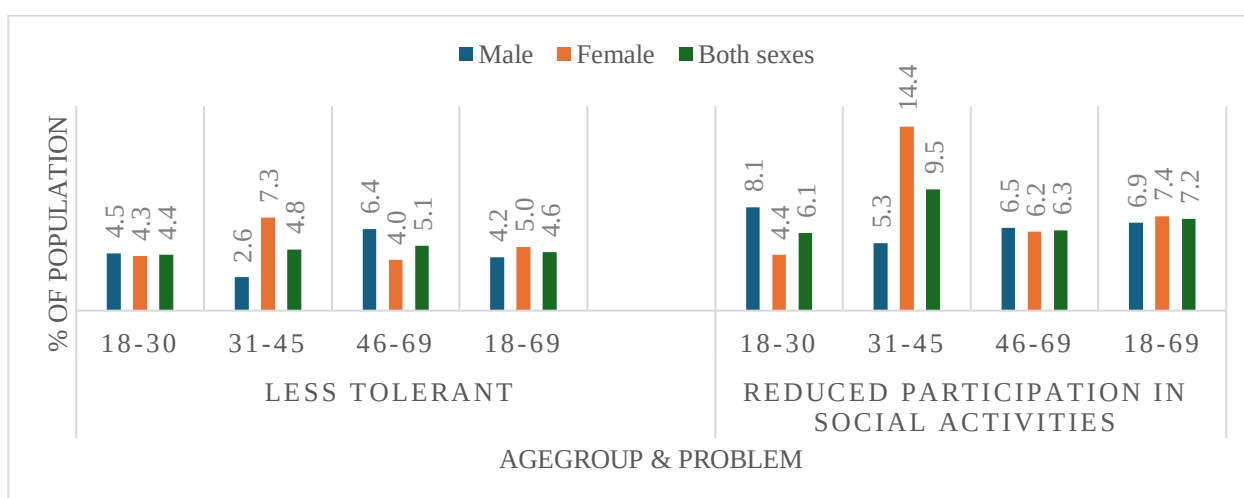


Figure 86 Percentage of population being less tolerant of spouses or people close to them or reduced participation in social activities during the past 12 months



Results: Injuries and Violence

Key Findings

8 in 100 people are involved in road traffic crash in a year

2 out of 3 people suffers serious injuries from road traffic crashes in a year

1 in 10 people suffer unintentional injuries (non-road traffic), such as: falls, cuts, animal bites, burn.

Among people with unintentional injuries (non-road traffic), 1 in 3 sustain these injuries at home

Among people with unintentional injuries (non-road traffic), 1 in 4 sustain these injuries at school or workplace

2 out of 3 people never use helmet when riding motorcycles as passenger or driver

Injuries and Violence

In this report we present the results of risk factors for Unintentional Injuries.

Percent of Drivers or passengers in the population not always using seatbelt

The proportion of drivers and passengers of motor vehicles who did not always use a seat-belt - during the past 30 days was 47%. This rate was 11% higher among males than females. In both sexes, the rates increased with age (Table 70).

Table 70 *Percentage of drivers or passengers of a motor vehicle who did not always use a seat belt during the past 30 days*

The percentage of drivers or passengers never used a seat belt											
Age Group (years)	Men				Women				Both Sexes		
	n	% Never used seatbelt	95% CI		n	% Never used seatbelt	95% CI		n	% Never used seatbelt	95% CI
18-30	218	40.2	30.9-49.6		293	50.5	28.5-72.5		511	45.4	34.0-56.8
31-45	263	42.6	20.5-64.6		317	52.8	40.5-65.1		580	46.8	29.3-64.2
46-69	242	42.9	31.8-54.0		250	59.8	50.4-69.2		492	50.7	42.1-59.2
18-69	723	41.6	31.6-51.7		860	53.0	37.8-68.1		1583	46.9	35.3-58.4

Motorcyclist (driver or passenger) not always using helmet

Three-fifths (62.3%) of motorcyclists (drivers or passengers) reported not always wearing a helmet when on the road. Females were one and a half times more likely to not always wear a helmet compared to males. Among males, the rate of not wearing a helmet was higher in those aged 18-30 years (58.5%) than in those aged 31-45 years (36.4%). For females, the rate was slightly higher among those aged 46-69 years (77.7%) compared to those aged 31-45 years (72.4%) see Table 71 below.

Table 71

Percentage of drivers or passengers of motorcycles who did not always wear a helmet during the past 30 days

Percentage of drivers or passengers of a motorcycle not always using a helmet											
Age Group (years)	Men				Women				Both Sexes		
	n	% Not always using helmet	95% CI		n	% Not always using helmet	95% CI		n	% Not always using helmet	95% CI
18-30	359	58.5	48.9-68.1		490	75.7	67.5-83.8		849	67.9	61.5-74.3
31-45	407	36.4	23.0-49.9		478	72.4	65.1-79.8		885	51.8	40.8-62.8
46-69	370	49.9	41.8-57.9		367	77.7	72.3-83.1		737	63.4	58.9-67.9
18-69	1136	49.3	40.9-57.6		1335	75.2	69.4-81.0		2471	62.3	56.9-67.7

Percent population reporting a history of involvement in a road traffic crash in the past 12 months

Eight percent of the population reported having been involved in a road traffic crash during the past 12 months, with the rate for males being one and a half times higher than that for females. The rate was also higher among those aged 46-69 years (11.2%) compared to other age categories. Among females, the crash rate was higher in the 18–30-years age group than in other categories, while for males, it was higher among those aged 18-30 years compared to other age brackets (Figure 86).

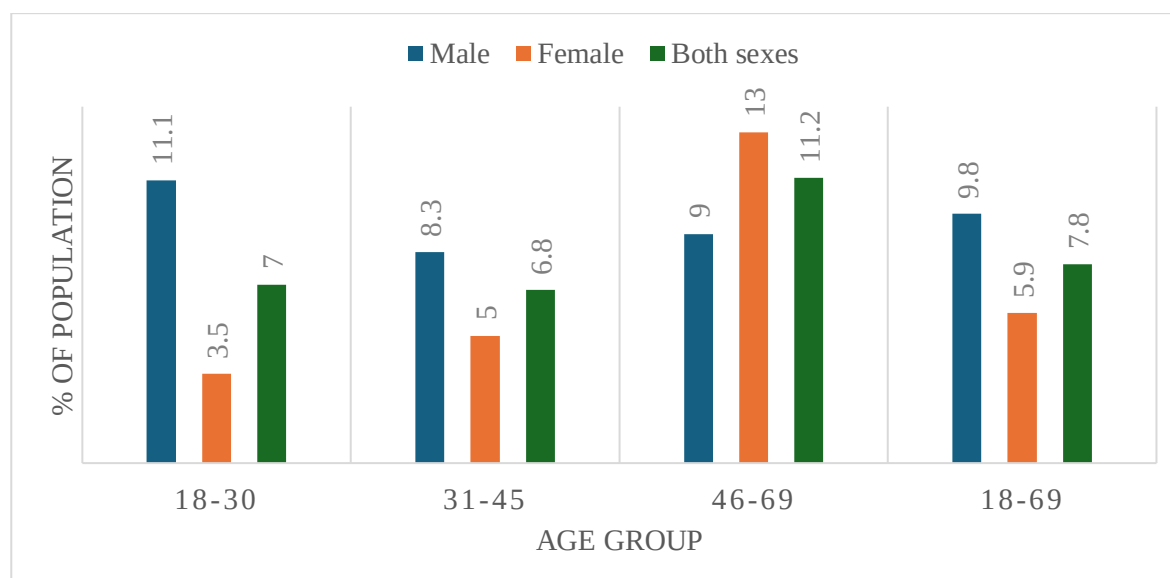


Figure 87

Percentage of population who have been involved in a road traffic crash during the past 12 months

The percentage of population experiencing serious injuries among those involved in a road traffic crash

Nearly two-third (63.6%) of those involved in a road traffic crash had serious injuries, with the rate slightly higher among females (68%) than males (61%). Among males, the rates were higher in the 18-30 years and 31-45 years age groups compared to those above these brackets. In contrast, for females, the rate was higher among those aged 46-69 years (78.2%) than in the younger age groups (Table 72)

Table 72 Percentage of passengers, drivers, or pedestrians that had serious injuries requiring medical attention from a road traffic crash among those involved in a road traffic crash in the past 12 months

Percentage of population seriously injured as a result of road traffic crash among those involved in a road traffic crash									
Age Group (years)	Men			Women			Both Sexes		
	n	% Seriously injured	95% CI	N	% Seriously injured	95% CI	n	% Seriously injured	95% CI
18-30	54	64.1	44.3-83.8	30	59.2	34.0-84.4	84	62.8	46.9-78.7
31-45	55	67.1	52.0-82.2	31	58.2	35.8-80.5	86	64.1	51.4-76.7
46-69	41	39.7	18.1-61.3	32	78.2	47.8-100.0	73	64.5	32.8-96.1
18-69	150	60.7	48.7-72.7	93	68.0	45.9-90.1	243	63.6	52.1-75.1

Percent population reporting unintentional Injuries (non-road traffic related)

The prevalence of unintentional injuries (non-road traffic-related) that required medical attention in both sexes was 9.4%, slightly higher among those aged 18-30 years (10.6%) compared to those in older age categories. Among females, the rate was higher in the 46-69 years age group than in the younger categories. In males, the prevalence was two times higher among those aged 18-30 years than in the older age group (Figure 87).

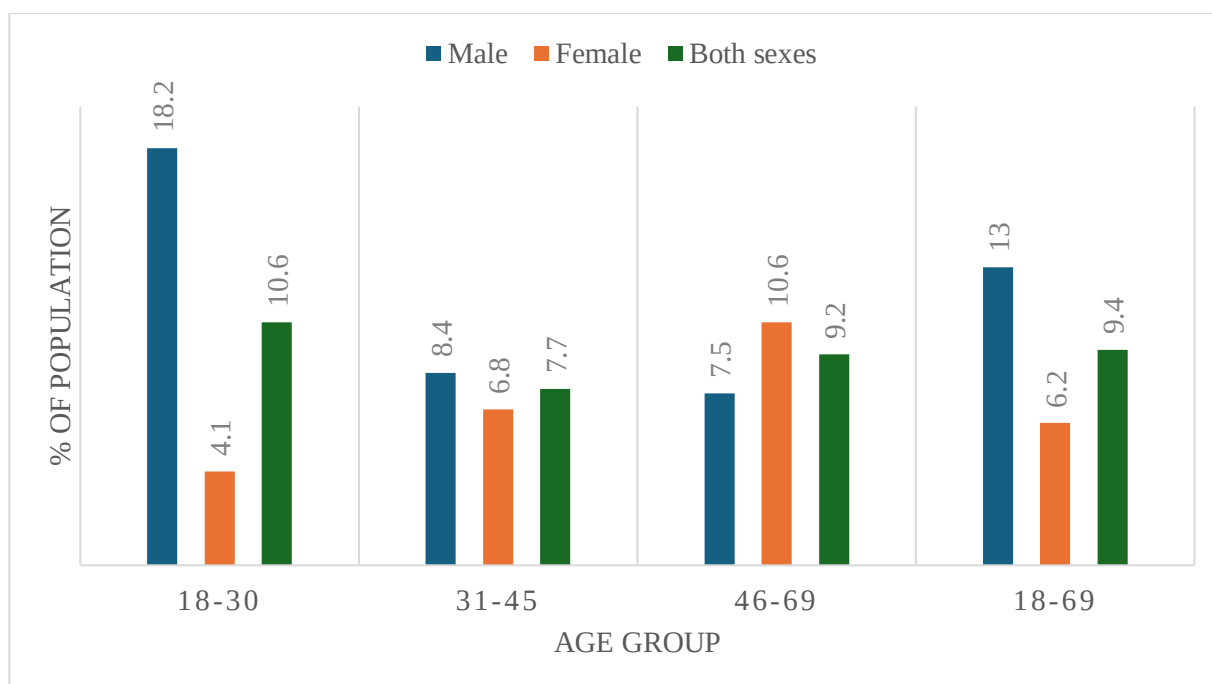


Figure 88 Percentage of population injured in a non-road traffic related accident that required medical attention

Reported causes of Unintentional Injuries (non-road traffic related)

The most common cause of unintentional injuries (non-road traffic-related) that required medical attention in both sexes was falls. In both sexes, the prevalence of falls was higher among those aged 18-30 years (60.2%) and those aged 46-69 years (62.7%) compared to those aged 31-45 years (46.2%). Among females, the incidence of falls was higher in the 46-69 years age group than in the younger age groups, while for males, the rates of falls decreased with age (Figure 88). Cut (29%) was another common cause of injuries observed in both sexes and across all age categories. Others included other injuries on broad categories of penetrating injuries, blunt force injuries, and entrapment injuries.

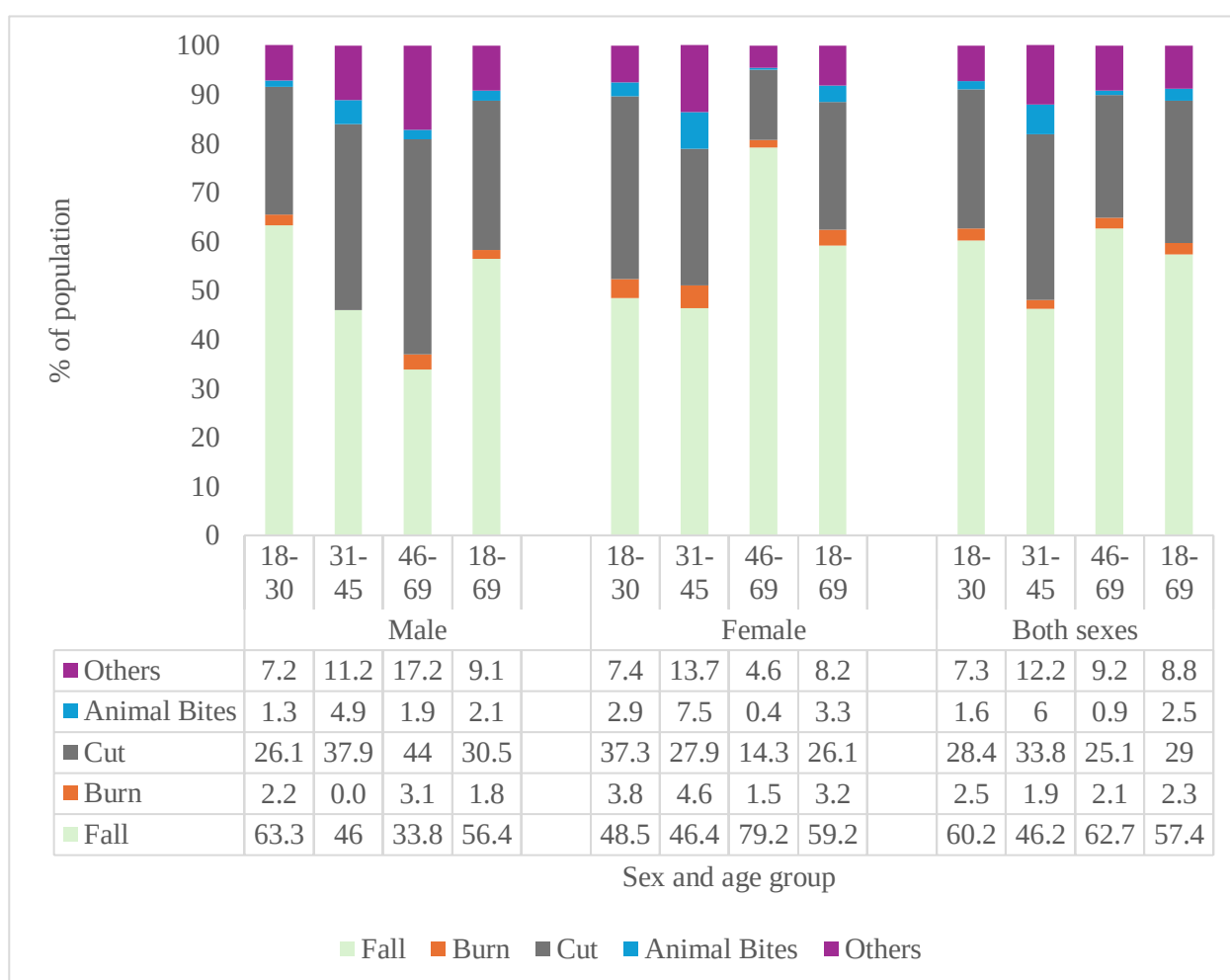


Figure 89 Causes of serious injuries among the population who were injured accidentally from something other than a road traffic crash

Location of Unintentional Injuries (non-road traffic related)

Nearly one-third (30.6%) of Unintentional Injuries (non-road traffic related) that required medical attention were reported to occur at home, with rates higher among those aged 46-69 years (48.6%) compared to other age categories. Similar findings were observed among females; however, among males, injuries occurred at schools and workplaces, with higher rates among those aged 31-45 years (44.2%) and those aged 46-69 years (45.2%) compared to older age groups (Figure 89)

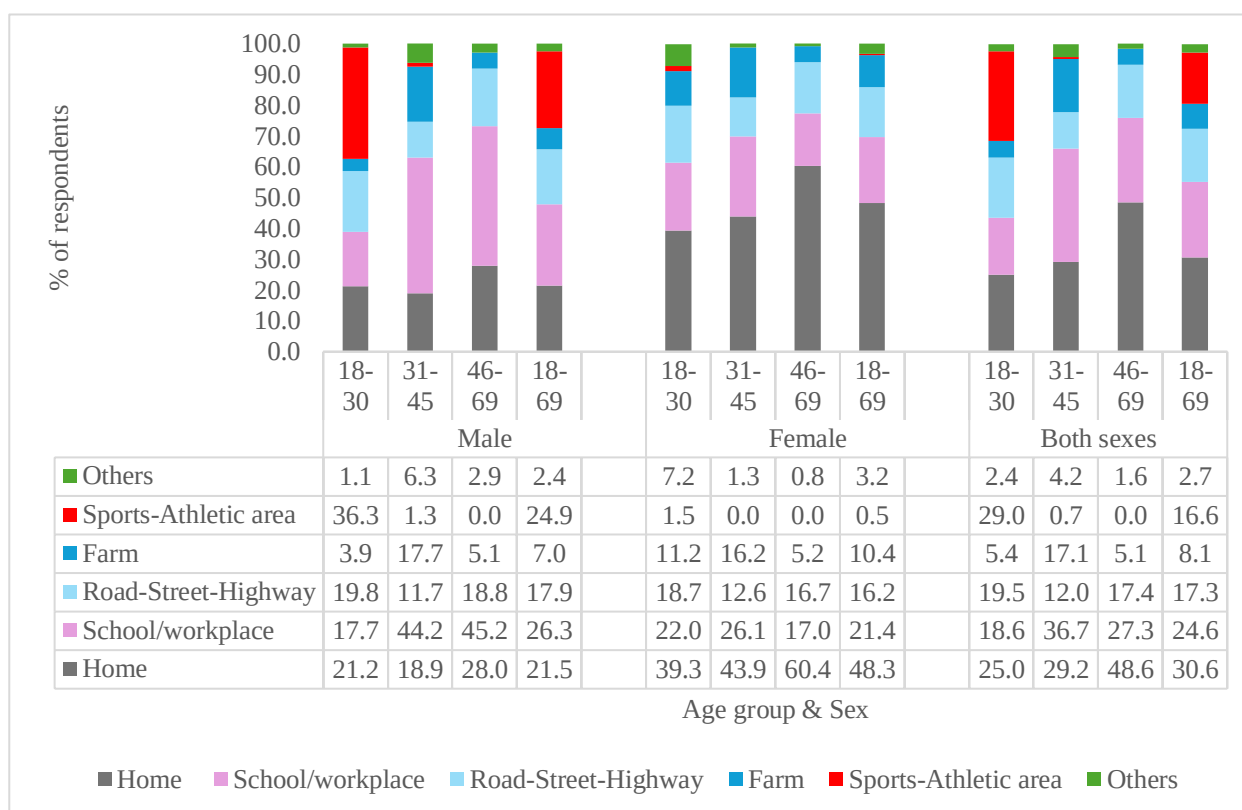


Figure 90 Location of serious accidental injuries among the population who were seriously injured in the last 12 months.

CHAPTER 4

Discussion, Conclusion and Recommendations of the Tanzania STEPS Survey 2023

Key Recommendations

Promote policies and legal frameworks in line with the WHO Framework Convention for Tobacco Control

Enact current policies, legal frameworks and strategies which enable effective alcohol reduction. Nationwide campaigns to promote healthy diets, including consuming fruits and vegetables, and public education on the dangers of high salt intake and processed foods are essential.

Raising awareness about mental health issues while reducing the stigma associated with seeking help, together with expanding access to mental health services to the primary health care and community.

Implementing public safety campaigns to promote safe road infrastructures, using seat belts and motorcycle helmets, and stricter enforcement of traffic laws can help mitigate the risks associated with road traffic crashes.

Increase coverage of quality oral health services to the primary health care and promote oral hygiene by conducting routine dental check-ups and advocating the population to brush their teeth at least twice a day using fluoridated toothpaste which adheres to WHO standards (1000pmF for children, 1500pmF for adults),

Comprehensive national strategies to address overweight diet, exercise, and lifestyle changes, providing resources and support for individuals to achieve and maintain healthy weight.

Implement comprehensive national strategies to increase screening and early detection of hypertension, CVD and diabetes

Implement strategies to enhance chronic care at all levels, including primary health care, to prevent complications, disabilities and premature death associated with the diseases.

Develop and implement integrated health information systems

Discussions, Conclusion and Recommendations of STEPS Survey 2023

Discussion

The 2023 STEPS survey on non-communicable disease (NCD) risk factors in Tanzania provides a comprehensive overview of the current health status of Tanzanian adults aged 18-69 years. For the first time, the survey included new modules covering mental health, cervical cancer screening, oral health and injuries; also expanded other modules to include measures of salt consumption and cotinine levels to assess tobacco consumption objectively. Notably, the current survey includes adults aged 18 to 69 years old, different from that of 2011 in Zanzibar (Ministry of Health (Zanzibar), 2011) and 2012 in Tanzania mainland (Ministry of Health, 2012) that included participants 25 to 64 years and therefore direct comparisons of these two reports may not be feasible; however detailed fact sheets with similar age categories between 2023 and previous STEPS surveys in Tanzania is appended in the report.

One of the most concerning findings is the high prevalence of tobacco use, with 9.9% of adults currently smoking, with a significant gender disparity where 19.8% of male's smoke compared to only 0.8% of females. This highlights a considerable public health concern as male tobacco consumption rates are markedly higher than the national average. In contrast, the low prevalence among women could be attributed to social norms, health awareness, or other barriers limiting tobacco consumption in this group. The average age of starting smoking is 21.9 years. This figure suggests that tobacco use typically begins during early adulthood, a phase when many individuals gain greater autonomy but may still lack comprehensive awareness of tobacco's health risks. This initiation age also aligns with global data showing a trend of young adults becoming primary targets for tobacco marketing and peer influence. This gender gap and early adulthood smoking initiation highlight the need for tailoring tobacco control interventions that consider specific demographic and cultural factors, as well as the importance of addressing such disparities in public health strategies to reduce overall tobacco consumption rates in the population effectively.

Alcohol consumption patterns also present a challenge, with 19.4% of adults currently drinking alcohol and 8.4% engaging in heavy episodic drinking. These statistics reflect a considerable health risk since heavy episodic drinking is linked to higher rates of NCDs. The high rate of lifetime abstainers, especially among females, suggests cultural or social factors that could be leveraged in designing effective alcohol reduction programs¹. In Uganda, the 2023 STEPS survey

reported 21.3% of adults consuming alcohol, with 9.1% engaging in heavy episodic drinking (Silver et al., 2023).

Dietary habits are another concern, with 92.4% of adults consuming less than the recommended five servings of fruits and vegetables daily. This may stem from several factors, including limited access to affordable fresh produce, especially in rural areas, and lack of awareness about fruits and vegetables dietary recommendations. Moreover, food environments in urban areas prioritize highly processed and calorie-dense foods. The fruits and vegetables dietary deficiency is compounded by the frequent addition of salt to food and the consumption of processed foods high in salt, which contribute to the high prevalence of hypertension and cardiovascular diseases¹. These findings were similar to the 2017 STEPS survey in Zambia, which reported that 90.7% of adults consumed less than the recommended servings of fruits and vegetables, indicating a similar dietary challenge across the region (MOH, 2017).

While generally adequate, physical activity levels show that 34.5% of adults do not engage in vigorous physical activity. This underscores the need for public health initiatives to promote more vigorous and regular physical activity, especially among women who have lower activity levels compared to men. The 2015 WHO report on major health risk factors for NCDs in the African region highlighted that 35.2% of adults did not engage in sufficient physical activity. One of the most important protective factors for managing and preventing NCDs is regular physical activity; evidence shows that people who reach recommended levels of physical activity have a 20–30% lower chance of premature death (WHO, 2020). On average, a Tanzanian total activity time was 332.5 minutes, and the amount of time in women (317.6 minutes) was significantly lower than in men (383.2 minutes). Level of high total physical activity was done by 81.6% of Tanzanians. The inactivity has a negative effect on both physical and mental well-being (Warburton et al., 2006). Compared to the 2023 STEPS NCDs Survey done in Uganda, where 83.8% of population engaged in high total physical activity, an increase from the Uganda STEPS Survey 2014 where only 81% of adults were engaging in a high level of physical activity. One-third (34.5%) of population and half (50%) of women did not engage in vigorous physical activities, compared to 17.5% of men. There was no age group difference among those not engaging in vigorous activities; however, younger women (18-30 years) not engaging in vigorous activities were nearly five times more than their male counterparts. The population spent most time (240.5 minutes) for work related activity, around 73.1 minutes for travel and fewest time (17.9 minutes) for leisure time activity. Men engaged in recreation-related physical activity almost six times more than women, with younger men being nine times more active in recreation than their female counterparts. There is an opportune time to engage more young women to engage in physical activity and reduce future

burden of NCDs in the country. The percentage of population doing no work-related, transport-related, or recreational activities was 7.2%, 6.6%, and 66.8%, respectively. No recreational-related activities were particularly high, with 83.2% of women reporting no recreational activity, almost double the 49.1% of men. For population classified as doing no work-related, no transport-related or recreational-related physical activity, the percentage was 7.2%, 6.6% and 66.8%, respectively. No recreational-related physical activities were high in both sexes, with women (83.2%) almost twice the proportion of men (49.1%). This survey reveals the low emphasis put by Tanzanians on leisure time physical activity, whereby there is growing evidence that predicts more health benefits in engaging in leisure time physical activity compared to work physical activity (Cillekens et al., 2020; Prince et al., 2021). There is also a continuing trend where women lag behind in terms of physical activity across African countries, as reported in other recent STEPS Survey in Niger and Uganda and globally, which predisposes women to the risk of developing NCDs and subsequent complications (WHO, 2022a). Regarding interventions, gender-specific and focus on age groups, respectively, need to be utilized to have a successful impact on the prevention of NCDs in the country.

The survey also reveals significant mental health issues, with 20.3% of the population experiencing depressive episodes and 13.9% having suicidality in the past year. The low rates of medication and psychological therapy uptake indicate a gap in mental health services that needs to be addressed urgently¹. In Uganda, the 2023 STEPS survey reported 18.7% of adults experiencing depressive episodes, indicating a similar mental health burden.

In terms of injuries, the survey underscores the risks associated with road traffic crashes and the lack of consistent use of safety measures like seat belts and helmets. Public safety campaigns and stricter enforcement of traffic laws could help mitigate these risks¹. The 2017 STEPS survey in Zambia reported similar concerns with road traffic injuries being a significant public health issue. This is the first time the steps survey has evaluated the injuries and violence in Tanzania, providing national-level insights into population risks for unintentional injuries, including road traffic crashes, with a focus on their types, demographic distribution, and road safety behaviors. We found significant trends and challenges in road safety behaviors, along with a high incidence of injuries reported from road traffic crashes and other unintentional injuries. In this survey, nearly half of drivers and passengers reported not consistently wearing seat belts while on the road, with males more likely to neglect seat belt use than females. Globally, occupants of four-wheel vehicles account for one in four road traffic deaths (WHO, 2023b). The seat belts are a highly cost-effective strategy to reduce the impact of road crashes by minimizing the risk of severe injury, disability, and death. According to the WHO, data shows wearing a seat belt can lower the risk of death by

up to 50% among vehicle occupants (WHO, 2024b). Similarly, motorcyclists and other powered three wheelers represent 30% of the global road traffic fatalities (WHO, 2023b) and in our survey, nearly two-thirds of motorcyclists reported to not consistently wearing helmets, with female riders being 1.5 times more likely to not wear them than males. WHO reports suggests that proper helmet use can reduce the risk of death in a crash by more than sixfold and decrease the risk of brain injury by up to 74%(WHO, 2023b). Despite these proven benefits of use of motorcycle-helmet use, and seat belt for occupants of four-wheel vehicles, compliance was found to be low, underscoring the need for strengthened road safety enforcement and awareness programs to improve road safety. Despite having just 1% of the world's motor vehicles, low-and middle-income countries accounts for nine out of ten road traffic deaths, with the Africa experiencing nearly three times higher fatality rate per population compared to the high-income countries (WHO, 2024a, 2024b). This survey shows that 8 out of 100 people have experienced a road traffic crash in the past 12 months, with males reporting 1.5 times higher involvement than females. Young adults (18-30 years) showed the highest crash rates, consistent with prior small studies in Africa, and WHO findings that this age group is particularly vulnerable to risk-taking behaviours such as speeding and distracted driving(Konlan & Hayford, 2022; WHO, 2023b) Furthermore, nearly two-thirds of those involved in road traffic crashes sustained serious injuries that required medical attention, highlighting the need for nationwide, strengthened, and formalized post-crash care programs to help mitigate these outcomes. Beyond the road traffic crashes, nearly 1 in 10 people reported to have sustained other serious unintentional injuries necessitating the need for medical care, which included fall, cut, burn, animal bite, penetrating injuries, blunt force injuries, and entrapment injuries. Males aged 18-30 years exhibited the highest prevalence, reflecting the potential for risks associated with physically demanding tasks and occupational hazards in this age group. Similar to prior studies in Saharan Africa (Kinteh & Bass, 2023; Sawe et al., 2023) fall related injuries accounted for the majority of these serious unintentional injuries (excluding road traffic injuries). Furthermore, nearly one third of these serious unintentional injuries occurred at home, with higher rates reported among those aged population 46-69 years. These findings highlight potential safety risks in domestic environments and a need for enhanced injury prevention strategies at home.

Oral health remains relatively good, but there is a notable gap in dental care services, with nearly two-thirds of the population have never received dental care. Data on oral health, which was absent from the 2012 Tanzania STEPS NCDs survey, is one of the significant features of the 2023 Tanzania STEPS NCDs survey. The 2023 STEPS survey in Tanzania reported 65.3% of adults having never received dental care, indicating a consistent gap in dental health services. This calls for improved access to dental health services and routine check-ups to prevent oral health issues.

Oral disorders are the most common of the more than 300 diseases and conditions that afflict individuals globally, affecting over 3.5 billion people in 2019. Globally, the estimated total number of cases of oral diseases is around one billion more than the total number of cases of the five major NCDs (cancer, diabetes mellitus, cardiovascular disease, mental disorders, and chronic respiratory diseases) combined (WHO, 2022b)

High rates of acute and chronic toothaches, infections, and other complications, such as negative effects on productivity, are caused by a lack of access to preventative and basic oral health care (WHO, 2022b). Comprehensive data is needed to inform and direct interventions to address these challenges. This survey found that most (97.9%) of the population retains good dental health, with most individuals cleaning their teeth daily (96.4%) and retaining more than 20 natural teeth. However, a significant portion (36.3%) experience oral pain, especially in women and older adults, and nearly two-thirds have never received dental care, highlighting a gap in dental services. While most use toothpaste and toothbrushes, only 42.1% clean twice daily, and dental visits are primarily driven by pain rather than routine check-ups. The impacts of poor oral health on chewing, psychological well-being, and daily functioning are more pronounced in older adults and women. Given low dentist visitation rates and high reliance on pain as a reason for visits, encouraging preventive care is essential to prevent complications and the cost of treating advanced and chronic dental disorders. Furthermore, age and gender-sensitive strategies should be employed to prevent oral diseases effectively. Education on oral hygiene should be emphasized to increase awareness of the benefits of simple interventions such as twice-daily teeth brushing. Lastly, through the collaboration of different stakeholders, integrating oral health within the broader national NCDs strategy and Universal Health Care agendas will further improve oral health for Tanzanians and promote health across different age groups.

