NATIONAL CENTRE FOR DISEASE CONTROL - LIBYA

WHO STEPS

Noncommunicable Disease Risk Factor Survey

DATA BOOK FOR LIBYA

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IMPORTANT:

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

Introduction

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 2013-2030 and Global Monitoring Framework

STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2030 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs[1], relating to 7 of the 9 global targets.

Indicators captured in STEPS are marked in **bold** and *italic* 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:

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[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. Age-standardized prevalence of heavy episodic drinking among* adolescents and ***adults***, *as appropriate, within the national context* 5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context
Physical inactivity	3. A 10% relative reduction in prevalence of insufficient physical activity	6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily *7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)*
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	*8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years*
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents *10. Age-standardized prevalence of current tobacco use among persons aged 18+ years*
BIOLOGICAL RISK FACTORS		
Raised blood pressure	6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	*11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure*
Diabetes and obesity	7. Halt the rise in diabetes & obesity	*12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose)* 13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex) *14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)*
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years *16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day* *17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration*

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

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	%
18-29		473			459			932	85.9%
30-44		654			959			1613	85.2%
45-59		827			909			1736	87.5%
60-69		317			384			701	91.6%
18-69		**2271**			**2711**			**4982**	

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	%
18-29	473	50.8		459	49.2	932	18.7
30-44	654	40.5		959	59.5	1613	32.4
45-59	827	47.6		909	52.4	1736	34.8
60-69	317	45.2		384	54.8	701	14.1
18-69	2271	45.6		**2711**	54.4	4982	**100**

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
18-29	471	12.8		458	13.3	929	13.0
30-44	651	13.1		954	13.4	1605	13.2
45-59	820	12.1		897	10.6	1717	11.3
60-69	311	**10.5**		357	5.3	668	7.7
18-69	**2253**	12.3		**2666**	**11.3**	**4919**	**11.8**

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								
Men								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	473	0.2	2.3	17.1	52.6	10.8	16.3	0.6
30-44	653	0.5	4.0	19.8	25.3	18.1	28.5	4.0
45-59	826	1.9	5.3	25.1	25.1	22.5	17.1	3.0
60-69	316	7.9	9.5	28.5	23.4	15.2	13.0	2.5
18-69	2268	2.0	4.9	22.4	30.6	17.8	19.6	2.7

Highest level of education								
Women								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	459	0.4	2.4	10.2	49.5	11.3	25.7	0.4
30-44	959	2.7	3.3	9.6	24.6	21.2	37.2	1.4
45-59	907	6.8	11.7	23.4	22.8	17.3	17.1	0.9
60-69	384	39.6	16.9	24.7	7.0	8.9	2.3	0.5
18-69	2709	8.9	7.9	16.5	25.7	16.5	23.6	0.9

Highest level of education								
Both Sexes								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	932	0.3	2.4	13.7	51.1	11.1	20.9	0.5
30-44	1612	1.8	3.6	13.7	24.9	19.9	33.9	2.4
45-59	1733	4.5	8.7	24.2	23.9	19.8	17.1	1.9
60-69	700	25.3	13.6	26.4	14.4	11.7	7.1	1.4
18-69	4977	5.8	6.5	**19.1**	28.0	**17.1**	**21.8**	**1.7**

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

Ethnicity Description: Summary results for the ethnicity of the respondents.

Instrument Question:
- What is your [insert relevant ethnic group/racial group/cultural subgroup/others] background?

Ethnic group of respondents					
Age Group (years)		Both Sexes			
	n	% Ethnic group 1	% Ethnic group 2	% Ethnic group 3	% Other ethnic group
18-29					
30-44					
45-59					
60-69					
18-69					

Analysis Information:
- Questions used: C6
- Epi Info program name: Cethnic (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
18-29	472	89.8	9.7	0.0	0.4	0.0
30-44	652	26.5	71.5	0.3	1.4	0.3
45-59	826	2.5	94.9	0.7	1.1	0.7
60-69	317	2.2	95.0	0.3	0.6	1.9
18-69	2267	27.6	70.4	0.4	1.0	0.6

Marital status						
Age Group (years)		Women				
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	458	67.7	30.1	0.4	1.3	0.4
30-44	958	16.5	78.0	0.3	2.6	2.6
45-59	909	19.1	66.0	1.0	3.4	10.5
60-69	383	6.0	59.3	0.3	2.1	32.4
18-69	2708	24.6	63.2	0.6	2.6	9.1

Marital status						
	Both Sexes					
Age Group (years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	930	78.9	19.8	0.2	0.9	0.2
30-44	1610	20.6	75.3	0.3	2.1	1.7
45-59	1735	11.2	79.8	0.9	2.3	5.8
60-69	700	4.3	75.4	0.3	1.4	18.6
18-69	4975	25.9	66.5	0.5	1.8	5.2

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					
	Men				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29	473	26.2	3.4	14.2	56.2
30-44	653	77.5	3.4	13.5	5.7
45-59	826	84.5	1.9	8.4	5.2
60-69	316	50.3	2.5	8.5	38.6
18-69	2268	65.6	2.7	11.1	20.6

Employment status					
	Women				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29	459	9.8	2.6	3.1	84.5
30-44	958	59.0	1.8	2.6	36.6
45-59	909	54.8	1.5	1.1	42.6
60-69	381	12.6	0.0	0.3	87.1
18-69	2707	42.7	1.6	1.8	53.9

Employment status					
		Both Sexes			
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-29	932	18.1	3.0	8.7	70.2
30-44	1611	66.5	2.4	7.0	24.1
45-59	1735	68.9	1.7	4.6	24.8
60-69	697	29.7	1.1	4.0	65.1
18-69	4975	53.1	2.1	6.1	38.7

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							
		Men					
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-29	266	0.8	83.1	0.4	0.4	15.0	0.4
30-44	37	8.1	10.8	10.8	2.7	51.4	16.2
45-59	43	9.3	0.0	4.7	53.5	18.6	14.0
60-69	122	0.8	0.0	4.1	84.4	2.5	8.2
18-69	468	2.1	48.1	2.6	27.4	15.0	4.9

Unpaid work and unemployed							
		Women					
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-29	388	0.3	60.1	28.9	0.0	10.1	0.8
30-44	351	0.9	1.4	84.6	0.0	11.4	1.7
45-59	387	0.3	0.5	85.5	4.9	5.9	2.8
60-69	332	0.0	0.0	79.2	19.3	0.9	0.6
18-69	1458	0.3	16.5	68.8	5.7	7.2	1.5

Unpaid work and unemployed							
	Both Sexes						
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-29	654	0.5	69.4	17.3	0.2	12.1	0.6
30-44	388	1.5	2.3	77.6	0.3	15.2	3.1
45-59	430	1.2	0.5	77.4	9.8	7.2	4.0
60-69	454	0.2	0.0	59.0	36.8	1.3	2.6
18-69	1926	0.8	24.1	52.7	11.0	9.1	2.3

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

Per capita annual income

Description: Mean reported per capita annual income of respondents in local currency.

Instrument questions:
- How many people older than 18 years, including yourself, live in your household?
- Taking the past year, can you tell me what the average earning of the household has been?

Mean annual per capita income	
n	Mean
4311	**9000**

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

Estimated household earnings

Description: summary of participant household earnings by quintile.

Instrument question:
- If you don't know the amount, can you give an estimate of the annual household income if I read some options to you?

Estimated household earnings					
n	% Quintile 1: Under $........	% Quintile 2: $......-$......	% Quintile 3: $......-$......	% Quintile 4: $......-$......	% Quintile 5: Over $......
204	**37.7**	**37.7**	**9.8**	**3.4**	**11.3**

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

Tobacco Use

Current smoking

Description: Current smokers among all respondents.

Instrument question: TeamA
- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

Percentage of current smokers										
	Men				**Women**				**Both Sexes**	
Age Group (years)	n	% Current smoker	95% CI		n	% Current smoker	95% CI		n	% Current smoker	95% CI
18-29	473	40.3	34.4-46.2		459	0.2	0.0-0.6		932	20.7	17.2-24.2
30-44	654	46.2	40.4-52.0		959	0.0	0.0-0.1		1613	23.7	20.3-27.2
45-59	827	46.1	41.4-50.9		909	0.3	0.0-0.9		1736	21.8	19.1-24.6
60-69	317	28.2	19.9-36.4		384	0.2	0.0-0.5		701	14.3	9.9-18.8
18-69	2271	42.4	38.8-46.0		2711	0.2	0.0-0.4		4982	21.5	19.4-23.5

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

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									
Men									
		Current smoker				Non-smokers			
Age Group (years)	n	% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	473	35.0	29.7-40.3	5.3	2.6-7.9	8.5	5.9-11.1	51.3	45.4-57.1
30-44	654	40.2	35.0-45.5	5.9	2.6-9.3	10.0	6.8-13.1	43.9	38.1-49.7
45-59	827	43.3	38.8-47.8	2.8	1.3-4.4	14.8	12.0-17.6	39.1	34.4-43.7
60-69	317	26.9	18.6-35.1	1.3	0.0-2.8	23.4	16.2-30.6	48.4	39.2-57.7
18-69	2271	37.5	34.3-40.7	4.9	3.2-6.6	10.9	9.0-12.7	46.8	43.0-50.5

Smoking status									
Women									
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Smoking status									
Both Sexes									
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29	194	86.9	80.9-93.0								
30-44	297	87.1	80.4-93.9								
45-59	359	93.9	90.7-97.0								
60-69	85	95.5	90.0-100.0								
18-69	935	88.5	84.8-92.2								

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
18-29	171	17.1	16.6-17.6							
30-44	265	20.3	19.5-21.2							
45-59	335	19.7	18.9-20.6							
60-69	79	21.3	16.8-25.7							
18-69	850	18.9	18.4-19.4							

		Mean duration of smoking								
Age Group (years)	Men				Women			Both Sexes		
	n	Mean duration	95% CI		n	Mean duration	95% CI	n	Mean duration	95% CI
18-29	171	7.1	6.5-7.7							
30-44	265	17.0	15.8-18.1							
45-59	335	31.8	30.8-32.9							
60-69	79	42.0	38.2-45.8							
18-69	850	16.6	15.5-17.6							

Analysis Information:
- Questions used: T1, T2, T3, T4a-c
- Epi Info program name: Tsmokeagetime (unweighted); TsmokeagetimeWT (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										
	Men				Women			Both Sexes		
Age Group (years)	n	% Manu-factured cigarette smoker	95% CI		n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29	173	97.2	95.1-99.3							
30-44	267	92.4	88.2-96.5							
45-59	335	96.6	94.0-99.2							
60-69	79	99.3	98.0-100.0							
18-69	854	95.4	93.7-97.2							

Manufactured cigarette smokers among current smokers										
	Men				Women			Both Sexes		
Age Group (years)	n	% Manu-factured cigarette smoker	95% CI		n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29	191	95.6	92.8-98.3							
30-44	296	90.0	85.2-94.8							
45-59	357	96.3	93.8-98.8							
60-69	83	99.4	98.1-100.0							
18-69	927	93.8	91.7-95.8							

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									
	Men								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	173	15.7	14.3-17.2	171	1.3	0.4-2.3	170	0.5	0.0-1.1
30-44	267	16.8	15.2-18.4	259	1.6	0.6-2.6	257	0.6	0.1-1.2
45-59	335	19.0	17.4-20.6	326	1.2	0.5-2.0	327	0.2	0.0-0.3
60-69	79	19.8	14.6-25.0	75	3.1	0.8-5.4	74	0.6	0.0-1.6
18-69	854	16.8	15.9-17.8	831	1.5	0.9-2.1	828	0.5	0.2-0.8

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	172	2.5	1.1-3.8	173	0.3	0.0-0.7	171	0.3	0.0-0.6
30-44	259	2.1	1.1-3.0	260	0.2	0.1-0.2	258	0.1	0.0-0.3
45-59	328	2.2	1.2-3.1	330	0.1	0.0-0.2	329	0.1	0.0-0.1
60-69	77	1.2	0.0-2.4	78	0.1	0.0-0.3	79	0.2	0.0-0.5
18-69	836	2.2	1.5-3.0	841	0.2	0.0-0.4	837	0.2	0.0-0.3

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean amount of tobacco used by daily smokers by type									
	Both Sexes								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Mean amount of tobacco used by daily smokers by type								
Both Sexes								
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29								
30-44								
45-59								
60-69								
18-69								

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									
Men									
Age Group (years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-29	191	95.6	92.8-98.3	191	7.6	3.4-11.7	190	4.8	0.9-8.6
30-44	296	90.0	85.2-94.8	289	14.0	7.4-20.7	287	7.8	1.2-14.4
45-59	357	96.3	93.8-98.8	347	6.4	3.2-9.5	349	1.5	0.2-2.8
60-69	83	99.4	98.1-100.0	79	19.2	5.0-33.5	78	2.9	0.0-7.3
18-69	927	93.8	91.7-95.8	906	10.2	6.8-13.6	904	5.3	2.2-8.4

				Percentage of current smokers smoking each of the following products					
Age Group (years)				**Men**					
	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-29	192	15.1	8.1-22.0	192	20.6	13.1-28.1	191	4.4	0.5-8.2
30-44	289	16.0	8.8-23.3	290	13.8	8.4-19.3	288	5.4	0.7-10.1
45-59	350	14.6	8.2-21.0	352	4.8	2.3-7.3	351	7.0	1.2-12.8
60-69	81	8.2	1.7-14.6	82	14.0	0.0-32.9	83	6.2	0.2-12.2
18-69	912	15.1	10.7-19.5	916	15.3	11.1-19.5	913	5.3	2.6-7.9

				Percentage of current smokers smoking each of the following products					
Age Group (years)				**Women**					
	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

				Percentage of current smokers smoking each of the following products					
Age Group (years)				**Women**					
	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

				Percentage of current smokers smoking each of the following products					
Age Group (years)				**Both Sexes**					
	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current smokers smoking each of the following products									
Age Group (years)	Both Sexes								
	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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

Frequency of daily cigarette smoking

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

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

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Men										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	163	9.3	3.7-15.0	10.8	5.4-16.2	14.6	8.9-20.2	51.0	41.5-60.5	14.3	7.6-21.1
30-44	233	5.9	1.9-9.9	6.2	1.2-11.2	10.4	5.9-14.9	57.4	48.3-66.6	20.2	13.1-27.2
45-59	310	3.9	1.7-6.1	6.2	2.9-9.4	17.2	9.4-24.9	47.9	40.4-55.5	24.8	18.4-31.2
60-69	71	3.3	0.0-7.3	0.0	0.0-0.0	22.5	2.2-42.9	45.8	27.5-64.1	28.3	11.7-45.0
18-69	777	6.9	3.8-10.1	7.9	4.9-10.9	13.9	10.6-17.3	52.5	47.0-57.9	18.8	14.6-23.0

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Women										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day										
	Both Sexes									
Age Group (years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29										
30-44										
45-59										
60-69										
18-69										

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

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Former daily smokers and former smokers

Description: Percentage of former daily smokers among all respondents and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking.

