

REPUBLIC OF NAURU

Ministry of Health and Medical Services



Nauru

Noncommunicable Diseases Risk Factors

STEPS REPORT 2025



STEPS 2025 National Non-Communicable Diseases Survey

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1. FOREWORD



HE. Hon. David W.R. Adeang, M.P.
President & Minister for Public Health



Hon. Rennier Stanislaus Gadabu, M.P.
Deputy Minister for Public Health

As Minister for Public Health and Deputy Minister for Public Health, we are pleased to present the report of the Nauru 2025 STEPS Survey. This new survey provides a clear and timely picture of the noncommunicable disease (NCD) risk factors affecting our nation. It builds on more than two decades of surveillance and represents the next essential step in guiding policy, strengthening prevention, and improving the health and well-being of all people in Nauru.

The relationship between our daily behaviours, our social and economic circumstances, and our physical environment continues to shape the health of our population. The 2025 findings reaffirm that NCD risks cut across age, gender, and community lines. While we have seen encouraging progress in areas such as reduced tobacco use and harmful alcohol consumption, the data also highlight persistent and concerning challenges. Over 95% of our population continues to consume too few fruits and vegetables, more than one-third are physically inactive, and almost 90% of adults are overweight, with 72% living with obesity. Most strikingly, diabetes now affects nearly one in three adults, and hypertension remains widespread, with control rates still unacceptably low.

These results show that the burden of NCDs namely diabetes, cardiovascular diseases, chronic respiratory diseases, obesity and their complications remain one of the greatest threats to the health of our people and to the social and economic development of our nation. The 2025 survey reminds us that despite ongoing investments in prevention and care, NCDs continue to account for significant healthcare costs, lost productivity, and too many preventable deaths.

At the same time, this report provides an opportunity. The improvements since the 2015 STEPS survey, particularly the reductions in tobacco use and harmful alcohol use, demonstrate that strong policies, community partnerships, and sustained communication can make a measurable difference. The findings also point clearly to where our next actions must be focused: strengthening screening and early detection; promoting healthy eating and active living; scaling up community-based interventions; and further integrating NCD care into primary health services. These efforts are critical to reversing the rising prevalence of diabetes, addressing persistently high obesity levels, and reducing the future burden of NCDs.

The Government of Nauru expresses its sincere appreciation to the World Health Organization for its continued technical assistance and to the many stakeholders who supported the planning, implementation, and completion of this survey. I extend particular thanks to the STEPS technical working group, the field teams, and the many individuals who contributed their time and expertise to ensure the success of this important national undertaking.

While the results remind us of the scale of the challenge ahead, they also illuminate the pathway forward. By working together: across government, communities, and sectors - we can turn these findings into meaningful action and move towards our shared vision of a healthy and productive future for all people in Nauru.



H.E. Hon. David W.R. Adeang, M.P.
President
Minister for Public Health
Republic of Nauru



Hon. Renner Stanislaus Gadabu M.P.
Deputy Minister for Public Health
Republic of Nauru

2. ACKNOWLEDGEMENTS

This survey would not have been possible without the dedication, collaboration, and hard work of many individuals and institutions. First and foremost, we express our deep appreciation to all the participants who generously gave their time to take part in this important national survey. Their contribution is the foundation upon which this report is built.

We extend our sincere thanks to the President of the Republic of Nauru and Minister for Public Health, H.E David Adeang MP and the Deputy Minister for Public Health, Hon. Rennier Gadabu MP for providing continued leadership and support for the 2025 STEPS Survey, and for ensuring that Ministry staff were made available throughout the planning, training, and implementation phases. The commitment and cooperation of all Ministry of Health personnel involved in this activity are warmly acknowledged. This study would not be possible without the leadership of the Ministry of Public Health, Senior Management Public Health Executives and participation of the STEPS survey team.

In special recognition, the STEPS planning and coordination team, including Ms Christal Teabuge and Ms Chandalene Garabwan, whose commitment and professionalism ensured that the survey was implemented according to WHO standards. We also acknowledge the tireless efforts of the field staff for logistics and support (Grace Namaduk, Livani Simon, Cecilia Tannang), field team supervisors (Avanoa Tsiode, Zanita Tom, Angel Agigo, Baronessa Moses, Magdalena Capelle, Zachariah Temaki, Minna Dediya, Tinarina Temaki, Corazon Dabwido) and data collectors (Chanika Engar, Nicodemus Kamtaura, Lovely Deireregea, Sumilla Degia, Shania Quadina, Diana Scotty, Nancy Abouke, Esther Waibeia, Teresa Itsimaera, Apphia Fritz, Onel Harris, Stephanie Tsiode, Mortisha Namaduk, Chelsea Ruaiti, Sarah Gobure) whose hard work enabled this large survey to be carried out smoothly and on schedule.

A survey of this scope requires significant logistical, administrative, and operational support. We thank those responsible for procurement, supplies, transportation, and field coordination Ms Grace Namaduk and Ms Cecilia Tannang for ensuring that all operational requirements were met in a timely and efficient manner. We further acknowledge the National Bureau of Statistics for their essential support in sampling and technical guidance. Their collaboration ensured that the survey aimed at national representativeness and adhered to statistical best practice.

The team is grateful for the technical guidance provided by the World Health Organization throughout all stages of the survey from planning and training to data analysis and reporting. We particularly acknowledge Dr Tomo Kanda, Dr Leanne Riley, Dr Patricia Rarau, Rupasree Srikumar, Dr Stefan Savin, Dr Naveen Agarwal, Nola Vanualailai and Melanie Cowan for their expertise and ongoing support. We also thank the Department of Foreign Affairs and Trade, Australia for their financial and logistical contributions to the successful completion of the 2025 STEPS Survey.

We also express sincere appreciation to Prof. Maximilian de Courten and his team for the compilation of this report. We further recognize the work of Fredrick Eseyepet and Alishba Rehman who designed the final version of the report and the annexes.

To everyone who contributed directly or indirectly to the planning, implementation, analysis, and dissemination of this survey, we offer our sincere appreciation. Your collective work has enabled the production of essential national health data that will guide Nauru's efforts to improve the health and wellbeing of its people.

3. ABBREVIATIONS

BMI	Body Mass Index
CI	Confidence Interval
CVD	Cardiovascular Disease
DBP	Diastolic Blood Pressure
ETS	Environmental Tobacco Smoke
IFG	Impaired Fasting Glucose
HC	Hip Circumference
HTN	Hypertension
KAP	Knowledge, Attitude and Practice
MET	Metabolic Equivalent Test
MHMS	Nauru's Ministry of Health & Medical Services
n	Number of respondents
NA	Not Available
NCD	Non-Communicable Disease(s)
NSP	National Strategic Plan for NCD Prevention and Control 2022-2030
PA	Physical Activity
PSU	Primary Sampling Unit
SSU	Secondary Sampling Unit
STEPS	STEPwise Approach to Surveillance
SBP	Systolic Blood Pressure
TSU	Tertiary Sampling Unit
WC	Waist Circumference
WHO	World Health Organization
WHR	Waist to Hip Ratio

4. EXECUTIVE SUMMARY

4.1 Background

Noncommunicable diseases (NCDs) are the leading cause of morbidity and mortality globally, placing a growing burden on health systems, particularly in low- and middle-income countries.¹ The WHO STEPwise approach to Surveillance (STEPS) provides a standardized methodology for collecting, analysing, and using data on key NCD risk factors, forming the basis for national planning, policy-making, and program implementation.

4.2 Justification for the Survey and New Data Collection

In light of the high NCD burden documented over the past 3 decades and longer, and the continued investment into health promotion and disease control in Nauru, updated and comprehensive data on risk factors and NCD conditions are essential. This survey serves to fill data gaps, monitor trends over time, and assess the effectiveness of national health interventions. By generating reliable, population-based estimates, the 2025 STEPS survey equips policymakers with the evidence needed to prioritize health strategies and align with both national and global commitments.

4.3 Survey Overview

The 2025 STEPS survey was conducted among 946 participants out of 1460 adults targeted aged 18–69 years, using the three-step protocol:

- **Step 1:** Behavioural risk factor questionnaire (e.g., tobacco and alcohol use, diet, physical inactivity and history of NCD conditions).
- **Step 2:** Physical measurements (e.g., blood pressure, height, weight, waist and hip circumference, heart rate).
- **Step 3:** Biochemical measurements (e.g., fasting blood glucose, total cholesterol).

The survey invited a nationally representative sample of 1460 randomly selected adults of which 964 individuals (47.7% men and 52.3% women) participated. The survey adhered to WHO STEPS methodology to ensure comparability with previous surveys and international benchmarks.

4.4 Key Findings

- **Tobacco Use:** (Smoked and smokeless): 36% current use; 39% among men, 32% among women; daily tobacco users were 34% amongst men and 28% of women
- **Alcohol Consumption:** 7% reported harmful use (heavy episodic drinking, defined as six or more drinks on a single occasion); 9% among men, 4% among women; 19% were current alcohol consumers, 25% among men and 13% among women

- **Unhealthy Diet:** 97% consumed fewer than five servings of fruits and vegetables per day
- **Physical Inactivity:** 35% did not meet WHO recommended levels
- **Overweight/Obesity:** 90% of adults were overweight, 72% obese
- **Hypertension (Raised Blood Pressure):** 35% had hypertension, 44% among men, 25% among women, 16% among those with hypertension were on treatment with 6% having controlled blood pressure
- **Diabetes (Raised Blood Glucose):** 10% pre-diabetes (also known as impaired fasting glycemia), 29% prevalence of diabetes, 27% among men, 32% among women, 3% controlled raised blood glucose among those diabetes

4.5 Comparison with Previous Survey Findings

The 2025 survey results show key findings since the last STEPS survey conducted in 2015:

- **Daily tobacco use** decreased from 41% in 2015 to 31% in 2025, indicating the sustained impact of public health campaigns and tobacco control policies.
- **Current alcohol use** decreased from 28% in 2015 to 19% in 2025, with heavy episodic drinking reducing from 24% in 2015 to 7% in 2025
- **Overweight/obesity** remained with 90% of the survey population at concerning high levels over time reflecting the resistance of the issue to all previous policy interventions.
- **Oral pain** in the past 12 months as a tooth health indicator was reported less often in 2025 in comparison to 2015 with 23% reported having had pain in comparison to 59% in 2015.
- **Hypertension:** defined as raised blood pressure or currently on medication for it rose from 25% in 2015 to 35% in 2025.
- **Diabetes:** defined as raised glucose levels or currently on medication for it is with 29% still on the rise compared to the 2015 survey.

Such comparisons underscore the importance of continued surveillance and provide a foundation for adjusting current interventions.

4.6 Implications for Policy and Practice

The 2025 survey confirms the urgency in the prevention and control of NCDs in Nauru, particularly addressing the increase in the prevalence of obesity and diabetes. Progress achieved since the 2015 survey in tobacco use, oral health (reported pain) and reduction in alcohol consumption are an encouraging indicator of population health benefits that will reduce some of the risk for future NCDs.

The findings call for strengthened and targeted action in Nauru, particularly in:

- Expanding screening and early detection programs
- Promoting healthy behaviours through community-based interventions
- Enhancing integration of NCD care into primary health services
- Scaling up policy implementation, health communication and education initiatives

4.7 Conclusion

The 2025 STEPS survey provides critical insights into the NCD risk factor and conditions landscape in Nauru, offering an evidence base to guide the next phase of national health planning. Continued investment in NCD surveillance and policy response is essential for reducing preventable deaths and achieving health and development goals.

Table 1: Report at a Glance

Report at a Glance
Survey Purpose and Objectives 1. Purpose: To determine the national prevalence of risk factors of noncommunicable disease in the adult population of Nauru 2. To measure the prevalence of behavioural risk factors (tobacco use, harmful use of alcohol, low fruit and vegetable consumption, salt consumption, and level of physical activity) 3. To measure the prevalence of biological risk factors (hypertension, overweight, obesity, and raised blood glucose) 4. To assess responses of the national health system in terms of coverage with early detection and treatment of key risk factors (i.e. diabetes, hypertension, cervical cancer, depression). 5. To assess the oral health practices of the adult population.
Key Results 1. Tobacco use (smoked and smokeless) 35.5% were current users of tobacco (38.6% among men, 32.2% among women); 31.4% were daily tobacco users (34.2% among men, 28.4% among women) 2. Alcohol consumption: 18.9% were current users of alcohol (24.5% among men, 12.8% among women) 3. Unhealthy diets: 96.7% consumed fewer than five servings of fruits and/or vegetables per day (95.9% among men, 97.5% among women). 50.7% reported always or often adding salt or salty sauce to food before or during meals (49.9% among men, 51.6% among women) 4. Physical inactivity: 34.7% had insufficient physical activity (29.3% among men, 40.9% among women) 5. Overweight/obesity: 89.8% were overweight (BMI$\geq$25) (91.9% among men, 87.4% among women); 72.0% were living with obesity (BMI$\geq$30) (72.9% among men, 70.9% among women)

6. **Hypertension (raised blood pressure or currently on treatment):** 34.8% had hypertension; among those with hypertension, 34.8% had previously been diagnosed (32.4% among men, 39.6% among women), 16.9% were on treatment (16.2% among men, 18.3% among women), and 6.0% had their hypertension under control (5.2% among men, 7.6% among women)
7. **Diabetes (raised blood glucose or currently on treatment):** 29.3% had diabetes or raised blood glucose; among those with diabetes or raised blood glucose, 37.4% had been previously diagnosed, 21.8% were currently on treatment (30.0% among men, 14.9% among women), and 3.1% had their diabetes controlled
8. **Raised Cholesterol (raised levels or currently on treatment):** 36.7% had raised cholesterol; 29.6% among men and 43.7% among women
9. **Oral health:** 88.5% of respondents reported cleaning their teeth at least once per day. 44.3% had untreated tooth decay
10. **Depression:** the prevalence of depression among adults in Nauru was 7.1%; women with 9.0% reported depression more often compared to 5.2% of men
11. **Cervical Cancer Screening:** only 25.5% women aged 18–69 years reported ever having had a cervical cancer screening test

Policy Recommendations/Health priorities

1. Strengthen tobacco control through enforcement, taxation, and cessation support.
2. Promote healthy diets by reducing salt, sugar, and trans fats via food reformulation, labelling, marketing restrictions, and fiscal policies.
3. Increase physical activity by creating supportive environments in schools, workplaces, and communities.
4. Promote healthy behaviours through community-based interventions and behaviour change communication.
5. Expand screening and early detection for hypertension, diabetes, and cervical cancer.
6. Enhance NCD care by integrating services within primary healthcare and strengthening referral systems.

5.1 Background

Noncommunicable diseases (NCDs) are the leading cause of death globally and a major public health challenge in many countries. Cardiovascular diseases, diabetes, cancer, and chronic respiratory diseases contribute significantly to premature mortality and disability².

Noncommunicable diseases kill over 43 million people globally each year and are responsible for three out of four deaths, with 18 million of these deaths occurring before age 70³. According to the World Health Organization, 86% of premature NCD deaths (deaths occurring between the ages of 30-69) are in low- and middle-income countries, where access and utilization of preventive health care services is less widespread than in high-income countries⁴.

Four groups of diseases account for more than 80% of premature NCD deaths. These include cardiovascular diseases, accounting for most NCD deaths, (17.9 million deaths annually) followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million, which also includes kidney disease deaths caused by diabetes)⁵. Addressing the risk factors that drive the NCD epidemic—including tobacco use, harmful use of alcohol, unhealthy diet, and physical inactivity—is critical to improving population health and achieving sustainable development goals⁶.

In response to this challenge, the World Health Organization (WHO) developed the STEPwise approach to Surveillance (STEPS) to support countries in collecting standardized, comparable, and actionable data on NCD risk factors and conditions. The STEPS methodology provides a simple, standardized method for collecting, analysing, and disseminating data in three sequential steps: questionnaire-based assessment, physical measurements, and biochemical assessments. This covers key behavioural risk factors: tobacco use, alcohol use, physical inactivity, unhealthy diet, as well as key biological risk factors: overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids.

5.2 National Context

Nauru, one of the world's smallest independent states, occupies a mere 21 square kilometres in the Pacific Ocean. In 2022, its population was projected to be 12,688 individuals from the most recent 2021 census count of 11,680 individuals⁷. The 2021 census revealed a youthful demographic, with over half (57%) of the population under 24 years of age and only 3% aged 60 or above. A 2019 mini-census indicated that the majority of residents are Nauruan (95.4%), followed by 2.1% Fijian, 0.7% Tuvaluan, 0.4% Chinese, 0.3% Australian and 0.2% New Zealander, and other nationalities (0.8%).

Nauru faces a severe public health crisis, reflected in the second-highest premature death rate in the Pacific⁸. This crisis stems from a "triple health burden" encompassing NCDs, communicable diseases, and the health impacts of climate change. Compounding these issues are alarming indicators in social determinants of health, such as education, employment, and environment, alongside concerning lifestyle trends.

Nauru faces a significant public health challenge, marked by high rates of NCDs such as cardiovascular and respiratory conditions, and diabetes, which contribute to elevated levels of premature mortality. This burden is compounded by persistent infectious diseases and the growing impacts of climate change. Coupled with concerning trends in the social determinants of health including education, employment, and environmental factors, these issues strain the health system's capacity to deliver essential services. Additionally, the high cost of overseas medical referrals places further pressure on government resources, while limited health system capacity increases vulnerability to public health emergencies.

Thus, NCDs pose the most immediate and significant threat to the population's health and the healthcare system's capacity to deliver essential services. They are the primary driver of premature mortality and morbidity⁹, contributing to a lower life expectancy compared to other nations in the region¹⁰. An independent review of the Nauru Improved Health Program (NIHP) in 2017¹¹ identified the current and projected NCD burden as the principal challenge for future health status, a finding that remains accurate in 2025.

High rates of obesity, diabetes, and hypertension are directly linked to prevalent risk factors, including tobacco and alcohol use, unhealthy diets, and insufficient physical activity. These NCD risk factors and conditions suggest that improvements in health status are unlikely in the short term and may even deteriorate due to their recognized trans-generational effect on population health.

While not yet adequately quantified, the prevalence of cancers and mental health conditions appears to be on the rise and are anecdotally under-reported. These conditions are acknowledged to have a substantial impact on morbidity and mortality in Nauru.

5.3 Survey overview

Recognizing the importance of reliable data to inform national policies, Nauru conducted its third national STEPS survey in 2025, led by the Department of Public Health, Ministry of Health, Nauru, with technical and financial support from WHO and the Department of Foreign Affairs and Trade, Australia.

The WHO STEPS surveys are population-based, cross-sectional assessment of NCDs and their common risk factors. A random sample of 1460 adults aged 18 – 69 years across the island were invited to participate, and all participation was voluntary.

The **key objectives** of the Nauru STEPS 2025 survey were:

- To ascertain the prevalence of NCD behavioural risk factors such as tobacco use, use of alcohol, low fruit and vegetable consumption, salt intake, and physical inactivity in Nauru
- To measure the prevalence of biological risk factors such as raised blood pressure, overweight and obesity, raised blood glucose, and raised cholesterol levels
- To describe the prevalence of NCD risk factors and conditions according to demographic characteristics including age and sex
- To assess the prevalence of disability, depression and oral health conditions
- To describe the change in the prevalence of risk factors in comparison to the 2004 and 2015 STEPS surveys
- To collect data which can inform future planning of healthcare services and interventions to guide the development and implementation of strategies aligned with national and global commitments to NCD prevention and control, including the WHO Global Action Plan and the Sustainable Development Goals (SDGs).

The 2025 STEPS survey was conducted among adults aged 18-69 years, using the three-step protocol:

1. **Step 1:** Questionnaire-based assessment of Behavioural risk factors (e.g., tobacco and alcohol use, diet, physical inactivity) and conditions.
2. **Step 2:** Physical measurements (e.g., blood pressure, height, weight, waist and hip circumference).
3. **Step 3:** Biochemical measurements (e.g., fasting blood glucose and total cholesterol).

Nauru used the standard approach described above and added optional modules on cervical cancer screening, disability, oral health and depression. This modular approach allows for consistent and comparable data collection both within and across countries.

6.1 Survey Design and Sampling

The 2025 STEPS survey in Nauru was designed to produce nationally representative estimates for adults aged 18-69 years. Given the small population size resident in Nauru, a simple random sampling was employed to ensure that each eligible individual has an equal chance of being selected.

Target population: Adults aged 18-69 years residing in private households

Sampling frame: The 2021 Population Census by District was used as the sampling frame from which the target sample size of 1460 was selected from.

Sample Size Calculation

The STEPS survey is designed to evaluate the prevalence of behavioural risk factors contributing to NCDs in Nauru. It targets both male and female residents aged 18-69 years, with the objective of identifying risk factors and determinants that significantly impact NCD-related mortality and morbidity rates.

Parameters set for the required sample size calculation using Finite Population Correction for Nauru were:

- Design Effect of 1.0 for simple random samples
- 1.96 for 95% confidence interval; p value 0.05
- 80% expected response rate
- Baseline prevalence percentage indicator: 50%
- Finite Population Correction (FPC) applied with population N = 11,680 (Nauru 2021 Population Census - Population by District)
- age groups (18-44 years, 45-69 years) within the 2 sex groups.

These parameters yield a required sample size of approximately n = 1460.

The sample size was calculated using STEPS sample size calculator based on the 2021 Population Census - Population by District³, using a 4 age-sex group structure (2 age groups for males and females).

The computation of Sample size n as follows

The computation of Sample size n as follows

$$n = Z^2 * \frac{p * (1 - p)}{e^2}$$

Where Z= level of confidence, P- baseline level of indicator; e- margin of error.

The required sample size with a value of Z=1.96 for a 95 % confidence interval, p value of NCD risk of 0.5 and margin of error of 0.05% is

$$n = (1.9)^2 + \frac{0.5 * (1 - 0.5)}{(0.05)^2} = 384.16$$

The Finite Population Correction (FPC) was applied. This then was multiplied by the design effect, which for simple random samples is the value of 1.0, and the number of age-sex estimates (4):

$$n = 384.16 * 1.0 * 4 = 1167.8$$

Anticipating a survey response rate of 80% the sample needed to be adjusted for the non-response rate. Hence the final sample size was $n = 1536.64 / .80 = 1459.75$

Of the total of 1460 individuals that were targeted, 946 completed STEPS 1 and 2 with an overall response rate of 65%. STEP 3 response rate is often lower than STEP 1 and as expected 644 individuals completed STEP 3 which was a response rate of 44%.

6.2 Data Collection Procedures

Data collection was conducted from February 2025 to April 2025, using standardized instruments adapted to the Nauru context in English. Enumerators underwent intensive training on STEPS protocols, interview techniques, and ethical standards.

- **Step 1:** Structured questionnaire administered via electronic tablets
- **Step 2:** Physical measurements taken using calibrated equipment:
 - o Blood pressure: Measured using Boso medicus and OMRON BP monitors, with three readings taken at 3-minutes intervals
 - o Height – CAMRY ultrasonic height measuring devices
 - o Weight – SECA digital weight scales
 - o Waist circumference – SECA tape measures
 - o Hip circumference – SECA tape measures
- **Step 3:** Biochemical samples collected from fasting participants (minimum 8 hours) using for glucose and cholesterol measurements the Point of Care device Cardiochek PA analyzer¹²

All data were collected using ODK Collect app on Android devices, securely transmitted to and stored using the WHO eSTEPS data management platform.



6.3 Data Management and Quality Control

The survey was overseen by the Ministry of Health & Medical Services in collaboration with WHO. A rigorous quality control framework was implemented, including:

- Real-time field supervision
- Daily data checks and validation
- Double-entry verification for critical variables
- Use of standard WHO data cleaning and analysis protocols

All STEPS survey data were stored securely in password-protected and encrypted databases, with access limited to authorized personnel. Identifiable information was removed from survey responses to ensure confidentiality, and electronic records were protected in line with WHO data protection standards.

Data were weighted to account for the sampling design, non-response, and to ensure national representativeness. As a sample was used, each indicator provided is an estimate and is interpreted with an accompanying 95% Confidence Interval (95% CI). This means there is a 95% probability that the confidence interval will contain the true population mean. Full details of the methodology can be found in Appendix A.

6.4 Ethical Considerations

Ethical approval for the survey was obtained from Secretary of Public Health. Written informed consent was obtained from all participants prior to participation in each step of the survey. Participation was voluntary, and confidentiality of all collected information was ensured

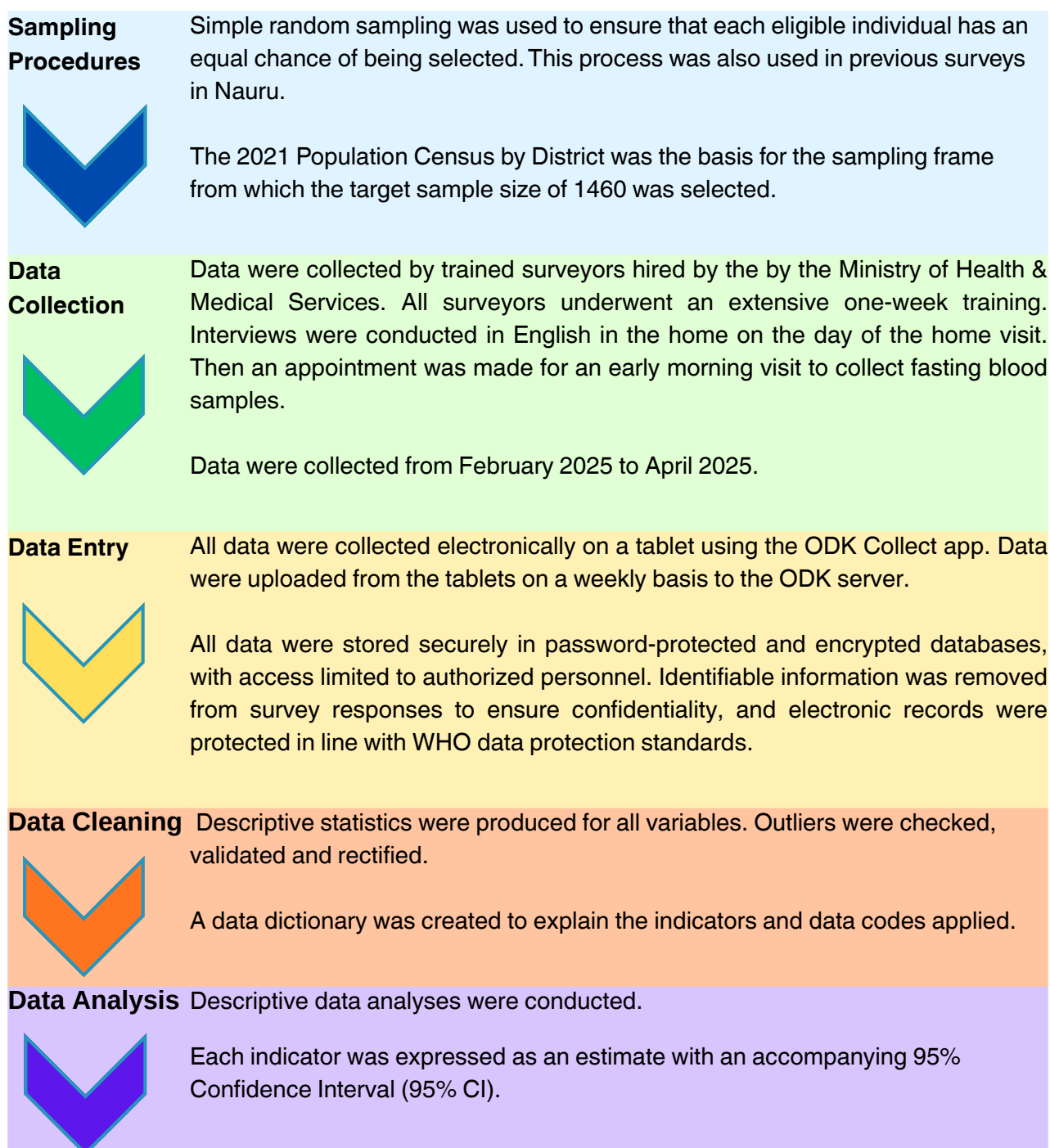


Chart A: Data Collection Procedure

6.5 Survey Demographics and Socio-Economic Determinants

The 2025 Nauru STEPS survey was conducted among 946 participants out of 1460 randomly invited adults aged 18–69 years. Women represented 52.3% of participants and men 47.7%.

Most participants (48.8%) were married or living with a partner (11.3%), while 31.7% had never married. Education levels were generally high, with 60.7% completing secondary school, 32.2% having primary education or less, and 7.2% attaining tertiary qualifications. The mean number of years of education were similar between men and women with 10.3 years.

Employment was dominated by the public sector, which accounted for 46.9% of jobs. Around 25.5% worked in private or self-employed roles, while 17.7% were unemployed and only 1.1% reported being homemakers. Men were more likely to be employed.

Household income levels reported by only 447 participants were estimated at a mean of 10,448\$ average earnings in the past year.

Participants for the survey were drawn from all districts, with the largest number of participants coming from Meneng, Location then Aiwo.

7. RESULTS: HEALTH RISK BEHAVIOURS

7.1 Tobacco Use

7.1.1 Background

Tobacco use is a leading modifiable risk factor for noncommunicable diseases (NCDs), including cardiovascular disease, cancers, chronic respiratory disease, and diabetes.¹² According to the World Health Organization (WHO), tobacco kills over 8 million people annually, including 1.3 million non-smokers exposed to second-hand smoke¹³. Preventing tobacco initiation and promoting cessation are essential to reducing the NCD burden globally and nationally.¹⁴

7.1.2 STEPS Survey Measures Included

In Nauru, information on tobacco use was collected in Step 1 of the WHO STEPS survey. This involved a standardized questionnaire capturing key tobacco use indicators such as:

- Current and former tobacco use (smoked and smokeless)
- Daily and occasional use
- Age of initiation
- Type of tobacco product used
- Exposure to environmental tobacco smoke
- Attempts to quit and receipt of cessation advice

7.1.3 Findings

Prevalence of current tobacco use (smoked and smokeless) among adults aged 18-69 was 35.0% (95% CI 31.4 - 38.8). Among younger adults in Nauru aged 18-44 years the prevalence of current tobacco smoking was 36.4% (95% CI 32.6 - 40.4) and with that slightly higher to those between age 45-69 years with 31.6% (95% CI 23.8-40.5). Current tobacco smoking was also more prevalent among men at 41.1% (95% CI 35.6-47.0) compared to 31.1% (95% CI 26.2-36.5) in women at age 18-44 years. However, for the age group of 45-69 years the prevalence in women was slightly higher with 33.8% (CI 23.2-46.4) compared to 29.4% (CI 18.8-42.8) in men at that age (Figure 1).

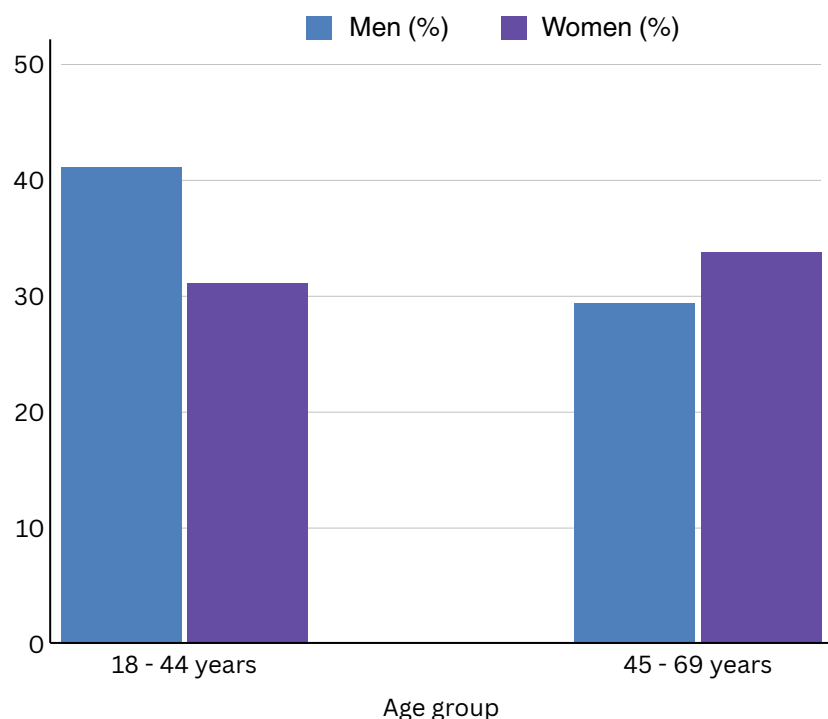


Figure 1: Comparison of current tobacco smoking prevalence in Nauru by age and sex

Daily tobacco smoking was reported by 31.2% (95% CI 27.7-34.9) of the population with similar prevalence in men 33.6% (95% CI 28.6 - 39.1) and women 28.4% (95% CI 23.9-33.5).

The average age of smoking initiation among current smokers was 17.3 years. Tobacco smoking was primarily characterized using manufactured cigarettes. Among current smokers, 96.8% (95% CI: 94.9–97.9) reported smoking manufactured cigarettes. Use of alternative products was far less common: 1.8% (95% CI: 1.0–3.3) reported smoking pipes, 0.6% (95% CI: 0.3–1.3) smoked cigars or cigarillos, and 1.7% (95% CI: 1.0–2.8) smoked shisha.

Among current smokers, 62.4% (95% CI 56.3 - 68.1) had tried to quit in the past 12 months and 24.4% (95% CI 19.3 - 30.4) of smokers had been advised in the past 12 months by a healthcare provider to stop smoking.

7.1.4 Second-Hand Smoke Exposure

Given the high rates of smoking in the population, 42.5% (95% CI 38.6-46.4) of adults reported exposure to tobacco smoke at home and 32.9 % (95% CI 29.1-37.0) at workplace. Exposure was most common at home for women at 45.1% (95% CI 39.5-50.8%) while at the workplace it was more common for men at 37.6% (95% CI 31.9-43.7).

7.1.5 Use of e-cigarettes

Overall, the prevalence of e-cigarette use was 17.6% (95% CI 15.1-20.5). Current use of electronic cigarettes (e-cigarettes or vaping) amongst younger adults aged 18-44 in Nauru was reported significantly higher at 23.1% (95% CI 19.9-26.7) than for the older ages 45-69 years with only 4.2% (95% CI 2.2-7.7) but similar between men and women (17.9% and 17.3%) across the age groups.

In terms of frequency, daily use of e-cigarettes was reported by 60.8% (95% CI 52.5-68.4) of the current users with little difference between women and men 66.6% vs 55.5%. As expected, the daily e-cigarette use was higher among younger adults (ages 18-44) at 61.5% (95 % CI 53.0-69.4) than at ages 45-69 at 50.4% (95 % CI 22.8-77.7).

7.2 Alcohol Use

Harmful use of alcohol is a major risk factor for noncommunicable diseases (NCDs), including liver cirrhosis, certain cancers, cardiovascular diseases, but also mental health disorders, injuries and violence placing a significant burden on health systems and society.¹⁵ According to the World Health Organization (WHO), alcohol is responsible for approximately 3 million deaths annually and accounts for 5.1% of the global burden of disease and injury.¹⁴ Reducing harmful alcohol use is a key target in global NCD strategies¹⁶ and the Sustainable Development Goals (SDGs).¹⁷

7.2.1 STEPS Survey Measures Included

In Nauru, data on alcohol use was collected in Step 1 of the STEPS survey using the standard WHO questionnaire. The following indicators were measured:

- Lifetime and past 12-month abstinence
- Current alcohol use (past 30 days)
- Frequency and quantity of alcohol consumption
- Heavy episodic drinking (defined as consuming ≥ 6 standard drinks on one occasion)
- Alcohol related problems

7.2.2 Findings

Presently, 18.9% (95% CI 16.0–22.2) of the population are current drinkers, defined as individuals who have consumed alcohol within the last 30 days. This includes a significantly higher proportion of men at 24.5 % (95% CI: 19.8–29.8) compared to 12.8% of women (95% CI: 10.0–16.4). Out of the current drinkers, only 2% reported consuming alcohol daily in the past 7 days. Whereas alcohol use in the past 12 months was reported to be at 16.7% (95% CI: 14.0–19.8).

Heavy episodic drinking, defined as consuming six or more drinks on a single occasion within the past 30 days, was reported by 9.5% (95% CI: 7.0–12.7) of men and 4.2% (95% CI: 2.8–6.5) of women in the total population.

On the other side, lifetime abstainers from alcohol consumption accounted for 51.8% (95% CI: 47.7–55.8) of adults aged 18–69 (Figure 2), with a significantly higher prevalence among women (59.2%, 95% CI: 53.7–64.4) compared to men (45.0%, 95% CI: 39.4–50.7). Past 12-month abstinence was reported by 12.6 % (95% CI: 10.3–15.3) of respondents

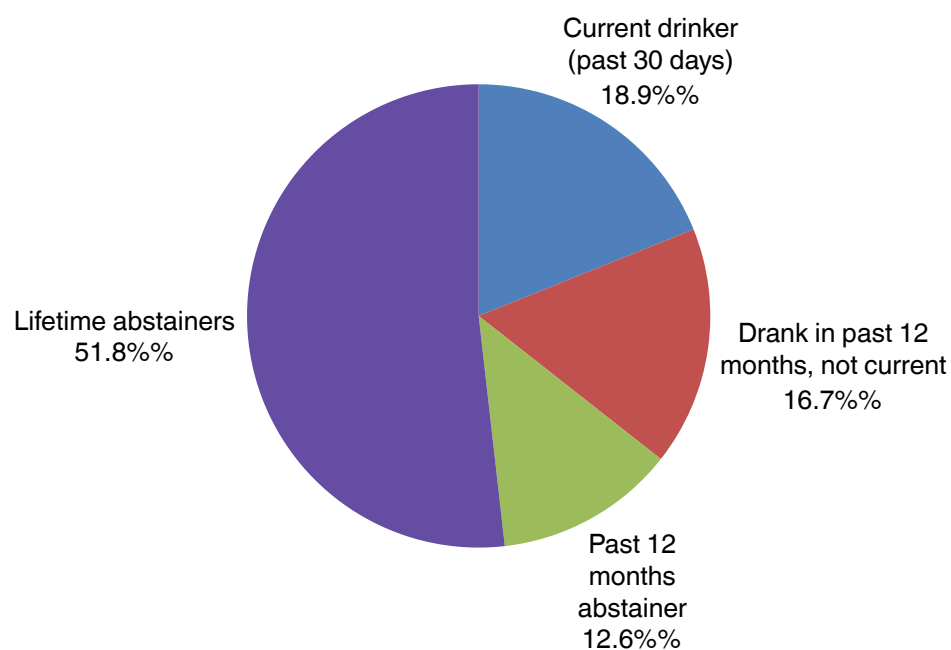


Figure 2: Alcohol use status, adults 18–69 years, Nauru 2025

Amongst those who drank alcohol over the past 12 months, 14.2% (95% CI: 10.6–18.8) reported impaired control over their drinking, describing that they were “Not able to stop once started” monthly or more. The prevalence was similar between men 14.5% (95% CI: 9.9–20.9) and women 13.6% (95% CI: 8.8–20.4). Failing to carry out normal responsibilities because of drinking was furthermore reported by 12.3% (95% CI: 8.5–17.4) overall, with no significant difference between men and women. Needing a first drink in the morning, monthly or more, was reported by 9.7% overall, with no significant difference between men and women. Problems at work or family life due to someone else’s drinking was only reported occurring monthly or more at 2.5% of adults (men 2.9%, women 2.2%).

7.2.3 Kava Use

Kava is a traditional beverage extracted from the root of a pepper plant (*Piper methysticum*) native to the Pacific Islands. It has been used ceremonially, socially, and medicinally for centuries. In the Pacific, Kava is a psychoactive plant-based drink with calming effects, and the main health concerns are liver toxicity, reported particularly from non-traditional preparations and heavy use. Other risks include sedation and impaired coordination hence the WHO report recommended more research on the use and health effects¹⁸.

In the survey in Nauru, 16.2% (95% CI: 13.8–19.0) of all adults reported using kava in the past 12 months. Prevalence was slightly higher among men (19.0%, 95% CI: 15.3–23.3) than women (13.2%, 95% CI: 10.3–16.8).

Among kava consumers, the mean number of days of kava use in the past month was 3.4 days (95% CI: 2.6–4.3). Men reported more frequent use (4.0 days, 95% CI: 2.7–5.3) than women (2.5 days, 95% CI: 1.7–3.3) without that difference being statistically significant. Also between the age groups there was no significant difference in reported use.

Kava users reported an average of 4.6 hours (95% CI: 4.3–5.0) spent per kava session. With no meaningful differences between men and women or across the age groups.

Furthermore, 9.8% (95% CI: 7.2–13.0) of kava users reported drinking alcohol during or after kava sessions with little difference between men and women or across the age groups.

7.3 Unhealthy Diet

Diet as it refers to the pattern of foods and drinks consumed by individuals or populations is a key determinant of health and a major modifiable risk factor for noncommunicable diseases (NCDs) such as cardiovascular disease, diabetes, and certain cancers. The WHO recommends eating at least 400 g, or five portions, of fruit and vegetables per day to reduce the risk of NCDs¹⁹ and helps to ensure an adequate daily intake of dietary fibre²⁰. Salt intake should be limited to less than 5 g per day, and intake of sugar-sweetened beverages reduced to lower the risk of obesity and metabolic disorders.

In Nauru, the STEPS survey measured fruit and vegetable intake by the number of days consumed per week and the mean number of daily servings. Adequacy was defined using the WHO benchmark of at least five servings per day.

Salt intake was assessed by reported practices such as adding salt at the table, during cooking, or eating processed foods high in salt.

Sugar-sweetened beverages (SSBs) were defined as drinks containing added sugar, including soft drinks, juice drinks, cordials, and homemade sweetened beverages.

7.3.1 Consumption of Fruit and Vegetables

Consumption of fruits and vegetables was very low across the population. Adults reported eating fruit on average 1.7 days per week (95% CI: 1.5–2.0) and vegetables on 2.6 days (95% CI: 2.4–2.9). Mean daily intake was 0.5 servings of fruit (95% CI: 0.4–0.6) and 0.8 servings of vegetables (95% CI: 0.7–0.9), for a combined intake of only 1.2 servings per day (95% CI: 1.1–1.4). Thus, the vast majority of adults fell below WHO recommendations: 96.7% (95% CI: 95.1–97.7) reported fewer than five servings per day, with no significant differences by sex or age. This level of inadequate intake has remained essentially unchanged since 2004 and 2015.

7.3.2 Salt Intake

Excess dietary salt intake is associated with raised blood pressure and increased risk of stroke and heart disease. WHO recommends a daily salt intake of less than 5 grams (or 2 grams of sodium)²¹.

Data on salt consumption were collected using the standard WHO questionnaire. The following indicators were captured in STEP1: Self-reported behaviour: frequency of adding salt or salty sauces during or after cooking, consumption of processed foods high in salt.

Salt use remains common. Half of adults (50.7%, 95% CI: 46.6–54.8) reported always or often adding salt at the table, a behaviour significantly more frequent among younger adults (54.9%, 95% CI: 50.9–58.9) compared with older adults (40.3%, 95% CI: 31.5–49.7).

Adding salt during cooking was even more widespread, reported by 62.1% (95% CI: 57.7–66.2) of adults, with no meaningful variation by sex or age. Nearly one in three participants (32.2%, 95% CI: 28.7–35.9) always or often ate processed foods high in salt, and this was significantly more common among younger adults (36.5%, 95% CI: 32.6–40.5) than older adults (21.8%, 95% CI: 15.6–29.6).