The prevalence of overweight and obesity is also alarming, with 31.1% of adults being overweight and 10.2% obese. This is a significant risk factor for various NCDs and requires comprehensive strategies to promote healthier lifestyles and dietary habits¹. The 2017 STEPS survey in Zambia reported 29.8% of adults being overweight and 9.5% obese, indicating a similar trend across the region.

Hypertension and cardiovascular risk are major concerns, with a high prevalence of undiagnosed and uncontrolled hypertension. The low usage of preventive therapies like statins and aspirin further exacerbates the risk of cardiovascular diseases¹. The 2015 WHO report on major health risk factors for NCDs in the African region highlighted that hypertension was a significant public health issue across the region.

Globally, hypertension is one of the world's leading risk factors for death and disability. Raised blood pressure is an important public health problem that leads to stroke, heart attack, heart failure, kidney damage and visual impairment. This condition is the single most important risk factor for early death worldwide, leading to an estimated 10.8 million avoidable deaths every year. High blood pressure causes more deaths than other leading risk factors, including tobacco use and high blood sugar. The economic consequences of hypertension and its related complications are high for national economies, health systems, patients and their families(WHO, 2023a). Despite this situation, hypertension is preventable. For every 10-mmHg decrease in systolic blood pressure, cardiovascular risk decreases by 20% overall; however, the reduction is slightly greater for stroke and hypertensive heart failure than for ischemic heart disease, and there is a tendency for larger reductions among those with more severe hypertension. Increasing the percentage of people whose hypertension is under control globally to 50% would prevent 76 million deaths between 2023 and 2050(WHO, 2023a).

This survey found that the prevalence of hypertension is 23. 1% among adults (18-69) where hypertension is defined as having systolic blood pressure (SBP) ≥ 140 mmHg or diastolic blood pressure (DBP) ≥ 90 mmHg. This is still alarmingly high and puts this population at risk for cardiovascular complications. Moreover, this finding is lower compared to other recent STEP surveys done in Sub-Saharan Africa in 2021 and 2023 in Niger (27.4 %) and slightly higher (Uganda (22.2%) respectively (Silver et al., 2023; WHO, 2021). These findings indicate the high burden of NCDs in LMICs. The prevalence of severe hypertension (SBP ≥ 160 mmHg or DBP ≥ 100 mmHg) also shows significant concern, especially among older individuals. For those aged 46-69, 18% of men and 24.5% of women fall into this category, indicating that severe hypertension is more prevalent in older women.

Almost three-quarters (73.6%) of individuals with hypertension remain undiagnosed, with 85.5% of men not diagnosed compared to 62.2% of women. A substantial number of those diagnosed (19.3%) are not on medication. 28.6% of women fall under this group compared to 9.6% of men. This suggests that women, once diagnosed, may face barriers in accessing treatment or may be less likely to be prescribed medication compared to men. It also highlights the triple challenge of reproductive and maternal conditions, infectious diseases and non-communicable diseases faced by women and girls. Only a small fraction (3.3%) of those on medication are adequately controlled. There is no difference in gender regarding the low rate of hypertension control. This highlights a systemic issue in managing hypertension effectively, regardless of gender. This finding is very low compared to 21% of the global controlled hypertension(WHO, 2023a). In Uganda, the 2023 STEPS NCDs survey reported a slightly lower proportion of blood pressure control (2.4%),

whereas the 2021 STEPS NCDs survey in Niger reported a much lower rate (1.3%) of hypertension control. In addition, this finding reflects the difficulty of achieving the 2025 target of having >25% of adults aged 15-59 years with hypertension who are on successful treatment set by the Health Sector Strategic Plan V (MoH, 2021). It is important to note early diagnosis and effective treatment are essential for managing hypertension and preventing complications. The longer hypertension remains undiagnosed or poorly treated, the more likely it is to lead to worse health outcomes.

Only 6% of known hypertensive individuals were taking herbal or traditional remedies for elevated blood pressure. The proportion of women using these remedies is twice that of men. Although a lesser percentage uses herbal medication, it's imperative to explore further the factors leading to the use of herbal medication instead of conventional medicines and facilities. The overall prevalence of cardiovascular disease (CVD) risk was 7.8%, with higher rates in women (11%) than in men (4.3%). This echoes the findings on hypertension as fewer women accessed medication and large proportion had severe hypertension and both men and women having low rates of hypertension control.

This survey also revealed that despite a significant history of cardiovascular symptoms, preventive therapy usage remains low, with only 0.3% on statins and 0.4% on aspirin for heart disease prevention or treatment. Notably, a considerable proportion of population aged 55-69 face moderate (15.5%) or high (0.4%) CVD risk. Within this group, 20.9% of women and 11.3% of men either have a 10-year CVD risk $\geq 20\%$ or existing CVD. These results are similar to those found in Niger and Uganda STEPS surveys where the age group 55-65 and women have higher CVD risk. Notably, women—despite facing greater risk—are less likely to receive recommended medications or counselling, with only 1 in 20 women getting these interventions compared to nearly 1 in 3 men. Further research on these gender differences could provide a basis in intervention to close the gap.

The survey highlights the prevalence of diabetes and impaired fasting glycemia, with 2.9% of adults having diabetes and a very low percentage on medication. This indicates a need for better diabetes management programs and increased awareness about the condition¹. The 2017 STEPS survey in Zambia reported that 2.7% of adults have diabetes, indicating a similar prevalence across the region.

One in ten individuals had received lifestyle advice from healthcare provider in the past three years regarding quitting tobacco or preventing its use. By gender, the rate was slightly higher among males (12.6%) than females (8.5%), and the rates increased with age. This reflects the findings of more men using tobacco compared to women. Notably, the rate of quitting smoking is very low compared to the fact found in this survey that about half (46.7%) of current smokers attempts to

stop smoking in the past 12 months. Therefore, there is a need to tap into this opportunity of healthcare contact in reinforcing smoking cessation. The low rate of advice may be due to lack of resources and skills of healthcare providers in giving necessary advice and support to those who seeks to stop smoking tobacco.

Despite the findings that most Tanzanians consumes 8.3g of salt per day which is above the recommended quantity of less than 5g/day of salt by WHO (WHO, 2023). Yet only two in ten Tanzanians had received advice to reduce salt intake in the past three years, with rates increasing across age brackets. Again, further emphasis should be given to healthcare providers to be aware of the preventive aspect of salt intake reduction when attending clients. Utilization of these findings can be incorporated in the healthcare system such as community health workers being enrolled across the country to provide health education to families in their communities in changing harmful lifestyle behaviours and hence prevent NCDs in the future.

Nearly a half (46%) of both sexes reported being advised by healthcare provider to eat at least five servings of fruits and/or vegetables each day. Despite this finding, still more advice and support should be given to the public through healthcare contact and other avenues as most Tanzanians were found to eat a mean number of 2.3 servings of fruit and/or vegetables on average per day which is almost half the recommended amount by WHO (5 servings or 400g/day). This is a consistent finding compared to the similar intake of 2.4 servings of fruits and/or vegetables consumed per person per day found in Niger 2021 STEPS NCDs survey and 2.5 of fruits and/or vegetables consumed per person per day found in Uganda 2023 STEPS NCDs survey which shows a regional trend.(Silver et al., 2023; WHO, 2021) This signifies the need for targeted public health campaigns encouraging increased fruit and vegetable intake, potentially through community-based education and skills to produce home-cultivated vegetables, and improved access to affordable fruits and vegetables could help bridge this gap.

Regarding advice to reduce dietary fat intake, only 31% reported receiving such advice, with a higher rate among females (34.7%) than males (24.7%). In this instance, more women were given the advice to reduce dietary keeping in mind the finding that women were also found to have higher rates of having raised total cholesterol in this survey. One-third of individuals received advice to start or increase exercise, although this rate also decreased with age and was equal between sexes. This is an alarming finding as life expectancy increases in Tanzania, it's expected to have more elderly population in the future. Furthermore, evidence shows that globally, levels of physical inactivity increase with age, meaning fewer of those above 60 years meet the recommendation of daily activity per day(WHO, 2024c). It's imperative that healthcare providers be equipped with knowledge, skills, resources and interdisciplinary collaboration, such as physiotherapists, to help

effectively advise and support clients with increasing physical activity, including the elderly and women.

About 16% of the population had ever received advice from a doctor or health worker to maintain a healthy body weight or to lose weight, with rates increasing with age. The rate was higher among males (18.8%) than females (13.6%), and in each sex, the rate increased with age. This is despite the fact that this survey found more women falls under the category of obese than men especially as age increases. These findings together call for gender and age specific approach in interventions for prevention of NCDs by addressing risk factors such as weight reduction.

Two in ten individuals had ever been advised by a doctor or health worker to reduce sugary beverages in their diet, with rates in both sexes increasing with age. Among males, the rate increased with age, while among females, it was higher for those aged 31-45 (33.3%) and lower for younger age categories. Younger people are also targeted and more exposed, and hence, lower advice to them may expose them further to the detrimental effects of consuming sugary drinks (Pitt et al., 2024). Sugary drinks have been shown to contribute to harmful outcomes such as obesity, dental caries and diabetes. People who consume sugary drinks regularly – 1 to 2 cans a day or more – have a 26% greater risk of developing type 2 diabetes than people who rarely consume such drinks. WHO recommends reducing free sugars throughout the life course (WHO, 2015). Further research is needed to describe this aspect in the Tanzania context; however, given the current status of NCDs in the country, healthcare providers and other stakeholders should be keen in promoting the reduction of sugary drinks intake by the public.

Given the finding above regarding the lifestyle advice given to the public accessing healthcare services, it's imperative to further strengthen and enhance the capacity of the healthcare workforce to be keener in providing lifestyle advice to their clients. This can be achieved through the inclusion of lifestyle advice in the medical education curriculum and the provision of continuous professional development courses focusing on those in training and providers who are already in service, respectively. Furthermore, gender and age-specific focus approaches should be employed to highlight the burden distribution in different risk factors to include more women and the elderly. Only 3.4% per cent of the population had no risk factor for NCDs. In this survey, 23% of the participants aged 45 to 69 had at least 3-5 risk factors, and about 12.8% of all study subjects had at least 3-5 risks. Only a small percentage of any age group has no risk factors, highlighting the widespread prevalence of risk factors in the population. Additionally, the prevalence of combined risk factors of at least 3-5 risk factors observed in this survey is higher compared with what was reported from other African countries in recent STEPS NCDs surveys (Silver et al., 2023; WHO, 2021)

Conclusions and Recommendations

The report has highlighted that Tanzania still faces a significant burden of non-communicable diseases risk factors. To address the identified risk factors and improve overall health outcomes for Tanzanian adults, it is crucial to develop and implement effective strategies to overcome the burden. It's important to use the report to evaluate our progress towards implementing the HSSP V and the NCD Strategic Plan 3 and develop actionable accelerated plans to sustain the gains in areas where there is improvement and develop actionable plans to focus specific interventions in areas where the country is lagging. Specifically, below are the recommendations for the key intervention areas.

1. To reduce smoking rates, promote policies and legal frameworks in line with the WHO Framework Convention for Tobacco Control, particularly focusing on males and teenagers before they start smoking. Promote policies that align with the WHO FTC framework, restrict tobacco advertising, and increase taxes on tobacco products.
2. Enacting current policies, legal frameworks and strategies which enable effective alcohol reduction leveraging cultural and social factors should be designed alongside educational campaigns highlighting the risks of heavy episodic drinking and promoting safe drinking habits.
3. Nationwide campaigns to promote healthy diets, including consuming fruits and vegetables, and public education on the dangers of high salt intake and processed foods are essential. Public health initiatives should encourage more vigorous and regular physical activity, especially among women, and create community-based programs and infrastructure to support active lifestyles.
4. Raising awareness about mental health issues while reducing the stigma associated with seeking help, together with expanding access to mental health services to the primary health care and community.
5. Implementing public safety campaigns to promote safe road infrastructures, using seat belts and motorcycle helmets, and stricter enforcement of traffic laws can help mitigate the risks associated with road traffic crashes.
6. To increase the coverage of quality oral health services to the primary health care and promote oral hygiene by conducting routine dental check-ups and advocating the population to brush their teeth at least twice a day using fluoridated toothpaste which adheres to WHO standards (1000pmF for children, 1500pmF for adults),
7. Comprehensive national strategies should be developed and implemented to address overweight and obesity through diet, exercise, and lifestyle changes, providing resources and support for individuals to achieve and maintain a healthy weight.
8. Comprehensive national strategies should be developed and implemented to increase screening and early detection of hypertension, coupled with the promotion of preventive therapies like statins and aspirin for individuals at risk
9. Increase public awareness about diabetes, hypertension and CVD, as well as developing and implementing strategies to enhance chronic care at all levels, including primary health care, to prevent complications, disabilities and premature death associated with the diseases.
10. Develop and implement integrated health information systems, enhance data analysis capabilities, and ensure timely, real-time data reporting from primary health care to the policy level. Strengthening GoTHOMIS, DHIS2, and other data capture systems to invest in modern data technologies such as MHealth.

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Appendices

Listed appendices

Data collection team

Fact Sheet STEPS survey Tanzania 2023

Fact sheet STEPS survey Tanzania Mainland 2023

Fact sheet STEPS survey Zanzibar 2023

Fact sheet STEPS survey Tanzania Mainland 2023 comparisons with STEPS 2012

Fact sheet STEPS survey Zanzibar 2023 comparison with STEPS 2011

Data book STEPS Survey 2023 Tanzania

Appendix 1

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Appendix 2

Fact sheets

Appendix 2.1

Fact Sheet STEPS survey Tanzania 2023



Tanzania STEPS Survey 2023

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Tanzania was carried out from September 2023 to November 2023. Tanzania carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69 years. A multistage cluster sample design was used to produce representative data for that age range in Tanzania. A total of 3565 adults participated in the survey. The overall response rate was 82.5%. A repeat survey is planned for 2028 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	9.9% (7.2-12.6)	19.8% (15.1-24.5)	0.8% (0.3-1.3)
Percentage who currently smoke tobacco daily	8.3% (5.6-11.1)	16.9% (12.1-21.8)	0.4% (0.0-0.9)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.9 (18.9-24.9)	21.9 (18.8-25.0)	20.6 (..-..)
Percentage of daily smokers smoking manufactured cigarettes	91.9% (88.3-95.4)	93.9% (90.4-97.4)	12.5% (0.0-0.3)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.7 (4.3-7.1)	5.9 (4.5-7.2)	-
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	58.4% (53.3-63.6)	47.8% (39.8-55.7)	68.3% (63.8-72.8)
Percentage who are past-12-month abstainers	15.0% (11.3-18.7)	15.1% (10.6-19.5)	15.0% (11.4-18.7)
Percentage who currently drink (drank alcohol in the past 30 days)	19.4% (16.7-22.1)	26.9% (21.9-31.9)	12.5% (9.0-16.1)
Percentage who engages in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	8.4% (6.8-10.0)	13.7% (9.4-18.0)	3.7% (1.5-5.9)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.8 (2.5-3.1)	2.7 (2.4-3.0)	2.9 (2.4-3.3)
Mean number of servings of fruit consumed on average per day	1.0 (0.9-1.1)	1.0 (0.9-1.2)	0.9 (0.8-1.1)
Mean number of days vegetables consumed in a typical week	4.4 (4.2-4.6)	4.2 (3.9-4.5)	4.5 (4.3-4.8)
Mean number of servings of vegetables consumed on average per day	1.3 (1.2-1.4)	1.3 (1.1-1.4)	1.4 (1.3-1.5)

Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	92.4% (90.5-94.4)	91.9% (89.0-94.9)	92.8% (90.4-95.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	19.6% (17.2-22.1)	23.2% (19.3-27.0)	16.4% (13.3-19.4)
Percentage who always or often eat processed foods high in salt	10.8% (8.7-13.0)	12.5% (8.4-16.6)	9.3% (6.5-12.1)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	1.9% (1.2-2.7)	2.0% (1.0-2.9)	1.9% (1.0-2.8)
Median time spent on physical activity on average per day (minutes) (presented with inter-quartile range)	274.3 (147.9-445.7)	317.1 (180.0-500.0)	240.0 (120.0-398.6)
Percentage not engaging in vigorous activity	34.5% (25.5-43.4)	17.5% (11.4-23.6)	50.1% (39.7-60.5)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			13.7% (10.4-17.0)
Step 1 Injuries			
Percentage of respondents involved in a road traffic crash during the past 12 months	7.8% (6.1-9.5)	9.8% (6.6-12.9)	5.9% (3.4-8.4)
Percentage of respondents seriously injured as a result of road traffic crash among those involved in a road traffic crash	63.6% (52.1-75.1)	60.7% (48.7-72.7)	68.0% (45.9-90.1)
Percentage of respondents seriously injured in a non-road traffic accident such as fall, burn, poisoning, cut, near-drowning or and animal bite which required medical attention in the past 12 months	9.4% (7.5-11.3)	13.0% (10.2-15.7)	6.2% (4.6-7.8)
Step 1 Mental Health			
Percentage of respondents with depressive episodes in the past 12 months	20.3% (15.1-25.6)	17.6% (10.4-24.9)	22.8% (13.6-32.1)
Percentage of respondents who have taken medications among those who had a depressive episode in the past 12 months	11.4% (2.7-20.2)	3.9% (0.6-7.2)	16.8% (5.1-28.5)
Percentage of respondents who received psychological therapy/counselling sessions among those who had a depressive episode in the past 12 months	14.2% (5.5-22.9)	5.7% (0.1-11.3)	20.3% (10.6-30.0)
Percentage of respondents with suicidality in the past 12 months	13.9% (10.8-17.6)	8.2% (5.0-13.1)	18.2% (14.4-22.6)
Step 1 Oral Health			
Percentage of respondents using toothpaste among those cleaning their teeth	85.3% (81.8-88.3)	83.4% (77.9-87.8)	87.0% (83.1-90.1)
Percentage of respondents cleaning their teeth at least twice a day	42.1% (38.0-46.2)	35.4% (29.6-41.2)	48.2% (42.8-53.6)
Percentage of respondents having seen a dentist during the past 12 months	11.3% (7.1-15.5)	8.4% (4.0-12.8)	14.0% (6.9-21.0)
Percentage having oral pain or discomfort in the past 12 months	36.3% (32.4-40.3)	29.0% (24.6-33.3)	43.2% (37.1-49.2)
Percentage having persistent wound and/or swelling in the mouth for more than three weeks	7.2% (5.7-9.1)	6.7% (4.5-9.9)	7.7% (6.0-10.0)

Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.7 (23.3-24.1)	22.6 (22.1-23.1)	24.9 (24.3-25.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	31.1% (27.1-35.1)	22.9% (18.1-27.6)	39.9% (32.8-47.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	10.2% (7.7-12.7)	6.3% (3.4-9.1)	14.5% (10.9-18.1)
Average waist circumference (cm)		87.8 (86.0-89.7)	93.2 (90.0-96.5)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.3 (123.3-125.2)	126.1 (124.1-128.2)	122.5 (121.0-123.9)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.4 (78.6-80.2)	78.6 (77.1-80.1)	80.1 (79.4-80.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	92.9% (90.1-95.8)	95.2% (91.2-99.1)	90.8% (87.3-94.2)
BP Cascade			
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	23.1% (19.9-26.4)	23.4% (17.1-29.6)	22.9% (20.1-25.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) previously diagnosed	26.4% (19.2-33.7)	14.5% (4.5-24.4)	37.9% (22.1-53.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) on medication	7.1% (4.2-9.9)	4.8% (0.9-8.8)	9.2% (5.8-12.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) controlled	3.3% (1.2-5.4)	3.5% (0.0-7.3)	3.0% (1.2-4.9)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.5 (4.4-4.7)	4.5 (4.3-4.6)	4.6 (4.4-4.7)
Percentage with impaired fasting glycaemia as defined below •plasma venous value ≥6.1 mmol/L and <7.0 mmol/L	3.4% (2.1-4.7)	2.0% (1.1-3.0)	4.3% (2.4-6.2)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose •plasma venous value ≥ 7.0 mmol/L	2.9% (1.9-3.9)	2.8% (1.5-4.1)	3.0% (1.7-4.4)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	3.5 (3.4-3.6)	3.2 (3.1-3.3)	3.8 (3.6-3.9)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	10.9% (8.8-13.1)	4.5% (2.7-6.4)	15.5% (12.6-18.3)
Mean intake of salt per day (in grams)	8.3(8.1-8.5)	9.1(8.8-9.4)	7.7(7.5-7.9)
Percentages raised Sodium (>220.0mmol/L)	6.5% (4.7-9.0)	7.9% (5.3-11.5)	5.5% (3.5-8.6)
Mean Creatine in mmol/L	4.8(4.0-5.6)	7.0(5.9-8.1)	3.2(2.7-3.6)
Percentages with raised Creatine (>22.90 mmol/L)	2.1% (1.3-3.2)	3.8% (2.3-6.1)	0.8% (0.3-1.9)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	13.3 (10.6-16.6)	7.9 (4.7-13.2)	15.8 (11.3-21.7)
Summary of combined risk factors			
- current daily smokers - less than 5 servings of fruit & vegetables per day - overweight (BMI ≥ 25 kg/m²) - raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			

- insufficient physical activity

Percentage with none of the above risk factors	3.4% (2.2-4.6)	3.7% (2.0-5.4)	3.2% (1.7-4.6)
Percentage with three or more of the above risk factors, aged 18 to 44 years	9.9% (6.9-12.8)	11.4% (4.8-17.9)	8.3% (5.4-11.1)
Percentage with three or more of the above risk factors, aged 45 to 69 years	23.0% (17.7-28.4)	22.8% (15.1-30.5)	23.3% (15.9-30.7)
Percentage with three or more of the above risk factors, aged 18 to 69 years	12.8% (10.7-15.0)	13.9% (8.8-19.1)	11.7% (8.5-14.9)

*** A 10-year CVD risk of $\geq 20\%$ is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

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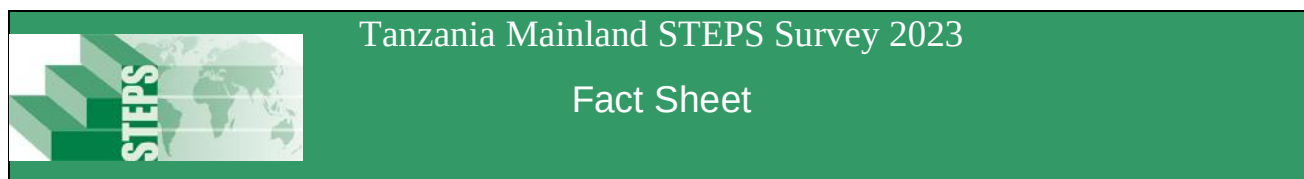
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Appendix 2.2

Fact sheet STEPS survey Tanzania

Mainland 2023



The STEPS survey of noncommunicable disease (NCD) risk factors in Tanzania mainland was carried out from September 2023 to November 2023. Tanzania mainland carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69 years. A multistage cluster sample design was used to produce representative data for that age range in 18-69 years. A total of 3065 adults participated in the survey. The overall response rate was 81.1%. A repeat survey is planned for 2028 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI) (<i>adjust if necessary</i>)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	10.0% (7.1-12.8)	19.9% (15.1-24.8)	0.8% (0.3-1.4)
Percentage who currently smoke tobacco daily	8.4% (5.6-11.2)	17.1% (12.1-22.1)	0.4% (0.0-0.9)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.0 (18.6-23.3)	21.0 (18.6-23.3)	20.6 (...)
Percentage of daily smokers smoking manufactured cigarettes	91.6% (87.9-95.3)	93.7% (90.0-97.3)	12.5% (0.0-31.3)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.7 (4.3-7.1)	5.9 (4.5-7.3)	0.3 (...)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	57.2% (51.9-62.4)	46.0% (38.0-53.9)	67.4% (62.7-72.1)
Percentage who are past-12-month abstainers	15.5% (11.7-19.2)	15.5% (10.9-20.2)	15.4% (11.7-19.1)
Percentage who currently drink (drank alcohol in the past 30 days)	20.0% (17.2-22.8)	27.9% (22.6-33.1)	12.9% (9.2-16.6)
Percentage who engages in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	8.7% (7.0-10.3)	14.2% (9.8-18.7)	3.8% (1.5-6.1)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.8 (2.5-3.0)	2.7 (2.4-3.0)	2.8 (2.4-3.3)

Mean number of servings of fruit consumed on average per day	1.0 (0.9-1.1)	1.0 (0.8-1.2)	0.9 (0.8-1.1)
Mean number of days vegetables consumed in a typical week	4.4 (4.2-4.6)	4.3 (4.0-4.6)	4.6 (4.4-4.8)
Mean number of servings of vegetables consumed on average per day	1.4 (1.2-1.5)	1.3 (1.1-1.5)	1.4 (1.3-1.6)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	92.4% (90.4-94.5)	92.0% (89.0-95.1)	92.8% (90.3-95.4)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	20.0% (17.5-22.5)	23.8% (19.8-27.8)	16.5% (13.3-19.6)
Percentage who always or often eat processed foods high in salt	10.9% (8.7-13.2)	12.8% (8.5-17.0)	9.3% (6.4-12.1)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	1.9% (1.1-2.7)	2.0% (1.0-3.0)	1.8% (0.9-2.7)
Median time spent on physical activity on average per day (minutes) (presented with inter-quartile range)	274.3 (149.9-445.7)	317.1 (180.0-500.0)	240.0 (120.0-402.9)
Percentage not engaging in vigorous activity	34.4% (25.2-43.7)	17.7% (11.4-24.1)	49.7% (38.9-60.5)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			13.8% (10.4-17.2)
Step 1 Injuries			
Percentage of respondents involved in a road traffic crash during the past 12 months	7.8% (6.0-9.6)	9.8% (6.6-13.1)	6.0% (3.4-8.6%)
Percentage of respondents seriously injured as a result of road traffic crash among those involved in a road traffic crash	63.6% (51.8-75.4)	60.4% (48.0-72.8)	68.4% (46.2-90.6)
Percentage of respondents seriously injured in a non-road traffic accident such as fall, burn, poisoning, cut, near-drowning or and animal bite which required medical attention in the past 12 months	9.4% (9.4-11.4)	13.0% (10.1-15.8)	6.2% (4.6-7.8)
Step 1 Mental Health			
Percentage of respondents with depressive episodes in the past 12 months	20.6% (15.2-26.0)	17.6% (10.1-25.1)	23.3% (13.9-32.7)
Percentage of respondents who have taken medications among those who had a depressive episode in the past 12 months	11.4% (2.5-20.4)	3.8% (0.3-7.2)	16.7% (4.9-28.6)
Percentage of respondents who received psychological therapy/counselling sessions among those who had a depressive episode in the past 12 months	12.9% (3.8-21.9)	2.8% (0.3-5.3)	19.9% (9.9-29.9)
Percentage of respondents with suicidality in the past 12 months	13.8% (10.7-17.6)	8.0% (4.8-13.0)	18.2% (14.4-22.7)
Step 1 Oral health			

Percentage of respondents cleaning their teeth at least twice a day	40.8% (36.6-44.9)	33.8% (27.9-39.6)	47.2% (41.6-52.8)
Percentage of respondents having seen a dentist during the past 12 months	11.1% (6.7-15.5)	8.3% (3.7-12.9)	13.6% (6.3-20.9)
Main reason for last visit to the dentist among those who ever visited a dentist was seeking consultation / advice	5.5% (1.9-9.2)	5.0% (1.4-8.7)	5.9% (0.0-12.1)
Percentage having oral pain or discomfort in the past 12 months	36.2% (32.2-40.3)	28.9% (24.3-3.4)	42.9% (36.7-49.2)
Percentage having persistent wound and/or swelling in the mouth for more than three weeks	7.2% (5.6-9.1)	6.7% (4.4-10.1)	7.6% (5.8-9.9)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.7 (23.2-24.1)	22.5 (22.0-23.0)	24.9 (24.2-25.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	30.8% (26.6-34.9)	22.4% (17.4-27.3)	39.8% (32.4-47.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	10.1% (7.5-12.7)	6.2% (3.3-9.2)	14.2% (10.6-17.9)
Average waist circumference (cm)		88.1 (86.2-90.0)	93.3 (90.0-96.7)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.2 (123.2-125.1)	125.9 (123.9-128.0)	122.5 (121.0-124.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.3 (78.5-80.2)	78.4 (76.9-80.0)	80.1 (79.4-80.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	93.1% (90.1-96.1)	95.1% (90.9-99.3)	91.2% (87.7-94.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	22.7% (19.3-26.0)	22.6% (16.2-29.1)	22.7% (19.8-25.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) previously diagnosed	26.5% (18.9-34.1)	14.7% (4.1-25.4)	37.4% (21.0-53.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) on medication	4.9% (0.7-9.1)	8.8% (5.3-12.3)	6.9% (3.9-9.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) controlled	3.2% (1.0-5.3)	3.5% (0.0-7.6)	2.8% (0.9-4.7)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose in mmol/L	4.5 (4.4-4.6)	4.4 (4.3-4.6)	4.5 (4.4-4.7)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L and <7.0 mmol/L	3.2% (1.9-4.5)	1.9% (0.9-2.9)	4.1% (2.2-6.1)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L	2.8% (1.7-3.8)	2.7% (1.3-4.0)	2.9% (1.5-4.2)
Mean total blood cholesterol, including those currently on medication for raised cholesterol in mmol/L	3.5 (3.4-3.6)	3.2 (3.1-3.3)	3.7 (3.6-3.9)

Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	10.6% (8.4-12.9)	4.3% (2.4-6.1)	15.1% (12.2-18.1)
Mean intake of salt per day (in grams)	8.3(8.0-8.5)	9.1(8.7-9.4)	7.7(7.5-7.9)
Percentages with raised Sodium (>220.0 mmol/L)	6.4% (4.5-8.9)	7.7% (5.1-11.6)	5.4% (3.4-8.5)
Mean Creatine in mmol/L	4.8(4.0-5.6)	7.0(5.8-8.1)	3.2(2.7-3.6)
Percentages with raise Creatine (>22.90 mmol/L)	2.0% (1.2-3.3)	3.6% (2.2-6.1)	0.8% (0.3-1.9)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk $\geq 20\%$, or with existing CVD**	13.5(10.8-16.8)	8.0(4.6-13.5)	16.0(11.4-22.0)
Summary of combined risk factors - current daily smokers - less than 5 servings of fruit & vegetables per day - insufficient physical activity - overweight (BMI ≥ 25 kg/m²) - raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors	3.4% (2.2-4.7)	3.7% (1.9-5.5)	3.2% (1.7-4.7)
Percentage with three or more of the above risk factors, aged 18 to 44 years	9.6% (6.5-12.6)	10.9% (4.2-17.7)	8.1% (5.2-11.1)
Percentage with three or more of the above risk factors, aged 45 to 69 years	21.9% (16.7-27.2)	21.1% (13.7-28.4)	22.7% (15.2-30.3)
Percentage with three or more of the above risk factors, aged 18 to 69 years	12.3% (10.2-14.5)	13.2% (8.0-18.4)	11.5% (8.2-14.7)

** A 10-year CVD risk of $\geq 20\%$ is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

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Zanzibar STEPS Survey 2023

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Zanzibar was carried out from September 2023 to November 2023. Zanzibar carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69 years. A multistage cluster sample design was used to produce representative data for that age range in 18-69 years. A total of 500 adults participated in the survey. The overall response rate was 92.6%. A repeat survey is planned for 2028 if funds permit.