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

Former daily smokers (who don't smoke currently) among all respondents									
	Men				Women			Both Sexes	
Age Group (years)	n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-29	473	6.4	3.9-9.0							
30-44	654	9.2	6.0-12.3							
45-59	827	11.6	9.1-14.1							
60-69	317	20.5	13.5-27.4							
18-69	2271	9.0	7.2-10.9							

	Former daily smokers (who don't smoke currently) among ever daily smokers										
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI
18-29	206	15.5	9.8-21.2								
30-44	332	18.5	12.5-24.6								
45-59	456	21.1	16.9-25.4								
60-69	148	43.2	30.6-55.8								
18-69	1142	19.4	15.8-23.0								

	Mean years since cessation										
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	Mean years	95% CI		n	Mean years	95% CI		n	Mean years	95% CI
18-29	49	2.3	1.7-2.9								
30-44	75	9.2	7.7-10.8								
45-59	149	17.8	15.3-20.3								
60-69	74	21.3	18.2-24.5								
18-69	347	10.3	9.0-11.6								

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										
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	% Tried to stop smoking	95% CI		n	% Tried to stop smoking	95% CI		n	% Tried to stop smoking	95% CI
18-29	194	49.6	41.5-57.6								
30-44	297	53.9	45.9-61.8								
45-59	359	46.9	40.0-53.8								
60-69	85	46.4	29.9-62.9								
18-69	935	50.6	45.8-55.3								

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										
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	% Advised to stop smoking	95% CI		n	% Advised to stop smoking	95% CI		n	% Advised to stop smoking	95% CI
18-29	142	38.0	27.3-48.6								
30-44	225	42.2	33.3-51.0								
45-59	284	46.1	37.7-54.6								
60-69	74	68.0	54.4-81.6								
18-69	725	42.2	36.5-47.9								

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										
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
18-29	473	2.7	1.0-4.4								
30-44	654	1.7	0.8-2.6								
45-59	827	0.9	0.0-1.7								
60-69	317	5.8	1.2-10.3								
18-69	2271	2.3	1.4-3.2								

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									
Men									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29	473	1.2	0.2-2.2	1.5	0.1-2.9	0.7	0.0-1.4	96.6	94.8-98.4
30-44	654	1.6	0.7-2.5	0.1	0.0-0.4	0.9	0.0-2.0	97.4	96.0-98.7
45-59	827	0.5	0.0-1.1	0.4	0.0-1.0	1.5	0.6-2.3	97.7	96.4-99.0
60-69	317	4.1	0.0-8.4	1.7	0.0-3.6	2.0	0.0-4.1	92.2	87.3-97.2
18-69	2271	1.4	0.8-2.1	0.9	0.2-1.5	1.0	0.4-1.5	96.7	95.7-97.8

Smokeless tobacco use									
Women									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Smokeless tobacco use									
Both Sexes									
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:
- Questions used: T12, T13, T15

Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

	Former daily users of smokeless tobacco	
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											
	Men				Women				Both Sexes		
Age Group (years)	n	% Former daily users	95% CI		n	% Former daily users	95% CI		n	% Former daily users	95% CI
18-29	473	0.7	0.0-1.4								
30-44	654	0.1	0.0-0.4								
45-59	827	0.6	0.1-1.1								
60-69	317	0.9	0.0-1.9								
18-69	2271	0.5	0.2-0.9								

Former daily smokeless tobacco users (who don't use tobacco currently) among ever daily users											
	Men				Women				Both Sexes		
Age Group (years)	n	% Former daily users	95% CI		n	% Former daily users	95% CI		n	% Former daily users	95% CI
18-29	10	36.5	4.7-68.2								
30-44	14	7.4	0.0-22.4								
45-59	11	54.7	16.4-93.1								
60-69	17	17.7	0.0-40.3								
18-69	52	26.2	10.4-41.9								

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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29						
30-44						
45-59						
60-69						
18-69						

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	**Women**								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29						
30-44						
45-59						
60-69						
18-69						

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

Age Group (years)	Both Sexes								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29						
30-44						
45-59						
60-69						
18-69						

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

Smokeless tobacco consump-tion

Description: Percentage of current users of smokeless tobacco who use each of the following products.

Instrument questions:
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- On average, how many times a day/week do you use…?

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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29						
30-44						
45-59						
60-69						
18-69						

Percentage of current users of smokeless tobacco using each of the following products									
Age Group (years)	Women								
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current users of smokeless tobacco using each of the following products						
Age Group (years)	Women					
	n	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

Percentage of current users of smokeless tobacco using each of the following products									
Age Group (years)	Both Sexes								
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI	Chewing tobacco	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Percentage of current users of smokeless tobacco using each of the following products						
Age Group (years)	Both Sexes					
	n	% Betel, quid	95% CI	% Other	95% CI	95% CI
18-29						
30-44						
45-59						
60-69						
18-69						

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										
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
18-29	473	41.1	35.2-47.0								
30-44	654	47.5	41.7-53.2								
45-59	827	46.6	41.8-51.4								
60-69	317	33.2	24.5-41.8								
18-69	2271	43.6	40.0-47.2								

Daily tobacco users										
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% Daily users	95% CI		n	% Daily users	95% CI		n	% Daily users	95% CI
18-29	473	35.9	30.6-41.1								
30-44	654	41.4	36.2-46.7								
45-59	827	43.8	39.2-48.3								
60-69	317	30.8	22.2-39.4								
18-69	2271	38.6	35.4-41.8								

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
18-29	473	55.5	49.7-61.3		459	42.0	35.3-48.7		932	48.9	44.3-53.6
30-44	654	48.2	42.9-53.6		959	36.6	32.3-40.9		1613	42.6	39.0-46.1
45-59	827	41.3	36.7-46.0		909	36.3	31.7-41.0		1736	38.7	35.1-42.2
60-69	317	47.2	37.7-56.7		384	38.5	29.7-47.3		701	42.9	36.3-49.6
18-69	**2271**	**50.4**	**46.7-54.1**		**2711**	**39.0**	**35.5-42.6**		**4982**	**44.8**	**42.0-47.5**

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
18-29	421	73.5	68.1-78.8		365	35.4	28.8-42.0		786	55.9	51.1-60.7
30-44	600	74.2	68.9-79.5		837	26.1	21.9-30.4		1437	51.4	47.5-55.4
45-59	764	65.4	60.4-70.5		765	31.0	26.1-35.8		1529	47.8	44.1-51.6
60-69	257	57.4	47.4-67.5		284	15.9	10.4-21.5		541	38.7	31.2-46.3
18-69	**2042**	**71.6**	**68.4-74.7**		**2251**	**30.4**	**26.7-34.0**		**4293**	**52.1**	**49.3-54.9**

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

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
18-29	473	1.3	0.1-2.4	0.9	0.0-1.8	2.4	0.9-3.9	95.4	93.3-97.6
30-44	654	1.6	0.0-3.3	1.4	0.2-2.7	2.7	1.5-4.0	94.2	91.6-96.8
45-59	827	1.3	0.3-2.2	1.3	0.0-2.6	3.7	2.2-5.3	93.7	91.5-95.9
60-69	317	0.7	0.0-1.4	0.1	0.0-0.2	5.8	0.8-10.8	93.5	88.4-98.5
18-69	2271	1.3	0.6-2.1	1.1	0.5-1.7	2.9	2.0-3.9	94.6	93.2-96.1

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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29									
30-44									
45-59									
60-69									
18-69									

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

	Stopping drinking due to health reasons									
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	N	% stopping due to health reasons	95% CI
18-29	13	63.2	34.1-92.3				13	63.2	34.1-92.3
30-44	26	39.1	16.7-61.4	3	0.0	0.0-0.0	29	36.4	15.1-57.7
45-59	36	22.2	8.0-36.5	2	27.5	0.0-100.0	38	22.4	9.0-35.8
60-69	12	43.2	0.3-86.0				12	43.2	0.4-86.0
18-69	87	45.4	30.4-60.3	5	6.4	0.0-42.4	92	44.2	29.6-58.9

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												
Age Group (years)	**Men**												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29													
30-44													
45-59													
60-69													
18-69													

Frequency of alcohol consumption in the past 12 months

Age Group (years)	Women												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29													
30-44													
45-59													
60-69													
18-69													

	Frequency of alcohol consumption in the past 12 months												
Age Group (years)	Both Sexes												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29													
30-44													
45-59													
60-69													
18-69													

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, on 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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29									
30-44									
45-59									
60-69									
18-69									

| Drinking at intermediate level among all respondents (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women) |

Age Group (years)	Men				Women				Both Sexes		
	n	% 40-59.9g	95% CI		n	% 20-39.9g	95% CI		n	% intermediate level	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Drinking at lower-end level among all respondents (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)											
Age Group (years)	Men				Women				Both Sexes		
	n	% <40g	95% CI		n	% <20g	95% CI		n	% lower-end level	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

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										
Age Group (years)	Men									
	n	% high-end (≥60g)	95% CI		% intermediate (40-59.9g)	95% CI		% lower-end (<40g)	95% CI	
18-29										
30-44										
45-59										
60-69										
18-69										

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers

Age Group (years)		Women						
	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Age Group (years)		Both sexes					
	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29											
30-44											
45-59											
60-69											
18-69											

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
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29									
30-44									
45-59									
60-69									
18-69									

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?

Age Group (years)	Frequency of alcohol consumption in the past 7 days — Men
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Age Group (years)	Frequency of alcohol consumption in the past 7 days — Women
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Age Group (years)	Frequency of alcohol consumption in the past 7 days — Both Sexes
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

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) | \multicolumn{3}{c|}{Men} | \multicolumn{3}{c|}{Women} | \multicolumn{3}{c}{Both Sexes} |
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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) | \multicolumn{3}{c|}{Men} | \multicolumn{3}{c|}{Women} | \multicolumn{3}{c}{Both Sexes} |
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

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
18-29											
30-44											
45-59											
60-69											
18-69											

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	95% CI		n	% unrecorded alcohol of all alcohol	95% CI		n	% unrecorded alcohol of all alcohol	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

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	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Unrecorded alcohol consumption during the past 7 days by type											
Women											
Age Group (years)	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

Unrecorded alcohol consumption during the past 7 days by type											
Both Sexes											
Age Group (years)	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29											
30-44											
45-59											
60-69											
18-69											

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

Frequency	Description: Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers.
of impaired control over drinking	

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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 past 12 month drinkers							
Men							
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of failing to do what was normally expected from you 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
18-29							
30-44							
45-59							
60-69							
18-69							

Frequency of failing to do what was normally expected from you 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
18-29							
30-44							
45-59							
60-69							
18-69							

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 during the past 12 months 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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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
18-29							
30-44							
45-59							
60-69							
18-69							

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

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

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

	Mean number of days fruit consumed in a typical week								
	Men				**Women**			**Both Sexes**	
Age Group (years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29	462	3.0	2.7-3.2	447	2.3	2.1-2.5	909	2.7	2.5-2.8
30-44	637	2.7	2.5-2.9	938	2.5	2.3-2.6	1575	2.6	2.4-2.7
45-59	813	2.5	2.2-2.7	900	2.5	2.3-2.7	1713	2.5	2.3-2.6
60-69	308	2.9	2.4-3.3	371	2.5	2.1-2.8	679	2.7	2.4-3.0
18-69	**2220**	**2.8**	**2.6-2.9**	**2656**	**2.4**	**2.3-2.5**	**4876**	**2.6**	**2.5-2.7**

	Mean number of days vegetables consumed in a typical week								
	Men				**Women**			**Both Sexes**	
Age Group (years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29	469	5.5	5.3-5.8	454	5.7	5.5-6.0	923	5.6	5.4-5.8
30-44	650	5.5	5.3-5.7	953	5.6	5.4-5.8	1603	5.6	5.4-5.7
45-59	821	5.4	5.2-5.6	904	5.5	5.3-5.7	1725	5.4	5.3-5.6
60-69	314	5.6	5.3-6.0	379	5.1	4.7-5.5	693	5.4	5.1-5.7
18-69	**2254**	**5.5**	**5.4-5.7**	**2690**	**5.6**	**5.5-5.8**	**4944**	**5.6**	**5.4-5.7**