Awareness of health risks was generally high, with 78.8% (95% CI: 75.4–81.8) recognising that too much salt can cause serious illness. Women were significantly more aware (83.6%, 95% CI: 79.4–87.1) than men (74.4%, 95% CI: 69.2–78.9).

7.3.3 Sugar-Sweetened Beverages (SSBs)

Sugar sweetened beverages (SSB) intake was frequent and in high-volume. Adults consumed SSBs on average 5.1 days per week (95% CI: 4.9–5.3). On days when consumed, the average was 4.2 servings (95% CI: 3.9–4.5). There were no statistically significant differences by sex or age.

7.4 Physical Inactivity

Maintaining an active lifestyle is crucial for supporting overall health and wellbeing. This widespread understanding underscores the importance of physical activity not only for immediate benefits, but also for long-term health outcomes. Regular engagement in physical activity contributes significantly to preventing chronic diseases, managing weight, improving mental health, and enhancing cognitive function. From cardiovascular health to bone density, the positive impacts of staying active are well-documented and deeply integrated into public health recommendations globally.

The WHO's 2020 guideline²² recommends for adults aged 18-64 on physical activity for health a minimum of:

- 150 minutes (2.5 hours) per week of moderate-intensity physical activity OR
- 75 minutes of vigorous-intensity aerobic physical activity
- or an equivalent combination of moderate- and vigorous-intensity activity achieving at least 600 MET-minute

These new guidelines have a broader approach to physical activity and movement and remove the minimum 10-minute bout requirement whilst highlighting the importance of reducing sedentary behaviour, recognising that every move counts.

People doing less than 150 minutes of moderate-intensity activity per week, or equivalent, were classified in the survey as not meeting the WHO recommendation on physical activity for health. Globally, physical inactivity is projected to result in approximately 500 million new cases of non-communicable diseases (NCDs) between 2020 and 2030. The World Health Organization (WHO) estimates that this will cost health systems \$27 billion USD annually, escalating to \$300 billion USD by 2030³³.

7.4.1 STEPS Survey Measures Included

Data on physical activity was collected in Step 1 using the WHO Global Physical Activity Questionnaire (GPAQ), which captures information on activity across three domains:

- Work-related physical activity
- Transport-related physical activity (e.g., walking or cycling)
- Recreational (leisure-time) physical activity

The survey also measured:

- Total minutes per week of moderate and vigorous activity
- Proportion of adults meeting WHO physical activity recommendations
- Sedentary behaviour, including time spent sitting per day

7.4.2 Findings

In the 2025 Nauru survey, 34.7% (95% CI 30.9 - 38.9) of adults did not meet the physical activity guideline. Insufficient physical activity is higher in women 40.9% (95% CI 35.9–46.2) than men 29.3% (95% CI 23.7–35.8), indicating a significant sex gap. Inactivity also rises with age: 45–69 years 44.4% (95% CI 35.4–53.9) vs 18–44 years 31.0% (95% CI 27.2–35.2), a significant difference.

Also concerning is that more than half of adults (57.2%, 95% CI: 53.3–61.1) reported in the survey of no vigorous physical activity, with a larger gender gap with 73.5% (95% CI: 68.7–77.7) of women and men 43.1% (95% CI: 37.2–49.2).

The STEPS surveys also record physical activity across work, transport and recreation, to separate dimensions of movement in daily life. Daily routines in Nauru seem to offer few built-in chances to move. Most adults report no active transport (62% (95% CI: 58.1–65.8).) and no leisure activity (61.8% (95% CI: 57.9–65.5).), and around two in five do no work-related activity (42% (95% CI: 38.0–46.0).) which means activity rarely comes from commuting, recreation, or jobs. The gender gap is in leisure where women are much more likely than men to do no recreation (70.8% vs 54.0%; but work-related inactivity is similar by sex. Older adults are significantly more likely than younger adults to report no leisure activity (74.3% vs 57.0%), indicating age-related barriers to recreational movement. This makes work-related activity contribute the largest share of total activity with 56.5% (95% CI: 52.9–60.2), followed by leisure-time activity 24.0% (95% CI: 21.2–26.8) and transport 19.5% (95% CI: 16.5–22.5).

Adults in Nauru spent an average of 240.8 minutes per day in sedentary activities such as sitting or reclining, not including sleep. Thus, a substantial proportion of adults reported no activity in specific domains. About 42.0 % had no work-related activity, 62.0 % had no transport-related activity and 61.8 % reported no recreational activity. Lack of leisure activity was especially common among women (70.8 %) and older adults (74.3 %).

Barriers reported by survey participants to engage in more physical activity included lack of time 42.5% (95% CI: 38.6–46.5), not being interested 31.2% (95% CI: 27.2–35.6), and environmental constraints such as lack of sidewalks 3.8% (95% CI: 2.6–5.4). Fear of dogs (3.7 %, 95 % CI 2.5–5.4) and accidents (2.4 %, 95 % CI 1.5–3.8) were minor barriers.

7.5 Body Mass Indicators: BMI, overweight and obesity

Excess body weight, including overweight and obesity, is a major risk factor for NCDs such as CVD, type 2 diabetes, certain cancers, and musculoskeletal disorders²⁴. Body Mass Index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight, and obesity in adults. Monitoring BMI distribution in the population helps guide policies targeting healthy diet, physical activity, and lifestyle modification.²⁵

7.5.1 STEPS survey Measures Included

In Nauru, BMI was calculated as part of the measurements done in Step 2 of the WHO STEPS survey. The following procedures were used:

- Height was measured without shoes using a stadiometer Seca 213 and CAMRY ultrasonic height measuring devices, to the nearest 0.1 cm.
- Weight was measured with a digital scale Seca 813, to the nearest 0.1 kg, with participants wearing light clothing and no shoes.

Waist and hip circumferences were measured with Liberty health products waist measurement tape, to the nearest 0.1 cm.

BMI categories were defined according to WHO classification:

- Underweight: BMI < 18.5 kg/m²
- Normal weight: BMI 18.5–24.9 kg/m²
- Overweight: BMI ≥ 25.0 kg/m²
- Obesity: BMI ≥ 30.0 kg/m²

7.5.2 Findings

In Nauru, the mean BMI of the total adult population was 34.7 kg/m² (95% CI: 34.0–35.4), with little difference by sex. In contrast, age differences were clear: younger adults aged 18–44 years had a mean BMI of 33.6 (95% CI: 33.0–34.3), compared to those aged 45–69 years with 37.3 (95% CI: 35.5–39.1)

When classified by WHO BMI categories, 72.0% (95% CI: 68.4–75.4) of the total population were living with obesity (BMI ≥ 30), 89.8% (95% CI: 87.4–91.8) overweight, 10.0% (95% CI: 8.0–12.4) of normal weight, and 0.2% underweight. Obesity prevalence was similar by sex: 70.9% (95% CI: 65.6–75.7) in females and 72.9% (95% CI: 67.8–77.6) in males. However, as Figure 3 shows, obesity was more common in older adults, affecting 84.6% (95% CI: 77.5–89.8) of those aged 45–69 years compared with 66.8% (95% CI: 62.8–70.7) of younger adults.

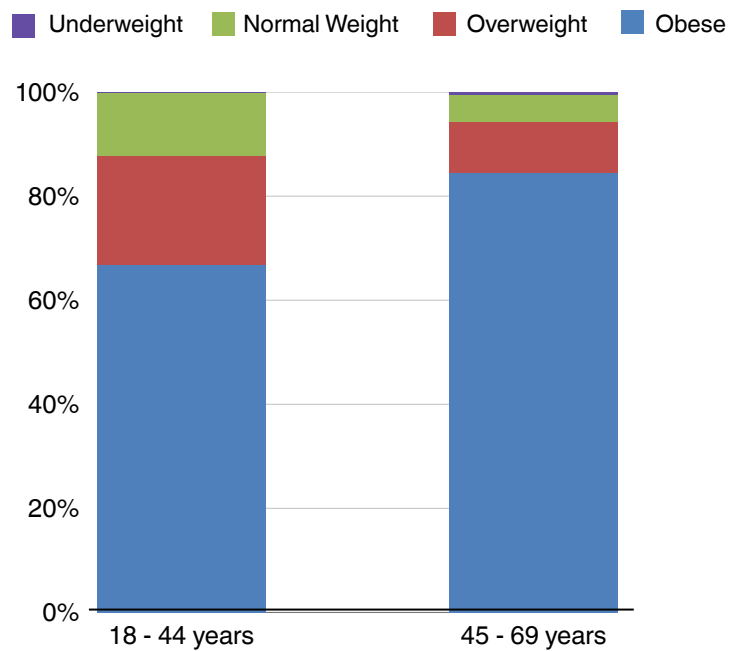


Figure 3: Obesity categories by age group

When estimating the prevalence of overweight or obesity (i.e. anyone with a BMI ≥ 25 kg/m²), 89.8% (95% CI: 87.4–91.8) of the population had a BMI ≥ 25 with no statistical difference between men and women. By age, 87.9% (95% CI: 84.9–90.4) of younger adults and 94.3% (95% CI: 90.0–96.8) of older adults had a BMI ≥ 25 , a statistically significant difference.

The WHO recommends waist circumference (WC) as a simple measure of abdominal or central obesity, which is strongly linked to increased risk of cardiovascular disease, type 2 diabetes, and overall mortality²⁶. A waist circumference of more than 102cm in men and more than 88cm in women is seen as a marker of increased risk of type 2 diabetes, stroke and heart disease.

In Nauru men aged 45–69 years the mean waist circumference was larger at 115.3cm (95% CI: 109.1–121.5) than in younger men aged 18–44 years with 101.9 cm (95% CI: 99.0–103.9). In women the mean waist circumference was 103.4 (95% CI 101.2-105.6), among ages 18-44 years it was 99.6 cm (95% CI 97.3-102.0) and 112.2 for ages 45–69 (95% CI 109.2-115.2). However, across men and women, the mean waist circumference was not statistically different with 105.7 versus 103.4 cm.

8. RESULTS: ESTABLISHED ILL-HEALTH

8.1 Hypertension/ Raised blood pressure

8.1.1 Background

Raised blood pressure (also known as hypertension) is one of the most significant risk factors for cardiovascular disease (CVD), stroke, and kidney disease.²⁷ Globally, hypertension accounts for an estimated 10 million deaths annually and is a leading cause of premature mortality.²⁸ High blood pressure is a common condition but can be serious if not treated.

Effective prevention, early detection, and management of hypertension are crucial for reducing the NCD burden.²⁹

In the Nauru STEPS survey, information about hypertension and raised blood pressure were collected in Step 1 with questions on history of blood pressure measurement, diagnosis, and treatment. Blood pressure was measured in Step 2 using the standardized protocol with three readings taken from each participant using a validated automated blood pressure device. The average of the last two readings was then used for analysis.

8.1.2 Blood Pressure Measurement Findings

The mean systolic blood pressure (SBP) in the adult population was 125.5 mmHg (95% CI 123.6–127.5). SBP was significantly higher in men at 132.1 mmHg (129.3–134.9) than in women at 118.2 mmHg (95% CI 116.1–120.4). It is also significantly higher among those aged 45–69 years at 135.8 mmHg (95% CI 129.9–141.8) than among those aged 18–44 years at 121.4 mmHg (95% CI 120.1–122.7). Within sex, older men (143.1 mmHg, 135.5–150.7) and older women (128.1 mmHg, 95% CI 120.8–135.3) have significantly higher SBP than their younger counterparts (men 127.8 mmHg, 95% CI 126.1–129.6; women 114.2 mmHg, 95% CI 112.6–115.8).

Of added concern is that currently 16.7% (13.4–20.6) of adults have stage-2 high blood pressure (defined as SBP $\geq$ 160 and/or DBP $\geq$ 100 mmHg or on medication): men were twice likely to have this level with 22.2% (16.8–28.7) than women at 10.6% (7.8–14.2). Also, adults aged 45–69 years were significantly higher at 33.8% (24.5–44.5) than those aged 18–44 years at 9.9% (7.7–12.7).

8.1.3 History of Raised Blood Pressure

Hypertension is defined as persistently elevated blood pressure, with systolic blood pressure $\geq$ 140 mmHg and/or diastolic blood pressure $\geq$ 90 mmHg or being previously diagnosed and under treatment for high blood pressure³⁰.

In Nauru, about 1 in 5 adults (22.2%) have ever been told by a health worker that they have raised blood pressure; 13.6% were diagnosed within the past 12 months (95% CI 11.1%–16.5%) and 8.6% diagnosed earlier (95% CI 5.6%–13.0%). Diagnosis increases sharply with age: among 18–44-year-olds, 10.9% (95% CI 8.7%–13.7%) were diagnosed in the past year, versus 20.1% (95% CI 13.9%–28.1%) in those aged 45–69 years. On the other side, screening gaps are substantial: 44.0% (95% CI 40.0%–48.0%) of the population reported never having had their blood pressure measured.

Control and care remain limited among those previously diagnosed, only about 1 in 4 are currently taking prescription medication (27.1%, 95% CI 19.0%–37.1%), medication use does not differ significantly by age or by sex.



8.1.4 Awareness, Treatment, and Control of Hypertension

In the survey, over one-third of the adult population have raised blood pressure or are on medication for hypertension (34.8%, 95% CI 30.8%–38.9%). Currently the prevalence of raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 , or on antihypertensive medication) is higher among men (44.0%, 95% CI 38.2%–50.0%) compared to women (24.6%, 95% CI 20.3%–29.4%). Among adults aged 45–69 years, more than half are affected (54.4%, 95% CI 43.9%–64.5%), compared with just over one-quarter of those aged 18–44 years (27.0%, 95% CI 23.5%–30.9%).

Among those individuals with hypertension, currently 65.2% were not diagnosed. Undiagnosed high blood pressure was higher in men at 67.6% than women at 60.4%. It was also higher among younger adults age 18–44 years at 70.8% than among those aged 45–69 years at 58.3 %.

Of the 34.8% of individuals with hypertension being aware of their diagnosis, 16.9% (95% CI 11.7–23.7) reported receiving ongoing antihypertensive treatment (Figure 4), with variations observed by sex and age. However, just 6.0% (95% CI 3.6–9.9) of those with raised blood pressure had both been diagnosed and were on medication that successfully controls their blood pressure, and this proportion does not differ significantly by age or sex.

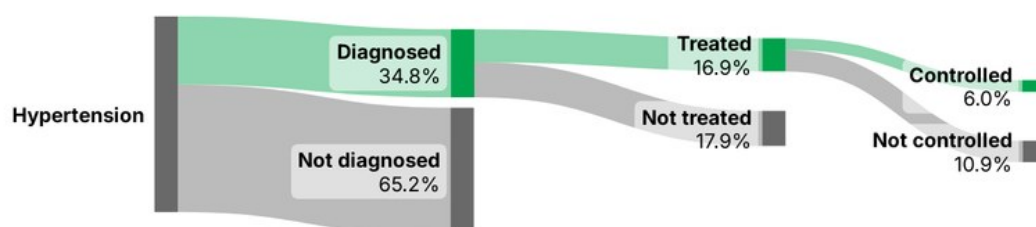


Figure 4: Awareness, treatment, and control of hypertension among those adults that had raised blood pressure or hypertension

Use of traditional care for high blood pressure is uncommon but present: 7.0% (95% CI 3.5%–13.4%) of those ever diagnosed have seen a traditional healer and 6.5% (95% CI 3.2%–13.1%) report currently taking herbal or traditional remedies, differences by age and sex are not statistically significant.

8.2 Diabetes/ raised blood sugar

8.2.1 STEPS Survey Measurement Approach

In Nauru, information about diabetes and raised blood glucose were collected in Step 1 with questions on history of diabetes measurement, diagnosis, and treatment, and then blood glucose status was assessed during Step 3 of the WHO STEPS survey. The following procedures were used:

- Participants fasted for at least 12 hours prior to testing.
- Blood samples were collected via capillary (fingerprick) blood draw.
- Fasting blood glucose levels were measured using a point of care device (Cardiochek PA analyzer) which reports plasma-equivalent results
- Raised blood glucose/diabetes was defined as:
 - Fasting plasma glucose ≥ 126 mg/dL (7.0 mmol/L), or
 - Currently on medication for diabetes

Raised blood glucose and diabetes were assessed using both self-report and fasting blood glucose measurements.

The biochemical findings confirmed a high burden of disease. The mean fasting blood glucose was 7.0 mmol/L (95% CI: 6.6–7.5), significantly higher in older adults (8.8 mmol/L, 95% CI: 7.5–10.1) than in younger adults (6.4 mmol/L, 95% CI: 6.0–6.7).

As an estimate of the prevalence of diabetes in the survey population, those having raised blood glucose values on measurement or were currently using medication for diabetes were counted and the results indicate that nearly one third of adults (29.3%, 95% CI: 24.3–34.8) were categorized as having diabetes. For a valid clinical diagnosis of diabetes, a high blood glucose value needs to be confirmed in a second measurement. This prevalence was more than twice as high in older adults (52.9%, 95% CI: 39.9–65.5) than in younger adults (20.8%, 95% CI: 16.7–25.5). By sex 26.5 % (95% CI 19.1-35.5) of Nauruan men had diabetes and 32.1 % (95% CI 25.7-39.2) of women without that this difference was statistically significant.

Nevertheless, almost half of the adult population (47.9%, 95% CI: 43.8–52.0) reported never having had their blood sugar measured. This was more common among younger adults (52.6%, 95% CI: 48.5–56.6) than in older adults (36.4%, 95% CI: 27.8–45.9), a statistically significant difference.

8.2.2 Treatment for diabetes

Among those previously diagnosed, just over one third (37.3%, 95% CI: 27.4–48.4) reported taking prescribed medication and 11.9% (95% CI: 5.3 - 24.6) were currently taking insulin prescribed by a doctor or other health worker. Also, among those previously diagnosed 8.4 % (95% CI: 4.0-16.9) reported taking traditional medication with no statistical differences between men and women.

8.2.3 Diabetes Awareness and Level of Control

When looking at participants that had their blood glucose measured during the survey, of those having had raised blood glucose or being on diabetes medication (labelled Diabetes 100% in Figure 5) fewer than four in ten (37.4%, 95% CI: 26.6–49.6) were aware of having been diagnosed, and only about one in five (21.8%, 95% CI: 12.1–36.2) reported being on treatment. Both diagnosis and treatment were significantly higher among older adults: 45.8% (95% CI: 27.2–65.6) had been diagnosed compared with 29.6% (95% CI: 20.3–41.0) of younger adults, and 34.8% (95% CI: 17.1–58.0) were on treatment compared with 9.9% (95% CI: 5.4–17.4). Control of diabetes was extremely low, with only 3.1% (95% CI: 1.3–7.2) of cases achieving normal glucose levels.

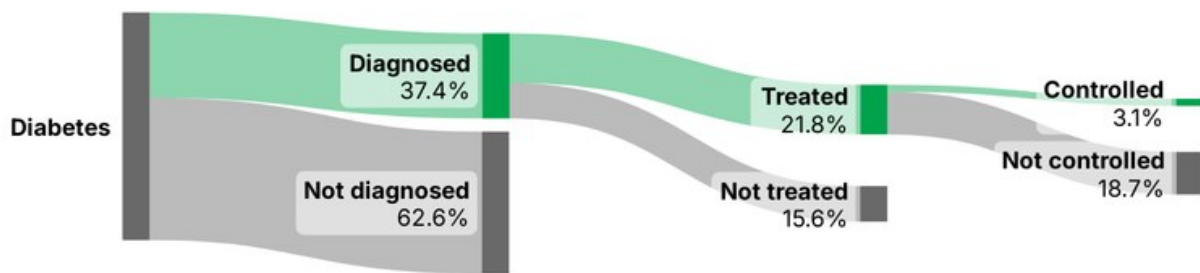


Figure 5: Awareness, treatment and control of diabetes amongst those individuals with diabetes



8.3 Raised cholesterol

Cholesterol is a soft, waxy substance found in the bloodstream and all body cells and is vital for healthy bodily function. The liver produces cholesterol or obtains it from sources such as dietary cholesterol and saturated fat.

Total Cholesterol is the sum of different cholesterol particles (that can be measured in the clinical setting) and can accumulate in blood vessels, a process known as atherosclerosis. This narrowing of the blood vessels limits blood flow and can ultimately lead to a heart attack or stroke³¹

For the STEPS survey participants were asked in STEP 1 whether they have their cholesterol checked or being diagnosed for raised cholesterol, and in STEP 3 a subset of the population was measured for their total cholesterol levels.

8.3.1 STEPS Survey Measurement Approach

The following procedures were used:

- Participants were required to fast for 12 hours before sample collection.
- Blood samples were taken via capillary blood draw (fingerprick).
- Total cholesterol was measured using a point of care device (Cardiochek PA analyzer).
- Raised blood lipids was defined as:
 - Total cholesterol ≥ 5.0 mmol/L,
 - Currently on medication to lower cholesterol.

The biochemical measurements showed a mean total cholesterol of 4.7 mmol/L (95% CI: 4.6 - 4.9). Levels were significantly higher in older adults (5.1 mmol/L, 95% CI: 4.8 - 5.4) compared with younger adults (4.6 mmol/L, 95% CI: 4.5 - 4.7).

Raised cholesterol (defined at ≥ 5.0 mmol/L) was found in about one in three adults (36.7%, 95% CI: 31.9 - 41.8). Women were significantly more affected (43.7%, 95% CI: 36.7 - 50.9) than men (29.6%, 95% CI: 23.4 - 36.6). Very high cholesterol levels (≥ 6.2 mmol/L) was observed in 12.5% (95% CI: 9.9 - 15.7), with prevalence significantly higher among older adults (20.0%, 95% CI: 13.4 - 28.8) compared with younger adults (9.6%, 95% CI: 7.1 - 12.9).

8.3.2 Diagnosis and Treatment

Treatment uptake among those diagnosed was very low, with only one in ten (10.5%, 95% CI: 3.0–31.3) reporting prescribed medication use. Small proportions reported consulting traditional healers (9.1%, 95% CI: 1.7–37.1) or using herbal remedies (15.1%, 95% CI: 4.6–39.9).

Yet screening for elevated cholesterol remains very limited in Nauru, with 90% of the participants reporting never having been tested. Only 2.3% (95% CI: 1.2–4.2) reported a recent diagnosis within the past year, and this was significantly higher among older adults (6.0%, 95% CI: 2.8–12.5) compared to younger adults (0.8%, 95% CI: 0.3–1.8).

8.4 Cardiovascular disease

8.4.1 History of Cardiovascular Diseases

Across the population, 22.4% (95% CI 18.6%–26.7%) reported ever having a heart attack, chest pain from heart disease (angina), or stroke. Surprisingly these high numbers did not significantly differ by age group or by sex. However, older individuals were more likely to be currently taking medication to prevent or treat heart disease. The proportion of older persons (45–69 years) taking aspirin being 12.9% (7.3%–22.0%) compared to (1.8%, 1.0%–3.2%) among younger persons. Differences by sex overall are not statistically significant.

Currently only 3.5% (1.9%–6.4%) of the population report using statins regularly. Use is significantly higher in 45–69-year-olds (10.0%, 4.9%–19.4%) than in the younger age group (0.9%, 0.4%–1.9%). Again, there was no statistically significant difference by sex.

8.4.2 10 - Year Risk of Cardiovascular Disease

The ten-year CVD risk among adults aged 40–69 was calculated using gender, age, smoking status, systolic blood pressure, history of diabetes, total cholesterol and BMI, then grouped as <10%, 10–20%, or ≥20% and reported as weighted percentages with 95% confidence intervals.

Figure 6 presents the distribution of 10-year CVD risk. Overall, two-thirds of adults fall in the low-risk band: 66.8% (95% CI 54.3 - 77.4) have a predicted 10-year CVD risk <10%, 24.4% (95% CI 16.1 - 35.2) are at 10–20% risk, and 8.8% (95% CI 2.5 - 26.8) are at ≥20% risk.

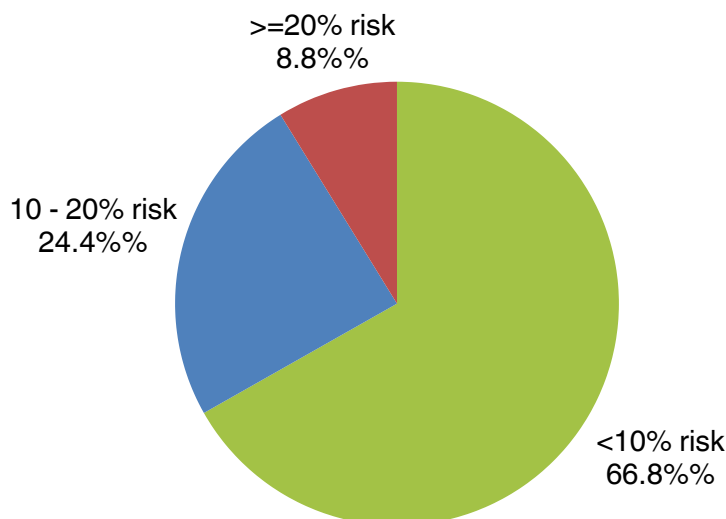


Figure 6: Ten-year cardiovascular disease (CVD) risk distribution, adults aged 40–69 years, Nauru 2025

As illustrated in Figure 7, low risk is significantly more common at 40–54 years than 55–69 years; 82.9% (95% CI 62.5 - 93.4) vs 36.6% (95% CI 20.5 - 56.4). Moderate risk, 10 to 20%, is higher at 55 to 69 years than 40 to 54 years, 54.5% (95% CI 35.3 - 72.4) versus 8.3% (95% CI 4.5 - 15.0). High risk, 20% or higher, is similar across age groups, 8.7% (95% CI 1.3 - 40.9) at 40 to 54 years and 8.9% (95% CI 3.3 - 22.0) at 55 to 69 years, and much higher among men (16.0%, 95% CI 4.0 - 46.6) than women (2.2%, 95% CI 0.5–8.7).

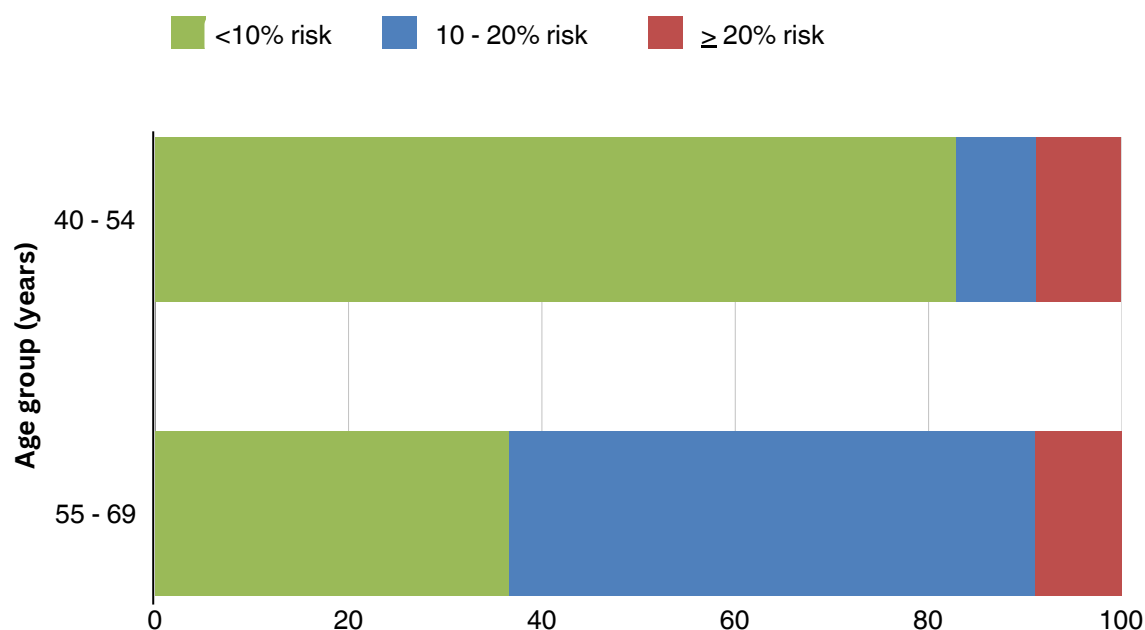


Figure 7: Ten-year CVD risk distribution by age group, adults aged 40–69 years, Nauru 2025

In total, 38.7% (95% CI 27.7 - 51.0) of adults aged 40–69 either have $\geq 20\%$ 10-year risk or existing CVD. A statistically significant difference does emerge within the 40–54 age group: males 47.7% (95% CI 28.5 - 67.6) vs females 14.0% (95% CI 8.2 - 22.7), indicating a higher burden among the men of this age group.

Among those eligible with a 10-year cardiovascular disease (CVD) risk ($\geq 20\%$ risk or existing CVD), 37.1% (95% CI 17.2 - 62.7) report receiving drug therapy and counselling to prevent heart attacks and strokes.

8.5 Oral health

8.5.1 STEPS Survey Measurement Approach

In Nauru, oral health data were collected as part of Step 1 of the WHO STEPS survey through a structured questionnaire. The following self-reported indicators were included:

- Frequency of toothbrushing and use of toothpaste
- Use of other oral hygiene products (e.g., floss, mouthwash)
- History of pain or trouble with teeth or gums in the past 12 months
- Reason for and timing of the last dental visit
- Access to and type of oral health care received



44.3% (95% CI 38.8 - 50.0) adults reported to have untreated tooth decay. This burden is significantly higher in older adults (45–69 years: 60.2%, 95% CI 47.5 - 71.7) than younger adults (18–44 years: 37.6%, 95% CI 32.7 - 42.6) with slightly higher prevalence women than men. Tooth retention is high: 88.6% (95% CI 84.6 - 91.8) have ≥ 20 teeth. Retention is significantly higher in younger adults (97.0%, 95% CI 94.8 - 98.3) than older adults (69.0%, 95% CI 56.8 - 79.0). Edentulism (complete tooth loss) is rare (0.3% (95% 0.0 - 2.1)).

Among all the adults aged 18–69 years (n=946), self-rated oral health was 7.4% (95% CI 5.7–9.5) excellent, 14.4% (11.9–17.3) very good, 41.7% (95% CI 37.6–45.9) good, 19.8% (95% CI 17.0–23.0) fair, and 16.7% (95% CI 13.8–20.1) poor (Figure 8). Overall, nearly two-thirds (63.5%) rated their oral health as good or better, and 36.5% rated it fair or poor.

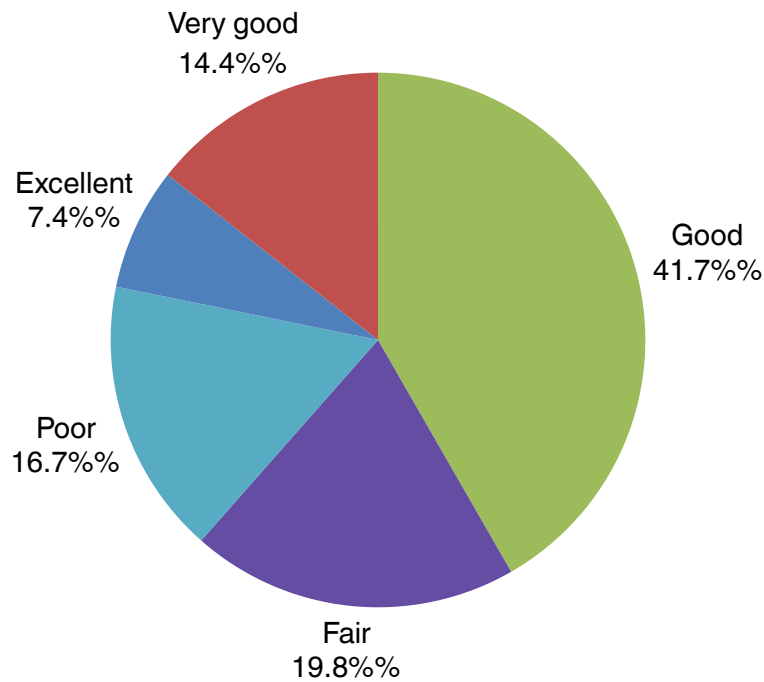


Figure 8: Self-rated oral health, adults 18–69 years, Nauru 2025

In the past year, the most common oral problem was pain with 23.3% (95% CI 20.4–26.5), followed by difficulty eating 13.0% (95% CI 10.8–15.6). Overall, 3 in 10 (29.6%, 95% CI 26.3–33.1) participants experienced at least one oral health problem, with similar rates by age and sex.

Dental care-seeking is correspondingly low: 46.2% (95% CI 39.9–52.6) of adults with a problem did not seek dental care and 16.7% (95% CI 13.8–20.1) rate their oral health as poor, and 19.8% only as fair. Poor self-ratings are significantly higher in older adults (32.0%, 95% CI 23.7%–41.5%) than younger adults (10.5%, 95% CI 8.4%–13.1%). Among those who did not seek care, leading reasons were “other” (34.3%, 95% CI 25.9–43.8), distance/transport (25.6%, 95% CI 18.5–34.4), fear of dental care (21.3%, 95% CI 14.4–30.4), and self-medication (13.7% 95% CI 8.1–22.2). Issues like poor service quality (2.4% 95% CI 1.0–5.9) or lack of appointments (8.3% 95% CI 4.5–14.7) were reported less common.

Oral-hygiene practices are generally good: 47.1% (95% CI 43.1–51.1) brush once daily, 41.4% (95% CI 37.5–45.4) twice daily; 95.0% use fluoride toothpaste.

8.6 Depression

8.6.1 STEPS Survey Measurement Approach

To assess mental health status, participants were asked in the 2025 survey whether they experienced in the last 12 months feelings of sadness, depression, and loss of interest and pleasure lasting for at least 2 weeks. Furthermore, to determine the percentage of the population with current physical or mental health conditions, participants were asked whether they have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more.

In 2025, the prevalence of depression among adults in Nauru was estimated at 7.1% (95% CI: 5.3-9.3). Women were more commonly affected, with 9.0% (95% CI: 6.3-12.7) reporting depression compared to 5.2% (95% CI: 3.2-8.3) of men. Prevalence was similar across age groups.

8.6.2 Access to Treatment

Access to treatment for depression was minimal. Only 14.1% (95% CI: 6.5 - 28.1) of adults with depression reported using medication while 85.9% (95% CI 71.9-93.5) did not, and just 1.6% (95% CI: 0.4–6.6) had been on treatment for longer than three months. Use of psychological services was even lower: 5.6% (95% CI: 1.8 - 16.6) reported one to three counselling sessions in the past year, and none had attended four or more. Overall, more than nine out of ten adults with depression did not receive any form of therapy during the past 12 months.

8.7 Disability

Regarding current disability conditions, 8.6% (95% CI: 6.4 – 11.4) of survey respondents reported the presence of physical or mental health conditions or illnesses for 12 months or more. Women were similarly reporting, with 8.9% (95% CI: 6.5 - 12.2) compared to 8.3% (95% CI: 5.1 - 13.2) of men.

8.8 Multiple Risk Factors - Summary of Combined Risk Factors

The definition of combined risk factors in this survey is based on the percentage of adults with zero, one to two, or three to five of the following: current daily smoking, consuming fewer than five servings of fruit and/or vegetables per day, not meeting WHO physical activity recommendations (less than 150 minutes of moderate activity per week or equivalent), being overweight or obese ($\text{BMI} \geq 25 \text{ kg/m}^2$), and having raised blood pressure (systolic $\geq 140 \text{ mmHg}$ and/or diastolic $\geq 90 \text{ mmHg}$ or currently on medication for high blood pressure).

The prevalence of multiple risk factors among the Nauruan population was high. In 2025, nearly two-thirds of adults (65.3%, 95% CI: 61.4–69.1) presented with three to five of these major risk factors. About one-third (34.6%, 95% CI: 30.8–38.6) reported having one to two risk factors, while only a negligible proportion (0.1%, 95% CI: 0.0–0.6) reported none.

When examined by sex, 68.6% (95% CI: 63.0–73.8) of men and 61.4% (95% CI: 55.9–66.7) of women had three to five risk factors, though this difference was not statistically significant. Age, however, showed a clear and significant association with risk factor clustering. Among adults aged 18 to 44 years, 57.3% (95% CI: 52.8–61.8) had three to five risk factors, compared with 85.5% (95% CI: 79.1–90.2) among those aged 45 to 69 years. Older adults therefore carried a considerably higher combined risk burden than their younger counterparts.

Looking at both age and sex, within the younger age group, 60.3% (95% CI: 53.9–66.4) of men and 53.9% (95% CI: 47.4–60.3) of women had three to five risk factors, while among older adults, 88.9% (95% CI: 79.7–94.2) of men and 81.3% (95% CI: 71.6–88.3) did so. These findings show that while clustering increases with age, the difference between men and women remains statistically insignificant across all age categories.

8.9 Cancer Screening: Cervical cancer

Cervical cancer is a largely preventable disease that arises from changes in the cells of the cervix, the lower part of the uterus. The World Health Organization identifies persistent infection with high-risk types of human papillomavirus (HPV) as its primary cause. Since these infections can lead to gradual, progressive cellular changes over many years, regular screening and early treatment are crucial for preventing the disease's development. HPV vaccines that prevent against HPV infection are now available and have the potential to reduce the incidence of cervical cancer.

8.9.1 STEPS Survey Measures Included

The survey collected data from women, including:

- Awareness of cervical cancer
- Awareness of cervical cancer screening methods (e.g., Pap smear, VIA, HPV testing)
- History of cervical cancer screening

In Nauru, findings from the 2025 STEPS survey showed that only about one in four women aged 18–69 years (25.5%, 95% CI: 21.3–30.4) reported ever having had a cervical cancer screening test. Screening rates were slightly higher among women aged 45–69 years (30.3%) than among those aged 18–44 years (23.6%), although this difference was not statistically significant. When focusing on the WHO global monitoring group, women aged 30–49 years, around one in three (35.2%, 95% CI: 28.8–42.1) had ever been screened.

The average age at first screening among women who had ever been tested was 29.2 years (95% CI: 27.1–31.4).

For women who had ever been screened (n=129), just under one quarter or 24.6% (95% CI 17.6–33.4) had their most recent test less than a year ago, and a similar proportion (27.4%, 95% CI 19.3–37.3) had been screened one to two years earlier. Around 11.7% (95% CI 7.1–18.8) had their last test more than two to five years ago, while 30.5% (95% CI 22.6–39.7) had not been screened for over five years. Amongst women who reported an abnormal or suspect test result, only about one in three or 30.9% (95% CI 23.1–39.9) had attended a follow-up visit.

8.10 Health promotion advice

The frequency of lifestyle advice provided in the past 12 months by a healthcare worker was asked during the survey for the different behavioural NCD risk factors.

Overall, 12.0% (95% CI: 9.5 - 14.9) of adults reported being advised by a health worker in the past 12 months to quit using tobacco or not to start. There was no significant difference between men and women and also not by age: younger adults reported similar levels of advice than older adults.

Regarding dietary habits, almost one-fifth of adults (18.7%, 95% CI: 14.9 - 23.2) had been advised to reduce salt in their diet with no significant difference between men and women. Older adults (31.0%, 95% CI: 21.0 - 43.2) were more likely to receive this advice than younger adults (13.7%, 95% CI: 11.0 - 16.8), although the difference was not statistically significant.

Nearly one-fifth of adults (19.1%, 95% CI: 15.4 - 23.4) reported being advised to eat at least five servings of fruit and/or vegetables daily. Rates were similar for men (18.8%) and women (19.4%). Older adults (27.7%, 95% CI: 18.2 - 39.7) were somewhat more likely than younger adults (15.6%, 95% CI: 12.8 - 18.8) to report this advice, although the difference was not statistically significant.

Overall, 18.4% (95% CI: 14.6 - 23.0) of adults reported being advised to reduce fat intake. Men and women reported similar levels. By age, older adults (31.6%, 95% CI: 21.5 - 43.8) were more likely to report this advice compared to younger adults (13.1%, 95% CI: 10.6 - 16.1). And 17.8% adults (95% CI: 14.0 - 22.3) were advised to reduce sugary beverages. Prevalence of this advice was almost similar in men (18.8%, 95% CI: 14.1 - 24.5) compared with women (16.8%, 95% CI: 11.2 - 24.4), but not significantly different. Older adults (29.5%, 95% CI: 19.5 - 41.8) were more likely to report this advice compared to younger adults (13.1%, 95% CI: 10.5 - 16.1).

Nearly one in five adults (19.1%, 95% CI: 15.4 - 23.4) had been advised to start or increase physical activity. Prevalence was similar among men and women. Older adults (27.9%, 95% CI: 18.4 - 39.9) were also more likely to report this advice than younger adults (15.5%, 95% CI: 12.7 - 18.7).

Regarding overweight and obesity risk, overall, 17.0% (95% CI: 14.0 - 20.4) of adults reported being advised to maintain a healthy body weight or lose weight. Men (20.1%, 95% CI: 15.4 - 25.8) were more likely to report this advice than women (13.5%, 95% CI: 10.6 - 17.0), but the overlapping confidence intervals indicate that the difference is not statistically significant. By age, older adults reported higher levels (22.4%, 95% CI: 15.2-31.6) than younger adults (14.8%, 95% CI: 12.0 to 18.0) but not statistically significant.

9. DISCUSSION AND RECOMMENDATIONS

9.1 Survey Demographics and Response Rate

The 2025 Nauru STEPS survey was conducted among 946 participants out of 1460 randomly invited adults aged 18–69 years. With that, the overall response rate was only 65% and for STEP 3 the response was with 44% even lower than for STEP 1. The required sample size for nationally representative data analyses of 1168 was therefore not reached.

Amongst the survey population, education levels were generally high and employment dominated by the public sector as main employer while 17.7% participants reported being unemployed but able to work.

Socio-economic factors strongly influenced health behaviours. From other countries we know that individuals with higher education and employment tended to make healthier lifestyle choices³², while lower education and income levels were linked to higher rates of smoking, obesity, and hypertension³³. Overall, Nauru's population is youthful, urban, and well-served³⁴, but faces ongoing challenges of limited employment diversity, income inequality, and social determinants that contribute to the growing burden of non-communicable diseases with WHO data projecting the number of additional people expected to be enjoying better health and wellbeing in the coming years to diminish compared to 2018³⁷.

9.2 Data comparison with previous surveys

When comparing survey estimates collected from the same population in different years – but not same individuals - it is important to treat apparent differences with caution. Changes in prevalence may reflect variations in sampling design, response rates, question wording, measurement error, or demographic shifts in the underlying population rather than true changes in the outcome of interest. With WHO STEPS the survey methods are very consistent over time reducing that small procedural or contextual differences can influence the results.

To support more robust comparisons, confidence intervals (95% CIs) can be used alongside prevalence estimates. Overlapping CIs generally indicate that any observed difference may be due to sampling variability rather than a real change. Conversely, non-overlapping CIs provide stronger though not absolute evidence that the difference is unlikely to be due to chance alone^[iv]. However, CI overlap is only an approximate guide; formal statistical tests or comparisons of differences with their own CIs would offer a more precise assessment.

9.2.1 Note of caution on comparability with the 2004 survey

When comparing survey results across different years, it is important to recognise that the age ranges of participants differed between survey rounds. The 2004 survey included individuals aged 15–65 years, whereas the later surveys covered those aged 18–69 years. These differences in age inclusion criteria can affect the observed prevalence of conditions such as high blood pressure, obesity, and diabetes, or any other condition and behaviour that tends to increase with age.

As a result, any direct comparison of prevalence estimates to the 2004 survey should be interpreted with caution. Apparent increases or decreases in these conditions may partly reflect the change in the underlying age distribution rather than true shifts in population health. Where possible, age-standardised estimates or analyses restricted to overlapping age groups (e.g., 18–65 years) should be used to improve comparability.

Therefore, the below comparisons of prevalence across survey years should be interpreted carefully, considering methodological consistency and the uncertainty captured in confidence intervals.