Results for adults aged 18-69 years)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	8.3% (0.0-18.9)	15.2% (0.0-32.7)	0.0% (0.0-0.0)
Percentage who currently smoke tobacco daily	7.4% (0.0-18.0)	13.4% (0.0-31.4)	0.0% (0.0 – 0.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	51.2 (32.4-70.0)	51.2 (32.4-70.0)	0.0% (0.0-0.0)
Percentage of daily smokers smoking manufactured cigarettes	100.0% (100.0-100.0)	100.0% (100.0-100.0)	0.0% (0.0-0.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.9 (3.7-8.2)	5.9 (3.7-8.2)	0.0% (0.0-0.0)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	95.6% (92.9-98.2)	93.1% (87.9-98.3)	98.6% (97.4-99.8)
Percentage who are past-12-month abstainers	2.3% (0.7-3.9)	3.2% (0.1-6.2)	1.3% (0.1-2.5)
Percentage who currently drink (drank alcohol in the past 30 days)	1.4% (0.2-2.6)	2.4% (0.1-4.7)	0.2% (0.0-0.5)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.2% (0.0-0.5)	0.3% (0.0-0.8)	0.2% (0.0-0.5)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.4 (3.0-3.7)	3.7 (3.1-4.2)	2.9 (2.6-3.3)
Mean number of servings of fruit consumed on average per day	1.3 (1.0-1.6)	1.6 (1.2-1.9)	1.0 (0.7-1.3)
Mean number of days vegetables consumed in a typical week	2.7 (2.4-3.0)	2.5 (2.1-3.0)	2.9 (2.6-3.2)
Mean number of servings of vegetables consumed on average per day	0.8 (0.6-0.9)	0.7 (0.5-0.9)	0.8 (0.6-0.9)

Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	91.7% (87.3-96.0)	89.9% (82.7-97.1)	93.9% (90.3-97.4)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	9.9% (6.4-13.3)	6.7% (2.6-10.9)	13.7% (8.0-19.3)
Percentage who always or often eat processed foods high in salt	7.9% (4.8-11.1)	6.1% (1.9-10.3)	10.2% (5.5-14.9)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	2.7% (1.2-4.3)	2.1% (0.3-3.8)	3.6% (1.3-5.8)
Median time spent on physical activity on average per day (minutes) (presented with inter-quartile range)	252.9 (122.1-445.7)	271.4 (120.0-518.6)	222.9 (122.1-360.0)
Percentage not engaging in vigorous activity	35.4% (25.8-45.0)	11.9% (5.7-18.1)	63.9% (53.8-74.1)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			10.7% (4.5-16.9)
Step 1 Injuries			
Percentage of respondents involved in a road traffic crash during the past 12 months	6.1% (3.4-8.8)	8.6% (3.2-14.1)	3.0% (0.6-5.3)
Percentage of respondents seriously injured as a result of road traffic crash among those involved in a road traffic crash	63.9% (41.5-86.2)	70.2% (46.3-94.1)	41.4% (0.0-88.4)
Percentage of respondents seriously injured in a non-road traffic accident such as fall, burn, poisoning, cut, near-drowning or and animal bite which required medical attention in the past 12 months	10.4% (7.8-13.0)	13.2% (8.0-18.5)	6.9% (3.2-10.7)
Step 1 Mental Health			
Percentage of respondents with depressive episodes in the past 12 months	12.9% (2.4-23.5)	17.5% (0.0-36.2)	7.3% (3.6-11.0)
Percentage of respondents who have taken medications among those who had a depressive episode in the past 12 months	12.1% (0.0-26.6)	8.2% (0.0-21.8)	23.5% (4.8-42.3)
Percentage of respondents who received psychological therapy/counselling sessions among those who had a depressive episode in the past 12 months	76.3% (51.5-101.1)	80.4% (52.3-108.6)	64.2% (35.9-92.5)
Percentage of respondents with suicidality in the past 12 months	15.1% (6.7-30.7)	16.0% (5.5-38.3)	12.9% (5.7-26.8)
Step 1 Oral Health			
Percentage of respondents cleaning their teeth at least twice a day	80.2% (74.2-86.2)	77.7% (67.1-88.3)	83.3% (78.1-88.4)
Percentage of respondents having seen a dentist during the past 12 months	17.5% (12.2-22.7)	10.2% (3.7-16.7)	26.3% (20.1-32.5)
Main reason for last visit to the dentist among those who ever visited a dentist was seeking consultation / advice	1.9% (0.1-3.7)	2.9% (0.0-5.9)	0.8% (0.0-1.9)
Percentage having oral pain or discomfort in the past 12 months	40.3% (31.9-48.7)	31.2% (18.9-43.4)	51.4% (43.2-59.6)
Percentage having persistent wound and/or swelling in the mouth for more than three weeks	11.8% (7.1-18.9)	9.1% (6.4-12.7)	6.9% (3.8-12.3)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	24.6 (23.6-25.7)	23.7 (22.3-25.1)	25.9 (24.8-26.9)

Percentage who are overweight (BMI ≥ 25 kg/m ²)	39.5% (27.7-51.4)	34.8% (15.5-54.2)	45.8% (37.5-54.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	14.0% (9.3-18.8)	7.3% (2.9-11.6)	23.0% (16.6-29.4)
Average waist circumference (cm)		81.4 (78.0-84.7)	89.8 (86.4-93.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	127.4 (123.6-131.1)	130.9 (125.1-136.7)	123.1 (119.9-126.3)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81.2 (78.2-84.2)	82.3 (76.7-87.8)	79.9 (77.8-82.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	89.4% (82.7-96.1)	95.5% (90.9-100.0)	79.3% (68.9-89.7)
BP Cascade			
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	36.0% (24.5-47.4)	41.7% (22.6-60.8)	29.2% (21.5-36.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) previously diagnosed	24.8% (9.7-39.8)	10.6% (0.9-20.4)	48.6% (30.6-66.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) on medication	10.6% (3.9-17.3)	4.6% (0.0-9.1)	20.7% (10.3-31.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) controlled	5.5% (1.2-9.7)	3.0% (0.0-6.6)	9.5% (1.2-17.9)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose mmol/L	5.5 (5.2-5.9)	5.3 (4.9-5.7)	5.8 (5.3-6.2)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥ 6.1 mmol/L and < 7.0 mmol/L	8.9% (5.6-12.1)	6.0% (1.9-10.2)	11.8% (7.1-16.5)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L	7.5% (4.1-11.0)	5.4% (1.0-9.8)	9.7% (5.2-14.3)
Mean total blood cholesterol, including those currently on medication for raised cholesterol mmol/L	4.1 (3.9-4.3)	3.8 (3.4-4.1)	4.4 (4.2-4.6)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	20.1% (13.9-26.3)	10.9% (3.2-18.6)	29.6% (23.2-36.1)
Mean intake of salt per day (in grams)	8.5(8.1-8.8)	9.4(8.9-9.8)	7.6(7.3-8.0)
Percentages with raised Sodium (>220.0 mmol/L)	10.7% (7.6-15.0)	11.0% (6.9-17.3)	10.4% (6.2-16.9)
Mean Creatine in mmol/L	8.3(7.1-9.5)	9.1(6.9-11.3)	7.4(6.5-8.3)
Percentages with raise Creatine (>22.90 mmol/L)	3.7% (2.0-6.9)	6.4% (3.1-13.0)	0.9% (0.9-3.1)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk $\geq 20\%$, or with existing CVD**	6.4% (3.0-13.1)	6.6% (1.9-20.4)	6.2% (2.2-16.3)
Summary of combined risk factors			
- current daily smokers - less than 5 servings of fruit & vegetables per day - insufficient physical activity - overweight (BMI ≥ 25 kg/m²) - raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors	3.4% (0.9-5.9)	3.8% (0.6-7.1)	2.9% (0.1-5.6)
Percentage with three or more of the above risk factors, aged 18 to 44 years	18.4% (3.2-33.5)	23.3% (0.0-49.5)	12.5% (5.7-19.3)
Percentage with three or more of the above risk factors, aged 45 to 69 years	52.1% (25.5-78.7)	59.7% (23.9-95.5)	40.1% (25.0-55.3)
Percentage with three or more of the above risk factors, aged 18 to 69 years	26.8% (12.8-40.8)	33.2% (10.6-55.8)	18.6% (11.6-25.7)

** A 10-year CVD risk of $\geq 20\%$ is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

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Appendix 2.4

Fact sheet STEPS survey Tanzania Mainland 2023 comparisons with STEPS

2012

Tanzania Mainland STEPS Survey Comparison Fact Sheet								
Comparison of Results for adults aged 25-64 years (incl. 95% CI)	STEPS-2023				STEPS-2012			
	Both Sexes	Males	Females		Both Sexes	Males	Females	
	Step 1 Tobacco Use							
Percentage who currently smoke tobacco	10.00% (7.1-12.8)	19.90% (15.1-24.8)	0.80% (0.3-1.4)		14.10% (12.4-15.8)	26.00% (23.1-28.9)	2.90% (1.7-4.1)	
Percentage who currently smoke tobacco daily	8.40% (5.6-11.2)	17.10% (12.1-22.1)	0.40% (0.0-0.9)		11.80% (10.2-13.4)	22.20% (19.7-24.7)	2.00% (0.7-3.2)	
For those who smoke tobacco daily								
Average age started smoking (years)	21 (18.6-23.3)	19.6 (13.3-25.9)	20.6		21.9 (21.0-22.8)	21.8 (21.1-22.5)	22.4 (17.8-27.0)	
Percentage of daily smokers smoking manufactured cigarettes	91.60% (87.9-95.3)	93.70% (90.0-97.3)	12.50% (0.0-31.3)		79.80% (72.6-87.0)	81.20% (74.9-87.5)	64.80% (32.6-96.9)	
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.7 (4.3-7.1)	5.9 (4.5-7.3)	0.3		5.1(4.0-6.1)	4.9(4.3-5.5)	6.7(0.0-13.8)	
Percentage who are lifetime abstainers	57.20%	46.00%	67.40%		51.00%	43.10%	58.50%	

	(51.9-62.4)	(38.0-53.9)	(62.7-72.1)		(47.6-54.4)	(37.9-48.3)	(55.0-62.0)
Percentage who are past-12-month abstainers	15.50% (11.7-19.2)	15.50% (10.9-20.2)	15.40% (11.7-19.1)		8.10% (6.7-9.7)	11.30% (8.4-14.2)	11.60% (9.8-13.3)
Percentage who currently drink (drank alcohol in the past 30 days)	20.00% (17.2-22.8)	27.90% (22.6-33.1)	12.90% (9.2-16.6)		29.30% (26.8%-31.9%)	38.30% (35.1-41.6)	20.90% (18.2-23.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	8.70% (7.0-10.3)	14.20% (9.8-18.7)	3.80% (1.5-6.1)		–	27.40% (23.7-31.1)	13.40% (11.4-15.4)
Step 1 Diet							
Mean number of days fruit consumed in a typical week	2.8 (2.5-3.0)	2.7 (2.4-3.0)	2.8 (2.4-3.3)		2.5(2.2-2.8)	2.2(2.1-2.4)	2.8(2.3-3.2)
Mean number of servings of fruit consumed on average per day	1 (0.9-1.1)	1 (0.8-1.2)	0.9 (0.8-1.1)		0.7(0.6-0.8)	0.6(0.5-0.7)	0.8(0.6-0.9)
Mean number of days vegetables consumed in a typical week	4.4 (4.2-4.6)	4.3 (4.0-4.6)	4.6 (4.4-4.8)		4.5(4.3-4.7)	4.3(4.0-4.7)	4.7(4.5-4.8)
Mean number of servings of vegetables consumed on average per day	1.4 (1.2-1.5)	1.3 (1.1-1.5)	1.4 (1.3-1.6)		1.0(0.97-1.1)	1.0(0.9-1.1)	1.0(0.96-1.1)
Percentage who ate <i>less than 5 servings</i> of fruit and/or vegetables on average per day	92.40% (90.4-94.5)	92.00% (89.0-95.1)	92.80% (90.3-95.4)		97.20% (96.3-98.1)	97.30% (96.0-98.6)	97.10% (96.0-98.3)

Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	20.00% (17.5-22.5)	23.80% (19.8-27.8)	16.50% (13.3-19.6)				
Percentage who always or often eat processed foods high in salt	10.90% (8.7-13.2)	12.80% (8.5-17.0)	9.30% (6.4-12.1)				
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	1.90% (1.1-2.7)	2.00% (1.0-3.0)	1.80% (0.9-2.7)				
Median time spent on physical activity on average per day (minutes) (presented with inter-quartile range)	274.3 (149.9-445.7)	317.1 (180.0-500.0)	240 (120.0-402.9)				
Percentage not engaging in vigorous activity	34.40% (25.2-43.7)	17.70% (11.4-24.1)	49.70% (38.9-60.5)	32.40% (29.1-35.7)	23.10% (20.1-26.0)	41.40% (36.8-46.0)	
Step 1 Cervical Cancer Screening							
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			13.80% (10.4-17.2)				
STEP 2							
Mean body mass index - BMI (kg/m2)	23.7 (23.2-24.1)	22.5 (22.0-23.0)	24.9 (24.2-25.6)	22.9 (22.7-23.2)	21.6 (21.3-22.0)	24.3 (23.8-24.8)	
Percentage who are overweight (BMI ≥ 25 kg/m2)	30.80% (26.6-34.9)	22.40% (17.4-27.3)	39.80% (32.4-47.1)	26.00% (22.5%-28.4%)	15.10% (12.7-17.6)	37.10% (31.6-42.6)	
Percentage who are obese (BMI ≥ 30 kg/m2)	10.10%	6.20%	14.20%	8.70%	2.50%	15.00%	

	(7.5-12.7)	(3.3-9.2)	(10.6-17.9)		(7.3-10.1)	(1.5-3.5)	(12.4-17.7)
Average waist circumference (cm)		88.1 (86.2-90.0)	93.3 (90.0-96.7)			80.6 (79.9-81.3)	84.9 (84.0-85.8)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.2 (123.2-125.1)	125.9 (123.9-128.0)	122.5 (121.0-124.0)		128.6 (127.8-129.4)	131.1 (129.4-132.8)	126.3 (125.0-127.7)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.3 (78.5-80.2)	78.4 (76.9-80.0)	80.1 (79.4-80.9)		80.3 (79.8-80.8)	79.7 (78.9-80.4)	80.8 (80.2-81.5)
Percentage with raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on medication for raised BP)	22.00% (18.6-25.3)	21.80% (15.4-28.3)	22.10% (19.2-24.9)		26.00% (23.8-28.1)	25.40% (22.1-28.7)	26.50% (24.3-28.6)
Percentage with raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	91.20% (87.7-94.7)	95.10% (90.9-99.3)	93.10% (90.1-96.1)		92.60% (89.8-95.4)	96.70% (94.6-98.8%)	88.90% (83.9-94.0)
STEP 3							
Mean fasting blood glucose, including those currently on medication for raised blood glucose	4.5 (4.4-4.6)	4.4 (4.3-4.6)	4.5 (4.4-4.7)		4.8(4.7-4.9)	4.8(4.6-4.9)	4.9(4.8-5.0)
Percentage with impaired fasting glycaemia as defined below · plasma venous value 110 mg/dl and 126 mg/dl	3.20% (1.9-4.5)	1.90% (0.9-2.9)	4.10% (2.2-6.1)		10.60% (8.3-12.9)	11.30% (9.4-13.1)	10.00% (6.5-13.5)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose	2.80%	2.70%	2.90%		9.10%	8.00%	10.00%

· plasma venous value ≥ 7.0 mmol/L (126 mg/dl)	(1.7-3.8) (3.4-3.6)	(1.3-4.0) (3.1-3.3)	(1.5-4.2) (3.6-3.9)	(7.8-10.3) (4.6(4.5-4.7)	(5.6-10.5) (4.4(4.4-4.5)	(7.8-12.2) (4.7(4.6-4.8)
Mean total blood cholesterol, including those currently on medication for raised cholesterol mmol/L	3.5	3.2	3.7	4.6(4.5-4.7)	4.4(4.4-4.5)	4.7(4.6-4.8)
Percentage with raised total cholesterol (≥ 5.0 mmol/L) or currently on medication for raised cholesterol)	10.60% (8.4-12.9)	4.30% (2.4-6.1)	15.10% (12.2-18.1)	26.00% (21.4-30.7)	17.00% (12.0-22.0)	33.90% (27.2-40.6)
Mean intake of salt per day (in grams)						
Combined Risk						
Percentage aged 40-64 years with a 10-year CVD risk $\geq 20\%$, or with existing CVD**						
· Current daily smokers						
· Less than 5 servings of fruit & vegetables per day						
· Insufficient physical activity						
Percentage with none of the above risk factors	3.40% (2.2-4.7)	3.70% (1.9-5.5)	3.20% (1.7-4.7)	0.80% (0.5-1.1)	0.60% (0.3-1.0)	1.00% (0.52-1.5)
Percentage with three or more of the above risk factors, aged 24 to 44 years	9.60% (6.5-12.6)	10.90% (4.2-17.7)	8.10% (5.2-11.1)	12.20% (10.7-13.6)	9.90% (7.4-12.4)	14.40% (11.9-16.8)
Percentage with three or more of the above risk factors, aged 45 to 64 years	21.90% (16.7-27.2)	21.10% (13.7-28.4)	45.30% (30.3-1.4)	28.00% (22.9-33.0)	27.40% (20.8-34.1)	28.60% (24.1-33.1)
Percentage with three or more of the above risk factors, aged 24 to 64 years	12.30% (10.2-14.5)	13.20% (8.0-18.4)	11.50% (8.2-14.7)	16.60% (14.7-18.4)	14.90% (12.9-16.9)	18.20% (15.8-20.7)

** A 10-year CVD risk of $\geq 20\%$ is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

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Appendix 2.5 Fact STEPS survey Zanzibar 2023 comparison with STEPS 2011

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)					
Step 1 Tobacco Use		Both Sexes	Males	Females	
Percentage who currently smoke tobacco		10.30%	17.90%	0.0% (0.0-0.00)	
		(0.0-24.4)	(0.0-40.7)	0.00	
					14.6 (10.9-18.3)
Percentage who currently smoke tobacco daily		10.20%	17.70%	0.0% (0.0-0.00)	
		(0.0-24.3)	(0.0-40.6)	0.00	
					12.7 (9.2-16.3)
<i>For those who smoke tobacco daily</i>					
Average age started smoking (years)		51	51	0.0% (0.0-0.00)	
		(33.1-68.9)	(33.1-68.9)	0.00	
					22 (20.9-23.2)
Percentage of daily smokers smoking manufactured cigarettes		100.00%	100.00%	0.0% (0.0-0.00)	
		(100.0-100.0)	(100.0-100.0)	0.00	
					98.2 (96.2-100.2)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)		5.9	5.9	0.0% (0.0-0.00)	
		(3.7-8.2)	(3.7-8.2)	0.00	
					5.8 (4.8-6.7)
Step 1 Alcohol Consumption					
Percentage who are lifetime abstainers		95.40%	93.50%	97.90%	
		(92.4-98.4)	(88.1-98.9)	(96.2-99.7)	
					90.8 (88.5-93.1)
Percentage who are past-12-month abstainers		2.20%	2.50%	1.80%	
		(0.4-4.0)	(0.0-5.7)	(0.1-3.6)	
					6.1 (4.5-7.8)
Percentage who currently drink (drank alcohol in the past 30 days)		1.40%	2.20%	0.20%	
		(0.2-2.5)	(0.0-4.4)	(0.0-0.7)	
					1.7 (1.0-2.4)
Percentage who engages in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)		0.30%	0.30%	0.20%	
		(0.0-0.7)	(0.0-1.0)	(0.0-0.7)	
					- (0.6-2.8)
Step 1 Diet					
Mean number of days fruit consumed in a typical week		3.4	3.6	3.2	
		(2.9-3.9)	(2.9-4.3)	(2.7-3.6)	
					3.9 (3.7-4.1)
Mean number of servings of fruit consumed on average per day		1.2	1.3	1.1	
		(0.9-1.5)	(0.9-1.8)	(0.8-1.3)	
					1.1 (1.0-1.1)
Mean number of days vegetables consumed in a typical week		2.7	2.4	3	
		(2.2-3.1)	(2.0-2.9)	(2.6-3.3)	
					2.8 (2.7-3.0)
Mean number of servings of vegetables consumed on average per day		0.8	0.7	0.8	
		(0.6-1.0)	(0.5-0.9)	(0.7-1.0)	
					0.7 (0.6-0.7)

Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	92.70% (88.6-96.8)	92.90% (87.9-97.9)	92.50% (87.8-97.3)	97.9 (97.1-98.7)	97.6 (96.5-98.8)	98.1 (97.3-99.0)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	9.60% (5.9-13.3)	6.10% (2.5-9.7)	14.30% (6.7-21.8)			
Percentage who always or often eat processed foods high in salt	5.60% (3.2-8.0)	3.00% (0.6-5.5)	9.00% (5.1-13.0)			
Step 1 Physical Activity						
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	3.10% (1.2-5.0)	2.70% (0.3-5.2)	3.50% (0.8-6.2)			
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	252.9 (122.1-445.7)	271.4 (120.0-518.6)	222.9 (122.1-360.0)			
Percentage not engaging in vigorous activity	33.60% (22.3-44.9)	14.20% (5.4-23.1)	59.40% (48.4-70.4)	52.1 (45.9-58.3)	31.8 (24.9-38.6)	70.6 (64.8-76.4)
Step 1 Cervical Cancer Screening						
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			10.70% (4.5-16.9)			
Step 2 Physical Measurements						
Mean body mass index - BMI (kg/m ²)	25 (23.7-26.4)	24.2 (22.3-26.0)	26.3 (25.1-27.6)	24.3 (24.0-24.6)	23.4 (23.1-23.7)	25.2 (24.8-25.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	43.40% (29.0-57.8)	40.20% (16.6-63.8)	48.10% (38.6-57.7)	36.6 (33.9-39.2)	30.5 (27.2-33.9)	42.6 (39.2-46.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	14.50% (8.7-20.3)	7.90% (2.5-13.4)	24.20% (16.7-31.7)	14.3 (11.8-16.9)	7.7 (5.0-10.4)	20.9 (17.1-24.7)
Average waist circumference (cm)		81.9 (77.6-86.3)	91.5 (88.2-94.8)		82 (81.1-82.9)	87 (86.2-87.9)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	129.9 (125.5-134.4)	132.3 (125.6-139.0)	126.7 (122.5-130.9)	131.3 (129-133.7)	135 (132.57-137.4)	128 (125.5-130.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	83.4 (79.6-87.3)	84.2 (77.6-90.8)	82.4 (79.9-84.9)	78 (76.9-79.2)	78.2 (76.9-79.5)	77.9 (76.6-79.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	43.00% (29.4-56.7)	47.50% (25.2-69.8)	37.20% (28.2-46.2)	33 (28.9-37.2)	37 (31.4-42.7)	29.4 (25.5-33.2)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) who are not currently on medication for raised BP	57.00% (43.3-70.6)	52.50% (30.2-74.8)	62.80% (53.8-71.8)	87.1 (82.5-91.7)	88.5 (81.6-95.3)	85.5 (80.7-90.4)

Step 3 Biochemical Measurement							
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	5.7	5.3	6	4.4	4.4	4.4	
	(5.2-6.1)	(4.8-5.8)	(5.4-6.6)	(4.3-4.5)	(4.3-4.6)	(4.2-4.4)	
	8.10%	3.70%	12.70%	3.3	2.3	2.8	
Percentage with impaired fasting glycaemia as defined below · plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) · capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	(5.0-11.2)	(0.8-6.6)	(7.6-17.9)	(1.3-5.2)	(1.4-3.3)	(1.6-3.9)	
	7.50%	5.40%	9.70%	3.8	3.7	3.7	
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose · plasma venous value ≥ 7.0 mmol/L (126 mg/dl) · capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	(4.1-11.0)	(1.0-9.8)	(5.2-14.3)	(2.0-5.7)	(2.3-5.0)	(2.6-4.9)	
	4.1	3.8	4.5	4.7	4.6	4.8	
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	(3.9-4.4)	(3.5-4.1)	(4.3-4.7)	(4.7-4.7)	(4.5-4.6)	(4.8-4.9)	
	21.50%	11.00%	32.40%	24.5	18.2	30	
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	(14.8-28.3)	(4.2-17.8)	(24.5-40.4)	(22.2-26.8)	(15.0-21.4)	(27.2-32.9)	
Mean intake of salt per day (in grams)							
Cardiovascular disease (CVD) risk							
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**							
Summary of combined risk factors							
· current daily smokers · less than 5 servings of fruits & vegetables per day · insufficient physical activity	· overweight (BMI ≥ 25 kg/m²)						
	· raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)						
Percentage with none of the above risk factors	3.40%	3.80%	2.90%	0.6	0.8	0.5	
	(0.9-5.9)	(0.6-7.1)	(0.1-5.6)	(0.22-1.0)	(0.19-1.34)	(0.06-0.9)	
Percentage with three or more of the above risk factors, aged 18 to 44 years	18.40%	23.30%	12.50%	18.9	15.3	22.1	
	(3.2-33.5)	(0.0-49.5)	(5.7-19.3)	(16.0-21.7)	(11.6-19.0)	(18.3-25.9)	
Percentage with three or more of the above risk factors, aged 45 to 69 years	52.10%	59.70%	40.10%	38.1	30.5	47.5	
	(25.5-78.7)	(23.9-95.5)	(25.0-55.3)	(33.2-43.0)	(24.7-36.3)	(40.3-54.7)	
Percentage with three or more of the above risk factors, aged 18 to 69 years	26.80%	33.20%	18.60%	24.2	20.1	28.4	
	(12.8-40.8)	(10.6-55.8)	(11.6-25.7)	(21.7-26.7)	(17.0-23.1)	(25.0-31.8)	

Appendix 3

Appendix 3.1 Data book STEPS Survey 2023 Tanzania



WHO STEPS

Noncommunicable Disease Risk Factor Survey

DATA BOOK FOR TANZANIA

Table of Contents

Introduction.....	188
Sampling and Response Proportions.....	192
Demographic Information Results	192
Tobacco Use.....	198
Alcohol Consumption.....	218
Diet	231
Physical Activity	241
History of Raised Blood Pressure	251
History of Diabetes.....	254
History of Raised Total Cholesterol.....	257
History of Cardiovascular Diseases	259
Lifestyle Advice	261
Cervical Cancer Screening.....	263
Physical Measurements	264
Biochemical Measurements	272
Cardiovascular disease risk.....	278
Summary of Combined Risk Factors	282

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.

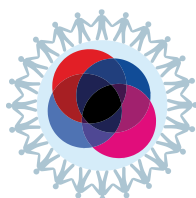
Introduction

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.

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).

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 NCDs¹, relating to 7 of the 9 global targets. Indicators captured in STEPS are marked in bold and <i>italic</i> in the table below.

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:



¹ World Health Organization. Global action plan for the prevention and control of NCDs 2013-2020. Geneva: World Health Organization; 2013.

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. <i>Age-standardized prevalence of heavy episodic drinking among adolescents and adults</i> , 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. <i>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)</i>
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	8. <i>Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years</i>
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents 10. <i>Age-standardized prevalence of current tobacco use among persons aged 18+ years</i>
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

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 $\geq 30\%$, 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

Sampling and Response Proportions

Response proportions Description: Summary results for overall response proportions.

Response proportions								
Age Group (years)	Men			Women			Both Sexes	
	Eligible	Responded		Eligible	Responded		Eligible	Responded
	N	n	%	N	n	%	N	n %
18-30		457	31.3		739	35.1		1196 33.5
31-45		508	34.8		735	34.9		1243 34.9
46-69		494	33.9		632	30.0		1126 31.6
18-69		1459	100.0		2106	100.0		3565 100.0

Analysis Information:

- Use the age and sex information for the non-responders (if available) plus the Epi Info program Cagesex.

Demographic Information Results

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

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-30	457	31.3	739	35.1	1196	33.5
31-45	508	34.8	735	34.9	1243	34.9
46-69	494	33.9	632	30.0	1126	31.6
18-69	1459	100.0	2106	100.0	3565	100.0

Analysis Information:

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

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)?

Mean number of years of education						
Age Group (years)	Men		Women		Both Sexes	
	N	Mean	N	Mean	n	Mean
18-30	451	7.8	722	7.4	1173	7.6
31-45	500	7.5	722	6.5	1222	6.9
46-69	481	6.2	605	4.8	1086	5.4
18-69	1432	7.2	2049	6.3	3481	6.7

Analysis Information:

- Questions used: C4
- Epi Info program name: Ceduyears (unweighted)

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?

Highest level of education								
Age Group (years)	Men							
	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/University completed	% Post graduate degree completed
18-30	457	7.4	20.1	44.9	21.0	2.4	3.9	0.2
31-45	508	10.6	17.5	48.2	13.6	1.0	8.3	0.8
46-69	493	14.8	21.3	50.9	7.3	1.4	3.7	0.6
18-69	1458	11.0	19.6	48.1	13.8	1.6	5.3	0.5

Highest level of education								
Age Group (years)	Women							
	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/University completed	% Post graduate degree completed
18-30	737	13.3	13.4	44.9	22.0	0.9	5.3	0.1
31-45	735	19.0	12.4	48.7	14.7	1.2	3.5	0.4
46-69	632	32.1	17.4	43.8	4.4	0.3	1.7	0.2
18-69	2104	21.0	14.3	45.9	14.2	0.9	3.6	0.2

Highest level of education								
Age Group (years)	Both Sexes							
	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/University completed	% Post graduate degree completed
18-30	1194	11.1	16.0	44.9	21.6	1.5	4.8	0.2
31-45	1243	15.6	14.5	48.5	14.2	1.1	5.5	0.6
46-69	1125	24.5	19.1	46.9	5.7	0.8	2.6	0.4
18-69	3562	16.9	16.5	46.8	14.0	1.2	4.3	0.4

Analysis Information:

- Questions used: C5
- Epi Info program name: Ceduhigh (unweighted)

Marital status Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

Marital status							
Age Group (years)	Men						
	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-30	457	55.6	37.6	2.0	0.2	0.2	4.4
31-45	507	13.0	75.1	4.7	1.0	0.2	5.9
46-69	492	6.1	71.5	9.3	2.4	5.1	5.5
18-69	1456	24.0	62.2	5.4	1.2	1.9	5.3

Marital status							
Age Group (years)	Women						
	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-30	738	28.6	56.4	5.1	2.0	0.5	7.3
31-45	733	8.3	67.1	10.0	4.1	5.3	5.2
46-69	630	3.7	46.2	11.9	5.4	28.4	4.4
18-69	2101	14.0	57.1	8.9	3.8	10.6	5.7

Marital status							

Age Group (years)	Both Sexes						
	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-30	1195	38.9	49.2	3.9	1.3	0.4	6.2
31-45	1240	10.2	70.4	7.8	2.8	3.2	5.5
46-69	1122	4.7	57.3	10.8	4.1	18.2	4.9
18-69	3557	18.1	59.2	7.5	2.7	7.0	5.5

Analysis Information:

- Questions used: C7
- Epi Info program name: Cmaritalstatus (unweighted)

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?

Employment status					
Age Group (years)	Men				
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-30	456	1.8	8.8	64.0	25.4
31-45	508	6.1	4.5	78.5	10.8
46-69	494	3.4	4.9	76.7	15.0
18-69	1458	3.8	6.0	73.4	16.8

Employment status					
Age Group (years)	Women				
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-30	739	0.7	5.1	49.0	45.2
31-45	735	3.4	3.1	62.6	30.9
46-69	632	1.1	1.6	63.0	34.3
18-69	2106	1.8	3.4	57.9	36.9

Employment status

Age Group (years)	Both Sexes				
	n	% Government employee	% Non- government employee	% Self- employed	% Unpaid
18-30	1195	1.1	6.5	54.7	37.7
31-45	1243	4.5	3.7	69.1	22.7
46-69	1126	2.1	3.0	69.0	25.8
18-69	3564	2.6	4.4	64.3	28.7

Analysis Information:

- Questions used: C8
- Epi Info program name: Cworkpaid (unweighted)

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?

Unpaid work and unemployed							
Age Group (years)	Men						
	N	% Non- paid	% Student	% Home- maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-30	116	10.3	37.9	27.6	0.0	21.6	2.6
31-45	55	29.1	0.0	45.5	0.0	23.6	1.8
46-69	74	29.7	0.0	37.8	23.0	5.4	4.1
18-69	245	20.4	18.0	34.7	6.9	17.1	2.9

Unpaid work and unemployed							
Age Group (years)	Women						
	N	% Non- paid	% Student	% Home- maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-30	334	6.0	9.0	71.9	0.0	12.3	0.9
31-45	227	8.8	0.0	77.5	0.4	13.2	0.0
46-69	217	13.4	0.0	70.0	4.6	4.1	7.8
18-69	778	8.9	3.9	73.0	1.4	10.3	2.6

Unpaid work and unemployed							
Age Group (years)	Both Sexes						
	N	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-30	450	7.1	16.4	60.4	0.0	14.7	1.3
31-45	282	12.8	0.0	71.3	0.4	15.2	0.4
46-69	291	17.5	0.0	61.9	9.3	4.5	6.9
18-69	1023	11.6	7.2	63.8	2.7	11.9	2.6

Analysis Information:

- Questions used: C8
- Epi Info program name: Cworknotpaid (unweighted)

Tobacco Use

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?