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

Mean number of servings of fruit and vegetable consumption

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

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

Mean number of servings of fruit on average per day											
	Men				Women				Both Sexes		
Age Group (years)	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings	95% CI
18-29	458	0.8	0.7-0.9		442	0.5	0.5-0.6		900	0.7	0.6-0.7
30-44	635	0.6	0.6-0.7		927	0.6	0.5-0.7		1562	0.6	0.6-0.7
45-59	810	0.6	0.5-0.7		894	0.6	0.5-0.7		1704	0.6	0.5-0.7
60-69	305	0.7	0.6-0.9		367	0.5	0.5-0.6		672	0.6	0.5-0.7
18-69	**2208**	**0.7**	**0.6-0.8**		**2630**	**0.6**	**0.5-0.6**		**4838**	**0.6**	**0.6-0.7**

Mean number of servings of vegetables on average per day											
	Men				Women				Both Sexes		
Age Group (years)	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings	95% CI
18-29	464	1.4	1.2-1.5		450	1.5	1.4-1.7		914	1.5	1.3-1.6
30-44	648	1.6	1.4-1.7		946	1.7	1.5-1.8		1594	1.6	1.5-1.7
45-59	817	1.6	1.5-1.8		900	1.7	1.5-1.9		1717	1.7	1.5-1.8
60-69	307	1.7	1.4-2.1		376	1.5	1.3-1.6		683	1.6	1.4-1.8
18-69	**2236**	**1.5**	**1.4-1.6**		**2672**	**1.6**	**1.5-1.7**		**4908**	**1.6**	**1.5-1.6**

Mean number of servings of fruit and/or vegetables on average per day											
	Men				Women				Both Sexes		
Age Group (years)	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings	95% CI
18-29	465	2.1	1.9-2.3		452	2.0	1.9-2.2		917	2.1	1.9-2.2
30-44	650	2.2	2.0-2.4		947	2.2	2.1-2.4		1597	2.2	2.1-2.4
45-59	820	2.2	2.0-2.4		902	2.3	2.1-2.5		1722	2.3	2.1-2.4
60-69	310	2.4	2.1-2.8		378	2.0	1.7-2.2		688	2.2	2.0-2.5
18-69	**2245**	**2.2**	**2.1-2.3**		**2679**	**2.1**	**2.0-2.2**		**4924**	**2.2**	**2.1-2.3**

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

Number of servings of fruit and/or vegetables on average per day									
Men									
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	465	18.3	13.3-23.3	60.0	54.3-65.7	16.8	12.4-21.2	4.9	2.2-7.5
30-44	650	16.9	12.8-21.0	61.3	56.2-66.5	14.9	11.1-18.6	6.9	4.2-9.7
45-59	820	19.6	15.9-23.3	60.0	55.1-65.0	13.4	10.0-16.9	6.9	4.3-9.5
60-69	310	17.3	10.9-23.7	50.9	41.4-60.5	23.7	13.3-34.2	8.0	3.2-12.9
18-69	**2245**	**18.0**	**15.1-20.8**	**59.9**	**56.6-63.2**	**16.1**	**13.4-18.8**	**6.1**	**4.3-7.9**

Number of servings of fruit and/or vegetables on average per day									
Women									
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	452	14.8	10.5-19.0	66.0	59.8-72.3	15.1	10.1-20.0	4.1	2.0-6.3
30-44	947	16.0	12.9-19.1	61.5	57.0-66.0	14.9	11.5-18.3	7.7	4.9-10.4
45-59	902	18.2	14.8-21.6	56.6	51.8-61.4	16.4	12.7-20.2	8.8	5.7-11.9
60-69	378	25.6	16.5-34.8	55.0	46.3-63.6	14.4	9.6-19.2	5.0	1.7-8.3
18-69	**2679**	**16.5**	**14.0-19.0**	**62.1**	**58.7-65.6**	**15.2**	**12.6-17.8**	**6.2**	**4.5-7.8**

Number of servings of fruit and/or vegetables on average per day									
Both Sexes									
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	917	16.6	13.1-20.1	62.9	58.5-67.3	16.0	12.7-19.3	4.5	2.7-6.3
30-44	1597	16.5	13.8-19.1	61.4	57.7-65.1	14.9	12.4-17.3	7.3	5.2-9.4
45-59	1722	18.9	16.3-21.5	58.2	54.5-61.9	15.0	12.4-17.7	7.9	5.7-10.1
60-69	688	21.5	15.5-27.4	53.0	46.5-59.4	19.1	13.0-25.2	6.5	3.6-9.4
18-69	**4924**	**17.2**	**15.2-19.3**	**61.0**	**58.4-63.6**	**15.7**	**13.8-17.5**	**6.1**	**4.7-7.5**

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

Less than five servings of fruit and/or vegetables on average per day										
	Men				Women			Both Sexes		
Age Group (years)	n	% < five servings per day	95% CI		n	% < five servings per day	95% CI		n	% < five servings per day	95% CI
18-29	465	95.1	92.5-97.8		452	95.9	93.7-98.0		917	95.5	93.7-97.3
30-44	650	93.1	90.3-95.9		947	92.3	89.6-95.1		1597	92.7	90.6-94.8
45-59	820	93.1	90.5-95.7		902	91.2	88.1-94.3		1722	92.1	89.9-94.3
60-69	310	92.0	87.1-96.8		378	95.0	91.7-98.3		688	93.5	90.6-96.4
18-69	2245	93.9	92.1-95.7		2679	93.8	92.2-95.5		**4924**	**93.9**	**92.5-95.3**

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
18-29	466	19.9	15.0-24.8		458	24.3	18.3-30.3		924	22.1	18.1-26.0
30-44	647	14.8	10.8-18.8		954.0	16.6	12.0-21.1		1601	15.7	12.6-18.7
45-59	822	13.6	9.9-17.2		906.0	14.5	10.7-18.2		1728	14.0	11.2-16.9
60-69	315	15.7	8.5-23.0		383.0	11.0	5.2-16.8		698	13.4	8.8-18.0
18-69	**2250**	**17.0**	**14.2-19.7**		2701.0	19.2	16.0-22.5		4951	18.1	15.7-20.5

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 foods 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
18-29	451	25.7	20.1-31.3	457	30.7	24.0-37.4	908	28.2	23.5-32.9
30-44	635	17.8	13.4-22.3	956	23.9	18.9-29.0	1591	20.8	17.2-24.4
45-59	802	19.6	15.4-23.9	908	19.7	15.5-23.9	1710	19.7	16.3-23.0
60-69	306	17.5	9.7-25.2	380	20.5	13.5-27.5	686	19.0	13.9-24.1
18-69	**2194**	**21.6**	**18.1-25.0**	**2701**	**26.0**	**22.2-29.7**	**4895**	**23.8**	**20.8-26.8**

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
18-29	466	25.2	20.2-30.1	454	32.3	24.5-40.0	920	28.7	24.0-33.3
30-44	652	17.6	13.6-21.6	952	20.4	16.6-24.2	1604	19.0	16.2-21.7
45-59	820	13.1	10.1-16.2	906	14.5	11.4-17.6	1726	13.9	11.6-16.1
60-69	313	8.2	1.8-14.5	380	12.8	6.3-19.3	693	10.5	5.9-15.0
18-69	**2251**	**19.7**	**16.9-22.5**	**2692**	**24.1**	**20.2-28.0**	**4943**	**21.9**	**19.4-24.4**

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?

Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	467	8.2	5.1-11.4		452.0	18.4	12.9-23.8		919	13.2	10.1-16.3
30-44	650	7.9	5.1-10.7		956.0	8.6	6.0-11.3		1606	8.2	6.4-10.1
45-59	818	4.2	2.6-5.7		902.0	7.4	4.9-9.9		1720	5.9	4.4-7.4
60-69	314	6.9	0.7-13.0		381.0	4.6	1.6-7.7		695	5.8	2.3-9.3
18-69	2249	7.4	5.7-9.1		2691.0	12.4	9.6-15.2		4940	9.9	8.2-11.6

Think they consume far too much or too much salt (table title)

Self-reported quantity of salt consumed

Men

Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	467	0.6	0.0-1.2	7.7	4.6-10.7	71.3	66.2-76.5	16.8	12.6-21.0	3.6	1.5-5.7
30-44	650	0.9	0.0-1.8	7.0	4.3-9.7	64.4	59.0-69.8	20.9	16.7-25.1	6.8	3.6-10.0
45-59	818	0.7	0.0-1.4	3.5	2.1-4.8	56.9	51.9-61.9	25.9	21.6-30.2	13.0	9.3-16.7
60-69	314	3.5	0.0-9.2	3.4	0.7-6.1	49.6	40.2-59.0	24.5	15.1-33.9	19.0	11.9-26.1
18-69	2249	0.9	0.3-1.5	6.5	4.9-8.2	65.5	62.1-68.8	20.0	17.3-22.7	7.1	5.4-8.8

Self-reported quantity of salt consumed

Women

Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	452	1.9	0.5-3.3	16.5	11.1-21.8	61.6	54.7-68.6	14.6	10.3-18.8	5.4	2.2-8.6
30-44	956	1.1	0.3-2.0	7.5	4.9-10.0	63.6	59.3-68.0	21.1	17.7-24.5	6.6	4.6-8.6
45-59	902	0.9	0.0-1.9	6.5	4.1-8.9	59.9	55.0-64.8	23.7	19.7-27.7	9.0	6.6-11.4
60-69	381	1.8	0.0-4.4	2.8	1.1-4.5	43.0	35.6-50.5	35.2	26.9-43.5	17.1	11.1-23.2
18-69	**2691**	**1.5**	**0.8-2.2**	**10.9**	**8.2-13.7**	**60.8**	**57.2-64.5**	**19.6**	**17.1-22.1**	**7.2**	**5.5-8.9**

Self-reported quantity of salt consumed

Both Sexes

Age Group (years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	919	1.2	0.5-2.0	12.0	8.9-15.0	66.6	62.3-70.9	15.7	12.6-18.8	4.5	2.6-6.4
30-44	1606	1.0	0.4-1.6	7.2	5.4-9.0	64.0	60.3-67.7	21.0	18.2-23.9	6.7	4.8-8.6
45-59	1720	0.8	0.2-1.5	5.1	3.6-6.5	58.5	54.7-62.2	24.7	21.5-27.9	10.9	8.7-13.1
60-69	695	2.7	0.0-5.9	3.1	1.5-4.7	46.4	40.2-52.6	29.8	23.5-36.1	18.1	13.4-22.7
18-69	**4940**	**1.2**	**0.7-1.6**	**8.7**	**7.1-10.3**	**63.2**	**60.4-65.9**	**19.8**	**17.8-21.8**	**7.1**	**5.8-8.4**

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							
	Men						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	434.0	23.4	18.1-28.7	52.9	46.9-58.9	23.7	18.3-29.1
30-44	631.0	29.9	24.6-35.1	53.7	48.2-59.3	16.4	12.0-20.8
45-59	808.0	38.1	33.1-43.1	50.2	45.1-55.3	11.7	8.1-15.2
60-69	301.0	45.1	35.9-54.3	47.0	37.6-56.5	7.9	3.9-11.8
18-69	**2174.0**	**29.4**	**26.0-32.7**	**52.4**	**48.8-55.9**	**18.2**	**15.3-21.2**

Importance of lowering salt in diet							
	Women						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	445	24.2	18.7-29.6	55.6	48.5-62.7	20.2	15.2-25.3
30-44	941	32.9	28.5-37.3	54.7	50.1-59.3	12.4	9.4-15.3
45-59	891	37.7	32.6-42.9	53.2	48.1-58.2	9.1	6.4-11.9
60-69	365	41.0	33.1-48.9	47.7	38.8-56.6	11.3	4.5-18.0
18-69	**2642**	**30.4**	**27.1-33.8**	**54.4**	**50.5-58.3**	**15.2**	**12.6-17.7**

Importance of lowering salt in diet							
	Both Sexes						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	879	23.8	19.9-27.7	54.3	49.5-59.1	22.0	18.1-25.9
30-44	1572	31.3	27.8-34.9	54.2	50.4-58.0	14.4	11.6-17.3
45-59	1699	37.9	34.1-41.8	51.8	47.9-55.7	10.3	8.1-12.5
60-69	666	43.1	36.9-49.3	47.4	40.8-54.0	9.5	5.7-13.4
18-69	**4816**	**29.9**	**27.3-32.5**	**53.4**	**50.5-56.3**	**16.7**	**14.6-18.8**

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
18-29	473	80.0	75.4-84.7	459	83.1	77.5-88.7		932	81.5	77.8-85.3
30-44	654	80.1	75.5-84.6	959	87.5	84.4-90.5		1613	83.7	80.7-86.6
45-59	827	85.5	81.6-89.4	909	87.5	83.6-91.4		1736	86.6	83.6-89.6
60-69	317	88.2	83.4-92.9	384	85.1	78.8-91.5		701	86.7	82.5-90.9
18-69	**2271**	**81.4**	**78.5-84.2**	**2711**	**85.4**	**82.3-88.6**		**4982**	**83.4**	**81.1-85.7**

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
18-29	473	24.2	19.3-29.2	459	29.2	23.2-35.2		932	26.7	22.6-30.7
30-44	654	36.6	30.5-42.8	959	37.8	32.9-42.6		1613	37.2	32.8-41.5
45-59	827	38.0	33.0-42.9	909	45.0	40.1-49.9		1736	41.7	38.1-45.3
60-69	317	43.7	34.6-52.7	384	41.5	33.6-49.4		701	42.6	36.5-48.6
18-69	**2271**	**31.7**	**28.1-35.3**	**2711**	**35.5**	**31.9-39.0**		**4982**	**33.6**	**30.7-36.5**