Table 2: Comparison of 2025 results with 2004 and 2015 Surveys

Indicator	2004 Survey Results (%) 15–65 years	2015 Survey Results (%) 18–69 years	2025 Survey Results (%) 18–69 years	Trend
Tobacco Use • Daily users	48.2 % (45.8-50.6)	40.7 % (38.1-43.3)	31.2 % (27.7-34.9)	✓
Alcohol consumption • Current drinkers (PAST 30 DAYS)	46.2 % (43.8-48.5) [^1] current drinkers in 2004 defined as those who drank alcohol within the past 12 months	39.8 % (35.5-44.1)		✓
Unhealthy diets • Fruit and vegetable consumption: not meeting the recommended serving	96.9% (96.0-97.7)	95.3 % (93.9-96.7)	96.7 % (95.1-97.7)	=
• Salt intake: added salt always or before or when eating.	N/A	53.8 % (50.2-57.4)	50.7% (CI 46.6-50.8)	=
Physical inactivity • Not meeting the recommended amount of physical exercise each week		39.8% (34.8-44.9)	34.7% (30.9-38.9)	✓

Body mass index • Overweight or obese population	82.2% (80.1-84.2)	90.1% (86.9-93.2)	89.8% (87.4 - 91.8)	=
Hypertension • Prevalence of high blood pressure	17.2% (15.6-18.9)	25.3% (20.1-30.5)	34.8 % (30.8-38.9)	^
Diabetes • Prevalence of raised blood sugar	16.2% (+/-2.8)	21.9% (19.0-24.8)	29.3% (24.3-34.8)	^
Raised cholesterol • Prevalence of high cholesterol	17.9% (+/-1.6)	19.6% (12.1-27.0)	34 % (29.5-38.8)	^

Percentage and (95% Confidence intervals) or (+/- standard deviation values)

N/A not available in that survey year

Overweight or obese population: Percentage of participants who have a BMI ≥ 25 kg/m²

9.3 Overview of key findings

The 2025 WHO STEPS survey in Nauru provides comprehensive data on the behavioural and biological risk factors for NCDs. The findings confirm that NCDs and their associated risk factors remain a major public health challenge in Nauru. Notable patterns emerged in the prevalence of tobacco use, alcohol consumption, unhealthy diet, physical inactivity, raised blood pressure, overweight and obesity and metabolic indicators such as blood glucose and cholesterol.

- Tobacco use remains high with daily smoking prevalent in 35% of the population and little difference between men and women but shows some progress since the last survey.
- Alcohol consumption over the past 30 days seems to be on the decline in comparison to 2015.
- Most adults consume fewer than the recommended five servings of fruits and vegetables per day (97%), a problem persisting over the survey years.
- Physical inactivity affects 34%, particularly women with 41% not meeting sufficient physical activity.
- Raised blood pressure was found in 35% with increasing trend over the survey years, yet awareness, treatment, and control rates remain low.
- Overweight and obesity are with 90% persistently high over the past 10 years
- The diabetes prevalence at 29% of the population shows concerning increases over time yet a large segment of the population has never been screened for key NCDs such as hypertension, diabetes or cervical cancer

The following discusses the key findings in more detail, highlights trends over time and gives policy-based recommendations.

9.4 Tobacco use

9.4.1 Trends and Comparison

Daily smoking has fallen substantially in Nauru over the years but still is at high levels: overall both sexes from 48.2% (95% CI 45.8–50.6) in 2004 to 40.7% (95% CI 38.1–43.3) in 2015, and then to 31.2% (95% CI 27.7–34.9) in 2025, indicating significant declines (Figure 9). Women show the largest decline: 50.8% (95% CI 47.5–54.1) in 2004 to 39.1% (95% CI 36.0–42.2) in 2015 and to 28.4% (95% CI 23.9–33.5) in 2025. These are very encouraging trends but show that tobacco use remains a serious public health concern in Nauru. The difference in age range of participants in the 2004 survey (15–65 years) in comparison to the other surveys (18–69 years) will impact the interpretation of comparisons (see note of caution).

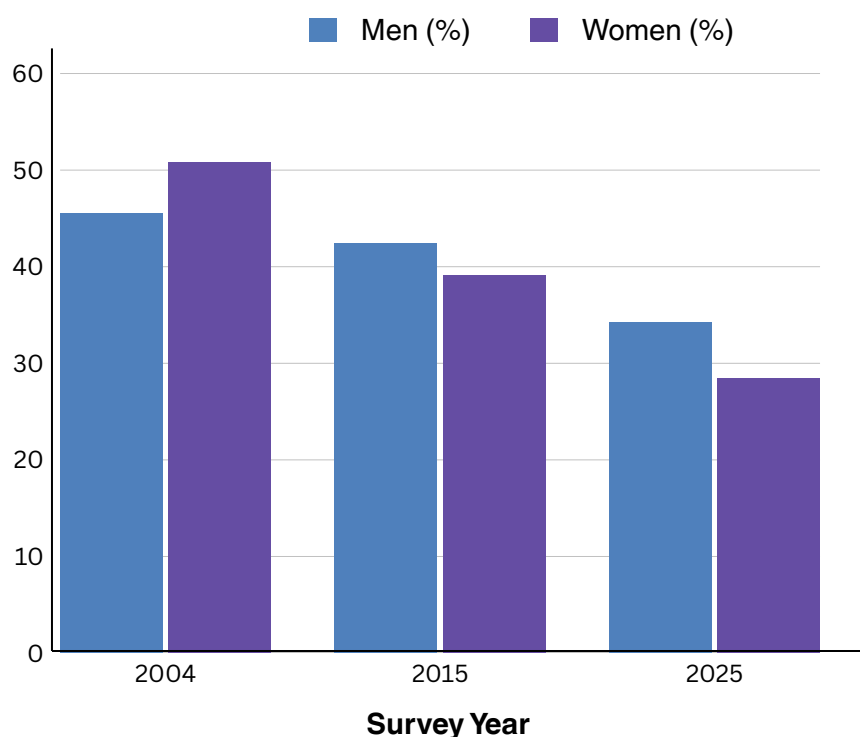


Figure 9: Trends of Daily Smoking in men and women across three surveys in Nauru

The mean number of cigarettes smoked per day in Nauru was 11.8 cigarettes with no difference between daily smoking men and women. A breakdown of the quantities of cigarettes smoked by daily smokers is shown in Figure 10 where only a quarter of daily smokers lights up less than 5 cigarettes per day - with little differences between men and women.

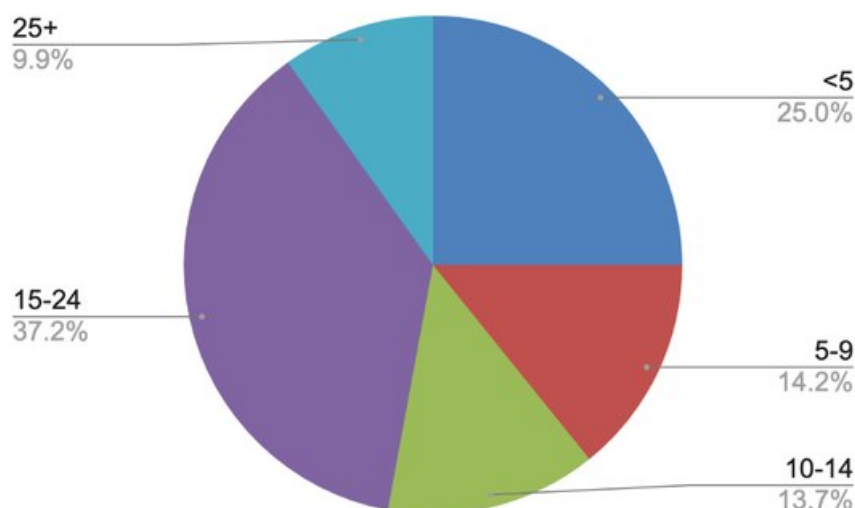


Figure 10: Percentage of cigarette quantities smoked daily

Over time, there has been a gradual decline from very high rates of daily smoking to the current 31% (Figure 9). This progress towards the global 2030 targets[i] might be undone by an increasing use of e-cigarettes - but better surveys and trend analyses are needed to determine their impact.

9.4.2 Recommendations

Nauru has a strong legislative framework relative to many small Pacific nations with laws addressing advertising, sales, smoking in public, import licensing, health warnings, age restrictions, etc. under the WHO Framework Convention on Tobacco Control (FCTC)³⁷ and the MPOWER³⁸ framework. Progress achieved on the six different MPOWER measures (Monitoring, Protecting, Offering help, Warning, Enforcing bans, and Raising taxes) can be found in the updated WHO report on the global tobacco epidemic, 2025: warning about the dangers of tobacco³⁹

The [Tobacco Control Act 2009](#)⁴⁰ is the central legislation and the Tobacco Control Regulations were recently updated via amendments ([Tobacco Control \(Amendment\) Regulations 2023](#))⁴¹

Key regulatory components include:

- Minimum Age for Purchase: Sale of tobacco products is restricted to individuals 18 years and older.
- Smoking Prohibitions: Smoking is prohibited in all enclosed public places and workplaces.
- Advertising and Promotion Restrictions: Tobacco advertising, promotion, and the distribution of free samples are prohibited.
- Labelling Requirements: Health warnings on tobacco product labels are mandated by regulation.
- Fixed Penalty Regulations: Infractions of the tobacco control law now carry specified penalties, as outlined in the "Tobacco Control (Fixed Penalty Notices) Regulations 2023."⁴²
- Import Licensing: As of 2023, an amendment requires commercial importers of tobacco products to obtain an import license.

However, the implementation, monitoring, enforcement, and support services (especially for cessation) might be lagging, and the high prevalence of tobacco use indicates that legal/regulatory controls alone

are not sufficient. Correspondingly, the burden of disease and deaths attributable to smoking is substantial with an estimated 15 deaths annually due to smoking in Nauru⁴³.

The [Regional Action Plan for Tobacco Control in the Western Pacific \(2020-2030\)](#)⁴⁴ recommends banning or regulating e-cigarettes. Nauru also has very strict legal prohibition that includes all aspects of e-cigarette/vaping devices: importation, sale, distribution, possession, use, advertising, sponsorship not only regulating them but basically banning them as per the [Tobacco Control Act 2009](#).

Given these laws, any e-cigarette sale and use should be illegal, though effectiveness in stopping informal or illicit import/use depends on enforcement capacity, awareness, and monitoring. However, the survey data suggest that these prohibitions are not sufficiently backed by penalties and controls.

The 2025 STEPS survey data on e-cigarettes should be used to update the Western Pacific Electronic Cigarette Dashboard^[iii] to advance control in the region.

Unfortunately, the 2025 survey did not assess directly what the percentage of cigarette smokers also used e-cigarettes or, vice versa, how many of the e-cigarette users also smoke cigarettes. Assessing e-cigarettes and conventional cigarettes separately in future surveys is critical to accurately characterise tobacco and nicotine use, assess health risks, evaluate policies, and design effective prevention and cessation interventions. In addition, information is needed on whether the e-cigarettes consumed contain nicotine or not.

9.5 Alcohol use

9.5.1 Trends and Comparisons in Alcohol Consumption

When comparing alcohol use over the three surveys, there was a marked decline between 2004 and the other years as illustrated in Figure 11: in 2004 almost half of adults (46.2%, 95% CI: 43.8–48.5) reported alcohol use in the past 12 months with men (60.7%, 95% CI: 57.3–64.1) significantly more likely than women (32.1%, 95% CI: 29.0–35.2) to report drinking. By 2015, the prevalence of alcohol use in the past 12 months had fallen sharply to 17.3% (95% CI: 15.9–18.8) with men (21.3%, 95% CI: 18.7–23.8) continued to report higher use than women (13.6%, 95% CI: 10.8–16.4). In 2025, alcohol use in the past 12 months remained at similar low levels as in 2015 at 16.7% (95% CI: 14.0–19.8). Men (19.3%, 95% CI: 15.1–24.3) again reported higher use than women (13.9%, 95% CI: 10.9–17.7), however this difference was not statistically significant.

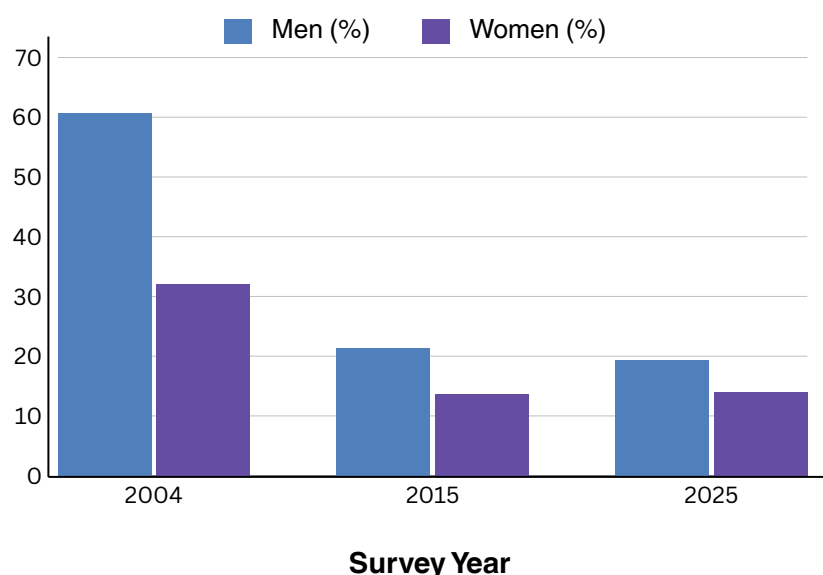


Figure 11: Trends in alcohol use prevalence estimates across three surveys in Nauru

The trend of reduced alcohol consumption in Nauru is also reflected in the WHO country profiles of alcohol consumption levels and patterns^[1] but lacks information beyond 2016.

9.5.2 Kava use

Between 2015 and 2025, the proportion of adults aged 18–69 years who used kava in the past 12 months remained stable at 18.1% (95% CI 13.2–22.9) in 2015 and 16.2% (95% CI 13.8–19.0) in 2025. The mean number of days kava was used in the past 30 days declined from 7.7 days (95% CI 5.4–9.9) in 2015 to 3.4 days (95% CI 2.6–4.3) in 2025. Over the same period, the average duration per session increased from 1.0 hour (95% CI 0.8–1.3) to 4.6 hours (95% CI 4.3–5.0), with increases in men from 1.2 to 4.8 hours and in women from 0.8 to 4.4 hours. This indicates kava use patterns have shifted, people report fewer kava-use days per month but substantially longer sessions.

9.5.3 Recommendations

The [Liquor Control Act 2017⁴⁷](#) is the current legal framework regulating the supply and consumption of liquor in Nauru. The Act sets out rules around licensing, who may sell or supply alcohol, where it can be consumed, and related penalties. Under the Liquor Control regime, there are regulations about forms & fees (e.g. “Liquor Control (Forms and Fees) Regulations 2021” and later amendments) governing the licensing side of control. Whether the rules in the Liquor Control Act are consistently enforced (e.g. sales without licence, underage drinking, over-serving) is not well documented in public sources.

Alcohol consumption levels in Nauru seem moderate, not extremely high when compared with global averages⁴⁸ but still are nontrivial, especially considering the small population and possible additional social harms. The predominance of spirits among recorded alcohol consumption suggests high-strength beverages are a large component of what is consumed, which could increase risks for harm per litre consumed.

The legal framework (Liquor Control Act) is reasonably up to date, which provides a foundation for regulation, licensing, monitoring. But its impact depends heavily on enforcement, surveillance, and complementary public health measures (education, harm reduction, treatment).

9.6 Unhealthy diet

9.6.1 Challenges to Fresh Fruit and Vegetable Consumption in Nauru

Decades of intensive phosphate mining have left a large proportion of Nauru's land degraded. According to the Secretariat of the Pacific Regional Environment Programme [SPREP]⁴⁹ estimates suggest that up to 70–90% of the island's surface area has been rendered infertile greatly restricting opportunities for local fruit and vegetable cultivation. The remaining arable coastal strips are characterised by shallow, alkaline soils with limited water-holding capacity, further constraining agricultural productivity. As a result, Nauru is heavily dependent on imported foods, including fresh produce, which often arrive at high cost and in limited variety, reducing accessibility and affordability for households⁵⁰.

Institutional and agricultural technical limitations, combined with chronic water scarcity, further impede the development of domestic horticultural capacity⁵¹. Additionally, Nauru's geographic isolation and reliance on global supply chains heighten vulnerability to climate and economic shocks⁵², making its import-dependent food system unstable⁵³. These interlinked structural challenges substantially limit fresh fruit and vegetable consumption and contribute to Nauru's high burden of diet-related noncommunicable diseases.

9.6.2 Trends and comparisons in consuming unhealthy diets

The 2025 STEPS survey reveals no significant change in indicators of unhealthy diet compared to the previous two surveys. The proportion of adults aged consuming fewer than five servings of fruits and vegetables per day is virtually unchanged with over 95% from the previous surveys across all ages and in both genders.

Trends over time indicate progress in reducing salt consumption: the proportion perceiving their salt intake as “too much” or “far too much” declined from 34.9% in 2015 to 22.3% (95% CI: 19.4–25.6) in 2025. Significant decreases were observed for both men (from 33.1% to 22.1%, 95% CI: 17.9–26.9) and women (from 36.6% to 22.6%, 95% CI: 18.6–27.1).

9.6.3 Recommendations

In Nauru, the STEPS survey findings highlight persistent challenges with dietary behaviours, including inadequate fruit and vegetable consumption, high salt use, and frequent consumption of sugary drinks.

Dietary risks remain a pressing concern in Nauru as well as across many Pacific Islands⁵⁴. Fruit and vegetable intake is far below recommended levels, with almost all adults consuming fewer than five servings daily, a pattern unchanged in two decades. SSBs are consumed frequently and in large amounts, further compounding dietary risks confirming that Nauru is one of the countries with among the highest average daily consumption of sugar-sweetened beverages.

Salt use is also widespread, particularly among younger adults, although perceptions of excessive intake have improved significantly since 2015. Women show greater awareness of health risks but continue to report high use.

The WHO advocates for implementing taxes on sugar-sweetened beverages (SSBs) as a cost-effective strategy for promoting healthier diets⁵⁵. This recommendation is based on an analysis that includes the impact of dental caries. The WHO provides comprehensive guidance on how to implement these SSB taxes. Furthermore, the WHO advises against the use of non-sugar sweeteners for weight management or to reduce the risk of noncommunicable diseases. This guidance may necessitate a review of current policies that encourage product reformulation.

The SHAKE package⁵⁶ is the World Health Organization's technical package for salt reduction. Its goal is to help countries implement a comprehensive, population-wide approach to lowering salt intake and preventing hypertension and cardiovascular disease by working on five strategic areas of action (Surveillance, Harness the Food Industry, Adopt standards for labelling and marketing, Knowledge (Education & Behaviour Change), and Environment). Nauru's NCD strategy does incorporate salt reduction, consistent with SHAKE principles. However, based persistent high salt consumption, Nauru's implementation of the SHAKE package is not yet fully comprehensive or strongly enforcing all five SHAKE pillars. Given Nauru's small size, reliance on imported food, and limited capacity, implementing a full SHAKE strategy (especially "Harness Industry" and "Environment") may be more challenging than in large countries.

Addressing these issues will require stronger national strategies.

According to Nauru's National Food Systems Pathway (2021)⁵⁷, key issues include dependency on imported foods, limited arable land (some land is not arable due to phosphate mining), vulnerability of supply chains, and limited diversity in production. These structural constraints influence availability, cost, and affordability of fresh, nutritious foods.

Public health interventions that focus on behaviour (education, awareness) are known to have limited effect unless combined with structural interventions (food environment, affordability, supply, regulation). Expanding access and affordability of fruits and vegetables, reducing salt intake through reformulation and education campaigns, and tackling SSB consumption through taxation, labelling, and promotion of healthier alternatives are key priorities.

9.7 Physical inactivity

9.7.1 Trends of Physical Activity in Nauru Across the Surveys

Compared with previous surveys using the former WHO Global recommendations on physical activity for health⁵⁸ from 2010 for comparison, inactivity rose from 16.5% (± 1.5) in 2004 to 39.8% (95% CI 34.8–44.9) in 2015, then eased to 34.7% (95% CI 30.9–38.9) in 2025 (Figure 12). However, the pattern of far fewer women than men doing vigorous exercise has not changed across the years.

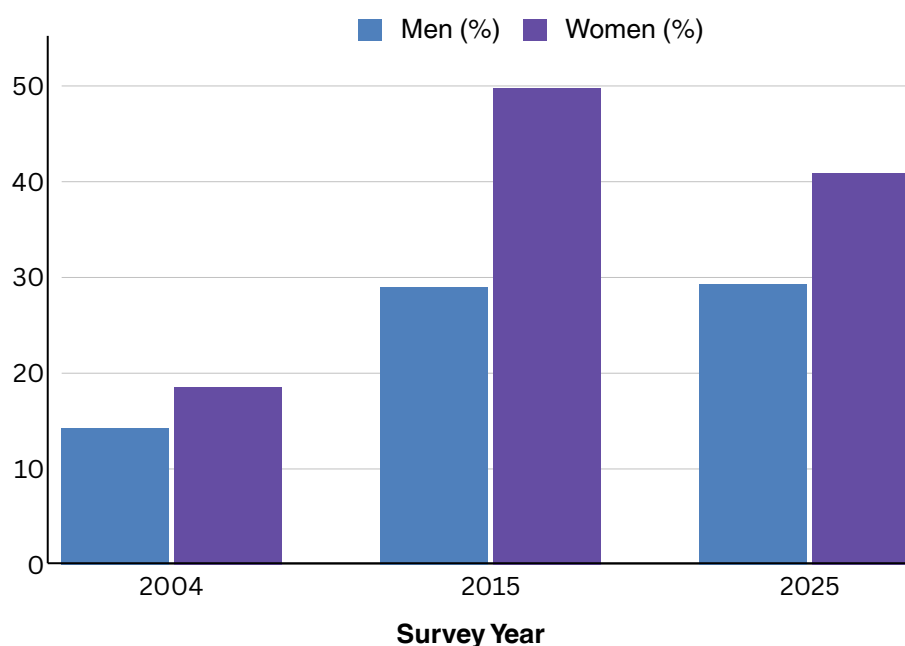


Figure 12: Trends in prevalence of no physical activity among adults in Nauru, by sex across the surveys

Correspondingly, sedentary time increased between 2004 and 2015, before falling in 2025. In 2004, the median was 180 minutes/day, in 2015, the median was 300 minutes/day and in 2025, this reduced to 240.8 minutes/day (95% CI: 222.4–259.2).

9.7.2 Recommendations

Nauru’s official policy approach to physical activity is embedded within its national NCD strategies and health strategies and not as a standalone “physical activity guideline”. Policy documents (and donor-supported sport programs) repeatedly recommend increasing population physical activity as a core NCD prevention action.

In the Nauru NCD Strategic Plan (2015–2020 and linked documents and earlier NCD action plans, physical activity is one of five main strategies (alongside food security, tobacco, alcohol, health systems). The NCD plan sets specific targets (e.g. increase the proportion doing ≥ 30 min physical activity most days by a relative percentage) and lists multisectoral actions (schools, sport programs, community mobilisation). It explicitly frames physical activity as an NCD risk-factor to be addressed through whole-of-government action. The Nauru Health Strategy (2021–2025)⁵⁹ and the National Sustainable Development Strategy⁶⁰ highlights lifestyle risks (poor diet, lack of activity) and call for coordinated sports/physical-activity programming and community-level preventive interventions. However, these are strategy-level commitments rather than detailed regulatory policy.

A summary of previous results on prevalence, surveillance and policy status including whether national physical activity policies/programmes exist, surveillance data, and alignment to WHO’s Global Action Plan on Physical Activity can be found in the WHO country profile on “Physical activity: Nauru” (2022). The profile documents the high inactivity/obesity/NCD burden and notes limited capacity and monitoring to fully implement recommended policy actions⁶¹.

Donor / program documents (e.g. Australia’s Sports Outreach Program⁶² / DFAT materials⁶³) by external partners have run sport and community-activity programs and architecture documents with increasing physical activity as a development objective and sport outreach and infrastructure support as part of their implementation efforts⁶⁴.

A qualitative and small evaluation report by Carroll from the Fiji National University⁶⁵ on barriers and enablers to physical activity identifies cultural, infrastructural, resource, messaging and capability barriers to participation (e.g., limited facilities, competing economic pressures, messaging that does not fit local context). This report emphasises that “advice to eat better and exercise” has faced long-standing practical limits and that community-tailored approaches are needed.

Nauru does include physical activity in its national NCD and relevant health strategies and in donor-supported sport/physical-activity initiatives. Additionally, the government has set targets for physical activity, but their implementation, resourcing, community-fit programming and up-to-date surveillance are the weak links. WHO’s 2018 Global action plan on physical activity 2018–2030: more active people for a healthier world (GAPPA)⁶⁵ and the 2020 global physical activity guidelines are the appropriate international frameworks for strengthening national policy and practice.

9.8 Body Mass Indicators: BMI, overweight and obesity

Nauru faces one of the highest global rates of obesity and type 2 diabetes, driven by shifts from traditional diets toward imported energy-dense foods, declining physical activity, and limited local food production capacity. The rising burden of NCDs poses a critical threat to population health, economic productivity, and health system sustainability. Immediate, coordinated, and multisectoral action is required to reverse these trends and achieve national and regional NCD targets in line with the Pacific NCD Roadmap⁶⁷ and the Implementation roadmap for the WHO Global Action Plan for the Prevention and Control of NCDs⁶⁸

9.8.1 Trends in obesity over time

Adult obesity, defined as BMI $\geq 30\text{kg/m}^2$ increased in Nauru markedly between 2004 and 2015 and has remained at a very high level in 2025. Overall, the prevalence rose from 58.1% (95% CI: 55.7–60.5) in 2004 among adults aged 15–63 to 72.0% (95% CI: 68.4–75.4) in 2025. However, such trends in obesity should be interpreted with caution as the participants’ age range differed between the surveys. In 2004 there was a younger group included with survey age range being 15–64 yrs whereas in 2015 & 2025 the range was 18–69 yrs and the data presented in Figure 13 are the crude i.e. non-adjusted rates. This may partly account for differences in prevalence estimates.

By sex, obesity prevalence among women was 60.5% (95% CI: 57.1–63.8) in 2004, 69.4% (95% CI: 65.1–73.8) in 2015, and 70.9% (95% CI: 65.6–75.7) in 2025. For men, prevalence was 55.7% (95% CI: 52.2–59.2) in 2004, 71.0% (95% CI: 67.2–74.8) in 2015, and 72.9% (95% CI: 67.8–77.6) in 2025.

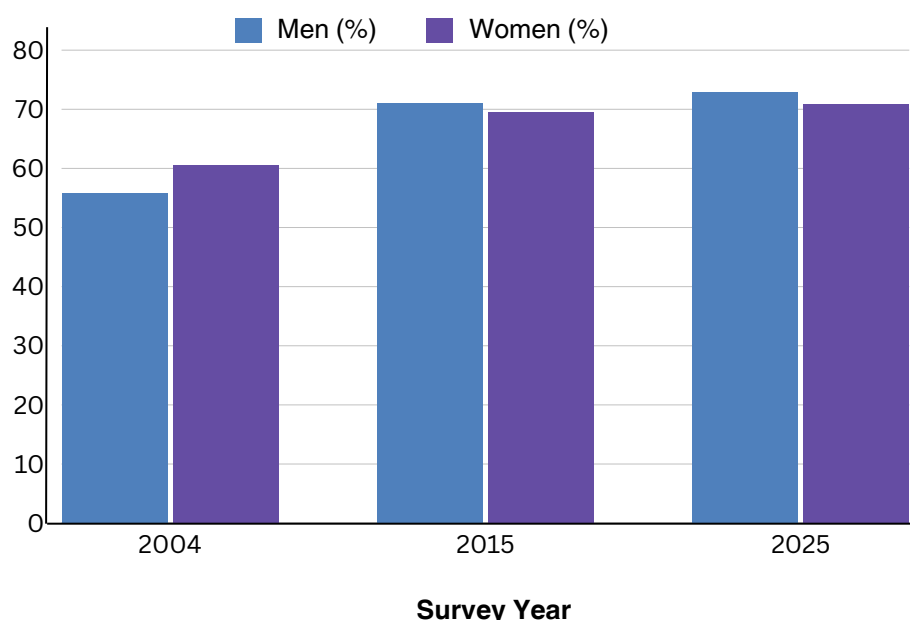


Figure 13: Trends in Obesity (BMI $\geq$ 30) in Nauru by sex across the three survey years

This demonstrates that overweight and obesity remain significant public health challenges in Nauru, contributing to increased risk for diabetes, cardiovascular disease, and other NCDs. Despite the below listed existing policies, the continued rise in overweight and obesity rates suggests the need for a more integrated, preventive approach addressing both diet and physical activity, as well as structural drivers such as food systems and physical activity promoting environments.

9.8.2 Recommendations

There are several key national and regional policy documents relevant for addressing obesity (and related NCDs) in Nauru each offering a useful policy framework, even if not exclusively focused on obesity.

National Policy and Strategy Documents

Nauru National Sustainable Development Strategy 2005–2025 (Revised 2009)⁶⁹: Outlines Nauru's long-term development goals including health, nutrition, and the prevention of lifestyle-related diseases. Acknowledges obesity as a major national health issue linked to diabetes and poor.

Nauru Non-Communicable Disease Strategic Action Plan 2015–2020⁷⁰: Provides a national framework to address NCDs and their risk factors (unhealthy diet, physical inactivity, tobacco, alcohol). Establishes strategic objectives and priority interventions tailored to the Nauruan context.

Prevention of Non-Communicable Diseases Strategy and Action Plan 2018–2020⁷¹: Updates previous plans with emphasis on healthy lifestyles and reducing modifiable risk factors. Although it concluded in 2020, the framework remains relevant for future strategic planning.

Regional and Multilateral Policy Frameworks

Pacific Islands Non-Communicable Disease Roadmap⁷²: Developed by the World Bank, WHO, and SPC, this roadmap outlines region-wide strategies for addressing obesity and NCDs through cost-effective, multisectoral interventions.

WHO Western Pacific Regional Action Plan for the Prevention and Control of NCDs⁷³: Guides regional actions on major NCD risk factors across the WHO Western Pacific Region including diet, physical activity, and health system responses.

Pacific Monitoring Alliance for NCD Action (MANA)⁷⁴: A regional monitoring mechanism endorsed by Pacific Health Ministers to track policy implementation and progress in NCD prevention across Pacific Island countries.

Pacific NCD Partnership for a Multisector Approach to Prevent and Control NCDs⁷⁵: A partnership mechanism promoting cross-sector collaboration in implementing the Pacific NCD Roadmap and related frameworks.

9.9 Hypertension/ Raised blood pressure

In 2025, approximately 35% of Nauru's adult population suffered from hypertension, a nearly twofold increase over the past two decades, with many cases remaining uncontrolled.

9.9.1 Comparisons to previous surveys

Raised blood pressure (SBP ≥ 140 mmHg and/or DBP ≥ 90 mmHg or currently on medication) has almost doubled in Nauru over the past two decades. The prevalence across men and women rose from 17.2% in 2004 (95% CI: 15.6–18.9) to 25.3% in 2015 (95% CI: 20.1–30.5), reaching 34.8% in 2025 (95% CI: 30.7–39.1).

As illustrated in Figure 14, comparisons of the prevalence trend separate for men and women reveals that in 2004, men were significantly more likely to have raised blood pressure (23.1%, 95% CI: 20.4–25.9) than women (11.5%, 95% CI: 9.7–13.2). By 2015, prevalence increased in men (27.9%, 95% CI: 25.0–30.7) compared with women (22.8%, 95% CI: 19.6–26.1). In 2025, the prevalence was significantly higher in men (44.0%, 95% CI: 38.2–50.0) than in women (24.6%, 95% CI: 20.3–29.4).

Overall, the data show a steady increase over time, with prevalence now affecting around 1 in 6 adults in 2004, 1 in 4 in 2015, and 1 in 3 in 2025.

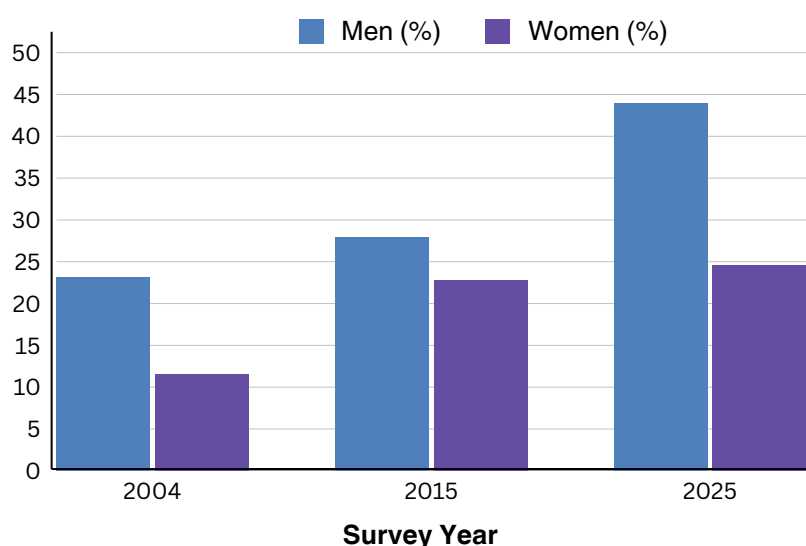


Figure 14: Prevalence of raised blood pressure ($\geq 140/90$ mmHg or on medication) by sex, Nauru survey years

Nauru has established national targets to address raised blood pressure, including a 25% reduction in high blood pressure by 2020 and the promotion of salt reduction in communities, schools, workplaces, and churches. The nation also has comprehensive policies and strategies in place for NCDs, emphasizing prevention and healthy lifestyle initiatives.

However, significant challenges persist, such as high obesity rates, dietary risks, physical inactivity very prevalent within the population, and limited access to consistent healthcare screening, follow-up and medication.

9.9.2 Recommendations

The WHO provides recommendations for preventing and controlling hypertension at both population and health service levels. Their tailored implementation and progress is reflected in the National targets in the Nauru NCD Strategic Action Plan 2015-2020⁷⁶

To address the population prevalence of hypertension, it is crucial to reduce modifiable risk factors. These include unhealthy diets (excessive salt, high saturated and trans fats, low fruit and vegetable intake), physical inactivity, tobacco and alcohol consumption, and being overweight or obese. The WHO's MPOWER, ACTIVE, SHAKE, REPLACE, and HEARTS technical packages can support these efforts.

Hypertension control, as outlined in the WHO HEARTS technical package, involves:

- Improving and expanding the identification and treatment of individuals with hypertension, utilizing evidence-based protocols.
- Intensifying treatment for patients whose blood pressure is not controlled, while ensuring access to necessary medicines.
- Tracking blood pressure control rates in clinical settings and measuring population prevalence.

9.10 Diabetes/ raised blood sugar

Diabetes in Nauru is a worsening epidemic. Almost half of adults remain unscreened, and prevalence has almost doubled in two decades. Older adults consistently carry a higher burden, being more likely to be diagnosed and treated, but also showing significantly higher glucose levels. Despite this, control remains critically low, with fewer than one in twenty achieving target levels.

9.10.1 Trends Of diabetes over time

The prevalence of raised blood glucose or current medication use has increased sharply over time, from 16.2% (± 2.8) in 2004 to 21.9% (95% CI: 19.0–24.8) in 2015, and 29.3% (95% CI: 27.4–48.4) in 2025. This represents a significant rise compared with both earlier surveys.

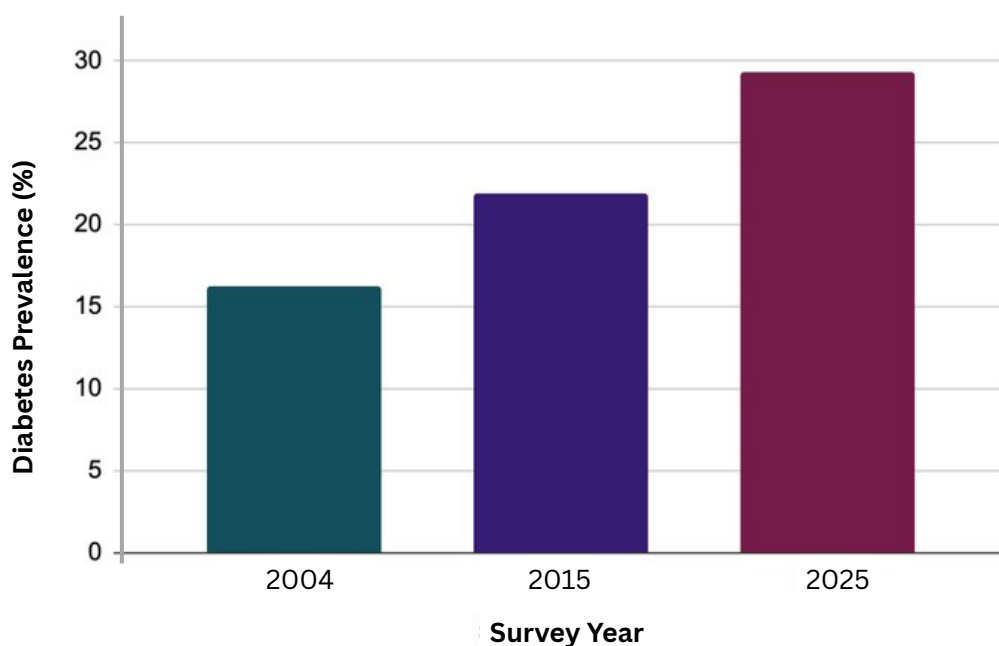


Figure 15: Trends of Diabetes Prevalence over the three surveys, Nauru

But it needs to be noted that the definition of diabetes management indicators varied slightly across surveys. In 2004 and 2015, medication use was reported as a single category, without distinguishing between oral hypoglycaemic agents and insulin. In 2025, however, the data were presented separately for oral medication and insulin. For comparability, the 2025 category for currently taking drugs/medication were used. While this approach improves comparisons, the data should be interpreted with caution given the reporting differences.

Whilst the first STEPS survey in Nauru indicated that the observed diabetes epidemiology might be showing a decline of the diabetes prevalence with trend analysis of data before 2004 among Nauruans aged 20 years and older showing the age-standardized prevalence of diabetes decreasing from 27.9% in 1975/6 to 24.7% in 1982 and then to 24.0% in 198⁷⁷ using different methodologies than during the STEPS surveys - the current findings demonstrate a steady increase over time. This is also congruent with the remaining high levels of recognized risk factors (physical inactivity, obesity, cigarette smoking, elevated cholesterol levels etc). Thus, the high prevalence persists despite decades of interventions focused on diet/exercise, suggesting current approaches have not been sufficient for population-level control.

Nauru has recognised NCDs (including diabetes) as a priority and produced strategic action plans (e.g., the Nauru NCD Strategic Action Plan 2015–2020)⁷⁸ and routine health reporting (health fact sheets and surveillance). Service delivery, however, is constrained by Nauru’s small size, limited clinical workforce, and infrastructure/finance limits.

The focus to move beyond single-factor interventions (e.g., only on diet and exercise education) to develop more comprehensive, context-sensitive strategies that address social determinants, food systems, strengthen primary-care, early detection, and long-term clinical management of NCDs (including access to medicines and complication screening) is being discussed in the media⁷⁹.

9.11 Raised cholesterol

Nauru has already a high burden of cardiometabolic disease (diabetes, obesity) and CVD mortality compared to many countries. Cholesterol in Nauru is characterised by limited screening, very low treatment uptake, and a persistent high level of raised cholesterol in the population. One in three adults now have raised cholesterol, and older adults and women are disproportionately affected.

9.11.1 Comparison of raised cholesterol with previous surveys

As shown in Figure 16 trends over time show lowest levels reported for the 2015 survey. Raised cholesterol (≥ 5.0 mmol/L or currently on cholesterol-lowering medication) fell from 37.0% in 2004 to 19.6% in 2015, then rose to 34.0% in 2025. In 2025, raised total cholesterol was substantially higher in women than men 42.0% (95% CI 35.2–49.0) vs 26.5% (95% CI 20.9–32.9) whereas in 2015 no sex differences were observed.

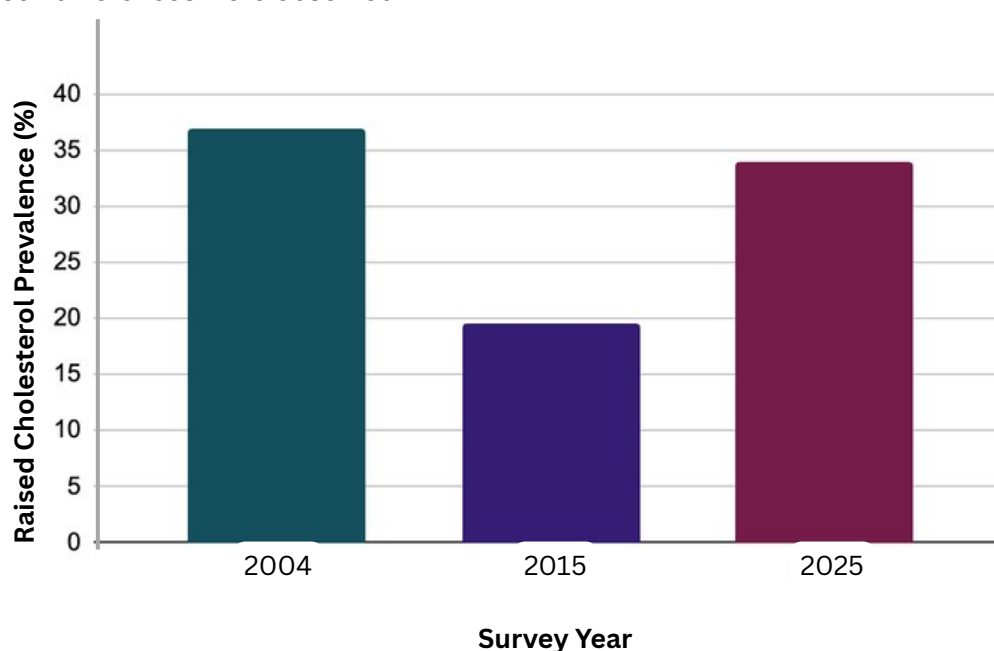


Figure 16: Prevalence of Raised Cholesterol (≥ 5.0 mmol/L) across the three survey years, Nauru

9.11.2 Recommendations

Recommended suite of actions to control total cholesterol at population level follow the WHO public-health approaches (HEARTS / PEN)⁸¹ and the Pacific regional nutrition guidance. Strengthening cholesterol screening and management programmes, with particular to older adults, should be a public health priority.

9.12 Cardiovascular disease

About 1 in 5 adults (22.4%) report a past heart attack, angina or stroke, with no clear differences by age or sex. Risk-based profiling shows most adults 40–69 years are low risk (67.4% $<10\%$), but a sizeable fraction are at moderate (24.1%) or high risk (8.5% $\geq 20\%$); combining history of CVD with risk $\geq 20\%$, roughly two in five (38.4%) need intensive secondary prevention. In contrast, treatment coverage seems to be very low: only 3.5% use statins regularly, and among those eligible (history of CVD or $\geq 20\%$ risk) only 38.7% report receiving drug therapy and counselling leaving major gaps in care.

9.12.1 Comparison to previous years

Between 2015 and 2025, the burden of cardiovascular disease (CVD) in Nauru remained high, with a similar prevalence of 20.1% in 2015 and 22.4% in 2025, affecting more than 1 in 5 adults.