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
18-30	456	10.2	2.7-17.7	2.6	0.3-5.0	5.3	2.7-7.9	81.9	75.2-88.5
31-45	508	23.3	11.9-34.7	2.9	1.1-4.8	17.0	5.1-28.8	56.8	39.2-74.4
46-69	494	23.2	17.2-29.2	3.2	1.5-4.8	18.3	13.7-22.9	55.3	47.7-63.0
18-69	1458	16.9	12.1-21.8	2.8	1.5-4.1	11.6	6.9-16.2	68.7	61.8-75.6

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
18-30	736	0.0	0.0-0.0	0.2	0.0-0.5	1.2	0.2-2.2	98.6	97.5-99.6
31-45	735	0.2	0.0-0.5	0.7	0.0-1.5	1.9	0.3-3.5	97.2	95.4-99.1
46-69	632	1.7	0.0-3.7	0.4	0.0-0.9	5.0	1.0-9.0	92.9	88.2-97.5
18-69	2103	0.4	0.0-0.9	0.4	0.1-0.7	2.2	1.1-3.4	97.0	95.7-98.3

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
18-30	1192	4.7	0.6-8.8	1.3	0.2-2.4	3.1	1.8-4.4	90.9	86.7-95.0
31-45	1243	12.6	5.7-19.4	1.9	0.9-2.9	10.0	3.5-16.5	75.6	65.0-86.1
46-69	1126	11.3	7.7-14.9	1.6	0.8-2.5	11.0	7.5-14.5	76.1	70.1-82.1
18-69	3561	8.3	5.6-11.1	1.6	0.9-2.2	6.7	4.9-8.5	83.4	80.3-86.5

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

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?

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
18-30	45	79.4	58.2-100.0	3	0.0	0.0-0.0	48	77.9	56.3-99.5
31-45	95	88.8	79.5-98.1	5	18.6	0.0-54.4	100	86.8	76.7-97.0
46-69	124	87.9	81.4-94.4	15	80.4	50.8-100.0	139	87.3	81.0-93.5
18-69	264	85.6	78.2-93.0	23	51.3	16.0-86.6	287	84.2	76.6-91.8

Analysis Information:

- Questions used : T1, T2
- Epi Info program name: Tsmokefreq (unweighted); TsmokefreqWT (weighted)

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?

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
18-30	30	21.6	19.0-24.3	0	NA	NA	30	21.6	19.0-24.3
31-45	79	18.8	15.5-22.2	1	NA	NA	80	18.9	15.5-22.2
46-69	106	27.6	21.3-33.8	10	20.7	No results	116	27.0	21.0-32.9
18-69	215	21.9	18.8-25.0	11	20.6	No results	226	21.9	18.9-24.9

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
18-30	30	4.7	1.7-7.7	0	NA	NA	30	4.7	1.7-7.7
31-45	79	22.8	17.6-28.0	1	NA	NA	80	22.8	17.6-27.9
46-69	106	28.0	22.5-33.4	10	29.0	No results	116	28.0	23.0-33.1
18-69	215	19.1	13.0-25.3	11	28.0	No results	226	19.4	13.6-25.1

Analysis Information:

- Questions used : T1, T2, T3, T4a-c
- Epi Info program name: Tsmokeage (unweighted); TsmokeageWT (weighted)

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?

Manufactured cigarette smokers among daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	N	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-30	31	98.2	94.2-100.0	0	NA	NA	31	98.2	94.2-100.0
31-45	76	97.5	94.7-100.0	1	NA	NA	77	96.9	93.5-100.0
46-69	107	82.8	74.9-90.7	9	14.1	0.0-38.3	116	77.3	66.5-88.2
18-69	214	93.9	90.4-97.4	10	12.5	0.0-31.3	224	91.9	88.3-95.4

Manufactured cigarette smokers among current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-30	45	85.4	66.8-100.0	3	0.0	0.0-0.0	48	83.8	64.8-100.0
31-45	91	92.8	86.0-99.5	5	26.6	0.0-59.1	96	90.9	83.0-98.7
46-69	124	82.3	75.0-89.6	14	13.9	0.0-35.4	138	76.4	66.6-86.1
18-69	260	87.8	81.0-94.5	22	15.6	0.0-32.1	282	84.8	78.3-91.3

Analysis Information:

- Questions used : T1, T2, T5a, T5aw
- Epi Info program name: Tsmokeman (unweighted); TsmokemanWT (weighted)

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?

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
18-30	31	4.6	3.5-5.7	30	0.7	0.0-1.6	31	NA	NA
31-45	76	7.3	5.2-9.4	79	1.2	0.2-2.2	79	0.2	0.0-0.4
46-69	107	4.8	3.6-6.1	106	3.3	1.7-5.0	106	0.2	0.0-0.5
18-69	214	5.9	4.5-7.2	215	1.6	0.7-2.4	216	0.2	0.0-0.3

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
18-30	31	0.2	0.0-0.7	31	NA	NA	31	0.0	0.0-0.0
31-45	79	0.0	0.0-0.1	79	NA	NA	77	0.3	0.0-0.7
46-69	107	0.1	0.0-0.4	107	NA	NA	107	0.2	0.0-0.5
18-69	217	0.1	0.0-0.2	217	NA	NA	215	0.2	0.0-0.4

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
18-30	0	NA	NA	0	NA	NA	0	NA	NA
31-45	1	NA	NA	1	NA	NA	1	NA	NA
46-69	9	0.3	NA	10	10.3	NA	9	0.1	NA
18-69	10	0.3	NA	11	9.2	NA	10	0.1	NA

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	N	Mean # of cigars, cheroots, cigarillos	95% CI	N	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-30	0	NA	NA	0	NA	NA	0	NA	NA
31-45	1	NA	NA	1	NA	NA	1	NA	NA
46-69	10	0.02	NA	10	NA	NA	8	NA	NA
18-69	11	0.02	NA	11	NA	NA	9	NA	NA

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
18-30	31	4.6	3.5-5.7	30	0.7	0.0-1.6	31	0.0	NA
31-45	77	7.3	5.2-9.3	80	1.2	0.2-2.1	80	0.2	0.0-0.4
46-69	116	4.5	3.3-5.7	116	3.9	2.1-5.8	115	0.2	0.0-0.5
18-69	224	5.7	4.3-7.1	226	1.8	1.0-2.5	226	0.1	0.0-0.3

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
18-30	31	0.2	0.0-0.7	31	NA	NA	31	0.0	0.0-0.0
31-45	80	0.0	0.0-0.1	80	NA	NA	78	0.3	0.0-0.7
46-69	117	0.1	0.0-0.4	117	NA	NA	115	0.2	0.0-0.4
18-69	31	0.1	0.0-0.7	228	NA	NA	224	0.2	0.0-0.4

Analysis Information:

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

Smoked tobacco consumption

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?

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
18-30	45	85.4	66.8-100.0	43	15.1	0.5-29.6	44	1.8	0.0-4.9
31-45	91	92.8	86.0-99.5	95	27.0	7.6-46.4	95	3.9	0.0-7.9
46-69	124	82.3	75.0-89.6	122	54.2	40.0-68.4	122	8.8	1.3-16.3
18-69	260	87.8	81.0-94.5	260	30.1	18.0-42.3	261	4.5	1.4-7.5

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
18-30	44	5.8	0.0-15.3	44	2.0	0.0-5.8	44	1.8	0.0-4.8
31-45	95	2.7	0.0-6.9	95	0.0	0.0-0.0	93	5.5	0.0-11.1
46-69	123	1.8	0.0-4.7	123	0.0	0.0-0.0	122	4.2	0.0-8.8
18-69	262	3.5	0.0-6.9	262	0.6	0.0-1.8	259	4.0	1.1-6.8

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
18-30	3	0.0	0.0-0.0	3	30.5	0.0-69.0	3	0.0	0.0-0.0
31-45	5	26.6	0.0-59.1	5	0.0	0.0-0.0	5	54.8	10.9-98.8
46-69	14	13.9	0.0-35.4	15	73.3	40.7-100.0	14	7.4	0.0-19.7
18-69	22	15.6	0.0-32.1	23	46.2	8.7-83.8	22	20.2	0.0-41.8

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
18-30	3	0.0	0.0-0.0	3	0.0	NA	3	57.7	2.5-100.0
31-45	5	0.0	0.0-0.0	5	0.0	NA	5	0.0	0.0-0.0
46-69	15	14.8	0.0-39.5	15	0.0	NA	13	0.0	0.0-0.0
18-69	23	8.5	0.0-21.9	23	0.0	NA	21	8.6	0.0-27.7

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
18-30	48	83.8	64.8-100.0	46	15.4	0.9-29.8	47	1.8	0.0-4.8
31-45	96	90.9	83.0-98.7	100	26.2	7.7-44.8	100	5.3	0.4-10.3
46-69	138	76.4	66.6-86.1	137	55.9	42.4-69.5	136	8.7	1.8-15.6
18-69	282	84.8	78.3-91.3	283	30.8	19.8-41.8	283	5.1	1.9-8.3

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
18-30	47	5.7	0.0-15.0	47	2.0	0.0-5.7	47	2.8	0.0-6.9
31-45	100	2.7	0.0-6.7	100	0.0	0.0-0.0	98	5.3	0.0-10.7
46-69	138	3.0	0.0-6.1	138	0.0	0.0-0.0	135	3.8	0.0-8.1
18-69	285	3.7	0.3-7.1	285	0.6	0.0-1.7	280	4.2	1.3-7.0

Analysis Information:

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

Frequency of daily Description: Percentage of daily cigarette smokers smoking given quantities of manufactured or hand-rolled cigarettes per day.

- cigarette smoking** 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?

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
18-30	30	75.3	47.5-100.0	13.5	0.0-32.2	6.1	0.0-14.9	2.6	0.0-7.3	2.5	0.0-6.7
31-45	75	16.9	2.8-31.0	36.3	0.0-73.0	34.4	0.0-74.0	7.6	0.0-18.1	4.8	0.0-10.2
46-69	106	33.4	20.7-46.0	33.4	17.8-49.0	21.2	9.8-32.6	7.6	2.1-13.1	4.5	0.4-8.6
18-69	211	38.4	15.9-60.9	28.8	9.2-48.4	22.6	2.1-43.1	6.1	1.0-11.3	4.1	1.0-7.1

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
18-30	8	15.7	0.0-57.2	16.1	0.0-61.5	4.9	0.0-26.4	63.4	0.0-100.0		
31-45											
46-69	8	15.7	0.0-57.2	16.1	0.0-61.5	4.9	0.0-26.4	63.4	0.0-100.0		
18-69	8	15.7	0.0-57.2	16.1	0.0-61.5	4.9	0.0-26.4	63.4	0.0-100.0		

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
18-30	30	75.3	47.5-100.0	13.5	0.0-32.2	6.1	0.0-14.9	2.6	0.0-7.3	2.5	0.0-6.7
31-45	75	16.9	2.8-31.0	36.3	0.0-73.0	34.4	0.0-74.0	7.6	0.0-18.1	4.8	0.0-10.2
46-69	114	32.0	20.1-43.9	32.0	17.2-46.9	19.9	9.3-30.6	11.9	2.0-21.8	4.1	0.3-8.0
18-69	219	37.9	16.8-59.1	28.6	9.1-48.1	22.2	2.0-42.5	7.4	2.5-12.2	4.0	1.0-7.0

Analysis Information:

- Questions used : T1, T2, T5a, T5b
- Epi Info program name: Tcig (unweighted); TcigWT (weighted)

Former daily smokers and 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:

- former smokers**
- 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?

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
18-30	456	2.6	0.4-4.8		736	0.9	0.0-1.9		1192	1.7	0.6-2.8
31-45	508	14.1	1.8-26.4		735	0.5	0.0-0.9		1243	7.8	1.0-14.6
46-69	494	14.4	10.1-18.7		632	2.1	0.6-3.7		1126	7.6	5.1-10.1
18-69	1458	8.6	3.7-13.4		2103	1.1	0.4-1.7		3561	4.7	2.7-6.7

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
18-30	48	20.2	0.0-40.5		6	100.0	100.0-100.0		54	26.5	3.9-49.0
31-45	119	37.7	17.2-58.2		5	74.1	28.7-100.0		124	38.2	18.1-58.3
46-69	185	38.3	28.9-47.7		27	55.8	21.3-90.2		212	40.3	31.4-49.1
18-69	352	33.6	20.3-46.9		38	72.4	47.9-96.8		390	35.9	23.3-48.5

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
18-30	38	4.1	2.6-5.6		8	9.1	No results		46	5.0	3.1-6.9
31-45	59	12.0	10.2-13.8		11	5.5	No results		70	11.5	9.6-13.4
46-69	102	22.8	19.0-26.6		28	30.1	No results		130	24.6	19.4-29.8
18-69	199	13.4	11.4-15.4		47	19.5	No results		246	14.3	11.6-17.0

Analysis Information:

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

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?

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
18-30	45	26.8	3.2-50.5	3	42.3	0.0-96.7	48	27.1	3.8-50.5
31-45	95	70.4	49.7-91.1	5	61.2	21.4-100.0	100	70.1	49.9-90.4
46-69	124	30.8	16.8-44.9	15	65.4	27.2-100.0	139	33.9	20.2-47.7
18-69	264	46.7	27.2-66.3	23	60.9	29.6-92.2	287	47.3	29.3-65.3

Analysis Information:

- Questions used : T1, T2, T6
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

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?

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
18-30	30	2.6	0.0-6.3	2	34.6	0.0-84.9	32	3.7	0.0-8.1
31-45	69	48.8	8.5-89.2	4	40.6	0.0-97.8	73	48.5	9.5-87.6
46-69	86	24.4	12.2-36.6	12	5.6	0.0-15.3	98	22.2	11.0-33.3
18-69	185	30.2	4.2-56.1	18	19.6	0.0-44.5	203	29.5	4.9-54.1

Analysis Information:

- Questions used : T1, T2, T7
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

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]?

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
18-30	456	1.2	0.2-2.2		738	0.6	0.0-1.2		1194	0.9	0.3-1.4
31-45	507	3.9	1.0-6.7		734	0.7	0.0-1.4		1241	2.4	0.8-3.9
46-69	493	3.3	1.3-5.4		632	4.4	0.5-8.2		1125	3.9	1.6-6.2
18-69	1456	2.5	1.3-3.6		2104	1.4	0.5-2.4		3560	1.9	1.2-2.7

Analysis Information:

- Questions used : T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

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]?

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
18-30	456	0.4	0.0-0.9	0.8	0.0-1.6	3.0	0.8-5.2	95.8	93.3-98.3
31-45	507	2.9	0.8-4.9	1.0	0.0-2.1	2.7	1.1-4.3	93.4	89.9-96.9
46-69	493	1.7	0.3-3.1	1.7	0.2-3.1	4.4	2.0-6.9	92.2	89.1-95.4
18-69	1456	1.5	0.7-2.2	1.0	0.4-1.6	3.2	1.8-4.5	94.3	92.5-96.2

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
18-30	738	0.5	0.0-1.0	0.1	0.0-0.2	1.1	0.1-2.1	98.4	97.2-99.6
31-45	734	0.6	0.0-1.2	0.1	0.0-0.2	1.1	0.3-1.8	98.2	97.2-99.2
46-69	632	1.8	0.7-2.8	2.6	0.0-6.2	2.0	0.6-3.5	93.6	89.4-97.8
18-69	2104	0.8	0.4-1.2	0.6	0.0-1.4	1.3	0.6-1.9	97.3	96.1-98.5

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
18-30	1194	0.5	0.1-0.8	0.4	0.1-0.8	2.0	0.8-3.1	97.2	95.9-98.5
31-45	1241	1.8	0.7-2.9	0.6	0.0-1.2	1.9	1.0-2.9	95.7	93.7-97.6
46-69	1125	1.7	0.9-2.6	2.2	0.1-4.3	3.1	1.7-4.6	93.0	90.1-95.9
18-69	3560	1.1	0.6-1.6	0.8	0.3-1.3	2.2	1.4-3.0	95.9	94.6-97.1

Analysis Information:

- Questions used : T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

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?

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
18-30	456	1.9	0.5-3.3		738	0.2	0.0-0.4		1194	1.0	0.3-1.6
31-45	507	2.3	0.7-3.8		734	0.4	0.0-0.7		1241	1.4	0.5-2.2
46-69	493	4.3	1.9-6.8		632	2.5	0.8-4.2		1125	3.3	1.8-4.8
18-69	1456	2.5	1.5-3.5		2104	0.7	0.3-1.1		3560	1.6	1.0-2.1

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	% Form er daily <i>users</i>	95% CI
18-30	14	81.6	60.8-100.0		9	29.1	0.0-63.8		23	68.4	45.8-91.0
31-45	33	44.3	26.5-62.0		10	39.6	2.6-76.7		43	43.6	27.5-59.7
46-69	32	71.9	51.5-92.4		43	58.5	41.7-75.2		75	65.6	52.8-78.5
18-69	79	62.9	50.3-75.5		62	48.6	31.0-66.2		141	58.7	47.9-69.5

Analysis Information:

- Questions used : T12, T13, T15, T16

• Epi Info program name: Tsmokelessexdaily (unweighted); TsmokelessexdailyWT (weighted)

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...?

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
18-30	3	3.6	No results	3	1.7	No results	3	0.0	No results
31-45	15	4.2	No results	15	5.9	No results	15	1.8	No results
46-69	9	2.5	No results	9	3.1	No results	9	1.1	No results
18-69	27	3.6	No results	27	4.7	No results	27	1.3	No results

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Men					
	N	Betel, quid	95% CI	n	Other	95% CI
18-30	3	0.0	No results	3	0.0	No results
31-45	16	0.0	No results	16	0.3	No results
46-69	9	0.0	No results	9	0.0	No results
18-69	28	0.0	No results	28	0.2	No results

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
18-30	5	0.6	No results	5	1.0	No results	5	2.5	No results
31-45	4	2.9	No results	4	2.1	No results	4	1.7	No results
46-69	19	2.4	No results	19	2.6	No results	20	0.9	No results
18-69	28	1.9	No results	28	2.0	No results	29	1.5	No results

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Women					
	N	Betel, quid	95% CI	n	Other	95% CI
18-30	5	0.0	No results	5	0.3	No results
31-45	4	0.0	No results	4	0.0	No results
46-69	20	0.0	No results	19	0.0	No results
18-69	29	0.0	No results	28	0.1	No results

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
18-30	8	1.9	No results	8	1.3	No results	8	1.4	No results
31-45	19	3.9	No results	19	5.4	No results	19	1.8	No results
46-69	28	2.4	No results	28	2.8	No results	29	1.0	No results
18-69	55	2.9	No results	55	3.7	No results	56	1.4	No results

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Both Sexes					
	n	Betel, quid	95% CI	n	Other	95% CI
18-30	8	0.0	No results	8	0.2	No results
31-45	20	0.0	No results	20	0.3	No results
46-69	29	0.0	No results	28	0.0	No results
18-69	57	0.0	No results	56	0.2	No results

Analysis Information:

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

Smokeless tobacco consumption 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...?

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	Chewing tobacco	95% CI
18-30	8	78.2	50.0-100.0	63.3	28.2-98.5	13.6	0.0-40.7		
31-45	21	72.2	45.2-99.2	55.4	21.0-89.8	41.6	12.9-70.3		
46-69	16	69.0	45.3-92.8	70.7	49.4-92.0	26.0	0.4-51.6		
18-69	45	73.0	57.3-88.8	60.9	42.4-79.4	29.8	13.6-46.1		

Percentage of current users of smokeless tobacco using each of the following products						
Age Group (years)	Men					
	N	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-30	8	0.0	No results	0.0	0.0-0.0	
31-45	22	0.0	No results	18.4	0.0-41.5	
46-69	17	0.0	No results	16.7	0.0-47.2	
18-69	47	0.0	No results	13.6	0.1-27.1	

Percentage of current users of smokeless tobacco using each of the following products									
Age Group (years)	Women								
	n	% Snuff by mouth	95% CI	n	% Snuff by nose	95% CI	n	% Chewing tobacco	95% CI
18-30	7	39.3	14.6-64.1	7	6.9	0.0-21.8	7	72.6	48.5-96.6
31-45	8	92.9	82.4-100.0	7	65.0	21.1-100.0	8	76.4	47.3-100.0
46-69	25	90.0	74.8-100.0	24	47.4	31.9-63.0	25	35.1	12.0-58.1
18-69	40	79.7	62.2-97.2	38	38.6	21.9-55.2	40	53.1	36.9-69.3

Percentage of current users of smokeless tobacco using each of the following products							
Age Group (years)	Women						
	N	% Betel, quid	95% CI	n	% Other	95% CI	
18-30	7	0.0	NA	7	28.3	11.2-45.3	
31-45	8	0.0	NA	8	0.0	0.0-0.0	
46-69	26	0.0	NA	25	3.8	0.0-12.6	
18-69	41	0.0	NA	40	8.4	1.0-15.9	

Percentage of current users of smokeless tobacco using each of the following products									
Age Group (years)	Both Sexes								
	n	% Snuff by mouth	95% CI	n	% Snuff by nose	95% CI	n	% Chewing tobacco	95% CI
18-30	15	64.5	40.1-89.0	15	43.5	13.6-73.3	15	34.4	6.8-62.0
31-45	29	75.6	52.4-98.8	28	56.6	27.3-85.9	29	47.3	22.3-72.3
46-69	41	82.5	67.9-97.1	40	58.8	42.0-75.7	42	30.4	15.4-45.4
18-69	85	75.8	63.8-87.7	83	53.9	39.1-68.7	86	37.6	24.1-51.1

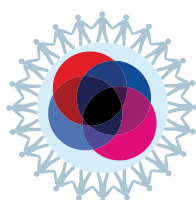
Percentage of current users of smokeless tobacco using each of the following products						
Age Group (years)	Both Sexes					
	n	% Betel, quid	95% CI	n	% Other	95% CI
18-30	15	0.0	NA	15	10.0	0.0-28.8
31-45	30	0.0	NA	30	15.9	0.0-34.8
46-69	43	0.0	NA	42	8.8	0.0-22.1
18-69	88	0.0	NA	87	11.6	2.2-21.0

Analysis Information:

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

Current tobacco users

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?

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
18-30	455	13.4	6.1-20.6		735	0.6	0.0-1.2		1190	6.5	2.4-10.6
31-45	507	29.2	18.7-39.7		734	1.4	0.4-2.4		1241	16.2	9.7-22.8
46-69	493	27.9	21.7-34.0		632	6.2	1.8-10.6		1125	15.9	11.2-20.6
18-69	1455	21.3	16.7-25.8		2101	2.0	0.9-3.1		3556	11.3	8.5-14.0

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
18-30	455	10.4	2.8-17.9		735	0.5	0.0-1.0		1190	5.0	0.9-9.1
31-45	507	25.4	14.4-36.4		734	0.6	0.0-1.2		1241	13.8	7.1-20.6
46-69	493	23.9	17.9-30.0		632	3.3	0.9-5.6		1125	12.5	8.7-16.3
18-69	1455	17.8	13.1-22.6		2101	1.1	0.5-1.7		3556	9.1	6.4-11.8

Analysis Information:

- Questions used : T1, T2, T12, T13
- Epi Info program name: Tdailyuser (unweighted); TdailyuserWT (weighted)

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?

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
18-30	457	15.8	10.2-21.5		739	14.3	7.4-21.2		1196	15.0	10.4-19.6
31-45	508	20.3	8.7-31.9		735	16.6	12.1-21.1		1243	18.6	11.5-25.7
46-69	494	21.7	16.7-26.8		632	18.6	11.6-25.5		1126	20.0	15.7-24.2
18-69	1459	18.4	13.4-23.4		2106	15.8	11.7-19.9		3565	17.1	14.4-19.8

Analysis Information:

- Questions used: T17
- Epi Info program name: Tetshome (unweighted); TetshomeWT (weighted)

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)?

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
18-30	416	39.1	32.3-45.9		640	14.7	9.4-20.0		1056	26.4	20.7-32.1
31-45	464	46.5	36.5-56.5		656	25.8	19.3-32.3		1120	37.0	29.5-44.5
46-69	439	41.6	33.2-49.9		551	20.3	5.1-35.5		990	29.9	19.7-40.2
18-69	1319	42.0	36.6-47.4		1847	18.9	14.8-23.1		3166	30.3	26.3-34.3

Analysis Information:

- Questions used: T18
- Epi Info program name: Tetswork (unweighted); TetsworkWT (weighted)

Analysis Information:

- Questions used: T18c
- Epi Info program name: Tcotinine (unweighted); TcotinineWT (weighted)

Urine cotinine test Description: Percentage of respondents with positive urine cotinine 200 ng/mL test.

Test:

- Spot urine Cotinine test

Urine Cotinine 200 ng/mL test results											
Age Group (years)	Men				Women				Both Sexes		
	n	% Cotinine (+)	95% CI		n	% Cotinine (+)	95% CI		n	% Cotinine (+)	95% CI
18-30	411	15.2	7.7-22.8		619	1.9	0.2-3.6		1030	8.5	3.8-13.2
31-45	464	30.5	19.0-42.1		650	2.9	1.4-4.3		1114	17.9	10.7-25.2
46-69	471	29.1	22.8-35.4		602	9.9	4.7-15.2		1073	19.0	14.1-23.9
18-69	1346	22.9	18.1-27.7		1871	4.0	2.4-5.5		3217	13.5	10.5-16.6

Analysis Information:

- Questions used: T18a
- Epi Info program name: Tcotinine (unweighted); TcotinineWT (weighted)

Urine cotinine test Description: Percentage of respondents with positive urine cotinine 10 ng/mL test.

Test:

- Spot urine Cotinine test

Urine Cotinine 10 ng/mL test results											
Age Group (years)	Men				Women				Both Sexes		
		%			%			%			
	n	Cotinine (+)	95% CI		n	Cotinin e (+)	95% CI		n	Cotinine (+)	95% CI
18-30	411	22.2	15.4-29.1		619	13.4	2.1-24.7		1030	17.8	11.1-24.5
31-45	464	33.9	22.8-45.1		650	9.8	5.4-14.1		1114	22.9	16.1-29.8
46-69	471	36.4	29.5-43.4		602	16.7	11.9-21.4		1073	26.0	21.6-30.5
18-69	1346	28.8	24.2-33.4		1871	13.1	7.5-18.8		3217	21.1	16.9-25.2

Analysis Information:

- Questions used: T1 T12 T17 T18 T18c
- Epi Info program name: Tcotinine (unweighted); TcotinineWT (weighted)

Self-reporting tobacco use vs cotinine test Description: Reported tobacco use vs urine cotinine test crosstabulation

Instrument questions/ test:

- T1. Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Spot urine Cotinine test

Reported tobacco use vs cotinine 200 ng/mL test

Men									
Age Group (years)									
	n	Current user				Non user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	410	12.1	4.1-20.1	3.2	1.1-5.3	1.6	0.0-3.9	83.1	75.6-90.5
31-45	463	26.9	15.2-38.7	3.7	1.1-6.4	3.2	1.0-5.4	66.1	54.9-77.4
46-69	471	24.0	18.0-30.0	5.1	2.9-7.4	2.8	1.1-4.5	68.1	61.4-74.7
18-69	1344	19.2	14.2-24.2	3.8	2.3-5.2	2.4	1.1-3.7	74.6	69.8-79.5

Reported tobacco use vs cotinine 200 ng/mL test									
Women									
Age Group (years)	n	Current user				Non user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	616	0.2	0.0-0.5	1.7	0.1-3.4	0.2	0.0-0.5	97.8	96.1-99.5
31-45	650	0.7	0.0-1.5	2.1	1.0-3.3	0.6	0.0-1.3	96.6	94.9-98.2
46-69	602	6.2	1.4-11.0	3.7	1.9-5.5	0.6	0.0-1.3	89.5	84.2-94.8
18-69	1868	1.7	0.5-2.9	2.3	1.3-3.3	0.4	0.1-0.7	95.6	94.0-97.2

Reported tobacco use vs cotinine 200 ng/mL test									
Both Sexes									
Age Group (years)	n	Current user				Non user			
		% Reported use and Cotinine (+)	95% CI	% No Reported use and Cotinine (+)	95% CI	% Reported use and Cotinine (-)	95% CI	% No Reported use and Cotinine (-)	95% CI
18-30	1026	6.1	1.4-10.8	2.5	0.9-4.1	0.9	0.0-2.1	90.5	85.8-95.2
31-45	1113	15.0	7.6-22.3	3.0	1.4-4.6	2.0	0.8-3.2	80.0	72.9-87.1
46-69	1073	14.6	10.2-19.0	4.4	2.8-5.9	1.7	0.8-2.6	79.3	74.2-84.5
18-69	3212	10.6	7.5-13.7	3.0	2.0-4.1	1.4	0.7-2.1	85.0	81.9-88.1

Alcohol Consumption

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?

Alcohol consumption status									
Men									
Age Group (years)	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
18-30	457	16.4	10.5-22.3	13.6	0.0-29.4	9.1	4.8-13.3	60.9	49.4-72.5
31-45	508	38.3	29.0-47.6	6.5	3.6-9.4	20.8	9.9-31.8	34.3	22.1-46.5
46-69	493	34.0	26.8-41.3	8.4	4.9-11.8	20.5	15.9-25.2	37.1	29.5-44.6
18-69	1458	26.9	21.9-31.9	10.3	2.3-18.3	15.1	10.6-19.5	47.8	39.8-55.7

Alcohol consumption status									
Women									
Age Group (years)	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
18-30	739	8.0	3.9-12.2	3.9	1.8-5.9	14.5	7.4-21.6	73.6	67.3-79.9
31-45	735	17.5	11.8-23.3	3.9	1.6-6.2	13.2	9.2-17.2	65.4	57.4-73.3
46-69	632	17.4	11.2-23.6	5.4	1.6-9.1	18.4	12.3-24.6	58.8	47.8-69.8
18-69	2106	12.5	9.0-16.1	4.2	2.6-5.8	15.0	11.4-18.7	68.3	63.8-72.8

Alcohol consumption status									
Both Sexes									
Age Group (years)	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
18-30	1196	11.9	8.4-15.4	8.3	0.3-16.4	12.0	7.4-16.6	67.8	61.1-74.5
31-45	1243	28.7	22.3-35.0	5.3	3.2-7.4	17.3	12.1-22.5	48.8	42.3-55.2
46-69	1125	24.8	19.7-30.0	6.7	4.0-9.4	19.4	15.3-23.5	49.1	41.0-57.1
18-69	3564	19.4	16.7-22.1	7.1	2.9-11.3	15.0	11.3-18.7	58.4	53.3-63.6

Analysis Information:

- Questions used: A1, A2, A5
- Epi Info program name: Aconsumption (unweighted); AconsumptionWT (weighted)

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 the negative impact of drinking on your health or as per advice of your doctor or other health worker?

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
18-30	45	26.5	9.1-43.8	75	8.7	1.1-16.3	120	14.9	5.2-24.6
31-45	75	23.6	1.9-45.4	102	31.1	20.9-41.3	177	26.3	10.9-41.7
46-69	103	25.8	15.6-36.0	132	49.8	32.4-67.1	235	38.4	26.6-50.3
18-69	223	25.0	13.3-36.7	309	24.7	17.2-32.2	532	24.9	16.7-33.1

Analysis Information:

- Questions used: A1, A2, A3
- Epi Info program name: Astopdrink (unweighted); AstopdrinkWT (weighted)

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?