Look at the salt or sodium content on food labels										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI	n	%	95% CI		n	%	95% CI
18-29	473	10.5	6.7-14.3	459	10.6	7.4-13.8		932	10.6	8.0-13.1
30-44	654	16.0	11.5-20.6	959	16.5	12.8-20.3		1613	16.3	13.2-19.4
45-59	827	18.1	14.2-22.1	909	17.8	13.6-21.9		1736	17.9	15.1-20.8
60-69	317	17.7	10.3-25.2	384	22.8	15.1-30.5		701	20.3	14.7-25.8
18-69	**2271**	**14.0**	**11.4-16.6**	**2711**	**14.6**	**12.3-16.8**		**4982**	**14.3**	**12.3-16.2**

Buy low salt/sodium alternatives										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI	n	%	95% CI		n	%	95% CI
18-29	473	11.0	7.4-14.6	459	15.2	10.9-19.5		932	13.0	10.0-16.1
30-44	654	20.7	15.9-25.6	959	18.5	14.5-22.4		1613	19.6	16.3-23.0
45-59	827	20.0	15.9-24.1	909	23.9	19.2-28.5		1736	22.0	18.7-25.3
60-69	317	22.9	14.8-31.1	384	24.3	17.5-31.1		701	23.6	18.3-28.9
18-69	**2271**	**16.4**	**13.5-19.3**	**2711**	**18.3**	**15.6-21.1**		**4982**	**17.4**	**15.1-19.6**

Use spices other than salt when cooking										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	473	34.9	29.2-40.6		459	40.9	33.4-48.4		932	37.9	32.8-42.9
30-44	654	37.5	31.8-43.3		959	40.9	35.9-45.8		1613	39.2	35.0-43.3
45-59	827	42.7	37.4-47.9		909	44.1	38.9-49.4		1736	43.4	39.2-47.6
60-69	317	42.2	32.7-51.7		384	45.0	36.3-53.6		701	43.6	36.7-50.4
18-69	**2271**	**37.4**	**33.6-41.2**		**2711**	**41.7**	**37.2-46.2**		**4982**	**39.5**	**36.1-43.0**

Avoid eating foods prepared outside of a home										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	473	25.2	20.3-30.1		459	24.7	19.1-30.3		932	25.0	21.1-28.9
30-44	654	40.2	34.3-46.2		959	37.8	32.8-42.9		1613	39.1	35.0-43.1
45-59	827	40.3	35.5-45.1		909	42.1	37.2-46.9		1736	41.2	37.5-44.9
60-69	317	50.7	41.1-60.3		384	53.8	46.1-61.4		701	52.2	45.8-58.6
18-69	**2271**	**34.2**	**30.8-37.6**		**2711**	**33.8**	**30.3-37.4**		**4982**	**34.0**	**31.3-36.8**

Do other things specifically to control your salt intake										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	473	13.3	9.6-17.0		459	15.7	11.2-20.3		932	14.5	11.4-17.6
30-44	654	15.6	11.2-19.9		959	14.4	11.3-17.4		1613	15.0	12.1-17.8
45-59	827	21.0	16.7-25.2		909	22.9	18.4-27.4		1736	22.0	18.6-25.4
60-69	317	25.6	17.1-34.2		384	29.0	19.8-38.2		701	27.3	20.8-33.8
18-69	**2271**	**16.0**	**13.3-18.7**		**2711**	**17.4**	**14.6-20.2**		**4982**	**16.7**	**14.4-18.9**

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 recommen-dations on physical activity for health   For the calculation of the categorical indicator on the recommended amount of physical activity for health, the total time spent in physical activity during a typical week and the intensity of the physical activity are taken into account.

Throughout a week, including activity for work, during transport and leisure time, adults should do at least
- 150 minutes of moderate-intensity physical activity OR
- 75 minutes of vigorous-intensity physical activity OR
- An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.

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 not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:

- 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
- 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.

- **Low**

A person not meeting any of the above mentioned criteria falls in this category.

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

Age Group (years)	Men			Women			Both Sexes		
	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
18-29	460	24.8	20.0-29.7	452	61.3	54.7-67.8	912	42.7	37.8-47.7
30-44	636	40.6	34.8-46.3	946	58.3	53.5-63.1	1582	49.2	45.2-53.3
45-59	815	36.6	32.1-41.0	896	47.1	42.4-51.7	1711	42.1	38.7-45.6
60-69	311	40.6	31.1-50.0	378	59.7	51.8-67.6	689	50.0	43.8-56.1
18-69	2222	32.9	29.5-36.4	2672	57.8	54.0-61.6	4894	45.3	42.4-48.2

Table title: Not meeting WHO recommendations on physical activity for health

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							
	Men						
Age Group (years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	460	35.1	29.9-40.2	23.0	18.1-27.9	41.9	36.3-47.6
30-44	636	47.9	42.3-53.5	17.3	13.2-21.3	34.8	29.8-39.9
45-59	815	47.4	42.7-52.0	21.0	17.1-25.0	31.6	27.4-35.9
60-69	311	47.5	38.1-56.8	26.6	18.3-35.0	25.9	18.7-33.0
18-69	2222	42.1	38.8-45.4	21.0	18.3-23.7	36.9	33.6-40.2

Level of total physical activity according to former recommendations							
	Women						
Age Group (years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	452	70.4	64.6-76.2	15.2	11.1-19.3	14.4	10.0-18.7
30-44	946	68.3	63.8-72.8	14.7	11.9-17.6	17.0	13.1-20.9
45-59	896	58.8	54.1-63.5	21.1	17.2-25.0	20.1	16.3-23.9
60-69	378	71.6	64.9-78.3	16.3	10.8-21.8	12.1	7.6-16.7
18-69	2672	67.8	64.5-71.1	16.1	**13.9-18.3**	16.1	13.4-18.7

Level of total physical activity according to former recommendations							
	Both Sexes						
Age Group (years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	912	52.4	47.8-57.1	19.2	16.0-22.4	28.4	24.6-32.2
30-44	1582	57.9	54.0-61.8	16.0	13.5-18.5	26.1	22.6-29.6
45-59	1711	53.4	49.9-57.0	21.0	18.1-24.0	25.5	22.5-28.6
60-69	689	59.4	53.4-65.3	21.5	16.4-26.7	19.1	14.5-23.7
18-69	4894	54.9	52.2-57.5	18.6	16.8-20.3	26.6	24.2-28.9

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

Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	N	Mean minutes	95% CI
18-29	460	122.0	103.0-141.0	452	43.0	33.3-52.7	912	83.2	71.2-95.1
30-44	636	118.2	100.1-136.4	946	55.4	45.3-65.6	1582	87.5	76.3-98.8
45-59	815	108.8	91.8-125.7	896	63.8	54.8-72.8	1711	84.9	75.3-94.5
60-69	311	94.4	57.6-131.1	378	47.2	32.8-61.5	689	71.1	47.5-94.7
18-69	2222	117.0	105.7-128.2	2672	50.9	44.5-57.2	4894	84.1	77.0-91.2

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

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

Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	460	60	15.0-162.8	452	8.6	0.0-51.4	912	30	0.0-91.4
30-44	636	34.3	0.0-154.3	946	8.6	0.0-64.3	1582	20	0.0-112.1
45-59	815	45	0.0-128.5	896	25.7	0.0-75.7	1711	30	0.0-107.1
60-69	311	30	0.0-120.0	378	10.0	0.0-51.4	689	20	0.0-77.1
18-69	2222	**51.4**	**4.2-154.3**	2672	**11.42**	**0.0-60.0**	4894	**25.7**	**0.0-101.4**

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

Domain-specific physical activity-mean	Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day.

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

	Mean minutes of work-related physical activity on average per day								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	460	57.0	43.2-70.8	452	27.3	19.3-35.3	912	42.4	33.9-50.9
30-44	636	73.8	58.9-88.8	946	37.9	29.9-45.8	1582	56.2	47.4-65.1
45-59	815	66.4	51.3-81.4	896	44.5	36.3-52.8	1711	54.8	46.3-63.2
60-69	311	52.5	16.9-88.0	378	29.0	16.3-41.7	689	40.9	17.9-63.9
18-69	2222	63.8	54.8-72.7	2672	33.8	28.4-39.2	4894	48.9	43.4-54.4

	Mean minutes of transport-related physical activity on average per day								
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	460	37.5	29.4-45.6	452	10.2	6.8-13.5	912	24.1	19.4-28.7
30-44	636	27.8	22.3-33.4	946	11.9	8.0-15.7	1582	20.0	16.6-23.4
45-59	815	31.1	26.4-35.8	896	14.7	12.5-16.9	1711	22.4	19.7-25.1
60-69	311	33.1	24.8-41.4	378	16.0	11.6-20.4	689	24.7	19.9-29.5
18-69	2222	33.0	28.9-37.1	2672	11.9	9.9-13.8	4894	22.5	20.1-24.9

	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**
18-29	460	27.5	19.5-35.6	452	5.5	3.8-7.3	912	16.7	12.4-21.1
30-44	636	16.6	10.9-22.2	946	5.7	3.8-7.6	1582	11.3	8.2-14.4
45-59	815	11.3	8.1-14.5	896	4.6	2.7-6.4	1711	7.7	5.9-9.6
60-69	311	8.8	4.2-13.4	378	2.2	0.8-3.6	689	5.5	3.0-8.1
18-69	2222	20.2	15.8-24.6	2672	5.2	4.2-6.3	4894	12.7	10.3-15.2

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

Domain-specific physical activity - median	Description: Median minutes spent on average per day in work-, transport- and recreation-related physical activity.		

Instrument questions:
- activity at work
- travel to and from places
- recreational activities

Median minutes of work-related physical activity on average per day											
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)
18-29	460	0.0	(0.0-51.4)		452	0.0	(0.0-21.4)		912	0.0	(0.0-34.3)
30-44	636	0.0	(0.0-60.0)		946	0.0	(0.0-25.7)		1582	0.0	(0.0-42.9)
45-59	815	0.0	(0.0-60.0)		896	0.0	(0.0-51.4)		1711	0.0	(0.0-55.7)
60-69	311	0.0	(0.0-10.0)		378	0.0	(0.0-0.0)		689	0.0	(0.0-6.4)
18-69	2222	0.0	(0.0-51.4)		2672	0.0	(0.0-25.7)		4894	0.0	(0.0-38.6)

Median minutes of transport-related physical activity on average per day											
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)
18-29	460	12.9	(0.0-45.0)		452	0.0	(0.0-10.7)		912	0.0	(0.0-25.7)
30-44	636	4.3	(0.0-30.0)		946	0.0	(0.0-10.7)		1582	0.0	(0.0-20.0)
45-59	815	8.6	(0.0-34.3)		896	2.9	(0.0-20.0)		1711	4.3	(0.0-25.7)
60-69	311	8.6	(0.0-50.0)		378	0.0	(0.0-17.1)		689	0.0	(0.0-30.0)
18-69	2222	8.6	(0.0-40.0)		2672	0.0	(0.0-12.9)		4894	0.0	(0.0-25.7)

Median minutes of recreation-related physical activity on average per day											
	Men				**Women**				**Both Sexes**		
Age Group (years)	n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)		n	Median minutes	Inter-quartile range (P25-P75)
18-29	460	2.1	(0.0-25.7)		452	0.0	(0.0-0.0)		912	0.0	(0.0-12.9)
30-44	636	0.0	(0.0-8.6)		946	0.0	(0.0-0.0)		1582	0.0	(0.0-0.0)
45-59	815	0.0	(0.0-0.0)		896	0.0	(0.0-0.0)		1711	0.0	(0.0-0.0)
60-69	311	0.0	(0.0-0.0)		378	0.0	(0.0-0.0)		689	0.0	(0.0-0.0)
18-69	2222	0.0	(0.0-17.1)		2672	0.0	(0.0-0.0)		4894	0.0	(0.0-4.3)

Analysis Information:
- Questions used: P1-P15b
- Epi Info program name: Psetspecific (unweighted); PsetspecificmedianWT (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										
	Men				**Women**				**Both Sexes**	
Age Group (years)	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-29	460	63.0	56.5-69.5	452	70.2	64.3-76.1	912	66.5	62.0-71.1
30-44	636	60.7	54.9-66.6	946	67.4	62.7-72.1	1582	64.0	59.9-68.1
45-59	815	63.0	58.4-67.5	896	63.2	58.4-68.0	1711	63.1	59.6-66.5
60-69	311	72.8	64.5-81.0	378	75.4	68.7-82.1	689	74.1	68.6-79.5
18-69	2222	62.9	59.1-66.7	2672	68.4	64.7-72.1	4894	65.6	62.8-68.5

No transport-related physical activity										
	Men				**Women**				**Both Sexes**	
Age Group (years)	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI
18-29	460	39.7	34.0-45.4	452	62.6	56.1-69.1	912	50.9	46.2-55.7
30-44	636	48.9	42.9-55.0	946	61.6	56.8-66.3	1582	55.1	51.1-59.2
45-59	815	44.6	39.8-49.4	896	47.3	42.5-52.1	1711	46.0	42.4-49.6
60-69	311	47.2	37.6-56.7	378	54.3	45.5-63.1	689	50.7	44.5-56.8
18-69	2222	44.0	40.4-47.6	2672	59.1	55.5-62.8	4894	51.5	48.6-54.4