In 2015, women were significantly more likely than men to report a history of CVD (26.2%, 95% CI: 20.2–32.2) vs. (16.6%, 95% CI: 12.2–20.9). By 2025, however, this sex gap had narrowed, with prevalence almost equal (22.9%, 95% CI: 16.9–30.2 in women vs. 22.0%, 95% CI: 17.5–27.1 in men, see Figure 17)

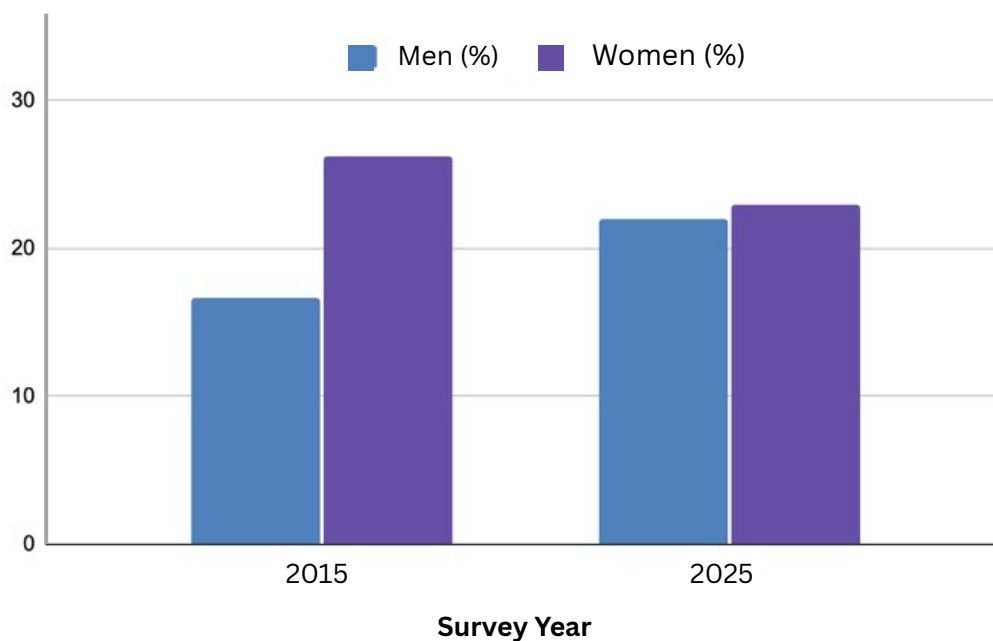


Figure 17: Trends in CVD History among adults by sex, across the two surveys, Nauru

9.12.2 Recommendations

WHO recommends reducing modifiable risks using WHO technical packages, SHAKE for salt reduction, REPLACE to eliminate industrial trans fats, ACTIVE to increase physical activity, MPOWER for tobacco control, and SAFER for alcohol harm reduction alongside food policies to lower saturated fat and increase fruit and vegetable intake.

CVD prevention and control, as outlined in WHO HEARTS⁸⁰/PEN⁸¹, involves:

- Routinely assess 10-year CVD risk (from age 40) and treat using standard protocols, lipid lowering (statins), blood pressure control, diabetes management, and lifestyle counselling.
- Intensify treatment for high-risk patients or those with prior CVD (statin + antihypertensives; aspirin for secondary prevention) and ensure continuous availability of essential medicines, including fixed-dose combinations.
- Track risk scoring, treatment coverage, and control rates in clinics, and use simple dashboards/registries to drive continuous quality improvement.

A recently published longitudinal study following up large cohorts of healthy adults found that over 99% of individuals who experienced a cardiovascular disease (CVD) event had at least one nonoptimal controlled traditional risk factor such as elevated blood pressure, cholesterol, or glucose prior to onset of CVD⁸². Its findings reinforces that CVD is largely preventable and

highlights major missed opportunities for early detection and control. It calls for stronger health system focus on prevention, early intervention, and population-level risk reduction rather than treatment after disease develops.

For Nauru and other Pacific Island countries, where the burden of CVD and other noncommunicable diseases (NCDs) is rapidly increasing, these results emphasize the need for comprehensive, multisectoral prevention strategies. National action should continue to prioritise population-wide approaches such as salt and trans-fat reduction, tobacco and alcohol control, and promotion of healthy diets and physical activity alongside routine screening and long-term management of hypertension, dyslipidaemia, and diabetes in primary care. Integrating these measures within national NCD plans, supported by WHO’s “Best Buys” and Universal Health Coverage frameworks, will yield the greatest gains in reducing premature CVD deaths and improving population health across the Pacific region.

9.13 Oral health

Nearly 28% of people in this survey reported untreated caries in permanent teeth which are very high rates compared with many countries - but a clear reduction from earlier reports. As key risk factors for oral diseases a high per capita availability of sugar for consumption was highlighted in the WHO Nauru Oral Health Country Profile together with a high prevalence of current tobacco use.

9.13.1 Trends across the years

In 2015, 22.5% (95% CI: 20.0–25.0) of adults described their teeth as being in a “good” state. In 2025, using a different self-rating scale, 41.7% (95% CI: 37.6–45.9) reported their oral health as “good,” 14.4% (95% CI: 11.9–17.3) as “very good,” and 7.4% (95% CI: 5.7–9.5) as “excellent.” Reports of oral pain (Figure 18) were also lower in 2025. In 2015, 58.5% (95% CI: 55.7–61.4) of adults described their teeth as being in a painful state, whereas in 2025, 23.3% (95% CI: 20.4–26.5) reported having had pain in the past 12 months.

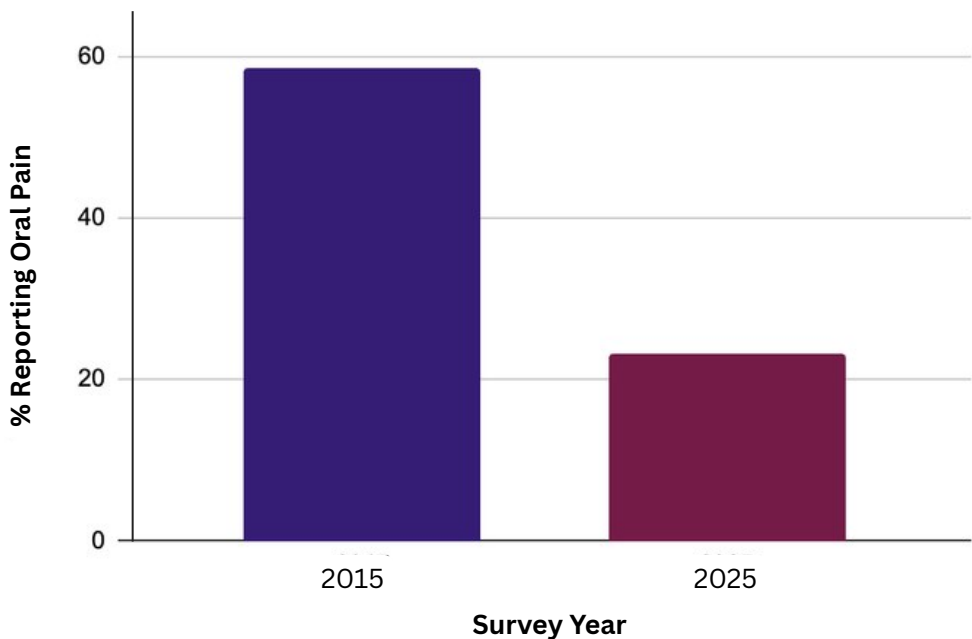


Figure 18: Reports of oral pain across two surveys in Nauru

9.13.2 Recommendations

The Republic of Nauru Hospital (RONH) provides free medical and dental treatment for citizens with primary dental services being delivered through the public health system. However, the available oral health workforce in the nation is small: the 2019 figures show 4 dentists (≈ 3.7 per 10,000 population), along with a few dental assistants/therapists and one prosthetic technician forming a very small team for the national population.

Recent system improvements in population dental health were progressed with the implementation of an electronic medical/dental records system ("Tamanu") across Nauru's dental clinics to help clinical records, monitoring and reporting data for decision-making⁸⁶.

9.14 Depression

Overall, 6.2% of adults reported symptoms of depression in the past 12 months with little difference between women and men and the age groups. The majority (83.5%) of those with signs of depression reported not taking medication. And psychological therapy uptake was also low with 91.2% reported not receiving any counselling.

In the 2015 survey, psychological distress (PD), mainly depressive and anxiety symptoms⁸⁷ was measured with the Kessler PD Scale (K10 questionnaire which is often used for the description of mental health in the general population⁸⁸). The prevalence of psychological distress in Nauru in 2015 was found to be high at 41.5% in comparison to similar survey data from Tokelau (5.0%) and Tuvalu 22.7%⁸⁹. Whilst these results on psychological distress are related but not identical to the 2025 questions on depression, the data give some idea of the burden of non-severe to moderate mental health symptoms in the community.

9.14.1 Recommendations

Currently there is a lack of recent, rigorous, large-scale epidemiological studies on the prevalence of major depression in the general population (outside refugees/asylum seekers or special detained cohorts). Also, for those with depression, there is limited information available about how many get diagnosed, receive evidence-based treatment, or achieve remission.

9.15 Disability

The 2025 Nauru survey finding that 8.6% of respondents reported a physical or mental health condition or illness lasting 12 months or more highlights the presence of a substantial long-term health burden in the population, though it must be interpreted in light of the specific definition used. The survey reflects self-reported long-term conditions rather than functional limitation-based disability measures, such as those recommended by the Washington Group, which can yield different prevalence estimates and limit direct comparability with other surveys and settings^{90 91}. The similar prevalence observed among women (8.9%) and men (8.3%), together with overlapping confidence intervals, suggests no clear evidence of sex differences in long-term conditions within this population.

Nauru experiences already a high burden of NCDs, including diabetes, cardiovascular disease and obesity, which are leading contributors to long-term morbidity and disability in the Pacific region and are likely to account for a substantial proportion of the reported conditions⁹². Future analyses could explore these associations at an individual level.

9.15.1 Recommendations

In Nauru, the Inclusion of Persons with Disabilities Act 2023 provides a strong legislative foundation for advancing disability rights, including mechanisms for coordination, registration and policy development in alignment with the United Nations Convention on the Rights of Persons with Disabilities^{94, 95}. Translating this legal framework into improved population health outcomes will require strengthening disability-inclusive universal health coverage, expanding access to rehabilitation and assistive technologies, and improving routine, standardised data collection to monitor inequities and guide evidence-based policy and planning ”.

9.16 Multiple Risk Factors - Summary of Combined Risk Factors

Nauru faces an exceptionally high burden of noncommunicable diseases (NCDs) including diabetes, cardiovascular disease, chronic respiratory disease, and certain cancers driven by the clustering of modifiable risk factors such as unhealthy diet, physical inactivity, tobacco use, and harmful alcohol consumption. Socioeconomic and environmental determinants, including limited agricultural capacity, dependence on imported processed foods, and sedentary lifestyles, exacerbate these risks.

In 2025, nearly two-thirds of adults (65.3%) presented with three to five of major risk factors (defined as any combination of: current daily smoking, consuming fewer than five servings of fruit and/or vegetables per day, not meeting WHO physical activity recommendations, being overweight or obese, and having raised blood pressure). About one-third (34.6%) reported having one to two risk factors, while only a negligible proportion (0.1%) reported none.

9.16.1 Trends in multiple risk factors throughout the surveys

Over time, the burden of multiple risk factors has remained substantial but has shown slight improvement since 2004. In that year, nearly four in five adults (79.3%, 95% CI: 77.3–81.2) had three or more risk factors. This figure declined significantly to 66.6% (95% CI: 64.5–68.7) in 2015 and then stabilized at 65.3% (95% CI: 61.4–69.1) in 2025, showing no statistically significant change compared with 2015 (Figure 19). The proportion of adults reporting one to two risk factors increased slightly from 33.4% in 2015 to 34.6% in 2025, while those with no risk factors remained negligible throughout all survey years.

Overall, the data indicate that clustering of noncommunicable disease risk factors remains widespread in Nauru. Older adults continue to be disproportionately affected, and although the prevalence of multiple risk factors has decreased since 2004, the pattern has now plateaued.

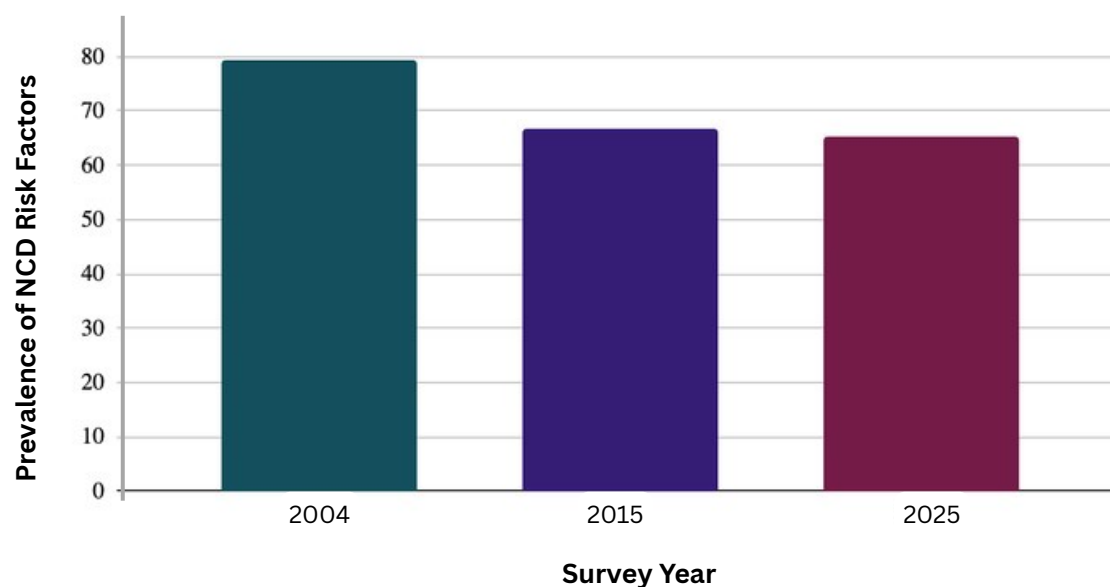


Figure 19: Prevalence of Adults with Three or More NCD Risk Factors, Nauru (2004, 2015, 2025)

9.16.2 Recommendations

The Government of Nauru has recognised these challenges in the Nauru Non-Communicable Disease Strategic Action Plan (2015–2020) and the National Sustainable Development Strategy (2005–2025). Regional frameworks such as the Pacific NCD Roadmap and the WHO Global Action Plan for the Prevention and Control of NCDs (2013–2030) guide policy alignment and support national capacity to address NCDs comprehensively.

A coordinated, multisectoral response aligned with the Pacific NCD Roadmap and the WHO Global Action Plan for the Prevention and Control of NCDs (2013–2030) is essential.

The findings emphasize the importance of integrated NCD prevention strategies that address multiple risk behaviours simultaneously such as improving diet, promoting physical activity, and controlling blood pressure and weight, to reduce the growing burden of chronic disease in the population.

The policy targets and strategies listed in the relevant documents include:

- **Health promotion and education:** Implement sustained, culturally appropriate health campaigns to improve health literacy, promote healthy diets, reduce tobacco and alcohol use, and encourage physical activity.
- **Healthy food environment:** Introduce taxes on sugar-sweetened beverages and ultra-processed foods; restrict unhealthy food marketing to children; promote front-of-pack nutrition labelling; and incentivise local food production through community gardens and fisheries.
- **Physical activity promotion:** Develop safe public spaces for walking and recreation; integrate daily physical education in schools; and encourage community-based activity programmes for all age groups.
- **Tobacco and alcohol control:** Fully enforce the WHO Framework Convention on Tobacco Control (FCTC); increase tobacco taxation; regulate alcohol availability and marketing; and expand cessation support services.

- **Primary health care strengthening:** Integrate routine screening for hypertension, diabetes, and obesity into all primary care visits; ensure access to essential medicines; and train community health workers in prevention and management.
- **Governance and coordination:** Enable a National NCD Taskforce to ensure coordinated action across sectors including health, education, finance, and trade. Embed NCD prevention targets within the National Sustainable Development Strategy.
- **Monitoring and evaluation:** Conduct regular WHO STEPwise surveys and other surveillance monitoring including utilising regional mechanisms such as the Pacific Monitoring Alliance for NCD Action (MANA) to monitor progress and share data.

9.17 Cervical cancer screening

In the 2025 STEPS survey only about one in four women aged 18–69 years (25.5%) reported ever having had a cervical cancer screening test.

9.17.1 Comparison of cervical cancer screening rates between surveys

When compared with the 2015 survey, the decline in screening coverage is striking. In 2015, nearly six in ten women aged 30–49 years (59.5%, 95% CI: 53.2–65.8) reported having been screened at least once, but by 2025 this proportion had fallen to about one in three (35.2%). Across all surveyed ages, coverage dropped from 59.2% to 25.5% again a statistically significant decrease. Similarly, recent screening activity fell sharply: in 2015, almost half (49.5%) of women had been screened within the past year, compared with only one quarter (24.6%) in 2025.

9.17.2 Recommendations

These findings suggest a substantial decline in screening participation and continuity of care. Many women begin screening late, are not rescreened at recommended intervals, and a considerable number fail to follow up after an abnormal result. Together, these gaps highlight missed opportunities for early detection and prevention.

Whereas in some high-income countries, cervical cancer screening rates have declined somewhat since the introduction of HPV vaccination which may relate to public perception of lower risk after vaccination⁹⁶. But much of the decline observed in those countries is linked to programmatic changes, such as the transition from Pap-smear to HPV-based screening, often with longer intervals between tests⁹⁷. Nonetheless, in most countries, health authorities do not view the decline as desirable, because screening remains essential even for vaccinated women.

The ICO/IARC report “Nauru: Human Papillomavirus and Related Diseases Summary Report” (2023)⁹⁸ gives updated estimates and descriptive data on the at risk population, prevalence of HPV-16/18, attribution in high-grade lesions and invasive cancers, screening “ever screened” rates, and vaccination introduction status for Nauru but has little in terms of cervical screening data nor fully detailed national policy documents that covers all programme features (age, interval, delivery, etc.).

WHO (via a Request for Proposal⁹⁹) initiated to provide technical & material support to Nauru’s Ministry of Health & Medical Services (MHMS) to help establish the foundations of a cervical cancer early detection programme. Key intended outputs were the creation of locally adapted Standard Operating Procedures (SOPs) for screening & precancer treatment; training of MHMS staff in those clinical procedures; and supplying basic equipment.

The impact of these initiatives on cervical cancer prevention have yet to be documented.

9.18 Health promotion advice

Health promotion delivered by healthcare workers including doctors, nurses, community health workers, and allied health professionals, plays a central role in NCD prevention and control. Evidence consistently shows that brief, structured advice and behavioural counselling¹⁰⁰ provided in primary care or community settings can lead to measurable improvements in lifestyle behaviours linked to NCDs such as tobacco use, unhealthy diet, physical inactivity¹⁰¹, and harmful alcohol consumption¹⁰².

The WHO STEPS indicator on lifestyle advice given reflects health system engagement in preventive counselling, not the individual's behaviour itself. Thus, it captures coverage of lifestyle counselling in the population attending health services, equity in who receives advice (by sex, age), and health system's focus on behavioural risk factors. This reveals inequities or missed opportunities in preventive counselling, and the trend data highlight progress in health system prevention activities.

9.18.1 Trends in health promotion advice received

Overall, almost half of adults reported receiving lifestyle advice from a doctor or health worker across both surveys (2015 and 2025). Figure 18 shows between 2015 and 2025, the most notable change was in advice to reduce salt, which increased significantly from 37.4% (95% CI: 33.6–41.3%) in 2015 to 48.5% (95% CI: 40.9–56.2%) in 2025. While the confidence intervals overlap, the trend suggests an increase over time.

Advice to eat at least five servings of fruit and vegetables daily remained relatively stable (47.1%, 95% CI: 44.0–50.2% in 2015 vs. 49.5%, 95% CI: 42.0–57.1% in 2025), as did advice to reduce fat (42.7%, 95% CI: 39.7–45.8% vs. 47.8%, 95% CI: 40.2–55.5%) and to increase physical activity (48.3%, 95% CI: 45.5–51.1% vs. 49.5%, 95% CI: 41.9–57.0%).

Advice to maintain or lose weight showed a slight decline from 47.4% (95% CI: 44.4–50.4%) in 2015 to 44.0% (95% CI: 36.8–51.5%) in 2025.

Sex differences that were apparent in 2015 had narrowed by 2025. For example, in 2015, women were significantly more likely than men to be advised to eat fruit and vegetables (51.0%, 95% CI: 47.5–54.6% vs. 42.9%, 95% CI: 39.0–46.7%) and to increase physical activity (51.6%, 95% CI: 49.3–53.9% vs. 44.8%, 95% CI: 40.8–48.9%). By 2025, the prevalence of advice given for these behaviours was more similar between women and men; fruit and vegetables (50.4%, 95% CI: 39.1–61.7% vs. 48.7%, 95% CI: 38.9–58.6%) and physical activity (48.7%, 95% CI: 37.3–60.3% vs. 50.2%, 95% CI: 40.3–60.0%).

9.18.2 Recommendations

The interpretation of these findings should consider several limitations. The measure of lifestyle advice relies on self-report and may be subject to recall bias and social desirability bias. It does not capture the quality, timing, or content of advice, nor whether it resulted in behaviour change. Moreover, differences in healthcare access and definitions of 'advice' across contexts limit comparability. Therefore, while useful for assessing broad trends in preventive counselling, these data should be interpreted with caution.

However, the evidence supports that health promotion advice from healthcare workers is one of the most effective, scalable, and cost-efficient strategies to reduce NCD risk factors^[i], especially when advice is: Repeated and reinforced; Tailored to individual readiness and context; and supported by system-level enablers (e.g., incentives, follow-up, integration into primary care).



Playing football on weekends is a health activity program in Nauru.

10. CONCLUSION

The 2025 STEPS survey provides essential follow-up data for monitoring NCD risk factors in Nauru. The survey provides very clear evidence that Nauru continues to face a major NCD epidemic driven by behavioural and metabolic risk factors embedded in persistent environmental, economic and policy challenges. It confirms the urgent need to strengthen both prevention and control measures to address the growing NCD burden. Multisectoral collaboration, sustained political commitment and resourcing, and effective program implementation are critical to reversing these trends and protecting public health. Public health interventions need to be broad, multi-pronged, and ongoing.

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12.1 Appendix A Methodology

12.1.1 Further Information of the WHO STEPS Approach used in 2025

The WHO STEPwise approach to Surveillance (STEPS) is a standardized tool for collecting, analysing, and disseminating data on noncommunicable disease (NCD) risk factors. It is designed to help countries build and strengthen surveillance systems using a sequential process that includes:

- **Step 1:** Questionnaire-based assessment of behavioural risk factors
- **Step 2:** Physical measurements
- **Step 3:** Biochemical measurements

This modular approach allows for consistent and comparable data collection both within and across countries.

Inclusion Criteria for the survey:

1. Individuals aged between 18–69 years.
2. Residents of Nauru with official permanent residency status.
3. Individuals who provide informed consent to participate in the survey.

Exclusion Criteria:

1. Individuals outside the age range.
2. Non-residents or individuals without permanent residency status in Nauru.
3. Individuals who are unable to provide informed consent due to cognitive or physical impairments.
4. Temporary visitors or individuals not included in the population census framework.

Sample Size Calculation

To achieve a comprehensive and representative analysis, the survey leverages the latest available data from the Population Census 2021 - Population by District³. This strategy ensures the inclusion of all individuals residing in Nauru who possess official permanent residency status and fall within the target age range. By employing a simple random sampling technique, the survey aims to select participants from this defined sampling frame, thereby ensuring a wide and unbiased representation of the population's risk factor behaviours.

The sample size was calculated using STEPS sample size calculator based on the Population Census. The sample size was calculated using a 4 age-sex group structure (2 aged groups across males and females).

Data Management and Quality Control

The survey was overseen by Ministry of Health & Medical Services in collaboration with WHO. A rigorous quality control framework was implemented, including:

- Real-time field supervision
- Daily data checks and validation

- Double-entry verification for critical variables
- Use of standard WHO data cleaning and analysis protocols

Data were weighted to account for the sampling design, non-response, and to ensure national representativeness.

12.2 Appendix B: Strengths, Challenges, Limitations

12.2.1 Strengths of the survey

The WHO STEPwise approach to Surveillance (STEPS) provides a standardised, globally comparable methodology for measuring key noncommunicable disease (NCD) risk factors. Its strengths include a consistent set of tools and protocols that allow countries to monitor trends over time and compare data internationally. The modular structure with Step 1 (questionnaire), Step 2 (physical measurements), and Step 3 (biochemical assessments) offers flexibility, enabling countries to implement core elements while expanding components based on resources and priorities.

STEPS uses population-based, probabilistic sampling to generate nationally representative estimates. The system emphasises capacity building by training local field teams and ensuring national ownership of the data, strengthening sustainable NCD surveillance systems. Its repeatable and standardised design supports policy evaluation, resource planning, and alignment with global monitoring frameworks such as the SDG indicators and the WHO Global NCD Monitoring Framework (World Health Organization, 2020).

In the 2025 STEPS Survey, WHO-led training and a pilot exercise helped ensure that field teams were well-prepared and adhered to standardized STEPS procedures, improving data quality and consistency. Tablets with the WHO eSTEPS application enabled standardized data entry, built-in validation checks, secure data storage, and real-time quality monitoring, reducing data entry errors and improving completeness.

12.2.2 Challenges of implementation

The 2025 STEPS Survey in Nauru faced several operational challenges that impacted implementation. Locating eligible participants proved difficult due to population mobility, and participant absence, requiring repeated household visits and extensive follow-up. Field teams also encountered logistical constraints related to coordinating appointments, balancing home visits with central-site operations, and navigating varying participant availability. In addition, occasional technical issues with tablets required the use of backup devices and intensified quality monitoring to ensure consistency across survey components. Completion of biochemical measurements was further affected by fasting requirements and participant availability, necessitating multiple return visits and prolonging fieldwork in several areas.

12.2.3 Limitations of the survey

Several limitations should be considered when interpreting the data.

Self-Reported Data and Potential Biases:

The questionnaire relies on participants to self-report their health behaviours and conditions. It is anticipated that aspects perceived as unfavourable or shameful may have been underreported due to participants' hesitation, leading to social desirability bias. In addition, when respondents are asked to self-report, particularly for longer time frames (e.g., the last year), recall bias may be present. Responses regarding recent periods (e.g., the past week) are likely to be more accurate than those concerning events further in the past.

Response Rates and Data Stratification:

There was a significant lower Response Rate for STEP 3: The lower response rate for STEP 3 (the finger prick blood measure) means that while nationally representative estimates were aimed at, these cannot be stratified to the same level as the results from STEP 1 and STEP 2.

Confidentiality and Non-Respondent Bias:

Concerns about data confidentiality could have deterred some randomly selected individuals from participating – which is impossible to ascertain.

As participation is voluntary, there is potential for non-respondent bias. Individuals who declined to participate may have less contact with healthcare services or a lower level of health education, which should be considered when interpreting the findings.

Noncommunicable diseases risk factors

STEPS Survey Nauru 2025





Noncommunicable diseases risk factors STEPS Survey Nauru 2025



The STEPS survey of noncommunicable disease (NCD) risk factors in Nauru was carried out from 20th Feb to 17th April 2025. Nauru carried out Step 1, Step 2 and Step 3. Sociodemographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3.

The survey was a population-based survey of adults aged 18-69 years. A random sampling was used to produce representative data for that age range in 18-69 years. A total of 946 adults participated in the survey out of targeted 1460. The overall response rate was 65% for Step 1 and Step 2 whereas 44% for Step 3. A repeat survey is planned for 2030 if funds permit.

Results for adults aged 18 - 69 years

Step 1: Tobacco use

	Both sexes	Males	Females
Percentage who currently smoke tobacco	35.0%	37.8%	31.9%
Percentage who currently smoke tobacco daily	31.2%	33.6%	28.4%
Percentage who currently use smokeless tobacco	1.1%	1.2%	1.0%
Percentage who use tobacco in any form (smoked and or smokeless)	35.5%	38.6%	32.2%
Percentage who currently use electronic cigarettes (in the last 30 days)	17.6%	17.9%	17.3%
Average age (years) started smoking among daily tobacco smokers	17.3	17.1	17.5
Percentage of daily smokers smoking manufactured cigarettes	98.0%	98.5%	97.4%

Step 1: Alcohol consumption

Percentage who are lifetime abstainers	51.8%	45.0%	59.2%
Percentage who are past 12-month abstainers	12.6%	11.3%	14.0%
Percentage who currently drink (drank alcohol in the past 30 days)	18.9%	24.5%	12.8%
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	7.0%	9.5%	4.2%

Step 1: Diet

Mean number of days fruit consumed in a typical week	1.7	1.7	1.8
Mean number of servings of fruit consumed on average per day	0.5	0.5	0.5
Mean number of days vegetables consumed in a typical week	2.6	2.6	2.7
Mean number of servings of vegetables consumed on average per day	0.8	0.8	0.7
Percentage who ate <5 servings of fruits and/or vegetables on average per day	96.7%	95.9%	97.5%
Percentage who always or often add salt or salty sauce before or during eating	50.7%	49.9%	51.6%
Percentage who always or often eat processed foods high in salt	32.2%	33.0%	31.3%
Mean number of days sugar-sweetened beverages is consumed in a typical week	5.1	5.0	5.1

Step 1: Physical activity

Percentage with insufficient activity (defined as <150 minutes of moderate-intensity activity per week or equivalent)*	34.7%	29.3%	40.9%
Percentage not doing any leisure activity (sports, fitness or recreational activity)	61.8%	54.0%	70.8%
Percentage not engaging in vigorous activity	57.2%	43.1%	73.5%

Results for adults aged 18 - 69 years		Both sexes	Males	Females
	Step 1: Cervical cancer screening			
	Percentage of women aged 30–49 years who have ever done a screening test for cervical cancer	-	-	35.2%
	Step 2: Physical measurements			
	Mean body mass index - BMI (kg/m ²)	34.7	34.6	34.8
	Percentage who are overweight (BMI $\geq$ 25 kg/m ²)	89.8%	91.9%	87.4%
	Percentage who are obese (BMI $\geq$ 30 kg/m ²)	72.0%	72.9%	70.9%
	Average waist circumference (cm)	-	105.7	103.4
	Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.5	132.1	118.2
	Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	84.0	86.1	81.6
	Percentage with hypertension (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on hypertension medication)	34.8%	44.0%	24.6%
	Prevalence of uncontrolled hypertension (SBP $\geq$ 140 or DBP $\geq$ 90)	32.7%	41.7%	22.7%
	Percentage who are currently on medication for raised BP among those with hypertension	16.9%	16.2%	18.3%
	Percentage with controlled blood pressure among those with hypertension	6.0%	5.2%	7.6%
	Step 3: Biochemical measurements			
	Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	7.0	6.8	7.2
	Percentage with impaired fasting glycaemia • (plasma venous value $\geq$ 6.1 mmol/L (110 mg/dl) and $<$ 7.0 mmol/L (126 mg/dl) or capillary whole blood value $\geq$ 5.6 mmol/L (100 mg/dl) and $<$ 6.1 mmol/L (110 mg/dl)	9.7%	9.8%	9.5%
	Percentage with diabetes • (plasma venous value $\geq$ 7.0 mmol/L (126 mg/dl) or capillary whole blood value $\geq$ 6.1 mmol/L (110 mg/dl) or currently on medication for diabetes)	29.3%	26.5%	32.1%
	Percentage who are currently on treatment for raised blood glucose among those with diabetes	21.8%	30.0%	14.9%
	Percentage with controlled blood glucose level among those with diabetes	3.1%	5.1%	1.4%
	Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	4.7	4.6	4.8
	Percentage with raised total cholesterol ($\geq$ 5.0 mmol/L or $\geq$ 190 mg/dl or currently on medication for raised cholesterol)	36.7%	29.6%	43.7%
	Cardiovascular disease risk (CVD)			
	Percentage aged 40-69 years with a 10-year CVD risk $\geq$ 20%, or with existing CVD**	38.7%	45.6%	32.3%
	Summary of combined risk factors			
	- Current daily smokers - Less than 5 servings of fruit & vegetables per day - Insufficient physical activity - Overweight (BMI $\geq$ 25 kg/m²) - Raised BP (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg or currently on hypertension medication)			
	Percentage with none of the above risk factors	0.1%	0.1%	0.0%
	Percentage with three or more of the above risk factors (aged 18-44 years)	57.3%	60.3%	53.9%
	Percentage with three or more of the above risk factors (aged 45-69 years)	85.5%	88.9%	81.3%
	Percentage with three or more of the above risk factors (aged 18-69 years)	65.3%	68.6%	61.4%

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/physical-activity-surveillance>) or to the WHO Global recommendations on physical activity for health (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>).

** A 10-year CVD risk of $\geq$ 20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes. For additional information, please contact: STEPS Survey Coordinator [Dr Chandalene Garabwan, garabwancs@gmail.com]



CURRENT TOBACCO USE

39%

32%



CURRENT TOBACCO

38%

SMOKING

31%



CURRENT USE OF ELECTRONIC CIGARETTES

18%

17%



SECOND HAND SMOKING

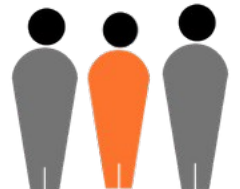
HOME

2 out of 5



WORK PLACE

1 out of 3

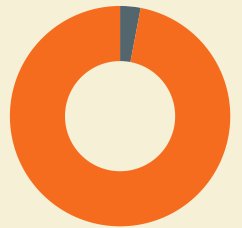


25%



13%

CURRENT ALCOHOL DRINKERS



97%

do not consume
sufficient fruits
and vegetables

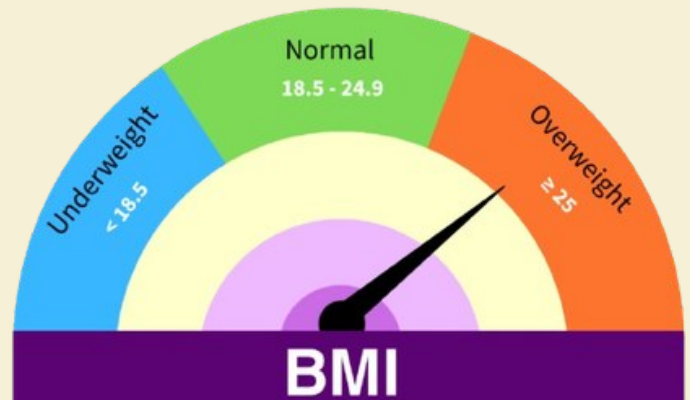




35% of women aged 30-49 years have ever had a screening test for cervical cancer



9 out of 10 people live with **OVERWEIGHT** or **OBESITY**



MEAN BLOOD PRESSURE

132.1
mmHg

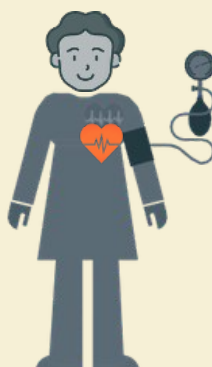
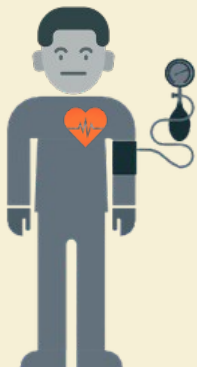
Systolic

118.2
mmHg

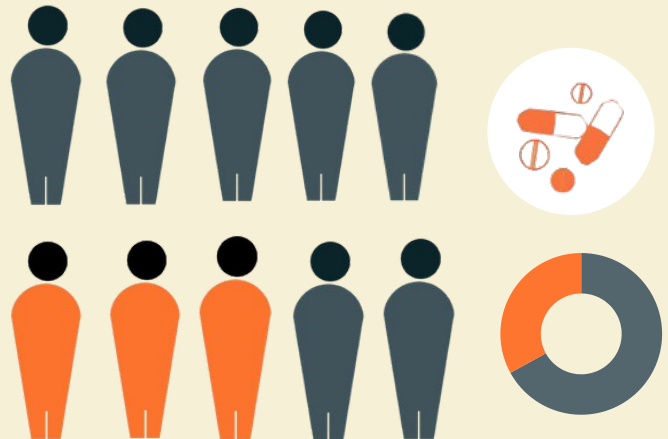
86.1
mmHg

Diastolic

81.6
mmHg



3 out of 10 with **HYPERTENSION** (with raised blood pressure or currently on medication)



MEAN BLOOD CHOLESTEROL

4.6
(mmol/L)

4.8
(mmol/L)



3 out of 10 with **DIABETES** (raised fasting blood glucose or currently on medication)



WHO STEPS Instrument V3.2 (Core and Expanded)

(This version will be updated during the planning workshop in 2024)



The WHO STEPwise approach to noncommunicable disease risk factor surveillance (STEPS)

World Health Organization
20 Avenue Appia, 1211 Geneva 27, Switzerland



For further information: [Noncommunicable Disease Surveillance, Monitoring and Reporting_\(who.int\)](https://www.who.int/noncommunicable-diseases/surveillance).



STEPS Instrument

Overview

Introduction

This is the generic STEPS Instrument which sites/countries will use to develop their tailored instrument. It contains the:

- CORE items (unshaded boxes)
- EXPANDED items (shaded boxes).

Core Items

The Core items for each section ask questions required to calculate basic variables. For example:

- current daily smokers
- mean BMI.

Note: All the core questions should be asked, removing core questions will impact the analysis.

Expanded Items

The Expanded items for each section ask more detailed information. Examples include:

- use of smokeless tobacco
- sedentary behaviour.

Guide to the columns

The table below is a brief guide to each of the columns in the Instrument.

Column	Description	Site Tailoring
Question	Each question is to be read to the participants	• Select sections to use. • Add expanded and optional questions as desired.
Response	This column lists the available response options which the interviewer will be circling or filling in the text boxes. The skip instructions are shown on the right hand side of the responses and should be carefully followed during interviews.	• Add site specific responses for demographic responses (e.g. C6). • Change skip question identifiers where necessary.
Code	The column is designed to match data from the instrument into the data entry tool, data analysis syntax, data book, and fact sheet.	This should never be changed or removed. The code is used as a general identifier for the data entry and analysis.



WHO STEPS Instrument

for Noncommunicable Disease
Risk Factor Surveillance

NAURU STEPS

Survey Information

Location and Date	Response	Code
Cluster/Centre/Village ID	_____	I1
Cluster/Centre/Village name		I2
Interviewer ID	_____	I3
Date of completion of the instrument	____ _ dd mm year	I4

Consent, Interview Language and Name	Response	Code
Consent has been read and obtained	Yes 1 No 2 If NO, END	I5
Interview Language [Insert Language]	English 1	I6
Time of interview (24 hour clock)	____ : ____ hrs mins	I7
Family surname		I8
First name		I9
Additional Information that may be helpful		
Contact phone number where possible		I10

Step 1: Demographic Information

CORE: Demographic Information		
Question	Response	Code
Sex (<i>Record Male / Female as observed</i>)	Male 1 Female 2	C1
What is your date of birth? Don't Know 77 77 7777	____ _ dd mm year If Known, Go to C4	C2
How old are you?	Years ____	C3
In total, how many years have you spent at school and in full-time study (excluding pre-school)?	Years ____	C4

EXPANDED: Demographic Information		
Question	Response	Code
What is the highest level of education you have completed? [INSERT COUNTRY-SPECIFIC CATEGORIES]	No formal schooling 1 Less than primary school 2 Primary school completed 3 Secondary school completed 4 High school completed 5 College/University completed 6 TVET/Foundation studies 7 Post graduate degree 8 Refused 88	C5
What is your <i>[insert relevant ethnic group / racial group / cultural subgroup / others]</i> background?	Nauruan 1 Other 2 Chinese 3 Refused 88	C6
What is your marital status?	Never married 1 Currently married 2 Separated 3 Divorced 4 Widowed 5 Defacto 6 Refused 88	C7
Which of the following best describes your main work status over the past 12 months? [INSERT COUNTRY-SPECIFIC CATEGORIES] (USE SHOWCARD)	Government employee 1 Non-government employee 2 Self-employed 3 Non-paid 4 Student 5 Homemaker 6 Retired 7 Unemployed (able to work) 8 Unemployed (unable to work) 9 Refused 88	C8
How many people older than 18 years, including yourself, live in your household?	Number of people If Not Known, Go to C11	C9

EXPANDED: Demographic Information, Continued

Question	Response	Code
Taking the past year, can you tell me what the average earnings of the household have been? (RECORD ONLY ONE, NOT ALL 3)	Per week Go to T1	C10a
	OR per month Go to T1	C10b
	OR per year Go to T1	C10c
	Refused 88	C10d
Can you give an estimate of the annual household income if I read some options to you? Is it [INSERT QUINTILE VALUES IN LOCAL CURRENCY] (READ OPTIONS including showcards)	< \$15,000 1 \$15,000, ≤\$29,999 2 \$30,000≤\$44,999 3 \$45,000,≤\$59,999 4 ≥ \$60,000 5 Don't Know 77 Refused 88	C11

Step 1: Behavioral Measurements

CORE: Tobacco Use

Now I am going to ask you some questions about tobacco use.

Question	Response	Code
Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes? (USE SHOWCARD)	Yes 1 No 2 If No, go to T8	T1
Do you currently smoke tobacco products daily ?	Yes 1 No 2	T2
How old were you when you first started smoking?	Age (years) Don't know 77 If Known, go to T5a/T5aw	T3
Do you remember how long ago it was? (RECORD ONLY 1, NOT ALL 3) Don't know 77	In Years If Known, go to T5a/T5aw	T4a
	OR in Months If Known, go to T5a/T5aw	T4b
	OR in Weeks	T4c
On average, how many of the following products do you smoke each day/week? (IF LESS THAN DAILY, RECORD WEEKLY) (RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777	DAILY↓ WEEKLY↓	
	Manufactured cigarettes	T5a/T5aw
	Hand-rolled cigarettes	T5b/T5bw
	Pipes full of tobacco	T5c/T5cw
	Cigars, cheroots, cigarillos	T5d/T5dw
	Number of Shisha sessions	T5e/T5ew
	Other If Other, go to T5other, else go to T6	T5f/T5fw
	Other (please specify):	T5other/ T5otherw

During the past 12 months, have you tried to stop smoking?	Yes 1 No 2 <i>If No, go to T7</i>	T6
Did you stop smoking for health reasons?	Yes 1 No 2	X1
During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?	Yes 1 <i>If T2=Yes, go to T12; if T2=No, go to T9</i> No 2 <i>If T2=Yes, go to T12; if T2=No, go to T9</i> No visit during the past 12 months 3 <i>If T2=Yes, go to T12; if T2=No, go to T9</i>	T7
Who advised you to quit smoking tobacco in the past 12 months?	Health care worker 1 Friends or family 2 Others 3	X2
In the past, did you ever smoke any tobacco products? (USE SHOWCARD)	Yes 1 No 2 <i>If No, go to T12</i>	T8
In the past, did you ever smoke daily?	Yes 1 <i>If T1=Yes, go to T12, else go to T10</i> No 2 <i>If T1=Yes, go to T12, else go to T10</i>	T9
EXPANDED: Tobacco Use		
Question	Response	Code
How old were you when you stopped smoking?	Age (years) Don't Know 77 ☐ <i>If Known, go to T12</i>	T10
How long ago did you stop smoking? (RECORD ONLY 1, NOT ALL 3) Don't Know 77	Years ago ☐ <i>If Known, go to T12</i>	T11a
	OR Months ago ☐ <i>If Known, go to T12</i>	T11b
	OR Weeks ago ☐	T11c
Do you currently use any smokeless tobacco products such as [snuff, chewing tobacco, betel]? (USE SHOWCARD)	Yes 1 No 2 <i>If No, go to T15</i>	T12
Do you currently use smokeless tobacco products daily?	Yes 1 No 2 <i>If No, go to T14aw</i>	T13
On average, how many times a day/week do you use... (IF LESS THAN DAILY, RECORD WEEKLY) (RECORD FOR EACH TYPE, USE SHOWCARD) Don't Know 7777	DAILY↓ WEEKLY↓	
	Snuff, by mouth ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	T14a/ T14aw
	Snuff, by nose ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	T14b/ T14bw
	Chewing tobacco ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	T14c/ T14cw
	Betel, quid ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	T14d/ T14dw
	Other ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ <i>If Other, go to T14other, if T13=No, go to T16, else go to T17</i>	T14e/ T14ew
	Other (please specify): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ <i>If T13=No, go to T16, else go to T17</i>	T14other/ T14otherw

In the past, did you ever use smokeless tobacco products such as <i>[snuff, chewing tobacco, or betel]</i> ?	Yes 1 No 2 <i>If No, go to T17</i>	T15
In the past, did you ever use smokeless tobacco products such as <i>[snuff, chewing tobacco, or betel]</i> daily?	Yes 1 No 2	T16
During the past 30 days, did someone smoke in your home?	Yes 1 No 2	T17
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)?	Yes 1 No 2 Don't work in a closed area 3	T18
The next questions ask about the use of electronic cigarettes.		
Do you currently use electronic cigarettes?	Yes 1 No 2 <i>If No, go to A1</i>	X3
How often do you use electronic cigarettes?	Everyday 1 5-6 times per week 2 3-4 times per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6	X4

CORE: Alcohol consumption

The next questions ask about the consumption of alcohol.