Frequency of alcohol consumption in the past 12 months													
Men													
Age Group (years)	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
18-30	28(114)	2.5	0.0-5.3	1.7	0.0-3.8	9.9	0.0-20.3	12.9	3.0-22.7	27.6	18.8-36.4	41.7	17.3-66.2
31-45	39(191)	6.2	1.8-10.7	3.3	0.9-5.7	6.7	3.1-10.2	25.0	13.3-36.7	17.6	5.5-29.6	26.6	7.1-46.0
46-69	26(204)	29.2	16.6-41.8	5.6	2.2-9.0	12.1	6.3-17.9	21.3	14.7-27.8	17.4	9.8-25.1	14.4	8.2-20.6
18-69	93(509)	9.7	5.1-14.3	3.2	1.5-4.9	9.1	4.4-13.8	19.4	12.1-26.8	21.5	15.2-27.7	29.9	17.0-42.8

Daily 5-6 days per week 3-4 days per week 1-2 days per week 1-3 days per month less than once a month Never

Frequency of alcohol consumption in the past 12 months													
Women													
Age Group (years)	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
18-30	97	3.6	0.0-7.3	3.3	0.0-7.0	2.6	0.0-5.3	21.1	10.3-32.0	22.3	11.5-33.0	46.6	28.1-65.1
31-45	155	7.3	3.0-11.7	7.9	2.0-13.8	12.6	0.0-28.7	27.4	17.0-37.8	17.1	8.7-25.6	27.8	16.1-39.5
46-69	152	7.7	2.9-12.6	5.6	0.0-12.0	10.5	4.7-16.4	28.4	13.1-43.7	24.2	14.2-34.1	20.6	11.1-30.2
18-69	404	6.1	3.7-8.4	5.5	2.4-8.6	8.2	2.5-14.0	25.3	18.5-32.2	21.1	16.0-26.2	32.7	22.8-42.5

Frequency of alcohol consumption in the past 12 months													
Both Sexes													
Age Group (years)	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
18-30	211	2.8	0.5-5.1	2.2	0.1-4.4	7.6	0.9-14.3	15.5	7.0-23.9	25.9	19.2-32.6	43.3	25.9-60.6
31-45	346	6.6	3.3-9.8	4.6	2.0-7.2	8.4	3.2-13.6	25.7	16.5-34.8	17.4	9.5-25.3	26.9	12.6-41.2
46-69	356	20.6	13.2-28.1	5.6	2.3-8.9	11.5	7.2-15.8	24.1	18.1-30.1	20.1	13.7-26.5	16.9	11.1-22.7
18-69	913	8.5	5.6-11.3	3.9	2.2-5.7	8.8	6.2-11.5	21.4	15.9-26.8	21.3	16.6-26.1	30.8	22.9-38.7

Analysis Information:

- Questions used: A1, A2, A4
- Epi Info program name: Afrequency (unweighted); AfrequencyWT (weighted)

- 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, how many occasions did you have at least one alcoholic drink?

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
18-30	74	6.4	4.3-8.4	61	5.1	No results	135	5.9	4.2-7.5
31-45	141	6.7	4.2-9.2	120	6.9	No results	261	6.7	5.0-8.4
46-69	164	14.3	10.8-17.9	113	9.2	No results	277	12.5	9.2-15.8
18-69	379	8.7	7.4-10.0	294	6.9	No results	673	8.0	7.0-9.1

Analysis Information:

- Questions used: A1, A2, A5, A6
- Epi Info program name: Aoccasions (unweighted); AoccasionsWT (weighted)

- 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?

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
18-30	79	8.4	5.1-11.7	61	3.8	No results	140	6.7	4.5-8.9
31-45	145	6.2	5.2-7.3	120	5.1	No results	265	5.9	5.1-6.7
46-69	164	5.9	4.7-7.0	115	6.9	No results	279	6.2	5.3-7.2
18-69	388	6.8	5.6-8.1	296	5.2	No results	684	6.2	5.4-7.1

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: Anumdrinkperday (unweighted); AnumdrinkperdayWT (weighted)

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?

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
18-30	453	6.8	3.2-10.4	737	3.2	1.4-4.9	1190	4.8	3.0-6.7
31-45	501	17.9	10.7-25.1	732	8.2	3.1-13.3	1233	13.2	8.8-17.6
46-69	489	12.5	8.3-16.6	627	8.9	3.8-14.0	1116	10.5	7.3-13.8
18-69	1443	11.4	8.2-14.5	2096	5.7	3.3-8.1	3539	8.4	6.8-10.0

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
18-30	453	3.2	1.3-5.1	737	3.2	0.0-6.5	1190	3.2	1.2-5.1
31-45	501	6.4	3.0-9.8	732	6.3	3.8-8.9	1233	6.4	4.0-8.8
46-69	489	7.7	4.9-10.5	627	3.5	1.6-5.4	1116	5.4	3.5-7.3
18-69	1443	5.1	3.5-6.7	2096	4.1	2.1-6.1	3539	4.5	3.2-5.9

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
18-30	453	5.3	2.5-8.1	737	1.5	0.5-2.5	1190	3.3	1.8-4.7
31-45	501	9.6	5.3-13.8	732	2.5	0.7-4.3	1233	6.2	3.9-8.5
46-69	489	13.4	6.4-20.3	627	3.6	1.6-5.6	1116	8.0	5.0-10.9
18-69	1443	8.2	6.5-9.9	2096	2.2	1.3-3.1	3539	5.1	4.1-6.0

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

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?

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Men							
Age Group (years)	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
18-30	79	44.3	29.6-59.0	20.9	10.6-31.2	34.7	20.7-48.8
31-45	145	52.8	35.0-70.6	18.9	8.7-29.2	28.3	15.9-40.7
46-69	164	37.1	24.9-49.4	23.0	14.1-32.0	39.8	24.6-55.0
18-69	388	46.1	37.8-54.4	20.6	14.3-26.9	33.3	27.2-39.4

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Women							
Age Group (years)	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
18-30	61	40.6	19.0-62.1	40.2	13.0-67.4	19.3	6.4-32.2
31-45	120	48.0	29.6-66.4	37.2	22.0-52.5	14.8	4.1-25.4
46-69	115	55.8	37.7-73.9	21.8	10.6-33.0	22.4	10.6-34.2
18-69	296	47.6	34.0-61.3	33.9	21.2-46.5	18.5	11.6-25.4

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Both sexes							
Age Group (years)	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
18-30	140	42.9	31.1-54.8	28.2	15.0-41.3	28.9	18.2-39.6
31-45	265	51.3	38.0-64.5	24.7	15.1-34.4	24.0	16.3-31.6
46-69	279	44.0	35.2-52.9	22.6	14.8-30.4	33.4	24.2-42.6
18-69	684	46.6	39.1-54.2	25.3	18.5-32.0	28.1	23.5-32.7

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

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?

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
18-30	74	10.0	7.2-12.8		60	4.4	No results		134	7.8	5.8-9.8
31-45	138	8.0	6.8-9.1		115	7.2	No results		253	7.7	6.8-8.6
46-69	160	8.3	6.9-9.7		107	9.4	No results		267	8.7	7.3-10.1
18-69	372	8.7	7.6-9.8		282	6.8	No results		654	8.0	7.2-8.8

Analysis Information:

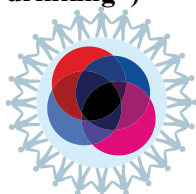
- Questions used: A1, A2, A5, A8
- Epi Info program name: Alargestnum (unweighted); AlargestnumWT (weighted)

Six or more drinks on a single occasion ("heavy episodic drinking")

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?



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
18-30	441	9.1	4.7-13.5		730	1.7	0.6-2.7		1171	5.0	3.0-7.1
31-45	472	17.9	10.3-25.5		720	6.3	2.1-10.6		1192	12.2	7.8-16.6
46-69	476	19.1	12.2-26.0		611	5.6	1.0-10.3		1087	11.6	8.1-15.2
18-69	1389	13.7	9.4-18.0		2061	3.7	1.5-5.9		3450	8.4	6.8-10.0

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

- 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?

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
18-30	67	2.6	No results		54	0.9	No results		121	2.0	1.0-3.0
31-45	116	2.4	No results		108	2.0	No results		224	2.3	1.5-3.1
46-69	151	5.1	No results		99	1.8	No results		250	3.9	2.3-5.4
18-69	334	3.2	No results		261	1.6	No results		595	2.6	2.0-3.3

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

- 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?

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
18-30	82	4.3	0.0-8.7	2.3	0.0-4.9	12.5	4.0-20.9	51.3	35.8-66.7	29.7	14.6-44.9
31-45	147	24.2	0.0-50.1	2.2	0.3-4.1	10.6	4.1-17.1	27.9	13.5-42.3	35.1	13.2-56.9
46-69	166	33.4	18.8-48.1	6.6	2.6-10.7	11.9	6.5-17.2	32.4	22.4-42.5	15.6	6.5-24.8
18-69	395	20.5	7.9-33.1	3.3	1.6-5.0	11.4	7.1-15.8	35.9	25.8-46.0	28.9	18.4-39.3

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
18-30	63	5.5	0.0-13.3	3.8	0.0-8.4	6.7	0.7-12.7	43.9	21.9-66.0	40.0	12.7-67.4
31-45	122	8.2	1.9-14.5	3.2	0.0-6.5	20.2	7.3-33.1	51.5	41.2-61.8	16.9	8.0-25.8
46-69	115	21.5	0.0-43.0	7.2	1.3-13.2	10.9	4.1-17.8	41.7	21.9-61.6	18.6	7.2-30.0
18-69	300	11.0	3.3-18.8	4.6	2.0-7.1	13.0	7.5-18.4	46.1	35.8-56.5	25.3	12.7-37.9

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
18-30	145	4.7	0.8-8.6	2.8	0.5-5.2	10.4	4.4-16.3	48.6	35.3-61.9	33.5	19.0-48.0
31-45	269	19.6	0.1-39.2	2.5	0.7-4.2	13.3	7.3-19.4	34.7	22.0-47.3	29.9	13.8-46.0
46-69	281	29.0	12.7-45.2	6.9	3.4-10.3	11.5	7.0-16.0	35.9	24.5-47.3	16.7	9.3-24.2
18-69	695	17.3	7.9-26.8	3.7	2.2-5.2	12.0	8.5-15.4	39.3	30.7-48.0	27.7	19.8-35.5

Analysis Information:

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

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?

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
18-30	82	1.6	0.6-2.7		63	0.8	No results		145	1.3	0.6-2.0
31-45	147	1.6	0.7-2.4		122	1.5	No results		269	1.5	0.9-2.1
46-69	166	2.6	1.9-3.3		115	2.0	No results		281	2.4	1.9-2.9
18-69	395	1.8	1.3-2.4		300	1.4	No results		695	1.7	1.3-2.0

Analysis Information:

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

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?

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
18-30	82	11.0	4.1-17.8		63	22.5	8.3-36.6	145	15.2 8.6-21.7
31-45	146	11.1	4.5-17.7		121	18.2	10.0-26.4	267	13.1 7.7-18.5
46-69	161	35.5	24.5-46.5		112	44.0	23.3-64.7	273	38.7 26.4-51.0
18-69	389	16.8	10.8-22.7		296	27.0	17.5-36.5	685	20.2 14.7-25.7

Analysis Information:

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

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?

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
18-30	10	1.4	No results		17	0.3	No results	27	0.7 No results
31-45	25	1.9	No results		25	1.0	No results	50	1.5 No results
46-69	62	1.9	No results		49	1.4	No results	111	1.7 No results
18-69	97	1.8	No results		91	1.0	No results	188	1.4 No results

Analysis Information:

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

- 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?

Frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	114	15.9	2.5-29.3	13.0	2.0-24.1	71.1	50.4-91.8
31-45	191	20.4	9.2-31.6	9.5	3.0-16.0	70.1	56.4-83.8
46-69	204	19.5	11.8-27.2	6.8	2.3-11.3	73.7	65.1-82.2
18-69	509	18.4	12.0-24.9	10.3	5.5-15.2	71.2	62.2-80.3

Frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	97	7.2	0.1-14.4	5.7	0.9-10.4	87.1	78.5-95.7
31-45	155	11.0	6.0-16.0	9.2	3.9-14.5	79.8	73.1-86.6
46-69	152	23.8	8.5-39.1	8.1	1.5-14.7	68.0	53.9-82.2
18-69	404	13.3	7.1-19.6	7.6	4.5-10.6	79.1	72.7-85.5

Frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	211	13.1	4.6-21.7	10.7	3.6-17.8	76.2	63.5-88.8
31-45	346	17.6	9.9-25.4	9.4	4.5-14.3	73.0	63.6-82.3
46-69	356	21.2	15.2-27.3	7.4	3.6-11.1	71.4	65.6-77.2
18-69	913	16.8	12.9-20.6	9.4	5.8-13.0	73.8	68.4-79.2

Analysis Information:

- Questions used: A1, A2, A13
- Epi Info program name: Anotabletostop (unweighted); AnotabletostopWT (weighted)

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?

Frequency of failing to do what was normally expected from you during the past 12 months among the past 12-month drinkers							
Age Group (years)	Men						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	114	4.8	0.0-10.0	4.6	0.3-9.0	90.6	82.8-98.5
31-45	191	5.7	1.2-10.2	8.0	1.9-14.1	86.3	78.3-94.3
46-69	204	8.6	3.9-13.4	8.0	3.2-12.8	83.4	76.7-90.1
18-69	509	6.0	2.8-9.1	6.7	3.3-10.0	87.4	82.2-92.6

Frequency of failing to do what was normally expected from you during the past 12 months among the past 12-month drinkers							
Age Group (years)	Women						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	97	3.6	0.0-7.8	2.8	0.0-5.6	93.6	88.1-99.1
31-45	155	3.8	0.9-6.7	6.6	1.7-11.5	89.6	84.5-94.6
46-69	152	6.5	0.0-14.6	3.1	0.9-5.3	90.4	82.4-98.5
18-69	404	4.5	1.7-7.3	4.2	2.1-6.2	91.3	87.2-95.5

Frequency of failing to do what was normally expected from you during the past 12 months among the past 12-month drinkers							
Age Group (years)	Both Sexes						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	211	4.4	0.7-8.1	4.1	1.1-7.0	91.6	86.3-96.9
31-45	346	5.1	1.8-8.4	7.6	3.2-12.0	87.3	81.6-92.9
46-69	356	7.8	3.3-12.2	6.0	3.0-9.1	86.2	80.9-91.4
18-69	913	5.5	3.5-7.5	5.9	3.7-8.0	88.7	85.6-91.7

Analysis Information:

- Questions used: A1, A2, A14
- Epi Info program name: Afailexpected (unweighted); AfailexpectedWT (weighted)

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 have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	114	4.8	0.0-10.1	1.1	0.0-2.9	94.0	88.1-99.9
31-45	191	5.5	2.1-8.8	6.3	1.3-11.3	88.3	81.8-94.7
46-69	204	8.7	3.8-13.5	8.4	3.4-13.4	82.9	76.2-89.7
18-69	509	5.9	3.0-8.9	4.7	2.1-7.4	89.4	84.8-94.0

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	97	3.1	0.0-6.3	2.9	0.0-7.0	94.0	88.9-99.1
31-45	155	3.3	0.0-6.6	6.4	1.3-11.5	90.3	84.2-96.3
46-69	152	10.7	3.4-18.0	0.4	0.0-0.9	88.9	81.6-96.2
18-69	404	5.4	2.6-8.3	3.3	1.0-5.6	91.3	87.8-94.8

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12-month drinkers							
Both Sexes							
Age Group (years)	N	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	211	4.3	0.7-7.9	1.7	0.0-3.6	94.0	89.5-98.5
31-45	346	4.9	2.3-7.4	6.3	2.4-10.2	88.8	83.9-93.8
46-69	356	9.5	5.2-13.8	5.2	2.1-8.2	85.3	80.0-90.6
18-69	913	5.8	3.4-8.1	4.3	2.3-6.2	90.0	86.4-93.6

Analysis Information:

- Questions used: A1, A2, A15
- Epi Info program name: Amorningdrink (unweighted); AmorningdrinkWT (weighted)

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?

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Men							
Age Group (years)	N	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	457	1.7	0.2-3.2	3.0	1.3-4.7	95.3	92.9-97.8
31-45	508	2.2	0.3-4.2	4.7	1.8-7.6	93.1	89.3-96.8
46-69	494	2.2	0.7-3.7	7.6	3.4-11.8	90.2	85.7-94.8
18-69	1459	2.0	1.0-3.0	4.4	2.8-6.0	93.6	91.7-95.6

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Women							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	739	1.3	0.2-2.3	1.8	0.8-2.8	96.9	95.2-98.6
31-45	734	3.0	0.8-5.3	3.8	2.2-5.4	93.2	90.4-96.0
46-69	630	2.8	0.7-4.9	3.1	0.8-5.5	94.0	90.8-97.3
18-69	2103	2.1	1.1-3.1	2.6	1.5-3.7	95.3	93.6-97.0

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Both Sexes							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-30	1196	1.5	0.5-2.4	2.3	1.4-3.3	96.2	94.7-97.7
31-45	1242	2.6	1.1-4.1	4.3	2.5-6.0	93.1	90.6-95.6
46-69	1124	2.5	1.2-3.9	5.1	2.7-7.5	92.3	89.5-95.2
18-69	3562	2.0	1.3-2.8	3.5	2.5-4.4	94.5	93.1-95.9

Analysis Information:

- Question used: A16
- Epi Info program name: Afamproblem (unweighted); AfamproblemWT (weighted)

Diet

Mean number of

Description: mean number of days fruit and vegetables consumed.

days of fruit and vegetable consumption Instrument questions:
 - In a typical week, on how many days do you eat fruit?
 - In a typical week, how many days do you eat vegetables?

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
18-30	446	2.6	2.3-2.9		717	2.8	2.0-3.6		1163	2.7	2.3-3.2
31-45	483	3.0	2.5-3.5		704	2.7	2.5-2.9		1187	2.9	2.6-3.2
46-69	470	2.6	2.1-3.0		597	3.1	2.1-4.1		1067	2.9	2.2-3.5
18-69	1399	2.7	2.4-3.0		2018	2.9	2.4-3.3		3417	2.8	2.5-3.1

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
18-30	455	4.2	3.7-4.6		733	4.1	3.8-4.4		1188	4.1	3.9-4.4
31-45	501	4.2	3.9-4.5		729	4.9	4.6-5.2		1230	4.5	4.3-4.8
46-69	490	4.4	4.0-4.7		626	5.0	4.5-5.6		1116	4.7	4.4-5.1
18-69	1446	4.2	3.9-4.5		2088	4.5	4.3-4.8		3534	4.4	4.2-4.6

Analysis Information:

- Questions used: D1, D3
- Epi Info program name: Ddays (unweighted); DdaysWT (weighted)

Mean number of servings of fruit and

Description: mean number of fruits, vegetables, and combined fruit and vegetable servings on average per day.

- Instrument questions:
- In a typical week, on how many days do you eat fruit?

- vegetable consumption**
- How many fruit servings 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?

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
18-30	445	1.1	0.9-1.3	716	0.9	0.7-1.1	1161	1.0	0.8-1.2
31-45	482	1.0	0.8-1.1	702	0.9	0.7-1.2	1184	1.0	0.8-1.1
46-69	468	1.0	0.5-1.5	596	1.0	0.7-1.3	1064	1.0	0.8-1.3
18-69	1395	1.0	0.9-1.2	2014	0.9	0.8-1.1	3409	1.0	0.9-1.1

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
18-30	452	1.3	1.0-1.5	731	1.3	1.1-1.4	1183	1.3	1.1-1.4
31-45	499	1.3	1.0-1.6	724	1.5	1.3-1.8	1223	1.4	1.2-1.6
46-69	489	1.2	1.1-1.4	624	1.6	1.4-1.8	1113	1.5	1.3-1.6
18-69	1440	1.3	1.1-1.4	2079	1.4	1.3-1.5	3519	1.3	1.2-1.4

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
18-30	456	2.3	2.0-2.7	737	2.0	1.8-2.2	1193	2.2	2.0-2.4
31-45	504	2.2	1.7-2.6	731	2.4	2.0-2.8	1235	2.3	2.0-2.5
46-69	492	2.2	1.6-2.7	628	2.6	2.1-3.0	1120	2.4	2.1-2.7
18-69	1452	2.3	2.0-2.5	2096	2.2	2.0-2.5	3548	2.3	2.1-2.4

Analysis Information:

- Questions used: D1, D2, D3, D4
- Epi Info program name: Dservings (unweighted); DservingsWT (weighted)

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 fruit servings 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?

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
18-30	456	23.6	19.2-27.9	55.0	47.8-62.2	10.4	6.0-14.8	11.0	5.3-16.7
31-45	504	28.5	15.4-41.6	41.6	28.2-55.1	25.8	6.0-45.7	4.0	1.7-6.4
46-69	492	32.7	26.3-39.1	43.3	36.8-49.9	16.5	10.8-22.2	7.4	1.2-13.6
18-69	1452	26.9	21.7-32.1	48.5	41.4-55.5	16.6	9.1-24.1	8.1	5.1-11.0

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
18-30	737	27.2	20.5-34.0	54.4	45.3-63.5	13.1	8.7-17.6	5.2	2.7-7.8
31-45	731	20.9	15.8-26.1	58.9	50.2-67.6	10.5	6.6-14.3	9.7	6.2-13.2
46-69	628	17.0	10.8-23.2	51.7	35.4-68.1	22.6	3.8-41.3	8.7	3.7-13.8
18-69	2096	23.4	19.8-27.0	55.0	49.6-60.4	14.5	9.8-19.1	7.2	4.7-9.6

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
18-30	1193	25.5	21.3-29.8	54.7	48.8-60.6	11.9	8.4-15.3	7.9	4.6-11.2
31-45	1235	25.0	16.7-33.2	49.7	43.6-55.7	18.7	8.6-28.8	6.7	4.3-9.0
46-69	1120	24.0	18.2-29.8	48.0	39.6-56.4	19.9	9.0-30.8	8.2	4.8-11.5
18-69	3548	25.1	21.7-28.4	51.9	48.2-55.5	15.5	11.1-19.9	7.6	5.6-9.5

Analysis Information:

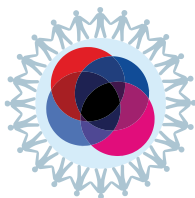
- Questions used: D1, D2, D3, D4
- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Fruit and vegetable consumption per day

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 fruit servings 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?

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
18-30	456	89.0	83.3-94.7		737	94.8	92.2-97.3		1193	92.1	88.8-95.4
31-45	504	96.0	93.6-98.3		731	90.3	86.8-93.8		1235	93.3	91.0-95.7
46-69	492	92.6	86.4-98.8		628	91.3	86.2-96.3		1120	91.9	88.5-95.2
18-69	1452	91.9	89.0-94.9		2096	92.8	90.4-95.3		3548	92.4	90.5-94.4

Analysis Information:

- Questions used: D1, D2, D3, D4

- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

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?

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
18-30	456	22.1	16.9-27.4		738	19.8	14.5-25.1		1194	20.8	17.0-24.7
31-45	508	27.9	19.5-36.3		735	14.9	10.3-19.5		1243	21.9	17.2-26.5
46-69	493	17.6	12.8-22.4		632	10.0	5.8-14.2		1125	13.4	9.7-17.0
18-69	1457	23.2	19.3-27.0		2105	16.4	13.3-19.4		3562	19.6	17.2-22.1

Analysis Information:

Question used: D5

Epi Info program name: Deating (unweighted); DeatingWT (weighted)

Adding salt when cooking Description: Percentage of all respondents who always or often add salt to their food when cooking or preparing food at home.

Instrument question:
How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?

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
18-30	424	46.4	39.9-53.0	738	44.0	36.1-51.9	1162	45.1	39.6-50.5
31-45	470	54.8	39.0-70.5	732	48.5	43.3-53.8	1202	51.8	43.2-60.4
46-69	451	52.8	45.2-60.5	632	42.1	25.6-58.6	1083	46.6	37.4-55.8
18-69	1345	50.4	43.3-57.5	2102	44.8	38.7-50.9	3447	47.4	43.4-51.3

Analysis Information:

Question used: D6

Epi Info program name: Dooking (unweighted); **DcookingWT** (weighted)

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?

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
18-30	456	11.5	7.0-16.1	733	9.2	4.6-13.8	1189	10.3	7.0-13.6
31-45	507	15.7	6.1-25.3	732	10.8	7.1-14.5	1239	13.4	8.4-18.4
46-69	489	9.5	6.0-13.0	629	7.8	4.1-11.4	1118	8.6	6.2-10.9
18-69	1452	12.5	8.4-16.6	2094	9.3	6.5-12.1	3546	10.8	8.7-13.0

Analysis Information:

Question used: D7

Epi Info program name: Dprocessed (unweighted); **DprocessedWT** (weighted)

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?

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
18-30	450	11.7	8.1-15.4		725	10.1	5.7-14.4		1175	10.9	7.9-13.9
31-45	500	18.5	11.3-25.7		720	11.9	7.6-16.2		1220	15.5	11.8-19.1
46-69	487	13.4	9.7-17.1		612	7.0	3.6-10.4		1099	9.8	6.9-12.8
18-69	1437	14.3	11.3-17.2		2057	9.9	6.9-12.8		3494	12.0	10.4-13.6

Self-reported quantity of salt consumed											
Age Group (years)	Men										
	n	% too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-30	450	1.2	0.2-2.3	10.5	6.9-14.1	69.9	56.9-82.9	18.2	6.8-29.5	0.2	0.0-0.4
31-45	500	1.7	0.5-2.9	16.9	9.5-24.3	68.9	61.5-76.2	10.9	6.3-15.6	1.7	0.0-3.6
46-69	487	1.5	0.4-2.6	11.9	8.3-15.4	64.6	58.1-71.1	20.8	13.9-27.6	1.3	0.1-2.5
18-69	1437	1.4	0.7-2.1	12.8	9.9-15.8	68.6	62.6-74.5	16.3	10.8-21.8	0.9	0.2-1.6

Self-reported quantity of salt consumed											
Age Group (years)	Women										
	n	% too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-30	725	0.9	0.2-1.6	9.2	5.0-13.4	64.4	53.7-75.2	24.8	12.2-37.4	0.7	0.0-1.5
31-45	720	3.1	0.7-5.5	8.8	5.5-12.0	61.8	50.1-73.4	25.3	12.0-38.6	1.1	0.2-2.0
46-69	612	0.5	0.0-1.0	6.5	3.2-9.7	63.9	50.6-77.2	28.0	14.6-41.5	1.1	0.3-1.9
18-69	2057	1.4	0.6-2.2	8.5	5.8-11.2	63.6	55.8-71.5	25.6	15.8-35.4	0.9	0.4-1.4

Self-reported quantity of salt consumed											
Age Group (years)	Both Sexes										
	n	% too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-30	1175	1.1	0.4-1.7	9.8	6.9-12.7	67.0	58.7-75.4	21.7	13.0-30.3	0.4	0.0-0.9
31-45	1220	2.3	1.0-3.7	13.1	9.4-16.9	65.6	58.1-73.1	17.5	12.6-22.5	1.4	0.3-2.5
46-69	1099	1.0	0.3-1.6	8.9	6.2-11.6	64.2	55.2-73.2	24.8	15.1-34.4	1.2	0.5-1.9
18-69	3494	1.4	0.9-1.9	10.6	9.0-12.2	66.0	60.7-71.4	21.1	15.4-26.7	0.9	0.5-1.3

Analysis Information:

Question used: D8

Epi Info program name: Dsaltquantity (unweighted); DsaltquantityWT (weighted)

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
18-30	430	35.0	24.6-45.5	34.7	27.7-41.6	30.3	22.0-38.6
31-45	472	47.5	30.4-64.5	30.0	16.7-43.3	22.6	13.7-31.4
46-69	451	37.3	29.9-44.8	31.8	24.3-39.4	30.9	22.4-39.4
18-69	1353	39.5	31.7-47.3	32.6	26.8-38.4	27.9	22.4-33.4

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
18-30	694	32.5	25.1-39.8	38.1	22.8-53.4	29.5	18.7-40.3
31-45	694	36.2	28.5-43.9	28.3	22.0-34.7	35.5	23.5-47.5
46-69	589	36.0	23.3-48.8	34.9	21.3-48.6	29.0	11.4-46.7
18-69	1977	34.2	28.8-39.6	34.8	26.7-43.0	31.0	22.3-39.6

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
18-30	1124	33.6	27.4-39.8	36.5	27.7-45.3	29.9	23.0-36.7
31-45	1166	42.2	34.9-49.4	29.2	20.3-38.1	28.6	24.3-33.0
46-69	1040	36.6	28.3-44.9	33.6	25.8-41.3	29.8	19.7-40.0
18-69	3330	36.7	32.9-40.5	33.8	28.1-39.5	29.5	24.7-34.3

Analysis Information:

Question used: D9

Epi Info program name: Dlower (unweighted); DlowerWT (weighted)

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?

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
18-30	457	73.5	64.1-82.9	739	78.1	72.1-84.2	1196	76.0	70.5-81.5
31-45	508	79.4	71.7-87.0	735	84.1	79.6-88.6	1243	81.6	76.2-86.9
46-69	494	71.4	64.6-78.1	632	75.9	62.9-88.9	1126	73.9	66.7-81.0
18-69	1459	75.0	69.5-80.5	2106	79.2	74.3-84.1	3565	77.2	74.3-80.1

Analysis Information:

Question used: D10

Epi Info program name: Dhealth (unweighted); DhealthWT (weighted)

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?

Limit consumption of processed foods									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	457	39.3	33.4-45.1	739	31.8	20.7-42.8	1196	35.2	28.5-41.9
31-45	508	45.1	35.6-54.6	735	39.8	31.4-48.3	1243	42.6	36.8-48.5
46-69	494	46.9	38.7-55.0	632	51.3	35.3-67.3	1126	49.3	40.7-58.0
18-69	1459	42.6	37.4-47.8	2106	38.1	27.9-48.3	3565	40.3	35.2-45.3

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
18-30	457	15.2	9.4-21.0	739	15.8	9.3-22.4	1196	15.5	11.3-19.8
31-45	508	18.7	9.3-28.0	735	15.8	11.6-19.9	1243	17.3	11.3-23.3
46-69	494	12.7	8.7-16.8	632	25.5	7.2-43.9	1126	19.8	8.9-30.7
18-69	1459	15.9	11.5-20.2	2106	17.9	11.5-24.3	3565	16.9	12.6-21.2

Buy low salt/sodium alternatives									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	457	30.8	21.7-39.9	739	29.5	19.0-40.0	1196	30.1	23.2-37.1
31-45	508	39.9	29.4-50.5	735	35.3	29.8-40.9	1243	37.8	30.7-44.9
46-69	494	40.3	32.0-48.7	632	44.0	27.5-60.4	1126	42.4	33.0-51.8
18-69	1459	35.6	28.5-42.7	2106	34.2	26.7-41.6	3565	34.8	30.3-39.3

Use spices other than salt when cooking									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	457	15.0	10.9-19.2	739	12.2	7.3-17.1	1196	13.5	10.0-17.0
31-45	508	11.4	6.8-16.1	735	14.7	10.4-19.0	1243	12.9	8.9-17.0
46-69	494	14.6	10.5-18.7	632	17.4	10.0-24.7	1126	16.1	11.6-20.6
18-69	1459	13.8	10.7-16.9	2106	14.0	9.8-18.1	3565	13.9	10.8-16.9

Avoid eating food prepared outside of a home									
Age Group (years)	Men			Women			Both Sexes		
	N	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	457	28.1	19.8-36.4	739	32.3	21.4-43.2	1196	30.4	23.5-37.2
31-45	508	37.1	27.1-47.0	735	41.0	35.5-46.5	1243	38.9	32.4-45.3
46-69	494	41.7	34.8-48.7	632	35.6	23.4-47.8	1126	38.3	31.4-45.2
18-69	1459	33.6	27.4-39.8	2106	35.3	28.0-42.6	3565	34.5	30.5-38.5

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
18-30	457	6.7	2.9-10.5	739	3.9	2.0-5.7	1196	5.2	3.0-7.3
31-45	508	17.7	4.7-30.7	735	4.8	2.8-6.7	1243	11.7	4.3-19.1
46-69	494	7.6	4.4-10.7	632	5.0	2.3-7.6	1126	6.1	4.0-8.2
18-69	1459	10.5	5.6-15.3	2106	4.3	2.8-5.9	3565	7.3	4.5-10.0

Analysis Information:

Questions used: D11a-f

Epi Info program name: Dcontrol (unweighted); DcontrolWT (weighted)

Physical Activity

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.

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:

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

WHO global recommendations 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 on 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.

**Former
recommendations
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

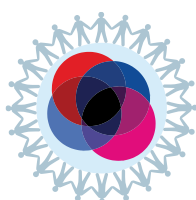
A person does not meet the criteria for the "high" category, but meeting any of the following criteria is classified in this category:

- 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 into this category.