No recreation-related physical activity										
	Men				**Women**				**Both Sexes**	
Age Group (years)	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI
18-29	460	49.2	43.9-54.6	452	81.7	76.8-86.7	912	65.2	61.1-69.4
30-44	636	70.2	65.4-75.1	946	86.3	83.4-89.2	1582	78.1	75.0-81.2
45-59	815	77.2	73.2-81.2	896	89.1	86.3-91.9	1711	83.5	80.9-86.2
60-69	311	82.6	76.7-88.5	378	93.4	90.0-96.8	689	87.9	84.5-91.3
18-69	2222	62.7	59.2-66.2	2672	85.2	82.6-87.8	4894	73.9	71.4-76.4

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
18-29	368	28.6	22.8-34.5	42.1	36.1-48.0	29.3	24.6-34.0
30-44	469	39.7	34.3-45.1	41.4	35.5-47.2	18.9	14.9-23.0
45-59	611	37.7	32.9-42.4	48.6	43.4-53.9	13.7	10.8-16.6
60-69	231	30.0	20.7-39.2	56.8	47.4-66.1	13.3	7.9-18.7
18-69	1679	33.5	30.1-36.9	43.7	39.9-47.5	22.8	19.9-25.8

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
18-29	267	41.0	34.4-47.5	43.7	36.5-50.8	15.4	10.9-19.8
30-44	569	46.1	41.0-51.1	40.8	35.9-45.8	13.1	10.1-16.1
45-59	625	43.2	37.8-48.6	50.1	44.5-55.6	6.7	4.7-8.7
60-69	205	36.3	26.8-45.8	58.3	48.6-68.0	5.4	2.3-8.6
18-69	1666	42.7	38.7-46.8	45.0	40.8-49.1	12.3	9.9-14.7

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
18-29	635	33.6	29.2-38.1	42.7	38.0-47.4	23.7	20.3-27.0
30-44	1038	42.4	38.6-46.3	41.2	37.2-45.1	16.4	13.6-19.2
45-59	1236	40.5	36.8-44.3	49.4	45.3-53.5	10.1	8.2-11.9
60-69	436	32.7	25.6-39.8	57.4	50.4-64.5	9.9	6.6-13.2
18-69	3345	37.5	34.8-40.3	44.2	41.3-47.2	18.3	16.2-20.4

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

Age Group (years)	Men			Women			Both Sexes		

Age Group (years)	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29	460	48.9	43.2-54.5	452	88.4	84.7-92.1	912	68.3	64.4-72.2
30-44	636	62.8	57.9-67.8	946	88.6	85.8-91.4	1582	75.4	72.2-78.7
45-59	815	75.8	72.0-79.5	896	87.2	84.0-90.4	1711	81.8	79.2-84.4
60-69	311	86.8	81.2-92.4	378	94.9	92.1-97.7	689	90.8	87.5-94.1
18-69	2222	60.1	56.7-63.4	2672	88.7	86.6-90.8	4894	74.3	72.1-76.5

Table title: **No vigorous physical activity**

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					
Men					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	473	272.9	240.6-305.2	240.0	(120.0-360.0)
30-44	654	241.5	219.8-263.2	195.0	(120.0-310.0)
45-59	827	262.0	240.1-283.9	210.0	(120.0-360.0)
60-69	317	289.8	251.9-327.8	240.0	(120.0-360.0)
18-69	2271	261.7	242.9-280.6	240.0	(120.0-360.0)

Minutes spent in sedentary activities on average per day					
Women					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	459	291.7	254.7-328.6	255.0	(180.0-360.0)
30-44	959	227.9	204.3-251.4	180.0	(120.0-300.0)
45-59	909	220.4	204.0-236.8	180.0	(120.0-300.0)
60-69	384	298.5	263.0-334.1	300.0	(180.0-390.0)
18-69	2711	259.1	239.0-279.1	**240.0**	(120.0-360.0)

Minutes spent in sedentary activities on average per day					
Both Sexes					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	932	282.1	256.5-307.7	240.0	(132.0-360.0)
30-44	1613	234.9	218.3-251.5	180.0	(120.0-300.0)
45-59	1736	239.9	224.4-255.4	180.0	(120.0-300.0)
60-69	701	294.1	266.9-321.3	240.0	(120.0-370.0)
18-69	4982	260.4	245.3-275.5	240.0	(120.0-360.0)

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
18-29	473	49.6	43.9-55.3	46.6	40.9-52.3	1.3	0.1-2.4	2.5	1.0-4.1
30-44	654	30.1	25.2-35.1	57.0	51.4-62.5	7.0	4.5-9.5	5.9	3.6-8.3
45-59	827	24.0	19.5-28.4	53.4	48.4-58.3	12.3	9.1-15.4	10.4	7.2-13.5
60-69	317	19.3	9.6-29.1	45.9	36.9-55.0	18.3	11.3-25.3	16.4	9.7-23.1
18-69	2271	37.2	34.0-40.5	51.1	47.7-54.4	5.9	4.7-7.2	5.7	4.5-7.0

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
18-29	459	42.5	34.8-50.3	53.7	46.2-61.2	2.2	0.6-3.8	1.6	0.1-3.0
30-44	959	25.9	21.7-30.1	62.4	57.9-66.8	5.5	3.6-7.4	6.2	4.4-8.1
45-59	909	18.9	15.0-22.8	50.0	45.5-54.6	12.1	9.6-14.7	19.0	15.4-22.6
60-69	384	10.2	5.5-14.9	41.5	33.5-49.5	23.2	16.1-30.2	25.1	16.8-33.5
18-69	2711	31.0	26.9-35.1	55.1	51.3-59.0	6.3	5.1-7.5	7.6	6.1-9.0

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
18-29	932	46.1	41.3-51.0	50.1	45.4-54.8	1.7	0.7-2.7	2.1	1.0-3.1
30-44	1613	28.1	24.8-31.4	59.6	56.1-63.1	6.3	4.7-7.8	6.1	4.5-7.6
45-59	1736	21.3	18.1-24.4	51.6	48.2-54.9	12.2	10.1-14.3	14.9	12.6-17.3
60-69	701	14.8	9.3-20.4	43.8	37.5-50.0	20.7	15.7-25.8	20.7	15.3-26.1
18-69	4982	34.1	31.5-36.7	53.1	50.5-55.7	6.1	5.3-7.0	6.6	5.7-7.6

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?

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	20	6.7	0.0-15.5	15	18.4	0.0-45.5	35	12.4	0.0-26.9
30-44	91	29.8	15.7-43.9	123	28.3	18.0-38.7	214	29.1	19.9-38.3
45-59	192	56.6	46.1-67.0	287	55.1	46.9-63.2	479	55.7	49.2-62.2
60-69	123	64.6	50.6-78.5	179	72.2	60.6-83.8	302	69.0	60.1-77.8
18-69	426	40.8	33.5-48.0	604	47.1	40.5-53.7	1030	44.2	39.3-49.1

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

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?

Seen a traditional healer among those previously diagnosed										
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	20	10.9	0.0-31.0		15	4.4	0.0-13.2	35	7.8	0.0-19.0
30-44	91	17.3	5.0-29.6		123	22.5	12.4-32.6	214	19.7	11.7-27.7
45-59	192	29.8	19.4-40.1		287	33.0	25.2-40.8	479	31.7	25.4-38.0
60-69	123	27.9	15.3-40.6		179	27.9	15.9-39.9	302	27.9	19.1-36.8
18-69	426	22.0	15.3-28.6		604	25.6	19.9-31.2	1030	23.9	19.5-28.3

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed										
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	20	11.4	0.0-24.6		15	13.6	0.0-29.6	35	12.5	2.3-22.7
30-44	91	29.7	16.6-42.7		123	27.2	16.6-37.9	214	28.5	19.4-37.7
45-59	192	28.7	20.1-37.3		287	33.0	24.8-41.3	479	31.3	25.2-37.5
60-69	123	26.8	14.6-38.9		179	28.8	17.3-40.3	302	27.9	19.5-36.4
18-69	426	26.2	19.6-32.7		604	28.2	22.3-34.1	1030	27.3	22.7-31.8

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
18-29	473	72.6	67.4-77.8	25.5	20.3-30.6	0.3	0.0-1.0	1.6	0.3-3.0
30-44	654	53.6	48.0-59.1	40.0	34.5-45.6	3.5	1.8-5.2	2.9	0.7-5.2
45-59	827	35.4	30.8-40.0	45.5	40.5-50.4	10.6	7.8-13.4	8.6	5.7-11.4
60-69	317	19.6	13.1-26.1	45.0	35.6-54.5	21.6	13.9-29.2	13.8	7.5-20.1
18-69	2271	57.2	54.0-60.5	34.6	31.5-37.8	4.3	3.3-5.3	3.9	2.7-5.0

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
18-29	459	62.8	56.2-69.4	35.9	29.5-42.3	0.5	0.0-1.2	0.8	0.0-1.8
30-44	959	45.9	41.0-50.7	48.6	43.9-53.4	2.5	1.2-3.8	2.9	1.6-4.3
45-59	909	33.5	29.1-37.8	49.0	44.3-53.7	6.8	4.7-8.9	10.7	7.7-13.7
60-69	384	15.0	10.1-19.9	41.6	34.6-48.5	22.9	16.3-29.6	20.5	13.6-27.3
18-69	2711	49.2	45.4-53.0	42.7	39.3-46.1	3.7	2.9-4.5	4.4	3.4-5.5

Blood sugar measurement and diagnosis

Age Group (years)	Both sexes								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	932	67.8	63.5-72.1	30.6	26.4-34.7	0.4	0.0-0.9	1.2	0.4-2.1
30-44	1613	49.8	46.1-53.5	44.2	40.6-47.9	3.0	1.9-4.1	2.9	1.6-4.3
45-59	1736	34.4	31.0-37.7	47.3	43.8-50.9	8.6	6.7-10.4	9.7	7.4-12.0
60-69	701	17.3	13.2-21.4	43.3	37.6-49.1	22.2	17.1-27.4	17.1	12.3-21.9
18-69	4982	53.2	50.8-55.7	38.6	36.3-40.9	4.0	3.4-4.6	4.2	3.4-5.0

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 insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	7	49.3	10.5-88.0	6	45.4	0.0-92.9	13	47.8	17.8-77.7
30-44	49	19.1	6.0-32.2	54	30.2	15.1-45.2	103	24.1	13.7-34.4
45-59	158	30.0	20.6-39.4	165	33.9	22.4-45.4	323	32.0	24.8-39.2
60-69	110	28.2	16.5-39.9	155	40.7	28.4-53.1	265	35.0	26.7-43.4
18-69	324	28.7	21.4-35.9	380	36.2	28.8-43.7	704	32.4	27.2-37.6

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	7	49.3	10.5-88.0	6	53.7	4.1-100.0	13	51.0	20.7-81.2
30-44	49	76.3	61.7-90.8	54	65.2	48.7-81.7	103	71.3	60.0-82.6
45-59	158	74.5	65.5-83.4	165	75.8	67.4-84.1	323	75.1	68.9-81.4
60-69	110	79.8	69.3-90.3	155	83.1	72.5-93.8	265	81.6	74.1-89.2
18-69	324	73.8	66.1-81.4	380	74.4	67.2-81.6	704	74.1	68.9-79.3

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 are have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed.

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you ever seen a traditional healer for diabetes or raised blood sugar?
- Are you currently taking any herbal or traditional remedy for your diabetes?

	Seen a traditional healer for diabetes among those previously diagnosed								
	Men				**Women**			**Both Sexes**	
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	7	0.0	0.0-0.0	6	0.0	0.0-0.0	13	0.0	0.0-0.0
30-44	49	14.6	4.0-25.3	54	16.7	5.7-27.6	103	15.5	8.2-22.9
45-59	158	18.6	11.3-26.0	165	16.8	10.4-23.1	323	17.7	12.6-22.7
60-69	110	19.6	7.6-31.6	155	9.3	4.3-14.3	265	14.0	7.7-20.3
18-69	324	15.8	10.2-21.4	380	13.0	9.1-16.9	704	14.4	10.9-17.9

	Currently taking herbal or traditional treatment for diabetes among those previously diagnosed								
	Men				**Women**			**Both Sexes**	
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	7	0.0	0.0-0.0	6	13.4	0.0-34.3	13	5.2	0.0-12.9
30-44	49	7.7	0.0-15.8	54	20.9	6.7-35.1	103	13.6	5.4-21.8
45-59	158	17.1	8.4-25.8	165	13.3	6.9-19.7	323	15.2	10.0-20.3
60-69	110	23.0	9.6-36.4	155	10.6	1.9-19.4	265	16.3	8.5-24.1
18-69	324	14.4	8.7-20.2	380	14.1	8.9-19.2	704	14.2	10.3-18.1

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
18-29	473	91.7	88.9-94.6	7.4	4.8-10.0	0.0	0.0-0.0	0.9	0.0-2.1
30-44	654	76.2	71.6-80.8	16.9	13.0-20.7	1.4	0.2-2.6	5.5	2.5-8.5
45-59	827	61.4	56.6-66.3	24.1	20.1-28.2	7.0	4.1-9.8	7.4	4.4-10.5
60-69	317	51.5	42.5-60.5	27.3	20.1-34.4	10.7	6.2-15.3	10.5	5.0-16.0
18-69	2271	79.4	76.9-81.8	14.4	12.3-16.5	2.2	1.6-2.9	4.1	2.8-5.4

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
18-29	459	87.7	83.6-91.9	11.2	7.1-15.2	0.0	0.0-0.0	1.1	0.0-2.2
30-44	959	79.9	76.8-83.1	16.2	13.4-19.1	1.6	0.6-2.7	2.2	1.1-3.3
45-59	909	60.3	56.0-64.5	25.5	21.6-29.3	7.0	4.4-9.6	7.3	5.3-9.4
60-69	384	41.1	33.5-48.7	32.1	24.8-39.5	13.6	7.8-19.4	13.2	7.5-18.9
18-69	**2711**	**77.5**	**75.0-80.1**	**16.6**	**14.4-18.8**	**2.6**	**1.9-3.3**	**3.3**	**2.4-4.1**