Question	Response	Code
Have you ever consumed any alcohol such as beer, wine, spirits or [add other local examples]? (USE SHOWCARD OR SHOW EXAMPLES)	Yes 1 No 2 <i>If No, go to A16</i>	A1
Have you consumed any alcohol within the past 12 months?	Yes 1 <i>If Yes, go to A4</i> No 2	A2
Have you stopped drinking due to health reasons, such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes 1 <i>If Yes, go to A16</i> No 2 <i>If No, go to A16</i>	A3
During the past 12 months, how frequently have you had at least one standard alcoholic drink? (READ RESPONSES, USE SHOWCARD)	Daily 1 5-6 days per week 2 3-4 days per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6 Never 7	A4
Have you consumed any alcohol within the past 30 days?	Yes 1 No 2 <i>If No, go to A13</i>	A5
During the past 30 days, on how many occasions did you have at least one standard alcoholic drink?	Number Don't know 77 <i>If Zero, go to A13</i>	A6
During the past 30 days, when you drank alcohol, how many standard drinks on average did you have during one drinking occasion? (USE SHOWCARD)	Number Don't know 77	A7

During the past 30 days, what was the largest number of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number Don't know 77	A8
During the past 30 days, how many times did you have six or more standard drinks in a single drinking occasion?	Number of times Don't know 77	A9
During each of the past 7 days, how many standard drinks did you have each day? (USE SHOWCARD) Don't Know 77	Monday	A10a
	Tuesday	A10b
	Wednesday	A10c
	Thursday	A10d
	Friday	A10e
	Saturday	A10f
	Sunday	A10g
CORE: Alcohol Consumption, continued		
I have just asked you about your consumption of alcohol during the past 7 days. The questions were about alcohol in general, while the next questions refer to your consumption of homebrewed alcohol, alcohol brought over the border/from another country, any alcohol not intended for drinking or other untaxed alcohol. Please only think about these types of alcohol when answering the next questions.		
Question	Response	Code
During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border/from another country, any alcohol not intended for drinking or other untaxed alcohol? [AMEND ACCORDING TO LOCAL CONTEXT] (USE SHOWCARD)	Yes 1 No 2 <i>If No, go to A13</i>	A11
On average, how many standard drinks of the following did you consume during the past 7 days? [INSERT COUNTRY-SPECIFIC EXAMPLES] (USE SHOWCARD) Don't Know 77	Homebrewed spirits, e.g. moonshine	A12a
	Homebrewed beer or wine, e.g. beer, palm or fruit wine	A12b
	Alcohol brought over the border/from another country	A12c
	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves	A12d
	Other untaxed alcohol in the country	A12e
EXPANDED: Alcohol Consumption		
Question	Response	Code
During the past 12 months, how often have you found that you were not able to stop drinking once you had started?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A13

During the past 12 months, how often have you failed to do what was normally expected from you because of drinking?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A14
During the past 12 months, how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A15
During the past 12 months, have you had family problems or problems with your partner due to someone else's drinking?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A16

ADDITIONAL QUESTIONS : KAVA USE

Now I am going to ask you some questions about kava (kawa) or nangkona

Question	Response	Code
Have you ever tried or drunk kawa/nangkona in the past 12 months?	Yes 1 No 2 <i>If No, skip to X8</i>	X5
During the past 30 days on how many days did you drink kawa or nangkona	Number of days Don't know 77	X6
In a typical day on average, how many hours do you spend drinking kava in a session?	Number of hours	X7
Do you usually drink alcohol during or after drinking kawa or nangkona? If A1=1	Yes	X8
	No	

CORE: Diet

The next questions ask about the fruits and vegetables that you usually eat. I have a nutrition card here that shows you some examples of local fruits and vegetables. Each picture represents the size of a serving. As you answer these questions please think of a typical week in the last year.

Question	Response	Code
In a typical week, on how many days do you eat fruit? (USE SHOWCARD)	Number of days Don't Know 77 <i>If Zero days, go to D3</i>	D1
How many servings of fruit do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't Know 77	D2
In a typical week, on how many days do you eat vegetables? (USE SHOWCARD)	Number of days Don't Know 77 <i>If Zero days, go to D5</i>	D3
How many servings of vegetables do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't Know 77	D4

Dietary salt		
With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soy sauce or fish sauce (see showcard). The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as [insert country specific examples], and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.		
Question	Response	Code
How often do you add salt or a salty sauce such as soy sauce to your food right before you eat it or as you are eating it? (SELECT ONLY ONE) (USE SHOWCARD)	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D5
How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D6
How often do you eat processed food high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food including pickles and preserves, salty food prepared at a fast food restaurant, cheese, bacon and processed meat [add country specific examples]. [INSERT EXAMPLES] (USE SHOWCARD)	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D7
How much salt or salty sauce do you think you consume?	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D8
EXPANDED: Diet		
Question	Response	Code
Do you think that too much salt or salty sauce in your diet could cause a health problem?	Yes 1 No 2 Don't know 77	D10
Do you do any of the following on a regular basis to control your salt intake? (RECORD FOR EACH)		
Limit consumption of processed foods	Yes 1 No 2	D11a
Look at the salt or sodium content on food labels	Yes 1 No 2	D11b
Buy low salt/sodium alternatives	Yes 1 No 2	D11c
Use spices other than salt when cooking	Yes 1 No 2	D11d

Avoid eating foods prepared outside of a home	Yes 1 No 2	D11e
Do other things specifically to control your salt intake	Yes 1 <i>If Yes, go to D11other</i> No 2	D11f
Other (please specify)		D11other

ADDITIONAL QUESTIONS: Sugar and Sweet Beverages (SSB) Module		
In a typical week on how many days did you have a drink containing sugar including fizzy drinks, juice drinks (excluding pure unsweetened fruit juice), cordials/drink mixes, and home made drinks with added sugar (use showcard)	Number of days Don't Know 77 If Zero days, go to P1	X9
How many servings of those drinks containing sugar did you have on one of those days? (use showcard. One serve being one can of drink, one large glass)	Number of servings Don't know 77	X10

CORE: Physical Activity		
Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. [Insert other examples if needed]. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.		
Work	Response	Code
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] ? [INSERT EXAMPLES] (USE SHOWCARD)	Yes 1 No 2 If No, go to P 4	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes : hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] ? [INSERT EXAMPLES] (USE SHOWCARD)	Yes 1 No 2 If No, go to P 7	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes : hrs mins	P6 (a-b)
Travel to and from places		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. [Insert other examples if needed]		
Do you walk or use a bicycle (pedal cycle) to get to and from places?	Yes 1 No 2 If No, go to P 7	P7

In a typical week, on how many days do you walk or to get to and from places?	Number of days	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes : hrs mins	P9 (a-b)
CORE: Physical Activity, Continued		
Question	Response	Code
Recreational activities		
The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure), [Insert relevant terms].		
Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] ? [INSERT EXAMPLES] (USE SHOWCARD)	Yes 1 No 2 If No, go to P 13	P10
In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?	Number of days	P11
How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours : minutes : hrs mins	P12 (a-b)
Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, volleyball]? [INSERT EXAMPLES] (USE SHOWCARD)	Yes 1 No 2 If No, go to P 16	P13
In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?	Number of days	P14
How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?	Hours : minutes : hrs mins	P15

EXPANDED: Physical Activity		
Sedentary behaviour		
The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping. [INSERT EXAMPLES] (USE SHOWCARD)		
How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes : hrs mins	P16 (a-b)
Please indicate the main barriers you face that stops you from being more physically active?	I am not interested 1 I do not have time 2 Lack of sidewalks 3 Dogs 4 accidents 5 Other 6	X11

CORE: History of Raised Blood Pressure		
Question	Response	Code
Have you ever had your blood pressure measured by a doctor or other health worker?	Yes 1 No 2 <i>If No, go to H6</i>	H1
Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?	Yes 1 No 2 <i>If No, go to H6</i>	H2a
Were you first told in the past 12 months?	Yes 1 No 2	H2b
In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?	Yes 1 No 2	H3
Have you ever seen a traditional healer for raised blood pressure or hypertension?	Yes 1 No 2	H4
Are you currently taking any herbal or traditional remedy for your raised blood pressure?	Yes 1 No 2	H5

CORE: History of Diabetes		
Have you ever had your blood sugar measured by a doctor or other health worker?	Yes 1 No 2 <i>If No, go to H12</i>	H6
Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?	Yes 1 No 2 <i>If No, go to H12</i>	H7a
Were you first told in the past 12 months?	Yes 1 No 2	H7b
In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?	Yes 1 No 2	H8
Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?	Yes 1 No 2	H9
Have you ever seen a traditional healer for diabetes or raised blood sugar?	Yes 1 No 2	H10
Are you currently taking any herbal or traditional remedy for your diabetes?	Yes 1 No 2	H11

CORE: History of Raised Total Cholesterol		
Question	Response	Code
Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?	Yes 1 No 2 <i>If No, go to H17</i>	H12
Have you ever been told by a doctor or other health worker that you have raised cholesterol?	Yes 1 No 2 <i>If No, go to H17</i>	H13a
Were you first told in the past 12 months?	Yes 1 No 2	H13b
In the past two weeks, have you taken any oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?	Yes 1 No 2	H14

Have you ever seen a traditional healer for raised cholesterol?	Yes 1 No 2	H15
Are you currently taking any herbal or traditional remedy for your raised cholesterol?	Yes 1 No 2	H16

CORE: History of Cardiovascular Diseases

Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?	Yes 1 No 2	H17
Are you currently taking aspirin regularly to prevent or treat heart disease?	Yes 1 No 2	H18
Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?	Yes 1 No 2	H19

CORE: Lifestyle Advice

Question	Response	Code
During the past 12 months, have you visited a doctor or other health worker?	Yes 1 No 2 <i>If No and C1=1, go to M1 If No and C1=2, go to CX1</i>	H20
During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following? (RECORD FOR EACH)		
Quit using tobacco or don't start	Yes 1 No 2	H20a
Reduce salt in your diet	Yes 1 No 2	H20b
Eat at least five servings of fruit and/or vegetables each day	Yes 1 No 2	H20c
Reduce fat in your diet	Yes 1 No 2	H20d
Start or do more physical activity	Yes 1 No 2	H20e
Maintain a healthy body weight or lose weight	Yes 1 No 2	H20f
Reduce sugary beverages in your diet	Yes 1 <i>If C1=1 go to M1</i> No 2 <i>If C1=1 go to M1</i>	H20g

CORE (for women only): Cervical Cancer Screening

The next question asks about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in different ways, including Visual Inspection with Acetic Acid/vinegar (VIA), pap smear and Human Papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acetic acid (or vinegar) has been applied to it. For both pap smear and HPV test, a doctor or nurse uses a swab to wipe from inside your vagina, take a sample and send it to a laboratory. It is even possible that you were given the swab yourself and asked to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a pap smear is done, and for the HP virus if an HPV test is done.

Have you ever had a screening test for cervical cancer, using any of these methods described above?	Yes 1 No 2 If no, go to CX11 Don't know 77	CX1
The next questions CX2; CX3; CX7 are administered only to those that ever had a screening test for cervical cancer (CX1=1).If CX1=2, go to Mental Health (D1).		
Cancer Questions: Expanded Local Questions		
At what age were you first tested for cervical cancer?	Age Don't know 77 Refused 88	CX2
When was your last (most recent) test for cervical cancer	Less than 1 year ago 1 1-2 years ago 2 3-5 years ago 3 More than 5 years ago 4 Don't know 5 Refused 88	CX3
Did you have any follow-up visits because of your test results?	Yes 1 No 2 Don't know 3 Refused 4	CX7

Disability Module

The next questions ask about your health, any long-lasting conditions or illnesses that may restrict your day-to-day activities.

Question	Response	Code
Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more? Ask the participant about any health condition both mental and physical that is expected to last for 12 months or likely to have for the rest of their life. Eg Sensory deficit such as dyspraxia, cerebral palsy or developmental conditions such as Autism Spectrum disorder, attention deficit hyperactivity disorder;(ADHD) conditions associated with learning impairment such as Down's syndrome or dyslexia and common conditions illnesses such as asthma, diabetes, heart and other circulatory conditions, respiratory and digestive conditions, anxiety and depression lasted or expected to last 12 months or more, seasonal conditions such as hay fever which recur and have lasted or expected to recur in the future. Select the appropriate response.	Yes 1 No 2 If No, go to next module	DM1

Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities? Ask the participants their condition(s) stated in the previous question reduces their ability to carry out their day-to-day activity. Normal day-to-day activities can include: washing and dressing, household cleaning, cooking, shopping for essentials, using public or private transport, walking a defined distance, climbing stairs, remembering to pay bills, lifting objects from the ground or a work surface in the kitchen, moderate manual tasks such as gardening, gripping objects such as cutlery, hearing and speaking in a noisy room. Select the appropriate response	Yes a lot 1 Yes, a little 2 Not at all 3	DM3
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Oral Health		
Oral Health		
The next questions ask about your oral health status, problems with your teeth, gums or mouth, any treatment that you may have received for problems and oral hygiene behaviours.		
Question	Response	Code
How do you rate your oral health (conditions of teeth, gums and mouth) right now?	Excellent 1 Very Good 2 Good 3 Fair 4 Poor 5	O1
During the past twelve months, did you experience one or more of the following issues because of your teeth, gums or mouth? Please mark all that apply.	Pain 1 Difficulty eating food 2 Difficulty speaking 3 Avoided smiling 4 Difficulty doing other usual activities 5 None 6 <i>If None, go to O5</i> Other 7 <i>If Other, go to O2other</i> Don't Know 77	O2
	Other (please specify) ☐ ☐ ☐ ☐ ☐ ☐	O2other
During the past twelve months, have you used health care services because of a problem with your teeth, gums or mouth?	Yes 1 <i>If Yes, go to O5</i> No 2	O3
What were the reasons for not using a health care services? Please mark all that apply	No service available 1 Too expensive 2 Service too far away 3 Poor service quality 4 Fear (afraid of dental care) 5 No appointment available 6 Relief from self medication 7 Other 8 <i>If Other, go to O4other</i>	O4
	Other (please specify) ☐ ☐ ☐ ☐ ☐ ☐	O5

Please indicate which of the toothpastes shown do you use to clean your teeth? If 'Yes', ask to show the product they used to compare it to a showcard containing the most common toothpaste products available in local retail outlets. Code according to the showcard.	image 1 Image 2 Image 3 Image 4 Image 5 Other 6 Do not use toothpaste 7	O5
	Other (specify)	O5other

Additional Oral Health Questions : The next questions ask about your oral health status and related behaviours:

Question	Response	Code
How many times per day would you say you brush your teeth?.	Once a day 1 Twice a day 2 Three times a day 3 Don't brush my teeth 4	X12
What oral hygiene instruments do you use?	Toothbrush Hard 1 bristled Toothbrush Medium 2 bristled Toothbrush Soft 3 bristled Toothpick 4 Dental floss 5 Mouth-wash 6 (Listerine etc..) 7 None	X13
	Other (please specify)	X13other

Mental health (depression) Module

Mental health

The next questions ask about your t feelings of sadness, depression, and loss of interest and pleasure.

Question	Response	Code
In the last 12 months, have you, for a period of at least 2 weeks, felt sad or depressed for most of the day, nearly every day? <i>Ask the participant to think of a specific period of two weeks or more within the past 12 months.</i> <i>This could be the past two weeks (that is, they may be having this experience now).</i> <i>Nearly every day means more than half of the days.</i> <i>Most of the day means at least half of the day.</i>	Yes 1 No 2 Refused 88	MH1

In the last 12 months, have you, for a period of at least 2 weeks, been a lot less interested in, or experienced a lot less pleasure from, doing the things you normally enjoy? <i>Ask the participant to think of a specific period of two weeks or more within in the past 12 months. This could be the past two weeks (that is, they may be having this experience now). Losing interest in things like: (house) work, seeing friends, or other things a participant</i>	Yes 1 No 2 <i>If No and MH1=2, go to next module</i> Refused 88	MH2
Please tell me when in the last 12 months you experienced the worst period of [LOW MOOD and/or LOSS OF INTEREST OR PLEASURE] that lasted for at least 2 weeks? <i>Ask the participant to indicate a specific month (e.g., "in January") or other reference period (e.g., "around Christmas").</i> <i>If a participant is not sure, ask for their best estimate.</i>	Period (e.g., month): _____	MH3
The next questions I am going to ask you will all refer specifically to this time, that is [INSERT ANSWER TO MH3]. Try to remember as best you can what you were experiencing during that time, rather than what you might have experienced at other times.		
During this time in which your [LOW MOOD and/or LOSS OF INTEREST] were at its worst [SPECIFY PERIOD FROM MH3],, did you have more trouble concentrating and staying focused on things than usual OR did you struggle more than usual to make decisions most of the day, nearly every day for at least 2 weeks? <i>Ask the participant about trouble concentrating or staying focused on reading something or following the plot of a television programme.. Ask the participant about difficulties with day-to-day decisions that the participant usually has no trouble deciding about. A participant does not have to experience all of these problems to tick 'yes'.</i>	Yes 1 No 2 Refused 88	MH4
During that same 2-week period, in [SPECIFY PERIOD], did you feel less valuable as a person or even worthless most of the day, nearly every day? <i>This question refers to the time period of MH3.</i> <i>Ask the participant whether they felt that they were not as good as other people.</i>	Yes 1 <i>Go to MH7</i> No 2 Refused 88	MH5
During that same 2-week period, did you feel overly guilty about things you did or neglected to do most of the day, nearly every day? <i>This question refers to the time period of MH3.</i> <i>Ask the participant about whether they felt guilty or felt they disappointed other people.</i>	Yes 1 No 2 Refused 88	MH6
During that same 2-week period, did you feel more hopeless about the future, like things would never turn out well for you most of the day, nearly every day? <i>This question refers to the time period of MH3.</i>	Yes 1 No 2 Refused 88	MH7

The next question can be a sensitive question. During the same 2-week period in [SPECIFY PERIOD], on most days, did you think often about death or suicide, or did you try to end your life? <i>This question refers to the time period of MH3.</i> <i>Thinking often about suicide includes thinking about trying to take your own life as well as more general thought like it would be better for you or the people around you if you were dead.</i>	Yes 1 No 2 Refused 88	MH8
On most days during that same 2-week period, did you have more trouble sleeping than usual (for example falling or staying asleep), or did you sleep a lot more than you usually do? <i>This question refers to the time period of MH3.</i> <i>Trouble sleeping can be problems falling asleep, waking up in the middle of the night and having trouble going back to sleep, or waking up too early (e.g., at least two hours</i>	Yes 1 No 2 Refused 88	MH9
On most days during that same 2-week period, did you not want to eat even when food was available, OR did you eat more than before your [LOW MOOD, and/or LOSS OF INTEREST] started? <i>This question refers to the time period of MH3.</i> <i>Ask the participant about having a much larger or much smaller appetite.</i>	Yes 1 No 2 Refused 88	MH10
On most days during that same 2-week period, did you have less energy than before your [LOW MOOD, and/or LOSS OF INTEREST] started OR were you much more tired than usual even when doing some small task? <i>This question refers to the time period of MH3.</i>	Yes 1 No 2 Refused 88	MH11
On most days during that same 2-week period, did other notice you were moving or speaking more slowly than is normal for you, OR the opposite — did others notice you were fidgeting or pacing around a lot? <i>This question refers to the time period of MH3.</i> <i>Moving or speaking more slowly must have been noticeable to others.</i> <i>Fidgeting or pacing around means for example that a participant could not hold their hands still or they were constantly pacing around.</i>	Yes 1 No 2 Refused 88	MH12
If less than five of the following symptoms are coded Yes: [MH1], [MH2], [MH4], [MH5 OR MH6], [MH7], [MH8], [MH9], [MH10], [MH11], [MH12], go to next module		

During this time when you experienced [LIST ALL ENDORSED SYMPTOMS], did these difficulties affect your ability to function in daily life (for example your work or school, your social life, your relationships) OR did these difficulties bother you a lot? <i>This question refers to the time period of MH3.</i> <i>If a participant was still able to carry out their daily activities but with a lot of extra effort, tick 'yes'.</i>	Yes, some difficulty in daily life 1 Yes, considerable difficulty in multiple aspects of daily life 2 Yes, serious difficulty continuing to function in most aspects of daily life 3 No 4 Refused 5	MH13
Treatment coverage		
In the past 12 months, have you taken medications prescribed by a doctor or other health worker for the difficulties we've just talked about? <i>Medications refer to any medical treatment prescribed by a doctor or other health worker to treat depression. It does not include any supplements such as vitamin pills/injections.</i> <i>Read out answer options 1 to 3.</i>	Yes, for less than 3 months 1 Yes, for 3 months or more 2 No 3 Refused 88	MH14
In the past 12 months, have you received psychological therapy/counselling sessions for at least 30 minutes by a doctor or other health worker for the difficulties we've just talked about? <i>Ask the participants about any sessions lasting 30 minutes or longer with a health professional such as a medical doctor, psychologist, psychiatrist, nurse, or social worker.</i> <i>Read out answer options 1 to 3.</i>	Yes: 1 to 3 sessions 1 Yes, 4 sessions or more 2 No 3 Refused 88	MH15

Step 2 Physical Measurements

CORE: Blood Pressure		
Question	Response	Code
Interviewer ID	_____	M1
Device ID for blood pressure	_____	M2
Cuff size used	Small 1 Medium 2 Large 3	M3
Reading 1	Systolic (mmHg) _____	M4a
	Diastolic (mmHg) _____	M4b

Reading 2	Systolic (mmHg) <u> </u>	M5a
	Diastolic (mmHg) <u> </u>	M5b
Reading 3	Systolic (mmHg) <u> </u>	M6a
	Diastolic (mmHg) <u> </u>	M6b
During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	M7
CORE: Height and Weight		
For women: Are you pregnant?	Yes 1 <i>If Yes, go to M 16</i> No 2	M8
Interviewer ID	<u> </u>	M9
Device IDs for height and weight	Height <u> </u> Weight <u> </u>	M10
Height	in Centimetres (cm) <u> </u> . <u> </u>	M11
Weight If too large for scale 666.6	in Kilograms (kg) <u> </u> . <u> </u>	M12
CORE: Waist		
Device ID for waist	<u> </u>	M13
Waist circumference	in Centimetres (cm) <u> </u> . <u> </u>	M14

EXPANDED: Hip Circumference and Heart Rate		
Hip circumference	in Centimeters (cm) <u> </u> . <u> </u>	M15
Reading 1	Beats per minute <u> </u>	M16a
Reading 2	Beats per minute <u> </u>	M16b
Reading 3	Beats per minute <u> </u>	M16c

Step 3 Biochemical Measurements

CORE: Blood Glucose		
Question	Response	Code
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
Technician ID	<u> </u>	B2
Device ID	<u> </u>	B3

Time of day blood specimen taken (24 hour clock)	Hours : minutes : hrs mins	B4
Fasting blood glucose <i>[CHOOSE ACCORDINGLY: MMOL/L]</i>	mmol/l .	B5
Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker for raised blood glucose?	Yes 1 No 2	B6
CORE: Blood Lipids		
Device ID		B7
Total cholesterol <i>[CHOOSE ACCORDINGLY: MMOL/L]</i>	mmol/l .	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	B9
CORE: Urinary sodium and creatinine		
Had you been fasting prior to the urine collection? <i>It is essential that the participant did not fast prior to urine collection.</i>	Yes 1 No 2	B10
Technician ID <i>Record technician ID.</i>		B11
Device ID <i>Record device ID.</i>		B12
Time of day urine sample taken (24 hour clock) <i>Record time of day urine sample taken as reported by the participant.</i>	Hours : minutes : hrs mins	B13
Urinary sodium <i>Record value for urinary sodium.</i>	mmol/l .	B14
Urinary creatinine <i>Record value for urinary creatinine.</i>	mmol/l .	B15

Oral Health Clinical Examination

Intraoral Assessment		
Question	Response	Code
Tooth count. <i>Examiner counts teeth present based on the detail assessment instructions</i>	0 1 <i>If 0, go to O9</i> 1 - 9 2 10 – 19 3 ≥ 20 4 Refused 88 <i>If 88, end assessment</i>	O6

Presence of untreated dental caries <i>Examiner assesses presence of caries based on the Stop-After-First Encounter (SAFE) method detailed in the assessment instructions</i>	Yes 1 No 2 If No, go to O9	O7
Presence of severe dental caries <i>Examiner assesses severity of caries using the PUFA index as detailed in the assessment instructions with PUFA method</i>	Yes 1 No 2	O8
Presence of severe pain, swelling, damage or unusual lesion in or around the mouth	Yes 1 If Yes, go to O10 No 2 If O7=2 and O8=2, end assessment	O9
Need for urgent / immediate oral health care / referral	Yes 1 1 If O7=1 or O8=1 or O9=1 No 2	O10

2025

NATIONAL WHO STEPS

Noncommunicable Disease Risk Factor Survey

Databook For

NAURU

WHO NATIONAL STEPS

Noncommunicable Disease Risk Factor Survey

Data Book for Nauru
2025



- ALL analyses use the variables **AgeRange**, **Sex**, and **Valid**. 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.

1 INTRODUCTION

Purpose of the data book

This data book is a tool used to compile a complete set of data results relating to each question and measurement in the STEPS Instrument. The STEPS data book

- Provides detailed information for the data analyst on producing the results for the tables.
- Provides examples of which tables to use in the country report.
- Provides examples and suggestions on the layout of tables.

Format of the data book

Each page in the data book contains a different table with:

- Title and description of the table
- Data tables for men, women and both sexes
- Questions used to produce the table (actual question text)
- Analysis information (Epi Info program name to produce the table).

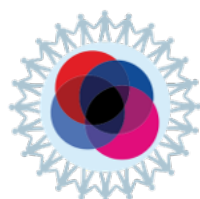
Global Action Plan 2013-2020 and Global Monitoring Framework

STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs¹, relating to 7 of the 9 global targets.

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



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 6. Prevalence of insufficiently physically active adolescents,
Physical inactivity	3. A 10% relative reduction in prevalence of insufficient physical activity	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) 8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	
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/m ² for overweight and body mass index ≥ 30 kg/m ² for obesity)

Additional indicators	15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years 16. <i>Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day</i> 17. <i>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</i>
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Framework Element	Target	Indicator
NATIONAL SYSTEMS RESPONSE		
Drugtherapy to prevent heart attacks and strokes	8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes	18. <i>Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk $\geq 30\%$, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes</i>
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. <i>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</i>

2 DEMOGRAPHICS

Age group by sex

Description: Summary information by age group and sex of the respondents.

Instrument question:

C1: Sex

C2: What is your date of birth?

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-44	356	50.1	355	49.9	711	100.0
45-69	95	40.4	140	59.6	235	100.0
Total	451	47.7	495	52.3	946	100.0

Education

Description: Mean number of years of education among respondents.

Instrument question:

C4: In total, how many years have you spent at school or in full-time study (excluding pre-school)?

Mean number of years of education						
Age Group (years)	Men		Women		Both Sexes	
	n	mean	n	mean	n	mean
18-44	344	9.9	349	10.7	693	10.3
45-69	94	10.5	139	10.4	233	10.4
Total	438	10.0	488	10.6	926	10.3

Highest level of education

Description: Highest level of education achieved by the survey respondents.

Instrument question:

C5: What is the highest level of education you have completed?

Highest level of education (Men)								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary/ High school completed	% TVET/ Foundation studies	% College/ University completed	% Post graduate degree
18-44	351	2.8	6.6	28.2	55.0	4.0	3.4	0.0
45-69	95	2.1	3.2	21.1	66.3	2.1	4.2	1.1
Total	446	2.7	5.8	26.7	57.4	3.6	3.6	0.2

Highest level of education (Women)								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary/ High school completed	% TVET/ Foundation studies	% College/ University completed	% Post graduate degree
18-44	354	0.0	4.0	26.8	62.7	2.0	4.2	0.3
45-69	139	0.0	4.3	21.6	66.2	0.7	5.8	1.4
Total	493	0.0	4.1	25.4	63.7	1.6	4.7	0.6

Highest level of education (Total)								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary/ High school completed	% TVET/ Foundation studies	% College/ University completed	% Post graduate degree
18-44	705	1.4	5.2	27.5	58.9	3.0	3.8	0.1
45-69	234	0.9	3.8	21.4	66.2	1.3	5.1	1.3
Total	939	1.3	4.9	26.0	60.7	2.6	4.2	0.4

Ethnicity

Description: Summary results for the ethnicity of the respondents

Instrument question:

C6: What is your [insert relevant ethnic group/racial group/cultural subgroup/others] background?

Ethnic group of respondents (Total)				
Age Categories (Years)	n	% Nauruan	% Other	% Chinese
18-44	711	97.0	2.8	0.1
45-69	235	95.3	4.7	0.0
Total	946	96.6	3.3	0.1

Marital status

Description: Marital status of survey respondents.

Instrument question:

C7: What is your marital status?

Marital Status (Men)							
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting/ Defactor
18-44	356	39.3	44.1	0.6	1.1	0.6	14.3
45-69	95	7.4	73.7	2.1	3.2	11.6	2.1
Total	451	32.6	50.3	0.9	1.6	2.9	11.8

Marital status (Women)							
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting/ Defactor
18-44	353	36.8	44.5	2.0	0.6	2.3	13.9
45-69	140	15.7	55.0	1.4	3.6	20.7	3.6
Total	493	30.8	47.5	1.8	1.4	7.5	11.0

Marital status (Total)							
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting/ Defactor
18-44	709	38.1	44.3	1.3	0.8	1.4	14.1
45-69	235	12.3	62.6	1.7	3.4	17.0	3.0
Total	944	31.7	48.8	1.4	1.5	5.3	11.3

Employment status

Description: Proportion of respondents in paid employment and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed.

Instrument question:

C8: Which of the following best describes your main work status over the past 12 months?

Employment status (Men)					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-44	356	49.4	30.6	1.7	0.6
45-69	95	51.6	14.7	7.4	1.1
Total	451	49.9	27.3	2.9	0.7

Employment status (Men)						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-44	356	1.4	0.3	0.0	13.5	2.5
45-69	95	0.0	0.0	3.2	13.7	8.4
Total	451	1.1	0.2	0.7	13.5	3.8

Employment status (Women)					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-44	355	44.8	15.2	3.9	1.1
45-69	140	42.9	21.4	5.0	2.9
Total	495	44.2	17.0	4.2	1.6

Employment status (Women)						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-44	355	0.0	2.0	0.0	25.9	7.0
45-69	140	0.0	1.4	5.7	10.0	10.7
Total	495	0.0	1.8	1.6	21.4	8.1

Employment status (Total)					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-44	711	47.1	22.9	2.8	0.8
45-69	235	46.4	18.7	6.0	2.1
Total	946	46.9	21.9	3.6	1.2

Employment status (Total)						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-44	711	0.7	1.1	0.0	19.7	4.8
45-69	235	0.0	0.9	4.7	11.5	9.8
Total	946	0.5	1.1	1.2	17.7	6.0

Unpaid work and unemployed

Description: Proportion of respondents in unpaid work or unemployed

Instrument question:

C8: Which of the following best describes your main work status over the past 12 months?

Among those in unpaid work or unemployed (Men)						
Age Categories (Years)	n	% Non-paid	% Student	% Homemaker	% Retired	% Unemployed able to work
18-44	56	3.6	8.9	1.8	0.0	85.7
45-69	17	5.9	0.0	0.0	17.6	76.5
Total	73	4.1	6.8	1.4	4.1	83.6

Among those in unpaid work or unemployed (Women)

Age Categories (Years)	n	% Non-paid	% Student	% Homemaker	% Retired	% Unemployed able to work
18-44	103	3.9	0.0	6.8	0.0	89.3
45-69	28	14.3	0.0	7.1	28.6	50.0
Total	131	6.1	0.0	6.9	6.1	80.9

Among those in unpaid work or unemployed (Total)

Age Categories (Years)	n	% Non-paid	% Student	% Homemaker	% Retired	% Unemployed able to work
18-44	159	3.8	3.1	5.0	0.0	88.1
45-69	45	11.1	0.0	4.4	24.4	60.0
Total	204	5.4	2.5	4.9	5.4	81.9

Per capita annual income

Description: Per capita annual income

Instrument question:

C9: How many people older than 18 years, including yourself, live in your household?

C10peryear: Taking the past year, can you tell me what the average earning of the household has been?

Mean annual per capita income (Both Sexes)

Age Group (years)	n	mean
Total	447	10448.0

Estimated household earnings

Description: Summary of participant household earnings by quintile

Instrument question:

C11: If you don't know the amount, can you give an estimate of the annual household income if I read some options to you?

Estimated household earnings (Total)

Age Categories (Years)	n	% < \$15,000	% \$15,000 ≤ \$29,999	% \$30,000 ≤ \$44,999	% \$45,000 ≤ \$59,999
18-44	22	36.4	31.8	22.7	9.1
45-69	7	-	-	-	-
Total	29	34.5	34.5	24.1	6.9

3 TOBACCO USE

Current smoking

Description: Current smokers among the total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

Percentage of current smokers

	Men			Women			Total		
Age Categories (Years)	n	% Current smokers	95% CI	n	% Current smokers	95% CI	n	% Current smokers	95% CI
18-44	356	41.1	35.6 - 47.0	355	31.1	26.2 - 36.5	711	36.4	32.6 - 40.4
45-69	95	29.4	18.8 - 42.8	140	33.8	23.2 - 46.4	235	31.6	23.8 - 40.5
Total	451	37.8	32.6 - 43.4	495	31.9	27.2 - 37.1	946	35.0	31.4 - 38.8

Smoking Status

Description: Smoking status among the total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past, did you ever smoke any tobacco products?

Smoking status (Men)

	Current smokers					Non-smokers			
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	356	36.6	31.2 - 42.4	4.5	2.7 - 7.5	11.1	8.0 - 15.3	47.7	42.0 - 53.6
45-69	95	26.0	15.9 - 39.5	3.4	1.3 - 8.3	15.6	7.5 - 29.6	55.0	41.3 - 68.1
Total	451	33.6	28.6 - 39.1	4.2	2.7 - 6.5	12.4	8.9 - 17.0	49.8	44.1 - 55.5

Smoking status (Women)

	Current smokers					Non-smokers			
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	355	27.1	22.4 - 32.3	4.1	2.4 - 6.8	15.1	11.4 - 19.6	53.8	48.2 - 59.3
45-69	140	31.7	21.5 - 44.1	2.1	0.7 - 6.0	17.0	10.4 - 26.7	49.1	34.8 - 63.6
Total	495	28.4	23.9 - 33.5	3.5	2.2 - 5.5	15.6	12.3 - 19.7	52.4	46.6 - 58.2

Smoking status (Total)									
Current smokers					Non-smokers				
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	711	32.1	28.4 - 36.0	4.3	3.0 - 6.2	13.0	10.5 - 15.9	50.6	46.6 - 54.7
45-69	235	28.8	21.4 - 37.6	2.7	1.4 - 5.5	16.3	10.6 - 24.2	52.1	42.3 - 61.9
Total	946	31.2	27.7 - 34.9	3.9	2.8 - 5.3	13.9	11.4 - 16.9	51.1	47.0 - 55.1

Daily smoking

Description: Percentage of daily smokers among current smokers

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

Daily smokers among current smokers									
Men				Women			Total		
Age Categories (Years)	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	Daily smokers	95% CI
18-44	149	89.0	82.3 - 93.4	113	86.9	79.1 - 92.1	262	88.2	83.3 - 91.8
45-69	30	88.6	72.9 - 95.7	53	93.8	83.4 - 97.8	83	91.3	83.1 - 95.7
Total	179	88.9	83.1 - 92.9	166	89.1	83.1 - 93.1	345	89.0	85.0 - 92.0

Initiation and duration of smoking

Description: Mean age of initiation and mean duration of smoking, in years, among daily smokers (no total age group for mean duration of smoking as age influences these values).

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T3: How old were you when you first started smoking?

T4: Do you remember how long ago it was?

Mean age started smoking									
Men				Women			Total		
Age Categories (Years)	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-44	128	17.0	16.2 - 17.8	98	17.1	16.1 - 18.1	226	17.1	16.4 - 17.7
45-69	25	17.5	16.1 - 18.8	49	18.5	14.8 - 22.2	74	18.0	15.9 - 20.1
Total	153	17.1	16.4 - 17.8	147	17.5	16.2 - 18.9	300	17.3	16.6 - 18.0

Mean duration of smoking									
Men				Women			Total		
Age Categories (Years)	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-44	128	14.5	13.1 - 15.8	98	15.2	13.5 - 16.9	226	14.8	13.7 - 15.8
45-69	25	33.7	31.2 - 36.2	49	37.8	33.4 - 42.2	74	35.9	33.2 - 38.7
Total	153	18.7	16.6 - 20.8	147	22.7	19.9 - 25.5	300	20.5	18.7 - 22.2

Manufactured cigarette smokers

Description: Percentage of smokers who use manufactured cigarettes among daily smokers and among current smokers

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5: On average, how many of the following products do you smoke each day?

Manufactured cigarette smokers among daily smokers									
Men				Women			Total		
Age Categories (Years)	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-44	125	99.6	96.9 - 99.9	95	97.1	91.3 - 99.1	220	98.6	96.2 - 99.5
45-69	25	95.0	71.0 - 99.3	48	97.8	85.9 - 99.7	73	96.5	86.0 - 99.2
Total	150	98.5	93.1 - 99.7	143	97.4	93.1 - 99.0	293	98.0	95.3 - 99.2

Manufactured cigarette smokers among current smokers									
Men				Women			Total		
Age Categories (Years)	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-44	140	99.6	97.2 - 99.9	110	93.4	86.5 - 97.0	250	97.1	94.0 - 98.6
45-69	30	95.5	73.8 - 99.4	52	96.8	87.3 - 99.3	82	96.2	87.2 - 98.9
Total	170	98.7	93.8 - 99.7	162	94.5	89.4 - 97.2	332	96.8	94.1 - 98.3

Cigarette smokers

Description: Cigarette smokers (manufactured or hand rolled)

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T5: On average, how many of the following products do you smoke each day?

T5: On average, how many of the following products do you smoke each week?

Current cigarette smokers among the total population									
	Men			Women			Total		
Age Categories (Years)	n	% Cigarette smokers	95% CI	n	% Cigarette smokers	95% CI	n	% Cigarette smokers	95% CI
18-44	356	38.9	33.4 - 44.6	355	29.4	24.7 - 34.7	711	34.4	30.7 - 38.3
45-69	95	28.1	17.7 - 41.4	140	32.5	22.2 - 45.0	235	30.3	22.7 - 39.1
Total	451	35.8	30.7 - 41.3	495	30.4	25.7 - 35.5	946	33.2	29.7 - 37.0

Current daily cigarette smokers among smokers									
	Men			Women			Total		
Age Categories (Years)	n	% Cigarette smokers	95% CI	n	% Cigarette smokers	95% CI	n	% Cigarette smokers	95% CI
18-44	149	85.0	77.0 - 90.5	113	82.3	73.6 - 88.5	262	83.9	78.3 - 88.2
45-69	30	84.1	65.7 - 93.6	53	91.1	79.0 - 96.5	83	87.8	77.9 - 93.6
Total	179	84.8	77.8 - 89.8	166	85.0	78.3 - 89.9	345	84.9	80.2 - 88.6

Amount of tobacco used among daily smokers by type

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

Mean amount of tobacco used by daily smokers by type (Men)									
Age Categories (Years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	125	12.5	10.4 - 14.5	122	1.2	0.5 - 1.8	126	0.0	0.0 - 0.0
45-69	25	9.4	4.3 - 14.4	24	4.1	0.6 - 7.7	24	0.0	0.0 - 0.0
Total	150	11.8	9.7 - 13.8	146	1.8	0.8 - 2.9	150	0.0	0.0 - 0.0

Mean amount of tobacco used by daily smokers by type (Men)									
Age Categories (Years)	n	Mean # of cigars, cheroots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-44	123	0.0	0.0 - 0.0	124	0.1	0.0 - 0.3	119	0.0	0.0 - 0.0
45-69	24	0.0	0.0 - 0.0	24	0.2	0.0 - 0.5	24	0.0	0.0 - 0.0
Total	147	0.0	0.0 - 0.0	148	0.1	0.0 - 0.3	143	0.0	0.0 - 0.0

Mean amount of tobacco used by daily smokers by type (Women)

Age Categories (Years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	95	11.1	8.9 - 13.2	93	1.4	0.5 - 2.3	97	0.0	0.0 - 0.1
45-69	48	13.6	10.0 - 17.2	46	1.3	0.0 - 2.5	45	0.1	0.0 - 0.1
Total	143	11.9	10.0 - 13.8	139	1.4	0.6 - 2.1	142	0.0	0.0 - 0.1

Mean amount of tobacco used by daily smokers by type (Women)

Age Categories (Years)	n	Mean# of cigars, cheroots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-44	95	0.0	0.0 - 0.0	97	0.0	0.0 - 0.1	96	0.0	0.0 - 0.0
45-69	45	0.4	0.0 - 1.2	47	0.0	0.0 - 0.0	44	0.0	0.0 - 0.0
Total	140	0.1	0.0 - 0.4	144	0.0	0.0 - 0.1	140	0.0	0.0 - 0.0

Mean amount of tobacco used by daily smokers by type (Total)

Age Categories (Years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	220	11.9	10.4 - 13.4	215	1.3	0.7 - 1.8	223	0.0	0.0 - 0.0
45-69	73	11.7	8.4 - 15.0	70	2.6	0.6 - 4.5	69	0.0	0.0 - 0.1
Total	293	11.8	10.4 - 13.3	285	1.6	0.9 - 2.3	292	0.0	0.0 - 0.0

Mean amount of tobacco used by daily smokers by type (Total)

Age Categories (Years)	n	Mean # of cigars, cheroots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-44	218	0.0	0.0 - 0.0	221	0.1	0.0 - 0.2	215	0.0	0.0 - 0.0
45-69	69	0.2	0.0 - 0.6	71	0.1	0.0 - 0.2	68	0.0	0.0 - 0.0
Total	287	0.1	0.0 - 0.2	292	0.1	0.0 - 0.2	283	0.0	0.0 - 0.0

Smoked tobacco consumption

Description: Percentage of current smokers who smoke each of the following products

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5: On average, how many of the following products do you smoke each day?