**Not meeting WHO
recommendations on
physical activity for
health ("Insufficient
physical activity")**



Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent).

Instrument questions

- activity at work
- travel to and from places
- recreational activities

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
18-30	446	0.8	0.1-1.5		720	1.0	0.2-1.9	1166	0.9
31-45	493	2.2	0.4-4.1		720	2.6	0.8-4.3	1213	2.4
46-69	486	4.6	1.8-7.5		616	3.0	1.1-4.9	1102	3.7
18-69	1425	2.0	1.0-2.9		2056	1.9	1.0-2.8	3481	1.9

Analysis Information:

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

Levels of total physical activity according to former recommendations

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

Level of total physical activity according to former recommendations							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-30	446	2.6	0.0-5.3	4.5	1.7-7.4	92.9	88.9-96.9
31-45	493	11.6	0.0-24.6	5.6	2.6-8.5	82.8	70.7-95.0
46-69	486	6.0	2.9-9.2	11.3	3.9-18.7	82.7	75.0-90.4
18-69	1425	6.2	1.3-11.0	6.1	3.9-8.4	87.7	82.7-92.7

Level of total physical activity according to former recommendations							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-30	720	9.0	0.9-17.0	20.1	6.5-33.7	70.9	59.4-82.4
31-45	720	4.0	1.9-6.2	15.4	8.4-22.3	80.6	73.8-87.4
46-69	616	4.8	2.2-7.4	12.3	5.6-19.1	82.8	74.9-90.8
18-69	2056	6.8	2.8-10.7	17.2	10.0-24.4	76.0	69.1-82.9

Level of total physical activity according to former recommendations							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-30	1166	6.0	1.1-10.9	12.9	5.1-20.7	81.1	73.0-89.2
31-45	1213	8.1	1.2-14.9	10.1	7.2-13.1	81.8	72.8-90.8
46-69	1102	5.4	3.3-7.5	11.9	6.3-17.5	82.8	76.6-88.9
18-69	3481	6.5	2.2-10.8	11.9	7.7-16.1	81.6	76.1-87.1

Analysis Information:

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

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

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
18-30	446	364.4	327.1-401.6		720	253.1	218.9-287.4		1166	304.6	271.7-337.4
31-45	493	438.3	352.5-524.1		720	317.6	295.2-340.0		1213	381.8	332.4-431.3
46-69	486	336.4	304.0-368.8		616	326.1	281.3-370.9		1102	330.7	302.8-358.6
18-69	1425	383.2	346.8-419.5		2056	285.8	262.8-308.7		3481	332.5	309.4-355.7

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

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
18-30		317.1	(188.6-482.1)		210.0	(105.7-360.0)		259.3	(132.9-411.4)
31-45		341.4	(180.0-580.0)		278.6	(142.9-462.9)		300.0	(180.0-510.0)
46-69		287.1	(167.1-462.9)		270.0	(175.7-437.1)		282.9	(171.4-448.6)
18-69		317.1	(180.0-500.0)		240.0	(120.0-398.6)		274.3	(147.9-445.7)

Analysis Information:

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

Domain-specific physical activity-mean Description: Mean minutes spent on work-, transport- and recreation-related physical activity on average per day.

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

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
18-30	446	250.0	215.4-284.7		720	194.7	161.6-227.8		1166	220.3	192.3-248.3
31-45	493	297.5	241.8-353.1		720	246.0	226.5-265.5		1213	273.4	241.2-305.5
46-69	486	239.8	210.6-269.1		616	245.9	187.2-304.6		1102	243.2	212.1-274.2
18-69	1425	263.6	238.2-288.9		2056	219.2	196.8-241.6		3481	240.5	221.3-259.7

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
18-30	446	68.0	57.7-78.3		720	53.2	47.4-59.1		1166	60.1	54.2-66.0
31-45	493	117.3	70.7-163.8		720	63.6	54.8-72.5		1213	92.2	66.9-117.5
46-69	486	81.2	69.3-93.1		616	75.4	49.8-101.1		1102	78.0	63.4-92.6
18-69	1425	86.5	66.7-106.3		2056	60.7	53.3-68.2		3481	73.1	64.4-81.9

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
18-30	446	46.4	37.7-55.0		720	5.2	3.0-7.3		1166	24.2	18.7-29.7
31-45	493	23.6	13.4-33.7		720	8.0	4.7-11.2		1213	16.3	10.5-22.0
46-69	486	15.3	8.6-22.1		616	4.7	1.6-7.9		1102	9.5	6.6-12.3
18-69	1425	33.1	28.4-37.7		2056	5.8	3.9-7.7		3481	18.9	15.5-22.4

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Pssetspecific (unweighted); PssetspecificWT (weighted)

Domain-specific physical activity - median Description: Median minutes spent on average per day on work-, transport- and recreation-related physical activity.

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Median minutes of work-related physical activity on average per day									
Age Group (years)	Men			n	Women			Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes
18-30		180.0	(96.4-360.0)			154.3	(60.0-300.0)		180.0
31-45		235.7	(102.9-471.4)			210.0	(85.7-360.0)		222.9
46-69		205.7	(75.0-360.0)			214.3	(60.0-360.0)		210.0
18-69		205.7	(98.6-381.4)			180.0	(60.0-325.7)		192.9

Median minutes of transport-related physical activity on average per day									
Age Group (years)	Men			n	Women			Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes
18-30		42.9	(21.4-90.0)			30.0	(12.9-60.0)		34.3
31-45		60.0	(20.0-150.0)			40.0	(21.4-68.6)		51.4
46-69		60.0	(25.7-120.0)			60.0	(25.7-120.0)		60.0
18-69		51.4	(21.4-120.0)			40.0	(17.1-68.6)		45.0

Median minutes of recreation-related physical activity on average per day									
Age Group (years)	Men			n	Women			Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes
18-30		20.0	(0.0-68.6)			0.0	(0.0-0.0)		0.0
31-45		0.0	(0.0-25.7)			0.0	(0.0-0.0)		0.0
46-69		0.0	(0.0-4.3)			0.0	(0.0-0.0)		0.0
18-69		4.3	(0.0-51.4)			0.0	(0.0-0.0)		0.0

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Pssetspecific (unweighted); PssetspecificmedianWT (weighted)

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

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
18-30	446	5.3	1.9-8.8		720	6.4	1.1-11.6		1166	5.9	2.6-9.1
31-45	493	11.9	0.2-23.5		720	5.3	2.4-8.2		1213	8.8	2.2-15.4
46-69	486	11.6	4.8-18.3		616	5.6	1.5-9.8		1102	8.3	5.1-11.5
18-69	1425	8.6	4.2-13.0		2056	5.9	3.4-8.5		3481	7.2	4.7-9.7

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
18-30	446	4.8	1.4-8.2		720	6.0	2.7-9.4		1166	5.5	3.1-7.9
31-45	493	13.2	0.4-25.9		720	5.7	3.2-8.1		1213	9.7	3.1-16.3
46-69	486	5.0	1.8-8.3		616	4.7	2.1-7.2		1102	4.8	2.8-6.9
18-69	1425	7.6	2.6-12.5		2056	5.7	3.5-7.8		3481	6.6	4.6-8.6

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
18-30	446	33.1	27.7-38.5		720	81.5	74.3-88.6		1166	59.1	50.6-67.6
31-45	493	59.3	49.4-69.3		720	81.5	76.4-86.5		1213	69.7	64.5-74.9
46-69	486	72.4	65.0-79.8		616	89.6	85.0-94.2		1102	81.9	78.1-85.7
18-69	1425	49.1	44.4-53.7		2056	83.2	78.1-88.3		3481	66.8	62.4-71.2

Analysis Information:

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

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

Composition of total physical activity							
Men							
Age Group (years)	N	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-30	446	62.1	57.9-66.4	22.0	19.0-25.0	15.9	12.3-19.6
31-45	485	64.7	56.0-73.5	28.1	18.3-37.8	7.2	5.4-9.0
46-69	481	64.2	58.8-69.7	30.1	26.2-34.1	5.7	3.2-8.1
18-69	1412	63.4	59.8-66.9	25.5	22.0-29.0	11.2	9.4-13.0

Composition of total physical activity							
Women							
Age Group (years)	N	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-30	716	68.8	59.8-77.7	28.1	18.7-37.4	3.2	1.4-5.0
31-45	714	71.1	67.6-74.6	25.4	21.8-29.0	3.5	2.2-4.9
46-69	609	68.6	57.1-80.0	30.2	18.5-41.9	1.3	0.7-1.9
18-69	2039	69.3	64.1-74.6	27.8	22.2-33.4	2.9	1.7-4.0

Composition of total physical activity							
Both Sexes							
Age Group (years)	N	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-30	1162	65.7	60.5-70.9	25.2	19.6-30.9	9.1	6.5-11.7
31-45	1199	67.7	62.8-72.7	26.8	21.6-32.1	5.5	4.4-6.5
46-69	1090	66.6	60.6-72.6	30.1	23.8-36.5	3.2	2.2-4.3
18-69	3451	66.5	63.1-69.8	26.7	23.2-30.2	6.9	5.5-8.2

Analysis Information:

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

No vigorous physical activity Description: Percentage of respondents not engaging in vigorous physical activity.

Instrument questions:

- activity at work
- recreational activities

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
18-30	446	9.8	5.3-14.3		720	56.0	41.3-70.7		1166	34.7
31-45	493	26.6	12.9-40.2		720	38.2	32.2-44.2		1213	32.0
46-69	486	21.8	15.3-28.2		616	50.4	35.9-64.9		1102	37.6
18-69	1425	17.5	11.4-23.6		2056	50.1	39.7-60.5		3481	34.5

Analysis Information:

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

Sedentary Description: Minutes spent in sedentary activities on a typical day.

Instrument question:

- sedentary behaviour

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)
18-30	457	125.3	114.3-136.3	120.0	(60.0-180.0)
31-45	508	135.0	107.6-162.4	120.0	(60.0-180.0)
46-69	494	131.7	120.3-143.0	120.0	(60.0-180.0)
18-69	1459	129.7	118.4-141.0	120.0	(60.0-180.0)

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)
18-30	739	136.7	122.9-150.5	120.0	(60.0-180.0)
31-45	735	132.8	113.4-152.2	120.0	(60.0-180.0)
46-69	632	130.9	118.7-143.1	120.0	(60.0-180.0)
18-69	2106	134.4	123.9-145.0	120.0	(60.0-180.0)

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)
18-30	1196	131.5	122.7-140.2	120.0	(60.0-180.0)
31-45	1243	134.0	122.8-145.2	120.0	(60.0-180.0)
46-69	1126	131.3	123.4-139.1	120.0	(60.0-180.0)
18-69	3565	132.2	126.5-137.9	120.0	(60.0-180.0)

Analysis Information:

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

History of Raised Blood Pressure

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?

Blood pressure measurement and diagnosis									
Men									
Age Group (years)	N	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	457	83.5	76.3-90.8	11.9	6.6-17.1	2.0	0.0-5.2	2.7	0.0-7.1
31-45	508	78.4	70.4-86.3	17.5	10.5-24.6	1.9	0.6-3.3	2.2	0.0-4.8
46-69	494	60.8	53.3-68.3	28.1	22.3-34.0	2.8	0.0-5.6	8.3	3.6-13.1
18-69	1459	77.6	72.9-82.2	16.8	12.7-20.8	2.1	0.4-3.8	3.6	1.2-5.9

Blood pressure measurement and diagnosis									
Women									
Age Group (years)	N	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	739	54.5	44.9-64.1	36.2	28.5-43.9	2.0	0.6-3.4	7.4	0.0-15.5
31-45	735	44.9	39.9-49.8	43.2	38.8-47.5	6.5	3.5-9.5	5.4	3.2-7.7
46-69	632	34.1	22.0-46.1	43.4	27.7-59.2	12.3	7.2-17.4	10.2	6.1-14.3
18-69	2106	47.6	40.9-54.2	39.6	34.3-44.8	5.4	3.8-6.9	7.5	3.8-11.2

Blood pressure measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	1196	67.9	60.5-75.2	25.0	20.2-29.7	2.0	0.1-3.9	5.2	0.1-10.3
31-45	1243	62.8	56.6-68.9	29.5	24.9-34.0	4.1	2.3-5.8	3.7	1.9-5.5
46-69	1126	46.0	37.6-54.5	36.6	26.8-46.4	8.0	5.2-10.9	9.4	6.3-12.4
18-69	3565	62.0	57.4-66.5	28.6	24.8-32.4	3.8	2.6-5.0	5.6	3.4-7.8

Analysis Information:

- Questions used: H1, H2a, H2b
- Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

- 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?

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
18-30	11	0.0	0.0-0.0	43	1.3	0.0-3.2	54	0.9	0.0-2.1
31-45	21	9.4	0.0-26.9	89	11.2	3.9-18.6	110	10.7	3.8-17.6
46-69	59	42.0	13.8-70.2	164	31.3	19.3-43.3	223	34.4	24.3-44.5
18-69	91	17.7	1.3-34.1	296	15.0	6.8-23.2	387	15.8	8.6-22.9

Analysis Information:

- Questions used: H1, H2a, H3
- Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

- 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?

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
18-30	11	0.0	0.0-0.0		43	2.1	0.0-5.2		54	1.5	0.0-3.4
31-45	21	5.3	0.0-15.9		89	7.2	1.2-13.2		110	6.7	1.5-11.8
46-69	59	10.5	2.9-18.1		164	18.3	2.3-34.2		223	16.0	4.0-28.1
18-69	91	5.1	1.1-9.2		296	9.4	5.8-13.0		387	8.2	5.0-11.4

Currently taking herbal or traditional remedies 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
18-30	11	0.0	0.0-0.0		43	0.9	0.0-2.7		54	0.7	0.0-1.8
31-45	21	4.6	0.0-14.9		89	8.5	1.8-15.3		110	7.4	1.8-13.0
46-69	59	6.1	0.8-11.5		164	13.3	6.3-20.4		223	11.3	5.7-16.9
18-69	91	3.4	0.2-6.6		296	7.4	2.8-12.1		387	6.3	3.0-9.6

Analysis Information:

- Questions used: H1, H2a, H4, H5

- Epi Info program name: Hraisedbptrad (unweighted); HraisedbptradWT (weighted)

History of Diabetes

- 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?

Blood sugar measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	457	92.2	86.7-97.7	7.5	2.0-13.0	0.3	0.0-0.9	0.0	0.0-0.0
31-45	508	93.0	89.8-96.1	7.0	3.9-10.2	0.0	0.0-0.0	0.0	0.0-0.0
46-69	494	75.5	68.1-83.0	21.1	13.7-28.6	0.8	0.1-1.5	2.6	0.6-4.5
18-69	1459	89.3	85.9-92.7	9.9	6.6-13.2	0.3	0.0-0.6	0.5	0.1-0.9

Blood sugar measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	739	93.1	90.1-96.1	6.9	3.9-9.8	0.0	0.0-0.0	0.1	0.0-0.2
31-45	735	81.4	75.0-87.8	17.7	11.3-24.1	0.3	0.0-0.6	0.7	0.0-1.4
46-69	632	81.1	74.9-87.4	17.0	11.1-23.0	0.4	0.0-0.8	1.4	0.4-2.5
18-69	2106	87.4	85.1-89.8	11.9	9.6-14.2	0.2	0.0-0.3	0.5	0.2-0.8

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
18-30	1196	92.7	89.2-96.1	7.2	3.8-10.6	0.1	0.0-0.4	0.0	0.0-0.1
31-45	1243	87.6	84.8-90.3	12.0	9.3-14.7	0.1	0.0-0.3	0.3	0.0-0.7
46-69	1126	78.6	73.2-84.1	18.9	13.6-24.1	0.6	0.2-0.9	1.9	0.8-3.1
18-69	3565	88.3	86.0-90.6	10.9	8.7-13.2	0.2	0.1-0.4	0.5	0.2-0.8

Analysis Information:

- Questions used: H6, H7a, H7b
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

- 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?

Currently taking drugs (medication) 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
18-30	1	100.0	100.0-100.0	1	0.0	0.0-0.0	2	79.2	31.6-100.0
31-45	0	0	0	8	59.1	16.1-100.0	8	59.1	17.2-100.0
46-69	18	32.4	0.8-64.0	22	66.7	34.7-98.7	40	46.2	23.1-69.3
18-69	19	44.9	7.3-82.5	31	60.5	34.6-86.3	50	52.5	31.8-73.2

Currently taking insulin 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
18-30	1	100.0	100.0-100.0	1	0.0	0.0-0.0	2	79.2	31.6-100.0
31-45	0	0	0	8	34.0	0.0-85.0	8	34.0	0.0-83.7
46-69	18	32.9	0.0-72.9	22	29.9	2.2-57.5	40	31.7	7.6-55.8
18-69	19	45.3	4.9-85.7	31	29.9	7.7-52.1	50	37.8	14.4-61.1

Analysis Information:

- Questions used: H6, H7a, H8, H9
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

Diabetes advice by traditional healer

Description: Percentage of respondents who 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?

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
18-30	1	100.0	100.0-100.0	1	0.0	0.0-0.0	2	79.2	31.6-100.0
31-45	0	0	0	8	3.1	0.0-9.9	8	3.1	0.0-9.7
46-69	18	26.1	0.0-55.6	22	40.3	13.0-67.5	40	31.8	12.8-50.8
18-69	19	39.7	4.2-75.3	31	24.4	4.6-44.3	50	32.3	12.1-52.5

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
18-30	1	100.0	100.0-100.0	1	0.0	0.0-0.0	2	0.0	0.0-0.0
31-45	0	0	0	8	3.1	0.0-9.9	8	3.1	0.0-9.7
46-69	18	6.8	0.0-14.7	22	24.4	0.0-52.8	40	13.9	1.9-26.0
18-69	19	5.6	0.0-12.0	31	15.3	0.0-34.2	50	10.3	1.5-19.1

Analysis Information:

- Questions used: H6, H7a, H10, H11
- Epi Info program name: Hdiabetestrad (unweighted); HdiabetestradWT (weighted)

History of Raised Total Cholesterol

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									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	457	96.6	93.3-99.9	2.0	0.0-4.1	0.2	0.0-0.5	1.3	0.0-3.7
31-45	508	97.9	96.2-99.7	1.3	0.0-2.7	0.1	0.0-0.3	0.7	0.0-1.7
46-69	494	96.7	94.3-99.2	1.0	0.1-1.9	0.7	0.0-1.4	1.6	0.0-3.7
18-69	1459	97.1	95.3-98.8	1.6	0.4-2.7	0.3	0.0-0.5	1.1	0.0-2.4

Total cholesterol measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	739	99.2	98.4-99.9	0.8	0.1-1.5	0.0	0.0-0.0	0.0	0.0-0.1
31-45	735	93.7	86.2-100.0	5.6	0.0-13.2	0.3	0.0-0.7	0.4	0.0-0.9
46-69	632	95.8	91.9-99.8	2.7	0.0-6.1	1.3	0.0-3.1	0.2	0.0-0.5
18-69	2106	97.0	95.2-98.8	2.5	0.6-4.3	0.3	0.0-0.8	0.2	0.0-0.3

Total cholesterol measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-30	1196	98.0	96.4-99.6	1.3	0.3-2.4	0.1	0.0-0.2	0.6	0.0-1.7
31-45	1243	96.0	92.7-99.2	3.3	0.0-6.6	0.2	0.0-0.4	0.6	0.0-1.1
46-69	1126	96.2	93.8-98.6	1.9	0.0-3.8	1.0	0.0-2.1	0.9	0.0-1.8
18-69	3565	97.0	95.8-98.3	2.0	0.9-3.1	0.3	0.1-0.5	0.6	0.0-1.3

Analysis Information:

- Questions used: H12, H13a, H13b
- Epi Info program name: Hchol (unweighted); HcholWT (weighted)

- 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?

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
18-30	2	0.0	NA	1	100.0	100.0-100.0	3	1.6	0.0-6.1
31-45	4	0.0	NA	6	21.5	0.0-67.1	10	9.4	0.0-30.3
46-69	8	0.0	NA	10	2.7	0.0-9.5	18	1.2	0.0-3.8
18-69	14	0.0	NA	17	11.3	0.0-32.9	31	3.3	0.0-9.2

Analysis Information:

- Questions used: H12, H13a, H14
- Epi Info program name: Hchol (unweighted); HcholWT (weighted)

- Cholesterol advice by traditional healer** Description: Percentage of respondents who 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?

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
18-30	2	0.0	0.0-0.0	1	0.0	0.0-0.0	3	0.0
31-45	4	0.0	0.0-0.0	6	42.4	0.0-87.3	10	18.6
46-69	8	10.4	0.0-21.7	10	0.9	0.0-3.1	18	6.2
18-69	14	3.3	0.4-6.1	17	15.6	0.0-42.7	31	6.8

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
18-30	2	0.0	0.0-0.0	1	0.0	0.0-0.0	3	0.0
31-45	4	0.0	0.0-0.0	6	0.0	0.0-0.0	10	0.0
46-69	8	10.4	0.0-21.7	10	0.9	0.0-3.1	18	6.2
18-69	14	3.3	0.4-6.1	17	0.5	0.0-1.8	31	2.5

Analysis Information :

- Questions used: H12, H13a, H15, H16
- Epi Info program name: Hcholtrad (unweighted); HcholtradWT (weighted)

History of Cardiovascular Diseases

History of cardiovascular 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)?

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
18-30	457	3.1	0.9-5.4	739	10.0	2.3-17.7	1196	6.8
31-45	508	3.9	1.1-6.8	735	9.9	6.6-13.1	1243	6.7
46-69	494	7.8	4.8-10.9	632	14.7	7.8-21.6	1126	11.6
18-69	1459	4.3	2.9-5.7	2106	11.0	6.1-15.8	3565	7.8

Analysis Information:

- Question used: H17
- Epi Info program name: Hcvd (unweighted); HcvdWT (weighted)

- 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?

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
18-30	457	0.2	0.0-0.5	739	0.0	0.0-0.0	1196	0.1	0.0-0.3
31-45	508	0.2	0.0-0.6	735	0.3	0.0-0.7	1243	0.3	0.0-0.5
46-69	494	1.3	0.3-2.4	632	1.5	0.4-2.7	1126	1.5	0.6-2.3
18-69	1459	0.4	0.1-0.7	2106	0.4	0.2-0.7	3565	0.4	0.2-0.6

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
18-30	457	0.0	0.0-0.0	739	0.1	0.0-0.3	1196	0.1	0.0-0.1
31-45	508	0.2	0.0-0.5	735	0.4	0.0-0.8	1243	0.3	0.0-0.6
46-69	494	1.1	0.1-2.0	632	0.9	0.0-1.9	1126	1.0	0.2-1.7
18-69	1459	0.3	0.1-0.5	2106	0.3	0.1-0.6	3565	0.3	0.1-0.5

Analysis Information:

- Questions used: H18, H19
- Epi Info program name: Hcvdmeds (unweighted); HcvdmedsWT (weighted)

Lifestyle Advice

Lifestyle advice Description: Percentage of respondents who received lifestyle advice from a doctor or health worker during the past three years among all respondents.

Instrument question:

- During the past three years, has a doctor or other health worker advised you to do any of the following?

Advised by doctor or health worker to quit using tobacco or don't start									
Age Group (years)	Men			Women			Both Sexes		
	N	% advised	95% CI	N	% advised	95% CI	n	% advised	95% CI
18-30	154	10.0	3.3-16.6	389	7.9	3.6-12.2	543	8.7	5.1-12.3
31-45	169	15.1	7.0-23.1	350	9.1	4.9-13.4	519	11.5	7.2-15.7
46-69	195	16.2	9.3-23.1	304	9.1	2.9-15.3	499	11.7	6.1-17.3
18-69	518	12.6	8.1-17.2	1043	8.5	5.0-12.0	1561	10.1	7.2-13.1

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
18-30	154	11.6	4.5-18.8	389	17.5	10.2-24.8	543	15.1	10.3-20.0
31-45	169	18.1	10.7-25.5	350	28.7	14.2-43.2	519	24.5	14.9-34.2
46-69	195	30.9	21.1-40.7	304	24.7	11.4-37.9	499	26.9	16.1-37.8
18-69	518	17.7	12.2-23.2	1043	22.0	17.9-26.1	1561	20.3	17.0-23.6

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
18-30	154	43.7	28.0-59.5	389	50.1	41.9-58.2	543	47.5	39.1-55.9
31-45	169	37.2	27.2-47.2	350	54.2	43.4-65.0	519	47.5	39.0-56.0
46-69	195	43.1	32.3-53.9	304	40.7	23.3-58.0	499	41.6	30.6-52.6
18-69	518	42.0	32.5-51.6	1043	48.5	41.7-55.3	1561	46.0	40.1-51.9

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
18-30	154	25.9	12.2-39.5	389	36.5	25.5-47.5	543	32.2	23.2-41.3
31-45	169	21.2	13.6-28.9	350	38.8	26.0-51.7	519	31.9	22.6-41.2
46-69	195	25.5	16.1-34.8	304	27.6	12.8-42.4	499	26.8	16.1-37.6
18-69	518	24.7	16.7-32.7	1043	34.7	27.6-41.7	1561	30.8	25.0-36.5

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
18-30	154	39.0	23.8-54.3	389	41.1	20.5-61.6	543	40.2	26.1-54.4
31-45	169	18.0	10.2-25.8	350	37.2	23.7-50.8	519	29.7	20.0-39.3
46-69	195	39.6	28.4-50.7	304	21.4	9.3-33.4	499	28.0	16.8-39.1
18-69	518	34.2	25.4-43.1	1043	35.0	23.2-46.7	1561	34.7	26.9-42.5

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
18-30	154	16.2	3.3-29.2	389	8.9	4.3-13.5	543	11.8	5.9-17.7
31-45	169	18.2	10.4-25.9	350	18.0	11.8-24.2	519	18.1	13.3-22.9
46-69	195	25.1	13.3-36.9	304	18.9	7.5-30.3	499	21.1	11.0-31.3
18-69	518	18.8	11.2-26.4	1043	13.6	8.4-18.8	1561	15.6	11.0-20.3

Advised by doctor or health worker to advised 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
18-30	154	21.4	8.7-34.1	389	14.4	8.1-20.7	543	17.2	10.8-23.6
31-45	169	21.1	12.6-29.6	350	33.0	18.8-47.2	519	28.3	18.4-38.2
46-69	195	23.4	14.0-32.9	304	20.2	8.5-31.9	499	21.4	12.5-30.3
18-69	518	21.8	14.2-29.4	1043	20.2	16.4-24.0	1561	20.8	16.9-24.8

Analysis Information:

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

Cervical Cancer Screening

Cervical cancer screening

Description: Percentage of female respondents who have ever had a screening test for cervical cancer among all female respondents.

Instrument question:

- 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
18-30	726	6.6	3.3-9.8
31-45	726	14.2	10.1-18.2
46-69	622	13.3	7.8-18.9
18-69	2074	10.0	6.9-13.1

Analysis Information:

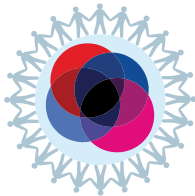
- Question used: CX1
 - Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)
-

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	954	13.7	10.4-17.0

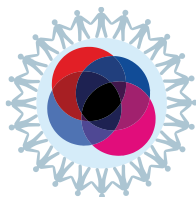
Analysis Information:

- Question used: CX1
 - Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)
-

Physical Measurements

Blood pressure

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

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	N	Mean	95% CI	n	Mean	95% CI
18-30	453	121.8	120.1-123.5	733	116.1	114.9-117.3	1186	118.7	117.8-119.7
31-45	503	127.5	124.1-130.8	727	123.6	121.4-125.9	1230	125.7	124.0-127.3
46-69	491	134.9	131.4-138.5	629	138.5	133.0-144.1	1120	136.8	134.2-139.4
18-69	1447	126.1	124.1-128.2	2089	122.5	121.0-123.9	3536	124.3	123.3-125.2

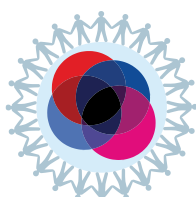
Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	N	Mean	95% CI	n	Mean	95% CI
18-30	453	75.4	73.4-77.3	733	76.5	75.5-77.5	1186	76.0	74.9-77.1
31-45	503	80.5	78.4-82.7	727	82.7	81.2-84.1	1230	81.5	80.3-82.7
46-69	491	83.5	81.1-86.0	629	86.7	84.9-88.5	1120	85.2	83.8-86.6
18-69	1447	78.6	77.1-80.1	2089	80.1	79.4-80.9	3536	79.4	78.6-80.2

Analysis Information:

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

Raised blood pressure

Description: Percentage of respondents with raised blood pressure.



Instrument question:

- Reading 1-3 systolic and diastolic blood pressure
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	441	14.1	7.5-20.6	726	11.2	3.7-18.8	1167	12.5	7.6-17.4
31-45	489	25.3	14.5-36.1	711	26.1	19.5-32.8	1200	25.7	21.0-30.4
46-69	480	39.3	31.6-47.0	616	47.4	34.9-59.9	1096	43.5	37.8-49.3
18-69	1410	22.5	16.3-28.8	2053	22.2	19.4-25.0	3463	22.4	19.1-25.6

SBP $\geq$ 160 and/or DBP $\geq$ 100 mmHg									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-30	441	3.3	0.8-5.9	726	1.8	0.1-3.6	1167	2.5	1.0-4.0
31-45	489	5.2	2.3-8.0	711	10.8	7.0-14.6	1200	7.8	5.0-10.5
46-69	480	18.0	11.0-24.9	616	24.5	16.8-32.2	1096	21.4	17.9-24.9
18-69	1410	6.7	4.7-8.7	2053	8.6	6.0-11.2	3463	7.7	6.2-9.2

SBP $\geq$ 140 and/or DBP $\geq$ 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
18-30	441	14.1	7.5-20.6	726	11.3	3.8-18.9	1167	12.6	7.7-17.4
31-45	489	25.8	15.1-36.5	711	26.9	20.2-33.7	1200	26.3	21.7-31.0
46-69	480	42.8	35.0-50.6	616	49.7	36.7-62.7	1096	46.4	40.7-52.1
18-69	1410	23.4	17.1-29.6	2053	22.9	20.1-25.7	3463	23.1	19.9-26.4

SBP $\geq$ 160 and/or DBP $\geq$ 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
18-30	441	3.4	0.8-5.9	726	1.9	0.2-3.7	1167	2.6	1.1-4.1
31-45	489	5.6	2.6-8.6	711	11.7	7.8-15.6	1200	8.4	5.5-11.3
46-69	480	21.5	14.0-29.1	616	28.9	20.3-37.4	1096	25.4	21.7-29.0
18-69	1410	7.5	5.4-9.7	2053	9.7	6.8-12.7	3463	8.7	6.9-10.4

Analysis Information:

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

Blood pressure diagnosis, treatment and control

Description: Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 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

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or on medication for raised blood pressure									
Men									
Age Group (years)	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
18-30	53	82.9	54.3-100.0	17.0	0.0-45.6	0.1	0.0-0.4	0.0	0.0-0.0
31-45	127	94.0	87.7-100.0	4.3	0.0-9.3	0.0	0.0-0.0	1.7	0.0-4.8
46-69	191	79.0	68.1-89.9	9.0	3.4-14.7	3.8	1.2-6.3	8.3	0.0-18.0
18-69	371	85.5	75.6-95.5	9.6	0.1-19.1	1.3	0.4-2.3	3.5	0.0-7.3

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or on medication for raised blood pressure									
Women									
Age Group (years)	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
18-30	62	46.7	3.8-89.6	52.2	8.4-96.1	0.5	0.0-1.4	0.6	0.0-1.5
31-45	194	72.3	63.2-81.5	22.3	13.7-30.9	2.4	0.1-4.7	3.0	0.3-5.7
46-69	348	64.4	56.5-72.3	18.3	12.5-24.1	12.6	7.8-17.4	4.7	1.1-8.2
18-69	604	62.2	46.4-77.9	28.6	11.1-46.1	6.2	3.6-8.8	3.0	1.2-4.9

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or on medication for raised blood pressure									
Both Sexes									
Age Group (years)	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
18-30	115	65.2	33.8-96.6	34.2	2.6-65.9	0.3	0.0-0.8	0.3	0.0-0.7
31-45	321	83.7	76.2-91.2	12.9	6.6-19.1	1.1	0.0-2.3	2.3	0.2-4.4
46-69	539	70.8	64.3-77.4	14.2	10.0-18.4	8.7	5.7-11.7	6.3	1.5-11.1
18-69	975	73.6	66.3-80.8	19.3	10.7-27.9	3.8	2.3-5.4	3.3	1.2-5.4

Analysis Information:

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

Mean heart rate Description: Mean heart rate (beats per minute).