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
18-29	932	89.8	87.3-92.3	9.2	6.9-11.6	0.0	0.0-0.0	1.0	0.2-1.8
30-44	1613	78.0	75.0-81.0	16.6	14.0-19.1	1.5	0.7-2.3	3.9	2.3-5.5
45-59	1736	60.8	57.5-64.1	24.8	22.2-27.4	7.0	5.1-8.9	7.4	5.7-9.1
60-69	701	46.4	40.1-52.6	29.7	24.6-34.7	12.1	8.4-15.9	11.8	7.7-15.9
18-69	**4982**	**78.5**	**76.7-80.2**	**15.5**	**14.0-17.0**	**2.4**	**1.9-2.9**	**3.7**	**2.9-4.5**

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
18-29	4	0.0	0.0-0.0		5	59.9	12.4-100.0	9	31.9	0.0-71.0
30-44	41	36.8	12.9-60.6		40	29.5	10.0-48.9	81	34.3	17.4-51.1
45-59	113	44.7	31.2-58.2		123	35.7	24.6-46.8	236	39.9	31.8-48.1
60-69	66	64.5	47.5-81.5		98	43.9	28.3-59.5	164	53.1	41.6-64.7
18-69	224	43.1	31.3-54.9		266	38.7	30.2-47.3	490	41.0	33.6-48.4

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 are have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed. |

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

Seen a traditional healer for raised cholesterol among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI
18-29	4	0.0	0.0-0.0		5	0.0	0.0-0.0		9	0.0	0.0-0.0
30-44	41	19.1	0.0-39.1		40	33.3	14.5-52.1		81	24.0	9.5-38.5
45-59	113	15.6	7.6-23.6		123	26.4	14.7-38.2		236	21.3	14.3-28.4
60-69	66	10.4	2.7-18.1		98	6.9	1.7-12.1		164	8.5	4.0-12.9
18-69	224	14.8	6.4-23.1		266	20.0	13.0-27.1		490	17.3	11.8-22.8

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	95% CI
18-29	4	0.0	0.0-0.0		5	42.0	0.0-91.5		9	22.4	0.0-52.3
30-44	41	5.7	0.2-11.3		40	33.9	17.6-50.3		81	15.4	7.3-23.5
45-59	113	13.5	6.6-20.5		123	12.6	5.1-20.1		236	13.0	7.8-18.3
60-69	66	7.7	0.9-14.6		98	2.2	0.2-4.2		164	4.7	1.4-8.0
18-69	224	8.4	4.7-12.1		266	16.5	10.2-22.8		490	12.3	8.5-16.1

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

History of Cardiovascular Diseases

History of cardio-vascular diseases

Description: Percentage of respondents who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents.

Instrument 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										
	Men				**Women**			**Both Sexes**		
Age Group (years)	n	% CVD history	95% CI		n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	473	3.8	1.4-6.1		459	1.7	0.1-3.4	932	2.8	1.3-4.2
30-44	654	3.2	1.0-5.3		959	2.4	1.4-3.3	1613	2.8	1.6-4.0
45-59	827	8.1	5.5-10.6		909	5.4	3.5-7.2	1736	6.6	5.1-8.2
60-69	317	14.9	8.6-21.3		384	11.6	6.9-16.4	701	13.3	9.3-17.3
18-69	**2271**	**4.9**	**3.5-6.4**		**2711**	**3.2**	**2.3-4.1**	**4982**	**4.1**	**3.2-5.0**

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
18-29	473	0.8	0.0-1.7		459	0.9	0.0-1.8		932	0.9	0.3-1.5
30-44	654	7.8	4.8-10.8		959	9.2	6.7-11.6		1613	8.5	6.4-10.6
45-59	827	18.5	15.1-22.0		909	22.7	18.8-26.6		1736	20.7	18.1-23.4
60-69	317	42.1	32.2-51.9		384	42.5	33.4-51.6		701	42.3	35.5-49.1
18-69	2271	8.5	6.9-10.0		2711	10.0	8.4-11.6		4982	9.2	8.1-10.4

Currently taking statins regularly to prevent or treat heart disease										
Age Group (years)	Men				Women				Both Sexes	
	n	% taking statins	95% CI		n	% taking statins	95% CI		n	% taking statins	95% CI
18-29	473	0.1	0.0-0.4		459	0.2	0.0-0.6		932	0.2	0.0-0.4
30-44	654	2.0	0.1-3.9		959	1.2	0.2-2.2		1613	1.6	0.5-2.7
45-59	827	7.4	5.0-9.8		909	6.9	4.2-9.6		1736	7.1	5.3-9.0
60-69	317	16.1	8.7-23.5		384	17.2	12.0-22.5		701	16.7	12.2-21.2
18-69	2271	2.9	2.0-3.8		2711	2.8	2.1-3.5		4982	2.8	2.3-3.4

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?

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
Advised by doctor or health worker to quit using tobacco or don't start									
18-29	223	24.8	17.8-31.9	253	7.0	2.3-11.7	476	15.9	11.7-20.1
30-44	311	39.7	31.6-47.7	584	4.7	2.4-7.0	895	21.3	16.6-25.9
45-59	432	35.8	29.5-42.2	547	7.6	4.4-10.7	979	19.5	16.1-22.9
60-69	179	33.6	20.9-46.4	251	7.9	3.5-12.4	430	20.7	13.5-27.8
18-69	**1145**	**32.1**	**27.4-36.7**	**1635**	**6.4**	**4.1-8.7**	2780	18.6	16.0-21.3

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
Advised by doctor or health worker to reduce salt in the diet									
18-29	223	14.6	8.5-20.7	253	17.5	9.4-25.7	476	16.1	10.9-21.2
30-44	311	27.7	19.9-35.5	584	25.0	20.4-29.6	895	26.3	21.7-30.9
45-59	432	39.3	32.8-45.7	547	36.2	30.8-41.7	979	37.5	33.4-41.6
60-69	179	58.5	46.5-70.5	251	57.7	47.8-67.6	430	58.1	50.0-66.2
18-69	**1145**	**25.9**	**21.7-30.1**	1635	26.3	22.2-30.4	2780	26.1	23.1-29.2

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
18-29	223	30.4	23.2-37.6	253	39.8	32.8-46.8	476	35.1	30.1-40.1
30-44	311	39.5	32.1-46.8	584	39.9	34.7-45.2	895	39.7	35.1-44.3
45-59	432	47.5	40.8-54.3	547	43.4	37.3-49.4	979	45.1	40.7-49.5
60-69	179	51.4	38.1-64.8	251	48.5	38.6-58.3	430	49.9	41.6-58.3
18-69	**1145**	**37.6**	**33.2-41.9**	1635	41.1	37.2-45.1	2780	39.4	36.5-42.4

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
Advised by doctor or health worker to reduce fat in the diet									
18-29	223	14.0	9.1-18.8	253	21.0	12.6-29.4	476	17.5	12.5-22.5
30-44	311	42.4	34.6-50.2	584	26.2	21.5-30.9	895	33.9	29.4-38.4
45-59	432	44.6	37.9-51.3	547	38.3	32.6-44.1	979	41.0	36.7-45.2
60-69	179	56.6	44.1-69.0	251	54.1	44.2-64.0	430	55.3	47.0-63.7
18-69	**1145**	**31.1**	**26.9-35.4**	1635	28.3	24.2-32.4	2780	29.6	26.6-32.7

Advised by doctor or health worker to start or do more physical activity										
Age Group (years)	Men				Women				Both Sexes		
	n	% advised	95% CI		n	% advised	95% CI		n	% advised	95% CI
18-29	223	29.4	22.2-36.7		253	27.7	19.0-36.3		476	28.5	22.7-34.3
30-44	311	41.3	33.6-48.9		584	31.0	25.8-36.3		895	35.9	31.1-40.6
45-59	432	49.4	42.6-56.3		547	40.0	33.8-46.1		979	44.0	39.4-48.5
60-69	179	53.2	40.0-66.3		251	45.3	35.5-55.0		430	49.2	40.8-57.5
18-69	1145	38.1	33.6-42.7		1635	32.3	27.8-36.8		2780	35.1	31.8-38.3

Advised by doctor or health worker to maintain a healthy body weight or to lose weight										
Age Group (years)	Men				Women				Both Sexes		
	n	% advised	95% CI		n	% advised	95% CI		n	% advised	95% CI
18-29	223	13.5	7.9-19.1		253	23.0	14.5-31.5		476	18.3	13.0-23.5
30-44	311	34.3	26.8-41.7		584	30.4	25.6-35.2		895	32.2	27.9-36.6
45-59	432	41.7	34.8-48.6		547	41.7	35.9-47.4		979	41.7	37.3-46.1
60-69	179	45.2	31.3-59.0		251	48.5	38.9-58.1		430	46.9	38.5-55.3
18-69	1145	27.0	22.7-31.2		1635	30.7	26.6-34.9		2780	28.9	25.8-32.1

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
18-29	438	1.0	0.1-1.8
30-44	947	4.1	2.4-5.7
45-59	885	6.6	4.0-9.2
60-69	357	9.0	4.5-13.6
18-69	**2627**	**3.4**	**2.5-4.3**

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	1304	4.5	2.9-6.1

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
18-29	465	120.5	119.1-122.0		448	112.2	110.6-113.7		913	116.5	115.3-117.6
30-44	648	127.3	125.8-128.7		943	119.0	117.4-120.7		1591	123.3	122.1-124.5
45-59	819	137.2	135.1-139.2		899	132.2	130.0-134.4		1718	134.5	132.9-136.1
60-69	316	147.8	142.2-153.5		380	142.7	139.3-146.2		696	145.3	141.8-148.8
18-69	2248	127.0	125.9-128.2		**2670**	**119.8**	**118.6-121.1**		**4918**	**123.5**	**122.6-124.4**

Mean diastolic blood pressure (mmHg)										
Age Group (years)	**Men**				**Women**			**Both Sexes**		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	465	76.3	75.1-77.5		448	77.3	76.0-78.6		913	76.8	75.8-77.7
30-44	648	81.8	80.6-82.9		943	80.6	79.5-81.7		1591	81.2	80.4-82.0
45-59	819	86.8	85.7-87.8		899	84.5	83.4-85.7		1718	85.6	84.8-86.4
60-69	316	88.0	86.3-89.7		380	83.4	81.9-84.9		696	85.7	84.5-87.0
18-69	2248	80.4	79.7-81.2		**2670**	**80.0**	**79.2-80.8**		**4918**	**80.2**	**79.7-80.8**

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 ≥140 and/or DBP ≥ 90 mmHg						
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	460	11.6	7.6-15.6		440	8.5	5.4-11.5	900	10.1	7.5-12.7
30-44	638	25.0	20.5-29.5		931	22.5	18.4-26.6	1569	23.8	20.8-26.9
45-59	805	49.0	44.1-53.9		882	39.0	34.4-43.5	1687	43.6	39.9-47.3
60-69	302	63.5	54.9-72.2		356	57.8	48.8-66.8	658	60.8	54.4-67.1
18-69	**2205**	**24.9**	**21.9-27.8**		**2609**	**21.4**	**18.9-24.0**	**4814**	**23.2**	**21.1-25.2**

				SBP ≥160 and/or DBP ≥ 100 mmHg						
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	460	1.4	0.3-2.6		440.0	2.5	0.6-4.5	900.0	2.0	0.8-3.1
30-44	638	5.7	3.0-8.4		931.0	5.9	4.0-7.9	1569.0	5.8	4.1-7.5
45-59	805	18.2	14.5-21.8		882.0	13.9	10.7-17.2	1687.0	15.9	13.5-18.2
60-69	302	29.5	19.3-39.6		356.0	22.9	16.8-29.1	658.0	26.3	20.2-32.4
18-69	**2205**	**7.1**	**5.6-8.5**		**2609.0**	**6.9**	**5.3-8.5**	**4814.0**	**7.0**	**5.9-8.0**

				SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure						
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	460	12.0	8.0-16.0		440	9.3	6.1-12.5	900	10.7	8.0-13.3
30-44	638	27.1	22.4-31.7		931	23.8	19.6-27.9	1569	25.5	22.3-28.6
45-59	805	52.8	47.9-57.7		882	45.1	40.7-49.6	1687	48.7	45.1-52.3
60-69	302	69.0	61.0-77.1		356	69.4	60.8-78.0	658	69.2	63.1-75.2
18-69	**2205**	**26.6**	**23.6-29.6**		**2609**	**24.0**	**21.2-26.7**	**4814**	**25.3**	**23.2-27.4**

				SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure						
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	460	1.8	0.6-3.1		440	4.0	1.5-6.5	900	2.9	1.4-4.3
30-44	638	8.6	5.5-11.6		931	8.5	6.2-10.8	1569	8.5	6.6-10.4
45-59	805	27.5	23.3-31.7		882	25.4	21.5-29.2	1687	26.4	23.6-29.1
60-69	302	43.3	33.3-53.3		356	51.0	42.1-60.0	658	47.1	40.4-53.7
18-69	**2205**	**10.5**	**8.8-12.2**		**2609**	**12.1**	**10.1-14.0**	**4814**	**11.3**	**9.9-12.6**

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 ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure.