Percentage of current smokers smoking each of the following products (Men)

Age Categories (Years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-44	140	99.6	97.2 - 99.9	136	18.2	12.3 - 26.1	141	0.4	0.1 - 2.7
45-69	30	95.5	73.8 - 99.4	29	33.5	13.0 - 62.9	29	0.0	0.0 - 0.0
Total	170	98.7	93.8 - 99.7	165	21.7	14.2 - 31.7	170	0.3	0.0 - 2.1

Percentage of current smokers smoking each of the following products (Men)

Age Categories (Years)	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-44	138	0.4	0.1 - 2.7	140	2.1	0.8 - 5.6	133	0.0	0.0 - 0.0
45-69	29	0.0	0.0 - 0.0	29	2.0	0.3 - 13.5	29	0.0	0.0 - 0.0
Total	167	0.3	0.0 - 2.1	169	2.1	0.8 - 5.0	162	0.0	0.0 - 0.0

Percentage of current smokers smoking each of the following products (Women)

Age Categories (Years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-44	110	93.4	86.5 - 97.0	107	20.0	13.3 - 29.1	112	2.4	0.7 - 7.5
45-69	52	96.8	87.3 - 99.3	50	9.1	3.3 - 22.5	49	6.5	1.8 - 20.7
Total	162	94.5	89.4 - 97.2	157	16.6	11.3 - 23.7	161	3.7	1.5 - 8.5

Percentage of current smokers smoking each of the following products (Women)

Age Categories (Years)	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-44	110	0.7	0.1 - 5.0	112	1.8	0.4 - 7.3	111	0.0	0.0 - 0.0
45-69	49	1.8	0.3 - 12.2	51	0.0	0.0 - 0.0	48	0.0	0.0 - 0.0
Total	159	1.1	0.3 - 4.2	163	1.3	0.3 - 5.1	159	0.0	0.0 - 0.0

Percentage of current smokers smoking each of the following products (Total)

Age Categories (Years)	n	% Manuf. cigs.	95% CI	n	% Hand-rolled cigs.	95% CI	n	% Pipes of tobacco	95% CI
18-44	250	97.1	94.0 - 98.6	243	19.0	14.3 - 24.7	253	1.2	0.4 - 3.4
45-69	82	96.2	87.2 - 98.9	79	20.7	9.3 - 39.9	78	3.4	0.9 - 11.5
Total	332	96.8	94.1 - 98.3	322	19.4	14.4 - 25.7	331	1.8	0.8 - 4.0

Percentage of current smokers smoking each of the following products (Total)									
Age Categories (Years)	n	% Cigars, cheroots, cigarillos	95% CI	n	% Shisha	95% CI	n	% Other	95% CI
18-44	248	0.5	0.1 - 2.1	252	2.0	0.9 - 4.4	244	0.0	0.0 - 0.0
45-69	78	1.0	0.1 - 6.6	80	1.0	0.1 - 6.6	77	0.0	0.0 - 0.0
Total	326	0.6	0.2 - 2.0	332	1.7	0.8 - 3.6	321	0.0	0.0 - 0.0

Frequency of daily cigarette smoking

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

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5 a - b: On average, how many of the following products do you smoke each day?

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Men)							
Age Categories (Years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs	95% CI	% 10-14 Cigs	95% CI
18-44	117	24.0	16.0 - 34.3	16.4	9.8 - 26.1	11.6	6.6 - 19.5
45-69	23	20.5	7.1 - 46.2	9.4	1.8 - 36.9	29.0	7.9 - 66.2
Total	140	23.2	15.8 - 32.7	14.8	9.0 - 23.5	15.5	8.1 - 27.6

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Men)					
Age Categories (Years)	n	% 15-24 Cigs	95% CI	% ≥ 25 Cigs	95% CI
18-44	117	38.0	28.8 - 48.1	10.0	5.8 - 16.8
45-69	23	28.4	12.5 - 52.4	12.7	3.6 - 36.1
Total	140	35.9	27.3 - 45.4	10.6	6.3 - 17.3

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Women)							
Age Categories (Years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs	95% CI	% 10-14 Cigs	95% CI
18-44	88	29.2	20.0 - 40.3	16.0	9.5 - 25.6	10.9	5.5 - 20.4
45-69	45	19.5	8.5 - 39.0	8.0	2.2 - 25.0	12.4	5.0 - 27.8
Total	133	25.9	18.3 - 35.3	13.3	8.1 - 20.9	11.4	6.7 - 18.9

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Women)					
Age Categories (Years)	n	% 15-24 Cigs	95% CI	% ≥ 25 Cigs	95% CI
18-44	88	33.5	23.7 - 44.9	10.5	5.2 - 19.8
45-69	45	47.5	30.5 - 65.1	12.5	4.0 - 32.9
Total	133	38.3	29.4 - 48.0	11.1	6.1 - 19.5

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Total)							
AgeCategories (Years)	n	% <5 Cigs.	95% CI	% 5-9 Cigs	95% CI	% 10-14 Cigs	95% CI
18-44	205	26.1	19.8 - 33.5	16.2	11.2 - 22.9	11.3	7.4 - 17.0
45-69	68	20.0	10.4 - 34.8	8.6	3.1 - 21.9	20.0	7.9 - 42.2
Total	273	24.4	18.9 - 30.9	14.1	9.9 - 19.7	13.7	8.7 - 20.9

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day (Total)					
AgeCategories (Years)	n	% 15-24 Cigs	95% CI	% ≥ 25 Cigs	95% CI
18-44	205	36.2	29.3 - 43.7	10.2	6.6 - 15.3
45-69	68	38.9	25.6 - 54.1	12.6	5.5 - 26.4
Total	273	36.9	30.6 - 43.7	10.9	7.3 - 15.8

Former daily smokers and former smokers

Description: Percentage of former daily smokers among the total population and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past did you ever smoke any tobacco products?

T9: In the past, did you ever smoke daily?

T10: How old were you when you stopped smoking?

Former daily smokers (who don't smoke currently) among all population									
Men				Women			Total		
Age Categories (Years)	n	%Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-44	356	12.4	9.0 - 16.8	355	12.2	8.9 - 16.3	711	12.3	9.8 - 15.2
45-69	95	14.8	6.9 - 29.1	140	15.3	9.1 - 24.6	235	15.1	9.5 - 23.0
Total	451	13.1	9.5 - 17.8	495	13.1	10.0 - 16.9	946	13.1	10.6 - 16.0

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

Men				Women			Total		
Age Categories (Years)	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-44	173	25.3	18.7 - 33.2	142	31.0	23.4 - 39.8	315	27.7	22.5 - 33.5
45-69	38	36.3	17.8 - 59.9	74	32.5	20.9 - 46.8	112	34.3	22.9 - 47.8
Total	211	28.0	20.8 - 36.5	216	31.5	24.9 - 39.0	427	29.6	24.5 - 35.2

Mean years since cessation

Men				Women			Total		
Age Categories (Years)	n	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
18-44	38	5.0	2.8 - 7.2	53	6.1	4.2 - 8.1	91	5.6	4.2 - 7.1
45-69	14	12.9	5.2 - 20.6	26	17.6	7.1 - 28.0	40	15.2	8.5 - 22.0
Total	52	7.8	4.4 - 11.2	79	9.7	5.5 - 13.9	131	8.8	6.0 - 11.6

Cessation **Description:** Percentage of current smokers who have tried to stop smoking during the past 12 months

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T6: During the past 12 months, have you tried to stop smoking?

X1: Did you stop smoking for health reasons?

Current smokers who have tried to stop smoking

Men				Women			Total		
Age Categories (Years)	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI
18-44	149	59.9	50.8 - 68.4	113	65.2	55.2 - 74.1	262	62.1	55.3 - 68.3
45-69	30	81.7	63.8 - 91.9	53	46.9	31.4 - 63.0	83	63.3	49.5 - 75.3
Total	179	64.7	56.3 - 72.2	166	59.5	50.7 - 67.7	345	62.4	56.3 - 68.1

Smoking cessation among those advised to quit smoking tobacco

Men				Women			Total		
Age Categories (Years)	n	% Stopped smoking due to health reason	95% CI	n	% Stopped smoking due to health reason	95% CI	n	% Stopped smoking due to health reason	95% CI
18-44	88	45.3	34.0 - 57.0	74	57.3	45.1 - 68.8	162	50.4	41.9 - 58.9
45-69	22	65.7	39.1 - 85.1	30	47.7	27.9 - 68.2	52	58.7	40.1 - 75.1
Total	110	50.9	39.5 - 62.3	104	54.9	44.2 - 65.2	214	52.6	44.5 - 60.5

Advice to stop smoking

Description: Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among those smokers who have had a visit to a doctor or other health worker in the past 12 months

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T7: During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?

X2. Who advised you to quit smoking tobacco in the past 12 months?

Current smokers who have been advised by doctor to stop smoking									
Men				Women			Total		
Age Categories (Years)	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI
18-44	121	20.8	13.6 - 30.4	88	29.5	20.5 - 40.4	209	24.1	18.3 - 31.1
45-69	28	11.5	4.0 - 29.1	43	41.2	26.1 - 58.3	71	25.2	15.7 - 38.0
Total	149	18.5	12.4 - 26.7	131	33.1	25.1 - 42.2	280	24.4	19.3 - 30.4

Advised to quit smoking by: (Men)							
Age Categories (Years)	n	% Health care worker	95% CI	% Friends or family	95% CI	% Others	95% CI
18-44	24	79.4	57.7 - 91.6	18.4	6.9 - 40.4	2.2	0.3 - 14.9
45-69	5	-	-	-	-	-	-
Total	29	79.4	59.8 - 90.9	18.7	7.8 - 38.5	1.9	0.2 - 12.8

Advised to quit smoking by: (Women)							
Age Categories (Years)	n	% Health care worker	95% CI	% Friends or family	95% CI	% Others	95% CI
18-44	26	77.8	58.4 - 89.8	16.2	6.4 - 35.4	6.0	1.4 - 21.7
45-69	20	55.1	30.7 - 77.2	25.1	10.4 - 49.0	19.9	5.1 - 53.2
Total	46	69.1	53.1 - 81.5	19.6	10.5 - 33.7	11.3	4.0 - 28.1

Advised to quit smoking by: (Total)							
Age Categories (Years)	n	% Health care worker	95% CI	% Friends or family	95% CI	% Others	95% CI
18-44	50	78.7	64.8 - 88.1	17.3	8.9 - 31.1	4.0	1.2 - 12.0
45-69	25	61.0	38.0 - 79.9	24.0	10.7 - 45.4	15.0	3.8 - 44.3
Total	75	73.8	61.7 - 83.1	19.2	11.5 - 30.3	7.0	2.7 - 17.2

Current users of smokeless tobacco

Description: Percentage of current users of smokeless tobacco among the total population

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

Current users of smokeless tobacco									
Men				Women			Total		
Age Categories (Years)	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
18-44	356	0.5	0.1 - 2.1	355	1.2	0.4 - 3.5	711	0.9	0.4 - 2.0
45-69	95	2.8	0.7 - 11.2	140	0.4	0.1 - 2.9	235	1.6	0.4 - 5.7
Total	451	1.2	0.4 - 3.4	495	1.0	0.4 - 2.6	946	1.1	0.5 - 2.2

Status of smokeless tobacco use

Description: Status of using smokeless tobacco among the total population

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

Smokeless tobacco use (Men)									
Current users						Non users			
Age Categories (Years)	n	% Daily	95% CI	% Non-daily	95% CI	% Past User	95% CI	% Never used	95% CI
18-44	356	0.0	0.0 - 0.0	0.5	0.1 - 2.1	0.2	0.0 - 1.1	99.3	97.8 - 99.8
45-69	95	1.8	0.3 - 11.8	1.0	0.1 - 6.9	1.8	0.4 - 7.2	95.4	87.6 - 98.4
Total	451	0.5	0.1 - 3.5	0.7	0.2 - 2.1	0.6	0.2 - 2.1	98.2	96.0 - 99.2

Smokeless tobacco use (Women)									
Current users						Non users			
Age Categories (Years)	n	% Daily	95% CI	% Non-daily	95% CI	% Past User	95% CI	% Never used	95% CI
18-44	355	0.5	0.1 - 3.4	0.8	0.2 - 2.4	1.0	0.3 - 2.7	97.8	95.4 - 98.9
45-69	140	0.0	0.0 - 0.0	0.4	0.1 - 2.9	0.0	0.0 - 0.0	99.6	97.1 - 99.9
Total	495	0.3	0.0 - 2.4	0.6	0.2 - 1.8	0.7	0.2 - 1.9	98.3	96.6 - 99.2

Smokeless tobacco use (Total)									
Current users						Non users			
Age Categories (Years)	n	% Daily	95% CI	% Non-daily	95% CI	% Past User	95% CI	% Never used	95% CI
18-44	711	0.2	0.0 - 1.7	0.6	0.3 - 1.6	0.5	0.2 - 1.3	98.6	97.4 - 99.3
45-69	235	0.9	0.1 - 6.2	0.7	0.2 - 3.2	0.9	0.2 - 3.7	97.5	93.4 - 99.0
Total	946	0.4	0.1 - 1.8	0.7	0.3 - 1.4	0.6	0.3 - 1.4	98.3	97.0 - 99.0

Former daily users of smokeless tobacco

Description: Percentage of former daily users of smokeless tobacco among the total population and among ever daily users

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

T16: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel] daily?

Former daily smokeless tobacco users among the total population									
Men				Women			Total		
Age Categories (Years)	n	% Former daily users	95% CI	n	% Former daily users	95% CI	n	% Former daily users	95% CI
18-44	356	0.0	0.0 - 0.0	355	1.0	0.3 - 2.6	711	0.5	0.2 - 1.3
45-69	95	0.0	0.0 - 0.0	140	0.4	0.1 - 2.9	235	0.2	0.0 - 1.4
Total	451	0.0	0.0 - 0.0	495	0.8	0.3 - 2.0	946	0.4	0.2 - 1.0

Former daily smokeless tobacco users among ever daily users									
Men				Women			Total		
Age Categories (Years)	n	% Former daily users	95% CI	n	% Former daily users	95% CI	n	% Former daily users	95% CI
18-44	0	-	-	5	-	-	5	-	-
45-69	1	-	-	1	-	-	2	-	-
Total	1	-	-	6	-	-	7	-	-

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 question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? T13: Do you currently use smokeless tobacco products daily? T14: On average, how many times a day do you use...?

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type (Men)

Age Categories (Years)	n	Snuff by mouth	95% CI	n	95% CI	Snuff by nose	95% CI
18-44	1	-	-	1	-	-	-
45-69	2	-	-	2	-	-	-
Total	3	-	-	3	-	-	-

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

Age Categories (Years)	n	chewing tobacco	95% CI	n	betel quid with tobaccos	95% CI	n	other smokeless tobacco	95% CI
18-44	2	-	-	2	-	-	1	-	-
45-69	2	-	-	2	-	-	2	-	-
Total	4	-	-	4	-	-	3	-	-

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type (Women)

Age Categories (Years)	n	Snuff by mouth	95% CI	Snuff by nose	95% CI	Chewing tobacco	95% CI
18-44	3	-	-	-	-	-	-
45-69	1	-	-	-	-	-	-
Total	4	-	-	-	-	-	-

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

Age Categories (Years)	n	betel quid with tobaccos	95%CI	other smokeless tobacco	95% CI
18-44	3	-	-	-	-
45-69	1	-	-	-	-
Total	4	-	-	-	-

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type (Total)

Age Categories (Years)	n	Snuff by mouth	95% CI	n	snuff by nose	95% CI
18-44	4	-	-	4	-	-
45-69	3	-	-	3	-	-
Total	7	-	-	7	-	-

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

Age Categories (Years)	n	chewing tobacco	95% CI	n	betel quid with tobaccos	95% CI	n	other smokeless tobacco	95% CI
18-44	5	-	-	5	-	-	4	-	-
45-69	3	-	-	3	-	-	3	-	-
Total	8	-	-	8	-	-	7	-	-

Smokeless tobacco consumption

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

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T14: On average, how many times a day do you use...?

Percentage of current users of smokeless tobacco using each of the following products (Men)

Age Categories (Years)	n	% Snuff by mouth	95% CI	n	% Snuff by nose	95% CI
18-44	1	-	-	1	-	-
45-69	2	-	-	2	-	-
Total	3	-	-	3	-	-

Percentage of current users of smokeless tobacco using each of the following products (Men)

Age Categories (Years)	n	% Chewing tobacco	95% CI	n	%betel quid with tobacco	95% CI	n	%other smokeless tobacco	95% CI
18-44	2	-	-	2	-	-	1	-	-
45-69	2	-	-	2	-	-	2	-	-
Total	4	-	-	4	-	-	3	-	-

Percentage of current users of smokeless tobacco using each of the following products (Women)

Age Categories (Years)	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95%CI
18-44	3	-	-	-	-	-	-
45-69	1	-	-	-	-	-	-
Total	4	-	-	-	-	-	-

Percentage of current users of smokeless tobacco using each of the following products (Women)

Age Categories (Years)	n	% betel quid with tobacco	95% CI	% other smokeless tobacco	95%CI
18-44	3	-	-	-	-
45-69	1	-	-	-	-
Total	4	-	-	-	-

Percentage of current users of smokeless tobacco using each of the following products (Total)

Age Categories (Years)	n	% Snuff by mouth	95% CI	n	% Snuff by nose	95% CI
18-44	4	-	-	4	-	-
45-69	3	-	-	3	-	-
Total	7	-	-	7	-	-

Percentage of current users of smokeless tobacco using each of the following products (Total)

Age Categories (Years)	n	% Chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-44	5	-	-	5	-	-	4	-	-
45-69	3	-	-	3	-	-	3	-	-
Total	8	-	-	8	-	-	7	-	-

Current tobacco users

Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among the total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

Current tobacco users

Current tobacco users									
Men				Women			Total		
Age Categories (Years)	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
18-44	356	41.5	35.9 - 47.3	355	31.5	26.5 - 36.8	711	36.7	32.9 - 40.7
45-69	95	31.2	20.3 - 44.7	140	33.8	23.2 - 46.4	235	32.5	24.6 - 41.5
Total	451	38.6	33.3 - 44.2	495	32.2	27.4 - 37.4	946	35.5	31.9 - 39.3

Daily tobacco users

Men				Women			Total		
Age Categories (Years)	n	% Daily users	95% CI	n	% Daily users	95% CI	n	% Daily users	95% CI
18-44	356	36.6	31.2 - 42.4	355	27.1	22.4 - 32.3	711	32.1	28.4 - 36.0
45-69	95	27.8	17.4 - 41.4	140	31.7	21.5 - 44.1	235	29.7	22.2 - 38.6
Total	451	34.2	29.0 - 39.7	495	28.4	23.9 - 33.5	946	31.4	27.9 - 35.2

Tobacco use Status

Description: Tobacco use status among the total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past, did you ever smoke any tobacco products?

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

Tobacco use status (Men)									
Current user						Non-user			
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former user	95% CI	% Never user	95% CI
18-44	356	36.6	31.2 - 42.4	5.0	3.1 - 8.1	11.1	8.0 - 15.3	47.4	41.7 - 53.2
45-69	95	27.8	17.4 - 41.4	3.4	1.3 - 8.3	14.5	6.8 - 28.5	54.3	40.5 - 67.4
Total	451	34.2	29.0 - 39.7	4.6	3.0 - 7.0	12.1	8.6 - 16.6	49.4	43.7 - 55.0

Tobacco use status (Women)									
Current user						Non-user			
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former user	95% CI	% Never user	95% CI
18-44	355	27.1	22.4 - 32.3	4.6	2.8 - 7.4	15.3	11.7 - 19.8	53.2	47.6 - 58.8
45-69	140	31.7	21.5 - 44.1	2.5	1.0 - 6.4	17.0	10.4 - 26.7	49.1	34.8 - 63.6
Total	495	28.4	23.9 - 33.5	4.0	2.6 - 6.2	15.8	12.4 - 19.9	52.0	46.2 - 57.8

Tobacco use status (Total)									
Current user						Non-user			
Age Categories (Years)	n	% Daily	95% CI	% Non-Daily	95% CI	% Former user	95% CI	% Never user	95% CI
18-44	711	32.1	28.4 - 36.0	4.8	3.4 - 6.8	13.1	10.6 - 16.0	50.2	46.1 - 54.2
45-69	235	29.7	22.2 - 38.6	2.9	1.5 - 5.7	15.8	10.2 - 23.6	51.7	41.8 - 61.5
Total	946	31.4	27.9 - 35.2	4.3	3.2 - 5.8	13.9	11.4 - 16.8	50.6	46.5 - 54.7

Exposure to second-hand smoke in home in past 30 days

Description: Percentage of the population exposed second-hand smoke in the home in the past 30 days

Instrument question:

T17: In the past 30 days, did someone smoke in your home?

Exposed to second-hand smoke in home during the past 30 days									
Men				Women			Total		
Age Categories (Years)	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-44	356	43.6	37.9 - 49.4	355	48.0	42.5 - 53.6	711	45.7	41.7 - 49.7
45-69	95	31.0	20.3 - 44.2	140	38.2	26.6 - 51.3	235	34.6	26.5 - 43.6
Total	451	40.0	34.7 - 45.6	495	45.1	39.5 - 50.8	946	42.5	38.6 - 46.4

Exposure to second-hand smoke in the workplace in past 30 days

Description: Percentage of the population exposed second-hand smoke in the workplace in the past 30 days

Instrument question:

T18: 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

Men				Women			Total		
Age Categories (Years)	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-44	317	36.7	31.0 - 42.7	291	29.3	24.0 - 35.3	608	33.4	29.4 - 37.6
45-69	83	40.2	26.6 - 55.4	116	21.5	14.0 - 31.3	199	31.9	23.4 - 41.7
Total	400	37.6	31.9 - 43.7	407	27.2	22.7 - 32.2	807	32.9	29.1 - 37.0

4 ELECTRONIC CIGARETTES

Electronic cigarettes use

Description: Percentage of population currently using electronic cigarettes

Instrument question:

X3. Do you currently use electronic cigarettes?

X4. How often do you use electronic cigarettes?

Current users of electronic cigarettes

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	23.3	18.8 - 28.5	355	22.9	18.5 - 28.0	711	23.1	19.9 - 26.7
45-69	95	4.1	1.4 - 10.9	140	4.3	2.1 - 8.6	235	4.2	2.2 - 7.7
Total	451	17.9	14.3 - 22.1	495	17.3	13.9 - 21.4	946	17.6	15.1 - 20.5

Frequency of electronic cigarette use among current users (Men)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days per week	95% CI	% 3-4 days per week	95% CI
18-44	85	56.5	44.4 - 67.9	9.1	4.0 - 19.5	3.6	1.3 - 9.6
45-69	5	-	-	-	-	-	-
Total	90	55.5	43.7 - 66.7	8.5	3.7 - 18.4	3.4	1.2 - 9.0

Frequency of electronic cigarette use among current users (Men)

Age Categories (Years)	n	% 1-2 days per week	95% CI	% 1-3 days per month	95% CI	% Less than once a month	95% CI
18-44	85	10.7	4.9 - 21.5	8.8	4.2 - 17.7	11.2	5.3 - 22.3
45-69	5	-	-	-	-	-	-
Total	90	10.7	5.2 - 20.8	8.3	3.9 - 16.7	13.6	7.0 - 24.9

Frequency of electronic cigarette use among current users (Women)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days per week	95% CI	% 3-4 days per week	95% CI
18-44	79	67.1	55.5 - 77.0	3.8	1.4 - 10.0	11.1	5.4 - 21.6
45-69	9	-	-	-	-	-	-
Total	88	66.6	55.6 - 76.2	3.6	1.3 - 9.3	10.3	5.0 - 20.2

Frequency of electronic cigarette use among current users (Women)							
Age Categories (Years)	n	% 1-2 days per week	95% CI	% 1-3 days per month	95% CI	% Less than once a month	95% CI
18-44	79	2.1	0.5 - 8.2	7.0	3.3 -14.6	8.7	4.1 - 17.5
45-69	9	-	-			-	-
Total	88	3.1	1.0 - 9.4	6.5	3.0 -13.5	9.8	5.1 - 18.2

Frequency of electronic cigarette use among current users (Total)							
Age Categories (Years)	n	% Daily	95% CI	% 5-6 days per week	95% CI	% 3-4 days per week	95% CI
18-44	164	61.5	53.0 - 69.4	6.6	3.4 - 12.5	7.1	3.9 - 12.7
45-69	14	50.4	22.8 - 77.7	0.0	0.0 - 0.0	0.0	0.0 - 0.0
Total	178	60.8	52.5 - 68.4	6.2	3.2 - 11.7	6.6	3.6 - 11.8

Frequency of electronic cigarette use among current users (Total)							
Age Categories (Years)	n	% 1-2 days per week	95% CI	% 1-3 days per month	95% CI	% Less than once a month	95% CI
18-44	164	6.7	3.3 - 12.8	8.0	4.7 - 13.4	10.1	5.9 - 16.7
45-69	14	13.3	3.1 - 42.6	0.0	0.0 - 0.0	36.3	12.9 - 68.7
Total	178	7.1	3.8 - 12.9	7.4	4.3 - 12.5	11.9	7.3 - 18.6

5 ALCOHOL CONSUMPTION

Alcohol consumption status

Description: Alcohol consumption status of the total population

Instrument question:

A1: Have you ever consumed any alcohol such as ...?

A2: Have you consumed any alcohol in the past 12 months?

A5: Have you consumed any alcohol in the past 30 days?

Alcohol consumption status (Men)

Age Categories (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
18-44	356	23.9	19.3 - 29.2	20.6	16.3 - 25.7	10.7	7.4 - 15.3	44.9	39.2 - 50.6
45-69	95	26.1	15.6 - 40.2	15.9	7.6 - 30.2	12.7	6.4 - 23.9	45.3	32.3 - 59.0
Total	451	24.5	19.8 - 29.8	19.3	15.1 - 24.3	11.3	8.1 - 15.5	45.0	39.4 - 50.7

Alcohol consumption status (Women)

Age Categories (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
18-44	355	14.7	11.3 - 18.9	15.5	11.9 - 20.0	14.0	10.5 - 18.4	55.8	50.2 - 61.2
45-69	140	8.5	4.6 - 15.2	10.2	5.9 - 17.2	14.1	8.8 - 21.8	67.2	55.4 - 77.2
Total	495	12.8	10.0 - 16.4	13.9	10.9 - 17.7	14.0	11.0 - 17.7	59.2	53.7 - 64.4

Alcohol consumption status (Total)

Age Categories (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
18-44	711	19.5	16.5 - 22.9	18.2	15.2 - 21.5	12.3	9.8 - 15.3	50.0	46.0 - 54.1
45-69	235	17.4	11.3 - 25.9	13.1	7.9 - 20.9	13.4	8.9 - 19.7	56.1	46.2 - 65.5
Total	946	18.9	16.0 - 22.2	16.7	14.0 - 19.8	12.6	10.3 - 15.3	51.8	47.7 - 55.8

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 who drank in their lifetime, but not in the last 12 months

Instrument question:

A2: Have you consumed any alcohol in the past 12 months?

A3: 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?

Stopped drinking due to health reasons

Men				Women			Total		
Age Categories (Years)	n	% stopped due to health reasons	95% CI	n	% stopped due to health reasons	95% CI	n	% stopped due to health reasons	95% CI
18-44	34	6.6	1.9 - 20.2	49	18.7	9.5 - 33.5	83	13.1	7.2 - 22.8
45-69	15	43.2	16.7 - 74.3	29	29.8	14.2 - 52.0	44	36.3	20.8 - 55.2
Total	49	18.2	9.6 - 32.0	78	22.0	13.4 - 34.0	127	20.2	13.7 - 28.9

Frequency of alcohol consumption

Description: Frequency of alcohol consumption in the past 12 months among those who drank in the last 12 months
Instrument question:
A4: During the past 12 months, how frequently have you had at least one alcoholic drink?

Frequency of alcohol consumption in the past 12 months (Men)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-44	155	2.9	1.2 - 6.9	2.3	0.8 - 6.2	3.4	1.5 - 7.7
45-69	36	0.0	0.0 - 0.0	1.8	0.2 - 12.2	3.8	0.8 - 15.1
Total	191	2.1	0.9 - 5.1	2.2	0.9 - 5.3	3.5	1.7 - 7.2

Frequency of alcohol consumption in the past 12 months (Men)

Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	155	28.2	20.9 - 36.8	13.8	8.8 - 21.1	35.3	27.4 - 44.1
45-69	36	52.8	31.4 - 73.1	14.9	6.0 - 32.1	13.0	5.9 - 26.0
Total	191	34.8	26.1 - 44.7	14.1	9.4 - 20.6	29.3	22.5 - 37.1

Frequency of alcohol consumption in the past 12 months (Women)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-44	112	2.8	1.0 - 7.4	1.0	0.1 - 6.7	5.1	2.2 - 11.3
45-69	32	0.0	0.0 - 0.0	2.6	0.4 - 16.7	2.2	0.3 - 14.2
Total	144	2.2	0.8 - 5.9	1.3	0.3 - 5.3	4.5	2.1 - 9.5

Frequency of alcohol consumption in the past 12 months (Women)

Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	112	13.9	8.3 - 22.3	24.5	16.7 - 34.5	41.9	32.4 - 51.9
45-69	32	15.9	5.9 - 36.4	24.7	12.0 - 44.0	43.2	26.3 - 61.8
Total	144	14.3	9.1 - 21.8	24.5	17.6 - 33.2	42.1	33.7 - 51.0

Frequency of alcohol consumption in the past 12 months (Total)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-44	267	2.9	1.5 - 5.5	1.8	0.7 - 4.4	4.1	2.3 - 7.2
45-69	68	0.0	0.0 - 0.0	2.1	0.5 - 8.3	3.3	0.9 - 10.8
Total	335	2.1	1.1 - 4.2	1.9	0.9 - 4.0	3.9	2.3 - 6.5

Frequency of alcohol consumption in the past 12 months (Total)

Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	267	22.8	17.6 - 28.9	17.9	13.3 - 23.6	37.8	31.6 - 44.4
45-69	68	41.7	25.2 - 60.3	17.8	9.6 - 30.6	22.1	13.5 - 34.0
Total	335	27.4	21.2 - 34.7	17.8	13.7 - 23.0	33.9	28.4 - 39.9

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:

A6: 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

Men				Women			Total		
Age Categories (Years)	n	Mean number of occasions	95% CI	n	Mean number of occasions	95% CI	n	Mean number of occasions	95% CI
18-44	70	4.6	2.9 - 6.3	43	4.3	2.8 - 5.7	113	4.5	3.2 - 5.7
45-69	24	4.4	1.5 - 7.3	12	3.6	0.0 - 7.5	36	4.2	1.8 - 6.6
Total	94	4.5	3.0 - 6.1	55	4.1	2.7 - 5.5	149	4.4	3.3 - 5.6

Standard drinks per drinking occasion

Description: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers

Instrument question:

A7: 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

Men				Women			Total		
Age Categories (Years)	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI
18-44	65	7.6	5.1 – 10.2	38	7.5	5.1 – 9.9	103	7.6	5.7 – 9.5
45-69	22	6.6	3.1 - 10.0	12	5.4	2.3 – 8.5	34	6.3	3.6 - 9.0
Total	87	7.3	5.2 – 9.4	50	7.0	5.0 - 9.0	137	7.2	5.6 – 8.8

Average drinking levels among the total population

Description: Percentage of the population with different drinking levels.

A standard drink contains approximately 10g of pure alcohol

Instrument question:

A7: 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 the total population (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)

Men				Women			Total		
Age Categories (Years)	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-44	338	8.8	6.1 - 12.6	337	7.3	4.9 - 10.8	675	8.1	6.2 - 10.5
45-69	93	11.3	6.2 – 19.8	138	4.1	1.8 - 9.1	231	7.7	4.7 - 12.5
Total	431	9.5	6.9 – 12.9	475	6.3	4.4 - 9.0	906	8.0	6.3 - 10.1

Drinking at intermediate level among the total population (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)

Men				Women			Total		
Age Categories (Years)	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-44	338	1.8	0.8 - 4.0	337	1.2	0.5 - 2.8	675	1.5	0.8 - 2.7
45-69	93	0.0	0.0 - 0.0	138	2.0	0.6 – 6.8	231	1.0	0.3 - 3.4
Total	431	1.3	0.6 - 2.9	475	1.4	0.7 - 3.0	906	1.4	0.8 - 2.3

Drinking at lower-end level among the total population (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)

Men				Women			Total		
Age Categories (Years)	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-44	338	8.8	5.9 – 12.8	337	2.0	0.9 - 4.2	675	5.5	3.9 – 7.8
45-69	93	13.9	5.6 – 30.3	138	1.6	0.3 – 7.3	231	7.8	3.4 - 17.2
Total	431	10.2	6.7 – 15.3	475	1.8	0.9 – 3.7	906	6.2	4.2 - 9.0

Average 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 question:

A7: 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 current drinkers (≥ 60 g of pure alcohol on average per occasion among men and ≥ 40 g of pure alcohol on average per occasion among women)

Men				Women			Total		
Age Categories (Years)	n	% ≥ 60 g	95% CI	n	% ≥ 40 g	95% CI	n	% high-end level	95% CI
18-44	65	45.4	32.9 – 58.6	38	70.1	53.1 – 82.9	103	53.5	43.0 – 63.7
45-69	22	44.9	20.9 – 71.5	12	52.9	24.0 – 79.9	34	46.7	25.8 – 68.9
Total	87	45.2	32.9 – 58.2	50	65.9	50.6 – 78.4	137	51.4	41.0 – 61.7

Drinking at intermediate level among current drinkers (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)

Men				Women			Total		
Age Categories (Years)	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-44	65	9.4	4.2 – 19.6	38	11.2	4.5 – 25.0	103	10.0	5.4 – 17.5
45-69	22	0.0	0.0 – 0.0	12	26.3	7.8 – 59.9	34	6.0	1.7 – 19.6
Total	87	6.1	2.7 – 13.3	50	14.9	7.2 – 28.2	137	8.7	5.0 – 14.7

Drinking at lower-end level among current drinkers (< 40 g of pure alcohol on average per occasion among men and < 20 g of pure alcohol on average per occasion among women)

Men				Women			Total		
Age Categories (Years)	n	% < 40 g	95% CI	n	% < 20 g	95% CI	n	% lower-end level	95% CI
18-44	65	45.2	32.6 – 58.5	38	18.7	8.7 – 35.6	103	36.5	26.9 – 47.3
45-69	22	55.1	28.5 – 79.1	12	20.8	4.6 – 59.0	34	47.2	25.1 – 70.5
Total	87	48.7	35.5 – 62.0	50	19.2	9.8 – 34.3	137	39.9	29.6 – 51.2

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:

A8: 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

Men				Women			Total		
Age Categories (Years)	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
18-44	65	9.3	6.3 - 12.3	40	6.9	4.5 - 9.2	105	8.5	6.3 - 10.6
45-69	22	6.3	2.9 - 9.7	14	4.6	2.0 - 7.1	36	5.9	3.3 - 8.5
Total	87	8.3	5.9 - 10.7	54	6.3	4.4 - 8.2	141	7.6	5.9 - 9.4

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

Description: Percentage of the population who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Instrument question:

A9: 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 the total population

Men				Women			Total		
Age Categories (Years)	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-44	337	9.1	6.5 - 12.7	339	5.1	3.2 - 8.0	676	7.2	5.2 - 9.4
45-69	94	10.4	5.6 - 18.4	140	2.4	0.9 - 6.1	234	6.4	3.8 - 10.7
Total	431	9.5	7.0 - 12.7	479	4.2	2.8 - 6.5	910	7.0	5.4 - 8.9

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:

A9: 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 six or more drinks consumed during a single occasion in the past 30 days among current drinkers

Men				Women			Total		
Age Categories (Years)	n	Mean number of times	95% CI	n	Mean number of times	95% CI	n	Mean number of times	95% CI
18-44	64	3.2	2.0 - 4.4	40	3.4	1.4 - 5.4	104	3.3	2.2 - 4.3
45-69	23	3.0	0.8 - 5.3	14	0.8	0.0 - 1.8	37	2.5	0.9 - 4.1
Total	87	3.1	2.0 - 4.3	54	2.7	1.2 - 4.3	141	3.0	2.1 - 3.9

Past 7 days drinking

Description: Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers

Instrument question:

A10a-g: During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

Frequency of alcohol consumption in the past 7 days (Men)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-44	79	0.7	0.1 – 4.6	1.5	0.2 - 10.3	1.9	0.5 – 7.5
45-69	24	0.0	0.0 - 0.0	0.0	0.0 - 0.0	19.7	4.9 - 54.0
Total	103	0.5	0.1 - 3.2	1.1	0.1 - 7.2	7.5	2.3 - 21.9

Frequency of alcohol consumption in the past 7 days (Men)

Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-44	79	60.4	48.3 - 71.3	35.5	25.1 - 47.5
45-69	24	56.9	30.2 - 80.1	23.4	9.8 - 46.2
Total	103	59.3	47.3 - 70.3	31.7	22.5 - 42.6

Frequency of alcohol consumption in the past 7 days (Women)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-44	51	6.0	1.9 - 17.8	1.4	0.2 - 9.5	3.4	0.8 - 12.8
45-69	13	0.0	0.0 - 0.0	0.0	0.0 - 0.0	11.0	1.5 - 49.6
Total	64	4.8	1.5 - 14.5	1.1	0.2 - 7.6	5.0	1.5 - 14.9

Frequency of alcohol consumption in the past 7 days (Women)

Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-44	51	37.4	24.8 - 52.0	51.7	37.4 - 65.8
45-69	13	39.7	16.4 - 69.0	49.2	22.6 - 76.3
Total	64	37.9	26.3 - 51.0	51.2	38.3 - 64.0

Frequency of alcohol consumption in the past 7 days (Total)

Age Categories (Years)	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-44	130	2.5	0.9 - 6.9	1.5	0.3 - 6.3	2.4	0.9 - 6.4
45-69	37	0.0	0.0 - 0.0	0.0	0.0 - 0.0	17.7	5.3 - 45.5
Total	167	1.8	0.6 - 5.1	1.1	0.2 - 4.6	6.7	2.6 - 16.2

Frequency of alcohol consumption in the past 7 days (Total)

Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-44	130	52.4	43.0 - 61.6	41.2	32.4 - 50.6
45-69	37	52.9	31.3 - 73.5	29.4	15.4 - 48.8
Total	167	52.5	43.3 - 61.6	37.9	29.8 - 46.7

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:

A10a-g: 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

Men				Women			Total		
Age Categories (Years)	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI
18-44	79	1.6	0.9 - 2.4	51	1.0	0.4 - 1.5	130	1.4	0.8 - 1.9
45-69	24	1.3	0.5 - 2.2	13	0.2	0.1 - 0.4	37	1.1	0.4 - 1.7
Total	103	1.5	0.9 - 2.1	64	0.8	0.4 - 1.2	167	1.3	0.9 - 1.7

Consumption of unrecorded alcohol

Description: Percentage of the population that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers

Instrument question:

A5: Have you consumed any alcohol within the past 30 days? A11: 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 among current drinkers

Men				Women			Total		
Age Categories (Years)	n	% consumed unrecorded alcohol	95% CI	n	% consumed unrecorded alcohol	95% CI	n	% consumed unrecorded alcohol	95% CI
18-44	83	9.1	3.8 - 20.4	56	0.0	0.0 - 0.0	139	5.9	2.4 - 13.6
45-69	24	3.8	0.5 - 23.9	14	0.0	0.0 - 0.0	38	2.9	0.4 - 18.6
Total	107	7.5	3.3 - 16.2	70	0.0	0.0 - 0.0	177	5.1	2.2 - 11.1

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:

A12a-e: 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

Men				Women			Total		
Age Categories (Years)	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI	n	Mean number of drinks	95% CI
18-44	77	0.1	0.0 - 0.2	51	0.0	0.0 - 0.0	128	0.0	0.0 - 0.1
45-69	24	0.0	0.0 - 0.0	13	0.0	0.0 - 0.0	37	0.0	0.0 - 0.0
Total	101	0.0	0.0 - 0.1	64	0.0	0.0 - 0.0	165	0.0	0.0 - 0.1

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 question:

A10a-g: During each of the past 7 days, how many standard drinks did you have each day?

A11: 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?

A12a-e: 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 among current drinkers who drank in the past 7 days

Men				Women			Total		
Age Categories (Years)	n	%unrecorded alcohol of all alcohol	95% CI	n	%unrecorded alcohol of all alcohol	95% CI	n	%unrecorded alcohol of all alcohol	95% CI
18-44	46	4.1	-	26	0.0	-	72	3.1	-
45-69	16	0.8	-	6	-	-	22	0.8	-
Total	62	3.2	-	32	0.0	-	94	2.6	-

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 question:

A11: 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?

A12a-e: 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 Categories (Years)	n	% home-brewed spirits	95% CI	%home-brewed beer/wine	95% CI	% brought over border	95% CI
18-44	2	-	-	-	-	-	-
45-69	1	-	-	-	-	-	-
Total	3	-	-	-	-	-	-

Unrecorded alcohol consumption during the past 7 days by type (Men)

Age Categories (Years)	n	% surrogate alcohol	95% CI	% other	95% CI
18-44	2	-	-	-	-
45-69	1	-	-	-	-
Total	3	-	-	-	-

Unrecorded alcohol consumption during the past 7 days by type (Women)

Age Categories (Years)	n	% home-brewed spirits	95% CI	%home-brewed beer/wine	95% CI	% brought over border	95% CI
18-44	0	-	-	-	-	-	-
45-69	0	-	-	-	-	-	-
Total	0	-	-	-	-	-	-

Unrecorded alcohol consumption during the past 7 days by type (Women)

Age Categories (Years)	n	% surrogate alcohol	95% CI	% other	95% CI
18-44	0	-	-	-	-
45-69	0	-	-	-	-
Total	0	-	-	-	-

Unrecorded alcohol consumption during the past 7 days by type (Total)

Age Categories (Years)	n	% home-brewed spirits	95% CI	% home-brewed beer/wine	95% CI	% brought over border	95% CI
18-44	2	-	-	-	-	-	-
45-69	1	-	-	-	-	-	-
Total	3	-	-	-	-	-	-

Unrecorded alcohol consumption during the past 7 days by type (Total)

Age Categories (Years)	n	% surrogate alcohol	95% CI	% other	95% CI
18-44	2	-	-	-	-
45-69	1	-	-	-	-
Total	3	-	-	-	-

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 question:

A2: Have you consumed any alcohol within the past 12 months?

A13: 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 Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	155	15.4	10.1 - 22.6	21.2	15.1 - 28.8	63.4	54.8 - 71.3
45-69	36	12.2	4.7 - 28.2	23.0	8.1 - 50.3	64.8	41.1 - 82.9
Total	191	14.5	9.9 - 20.9	21.7	14.9 - 30.4	63.8	54.9 - 71.8

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers (Women)

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	112	15.5	9.8 - 23.7	11.7	7.2 - 18.5	72.8	63.7 - 80.3
45-69	32	6.0	1.5 - 21.5	11.8	3.7 - 32.0	82.1	62.6 - 92.7
Total	144	13.6	8.8 - 20.4	11.7	7.4 - 18.0	74.7	66.8 - 81.3

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers (Total)

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	267	15.4	11.3 - 20.7	17.6	13.3 - 22.9	67.0	60.6 - 72.7
45-69	68	10.4	4.6 - 21.6	19.6	8.2 - 40.0	70.0	51.8 - 83.6
Total	335	14.2	10.6 - 18.8	18.1	13.3 - 24.1	67.7	61.4 - 73.5

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 question:

A2: Have you consumed any alcohol within the past 12 months?