Instrument question:
- Reading 1-3 heart rate

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
18-30	454	67.8	66.4-69.3		733	82.0	78.8-85.3	1187	75.5	72.4-78.6
31-45	503	67.9	66.0-69.9		727	77.6	76.2-79.1	1230	72.4	71.2-73.7
46-69	491	71.5	69.9-73.1		630	73.4	71.6-75.2	1121	72.5	71.5-73.5
18-69	1448	68.6	67.4-69.8		2090	79.2	77.4-80.9	3538	74.0	72.4-75.7

Analysis Information:

- Questions used: M16a, M16b, M16c
- Epi Info program name: Mheartrate (unweighted); MheartrateWT (weighted)

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

Mean height (cm)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
18-30	453	168.3	166.7-169.9		631	157.4	156.1-158.6
31-45	503	168.6	167.5-169.8		671	157.7	156.1-159.3
46-69	492	168.3	167.2-169.5		627	156.1	153.9-158.4
18-69	1448	168.4	167.4-169.4		1929	157.2	156.0-158.3

Mean weight (kg)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
18-30	453	62.5	59.9-65.1		630	59.7	56.7-62.7
31-45	503	65.3	63.3-67.3		671	63.2	60.1-66.3
46-69	492	64.1	61.8-66.5		627	62.3	59.8-64.9
18-69	1448	63.7	62.2-65.3		1928	61.3	59.1-63.4

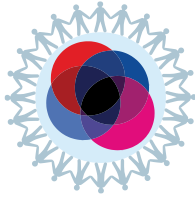
Mean BMI (kg/m ²)											
Age Group (years)	Men				Women				Both Sexes		
	N	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-30	451	22.2	21.4-23.1		629	24.3	23.2-25.4		1080	23.2	22.5-23.9
31-45	502	23.0	22.4-23.7		671	25.5	24.5-26.6		1173	24.1	23.5-24.8
46-69	489	22.6	22.0-23.3		624	25.7	24.9-26.5		1113	24.2	23.6-24.8
18-69	1442	22.6	22.1-23.1		1924	24.9	24.3-25.6		3366	23.7	23.3-24.1

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: Mbmi (unweighted); MbmiWT (weighted)

BMI categories

Description: Percentage of respondents (excluding pregnant women) in each BMI category.



Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

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
18-30	451	17.9	10.9-25.0	64.4	56.0-72.8	10.9	7.4-14.4	6.8	1.5-12.0
31-45	502	8.6	4.8-12.4	62.5	52.0-73.0	23.7	11.5-35.9	5.2	2.1-8.4
46-69	489	16.4	11.7-21.2	57.9	51.1-64.8	18.9	13.1-24.8	6.7	2.3-11.2
18-69	1442	14.6	10.7-18.5	62.6	58.1-67.0	16.6	11.9-21.3	6.3	3.4-9.1

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
18-30	629	7.6	4.7-10.5	57.4	44.8-69.9	24.6	10.1-39.1	10.4	6.2-14.6
31-45	671	4.2	1.8-6.6	52.0	41.9-62.0	25.1	18.5-31.7	18.7	13.3-24.2
46-69	624	8.8	4.0-13.6	45.1	39.3-50.8	27.8	18.7-36.8	18.4	11.9-24.8
18-69	1924	6.9	4.8-9.0	53.2	45.9-60.5	25.4	18.2-32.7	14.5	10.9-18.1

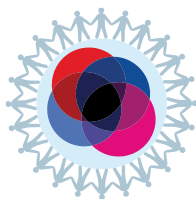
BMI classifications									
Age Group (years)	Both Sexes								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-30	1080	12.9	8.4-17.4	61.0	53.5-68.4	17.6	9.8-25.4	8.6	5.2-11.9
31-45	1173	6.6	4.1-9.2	57.8	52.2-63.4	24.3	18.5-30.1	11.2	7.5-14.9
46-69	1113	12.4	8.8-16.1	51.2	46.8-55.7	23.5	18.2-28.8	12.8	8.3-17.3
18-69	3366	10.9	8.2-13.5	58.0	54.2-61.8	20.9	16.6-25.1	10.2	7.7-12.7

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

BMI ≥25

Description: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25).



Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

BMI≥25									
Age Group (years)	Men			Women			Both Sexes		
	N	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
18-30	451	17.7	12.4-23.0	629	35.0	21.8-48.2	1080	26.2	18.7-33.6
31-45	502	28.9	17.5-40.4	671	43.8	34.2-53.5	1173	35.5	30.1-40.9
46-69	489	25.6	19.2-32.0	624	46.1	39.5-52.8	1113	36.4	31.5-41.2
18-69	1442	22.9	18.1-27.6	1924	39.9	32.8-47.1	3366	31.1	27.1-35.1

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

Waist circumference

Description: Mean waist circumference among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Waist circumference measurement

Waist circumference (cm)							
Age Group (years)	Men			Women			
	N	Mean	95% CI	N	Mean	95% CI	
18-30	453	86.1	83.2-89.0	632	91.4	87.3-95.6	
31-45	503	88.9	86.7-91.1	671	94.3	90.0-98.6	
46-69	492	90.6	88.6-92.5	627	95.9	93.5-98.3	
18-69	1448	87.8	86.0-89.7	1930	93.2	90.0-96.5	

Analysis Information:

- Questions used: M8, M14
- Epi Info program name: Mwaist (unweighted); MwaistWT (weighted)

Hip circumference

Description: Mean hip circumference among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Hip circumference measurement

Hip circumference (cm)						
Age Group (years)	Men				Women	
	n	Mean	95% CI		N	Mean 95% CI
18-30	453	83.7	81.1-86.3		632	86.9 84.8-89.0
31-45	503	87.9	83.8-92.0		671	91.9 90.6-93.2
46-69	492	87.4	85.6-89.3		627	92.1 89.7-94.6
18-69	1448	85.8	83.7-87.8		1930	89.5 88.3-90.6

Analysis Information:

- Questions used: M8, M15
- Epi Info program name: Mhip (unweighted); MhipWT (weighted)

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

Mean waist / hip ratio						
Age Group (years)	Men				Women	
	n	Mean	95% CI		N	Mean 95% CI
18-30	453	1.0	1.0-1.1		632	1.1 1.0-1.1
31-45	503	1.0	1.0-1.1		671	1.0 1.0-1.1
46-69	492	1.0	1.0-1.1		627	1.1 1.0-1.1
18-69	1448	1.0	1.0-1.1		1930	1.1 1.0-1.1

Analysis Information:

- Questions used: M8, M14, M15
- Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted)

Biochemical Measurements

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

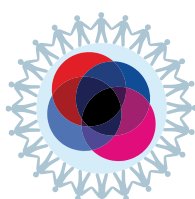
Mean fasting blood glucose (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-30	411	4.5	4.2-4.7		663	4.4	4.2-4.6		1074	4.4	4.2-4.6
31-45	462	4.3	4.2-4.5		682	4.4	4.2-4.6		1144	4.4	4.2-4.5
46-69	470	4.8	4.5-5.1		604	4.9	4.6-5.2		1074	4.8	4.6-5.1
18-69	1343	4.5	4.3-4.6		1949	4.6	4.4-4.7		3292	4.5	4.4-4.7

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
18-30	411	80.2	75.2-85.2		663	79.0	75.3-82.7		1074	79.7	76.2-83.2
31-45	462	78.2	75.1-81.3		682	78.7	75.1-82.4		1144	78.5	75.7-81.3
46-69	470	86.1	81.0-91.1		604	87.7	82.4-93.1		1074	87.3	83.1-91.6
18-69	1343	80.7	77.6-83.7		1949	82.4	79.4-85.4		3292	81.7	79.3-84.1

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 glucose



Description: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded).

Instrument 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?

Impaired Fasting Glycaemia*											
Age Group (years)	Men				Women				Both Sexes		
	N	%	95% CI		n	%	95% CI		n	%	95% CI
18-30	411	0.9	0.2-1.6		663	2.8	1.1-4.4		1074	1.7	0.9-2.5
31-45	462	2.6	0.3-5.0		682	2.8	1.4-4.2		1144	2.7	1.4-4.1
46-69	470	4.2	2.2-6.2		604	6.6	2.9-10.4		1074	6.0	3.1-9.0
18-69	1343	2.0	1.1-3.0		1949	4.3	2.4-6.2		3292	3.4	2.1-4.7

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
18-30	411	1.0	0.0-2.0		663	1.0	0.3-1.7		1074	1.0	0.4-1.6
31-45	462	1.8	0.0-3.5		682	1.7	0.4-2.9		1144	1.7	0.7-2.7
46-69	470	9.3	4.2-14.3		604	5.5	2.7-8.4		1074	6.5	3.8-9.1
18-69	1343	2.8	1.5-4.1		1949	3.0	1.7-4.4		3292	2.9	1.9-3.9

Currently on medication for diabetes											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-30	411	0.3	0.0-0.9		663	0.1	0.0-0.2		1074	0.2	0.0-0.6
31-45	463	0.5	0.0-1.5		682	0.2	0.0-0.6		1145	0.3	0.0-0.8
46-69	471	4.4	0.0-9.1		604	1.4	0.4-2.5		1075	2.2	0.7-3.7
18-69	1345	1.1	0.1-2.1		1949	0.7	0.2-1.1		3294	0.9	0.4-1.4

* Impaired fasting glycaemia is defined as either

- plasma venous value: ≥ 6.1 mmol/L (110mg/dl) and < 7.0 mmol/L (126mg/dl)

- capillary whole blood value: ≥ 5.6 mmol/L (100mg/dl) and < 6.1 mmol/L (110mg/dl)

** 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)

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)

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?

Raised blood glucose diagnosis and treatment among all respondents							
Men							
Age Group (years)	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
18-30	411	0.7	0.0-1.4	0.0	0.0-0.0	0.3	0.0-0.9
31-45	462	1.3	0.0-2.7	0.0	0.0-0.0	0.0	0.0-0.0
46-69	470	5.2	2.5-7.9	1.3	0.1-2.5	1.9	0.2-3.6
18-69	1343	1.7	0.9-2.5	0.2	0.0-0.5	0.5	0.1-0.9

Raised blood glucose diagnosis and treatment among all respondents							
Women							
Age Group (years)	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
18-30	663	0.9	0.2-1.6	0.0	0.0-0.0	0.0	0.0-0.0
31-45	682	1.6	0.4-2.9	0.5	0.0-0.9	0.2	0.0-0.6
46-69	604	3.9	1.4-6.3	0.7	0.0-1.3	1.2	0.3-2.2
18-69	1949	2.3	1.1-3.5	0.4	0.1-0.7	0.6	0.2-1.0

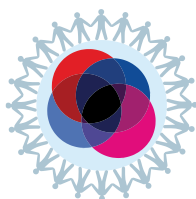
Raised blood glucose diagnosis and treatment among all respondents							
Both Sexes							
Age Group (years)	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-30	1074	0.8	0.2-1.3	0.0	0.0-0.0	0.2	0.0-0.5
31-45	1144	1.5	0.5-2.4	0.3	0.0-0.6	0.1	0.0-0.4
46-69	1074	4.2	2.2-6.2	0.8	0.1-1.5	1.4	0.6-2.2
18-69	3292	2.1	1.2-2.9	0.3	0.1-0.6	0.5	0.2-0.8

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)

Total cholesterol

Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.



Instrument question:
- Total cholesterol measurement

Mean total cholesterol (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-30	411	3.0	2.9-3.1		662	3.6	3.4-3.7		1073	3.2	3.1-3.4
31-45	462	3.3	3.1-3.5		682	3.5	3.4-3.7		1144	3.4	3.4-3.5
46-69	469	3.5	3.3-3.7		604	4.1	3.8-4.3		1073	3.9	3.7-4.1
18-69	1342	3.2	3.1-3.3		1948	3.8	3.6-3.9		3290	3.5	3.4-3.6

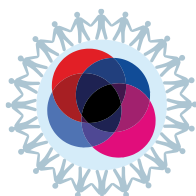
Mean total cholesterol (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-30	411	115.2	111.5-118.9		662	138.5	132.8-144.2		1073	125.2	120.1-130.2
31-45	462	127.7	121.0-134.3		682	137.0	131.1-142.8		1144	133.2	129.9-136.5
46-69	469	135.7	129.3-142.1		604	157.0	148.1-166.0		1073	151.8	144.7-158.9
18-69	1342	122.9	119.2-126.7		1948	145.4	140.8-150.0		3290	136.1	132.4-139.7

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)

Raised total cholesterol

Description: Percentage of respondents raised total cholesterol.



Instrument questions:
- Total cholesterol measurement

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
18-30	411	3.2	0.8-5.5	662	7.5	2.9-12.0	1073	5.0	2.6-7.5
31-45	462	2.6	0.9-4.3	682	9.6	5.8-13.4	1144	6.8	4.1-9.4
46-69	469	11.6	7.1-16.2	604	25.5	18.7-32.3	1073	22.1	16.7-27.5
18-69	1342	4.5	2.7-6.4	1948	15.4	12.6-18.3	3290	10.9	8.7-13.0

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
18-30	411	0.5	0.0-1.0	662	1.3	0.1-2.5	1073	0.8	0.2-1.5
31-45	462	0.1	0.0-0.2	682	1.8	0.6-2.9	1144	1.1	0.4-1.8
46-69	469	2.6	0.6-4.5	604	7.6	2.9-12.3	1073	6.4	2.8-9.9
18-69	1342	0.7	0.2-1.2	1948	4.0	2.0-6.0	3290	2.6	1.4-3.9

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)

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
18-30	411	3.2	0.8-5.5	662	7.5	2.9-12.0	1073	5.0	2.6-7.5
31-45	462	2.6	0.9-4.3	682	9.8	6.0-13.7	1144	6.9	4.2-9.6
46-69	469	11.6	7.1-16.2	604	25.5	18.7-32.3	1073	22.1	16.7-27.5
18-69	1342	4.5	2.7-6.4	1948	15.5	12.6-18.3	3290	10.9	8.8-13.1

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
18-30	411	0.5	0.0-1.0	662	1.3	0.1-2.5	1073	0.8	0.2-1.5
31-45	462	0.1	0.0-0.2	682	1.9	0.6-3.2	1144	1.2	0.4-2.0
46-69	469	2.6	0.6-4.5	604	7.6	2.9-12.4	1073	6.4	2.8-10.0
18-69	1342	0.7	0.2-1.2	1948	4.0	2.0-6.1	3290	2.7	1.4-3.9

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)
-

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: $23.51 + 0.45 * \text{spot Na concentration (mmol/L)} - 3.09 * \text{spot creatinine concentration (mmol/L)} + 4.16 * \text{BMI} + 0.22 * \text{Age}$

Estimated 24-hour sodium (Na) intake in mmol for females: $3.74 + 0.33 * \text{spot Na concentration (mmol/L)} - 2.44 * \text{spot creatinine concentration (mmol/L)} + 2.42 * \text{BMI} + 2.34 * \text{Age} - 0.03 * \text{Age}^2$

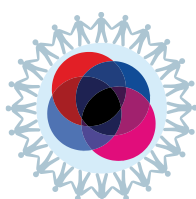
The 24-hour sodium values in mmol are divided by 17.1 in order to get grams of salt.

WHO recommendation

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

Intake of salt per day

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
18-30	238	9.2	8.7-9.7		336	7.5	7.2-7.9		574	8.5	8.1-9.0
31-45	278	8.9	8.5-9.4		361	8.1	7.8-8.4		639	8.4	8.2-8.7
46-69	283	9.1	8.7-9.4		335	7.5	7.2-7.8		618	7.9	7.6-8.2
18-69	799	9.1	8.8-9.4		1032	7.7	7.5-7.9		1831	8.3	8.1-8.5

Analysis Information:

- Questions used: M8, B10, B14, B15
 - Epi Info program name: Bsalt (unweighted); BsaltWT (weighted)
-

Cardiovascular disease risk

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

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	400	99.0	97.4-99.6	1.0	0.4-2.6	-	-
55-69	238	80.0	72.7-85.7	18.4	12.9-25.6	1.6	0.7-3.3
40-69	638	93.9	90.7-96.1	5.7	3.6-8.8	0.4	0.2-0.9

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	528	99.8	99.3-100.0	0.2	0.0-0.7	-	-
55-69	322	85.5	75.4-91.9	14.5	8.1-24.6	0.1	0.0-0.5
40-69	850	94.7	90.4-97.1	5.3	2.9-9.6	-	-

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	928	99.5	99.0-99.8	0.5	0.2-1.0	-	-
55-69	560	84.1	76.6-89.5	15.5	10.1-23.0	0.4	0.2-0.9
40-69	1488	94.4	91.3-96.5	5.4	3.4-8.6	0.1	0.1-0.3

* 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.

CVD risk of $\geq 20\%$ or existing CVD	Description: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 20\%$ 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

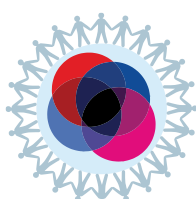
Percentage of respondents with a 10-year CVD risk $\geq 20\%$ or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	N	%	95% CI	n	%	95% CI
40-54	400	6.7	3.1-14.0	529	12.9	9.3-17.7	929	10.8	8.7-13.3
55-69	238	11.3	7.2-17.3	322	20.9	12.3-33.2	560	18.5	11.7-27.9
40-69	638	7.9	4.7-13.2	851	15.8	11.3-21.7	1489	13.3	10.6-16.6

* A 10-year CVD risk of $\geq 20\%$ 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.

Drug therapy and counseling for those with CVD risk $\geq 20\%$ or existing CVD



Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 20\%$, 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

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	33	3.9	0.9-14.8		59	3.6	1.1-11.6		92	3.7	1.4-9.2
55-69	35	28.1	12.3-52.2		44	5.4	1.8-14.8		79	8.9	3.9-19.0
40-69	68	13.0	5.8-26.7		103	4.5	1.9-10.1		171	6.1	3.1-11.4

* A 10-year CVD risk of $\geq 20\%$ 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

Analysis Information:

- Questions used: C1, C2, C3, T1, T8T10, 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.

Analysis Information:

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

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
18-30	55	7.1		45	7.8		100	7.2
31-45	102	8.1		98	11.5		200	9.0
46-69	137	22.2		90	25.8		277	23.4
18-69	294	12.5		233	16.6		527	13.6

Analysis Information:

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

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?

Unrecorded alcohol consumption during the past 7 days by type			
Men			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	9	75.9	24.1
31-45	23	10.4	89.6
46-69	58	40.4	59.6
18-69	90	37.8	62.2

Unrecorded alcohol consumption during the past 7 days by type			
Women			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	17	35.5	64.5
31-45	22	7.4	92.6
46-69	47	28.5	71.5
18-69	86	23.2	76.8

Unrecorded alcohol consumption during the past 7 days by type			
Both Sexes			
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine
18-30	26	66.7	33.3
31-45	45	9.3	90.7
46-69	105	36.2	63.8
18-69	176	32.9	67.1

Analysis Information:

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

Summary of Combined Risk Factors

Summary of Combined Risk Factors	Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors: 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

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	866	4.4	2.2-6.6	84.3	77.5-91.0	11.4	4.8-17.9
45-69	499	1.2	0.3-2.1	76.0	68.1-83.8	22.8	15.1-30.5
18-69	1365	3.7	2.0-5.4	82.4	77.1-87.7	13.9	8.8-19.1

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	1212	3.5	1.7-5.3	88.2	84.5-91.9	8.3	5.4-11.1
45-69	622	1.9	0.6-3.3	74.8	67.0-82.5	23.3	15.9-30.7
18-69	1834	3.2	1.7-4.6	85.2	81.3-89.0	11.7	8.5-14.9

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	2078	4.0	2.5-5.5	86.2	83.3-89.1	9.9	6.9-12.8
45-69	1121	1.6	0.7-2.5	75.4	69.9-80.9	23.0	17.7-28.4
18-69	3199	3.4	2.2-4.6	83.7	81.6-85.9	12.8	10.7-15.0

Analysis Information:

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

Mental health / Depression coverage

Population having depressive episode in past 12 months Description: Percentage of respondents who had at least one depressive episode in the past 12 months.

Instrument question:

- MH13 = 1: During this time when you experienced [LIST ALL ENDORSED SYMPTOMS], did these difficulties affect your ability to function in daily life (for example your work or school, your social life, your relationships) OR did these difficulties bother you a lot?

Percentage of respondents with depressive episode in the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% depressive episode	95% CI	n	% depressive episode	95% CI	n	% depressive episode	95% CI
18-30	457	19.6	8.5-30.7	739	17.7	11.2-24.1	1196	18.6	12.4-24.7
31-45	508	17.2	5.6-28.8	734	26.2	13.4-39.0	1242	21.3	14.8-27.9
46-69	494	13.3	9.6-17.1	631	31.4	15.0-47.8	1125	23.3	14.2-32.4
18-69	1459	17.6	10.4-24.9	2104	22.8	13.6-32.1	3563	20.3	15.1-25.6

Analysis Information:

- Questions used: MH13
- Epi Info program name: MH13

Population having received professional help (medications) Description: Percentage of respondents who have taken medications among those who had a depressive episode in the past 12 months.

Instrument question:

- MH14 = 1 or 2: In the past 12 months, have you taken medications prescribed by a doctor or nurse for the difficulties we've just talked about?

Percentage having taken medications									
Age Group (years)	Men			Women			Both Sexes		
	n	% took medication	95% CI	n	% took medication	95% CI	n	% took medication	95% CI
18-30	62	0.1	0.0-0.4	117	9.0	0.0-18.3	179	4.7	0.1-9.3
31-45	67	7.9	0.0-22.4	142	18.4	0.0-39.2	209	13.9	0.0-28.7
46-69	75	9.6	0.6-18.7	142	25.8	2.6-49.1	217	21.7	2.3-41.1
18-69	204	3.9	0.6-7.2	401	16.8	5.1-28.5	605	11.4	2.7-20.2

Analysis Information:

- Questions used:
- Epi Info program name: MH14

Population having received minimally adequate treatment (medications) Description: Percentage of respondents who received minimally adequate treatment [MAT] (medications) among those who had a depressive episode in the past 12 months.

Instrument question:

- MH14 = 2: In the past 12 months, have you taken medications prescribed by a doctor or nurse for the difficulties we've just talked about?

Percentage having taken minimally adequate treatment [MAT] (medications)									
Age Group (years)	Men			Women			Both Sexes		
	n	% MAT (medications)	95% CI	n	% MAT (medications)	95% CI	n	% MAT (medications)	95% CI
18-30	62	0.0	0.0-0.0	117	1.3	0.0-4.0	179	0.7	0.0-2.0
31-45	67	0.1	0.0-0.3	142	16.7	0.0-38.4	209	9.5	0.0-24.7
46-69	75	2.1	0.0-6.0	142	21.2	0.0-47.0	217	16.3	0.0-37.9
18-69	204	0.3	0.0-0.9	401	11.8	0.0-25.9	605	7.0	0.0-17.1

Analysis Information:

- Questions used : MH14
- Epi Info program name: MH14

Population having received professional help (psychological therapy/counselling)

Description: Percentage of respondents who received psychological therapy/counselling sessions among those who had a depressive episode in the past 12 months.

Instrument question:

- MH15 = 1 or 2: In the past 12 months, have you received psychological therapy/counselling sessions for the difficulties we've just talked about?

Percentage having received psychological therapy/counselling sessions									
Age Group (years)	Men			Women			Both Sexes		
	n	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-30	62	7.4	0.0-17.6	116	11.5	1.2-21.8	178	9.5	2.4-16.7
31-45	67	2.2	0.0-4.8	142	22.3	3.7-40.8	209	13.6	0.0-28.0
46-69	75	6.7	0.0-13.8	142	30.2	9.2-51.1	217	24.2	5.7-42.6
18-69	204	5.7	0.1-11.3	400	20.3	10.6-30.0	604	14.2	5.5-22.9

Analysis Information:

- Questions used : MH15
- Epi Info program name: MH15

Population having received professional help (psychological therapy/counselling)

Description: Percentage of respondents who received minimally adequate treatment [MAT] (psychological therapy/counselling sessions) among those who had a depressive episode in the past 12 months.

Instrument question:

- MH15 = 2: In the past 12 months, have you received psychological therapy/counselling sessions for the difficulties we've just talked about?

Percentage having taken minimally adequate treatment [MAT] (psychological therapy/counselling sessions)

Age Group (years)	Men			Women			Both Sexes		
	n	% MAT (therapy)	95% CI	N	% MAT (therapy)	95% CI	n	% MAT (therapy)	95% CI
18-30	62	2.1	0.0-5.3	116	3.2	0.0-6.9	178	2.6	0.2-5.1
31-45	67	0.0	0.0-0.0	142	1.0	0.0-2.5	209	0.6	0.0-1.4
46-69	75	0.3	0.0-0.7	142	2.9	0.0-6.5	217	2.2	0.0-4.8
18-69	204	1.2	0.0-2.8	400	2.4	0.2-4.7	604	1.9	0.5-3.3

Analysis Information:

- Questions used : MH15
- Epi Info program name: MH15

Population having received professional help (any) Description: Percentage of respondents who received professional help among those who had a depressive episode in the past 12 months.

Instrument question:

- MH14 = 1 or 2: In the past 12 months, have you taken medications prescribed by a doctor or nurse for the difficulties we've just talked about?
- MH15 = 1 or 2: In the past 12 months, have you received psychological therapy/counselling sessions for the difficulties we've just talked about?

Percentage having received professional help									
Age Group (years)	Men			Women			Both Sexes		
	n	% received professional help (any)	95% CI	n	% received professional help (any)	95% CI	n	% received professional help (any)	95% CI
18-30	62	7.6	0.0-17.7	117	15.5	3.4-27.5	179	11.6	3.8-19.4
31-45	67	9.6	0.0-24.5	143	23.9	6.2-41.5	210	17.7	3.6-31.8
46-69	75	14.6	4.5-24.7	142	33.2	13.9-52.5	217	28.4	11.8-45.1
18-69	204	9.2	3.9-14.5	402	23.2	14.9-31.6	606	17.4	10.0-24.8

Analysis Information:

- Questions used: MH14, MH14 (combined)
- Epi Info program name: MH14-15

Population having received minimally adequate treatment (any) Description: Percentage of respondents who received minimally adequate treatment [MAT] (any) among those who had a depressive episode in the past 12 months.

Instrument question:

- MH14 = 2: In the past 12 months, have you taken medications prescribed by a doctor or nurse for the difficulties we've just talked about?
- MH15 = 2: In the past 12 months, have you received psychological therapy/counselling sessions for the difficulties we've just talked about?

Percentage having received minimally adequate treatment [MAT] (any)

Age Group (years)	Men			Women			Both Sexes		
	n	% MAT (any)	95% CI	N	% MAT (any)	95% CI	n	% MAT (any)	95% CI
18-30	62	2.1	0.0-5.3	117	4.4	0.0-9.3	179	3.3	0.4-6.2
31-45	67	0.1	0.0-0.3	143	17.4	0.0-38.6	210	10.0	0.0-25.0
46-69	75	2.3	0.0-6.2	142	24.1	0.0-48.3	217	18.5	0.0-39.2
18-69	204	1.5	0.0-3.2	402	14.1	1.3-26.9	606	8.9	0.0-18.5

Analysis Information:

- Questions used : MH14, MH15
- Epi Info program name: MH14-15

Oral Health

Percentage of respondents having natural teeth Description: Percentage of respondents who have no natural teeth, 1-9 natural teeth, 10-19 natural teeth, or 20 or more natural teeth.

Instrument question:
- How many natural teeth do you have?

Percentage of respondents with natural teeth									
Age Group (years)	Men								
	n	% No natural teeth	95% CI	% 1 - 9 natural teeth	95% CI	% 10 - 19 natural teeth	95% CI	% ≥ 20 natural teeth	95% CI
18-30	448	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0.0-0.1	100.0	99.9-100.0
31-45	497	0.0	0.0-0.0	0.0	0.0-0.0	0.3	0.0-0.5	99.8	99.5-100.0
46-69	474	0.6	0.0-1.7	1.0	0.1-1.9	5.7	3.4-8.0	92.7	90.0-95.4
18-69	1419	0.1	0.0-0.3	0.2	0.0-0.4	1.1	0.7-1.6	98.6	98.0-99.1

Percentage of respondents with natural teeth									
Age Group (years)	Women								
	n	% No natural teeth	95% CI	% 1 - 9 natural teeth	95% CI	% 10 - 19 natural teeth	95% CI	% ≥ 20 natural teeth	95% CI
18-30	719	0.0	0.0-0.0	0.0	0.0-0.0	0.5	0.0-1.4	99.5	98.6-100.0
31-45	717	0.0	0.0-0.0	0.1	0.0-0.3	1.9	0.7-3.1	98.0	96.8-99.2
46-69	608	0.1	0.0-0.2	1.3	0.3-2.4	7.1	3.0-11.2	91.5	86.9-96.0
18-69	2044	0.0	0.0-0.0	0.3	0.1-0.5	2.3	1.2-3.4	97.4	96.2-98.5

Percentage of respondents with natural teeth									
Age Group (years)	Both Sexes								
	n	% No natural teeth	95% CI	% 1 - 9 natural teeth	95% CI	% 10 - 19 natural teeth	95% CI	% ≥ 20 natural teeth	95% CI
18-30	1167	0.0	0.0-0.0	0.0	0.0-0.0	0.3	0.0-0.7	99.7	99.3-100.0
31-45	1214	0.0	0.0-0.0	0.0	0.0-0.1	1.0	0.4-1.6	98.9	98.3-99.5
46-69	1082	0.3	0.0-0.8	1.2	0.5-1.9	6.5	3.9-9.0	92.0	89.2-94.9
18-69	3463	0.1	0.0-0.2	0.3	0.1-0.4	1.7	1.1-2.4	97.9	97.3-98.6

Analysis Information:

- Questions used: O1
- Epi Info program name: Onatural (unweighted); OnaturalWT (weighted)

Percentage of respondents having oral pain or discomfort Description: Percentage of respondents who have pain or discomfort caused by their teeth or mouth during the past 12 months.

Instrument question:

- During the past 12 months, have your teeth or mouth caused any pain or discomfort?

Percentage having oral pain or discomfort									
Age Group (years)	Men			Women			Both Sexes		
	n	% Having oral pain or discomfort	95% CI	N	% Having oral pain or discomfort	95% CI	n	% Having oral pain or discomfort	95% CI
18-30	457	30.2	23.9-36.5	739	39.0	29.0-49.0	1196	35.0	28.8-41.1
31-45	508	21.8	13.5-30.1	735	45.5	40.1-50.9	1243	32.8	27.1-38.5
46-69	494	38.1	31.1-45.1	632	50.5	37.5-63.4	1126	44.9	35.8-54.0
18-69	1459	29.0	24.6-33.3	2106	43.2	37.1-49.2	3565	36.3	32.4-40.3

Analysis Information:

- Questions used: O6
- Epi Info program name: Opain (unweighted); OpainWT (weighted)

Percentage of respondents having seen a dentist during the past 12 months

Description: Percentage of respondents having seen a dentist during the past 12 months.

Instrument question:

- How long has it been since you last saw a dentist?

Percentage of respondents having seen a dentist during the past 12 months									
Age Group (years)	Men				Women			Both Sexes	
	n	% having seen a dentist during the past 12 months	95% CI		n	% having seen a dentist during the past 12 months	95% CI	n	% having seen a dentist during the past 12 months
18-30	457	12.0	3.7-20.3		739	15.9	2.6-29.1	1196	14.1
31-45	508	4.5	2.2-6.9		735	10.7	3.7-17.7	1243	7.4
46-69	494	5.6	2.6-8.6		632	13.3	2.9-23.7	1126	9.8
18-69	1459	8.4	4.0-12.8		2106	14.0	6.9-21.0	3565	11.3

Analysis Information:

- Questions used: O7

- Epi Info program name: Odentalvisit (unweighted); OdentalvisitWT (weighted)

Percentage of respondents who have never received dental care

Description: Percentage of respondents who have never received dental care.