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?
- Reading 1-3 systolic and diastolic blood pressure

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure

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
18-29	53	91.6	83.8-99.4	4.0	0.0-8.4	1.0	0.0-3.0	3.3	0.0-8.2
30-44	183	71.8	62.8-80.8	12.5	6.9-18.0	8.2	2.0-14.5	7.5	2.0-12.9
45-59	427	62.8	56.8-68.8	10.3	6.5-14.1	19.7	15.0-24.4	7.2	4.2-10.2
60-69	206	54.2	42.0-66.5	11.2	5.5-16.8	26.7	16.6-36.7	8.0	1.6-14.3
18-69	**869**	**70.4**	**65.8-75.0**	**9.9**	**7.3-12.5**	**13.1**	**9.9-16.3**	**6.6**	**4.0-9.2**

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure

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
18-29	42	80.4	64.1-96.7	4.1	0.0-10.0	6.6	0.0-18.9	8.9	0.0-20.5
30-44	202	71.6	63.9-79.3	11.9	6.7-17.2	11.3	6.3-16.3	5.2	1.5-8.8
45-59	402	44.0	37.4-50.5	17.2	11.9-22.6	25.1	19.1-31.1	13.7	9.2-18.3
60-69	250	32.1	23.4-40.8	11.2	6.0-16.3	40.0	29.0-51.1	16.7	8.5-24.8
18-69	**896**	**57.1**	**51.6-62.5**	**12.2**	**9.2-15.2**	**20.1**	**16.1-24.1**	**10.6**	**7.5-13.8**

Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure									
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
18-29	95	86.9	78.4-95.5	4.1	0.5-7.6	3.4	0.0-8.8	5.7	0.0-11.4
30-44	385	71.7	65.6-77.8	12.2	8.4-16.1	9.6	5.4-13.9	6.4	3.0-9.9
45-59	829	53.5	48.9-58.0	13.7	10.5-17.0	22.4	18.5-26.2	10.4	7.5-13.4
60-69	456	43.5	35.3-51.7	11.2	7.4-15.0	33.2	25.6-40.8	12.2	7.0-17.4
18-69	**1765**	**64.2**	**60.5-67.8**	**11.0**	**9.0-13.0**	**16.4**	**13.7-19.0**	**8.5**	**6.5-10.5**

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
18-29	465	75.8	74.6-77.1	449	81.9	80.1-83.7	914	78.8	77.7-79.8
30-44	648	76.1	75.1-77.0	945	81.4	80.6-82.3	1593	78.7	78.0-79.4
45-59	819	77.4	76.2-78.5	900	79.2	78.2-80.2	1719	78.3	77.5-79.1
60-69	316	76.7	74.9-78.6	380	77.3	75.5-79.1	696	77.0	75.8-78.3
18-69	**2248**	**76.2**	**75.5-76.9**	**2674**	**81.0**	**80.2-81.8**	**4922**	**78.6**	**78.0-79.1**

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
18-29	466	173.1	172.2-173.9		423	160.4	159.5-161.4
30-44	648	173.2	172.3-174.0		863	159.9	159.2-160.6
45-59	821	171.2	170.6-171.8		894	158.5	157.6-159.4
60-69	316	168.5	167.1-169.9		373.0	155.9	154.7-157.1
18-69	**2251**	**172.5**	**172.0-173.0**		**2553.0**	**159.6**	**159.1-160.2**

Mean weight (kg)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
18-29	466	71.2	69.4-73.1		423	65.9	61.3-70.5
30-44	647	83.1	81.2-85.0		861	74.5	72.8-76.2
45-59	819	81.6	79.9-83.2		890	78.8	77.4-80.3
60-69	315	78.3	76.0-80.7		374	81.2	72.7-89.7
18-69	**2247**	**77.2**	**76.1-78.4**		**2548**	**71.9**	**69.8-74.0**

Mean BMI (kg/m^2)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	466	23.8	23.2-24.4		421	25.6	23.9-27.2		887	24.6	23.8-25.5
30-44	645	27.6	27.1-28.2		858	29.0	28.4-29.7		1503	28.3	27.9-28.7
45-59	816	27.7	27.2-28.1		887	31.2	30.7-31.8		1703	29.5	29.2-29.9
60-69	314	27.8	27.1-28.6		368	31.9	30.8-33.0		682	29.8	29.1-30.5
18-69	**2241**	**25.9**	**25.6-26.3**		**2534**	**28.1**	**27.4-28.8**		**4775**	**27.0**	**26.6-27.4**

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									
Men									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	466	11.1	7.2-15.1	58.0	52.6-63.4	18.1	14.4-21.7	12.8	8.6-17.0
30-44	645	1.6	0.7-2.5	29.8	24.8-34.8	40.3	34.9-45.8	28.2	23.5-33.0
45-59	816	3.0	1.7-4.4	27.2	23.1-31.2	38.4	33.8-43.1	31.4	26.9-35.8
60-69	314	1.9	0.4-3.4	27.1	19.7-34.6	39.3	29.5-49.0	31.7	22.9-40.4
18-69	**2241**	**6.1**	**4.3-7.9**	**41.9**	**38.7-45.2**	**30.0**	**27.1-32.8**	**22.0**	**19.2-24.7**

BMI classifications									
Women									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	421	10.5	5.7-15.3	45.2	37.9-52.5	21.0	16.0-25.9	23.4	15.8-30.9
30-44	858	3.0	1.3-4.7	26.8	21.6-32.0	31.2	26.8-35.6	39.0	34.2-43.8
45-59	887	0.8	0.2-1.4	15.9	12.7-19.1	28.0	23.8-32.1	55.3	50.9-59.8
60-69	368	0.9	0.0-2.0	14.7	8.6-20.8	24.9	17.6-32.3	59.5	51.3-67.6
18-69	2534	5.8	3.6-7.9	32.2	28.3-36.0	25.7	23.0-28.5	36.3	32.6-40.0

BMI classifications									
Both Sexes									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	887	10.8	7.7-13.9	51.9	47.3-56.5	19.4	16.4-22.5	17.8	13.5-22.1
30-44	1503	2.3	1.4-3.1	28.4	24.9-32.0	36.1	32.6-39.7	33.2	29.7-36.7
45-59	1703	1.9	1.2-2.6	21.2	18.8-23.7	32.9	30.0-35.8	44.0	41.0-47.0
60-69	682	1.4	0.5-2.4	21.1	16.4-25.8	32.3	25.9-38.7	45.2	38.9-51.4
18-69	**4775**	**6.0**	**4.5-7.4**	**37.3**	**34.8-39.8**	**27.9**	**25.9-30.0**	**28.9**	**26.5-31.2**

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

	Men				Women				Both Sexes		
Age Group (years)	n	% BMI≥25	95% CI		n	% BMI≥25	95% CI		n	% BMI≥25	95% CI
18-29	466	30.8	25.8-35.9		421	44.4	36.9-51.9		887	37.3	32.7-41.8
30-44	645	68.6	63.5-73.7		858	70.2	65.0-75.5		1503	69.3	65.7-72.9
45-59	816	69.8	65.6-74.0		887	83.3	80.0-86.5		1703	76.9	74.4-79.4
60-69	314	71.0	63.3-78.6		368	84.4	78.2-90.6		682	77.5	72.7-82.3
18-69	**2241**	**51.9**	**48.7-55.2**		**2534**	**62.0**	**58.1-65.9**		**4775**	**56.8**	**54.3-59.3**

Table title: BMI≥25

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
18-29	462	84.4	82.0-86.8		417	84.5	80.6-88.3
30-44	634	93.7	90.9-96.5		859	90.6	88.5-92.7
45-59	808	94.6	92.1-97.2		880	93.6	90.3-96.9
60-69	311	93.9	86.2-101.6		374	95.2	89.8-100.6
18-69	**2215**	**89.7**	**87.6-91.7**		**2530**	**88.8**	**86.7-90.8**

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
18-29	461	94.2	92.0-96.4		417	98.0	94.1-101.8
30-44	633	98.8	96.2-101.5		857	103.0	100.7-105.4
45-59	807	99.8	97.4-102.3		878	103.7	100.0-107.3
60-69	311	96.8	88.7-104.8		374	104.0	98.0-110.0
18-69	**2212**	**96.8**	**94.9-98.7**		**2526**	**101.0**	**98.8-103.2**

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

Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
18-29	461	0.9	0.9-0.9		416	0.9	0.8-0.9
30-44	633	0.9	0.9-1.0		857	0.9	0.9-0.9
45-59	807	0.9	0.9-1.0		878	0.9	0.9-0.9
60-69	311	1.0	1.0-1.0		374	0.9	0.9-0.9
18-69	**2212**	**0.9**	**0.9-0.9**		2525	0.9	0.9-0.9

Table title: Mean waist / hip ratio

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
18-29	325	5.4	5.3-5.6	325	5.6	5.2-5.9	650	5.5	5.3-5.7
30-44	461	5.9	5.7-6.1	690	5.8	5.6-6.0	1151	5.9	5.7-6.0
45-59	597	6.4	6.2-6.7	671	6.5	6.2-6.7	1268	6.5	6.3-6.6
60-69	237	7.0	6.3-7.6	274	7.6	7.0-8.3	511	7.3	6.8-7.7
18-69	**1620**	**5.8**	**5.7-6.0**	1960	5.9	5.7-6.1	3580	5.9	5.8-6.0

Mean fasting blood glucose (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	325	97.9	95.2-100.6	325	100.2	94.1-106.2	650	99.0	95.4-102.6
30-44	461	106.6	102.7-110.4	690	104.3	101.1-107.4	1151	105.4	102.9-107.9
45-59	597	115.9	111.9-120.0	671	116.5	111.5-121.5	1268	116.3	112.9-119.7
60-69	237	125.3	114.3-136.2	274	137.1	125.6-148.6	511	130.9	122.7-139.2
18-69	1620	105.3	103.1-107.5	1960	106.6	103.4-109.8	3580	105.9	103.9-108.0

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
18-29	325	77.3	71.0-83.7		325	78.6	72.0-85.1		650	77.9	72.9-83.0
30-44	466	67.9	60.9-74.9		690	70.8	65.5-76.0		1156	69.3	64.9-73.8
45-59	600	54.9	49.0-60.7		672	60.1	54.7-65.6		1272	57.7	53.6-61.9
60-69	238	46.9	34.7-59.0		279	36.7	26.7-46.8		517	42.0	33.6-50.4
18-69	1629	68.8	64.8-72.9		1966	70.2	66.4-74.0		3595	69.5	66.4-72.6

Raised blood glucose or currently on medication for diabetes**											
Age Group (years)	**Men**				**Women**				**Both Sexes**		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	328	4.6	1.9-7.4		325	9.6	4.0-15.3		653	7.1	3.9-10.3
30-44	473	13.1	7.3-19.0		703	9.2	6.0-12.3		1176	11.2	7.8-14.5
45-59	635	10.6	7.3-13.8		715	9.4	6.7-12.1		1350	9.9	7.8-12.0
60-69	260	7.0	3.2-10.8		309	9.5	5.3-13.7		569	8.2	5.2-11.2
18-69	**1696**	**8.6**	**6.1-11.0**		**2052**	**9.4**	**6.7-12.1**		**3748**	**9.0**	**7.1-10.9**

Currently on medication for diabetes											
Age Group (years)	**Men**				**Women**				**Both Sexes**		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	472	1.3	0.0-2.5		451	0.7	0.0-1.4		923	1.0	0.2-1.7
30-44	643	4.4	1.5-7.2		941	3.9	2.3-5.4		1584	4.1	2.4-5.9
45-59	803	14.8	11.5-18.0		884	15.3	11.3-19.3		1687	15.0	12.4-17.7
60-69	311	28.7	19.9-37.5		365	38.9	29.9-47.9		676	33.7	27.3-40.0
18-69	**2229**	**6.0**	**4.4-7.5**		**2641**	**6.4**	**5.2-7.6**		**4870**	**6.2**	**5.1-7.3**

* Impaired fasting glycaemia is defined as either
- plasma venous value: ≥6.1mmol/L (110mg/dl) and <7.0mmol/L (126mg/dl)
- capillary whole blood value: ≥5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl)

** 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
18-29	328	4.6	1.9-7.4	1.4	0.0-3.0	1.8	0.0-3.7
30-44	473	13.1	7.3-19.0	2.4	0.5-4.4	8.0	3.5-12.6
45-59	635	10.6	7.3-13.8	7.6	3.8-11.4	20.5	15.6-25.3
60-69	260	7.0	3.2-10.8	6.6	2.7-10.5	34.2	23.4-45.0
18-69	**1696**	**8.6**	**6.1-11.0**	**3.1**	**1.9-4.3**	**9.3**	**7.1-11.5**

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
18-29	325	9.6	4.0-15.3	0.9	0.0-2.3	1.0	0.0-2.1
30-44	703	9.2	6.0-12.3	2.4	0.7-4.0	5.6	3.3-8.0
45-59	715	9.4	6.7-12.1	4.9	2.8-7.0	20.9	15.7-26.1
60-69	309	9.5	5.3-13.7	9.3	2.3-16.4	45.8	35.6-56.0
18-69	**2052**	**9.4**	**6.7-12.1**	**2.7**	**1.7-3.8**	**9.4**	**7.5-11.4**

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
18-29	653	7.1	3.9-10.3	1.2	0.1-2.2	1.4	0.3-2.5
30-44	1176	11.2	7.8-14.5	2.4	1.1-3.7	6.8	4.3-9.4
45-59	1350	9.9	7.8-12.0	6.1	4.1-8.2	20.7	17.1-24.3
60-69	569	8.2	5.2-11.2	7.9	3.9-12.0	39.9	32.3-47.4
18-69	**3748**	**9.0**	**7.1-10.9**	**2.9**	**2.2-3.7**	**9.4**	**7.8-11.0**

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)

<table>
<tr><td colspan="2" rowspan="2">Total cholesterol</td><td colspan="10">Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.</td></tr>
</table>

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
18-29	355	3.3	3.1-3.4		343	3.5	3.4-3.7		698	3.4	3.3-3.5
30-44	497	3.9	3.7-4.1		728	4.0	3.9-4.1		1225	3.9	3.8-4.1
45-59	637	4.1	4.0-4.3		706	4.3	4.1-4.5		1343	4.2	4.1-4.3
60-69	252	4.1	3.7-4.4		287	4.3	4.0-4.7		539	4.2	3.9-4.4
18-69	**1741**	**3.6**	**3.5-3.8**		**2064**	**3.9**	**3.8-4.0**		**3805**	**3.8**	**3.7-3.8**

Mean total cholesterol (mg/dl)										
Age Group (years)	**Men**				**Women**				**Both Sexes**	
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	355	127.0	121.4-132.6		343	136.6	130.9-142.2		698	131.7	127.5-135.8
30-44	497	149.9	141.7-158.2		728	154.2	149.0-159.4		1225	152.1	146.6-157.5
45-59	637	158.9	153.3-164.5		706	167.2	160.3-174.2		1343	163.4	158.8-168.1
60-69	252	156.7	143.9-169.5		287	166.6	153.1-180.1		539	161.4	152.2-170.6
18-69	1741	141.1	136.4-145.9		2064	149.4	145.9-153.0		3805	145.3	141.9-148.6

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.