A14: 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 Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	155	12.7	7.9 - 19.7	14.3	9.7 - 20.7	73.0	64.9 - 79.8
45-69	36	18.6	6.8 - 41.8	3.5	0.7 - 14.6	77.9	55.5 - 90.9
Total	191	14.3	9.0 - 21.9	11.4	7.7 - 16.6	74.3	66.4 - 80.9

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

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	112	10.0	5.7 - 17.1	15.2	9.6 - 23.1	74.8	65.7 - 82.1
45-69	32	3.6	0.5 - 21.6	5.1	1.2 - 18.6	91.4	75.6 - 97.3
Total	144	8.7	5.0 - 14.6	13.1	8.5 - 19.7	78.2	70.6 - 84.3

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

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	267	11.7	8.1 - 16.6	14.7	10.9 - 19.4	73.7	67.7 - 78.9
45-69	68	14.1	5.6 - 31.3	3.9	1.3 - 11.2	82.0	65.6 - 91.6
Total	335	12.3	8.5 - 17.4	12.0	9.0 - 15.9	75.7	70.1 - 80.6

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 question:

A2: Have you consumed any alcohol within the past 12 months?

A15: 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 Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	155	11.4	6.9 - 18.3	8.2	4.7 - 13.9	80.4	72.7 - 86.3
45-69	36	15.2	4.6 - 39.7	9.6	2.9 - 27.9	75.2	52.2 - 89.4
Total	191	12.4	7.5 - 19.9	8.6	5.1 - 14.2	79.0	71.0 - 85.3

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

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	112	6.1	2.9 - 12.5	7.1	3.6 - 13.5	86.8	79.1 - 91.9
45-69	32	0.0	0.0 - 0.0	4.4	0.6 - 25.6	95.6	74.4 - 99.4
Total	144	4.8	2.3 - 10.0	6.6	3.5 - 12.1	88.6	82.1 - 92.9

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

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	267	9.4	6.2 - 14.1	7.8	5.1 - 11.8	82.8	77.4 - 87.2
45-69	68	10.6	3.3 - 29.4	8.1	2.8 - 21.0	81.3	63.9 - 91.5
Total	335	9.7	6.2 - 14.7	7.9	5.2 - 11.7	82.5	76.9 - 86.9

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 the total population

Instrument question:

A16: 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 the total population (Men)

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	356	3.3	1.6 - 6.5	11.2	8.0 - 15.3	85.5	80.9 - 89.2
45-69	95	1.7	0.4 - 7.9	6.2	2.7 - 13.8	92.1	84.0 - 96.3
Total	451	2.9	1.5 - 5.4	9.8	7.1 - 13.2	87.4	83.5 - 90.4

Frequency of family/partner problems due to someone else's drinking during the past 12 months among the total population (Women)

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	355	2.5	1.3 - 4.8	8.3	5.7 - 11.9	89.2	85.2 - 92.2
45-69	140	1.3	0.3 - 5.0	5.4	2.5 - 11.2	93.4	87.2 - 96.7
Total	495	2.2	1.2 - 3.9	7.4	5.3 - 10.3	90.4	87.2 - 92.9

Frequency of family/partner problems due to someone else's drinking during the past 12 months among the total population (Total)

Age Categories (Years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	711	2.9	1.8 - 4.8	9.8	7.6 - 12.5	87.3	84.3 - 89.7
45-69	235	1.5	0.5 - 4.4	5.8	3.3 - 10.1	92.7	88.1 - 95.6
Total	946	2.5	1.6 - 3.9	8.6	6.9 - 10.8	88.8	86.4 - 90.9

6 KAVA USE

Past 12 months kava use	Description: Percentage of population who used kava in the past 12 months Instrument question: X5. Have you ever tried or drunk kava/nagkona in the past 12 months?
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Used kava in the past 12 months									
	Men			Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	20.6	16.4 - 25.5	355	14.7	11.2 - 19.0	711	17.8	14.9 - 21.0
45-69	95	15.0	8.6 - 24.8	140	9.7	5.5 - 16.6	235	12.4	8.3 - 18.2
Total	451	19.0	15.3 - 23.3	495	13.2	10.3 - 16.8	946	16.2	13.8 - 19.0

Kava use frequency	Description: Frequency of kava use in the past 30 days among past 12-months users Instrument question: X6. During the past 30 days, on how many days did you drink kava or nangkona? X7. In a typical day on average, how many hours do you spend drinking kava in a session?
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Mean number of days kava used in the past month									
	Men			Women			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	74	3.6	2.5 - 4.8	54	2.5	1.6 - 3.3	128	3.2	2.4 - 4.0
45-69	17	5.4	1.6 - 9.2	16	2.7	1.2 - 4.1	33	4.3	1.8 - 6.8
Total	91	4.0	2.7 - 5.3	70	2.5	1.7 - 3.3	161	3.4	2.6 - 4.3

Average hours drinking kava per session in a typical day									
	Men			Women			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	75	4.9	4.3 - 5.5	55	4.3	3.7 - 5.0	130	4.7	4.2 - 5.2
45-69	17	4.2	3.5 - 4.9	16	4.8	3.5 - 6.1	33	4.4	3.8 - 5.1
Total	92	4.8	4.3 - 5.3	71	4.4	3.8 - 5.0	163	4.6	4.3 - 5.0

Kava and alcohol

Description: Percentage of ever alcohol users who drink alcohol during or after kava or nangkona sessions

Instrument question:

A1. Have you ever consumed any alcohol such as beer, wine, spirits or?

X8. Do you usually drink alcohol during or after drinking kava or nangkona?

Drinking alcohol during or after kava or nangkona sessions among ever alcohol users

	Men			Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	189	11.4	7.5 - 16.9	161	10.7	6.5 - 17.2	350	11.1	8.1 - 15.1
45-69	51	6.3	2.3 - 16.0	61	5.3	1.3 - 18.9	112	6.0	2.7 - 12.7
Total	240	10.0	6.8 - 14.5	222	9.4	5.9 - 14.8	462	9.8	7.2 - 13.0

7 DIET

Mean number of days of fruit and vegetable consumption

Description: Mean number of days fruit and vegetables consumed

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D3: In a typical week, on how many days do you eat vegetables?

Mean number of days fruit consumed in a typical week

Men				Women			Total		
Age Categories (Years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-44	319	1.6	1.4 - 1.8	327	1.6	1.3 - 1.8	646	1.6	1.4 - 1.7
45-69	91	1.9	1.4 - 2.4	133	2.3	1.1 - 3.5	224	2.1	1.4 - 2.8
Total	410	1.7	1.4 - 1.9	460	1.8	1.4 - 2.2	870	1.7	1.5 - 2.0

Mean number of days vegetables consumed in a typical week

Men				Women			Total		
Age Categories (Years)	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-44	317	2.5	2.2 - 2.7	324	2.4	2.2 - 2.7	641	2.5	2.3 - 2.7
45-69	91	2.9	2.3 - 3.4	133	3.2	2.2 - 4.3	224	3.0	2.4 - 3.6
Total	408	2.6	2.3 - 2.9	457	2.7	2.3 - 3.1	865	2.6	2.4 - 2.9

Mean number of servings of fruit and vegetable consumption

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

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D2: How many servings of fruit do you eat on one of those days?

D3: In a typical week, on how many days do you eat vegetables?

D4: How many servings of vegetables do you eat on one of those days?

Mean number of servings of fruit on average per day

Men				Women			Total		
Age Categories (Years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-44	315	0.5	0.4 - 0.6	326	0.4	0.3 - 0.5	641	0.5	0.4 - 0.5
45-69	90	0.5	0.3 - 0.7	133	0.6	0.3 - 1.0	223	0.5	0.3 - 0.8
Total	405	0.5	0.4 - 0.6	459	0.5	0.4 - 0.6	864	0.5	0.4 - 0.6

Mean number of servings of vegetables on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-44	314	0.8	0.6 - 0.9	319	0.7	0.5 - 0.8	633	0.7	0.6 - 0.8
45-69	91	0.8	0.6 - 1.0	130	0.9	0.6 - 1.3	221	0.8	0.6 - 1.0
Total	405	0.8	0.6 - 0.9	449	0.7	0.6 - 0.9	854	0.8	0.7 - 0.9

Mean number of servings of fruit and/or vegetables on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-44	325	1.2	1.0 - 1.4	333	1.1	0.9 - 1.2	658	1.1	1.0 - 1.3
45-69	93	1.2	0.9 - 1.5	134	1.5	0.8 - 2.2	227	1.4	1.0 - 1.7
Total	418	1.2	1.0 - 1.4	467	1.2	0.9 - 1.5	885	1.2	1.1 - 1.4

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D2: How many servings of fruit do you eat on one of those days?

D3: In a typical week, on how many days do you eat vegetables?

D4: How many servings of vegetables do you eat on one of those days?

Number of servings of fruit and/or vegetables on average per day (Men)									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	325	63.8	57.9 - 69.4	27.2	22.2 - 32.7	4.4	2.4 - 7.9	4.6	2.7 - 7.6
45-69	93	53.0	39.0 - 66.5	39.3	26.1 - 54.2	4.7	1.8 - 11.6	3.0	0.8 - 10.7
Total	418	60.6	54.5 - 66.4	30.8	25.2 - 36.9	4.5	2.7 - 7.4	4.1	2.5 - 6.7

Number of servings of fruit and/or vegetables on average per day (Women)									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	333	63.4	57.7 - 68.7	28.9	24.0 - 34.4	5.6	3.5 - 8.9	2.1	1.0 - 4.3
45-69	134	54.2	38.4 - 69.2	26.0	17.3 - 37.1	16.4	4.0 - 47.7	3.4	1.2 - 9.3
Total	467	60.6	54.0 - 66.8	28.0	23.5 - 33.0	8.9	3.9 - 19.0	2.5	1.4 - 4.5

Number of servings of fruit and/or vegetables on average per day (Total)									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	658	63.6	59.5 - 67.5	28.0	24.5 - 31.8	5.0	3.4 - 7.2	3.4	2.2 - 5.1
45-69	227	53.6	43.0 - 63.8	32.8	24.2 - 42.9	10.4	3.4 - 27.7	3.2	1.4 - 7.2
Total	885	60.6	56.1 - 64.9	29.5	25.8 - 33.4	6.6	3.7 - 11.4	3.3	2.3 - 4.9

Less than five servings of fruit and/or vegetables on average per day									
Men				Women			Total		
Age Categories (Years)	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-44	325	95.4	92.4 - 97.3	333	97.9	95.7 - 99.0	658	96.6	94.9 - 97.8
45-69	93	97.0	89.3 - 99.2	134	96.6	90.7 - 98.8	227	96.8	92.8 - 98.6
Total	418	95.9	93.3 - 97.5	467	97.5	95.5 - 98.6	885	96.7	95.1 - 97.7

Adding salt at meal

Description: Percentage of the population who always or often add salt or salty sauce to their food before eating or as they are eating

Instrument question:

D5: How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?

Add salt always or often before eating or when eating									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	354	54.8	48.9 - 60.5	354	55.1	49.5 - 60.6	708	54.9	50.9 - 58.9
45-69	95	37.4	25.4 - 51.1	140	43.2	30.6 - 56.7	235	40.3	31.5 - 49.7
Total	449	49.9	44.2 - 55.6	494	51.6	45.6 - 57.5	943	50.7	46.6 - 54.8

Adding salt when cooking

Description: Percentage of the population who report that salt or salty sauce is added to their food when cooking or preparing foods in their household

Instrument question:

D6: 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									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	351	62.7	56.9 - 68.2	349	69.1	63.6 - 74.1	700	65.7	61.7 - 69.5
45-69	95	54.9	41.1 - 68.0	140	51.3	36.7 - 65.7	235	53.1	42.9 - 63.1
Total	446	60.5	54.7 - 66.0	489	63.8	57.1 - 69.9	935	62.1	57.7 - 66.2

Salty processed food consumption

Description: Percentage of the population who always or often eat processed foods high in salt

Instrument question:

D7: How often do you eat processed food high in salt?

Always or often consume processed food high in salt

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	353	39.4	33.8 - 45.3	354	33.2	28.1 - 38.8	707	36.5	32.6 - 40.5
45-69	95	16.9	9.5 - 28.4	140	26.8	17.6 - 38.6	235	21.8	15.6 - 29.6
Total	448	33.0	28.1 - 38.4	494	31.3	26.5 - 36.6	942	32.2	28.7 - 35.9

Salt consumption

Description: Percentage of the population who think they consume far too much or too much salt

Instrument question:

D8: How much salt or salty sauce do you think you consume?

Think they consume far too much or too much salt

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	347	25.8	20.8 - 31.5	344	23.5	19.1 - 28.6	691	24.7	21.3 - 28.5
45-69	92	12.6	7.0 - 21.6	137	20.5	13.2 - 30.4	229	16.4	11.6 - 22.7
Total	439	22.1	17.9 - 26.9	481	22.6	18.6 - 27.1	920	22.3	19.4 - 25.6

Self-reported quantity of salt consumed (Men)

Age Categories (Years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI
18-44	347	11.9	8.3 - 16.8	13.9	10.3 - 18.6	54.5	48.6 - 60.3
45-69	92	4.6	1.7 - 11.6	8.0	3.9 - 15.8	60.5	46.6 - 72.9
Total	439	9.8	7.0 - 13.7	12.3	9.2 - 16.1	56.2	50.4 - 61.8

Self-reported quantity of salt consumed (Men)

Age Categories (Years)	n	% Too little	95% CI	% Far too little	95% CI
18-44	347	9.6	6.8 - 13.5	10.0	7.1 - 14.1
45-69	92	13.2	6.5 - 24.7	13.7	6.1 - 28.1
Total	439	10.6	7.6 - 14.6	11.1	7.7 - 15.7

Self-reported quantity of salt consumed (Women)

Age Categories (Years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI
18-44	344	5.9	3.9 - 8.9	17.6	13.6 - 22.3	59.7	54.0 - 65.2
45-69	137	4.1	1.8 - 8.9	16.4	10.1 - 25.5	60.5	47.0 - 72.5
Total	481	5.4	3.7 - 7.8	17.2	13.7 - 21.4	59.9	54.3 - 65.3

Self-reported quantity of salt consumed (Women)

Age Categories (Years)	n	% Too little	95% CI	% Far too little	95% CI
18-44	344	10.7	7.6 - 15.0	6.1	3.8 - 9.6
45-69	137	11.9	6.3 - 21.2	7.1	3.5 - 14.2
Total	481	11.1	8.1 - 14.9	6.4	4.3 - 9.3

Self-reported quantity of salt consumed (Total)

Age Categories (Years)	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI
18-44	691	9.1	6.9 - 12.0	15.6	12.9 - 18.9	57.0	52.8 - 61.0
45-69	229	4.3	2.3 - 8.1	12.1	8.2 - 17.6	60.5	50.9 - 69.4
Total	920	7.7	5.9 - 10.0	14.6	12.3 - 17.3	58.0	53.9 - 61.9

Self-reported quantity of salt consumed (Total)

Age Categories (Years)	n	% Too little	95% CI	% Far too little	95% CI
18-44	691	10.2	7.9 - 12.9	8.2	6.2 - 10.7
45-69	229	12.5	7.8 - 19.5	10.5	5.8 - 18.4
Total	920	10.8	8.7 - 13.5	8.8	6.7 - 11.5

Lowering salt

Description: Percentage of the population who think lowering salt in diet is very, somewhat or not at all important

Instrument question:

D9: How important to you is lowering the salt in your diet?

Importance of lowering salt in diet (Men)

Age Categories (Years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	314	62.2	56.0 - 68.1	21.4	16.7 - 27.0	16.3	12.2 - 21.6
45-69	91	65.5	51.2 - 77.5	14.7	7.9 - 25.5	19.8	10.3 - 34.8
Total	405	63.2	57.2 - 68.9	19.4	15.3 - 24.3	17.4	13.0 - 23.0

Importance of lowering salt in diet (Women)							
Age Categories (Years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	319	60.3	54.3 - 65.9	25.3	20.5 - 30.7	14.4	10.6 - 19.3
45-69	133	50.9	35.9 - 65.7	34.4	19.1 - 53.9	14.7	8.7 - 23.7
Total	452	57.4	50.7 - 63.7	28.1	21.7 - 35.6	14.5	11.1 - 18.7

Importance of lowering salt in diet (Total)							
Age Categories (Years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	633	61.3	57.0 - 65.4	23.3	19.9 - 27.1	15.4	12.5 - 18.9
45-69	224	58.4	47.4 - 68.6	24.3	15.0 - 36.8	17.3	11.1 - 26.0
Total	857	60.4	55.9 - 64.7	23.6	19.6 - 28.1	16.0	13.1 - 19.4

Salt knowledge

Description: Percentage of the population who think consuming too much salt could cause a serious health problem

Instrument question:

D10: Do you think that too much salt or salty sauce in your diet could cause a health problem?

Think consuming too much salt could cause serious health problem									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	71.8	66.1 - 76.9	355	82.0	77.1 - 86.0	711	76.6	72.9 - 80.0
45-69	95	80.9	68.5 - 89.2	140	87.4	78.5 - 93.0	235	84.1	76.7 - 89.5
Total	451	74.4	69.2 - 78.9	495	83.6	79.4 - 87.1	946	78.8	75.4 - 81.8

Controlling salt intake

Description: Percentage of the population who take specific action on a regular basis to control salt intake

Instrument question:

D11a-f: Do you do any of the following on a regular basis to control your salt intake?

Limit consumption of processed foods									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	63.2	57.4 - 68.7	355	61.0	55.3 - 66.3	711	62.2	58.1 - 66.0
45-69	95	80.0	70.1 - 87.3	140	54.8	39.3 - 69.4	235	67.6	56.5 - 77.0
Total	451	68.0	62.8 - 72.7	495	59.1	52.8 - 65.2	946	63.7	59.6 - 67.7

Look at the salt or sodium content on food labels

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	26.2	21.4 - 31.7	355	22.8	18.5 - 27.9	711	24.6	21.3 - 28.3
45-69	95	43.4	30.4 - 57.4	140	27.3	18.3 - 38.6	235	35.5	26.9 - 45.1
Total	451	31.1	25.8 - 36.8	495	24.2	20.0 - 28.9	946	27.8	24.3 - 31.5

Buy low salt/sodium alternatives

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	27.9	22.9 - 33.4	355	27.0	22.3 - 32.1	711	27.4	24.0 - 31.2
45-69	95	38.3	26.0 - 52.3	140	27.1	18.1 - 38.6	235	32.8	24.7 - 42.1
Total	451	30.8	25.7 - 36.4	495	27.0	22.7 - 31.9	946	29.0	25.5 - 32.7

Use spices other than salt when cooking

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	47.0	41.3 - 52.8	355	42.6	37.2 - 48.3	711	45.0	41.0 - 49.0
45-69	95	52.3	38.6 - 65.7	140	52.6	38.6 - 66.3	235	52.5	42.6 - 62.2
Total	451	48.5	42.9 - 54.2	495	45.6	39.7 - 51.7	946	47.1	43.0 - 51.3

Avoid eating foods prepared outside of a home

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	40.5	35.0 - 46.3	355	41.3	35.9 - 46.9	711	40.9	37.0 - 44.9
45-69	95	61.3	47.7 - 73.4	140	55.1	41.3 - 68.1	235	58.2	48.7 - 67.2
Total	451	46.4	40.7 - 52.1	495	45.4	39.4 - 51.5	946	45.9	41.8 - 50.1

Do other things specifically to control your salt intake

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	30.0	24.9 - 35.6	355	30.4	25.5 - 35.8	711	30.2	26.6 - 34.0
45-69	95	39.1	26.9 - 52.9	140	27.4	18.6 - 38.4	235	33.4	25.3 - 42.5
Total	451	32.5	27.4 - 38.1	495	29.5	25.0 - 34.5	946	31.1	27.6 - 34.8

Sugar-Sweetened Beverages

Description: Sugar-Sweetened Beverages (SSB) consumption

Instrument question:

X9. In a typical week on how many days do you have a drink containing sugar including fizzy drinks, juice drinks (excluding pure unsweetened fruit juice), cordials/drink mixes and home made drinks with added sugar.

X10. How many servings of those drinks containing sugar did you have on one of those days? One serve being one can of drink, one large glass.

Mean number of days per week with SSB consumption

Age Categories (Years)	Men			Women			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	345	5.1	4.8 - 5.4	349	5.3	5.0 - 5.6	694	5.2	5.0 - 5.4
45-69	93	4.8	4.1 - 5.6	138	4.6	3.8 - 5.3	231	4.7	4.2 - 5.2
Total	438	5.0	4.8 - 5.3	487	5.1	4.8 - 5.4	925	5.1	4.9 - 5.3

Mean number of SSB drinks consumed per day

Age Categories (Years)	Men			Women			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	320	4.3	3.9 - 4.7	321	4.4	4.1 - 4.8	641	4.4	4.1 - 4.7
45-69	86	4.1	2.8 - 5.4	125	3.6	2.7 - 4.4	211	3.9	3.1 - 4.7
Total	406	4.3	3.8 - 4.8	446	4.2	3.8 - 4.6	852	4.2	3.9 - 4.5

8 PHYSICAL ACTIVITY

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

Description: Percentage of the population not meeting WHO recommendations on physical activity for health (population doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent)

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Not meeting WHO recommendations on physical activity for health

Men				Women			Total		
Age Categories (Years)	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
18-44	317	22.5	17.7 - 28.2	307	40.8	35.0 - 46.9	624	31.0	27.2 - 35.2
45-69	84	47.2	33.1 - 61.8	124	41.3	31.5 - 51.9	208	44.4	35.4 - 53.9
Total	401	29.3	23.7 - 35.8	431	40.9	35.9 - 46.2	832	34.7	30.9 - 38.9

Levels of total physical activity according to former recommendations

Description: Percentage of the population classified into three categories of total physical activity according to former recommendations

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Level of total physical activity according to former recommendations (Men)

Age Categories (Years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	317	27.5	22.3 - 33.4	12.6	9.0 - 17.3	59.9	53.8 - 65.8
45-69	84	52.7	38.6 - 66.4	8.7	4.1 - 17.4	38.6	26.3 - 52.6
Total	401	34.5	28.6 - 40.8	11.5	8.4 - 15.5	54.0	48.0 - 60.0

Level of total physical activity according to former recommendations (Women)

Age Categories (Years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	307	50.3	44.3 - 56.3	21.3	16.8 - 26.6	28.4	23.3 - 34.1
45-69	124	50.2	39.9 - 60.4	12.8	7.8 - 20.5	37.0	27.5 - 47.7
Total	431	50.3	45.1 - 55.5	18.9	15.3 - 23.3	30.8	26.2 - 35.8

Level of total physical activity according to former recommendations (Total)

Age Categories (Years)	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	624	38.1	34.0 - 42.4	16.6	13.7 - 20.1	45.2	41.0 - 49.6
45-69	208	51.5	42.5 - 60.5	10.6	6.9 - 16.0	37.9	29.7 - 46.8
Total	832	41.8	37.9 - 45.9	15.0	12.5 - 17.8	43.2	39.3 - 47.2

Total physical activity- mean

Description: Mean minutes of total physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Mean minutes of total physical activity on average per day

Men				Women			Total		
Age Categories (Years)	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-44	317	205.0	178.4 - 231.6	307	94.9	77.4 - 112.5	624	153.7	136.8 - 170.7
45-69	84	147.4	93.6 - 201.3	124	120.6	77.2 - 164.1	208	134.9	100.1 - 169.7
Total	401	189.1	164.1 - 214.1	431	102.0	84.4 - 119.7	832	148.5	132.9 - 164.2

Total physical activity- median

Description: Median minutes of total physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Median minutes of total physical activity on average per day

Men				Women			Total		
Age Categories (Years)	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range
18-44	317	120.0	30.0 - 332.1	307	31.3	0.0 - 120.0	624	72.9	5.7 - 214.3
45-69	84	25.7	0.0 - 262.1	124	38.6	1.3 - 180.0	208	30.0	0.0 - 219.3
Total	401	106.4	12.1 - 308.6	431	34.3	0.4 - 134.3	832	61.4	3.4 - 214.3

Domain-specific physical activity- mean

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

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Mean minutes of work-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-44	317	136.2	113.9 - 158.5	307	62.2	47.7 - 76.7	624	101.7	87.8 - 115.7
45-69	84	120.0	71.0 - 169.1	124	90.9	48.1 - 133.8	208	106.5	73.8 - 139.1
Total	401	131.7	110.6 - 152.9	431	70.2	54.2 - 86.1	832	103.0	89.5 - 116.6

Mean minutes of transport-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-44	317	11.1	8.4 - 13.8	307	8.0	5.2 - 10.9	624	9.7	7.7 - 11.6
45-69	84	13.7	5.1 - 22.2	124	14.5	4.3 - 24.6	208	14.0	7.5 - 20.6
Total	401	11.8	8.8 - 14.9	431	9.8	6.3 - 13.3	832	10.9	8.6 - 13.2

Mean minutes of recreation-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-44	317	57.7	48.0 - 67.3	307	24.7	15.8 - 33.6	624	42.3	35.6 - 49.0
45-69	84	13.7	3.4 - 24.1	124	15.2	8.2 - 22.3	208	14.4	8.0 - 20.9
Total	401	45.5	37.4 - 53.7	431	22.1	15.3 - 28.8	832	34.6	29.3 - 39.9

Domain-specific physical activity-median

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

Median minutes of work-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range
18-44	317	38.6	0.0 - 214.3	307	4.3	0.0 - 62.9	624	17.1	0.0 - 120.0
45-69	84	0.7	0.0 - 180.0	124	4.3	0.0 - 90.0	208	2.1	0.0 - 154.3
Total	401	25.7	0.0 - 214.3	431	4.3	0.0 - 68.6	832	12.9	0.0 - 124.3

Median minutes of transport-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range
18-44	317	0.0	0.0 - 8.6	307	0.0	0.0 - 3.6	624	0.0	0.0 - 5.7
45-69	84	0.0	0.0 - 10.0	124	0.0	0.0 - 8.6	208	0.0	0.0 - 10.0
Total	401	0.0	0.0 - 10.0	431	0.0	0.0 - 4.3	832	0.0	0.0 - 6.4

Median minutes of recreation-related physical activity on average per day									
Men				Women			Total		
Age Categories (Years)	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range	n	Median minutes	Inter-quartile range
18-44	317	11.4	0.0 - 94.3	307	0.0	0.0 - 12.9	624	0.0	0.0 - 51.4
45-69	84	0.0	0.0 - 4.3	124	0.0	0.0 - 8.6	208	0.0	0.0 - 4.3
Total	401	0.0	0.0 - 62.1	431	0.0	0.0 - 12.9	832	0.0	0.0 - 34.3

No physical activity by domain

Description: Percentage of the population classified as doing no work-, transport- or recreational-related physical activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

No work-related physical activity									
Men				Women			Total		
Age Categories (Years)	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-44	317	35.0	29.4 - 41.1	307	46.0	40.1 - 52.1	624	40.1	36.0 - 44.4
45-69	84	49.7	35.6 - 63.9	124	43.2	33.3 - 53.7	208	46.7	37.6 - 55.9
Total	401	39.1	33.2 - 45.3	431	45.2	40.1 - 50.5	832	42.0	38.0 - 46.0

No transport-related physical activity									
Men				Women			Total		
Age Categories (Years)	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI
18-44	317	59.6	53.4 - 65.4	307	63.2	57.2 - 68.8	624	61.3	57.0 - 65.4
45-69	84	61.9	47.8 - 74.2	124	66.6	56.4 - 75.4	208	64.1	55.3 - 72.0
Total	401	60.2	54.3 - 65.8	431	64.1	59.0 - 69.0	832	62.0	58.1 - 65.8

No recreation-related physical activity									
Men				Women			Total		
Age Categories (Years)	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI
18-44	317	45.9	39.9 - 52.1	307	69.7	64.0 - 74.9	624	57.0	52.7 - 61.2
45-69	84	75.0	61.9 - 84.7	124	73.5	63.8 - 81.4	208	74.3	66.2 - 81.0
Total	401	54.0	48.1 - 59.8	431	70.8	65.9 - 75.2	832	61.8	57.9 - 65.5

Composition of total physical activity

Description: Percentage of work, transport and recreational activity contributing to total activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

Composition of total physical activity (Men)							
Age Categories (Years)	n	Mean % of activity from work	95% CI	Mean % of activity from transport	95% CI	Mean % of activity from leisure time	95% CI
18-44	268	55.3	50.1 - 60.4	14.5	10.7 - 18.3	30.2	25.8 - 34.7
45-69	67	58.1	44.8 - 71.3	26.8	15.8 - 37.8	15.1	8.1 - 22.2
Total	335	56.0	50.9 - 61.0	17.6	13.5 - 21.6	26.5	22.6 - 30.4

Composition of total physical activity (Women)							
Age Categories (Years)	n	Mean % of activity from work	95% CI	Mean % of activity from transport	95% CI	Mean % of activity from leisure time	95% CI
18-44	232	55.9	49.8 - 61.9	20.7	15.8 - 25.6	23.4	18.5 - 28.3
45-69	95	60.8	50.8 - 70.8	24.8	15.4 - 34.2	14.4	8.5 - 20.4
Total	327	57.3	52.1 - 62.5	21.8	17.4 - 26.3	20.9	16.9 - 24.8

Composition of total physical activity (Total)							
Age Categories (Years)	n	Mean % of activity from work	95% CI	Mean % of activity from transport	95% CI	Mean % of activity from leisure time	95% CI
18-44	500	55.5	51.6 - 59.4	17.2	14.2 - 20.3	27.3	23.9 - 30.6
45-69	162	59.4	51.0 - 67.8	25.8	18.5 - 33.1	14.8	10.1 - 19.4
Total	662	56.5	52.9 - 60.2	19.5	16.5 - 22.5	24.0	21.2 - 26.8

No vigorous physical activity

Description: Percentage of the population not engaging in vigorous physical activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

No vigorous physical activity									
Men				Women			Total		
Age Categories (Years)	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-44	317	37.7	32.0 - 43.8	307	72.6	67.0 - 77.6	624	54.0	49.6 - 58.2
45-69	84	57.2	43.0 - 70.2	124	75.7	66.6 - 83.0	208	65.8	57.1 - 73.6
Total	401	43.1	37.2 - 49.2	431	73.5	68.7 - 77.7	832	57.2	53.3 - 61.1

Sedentary

Description: Minutes spent in sedentary activities on a typical day

Instrument question:

P16a-b: How much time do you usually spend sitting or reclining on a typical day?

Minutes spent in sedentary activities on average per day									
Men				Women			Total		
Age Categories (Years)	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-44	327	243.0	218.5 - 267.4	331	222.3	202.8 - 241.7	658	233.1	217.2 - 249.0
45-69	87	273.7	188.5 - 358.8	130	245.8	203.1 - 288.4	217	260.7	210.3 - 311.1
Total	414	251.7	221.3 - 282.0	461	228.7	210.3 - 247.1	875	240.8	222.4 - 259.2

PA barriers

Description: Percentage of the population by barriers to be more physically active

Instrument question:

X11. Please indicate the main barriers you face that stops you from being more physically active?

Physical activity barriers (Men)							
Age Categories (Years)	n	% not interested	95% CI	% no time	95% CI	% lack of sidewalks	95% CI
18-44	356	23.6	19.3 - 28.6	44.5	38.8 - 50.3	3.8	2.0 - 7.0
45-69	95	30.5	18.3 - 46.1	38.1	26.6 - 51.1	5.4	2.0 - 13.7
Total	451	25.6	20.6 - 31.2	42.7	37.2 - 48.3	4.2	2.5 - 7.1

Physical activity barriers (Men)					
Age Categories (Years)	n	% dogs	95% CI	% accidents	95% CI
18-44	356	1.8	0.8 - 3.9	3.5	1.9 - 6.2
45-69	95	4.6	1.5 - 13.6	3.0	0.9 - 9.8
Total	451	2.6	1.3 - 5.1	3.3	1.9 - 5.7

Physical activity barriers (Women)							
Age Categories (Years)	n	% not interested	95% CI	% no time	95% CI	% lack of sidewalks	95% CI
18-44	355	33.2	28.1 - 38.7	48.3	42.7 - 53.9	3.6	2.0 - 6.3
45-69	140	47.4	33.0 - 62.3	28.3	19.1 - 39.6	2.4	0.9 - 6.5
Total	495	37.4	31.3 - 43.9	42.3	36.9 - 47.9	3.2	2.0 - 5.3

Physical activity barriers (Women)					
Age Categories (Years)	n	% dogs	95% CI	% accidents	95% CI
18-44	355	3.7	2.2 - 6.2	1.1	0.3 - 4.1
45-69	140	7.7	3.5 - 15.9	1.9	0.5 - 7.2
Total	495	4.9	3.1 - 7.6	1.3	0.5 - 3.4

Physical activity barriers (Total)							
Age Categories (Years)	n	% not interested	95% CI	% no time	95% CI	% lack of sidewalks	95% CI
18-44	711	28.1	24.7 - 31.8	46.3	42.3 - 50.3	3.7	2.4 - 5.6
45-69	235	38.8	28.7 - 50.0	33.3	25.5 - 42.0	4.0	1.9 - 8.2
Total	946	31.2	27.2 - 35.6	42.5	38.6 - 46.5	3.8	2.6 - 5.4

Physical activity barriers (Total)					
Age Categories (Years)	n	% dogs	95% CI	% accidents	95% CI
18-44	711	2.7	1.7 - 4.2	2.3	1.3 - 4.0
45-69	235	6.1	3.2 - 11.4	2.5	1.0 - 6.1
Total	946	3.7	2.5 - 5.4	2.4	1.5 - 3.8

9 HISTORY OF RAISED BLOOD PRESSURE

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among the total population

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H2b: Have you been told in the past 12 months?

Blood pressure measurement and diagnosis (Men)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	356	49.1	43.3 - 54.9	32.9	27.6 - 38.7	5.9	3.7 - 9.1	12.1	8.8 - 16.5
45-69	95	33.0	21.4 - 47.2	31.1	19.7 - 45.3	15.6	8.9 - 26.0	20.3	11.1 - 34.2
Total	451	44.6	39.1 - 50.3	32.4	27.2 - 38.0	8.6	6.0 - 12.2	14.4	10.6 - 19.3

Blood pressure measurement and diagnosis (Women)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	355	49.3	43.7 - 54.9	36.0	30.8 - 41.5	5.1	3.1 - 8.2	9.6	7.0 - 13.2
45-69	140	28.9	19.2 - 41.1	34.2	23.7 - 46.6	17.0	4.7 - 46.1	19.9	13.1 - 29.0
Total	495	43.3	37.8 - 48.9	35.5	30.5 - 40.8	8.6	3.8 - 18.2	12.7	10.0 - 16.0

Blood pressure measurement and diagnosis (Total)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	711	49.2	45.2 - 53.3	34.4	30.6 - 38.3	5.5	3.9 - 7.6	10.9	8.7 - 13.7
45-69	235	31.0	23.0 - 40.3	32.6	24.6 - 41.8	16.3	8.0 - 30.2	20.1	13.9 - 28.1
Total	946	44.0	40.0 - 48.0	33.9	30.2 - 37.7	8.6	5.6 - 13.0	13.6	11.1 - 16.5

Blood pressure treatment among those diagnosed

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H3: In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?

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

Men				Women			Total		
Age Categories (Years)	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-44	64	21.7	11.6 - 37.0	56	17.4	9.2 - 30.3	120	19.9	12.6 - 29.9
45-69	38	46.7	26.1 - 68.4	46	23.5	10.1 - 45.6	84	35.1	20.0 - 53.9
Total	102	32.7	21.0 - 46.9	102	20.5	12.3 - 32.2	204	27.1	19.0 - 37.1

Blood pressure advice by a traditional healer

Description: Percentage of the population who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H4: Have you ever seen a traditional healer for raised blood pressure?

H5: Are you currently taking any herbal or traditional remedy for your high blood pressure?

Seen a traditional healer among those previously diagnosed

Men				Women			Total		
Age Categories (Years)	n	% seen trad. Healer	95% CI	n	% seen trad. Healer	95% CI	n	% seen trad. Healer	95% CI
18-44	64	4.9	1.0 - 20.6	56	8.9	3.7 - 20.0	120	6.6	2.9 - 14.5
45-69	38	10.4	2.4 - 35.1	46	4.4	1.3 - 13.3	84	7.4	2.4 - 20.3
Total	102	7.3	2.5 - 19.6	102	6.5	3.1 - 13.4	204	7.0	3.5 - 13.4

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

Men				Women			Total		
Age Categories (Years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-44	64	2.4	0.6 - 9.1	56	3.3	0.8 - 12.8	120	2.8	1.0 - 7.3
45-69	38	18.1	6.6 - 41.0	46	3.3	0.8 - 12.2	84	10.7	4.2 - 24.6
Total	102	9.3	3.8 - 20.8	102	3.3	1.2 - 8.6	204	6.5	3.2 - 13.1

10 HISTORY OF DIABETES

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all population

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H7b: Have you been told in the past 12 months?

Blood sugar measurement and diagnosis (Men)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	356	53.5	47.6 - 59.2	36.0	30.6 - 41.7	4.3	2.5 - 7.1	6.3	4.0 - 9.8
45-69	95	42.6	29.9 - 56.3	22.9	13.2 - 36.8	12.6	6.3 - 23.5	21.9	12.2 - 36.3
Total	451	50.4	44.7 - 56.1	32.3	27.2 - 37.8	6.6	4.3 - 10.1	10.7	7.2 - 15.6

Blood sugar measurement and diagnosis (Women)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	355	51.6	46.0 - 57.1	38.0	32.7 - 43.5	3.0	1.6 - 5.6	7.5	5.0 - 11.0
45-69	140	30.0	19.9 - 42.6	46.9	32.4 - 61.9	7.9	4.1 - 14.4	15.2	9.6 - 23.3
Total	495	45.2	39.5 - 50.9	40.6	34.6 - 46.9	4.4	2.8 - 6.8	9.8	7.3 - 12.9

Blood sugar measurement and diagnosis (Total)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	711	52.6	48.5 - 56.6	36.9	33.1 - 40.9	3.7	2.4 - 5.4	6.9	5.1 - 9.2
45-69	235	36.4	27.8 - 45.9	34.7	25.0 - 45.9	10.3	6.3 - 16.4	18.6	12.5 - 26.9
Total	946	47.9	43.8 - 52.0	36.3	32.3 - 40.5	5.6	4.1 - 7.6	10.3	8.0 - 13.1

Diabetes treatment among those diagnosed

Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed

Men				Women			Total		
Age Categories (Years)	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-44	40	12.4	5.0 - 27.5	37	28.4	15.9 - 45.5	77	19.9	12.2 - 30.8
45-69	32	55.9	33.2 - 76.5	42	48.2	32.1 - 64.7	74	52.9	37.3 - 67.9
Total	72	36.8	22.3 - 54.2	79	38.0	27.2 - 50.1	151	37.3	27.4 - 48.4

Currently taking insulin prescribed for diabetes among those previously diagnosed

Men				Women			Total		
Age Categories (Years)	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-44	40	6.6	2.0 - 19.7	37	7.6	2.3 - 22.4	77	7.1	3.0 - 15.6
45-69	32	18.7	4.2 - 54.5	42	12.4	5.0 - 27.8	74	16.2	5.6 - 38.8
Total	72	13.4	4.0 - 36.3	79	9.9	4.8 - 19.4	151	11.9	5.3 - 24.6

Diabetes advice by traditional healer

Description: Percentage of the population who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H10: Have you ever seen a traditional healer for diabetes or raised blood sugar?

H11: Are you currently taking any herbal or traditional remedy for your diabetes?

Seen a traditional healer for diabetes among those previously diagnosed

Men				Women			Total		
Age Categories (Years)	n	% seen trad. Healer	95% CI	n	% seen trad. Healer	95% CI	n	% seen trad. Healer	95% CI
18-44	40	2.1	0.3 - 13.8	37	2.9	0.4 - 18.0	77	2.5	0.6 - 9.5
45-69	32	15.1	4.6 - 39.6	42	13.0	4.5 - 32.2	74	14.3	6.2 - 29.6
Total	72	9.4	3.2 - 24.5	79	7.8	3.0 - 18.6	151	8.7	4.1 - 17.5

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed

Men				Women			Total		
Age Categories (Years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-44	40	0.0	0.0 - 0.0	37	2.9	0.4 - 18.0	77	1.3	0.2 - 9.1
45-69	32	16.5	5.5 - 40.2	42	12.2	4.9 - 27.4	74	14.8	6.7 - 29.5
Total	72	9.3	3.1 - 24.4	79	7.4	3.2 - 16.1	151	8.4	4.0 - 16.9

11 HISTORY OF RAISED TOTAL CHOLESTEROL

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among the total population

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H13b: Have you been told in the past 12 months?

Total cholesterol measurement and diagnosis (Men)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	356	92.5	88.6 - 95.2	6.4	4.0 - 10.1	0.3	0.0 - 2.2	0.7	0.2 - 3.0
45-69	95	85.2	73.3 - 92.3	4.7	1.8 - 11.7	0.8	0.1 - 5.4	9.3	3.7 - 21.6
Total	451	90.5	86.4 - 93.4	5.9	3.9 - 9.0	0.4	0.1 - 1.8	3.2	1.4 - 6.9

Total cholesterol measurement and diagnosis (Women)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	355	90.7	87.0 - 93.4	7.4	5.0 - 10.9	1.1	0.4 - 2.7	0.8	0.3 - 2.2
45-69	140	86.8	79.2 - 91.9	9.6	5.6 - 16.2	0.9	0.2 - 3.6	2.6	0.9 - 7.7
Total	495	89.6	86.3 - 92.1	8.1	5.9 - 11.0	1.0	0.5 - 2.2	1.4	0.6 - 2.9

Total cholesterol measurement and diagnosis (Total)

Age Categories (Years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	711	91.7	89.1 - 93.7	6.9	5.1 - 9.3	0.7	0.3 - 1.6	0.8	0.3 - 1.8
45-69	235	86.0	79.3 - 90.8	7.2	4.4 - 11.3	0.8	0.3 - 2.7	6.0	2.8 - 12.5
Total	946	90.0	87.5 - 92.1	7.0	5.4 - 9.0	0.7	0.4 - 1.4	2.3	1.2 - 4.2

Cholesterol treatment among those diagnosed

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H14: In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed

Age Categories (Years)	Men			Women			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-44	3	-	-	9	-	-	12	11.2	1.4 - 52.5
45-69	8	-	-	6	-	-	14	10.2	2.0 - 38.8
Total	11	9.9	1.9 - 38.1	15	11.6	1.5 - 52.9	26	10.5	3.0 - 31.3

Cholesterol advice by traditional healer

Description: Percentage of the population who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H15: Have you ever seen a traditional healer for raised cholesterol?

H16: Are you currently taking any herbal or traditional remedy for your raised cholesterol?

Seen a traditional healer for raised cholesterol among those previously diagnosed

Age Categories (Years)	Men			Women			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-44	3	-	-	9	-	-	12	0.0	0.0 - 0.0
45-69	8	-	-	6	-	-	14	13.8	2.4 - 50.8
Total	11	11.5	1.4 - 54.5	15	5.1	0.6 - 31.6	26	9.1	1.7 - 37.1

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed

Age Categories (Years)	Men			Women			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-44	3	-	-	9	-	-	12	6.6	0.8 - 38.1
45-69	8	-	-	6	-	-	14	19.5	4.7 - 54.2
Total	11	17.5	3.5 - 55.4	15	11.1	2.5 - 37.9	26	15.1	4.6 - 39.9

12 HISTORY OF CARDIOVASCULAR DISEASES

History of cardio-vascular diseases

Description: Percentage of the population who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among the total population

Instrument question:

H17: Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?