Instrument question:

- How long has it been since you last saw a dentist?

Percentage of respondents who have never received dental care									
Age Group (years)	Men				Women			Both Sexes	
	n	% never received dental care	95% CI		n	% never received dental care	95% CI	n	% never received dental care
18-30	457	73.4	66.9-80.0		739	67.7	57.0-78.5	1196	70.4
31-45	508	70.8	60.9-80.7		735	54.7	49.7-59.7	1243	63.3
46-69	494	60.8	53.3-68.3		632	54.6	42.6-66.5	1126	57.4
18-69	1459	70.2	65.8-74.6		2106	61.5	55.3-67.7	3565	65.7

Analysis Information:

- Questions used: O7

- Epi Info program name: Odentalvisit (unweighted); OdentalvisitWT (weighted)

Main reason for last visit to the dentist

Description: Main reason for last visit to the dentist among those who ever visited a dentist.

among those
who ever
visited a dentist

Instrument question:

- What was the reason for your last visit to the dentist?

Main reason for last visit to the dentist among those who ever visited a dentist											
Men											
Age Group (years)	n	% Consultation/ advice	95% CI	% Pain or trouble with teeth or gums	95% CI	% Follow-up treatment	95% CI	% Routine check-up treatment	95% CI	% Other	95% CI
18-30	110	4.3	0.0-9.5	69.6	52.8-86.4	18.4	6.4-30.4	4.7	0.0-13.9	3.0	0.1-5.8
31-45	167	9.1	0.5-17.6	77.8	63.5-92.2	11.4	3.9-18.9	0.6	0.0-1.9	1.1	0.0-2.5
46-69	209	0.3	0.0-1.0	79.3	70.6-88.0	16.8	8.1-25.6	0.9	0.0-2.7	2.6	0.2-5.0
18-69	486	4.9	1.5-8.2	74.6	65.6-83.7	15.4	9.2-22.3	2.5	0.0-6.5	2.3	0.8-3.7

Main reason for last visit to the dentist among those who ever visited a dentist											
Women											
Age Group (years)	n	% Consultation / advice	95% CI	% Pain or trouble with teeth or gums	95% CI	% Follow-up treatment	95% CI	% Routine check-up treatment	95% CI	% Other	95% CI
18-30	207	3.3	0.0-8.7	78.6	63.9-93.2	17.3	5.0-29.6	0.9	0.0-2.6	0.0	0.0-0.0
31-45	331	1.3	0.0-2.7	75.8	67.8-83.7	19.9	12.7-27.1	0.0	0.0-0.0	3.1	0.0-6.5
46-69	309	15.1	0.0-38.3	62.8	44.1-81.4	21.9	12.5-31.3	0.0	0.0-0.0	0.3	0.0-0.6
18-69	847	5.6	0.0-11.6	73.7	66.2-81.3	19.3	11.4-27.1	0.4	0.0-1.1	1.0	0.0-2.1

Main reason for last visit to the dentist among those who ever visited a dentist											
Both Sexes											
Age Group (years)	n	% Consultation/ advice	95% CI	% Pain or trouble with teeth or gums	95% CI	% Follow-up treatment	95% CI	% Routine check-up treatment	95% CI	% Other	95% CI
18-30	317	3.7	0.0-7.6	74.9	62.4-87.3	17.7	8.9-26.5	2.5	0.0-6.3	1.2	0.1-2.4
31-45	498	4.6	0.9-8.3	76.7	67.0-86.3	16.3	9.5-23.1	0.3	0.0-0.8	2.2	0.1-4.3
46-69	518	9.0	0.0-23.6	69.6	57.1-82.1	19.8	13.4-26.2	0.4	0.0-1.1	1.2	0.2-2.2
18-69	1333	5.3	1.8-8.8	74.1	67.6-80.6	17.8	11.9-23.7	1.2	0.0-3.0	1.5	0.6-2.5

Analysis Information:

Questions used: O7, O8

- Epi Info program name: Oreasonvisit (unweighted); OreasonvisitWT (weighted)

Percentage cleaning teeth at least once / at least twice a day Description: Percentage of respondents cleaning their teeth at least once / at least twice a day.
Instrument question:
- How often do you clean your teeth?

Percentage of respondents cleaning their teeth at least once a day									
Age Group (years)	Men				Women			Both Sexes	
	n	% cleaning teeth at least daily	95% CI		n	% cleaning teeth at least daily	95% CI	n	% cleaning teeth at least daily
18-30	457	92.5	84.6-100.0		739	99.0	98.4-99.7	1196	96.0
31-45	508	96.1	93.2-98.9		735	98.8	97.9-99.7	1243	97.3
46-69	493	94.0	90.9-97.0		629	97.4	96.1-98.8	1122	95.9
18-69	1458	93.9	89.2-98.7		2103	98.6	98.0-99.3	3561	96.4

Percentage of respondents cleaning their teeth at least twice a day									
Age Group (years)	Men				Women			Both Sexes	
	n	% cleaning teeth at least twice a day	95% CI		n	% cleaning teeth at least twice a day	95% CI	n	% cleaning teeth at least twice a day
18-30	457	35.6	28.2-43.1		739	50.7	41.9-59.6	1196	43.8
31-45	508	34.7	22.2-47.2		735	52.3	47.3-57.3	1243	42.9
46-69	493	36.1	29.4-42.9		629	36.9	24.1-49.8	1122	36.6
18-69	1458	35.4	29.6-41.2		2103	48.2	42.8-53.6	3561	42.1

Analysis Information:

- Questions used: O9
- Epi Info program name: Ofreqclean (unweighted); OfreqcleanWT (weighted)

Percentage of respondents Description: Percentage of respondents using toothpaste among those cleaning their teeth.

using

toothpaste

Instrument question:

- Do you use toothpaste to clean your teeth?

Percentage of respondents using toothpaste among those cleaning their teeth											
Age Group (years)	Men				Women				Both Sexes		
	n	% using toothpaste	95% CI		n	% using toothpaste	95% CI		n	% using toothpaste	95% CI
18-30	383	88.1	82.9-91.8		634	90.8	86.2-94.0		1017	89.6	86.0-92.3
31-45	397	79.9	65.5-89.3		600	85.8	79.2-90.5		997	82.7	74.1-88.8
46-69	351	77.6	72.1-82.2		440	79.3	72.0-85.1		791	78.5	73.7-82.6
18-69	1131	83.4	77.9-87.8		1674	87.0	83.1-90.1		2805	85.3	81.8-88.3

Analysis Information:

– Questions used: O10

| Epi Info program

– name: Otoothpaste (unweighted); OtoothpasteWT (weighted)

Percentage using a various tools to clean teeth among those cleaning their teeth

Description: Percentage of respondents who use a toothbrush, wooden toothpicks, plastic toothpicks, thread (dental floss), charcoal, chewstick/miswak or something else to clean their teeth among those cleaning their teeth.

Instrument question:
- Which of the following do you use to clean your teeth?

Percentage of respondents using various tools to clean teeth												
Age Group (years)	Men											
	n	% Toothbrush	95% CI	n	% Wooden toothpicks	95% CI	n	% Plastic toothpicks	95% CI	n	% Thread (dental floss)	95% CI
18-30	456	93.0	89.9-96.2	456	40.6	29.3-51.8	456	4.2	1.0-7.3	456	2.4	0.0-5.1
31-45	506	88.5	83.5-93.6	506	38.5	29.3-47.8	506	3.2	0.7-5.8	506	1.5	0.2-2.9
46-69	488	87.3	83.0-91.5	488	46.1	38.3-53.8	488	3.1	0.4-5.8	488	4.3	1.4-7.1
18-69	1450	90.5	87.8-93.2	1450	40.9	33.7-48.2	1450	3.7	1.9-5.4	1450	2.5	1.0-3.9

Percentage of respondents using various tools to clean teeth										
Age Group (years)	Men									
	n	% Charcoal	95% CI	n	% Chewstick/miswak	95% CI	n	% Other	95% CI	
18-30	456	8.4	4.7-12.2	456	39.1	27.7-50.5	456	3.1	0.7-5.4	
31-45	506	9.3	4.7-13.9	506	51.6	36.2-67.1	506	4.1	1.5-6.6	
46-69	488	14.5	9.1-19.9	488	56.1	48.7-63.5	488	5.1	2.9-7.2	
18-69	1450	9.8	7.0-12.7	1450	46.4	38.1-54.6	1450	3.8	2.0-5.5	

Percentage of respondents using various tools to clean teeth												
Age Group (years)	Women											
	n	% Toothbrush	95% CI	n	% Wooden toothpicks	95% CI	n	% Plastic toothpicks	95% CI	n	% Thread (dental floss)	95% CI
18-30	737	93.2	89.9-96.5	737	38.6	31.1-46.1	737	3.0	1.1-4.9	737	3.0	1.1-5.0
31-45	731	91.3	86.2-96.3	731	44.8	40.0-49.5	731	9.5	2.3-16.8	731	3.0	1.4-4.6
46-69	623	85.2	79.7-90.7	623	38.9	21.8-56.0	623	2.5	0.3-4.7	623	1.1	0.2-2.0
18-69	2091	91.0	88.3-93.7	2091	40.3	34.4-46.1	2091	4.6	2.8-6.4	2091	2.6	1.3-3.9

Percentage of respondents using various tools to clean teeth									
Age Group (years)	Women								
	n	% Charcoal	95% CI	n	% Chewstick/ miswak	95% CI	n	% Other	95% CI
18-30	737	15.1	8.3-22.0	737	33.8	27.6-40.0	737	3.8	1.6-5.9
31-45	731	19.8	13.0-26.6	731	48.6	43.1-54.2	731	3.1	1.6-4.5
46-69	623	15.5	10.4-20.5	623	47.9	31.7-64.1	623	5.9	1.8-10.1
18-69	2091	16.4	11.2-21.7	2091	40.7	35.1-46.2	2091	4.1	2.4-5.7

Percentage of respondents using various tools to clean teeth												
Age Group (years)	Both Sexes											
	n	% Toothbrush	95% CI	n	% Wooden tooth-picks	95% CI	n	% Plastic tooth-picks	95% CI	n	% Thread (dental floss)	95% CI
18-30	1193	93.1	90.7-95.6	1193	39.5	33.1-45.9	1193	3.5	1.8-5.3	1193	2.7	1.2-4.3
31-45	1237	89.8	86.1-93.5	1237	41.5	35.5-47.4	1237	6.2	3.1-9.3	1237	2.2	1.1-3.3
46-69	1111	86.1	82.5-89.7	1111	42.1	32.5-51.7	1111	2.8	1.1-4.5	1111	2.5	1.1-4.0
18-69	3541	90.8	88.8-92.8	3541	40.6	35.9-45.3	3541	4.1	2.8-5.5	3541	2.5	1.5-3.6

Percentage of respondents using various tools to clean teeth										
Age Group (years)	Both Sexes									
	n	% Charcoal	95% CI	n	% Chewstick/ miswak	95% CI	n	% Other	95% CI	
18-30	1193	12.0	7.5-16.6	1193	36.2	29.6-42.9	1193	3.5	1.9-5.0	
31-45	1237	14.2	10.8-17.7	1237	50.2	41.3-59.2	1237	3.6	2.0-5.2	
46-69	1111	15.0	11.6-18.4	1111	51.6	41.2-61.9	1111	5.5	2.9-8.1	
18-69	3541	13.3	10.4-16.2	3541	43.4	37.5-49.3	3541	3.9	2.6-5.2	

Analysis Information:

- Questions used: O12a-g
- Epi Info program name: Ocleaningtool (unweighted); OcleaningtoolWT (weighted)

Percentage of respondents having difficulty in chewing foods

Description: Percentage of respondents having difficulty in chewing food during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Difficulty in chewing foods?

Percentage of respondents having difficulty chewing food during the past 12 months											
Age Group (years)	Men				Women				Both Sexes		
	n	% Difficulty in chewing foods	95% CI		n	% Difficulty in chewing foods	95% CI		n	% Difficulty in chewing foods	95% CI
18-30	457	22.3	15.2-29.4		739	31.9	20.9-42.9		1196	27.5	20.5-34.4
31-45	508	18.7	11.4-25.9		735	34.2	27.4-41.1		1243	25.9	19.3-32.6
46-69	494	33.6	26.3-41.0		632	48.2	34.7-61.6		1126	41.7	32.1-51.3
18-69	1459	23.3	19.2-27.3		2106	36.0	29.4-42.6		3565	29.9	25.8-34.0

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents having difficulty with speech/trouble pronouncing words

Description: Percentage of respondents having difficulty with speech/trouble pronouncing words during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Difficulty with speech/trouble pronouncing words?

Percentage of respondents having difficulty with speech/trouble pronouncing words during the past 12 months											
Age Group (years)	Men				Women				Both Sexes		
	n	% Difficulty with speech/ pronounci ng words	95% CI		n	% Difficulty with speech/ pronouncing words	95% CI		n	% Difficulty with speech/ pronouncin g words	95% CI
18-30	457	7.7	0.0-15.6		739	11.9	4.7-19.2		1196	10.0	4.7-15.3
31-45	508	5.9	2.1-9.7		735	12.3	8.5-16.0		1243	8.8	5.5-12.2
46-69	494	10.3	6.9-13.7		632	17.1	7.1-27.2		1126	14.1	8.6-19.6
18-69	1459	7.6	3.6-11.6		2106	13.1	7.9-18.4		3565	10.5	7.5-13.5

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents feeling tense because of problems with teeth or mouth Description: Percentage of respondents feeling tense because of problems with teeth or mouth during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Felt tense because of problems with teeth or mouth?

Percentage of respondents feeling tense because of problems with teeth or mouth during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Feeling tense because of problems with teeth or mouth	95% CI	n	% Feeling tense because of problems with teeth or mouth	95% CI	n	% Feeling tense because of problems with teeth or mouth	95% CI
18-30	457	13.4	7.6-19.2	739	16.1	9.4-22.9	1196	14.9	10.3-19.5
31-45	508	7.2	4.1-10.3	735	22.8	17.0-28.6	1243	14.4	11.9-17.0
46-69	494	19.3	12.3-26.2	632	21.4	7.9-34.8	1126	20.4	10.7-30.1
18-69	1459	12.5	9.4-15.6	2106	19.0	11.9-26.1	3565	15.9	11.6-20.1

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents being embarrassed about appearance of teeth Description: Percentage of respondents being embarrassed about appearance of teeth during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Embarrassed about the appearance of teeth?

Percentage of respondents being embarrassed because of appearance of teeth during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Embarrassed because of appearance of teeth	95% CI	n	% Embarrassed because of appearance of teeth	95% CI	n	% Embarrassed because of appearance of teeth	95% CI
18-30	457	2.6	0.9-4.3	739	1.9	0.7-3.1	1196	2.2	1.2-3.2
31-45	508	2.5	0.2-4.7	735	8.6	1.4-15.8	1243	5.3	2.2-8.5
46-69	494	4.7	2.5-7.0	632	4.1	1.8-6.5	1126	4.4	2.8-6.0
18-69	1459	2.9	1.7-4.1	2106	4.1	2.6-5.7	3565	3.6	2.6-4.6

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents avoiding smiling because of teeth Description: Percentage of respondents avoiding smiling because of teeth during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Avoid smiling because of teeth?

Percentage of respondents avoiding smiling because of teeth during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Avoiding smiling because of teeth	95% CI	n	% Avoiding smiling because of teeth	95% CI	n	% Avoiding smiling because of teeth	95% CI
18-30	457	2.6	1.0-4.2	739	6.1	3.1-9.1	1196	4.5	2.8-6.2
31-45	508	3.1	1.2-4.9	735	8.9	5.8-11.9	1243	5.8	3.9-7.6
46-69	494	5.9	3.6-8.2	632	6.4	3.3-9.5	1126	6.2	4.1-8.2
18-69	1459	3.4	2.2-4.6	2106	6.9	4.5-9.3	3565	5.2	3.8-6.6

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents with interruptions in sleep Description: Percentage of respondents whose sleep was often interrupted during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Is sleep often interrupted?

Percentage of respondents with interruptions in sleep during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Sleep often interrupted	95% CI	n	% Sleep often interrupted	95% CI	n	% Sleep often interrupted	95% CI
18-30	457	16.1	8.5-23.6	739	18.8	5.6-32.1	1196	17.6	9.7-25.4
31-45	508	8.7	5.2-12.1	735	17.4	12.8-22.1	1243	12.8	9.1-16.4
46-69	494	14.5	10.1-18.9	632	22.7	12.5-32.8	1126	19.0	13.3-24.7
18-69	1459	13.3	9.3-17.4	2106	19.3	12.5-26.1	3565	16.4	12.3-20.6

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents with days not at work because of teeth or mouth	Description: Percentage of respondents with days not at work because of teeth or mouth during the past 12 months. Instrument questions: - Have you experienced any of the following problems during the past year because of the state of your teeth? - Days not at work because of teeth or mouth?

Percentage of respondents with days not at work because of teeth or mouth during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% With days not at work	95% CI	n	% With days not at work	95% CI	n	% With days not at work	95% CI
18-30	457	13.6	5.8-21.4	739	8.5	5.1-11.9	1196	10.8	6.5-15.2
31-45	508	8.8	4.8-12.7	735	20.4	14.4-26.5	1243	14.2	11.4-17.0
46-69	494	13.9	8.9-19.0	632	14.4	8.0-20.9	1126	14.2	10.0-18.5
18-69	1459	12.1	8.0-16.2	2106	12.9	10.8-15.0	3565	12.5	10.2-14.8

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents having difficulty doing usual activities	Description: Percentage of respondents having difficulty doing usual activities during the past 12 months. Instrument questions: - Have you experienced any of the following problems during the past year because of the state of your teeth? - Difficulty doing usual activities?

Percentage of respondents having difficulty doing usual activities during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Having difficulty doing usual activities	95% CI	n	% Having difficulty doing usual activities	95% CI	n	% Having difficulty doing usual activities	95% CI
18-30	457	14.2	6.5-21.9	739	9.0	5.4-12.6	1196	11.4	7.0-15.8
31-45	508	8.3	4.0-12.6	735	21.8	15.9-27.8	1243	14.6	11.4-17.8
46-69	494	14.2	10.0-18.3	632	19.2	8.9-29.4	1126	16.9	11.1-22.7
18-69	1459	12.3	8.1-16.5	2106	14.5	11.9-17.1	3565	13.5	11.3-15.6

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents being less tolerant of spouse or people close to them Description: Percentage of respondents having been less tolerant of spouse or people close to them during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Less tolerant of spouse or people close to you?

Percentage of respondents having been less tolerant of spouse or people close to them during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Having been less tolerant	95% CI	n	% Having been less tolerant	95% CI	n	% Having been less tolerant	95% CI
18-30	457	4.5	2.0-7.0	739	4.3	2.0-6.7	1196	4.4	2.9-6.0
31-45	508	2.6	0.9-4.3	735	7.3	4.5-10.0	1243	4.8	3.0-6.6
46-69	494	6.4	3.5-9.2	632	4.0	1.3-6.7	1126	5.1	3.0-7.1
18-69	1459	4.2	2.6-5.8	2106	5.0	3.3-6.8	3565	4.6	3.5-5.8

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Percentage of respondents having reduced participation in social activities Description: Percentage of respondents having reduced participation in social activities during the past 12 months.

Instrument questions:

- Have you experienced any of the following problems during the past year because of the state of your teeth?
- Reduced participation in social activities?

Percentage of respondents having reduced participation in social activities during the past 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% Having reduced participation in social activities	95% CI	n	% Having reduced participation in social activities	95% CI	n	% Having reduced participation in social activities	95% CI
18-30	457	8.1	0.4-15.9	739	4.4	2.3-6.6	1196	6.1	2.1-10.2
31-45	508	5.3	1.6-8.9	735	14.4	7.8-21.0	1243	9.5	6.3-12.7
46-69	494	6.5	3.9-9.1	632	6.2	2.9-9.5	1126	6.3	4.0-8.6
18-69	1459	6.9	2.9-10.9	2106	7.4	5.9-8.9	3565	7.2	5.1-9.3

Analysis Information:

- Questions used: O13a-j
- Epi Info program name: Oproblem (unweighted); OproblemWT (weighted)

Violence and Injury

Percentage of drivers or passengers not always using seat belt

Description: Percentage of drivers or passengers of a motor vehicle who did not always use a seat belt or were otherwise unrestrained during the past 30 days.

Instrument question:

- In the past 30 days, how often did you use a seat belt when you were the driver or passenger of a motor vehicle?

The percentage of drivers or passengers never used a seat belt									
Age Group (years)	Men			Women			Both Sexes		
	n	% Never used seatbelt	95% CI	n	% Never used seatbelt	95% CI	n	% Never used seatbelt	95% CI
18-30	218	40.2	30.9-49.6	293	50.5	28.5-72.5	511	45.4	34.0-56.8
31-45	263	42.6	20.5-64.6	317	52.8	40.5-65.1	580	46.8	29.3-64.2
46-69	242	42.9	31.8-54.0	250	59.8	50.4-69.2	492	50.7	42.1-59.2
18-69	723	41.6	31.6-51.7	860	53.0	37.8-68.1	1583	46.9	35.3-58.4

Analysis Information:

- Questions used: V1

- Epi Info program name: Vseatbelt (unweighted); VseatbeltWT (weighted)

Percentage of motorcycle or motor-scooter drivers not always using helmet

Description: Percentage of drivers or passengers on motorcycles or motor-scooters who did not always wear a helmet during the past 30 days.

Instrument question:

- In the past 30 days, how often did you wear a helmet when you drove or rode as a passenger on a motorcycle or motor-scooter?

Percentage of drivers or passengers of a motorcycle or motor-scooter not always using a helmet											
Age Group (years)	Men				Women				Both Sexes		
	n	% Not always using helmet	95% CI		n	% Not always using helmet	95% CI		n	% Not always using helmet	95% CI
18-30	359	58.5	48.9-68.1		490	75.7	67.5-83.8		849	67.9	61.5-74.3
31-45	407	36.4	23.0-49.9		478	72.4	65.1-79.8		885	51.8	40.8-62.8
46-69	370	49.9	41.8-57.9		367	77.7	72.3-83.1		737	63.4	58.9-67.9
18-69	1136	49.3	40.9-57.6		1335	75.2	69.4-81.0		2471	62.3	56.9-67.7

Analysis Information:

- Questions used: V2
- Epi Info program name: Vhelmet (unweighted); VhelmetWT (weighted)

Past 12 months involvement in a road traffic crash

Description: Percentage of respondents who have been involved in a road traffic crash during the past 12 months.

Instrument question:

- In the past 12 months, have you been involved in a road traffic crash as a passenger, driver, or pedestrian?

Percentage of respondents involved in a road traffic crash during the past 12 months												
Age Group (years)	Men				Women				Both Sexes			
	n	% Involved in road traffic crashes		95% CI	n	% Involved in road traffic crashes		95% CI	n	% Involved in road traffic crashes		95% CI
18-30	456	11.1	6.1-16.1		738	3.5	1.5-5.5		1194	7.0	4.4-9.6	
31-45	508	8.3	4.2-12.4		732	5.0	2.7-7.3		1240	6.8	4.2-9.3	
46-69	492	9.0	5.1-12.8		631	13.0	0.0-27.3		1123	11.2	3.2-19.3	
18-69	1456	9.8	6.6-12.9		2101	5.9	3.4-8.4		3557	7.8	6.1-9.5	

Analysis Information:

- Questions used: V3
- Epi Info program name: Vcrash (unweighted); VcrashWT (weighted)

Percentage of serious injury among those involved in

Description: Percentage of passengers, drivers, or pedestrians that had serious injuries requiring medical attention from a road traffic crash among those involved in a road traffic crash in the past 12 months.

Instrument questions:

a road traffic crash

- Did you have any injuries in this road traffic crash which required medical attention?
- In the past 12 months, have you been involved in a road traffic crash as a passenger, driver, or pedestrian?

Percentage of respondents seriously injured as a result of road traffic crash among those involved in a road traffic crash											
Age Group (years)	Men				Women				Both Sexes		
	n	% Seriously injured	95% CI		n	% Seriously injured	95% CI		n	% Seriously injured	95% CI
18-30	54	64.1	44.3-83.8		30	59.2	34.0-84.4		84	62.8	46.9-78.7
31-45	55	67.1	52.0-82.2		31	58.2	35.8-80.5		86	64.1	51.4-76.7
46-69	41	39.7	18.1-61.3		32	78.2	47.8-100.0		73	64.5	32.8-96.1
18-69	150	60.7	48.7-72.7		93	68.0	45.9-90.1		243	63.6	52.1-75.1

Analysis Information:

- Questions used: V3, V4
- Epi Info program name: Vcrashinjury (unweighted); VcrashinjuryWT (weighted)

Percentage of serious accidental injuries

Description: Percentage of respondents injured in a non-road traffic related accident that required medical attention.

Instrument question:

- In the past 12 months, were you injured accidentally, other than the road traffic crash, which required medical attention?

Percentage of respondents seriously injured in a non-road traffic accident											
Age Group (years)	Men				Women				Both Sexes		
	n	% Seriously injured	95% CI		n	% Seriously injured	95% CI		n	% Seriously injured	95% CI
18-30	456	18.2	13.8-22.6		736	4.1	2.2-6.0		1192	10.6	7.5-13.7
31-45	506	8.4	4.8-12.1		731	6.8	4.2-9.3		1237	7.7	5.1-10.2
46-69	493	7.5	4.5-10.4		628	10.6	5.6-15.6		1121	9.2	6.2-12.2
18-69	1455	13.0	10.2-15.7		2095	6.2	4.6-7.8		3550	9.4	7.5-11.3

Analysis Information:

- Questions used: V5
- Epi Info program name: Vinjury (unweighted); VinjuryWT (weighted)

Causes of Serious Injury Description: Causes of serious injuries among respondents who were injured accidentally from something other than a road traffic crash.

Instrument questions:

- Please indicate which of the following was the cause of the most serious accidental injury?
- In the past 12 months, were you injured accidentally other than the road traffic crashes which required medical attention?

Percentage of respondents who were seriously injured other than road traffic crashes															
Men															
Age Group (years)	n	% Fall	95% CI	% Burn	95% CI	% Poisoning	95% CI	% Cut	95% CI	% Near drowning	95% CI	% Animal Bites	95% CI	% Other	95% CI
18-30	71	63.3	46.0-80.5	2.2	0.0-6.4			26.1	11.3-40.9			1.3	0.0-3.5	7.2	0.6-13.8
31-45	62	46.0	29.6-62.4	0.0	0.0-0.0			37.9	22.4-53.4			4.9	0.0-12.7	11.2	2.1-20.3
46-69	44	33.8	15.7-52.0	3.1	0.0-7.6			44.0	23.3-64.6			1.9	0.0-5.7	17.2	0.0-34.9
18-69	177	56.4	42.7-70.1	1.8	0.0-4.7			30.5	19.3-41.7			2.1	0.0-4.4	9.1	3.8-14.5

Percentage of respondents who were seriously injured other than road traffic crashes															
Women															
Age Group (years)	n	% Fall	95% CI	% Burn	95% CI	% Poisoning	95% CI	% Cut	95% CI	% Near drowning	95% CI	% Animal Bites	95% CI	% Other	95% CI
18-30	44	48.5	31.4-65.7	3.8	0.0-10.2		0.0-10.2	37.3	19.1-55.4		2.9		0.0-8.4	7.4	1.2-13.7
31-45	53	46.4	27.4-65.4	4.6	0.0-10.1		0.0-10.1	27.9	12.8-42.9		7.5		0.0-15.0	13.7	0.0-28.9
46-69	59	79.2	65.0-93.4	1.5	0.0-4.7		0.0-4.7	14.3	4.5-24.0		0.4		0.0-1.1	4.6	0.0-11.7
18-69	156	59.2	46.5-71.9	3.2	0.0-6.4		0.0-6.4	26.1	16.3-36.0		3.3		0.3-6.2	8.2	2.6-13.8

Percentage of respondents who were seriously injured other than road traffic crashes															
Both Sexes															
Age Group (years)	n	% Fall	95% CI	% Burn	95% CI	% Poisoning	95% CI	% Cut	95% CI	% Near drowning	95% CI	% Animal Bites	95% CI	% Other	95% CI
18-30	115	60.2	45.7-74.7	2.5	0.0-6.1		0.0-6.1	28.4	15.9-40.9			1.6	0.0-3.7	7.3	1.9-12.6
31-45	115	46.2	34.8-57.5	1.9	0.0-4.2		0.0-4.2	33.8	21.9-45.7			6.0	0.6-11.4	12.2	4.9-19.6
46-69	103	62.7	46.3-79.1	2.1	0.0-4.7		0.0-4.7	25.1	12.6-37.5			0.9	0.0-2.4	9.2	0.9-17.5
18-69	333	57.4	47.2-67.5	2.3	0.0-4.6			29.0	20.9-37.2			2.5	0.8-4.3	8.8	4.9-12.7

Analysis Information:

- Questions used: V5, V6
- Epi Info program name: Vinjurycase (unweighted); VinjurycaseWT (weighted)

Location of accidental serious injuries

Description: Location of serious accidental injuries among those respondents who were seriously injured in the last 12 months.

Instrument questions:

- In the past 12 months, were you injured accidentally, other than the road traffic crashes which required medical attention?
- Where were you when you had your most serious injury in the past 12 months?

Location of accidental serious injuries among respondents seriously injured												
Men												
Age Group (years)	n	% Home	95% CI	% School/workplace	95% CI	% Road-Street-Highway	95% CI	% Farm	95% CI	% Sports-Athletic area	95% CI	% other
18-30	71	21.2	8.5-34.0	17.7	5.4-30.0	19.8	5.7-33.9	3.9	0.0-9.3	36.3	13.9-58.6	1.1
31-45	62	18.9	5.5-32.3	44.2	29.7-58.7	11.7	2.7-20.6	17.7	5.3-30.1	1.3	0.0-3.2	6.3
46-69	44	28.0	8.0-48.0	45.2	23.5-66.8	18.8	2.1-35.5	5.1	0.0-10.6	0.0	0.0-0.0	2.9
18-69	177	21.5	11.6-31.3	26.3	15.9-36.6	17.9	8.1-27.8	7.0	2.2-11.8	24.9	7.6-42.3	2.4
0.2-4.6												
Women												
Age Group (years)	n	% Home	95% CI	% School/workplace	95% CI	% Road-Street-Highway	95% CI	% Farm	95% CI	% Sports-Athletic area	95% CI	% other
18-30	44	39.3	23.0-55.7	22.0	5.6-38.5	18.7	3.5-33.9	11.2	1.0-21.5	1.5	0.0-4.5	7.2
31-45	53	43.9	25.3-62.5	26.1	11.2-40.9	12.6	0.0-26.8	16.2	1.1-31.2	0.0	0.0-0.0	1.3
46-69	59	60.4	37.1-83.7	17.0	1.7-32.4	16.7	2.6-30.7	5.2	0.4-9.9	0.0	0.0-0.0	0.8
18-69	156	48.3	35.2-61.5	21.4	11.3-31.4	16.2	7.8-24.5	10.4	4.2-16.6	0.5	0.0-1.6	3.2
0.0-6.6												

Location of accidental serious injuries among respondents seriously injured														
Both Sexes														
Age Group (years)	n	% Home	95% CI	School/workplace	%	95% CI	% Road-Street-Highway	95% CI	% Farm	95% CI	% Sports-Athletic area	95% CI	% other	95% CI
18-30	115	25.0	14.1-35.9	18.6		8.4-28.8	19.5	7.9-31.2	5.4	0.6-10.3	29.0	9.7-48.3	2.4	0.0-4.9
31-45	115	29.2	17.7-40.6	36.7		25.8-47.7	12.0	4.3-19.7	17.1	4.9-29.2	0.7	0.0-1.9	4.2	0.0-9.0
46-69	103	48.6	28.8-68.4	27.3		12.1-42.5	17.4	6.4-28.4	5.1	1.6-8.7	0.0	0.0-0.0	1.6	0.0-3.5
18-69	333	30.6	21.4-39.8	24.6		16.9-32.2	17.3	10.6-24.1	8.1	3.5-12.7	16.6	4.2-29.0	2.7	0.9-4.5

Analysis Information:

- Questions used: V5, V7
- Epi Info program name: Vinjuryplace (unweighted); VinjuryplaceWT (weighted)



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