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
18-29	355	94.2	90.9-97.5		343	94.2	91.2-97.2		698	94.2	91.9-96.5
30-44	497	85.8	81.6-90.0		728	82.2	78.2-86.1		1225	84.0	80.9-87.1
45-59	637	80.5	76.2-84.8		706	72.6	67.7-77.5		1343	76.2	72.9-79.5
60-69	252	82.6	74.8-90.4		287	76.8	69.6-83.9		539	79.8	74.5-85.2
18-69	1741	88.7	86.2-91.1		2064	85.5	83.2-87.8		3805	87.1	85.3-88.9

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	355	97.1	94.7-99.5		343	99.5	98.8-100.0		698	98.3	97.0-99.6
30-44	497	94.0	90.8-97.3		728	95.0	92.9-97.1		1225	94.5	92.4-96.7
45-59	637	94.5	92.2-96.8		706	92.6	89.7-95.6		1343	93.5	91.5-95.4
60-69	252	93.7	88.9-98.5		287	91.5	86.2-96.7		539	92.6	89.1-96.2
18-69	1741	95.5	93.7-97.3		2064	96.4	95.3-97.4		3805	95.9	94.7-97.1

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
18-29	355	94.1	90.8-97.4		343	93.9	90.9-97.0		698	94.0	91.7-96.3
30-44	497	85.1	80.8-89.5		728	81.7	77.8-85.7		1225	83.4	80.3-86.6
45-59	637	77.7	73.2-82.2		706	70.1	65.1-75.1		1343	73.6	70.1-77.0
60-69	252	67.6	56.7-78.4		287	60.7	50.6-70.8		539	64.3	56.7-71.9
18-69	1741	87.0	84.4-89.6		2064	83.8	81.4-86.3		3805	85.4	83.5-87.3

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	355	97.0	94.6-99.4		343	99.1	98.2-100.0		698	98.0	96.7-99.4
30-44	497	93.1	89.7-96.6		728	94.6	92.4-96.7		1225	93.9	91.6-96.1
45-59	637	91.1	88.2-94.0		706	88.8	85.3-92.3		1343	89.8	87.5-92.2
60-69	252	77.9	67.9-87.9		287	74.2	64.2-84.2		539	76.1	68.9-83.4
18-69	1741	93.6	91.5-95.6		2064	94.3	93.0-95.7		3805	93.9	92.6-95.3

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*spot Na concentration (mmol/L) -3.09*spot creatinine concentration (mmol/L)+4.16*BMI+0.22*Age

Estimated 24 hour sodium (Na) intake in mmol for females: 3.74+0.33* spot Na concentration (mmol/L)-2.44* spot creatinine concentration (mmol/L)+2.42* BMI +2.34* Age -0.03* Age ^2

The 24 hour sodium values in mmol are divided by 17.1 in order to get grams of salt.

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
18-29	253	10.8	10.4-11.1		232	8.6	8.2-9.0		485	9.8	9.5-10.0
30-44	365	12.2	11.9-12.5		478	9.5	9.3-9.7		843	10.9	10.7-11.2
45-59	444	12.0	11.7-12.2		506	9.3	9.1-9.5		950	10.5	10.3-10.7
60-69	181	12.3	11.9-12.6		193	8.3	8.0-8.5		374	10.5	10.1-10.9
18-69	1243	11.5	11.3-11.7		1409	9.0	8.8-9.2		2652	10.3	10.2-10.5

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

High density lipoprotein (HDL)

Description: Mean HDL among all respondents and percentage of respondents with low HDL.

Instrument question:
- HDL cholesterol measurement

Mean HDL (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	353	1.1	1.1-1.2		342	1.2	1.2-1.3		695	1.2	1.1-1.2
30-44	498	1.1	1.1-1.2		728	1.2	1.2-1.3		1226	1.2	1.1-1.2
45-59	638	1.1	1.1-1.2		709	1.4	1.3-1.4		1347	1.3	1.2-1.3
60-69	252	1.2	1.1-1.3		288	1.5	1.3-1.6		540	1.3	1.2-1.4
18-69	1741	1.1	1.1-1.2		2067	1.3	1.2-1.3		3808	1.2	1.2-1.2

Mean HDL (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	353	42.8	41.0-44.7		342	47.2	44.6-49.7		695	45.0	43.4-46.5
30-44	498	44.0	41.3-46.7		728	48.2	46.3-50.1		1226	46.1	44.3-48.0
45-59	638	43.2	41.4-45.0		709	52.9	50.3-55.5		1347	48.5	46.6-50.4
60-69	252	47.6	43.8-51.5		288	56.4	50.8-62.0		540	51.8	48.2-55.5
18-69	1741	43.6	42.1-45.1		2067	49.1	47.5-50.6		3808	46.3	45.1-47.6

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
18-29	353	44.9	38.2-51.6
30-44	498	52.2	45.6-58.8
45-59	638	48.5	43.0-53.9
60-69	252	38.4	28.1-48.7
18-69	1741	47.4	43.3-51.5

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
18-29	342	62.4	54.2-70.6
30-44	728	62.9	57.6-68.2
45-59	709	53.8	48.1-59.5
60-69	288	50.3	40.1-60.4
18-69	2067	60.4	56.1-64.7

Analysis Information:
- Questions used: B16
- Epi Info program name:
    - measurement in mmol/L: Bhdlipids (unweighted); BhdlipidsWT (weighted)
    - measurement in mg/dl: BhdlipidsMg (unweighted); BhdlipidsMgWT (weighted)

Triglycerides Description: Mean fasting triglycerides among all respondents and percentage of respondents with raised fasting triglycerides (non-fasting recipients excluded).

Instrument questions:
- During the last 12 hours have you had anything to eat or drink, other than water?
- Triglyceride measurement

Mean fasting triglycerides (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	316	1.2	1.1-1.3	317	1.2	1.1-1.3	633	1.2	1.1-1.3
30-44	452	1.6	1.5-1.7	682	1.5	1.4-1.6	1134	1.5	1.4-1.6
45-59	585	1.7	1.6-1.8	662	1.6	1.5-1.7	1247	1.7	1.6-1.7
60-69	234	1.6	1.4-1.7	269	1.7	1.4-1.9	503	1.6	1.5-1.8
18-69	1587	1.4	1.4-1.5	1930	1.4	1.3-1.5	3517	1.4	1.4-1.5

Mean fasting triglycerides (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	316	106.4	97.3-115.4	317	109.5	99.6-119.5	633	107.9	100.9-114.9
30-44	452	140.1	129.0-151.2	682	130.4	121.6-139.2	1134	135.2	127.6-142.7
45-59	585	151.6	140.2-163.0	662	141.9	132.5-151.4	1247	146.3	138.9-153.7
60-69	234	139.5	124.9-154.1	269	148.4	128.3-168.5	503	143.7	131.4-156.0
18-69	1587	126.5	120.1-132.9	1930	124.5	118.0-131.0	3517	125.5	120.4-130.6

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	316	16.3	11.3-21.3	317	13.5	9.1-17.9	633	14.9	11.5-18.4
30-44	452	31.8	25.4-38.2	682	29.3	23.9-34.7	1134	30.5	26.0-35.0
45-59	585	35.8	30.0-41.7	662	30.9	25.7-36.1	1247	33.1	29.1-37.1
60-69	234	36.9	26.2-47.5	269	31.3	22.2-40.4	503	34.2	27.2-41.3
18-69	1587	25.8	22.1-29.4	1930	22.9	19.6-26.3	3517	24.3	21.5-27.1

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	316	9.1	5.4-12.8	317	7.9	4.5-11.3	633	8.5	5.9-11.1
30-44	452	23.5	17.4-29.6	682	19.9	15.3-24.5	1134	21.7	17.6-25.8
45-59	585	26.6	21.2-32.0	662	21.0	16.5-25.5	1247	23.5	19.9-27.1
60-69	234	23.3	15.0-31.6	269	22.8	14.5-31.0	503	23.1	17.1-29.0
18-69	1587	17.4	14.3-20.5	1930	15.1	12.4-17.9	3517	16.3	14.0-18.6

Analysis Information:
- Questions used: B1, B17
- Epi Info program name:
  - measurement in mmol/L: Btriglyceride (unweighted); BtriglycerideWT (weighted)
  - measurement in mg/dl: BtriglycerideMg (unweighted); BtriglycerideMgWT (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

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
Percentage of respondents by level of 10-year CVD risk							
Men							
40-54	701	79.9	75.5-83.6	16.8	13.3-20.9	3.4	2.1-5.4
55-69	395	10.7	7.6-15.0	52.6	44.1-61.0	36.7	28.8-45.3
40-69	1096	58.6	53.5-63.5	27.8	23.6-32.4	13.6	10.7-17.1

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
Percentage of respondents by level of 10-year CVD risk							
Women							
40-54	857	93.9	91.6-95.7	5.9	4.2-8.3	0.2	0.1-0.5
55-69	443	19.7	14.8-25.6	54.0	46.1-61.8	26.3	19.1-34.9
40-69	**1300**	**73.9**	**70.0-77.4**	**19.9**	**16.0-22.2**	**7.2**	**5.1-10.1**

Age Group (years)	n	<10%	95% CI	10-20%	95% CI	≥20%	95% CI
Percentage of respondents by level of 10-year CVD risk							
Both Sexes							
40-54	1558	87.5	85.1-89.6	10.8	8.9-13.1	1.6	1.0-2.5
55-69	838	15.2	12.2-18.8	53.3	47.5-59.1	31.5	26.1-37.3
40-69	2396	66.7	63.5-69.8	23.1	20.4-25.9	10.2	8.4-12.3

* 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 ≥20% or existing CVD

Description: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* ≥20% or with existing CVD

Instrument questions: combined from Step 1, 2 and 3

- Gender, age
- Smoking status
- Systolic blood pressure measurements
- History of diabetes
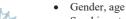- Total cholesterol measurements
- Body mass index

Percentage of respondents with a 10-year CVD risk ≥20% or with existing CVD										
Age Group (years)	Men				Women				Both Sexes	
	n	%	95% CI		n	%	95% CI		n	%	95% CI
40-54	706	8.9	87.8-93.6		873	5.4	92.1-96.3		1579	7	91.1-94.6
55-69	408	48.5	43.5-59.5		454	32.8	59.0-74.5		862	40.7	53.6-64.7
40-69	1114	21.4	74.4-82.2		1327	12.8	83.8-89.9		2441	16.8	80.6-85.5

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

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 ≥20% or existing CVD

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

Instrument 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	69	42.2	41.5-72.6	55	41.9	37.4-76.3		124	42.1	44.9-70.0
55-69	198	40.3	47.4-70.8	141	54.5	33.3-58.1		339	46	45.3-62.5
40-69	**267**	**40.9**	**49.5-68.1**	**196**	**50.7**	**37.4-61.4**		**463**	**44.8**	**47.5-62.6**

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

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

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

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 $\geq$ 25 kg/m^2)
- Raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on medication for raised BP).

Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
Men							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1055	0.9	0.2-1.7	59.5	55.2-63.8	39.6	35.3-43.9
45-69	1069	1.2	0.0-2.6	30.1	26.2-34.1	68.7	64.7-72.7
18-69	2124	1.0	0.3-1.7	53.4	49.8-57.0	45.6	42.0-49.2

Summary of Combined Risk Factors							
Women							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1222	1.4	0.5-2.3	61.8	57.8-65.9	36.8	32.8-40.7
45-69	1182	0.1	0.0-0.3	35.7	32.0-39.4	64.2	60.5-67.9
18-69	2404	1.1	0.4-1.8	55.4	52.0-58.7	43.6	40.2-46.9

Summary of Combined Risk Factors							
Both Sexes							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	2277	1.2	0.6-1.7	60.6	57.5-63.7	38.3	35.2-41.4
45-69	2251	0.6	0.0-1.3	33.0	30.3-35.7	66.4	63.6-69.1
18-69	4528	1.0	0.5-1.5	54.3	51.7-57.0	44.6	42.0-47.2

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

NATIONAL CENTRE FOR DISEASE CONTROL - LIBYA

المســـح التدريجـــي لعوامـــل الاختطـــار الامراض غيـر الساريــة – ليبيـا 2022-2023