Having ever had a heart attack or chest pain from heart disease or a stroke

Men				Women			Total		
Age Categories (Years)	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-44	356	19.2	15.1 - 24.0	355	20.0	15.9 - 25.0	711	19.6	16.6 - 23.0
45-69	95	29.1	18.3 - 42.9	140	29.6	14.9 - 50.2	235	29.3	19.6 - 41.4
Total	451	22.0	17.5 - 27.1	495	22.9	16.9 - 30.2	946	22.4	18.6 - 26.7

Prevention and treatment of heart disease

Description: Percentage of the population who are currently taking aspirin or statins regularly to prevent or treat heart disease

Instrument question:

H18: Are you currently taking aspirin regularly to prevent or treat heart disease?

H19: Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

Currently taking aspirin regularly to prevent or treat heart disease

Men				Women			Total		
Age Categories (Years)	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-44	356	2.2	1.0 - 4.8	355	1.2	0.5 - 3.1	711	1.8	1.0 - 3.2
45-69	95	18.0	8.5 - 34.3	140	7.7	4.0 - 14.4	235	12.9	7.3 - 22.0
Total	451	6.7	3.6 - 12.1	495	3.2	1.9 - 5.3	946	5.0	3.1 - 7.9

Currently taking statins regularly to prevent or treat heart disease

Men				Women			Total		
Age Categories (Years)	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-44	356	1.0	0.4 - 2.9	355	0.7	0.2 - 2.4	711	0.9	0.4 - 1.9
45-69	95	15.4	6.5 - 32.3	140	4.4	1.8 - 10.5	235	10.0	4.9 - 19.4
Total	451	5.1	2.3 - 10.7	495	1.8	0.9 - 3.7	946	3.5	1.9 - 6.4

13 LIFESTYLE ADVICE

Lifestyle advice

Description: Percentage of the population who received lifestyle advice from a doctor or health worker during the past 12 months among the total population

Instrument question:

H20: During the past 12 months, have you visited a doctor or other health worker?

H21a-f: During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following?

Advised by doctor or health worker to quit using tobacco or don't start

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	10.8	7.6 - 15.2	355	9.2	6.4 - 13.1	711	10.1	7.8 - 12.9
45-69	95	21.4	11.9 - 35.4	140	11.8	7.0 - 19.4	235	16.7	10.9 - 24.7
Total	451	13.8	10.0 - 18.7	495	10.0	7.5 - 13.3	946	12.0	9.5 - 14.9

Advised by doctor or health worker to reduce salt in the diet

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	15.3	11.4 - 20.3	355	11.9	8.8 - 15.9	711	13.7	11.0 - 16.8
45-69	95	30.3	18.3 - 45.6	140	31.8	17.1 - 51.2	235	31.0	21.0 - 43.2
Total	451	19.5	14.8 - 25.3	495	17.8	12.1 - 25.4	946	18.7	14.9 - 23.2

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

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	16.7	12.6 - 21.7	355	14.4	11.0 - 18.5	711	15.6	12.8 - 18.8
45-69	95	24.1	14.4 - 37.5	140	31.4	16.8 - 50.9	235	27.7	18.2 - 39.7
Total	451	18.8	14.5 - 23.8	495	19.4	13.7 - 26.8	946	19.1	15.4 - 23.4

Advised by doctor or health worker to reduce fat in the diet

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	13.6	9.9 - 18.3	355	12.5	9.4 - 16.5	711	13.1	10.6 - 16.1
45-69	95	34.3	21.7 - 49.5	140	28.8	14.3 - 49.4	235	31.6	21.5 - 43.8
Total	451	19.4	14.6 - 25.3	495	17.3	11.7 - 24.9	946	18.4	14.6 - 23.0

Advised by doctor or health worker to start or do more physical activity

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	17.3	13.2 - 22.4	355	13.4	10.1 - 17.4	711	15.5	12.7 - 18.7
45-69	95	24.3	14.5 - 38.0	140	31.6	17.0 - 51.1	235	27.9	18.4 - 39.9
Total	451	19.3	15.0 - 24.5	495	18.8	13.1 - 26.2	946	19.1	15.4 - 23.4

Advised by doctor or health worker to maintain a healthy body weight or to lose weight

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	16.7	12.6 - 21.8	355	12.6	9.4 - 16.6	711	14.8	12.0 - 18.0
45-69	95	28.8	17.1 - 44.1	140	15.7	10.0 - 24.0	235	22.4	15.2 - 31.6
Total	451	20.1	15.4 - 25.8	495	13.5	10.6 - 17.0	946	17.0	14.0 - 20.4

Advised by doctor or health worker to reduce sugary beverages in diet

Men				Women			Total		
Age Categories (Years)	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	356	15.1	11.3 - 20.0	355	10.8	8.0 - 14.3	711	13.1	10.5 - 16.1
45-69	95	28.1	16.5 - 43.6	140	30.9	16.3 - 50.6	235	29.5	19.5 - 41.8
Total	451	18.8	14.1 - 24.5	495	16.8	11.2 - 24.4	946	17.8	14.0 - 22.3

14 CERVICAL CANCER SCREENING

Cervical cancer screening

Description: Percentage of female population who have ever had a screening test for cervical cancer

Instrument question:

CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above?

Cervical cancer screening prevalence (Women)

Age Categories (Years)	n	% ever tested	95% CI
18-44	347	23.6	19.1 - 28.8
45-69	134	30.3	20.5 - 42.3
Total	481	25.5	21.3 - 30.4

Cervical cancer screening among women aged 30-49 years (Women)

Age Categories (Years)	n	% ever tested	95% CI
30-49	227	35.2	28.8 - 42.1
Total	227	35.2	28.8 - 42.1

Cervical cancer screening age

Description: Mean age of screening for cervical cancer among those who ever been screened

Instrument question:

CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above?

CX2: At what age were you first tested for cervical cancer?

Cervical cancer screening mean age (Women)

Age Categories (Years)	n	mean	95% CI
18-44	76	25.8	24.0 - 27.6
45-69	45	35.9	31.5 - 40.2
Total	121	29.2	27.1 - 31.4

Cervical cancer screening last test

Description: Most recent screening test for cervical cancer

Instrument question:

CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above?

CX3: When was your last (most recent) test for cervical cancer?

Last cervical cancer screening test (Women)

Age Categories (Years)	n	% Less than 1 year ago	95% CI	% 1-2 years ago	95% CI	% >2-5 years ago	95% CI	% More than 5 years ago	95% CI
18-44	81	27.1	18.1 - 38.5	26.3	16.6 - 39.1	15.3	8.8 - 25.3	26.0	17.2 - 37.4
45-69	48	19.9	10.4 - 34.7	29.5	17.0 - 45.9	4.8	1.4 - 15.2	39.0	25.1 - 54.9
Total	129	24.6	17.6 - 33.4	27.4	19.3 - 37.3	11.7	7.1 - 18.8	30.5	22.6 - 39.7

Cervical cancer screening follow-up

Description: Percentage of women with a follow-up visit among those ever screened

Instrument question:

CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above?

CX7: Did you have any follow-up visits because of your test results?

Follow-up visit (Women)

Age Categories (Years)	n	%	95% CI
18-44	81	31.0	21.5 - 42.5
45-69	48	30.6	18.7 - 45.7
Total	129	30.9	23.1 - 39.9

15 DISABILITY

Disability condition

Description: Percentage of the population with physical or mental health conditions

Instrument question:

DM1. Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

DM2. Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?

Presence of physical or mental health conditions or illnesses for 12 months or more

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	356	5.6	3.6 - 8.9	355	5.1	3.2 - 8.1	711	5.4	3.9 - 7.5
45-69	95	14.9	6.4 - 31.0	140	17.8	11.1 - 27.5	235	16.4	10.4 - 24.9
Total	451	8.3	5.1 - 13.2	495	8.9	6.5 - 12.2	946	8.6	6.4 - 11.4

Reduced ability to carry out day-to-day activities due to a physical or mental health condition or illness (Men)

Age Categories (Years)	n	% Yes, a lot	95% CI	% Yes, a little	95% CI	% Not at all	95% CI
18-44	21	27.0	11.7 - 50.8	52.7	30.2 - 74.2	20.4	7.7 - 43.8
45-69	11	52.8	15.0 - 87.6	10.2	2.3 - 35.7	37.0	6.8 - 82.5
Total	32	40.1	19.0 - 65.6	31.0	15.1 - 53.3	28.8	9.4 - 61.2

Reduced ability to carry out day-to-day activities due to a physical or mental health condition or illness (Women)

Age Categories (Years)	n	% Yes, a lot	95% CI	% Yes, a little	95% CI	% Not at all	95% CI
18-44	20	13.0	3.7 - 36.6	48.8	26.6 - 71.5	38.2	19.1 - 61.9
45-69	27	33.9	17.7 - 55.0	52.1	31.0 - 72.5	14.0	4.3 - 37.0
Total	47	25.4	14.6 - 40.5	50.8	34.9 - 66.5	23.8	13.0 - 39.5

Reduced ability to carry out day-to-day activities due to a physical or mental health condition or illness (Total)

Age Categories (Years)	n	% Yes, a lot	95% CI	% Yes, a little	95% CI	% Not at all	95% CI
18-44	41	20.7	10.4 - 36.8	50.9	34.5 - 67.2	28.4	16.3 - 44.8
45-69	38	42.7	22.1 - 66.1	32.7	16.6 - 54.2	24.6	7.3 - 57.5
Total	79	32.8	20.3 - 48.4	40.9	27.7 - 55.5	26.3	13.7 - 44.6

16 ORAL HEALTH

Oral health condition

Description: Self assessment of oral health condition

Instrument question:

O1. How do you rate your oral health (conditions of teeth, gums and mouth) right now?

Oral health condition (Men)

Age Categories (Years)	n	% Excellent	95% CI	% Very good	95% CI	% Good	95% CI
18-44	356	7.2	4.6 - 10.9	17.6	13.2 - 22.9	46.1	40.4 - 51.9
45-69	95	3.4	1.1 - 9.7	13.2	6.9 - 23.7	29.2	18.0 - 43.6
Total	451	6.1	4.0 - 9.1	16.3	12.5 - 21.0	41.3	35.9 - 47.0

Oral health condition (Men)

Age Categories (Years)	n	% Fair	95% CI	% Poor	95% CI
18-44	356	17.3	13.2 - 22.2	11.9	8.8 - 16.0
45-69	95	19.4	11.5 - 30.9	34.9	22.6 - 49.6
Total	451	17.9	14.0 - 22.5	18.4	13.9 - 23.9

Oral health condition (Women)

Age Categories (Years)	n	% Excellent	95% CI	% Very good	95% CI	% Good	95% CI
18-44	355	11.9	8.5 - 16.4	13.9	10.4 - 18.3	41.9	36.6 - 47.5
45-69	140	1.6	0.5 - 5.0	8.5	4.7 - 14.9	42.4	27.7 - 58.6
Total	495	8.8	6.3 - 12.2	12.3	9.5 - 15.8	42.1	36.1 - 48.3

Oral health condition (Women)

Age Categories (Years)	n	% Fair	95% CI	% Poor	95% CI
18-44	355	23.4	18.9 - 28.5	8.9	6.4 - 12.3
45-69	140	18.6	11.4 - 28.8	29.0	19.4 - 40.8
Total	495	22.0	17.9 - 26.6	14.9	11.6 - 18.8

Oral health condition (Total)

Age Categories (Years)	n	% Excellent	95% CI	% Very good	95% CI	% Good	95% CI
18-44	711	9.4	7.2 - 12.2	15.8	12.9 - 19.3	44.1	40.2 - 48.2
45-69	235	2.5	1.1 - 5.7	10.9	6.9 - 16.8	35.7	25.8 - 47.0
Total	946	7.4	5.7 - 9.5	14.4	11.9 - 17.3	41.7	37.6 - 45.9

Oral health condition (Total)					
Age Categories (Years)	n	% Fair	95% CI	% Poor	95% CI
18-44	711	20.2	17.1 - 23.6	10.5	8.4 - 13.1
45-69	235	19.0	13.3 - 26.4	32.0	23.7 - 41.5
Total	946	19.8	17.0 - 23.0	16.7	13.8 - 20.1

Oral health issues

Description: Reported oral health issues during the past 12 months

Instrument question:

O2. During the past twelve months, did you experience one or more of the following issues because of your teeth, gums or mouth?

Oral health issues (Men)							
Age Categories (Years)	n	% Had pain	95% CI	% Had difficulty eating food	95% CI	% Had difficulty speaking	95% CI
18-44	351	22.8	18.5 - 27.8	13.4	10.1 - 17.7	0.5	0.2 - 1.7
45-69	95	23.5	15.3 - 34.5	11.2	6.1 - 19.6	2.5	0.5 - 10.7
Total	446	23.0	19.0 - 27.6	12.8	9.8 - 16.5	1.1	0.4 - 3.1

Oral health issues (Men)							
Age Categories (Years)	n	% Avoided smiling	95% CI	% Had difficulty doing usual activities	95% CI	% Other issues	95% CI
18-44	351	2.5	1.0 - 5.9	0.0	0.0 - 0.0	1.2	0.5 - 3.3
45-69	95	6.6	2.6 - 15.9	0.0	0.0 - 0.0	2.5	0.5 - 11.5
Total	446	3.7	1.9 - 6.8	0.0	0.0 - 0.0	1.6	0.6 - 3.9

Oral health issues (Women)							
Age Categories (Years)	n	% Had pain	95% CI	% Had difficulty eating food	95% CI	% Had difficulty speaking	95% CI
18-44	354	24.2	19.8 - 29.2	13.1	9.8 - 17.3	1.0	0.3 - 2.6
45-69	135	22.1	14.1 - 33.0	13.6	7.7 - 23.0	1.8	0.5 - 6.0
Total	489	23.6	19.5 - 28.3	13.3	10.2 - 17.1	1.2	0.5 - 2.6

Oral health issues (Women)							
Age Categories (Years)	n	% Avoided smiling	95% CI	% Had difficulty doing usual activities	95% CI	% Other issues	95% CI
18-44	354	1.1	0.5 - 2.7	1.3	0.5 - 3.2	2.0	0.9 - 4.4
45-69	135	5.2	2.4 - 10.6	0.4	0.1 - 3.0	1.0	0.2 - 4.0
Total	489	2.3	1.3 - 4.0	1.1	0.5 - 2.4	1.7	0.8 - 3.5

Oral health issues (Total)							
Age Categories (Years)	n	% Had pain	95% CI	% Had difficulty eating food	95% CI	% Had difficulty speaking	95% CI
18-44	705	23.5	20.3 - 27.0	13.3	10.8 - 16.2	0.7	0.3 - 1.6
45-69	230	22.9	16.8 - 30.3	12.4	8.2 - 18.2	2.1	0.7 - 5.9
Total	935	23.3	20.4 - 26.5	13.0	10.8 - 15.6	1.1	0.6 - 2.2

Oral health issues (Total)							
Age Categories (Years)	n	% Avoided smiling	95% CI	% Had difficulty doing usual activities	95% CI	% Other issues	95% CI
18-44	705	1.8	0.9 - 3.6	0.6	0.3 - 1.6	1.6	0.9 - 3.0
45-69	230	5.9	3.2 - 10.8	0.2	0.0 - 1.4	1.7	0.5 - 5.9
Total	935	3.0	1.9 - 4.7	0.5	0.2 - 1.2	1.6	0.9 - 2.9

Had at least one issue									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	351	29.5	24.5 - 34.9	354	30.6	25.7 - 35.9	705	30.0	26.5 - 33.8
45-69	95	27.7	18.5 - 39.4	135	29.3	19.6 - 41.3	230	28.5	21.5 - 36.6
Total	446	29.0	24.4 - 34.0	489	30.2	25.6 - 35.3	935	29.6	26.3 - 33.1

Use of health care services

Description: Percentage of population that did not use health care services even though they had a problem

Instrument question:

O3. During the past twelve months, have you used health care services because of a problem with your teeth, gums or mouth?

Did not use health services									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	109	41.0	31.3 - 51.5	109	48.8	38.9 - 58.8	218	44.8	37.7 - 52.1
45-69	37	33.0	18.3 - 52.0	45	66.8	50.8 - 79.6	82	49.7	37.0 - 62.5
Total	146	38.8	30.4 - 48.0	154	53.9	45.2 - 62.3	300	46.2	39.9 - 52.6

Reason for not using health care services

Description: Percentage of the population by reasons for not using oral health services

Instrument question:

O2. During the past twelve months, did you experience one or more of the following issues because of your teeth, gums or mouth?

O3. During the past twelve months, have you used health care services because of a problem with your teeth, gums or mouth?

O4. What were the reasons for not using a health care services? Please mark all that apply

Reasons for not using oral health services (Men)							
Age Categories (Years)	n	% Service not available	95% CI	%Too expensive	95%CI	% Service too far away	95% CI
18-44	47	0.0	0.0 - 0.0	0.0	0.0 - 0.0	21.7	11.8 - 36.5
45-69	14	0.0	0.0 - 0.0	0.0	0.0 - 0.0	24.6	8.5 - 53.5
Total	61	0.0	0.0 - 0.0	0.0	0.0 - 0.0	22.4	13.3 - 35.1

Reasons for not using oral health services (Men)							
Age Categories (Years)	n	% Poor service quality	95% CI	% Fear(afraid of dentalcare)	95% CI	%No appointment available	95% CI
18-44	47	4.8	1.5 - 14.5	12.9	4.6 - 31.2	14.3	6.4 - 28.8
45-69	14	4.5	0.6 - 27.2	26.8	6.1 - 67.5	19.9	6.0 - 48.8
Total	61	4.7	1.7 - 12.5	15.9	6.8 - 32.9	15.5	8.1 - 27.7

Reasons for not using oral health services (Men)					
Age Categories (Years)	n	% Relief from self-medication	95% CI	% Other	95% CI
18-44	47	14.6	6.6 - 29.3	38.1	24.2 - 54.3
45-69	14	8.5	1.1 - 42.5	43.6	17.5 - 73.8
Total	61	13.3	6.4 - 25.6	39.3	26.4 - 53.9

Reasons for not using oral health services (Women)							
Age Categories (Years)	n	% Service not available	95% CI	% Too expensive	95% CI	% Servicetoo far away	95% CI
18-44	50	0.9	0.1 - 6.5	0.0	0.0 - 0.0	17.8	8.7 - 32.7
45-69	31	0.0	0.0 - 0.0	0.0	0.0 - 0.0	44.8	25.3 - 66.1
Total	81	0.6	0.1 - 4.1	0.0	0.0 - 0.0	28.0	18.3 - 40.5

Reasons for not using oral health services (Women)							
Age Categories (Years)	n	% Poor service quality	95% CI	% Fear(afraid of dentalcare)	95% CI	%No appointment available	95% CI
18-44	50	1.2	0.2 - 8.0	32.6	20.1 - 48.3	1.3	0.2 - 9.1
45-69	31	0.0	0.0 - 0.0	13.5	5.5 - 29.6	5.4	0.7 - 30.3
Total	81	0.7	0.1 - 5.0	25.3	16.3 - 37.2	2.9	0.6 - 12.2

Reasons for not using oral health services (Women)					
Age Categories (Years)	n	% Relief from self-medication	95% CI	% Other	95% CI
18-44	50	11.9	5.4 - 24.2	34.4	21.6 - 49.8
45-69	31	17.5	4.8 - 47.5	24.4	10.4 - 47.3
Total	81	14.0	6.7 - 27.0	30.6	20.4 - 43.1

Reasons for not using oral health services (Total)								
Age Categories (Years)	n	% Service not available	95% CI	n	% Too expensive	95% CI	% Service too far away	95% CI
18-44	97	0.5	0.1 - 3.4	0	0.0	0.0 - 0.0	19.7	12.5 - 29.6
45-69	45	0.0	0.0 - 0.0	0	0.0	0.0 - 0.0	38.7	23.6 - 56.4
Total	142	0.3	0.0 - 2.3	0	0.0	0.0 - 0.0	25.6	18.5 - 34.4

Reasons for not using oral health services (Total)							
Age Categories (Years)	n	% Poor service quality	95% CI	% Fear (afraid of dental care)	95% CI	% No appointment available	95% CI
18-44	97	2.9	1.1 - 7.8	23.1	14.7 - 34.2	7.6	3.6 - 15.5
45-69	45	1.3	0.2 - 9.2	17.5	7.4 - 35.8	9.8	3.4 - 24.6
Total	142	2.4	1.0 - 5.9	21.3	14.4 - 30.4	8.3	4.5 - 14.7

Reasons for not using oral health services (Total)					
Age Categories (Years)	n	% Relief from self-medication	95% CI	% Other	95% CI
18-44	97	13.2	7.6 - 22.0	36.2	26.4 - 47.3
45-69	45	14.8	4.8 - 37.6	30.2	16.1 - 49.3
Total	142	13.7	8.1 - 22.2	34.3	25.9 - 43.8

Teeth brushing frequency

Description: Frequency of brushing teeth

Instrument question:

X12. How many times per day do you brush your teeth?

Teeth brushing frequency (Men)									
Age Categories (Years)	n	% Once a day	95% CI	% Twice a day	95% CI	% Three times a day	95% CI	% Don't brush my teeth	95% CI
18-44	356	55.8	50.0 - 61.5	35.9	30.6 - 41.6	5.3	3.2 - 8.7	2.9	1.6 - 5.4
45-69	95	51.0	37.5 - 64.5	34.0	22.1 - 48.2	7.8	2.1 - 24.9	7.2	3.7 - 13.6
Total	451	54.5	48.7 - 60.1	35.4	30.1 - 41.0	6.0	3.4 - 10.4	4.1	2.6 - 6.4

Teeth brushing frequency (Women)									
Age Categories (Years)	n	% Once a day	95% CI	% Twice a day	95% CI	% Three times a day	95% CI	% Don't brush my teeth	95% CI
18-44	355	40.2	34.9 - 45.8	55.3	49.7 - 60.8	3.8	2.1 - 6.9	0.7	0.2 - 2.1
45-69	140	36.1	25.2 - 48.6	30.7	21.0 - 42.5	21.0	7.5 - 46.7	12.1	6.6 - 21.3
Total	495	39.0	33.8 - 44.5	48.0	42.2 - 53.8	8.9	4.0 - 18.6	4.1	2.4 - 6.9

Teeth brushing frequency (Total)									
Age Categories (Years)	n	% Once a day	95% CI	% Twice a day	95% CI	% Three times a day	95% CI	% Don't brush my teeth	95% CI
18-44	711	48.5	44.4 - 52.5	45.1	41.1 - 49.1	4.6	3.1 - 6.7	1.9	1.1 - 3.2
45-69	235	43.7	34.4 - 53.4	32.4	24.3 - 41.6	14.3	6.1 - 30.0	9.6	6.1 - 14.8
Total	946	47.1	43.1 - 51.1	41.4	37.5 - 45.4	7.4	4.4 - 12.2	4.1	2.9 - 5.8

Oral health instrument

Description: Oral health hygiene instrument used
Instrument question:
 X13. What oral hygiene instrument do you use?

Hygiene instrument used (Men)									
Age Categories (Years)	n	% Toothbrush hard bristled	95% CI	% Toothbrush medium bristled	95% CI	% Toothbrush soft bristled	95% CI	% Toothpick	95% CI
18-44	356	29.8	24.6 - 35.5	46.9	41.2 - 52.7	19.4	15.1 - 24.5	18.2	14.3 - 22.9
45-69	95	37.1	24.3 - 52.0	28.0	18.4 - 40.2	24.8	14.6 - 38.8	15.8	7.6 - 30.1
Total	451	31.8	26.4 - 37.8	41.6	36.3 - 47.1	20.9	16.5 - 26.2	17.5	13.6 - 22.4

Hygiene instrument used (Men)									
Age Categories (Years)	n	% Dental floss	95% CI	% Mouth-wash (Listerine etc)	95% CI	% Other	95% CI	% None	95% CI
18-44	356	10.7	7.6 - 15.0	11.5	8.2 - 15.8	1.8	0.8 - 3.9	3.4	1.8 - 6.0
45-69	95	12.2	6.6 - 21.5	14.7	6.7 - 29.3	1.9	0.6 - 5.9	7.1	3.6 - 13.6
Total	451	11.2	8.3 - 14.9	12.4	8.8 - 17.1	1.8	0.9 - 3.5	4.4	2.8 - 6.8

Hygiene instrument used (Women)									
Age Categories (Years)	n	% Toothbrush hard bristled	95% CI	% Toothbrush medium bristled	95% CI	% Toothbrush soft bristled	95% CI	% Toothpick	95% CI
18-44	355	22.1	17.8 - 27.1	53.4	47.8 - 58.9	26.2	21.6 - 31.3	14.3	10.9 - 18.5
45-69	140	15.3	9.5 - 23.9	42.2	27.5 - 58.5	27.4	18.6 - 38.5	13.3	7.5 - 22.5
Total	495	20.1	16.4 - 24.4	50.1	44.2 - 55.9	26.5	22.3 - 31.2	14.0	10.9 - 17.8

Hygiene instrument used (Women)									
Age Categories (Years)	n	% Dental floss	95% CI	%Mouth-wash (Listerine etc)	95% CI	% Other	95% CI	% None	95% CI
18-44	355	12.6	9.3 - 17.0	11.3	8.1 - 15.6	0.7	0.2 - 2.3	0.2	0.0 - 1.3
45-69	140	11.5	6.1 - 20.6	10.7	5.4 - 20.2	0.4	0.1 - 2.9	14.1	7.7 - 24.4
Total	495	12.3	9.3 - 16.1	11.1	8.2 - 15.0	0.6	0.2 - 1.7	4.3	2.5 - 7.5

Hygiene instrument used (Total)									
Age Categories (Years)	n	% Toothbrush hard bristled	95% CI	% Toothbrush medium bristled	95% CI	% Toothbrush soft bristled	95% CI	% Toothpick	95% CI
18-44	711	26.1	22.7 - 30.0	50.0	46.0 - 54.0	22.6	19.4 - 26.1	16.4	13.7 - 19.5
45-69	235	26.4	18.5 - 36.2	35.0	25.4 - 46.0	26.1	19.0 - 34.7	14.6	9.1 - 22.7
Total	946	26.2	22.7 - 30.0	45.7	41.6 - 49.8	23.6	20.5 - 27.0	15.8	13.2 - 18.9

Hygiene instrument used (Total)									
Age Categories (Years)	n	% Dental floss	95% CI	%Mouth-wash (Listerine etc)	95% CI	% Other	95% CI	% None	95% CI
18-44	711	11.6	9.2 - 14.5	11.4	9.0 - 14.3	1.3	0.6 - 2.5	1.9	1.0 - 3.3
45-69	235	11.9	7.7 - 17.9	12.8	7.4 - 21.0	1.1	0.4 - 3.2	10.6	6.7 - 16.3
Total	946	11.7	9.5 - 14.3	11.8	9.3 - 14.8	1.2	0.7 - 2.2	4.4	3.1 - 6.2

Use of fluoride toothpaste

Description: Percentage of the population using various toothpaste brands

Instrument question:

O5. Please indicate which of the following toothpastes shown do you use to clean your teeth?

Toothpaste used (Men)							
Age Categories (Years)	n	% Toothpaste with Fluoride	95% CI	%Toothpastewith unknown fluoride content(other)	95% CI	% No toothpaste used	95% CI
18-44	356	96.2	93.5 - 97.8	2.4	1.2 - 4.7	1.4	0.6 - 3.5
45-69	95	89.3	81.5 - 94.1	8.4	4.3 - 16.1	2.2	0.8 - 6.2
Total	451	94.2	91.5 - 96.1	4.1	2.5 - 6.6	1.7	0.8 - 3.3

Toothpaste used (Women)							
Age Categories (Years)	n	% Toothpaste with Fluoride	95% CI	%Toothpastewith unknown fluoride content(other)	95% CI	% No toothpaste used	95% CI
18-44	355	98.8	97.1 - 99.5	0.7	0.2 - 2.3	0.5	0.1 - 2.0
45-69	140	88.5	80.3 - 93.6	5.6	2.8 - 10.9	5.9	2.5 - 13.6
Total	495	95.7	93.2 - 97.3	2.2	1.2 - 3.8	2.1	1.0 - 4.4

Toothpaste used (Total)							
Age Categories (Years)	n	% Toothpaste with Fluoride	95% CI	%Toothpastewith unknown fluoride content(other)	95% CI	% No toothpaste used	95% CI
18-44	711	97.4	95.9 - 98.4	1.6	0.9 - 2.9	1.0	0.5 - 2.1
45-69	235	88.9	83.6 - 92.7	7.0	4.3 - 11.3	4.0	2.0 - 7.9
Total	946	95.0	93.2 - 96.3	3.2	2.2 - 4.6	1.9	1.1 - 3.1

Tooth Count

Description: Percentage of the population by number of teeth

Instrument question:

O6. Tooth count

Number of available teeth (Men)									
Age Categories (Years)	n	% 0 teeth	95% CI	% 1 to 9 teeth	95% CI	% 10 to 19 teeth	95% CI	% 20+ teeth	95% CI
18-44	219	0.0	0.0 - 0.0	0.5	0.1 - 3.8	2.6	1.1 - 6.1	96.9	93.2 - 98.6
45-69	56	0.0	0.0 - 0.0	14.4	4.4 - 37.9	16.4	8.0 - 30.6	69.2	50.1 - 83.5
Total	275	0.0	0.0 - 0.0	4.4	1.4 - 12.6	6.4	3.7 - 10.9	89.2	82.2 - 93.7

Number of available teeth (Women)									
Age Categories (Years)	n	% 0 teeth	95% CI	% 1 to 9 teeth	95% CI	% 10 to 19 teeth	95% CI	% 20+ teeth	95% CI
18-44	218	0.0	0.0 - 0.0	0.7	0.2 - 2.8	2.1	0.8 - 5.4	97.2	93.9 - 98.7
45-69	91	1.9	0.3 - 12.6	11.4	6.1 - 20.4	17.9	9.3 - 31.8	68.8	52.5 - 81.4
Total	309	0.6	0.1 - 4.2	4.1	2.5 - 6.8	7.2	4.4 - 11.8	88.0	83.0 - 91.7

Number of available teeth (Total)									
Age Categories (Years)	n	% 0 teeth	95% CI	% 1 to 9 teeth	95% CI	% 10 to 19 teeth	95% CI	% 20+ teeth	95% CI
18-44	437	0.0	0.0 - 0.0	0.6	0.2 - 2.0	2.4	1.3 - 4.5	97.0	94.8 - 98.3
45-69	147	1.0	0.1 - 6.7	12.8	6.4 - 24.1	17.2	10.7 - 26.5	69.0	56.8 - 79.0
Total	584	0.3	0.0 - 2.1	4.3	2.2 - 7.9	6.8	4.7 - 9.8	88.6	84.6 - 91.8

Untreated Dental Caries

Description: Percentage of the population with untreated dental caries

Instrument question:

O7. Presence of untreated dental caries

Untreated dental caries									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	219	32.5	26.0 - 39.7	218	43.4	36.6 - 50.6	437	37.6	32.7 - 42.6
45-69	56	57.6	39.7 - 73.7	91	62.7	45.4 - 77.3	147	60.2	47.5 - 71.7
Total	275	39.4	32.3 - 47.0	309	49.6	41.6 - 57.7	584	44.3	38.8 - 50.0

Severe Dental Caries

Description: Percentage of the population with severe dental caries

Instrument question:

08. Presence of severe dental caries

Severe dental caries									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	219	7.0	4.1 - 11.6	218	12.1	8.2 - 17.5	437	9.4	6.9 - 12.7
45-69	56	10.8	4.6 - 23.3	91	19.0	10.4 - 32.0	147	15.0	9.4 - 23.2
Total	275	8.0	5.1 - 12.4	309	14.3	10.4 - 19.4	584	11.1	8.5 - 14.2

Severe Oral Health condition

Description: Percentage of the population with severe pain, swelling, damage or unusual lesion in or around the mouth

Instrument question:

09. Presence of severe pain, swelling, damage or unusual lesion in or around the mouth

Severe oral health conditions									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	219	2.1	0.8 - 5.1	218	2.4	1.0 - 5.7	437	2.2	1.2 - 4.2
45-69	56	8.9	1.3 - 41.7	91	4.5	1.7 - 11.5	147	6.6	1.8 - 21.4
Total	275	4.0	1.1 - 12.8	309	3.1	1.6 - 5.8	584	3.5	1.6 - 7.5

17 MENTAL HEALTH – DEPRESSION

Depression

Description: Percentage of the population with depression

Instrument question:

MH1: In the last 12 months, have you, for a period of at least 2 weeks, felt sad or depressed for most of the day, nearly every day?

MH2: In the last 12 months, have you, for a period of at least 2 weeks, been a lot less interested in, or experienced a lot less pleasure from, doing the things you normally enjoy?

MH3: Please tell me when in the last 12 months you experienced the worst period of [LOW MOOD and/or LOSS OF INTEREST OR PLEASURE] that lasted for at least 2 weeks?

The next questions I am going to ask you will all refer specifically to this time, that is [ANSWER TO MH3]. Try to remember as best you can what you were experiencing during that time, rather than what you might have experienced at other times.

MH4: During this time in which your [LOW MOOD and/or LOSS OF INTEREST] were at its worst, that is [SPECIFY PERIOD FROM MH3], did you have more trouble concentrating and staying focused on things than usual OR did you struggle more than usual to make decisions most of the day, nearly every day for at least 2 weeks?

MH5: During that same 2-week period, in [SPECIFY PERIOD], did you feel less valuable as a person or even worthless most of the day, nearly every day?

MH6: During that same 2-week period, did you feel overly guilty about things you did or neglected to do most of the day, nearly every day?

MH7: During that same 2-week period, did you feel more hopeless about the future, like things would never turn out well for you most of the day, nearly every day?

MH8: The next question can be a sensitive question:

During that same 2-week period, in [SPECIFY PERIOD], on most days did you think about death or suicide, or did you try to end your life?

MH9: On most days during that same 2-week period, did you have more trouble sleeping than usual (for example falling or staying asleep), or did you sleep a lot more than you usually do?

MH10: On most days during that same 2-week period, did you not want to eat even when food was available, OR did you eat more than before your [LOW MOOD, and/or LOSS OF INTEREST] started?

MH11: On most days during that same 2-week period, did you have less energy than before your [LOW MOOD, and/or LOSS OF INTEREST] started OR were you much more tired than usual even when doing some small task?

MH12: On most days during that same 2-week period, did others notice you were moving or speaking more slowly than is normal for you, OR the opposite – did others notice you were fidgeting or pacing around a lot?

MH13: During this time when you experienced [LIST ALL ENDORSED SYMPTOMS], did these difficulties affect your ability to function in daily life (for example your work or school, your social life, your relationships)?

Prevalence of depression									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	295	5.2	3.0 - 9.0	294	9.7	6.5 - 14.1	589	7.3	5.3 - 10.0
45-69	71	5.0	1.9 - 12.9	115	7.6	3.6 - 15.6	186	6.4	3.5 - 11.3
Total	366	5.2	3.2 - 8.3	409	9.0	6.3 - 12.7	775	7.1	5.3 - 9.3

Depression medication

Description: Percentage of those with depression who are taking depression medication

Instrument question:

MH14. In the past 12 months, have you taken anti-depressant medication prescribed by a doctor or other health worker?

Depression medication (Men)							
Age Categories (Years)	n	% Yes, for less than 3 months	95% CI	% Yes, for 3 months or more	95% CI	% No	95% CI
18-44	15	28.0	9.4 - 59.4	0.0	0.0 - 0.0	72.0	40.6 - 90.6
45-69	5	-	-	-	-	-	-
Total	20	27.6	10.8 - 54.6	2.0	0.3 - 15.0	70.2	43.8 - 87.7

Depression medication (Women)							
Age Categories (Years)	n	% Yes, for less than 3 months	95% CI	% Yes, for 3 months or more	95% CI	% No	95% CI
18-44	27	4.4	0.6 - 26.3	1.7	0.2 - 12.0	93.9	75.5 - 98.7
45-69	9	-	-	-	-	-	-
Total	36	3.3	0.4 - 20.7	1.3	0.2 - 9.1	95.4	80.9 - 99.0

Depression medication (Total)							
Age Categories (Years)	n	% Yes, for less than 3 months	95% CI	% Yes, for 3 months or more	95% CI	% No	95% CI
18-44	42	13.3	5.0 - 30.7	1.1	0.1 - 7.7	85.6	68.6 - 94.2
45-69	14	10.1	1.4 - 47.7	3.3	0.4 - 21.8	86.6	53.9 - 97.3
Total	56	12.5	5.2 - 26.9	1.6	0.4 - 6.6	85.9	71.9 - 93.5

Depression medication									
Men				Women			Total		
Age Categories (Years)	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI
18-44	15	28.0	9.4 - 59.4	27	6.1	1.3 - 24.5	42	14.4	5.8 - 31.4
45-69	5	-	-	9	-	-	14	13.4	2.7 - 46.1
Total	20	29.8	12.3 - 56.2	36	4.6	1.0 - 19.1	56	14.1	6.5 - 28.1

Depression therapy

Description: Percentage of those with depression receiving psychological therapy/counselling

Instrument question:

MH15: In the past 12 months, have you received psychological therapy/counselling sessions for at least 30 minutes by a doctor or other health worker for the difficulties we've just talked about?

Psychological therapy/counselling for depression (Men)

Age Categories (Years)	n	%Yes, 1 to 3 sessions	95% CI	%Yes, 4 sessions or more	95% CI	%No	95% CI
18-44	15	5.7	0.7 - 32.9	0.0	0.0 - 0.0	94.3	67.1 - 99.3
45-69	5	-	-	0.0	0.0 - 0.0	-	-
Total	20	4.2	0.6 - 26.0	0.0	0.0 - 0.0	95.8	74.0 - 99.4

Psychological therapy/counselling for depression (Women)

Age Categories (Years)	n	% Yes, 1 to 3 sessions	95% CI	% Yes, 4 sessions or more	95% CI	%No	95% CI
18-44	27	8.6	2.1 - 29.4	0.0	0.0 - 0.0	91.4	70.6 - 97.9
45-69	9	-	-	0.0	0.0 - 0.0	-	-
Total	36	6.5	1.6 - 23.1	0.0	0.0 - 0.0	93.5	76.9 - 98.4

Psychological therapy/counselling for depression (Total)

Age Categories (Years)	n	% Yes, 1 to 3 sessions	95% CI	% Yes, 4 sessions or more	95% CI	%No	95% CI
18-44	42	7.5	2.3 - 21.5	0.0	0.0 - 0.0	92.5	78.5 - 97.7
45-69	14	0.0	0.0 - 0.0	0.0	0.0 - 0.0	100.0	100.0 - 100.0
Total	56	5.6	1.8 - 16.6	0.0	0.0 - 0.0	94.4	83.4 - 98.2

Psychological therapy/counselling for depression

Men				Women			Total		
Age Categories (Years)	n	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-44	15	5.7	0.7 - 32.9	27	8.6	2.1 - 29.4	42	7.5	2.3 - 21.5
45-69	5	-	-	9	-	-	14	0.0	0.0 - 0.0
Total	20	4.2	0.6 - 26.0	36	6.5	1.6 - 23.1	56	5.6	1.8 - 16.6

18 PHYSICAL MEASUREMENTS

Blood pressure

Description: Mean blood pressure among the total population, including those currently on medication for raised blood pressure

Instrument question:

M4-6 (a-b): Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)

Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	352	127.8	126.1 - 129.6	349	114.2	112.6 - 115.8	701	121.4	120.1 - 122.7
45-69	91	143.1	135.5 - 150.7	132	128.1	120.8 - 135.3	223	135.8	129.9 - 141.8
Total	443	132.1	129.3 - 134.9	481	118.2	116.1 - 120.4	924	125.5	123.6 - 127.5

Mean diastolic blood pressure (mmHg)

Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	352	83.6	82.0 - 85.1	349	80.3	79.0 - 81.5	701	82.0	81.0 - 83.0
45-69	91	92.7	88.8 - 96.6	132	84.9	81.6 - 88.3	223	88.9	86.0 - 91.9
Total	443	86.1	84.3 - 87.9	481	81.6	80.3 - 82.9	924	84.0	82.8 - 85.1

Raised blood pressure

Description: Percentage of the population with raised blood pressure

Instrument question:

Reading 1-3 systolic and diastolic blood pressure

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	352	33.4	28.1 - 39.3	349	17.6	13.7 - 22.4	701	26.0	22.5 - 29.8
45-69	91	63.1	50.3 - 74.4	132	35.1	23.9 - 48.3	223	49.6	39.4 - 59.8
Total	443	41.7	35.9 - 47.8	481	22.7	18.6 - 27.4	924	32.7	28.8 - 36.8

SBP ≥160 and/or DBP ≥ 100 mmHg									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	352	9.7	6.8 - 13.7	349	4.5	2.7 - 7.5	701	7.3	5.4 - 9.7
45-69	91	38.6	24.9 - 54.4	132	12.3	6.3 - 22.7	223	25.9	17.2 - 37.1
Total	443	17.8	12.7 - 24.3	481	6.8	4.5 - 10.2	924	12.6	9.5 - 16.4

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	352	34.4	29.0 - 40.2	349	18.7	14.7 - 23.6	701	27.0	23.5 - 30.9
45-69	91	68.9	56.8 - 78.9	132	38.8	26.8 - 52.4	223	54.4	43.9 - 64.5
Total	443	44.0	38.2 - 50.0	481	24.6	20.3 - 29.4	924	34.8	30.8 - 38.9

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	352	12.6	9.1 - 17.1	349	6.9	4.6 - 10.2	701	9.9	7.7 - 12.7
45-69	91	47.1	33.3 - 61.3	132	19.6	12.0 - 30.4	223	33.8	24.5 - 44.5
Total	443	22.2	16.8 - 28.7	481	10.6	7.8 - 14.2	924	16.7	13.4 - 20.6

Hypertension 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 question:

Have you ever had your blood pressure measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

Raised blood pressure diagnosis among those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or on medication for raised blood pressure									
Men				Women			Total		
Age Categories (Years)	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-44	114	26.5	18.6 - 36.4	66	34.9	23.8 - 47.9	180	29.2	22.5 - 37.0
45-69	55	39.9	23.9 - 58.3	62	45.2	31.5 - 59.6	117	41.7	29.7 - 54.7
Total	169	32.4	23.8 - 42.3	128	39.6	30.7 - 49.2	297	34.8	28.2 - 42.0

Raised blood pressure treatment among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or on medication for raised blood pressure

Total			Men			Women					
Age Categories (Years)	n	% on medication	95% CI			n	% on medication	95% CI	n	% on medication	95% CI
18-44	114	11.4	5.9 - 21.0			66	13.9	7.3 - 24.9	180	12.2	7.6 - 19.1
45-69	55	22.3	10.1 - 42.3			62	23.5	14.4 - 36.0	117	22.7	13.4 - 35.8
Total	169	16.2	9.5 - 26.3			128	18.3	12.5 - 26.1	297	16.9	11.7 - 23.7

Raised blood pressure control among those with raised blood pressure (SBP $\geq$ 140 and/or DBP $\geq$ 90 mmHg) or on medication for raised blood pressure

Men			Women			Total					
Age Categories (Years)	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI		
18-44	114	2.8	0.9 - 8.4	66	6.0	2.1 - 16.0	180	3.8	1.8 - 8.1		
45-69	55	8.4	3.0 - 21.2	62	9.5	4.5 - 18.7	117	8.8	4.4 - 16.8		
Total	169	5.2	2.4 - 11.0	128	7.6	4.1 - 13.6	297	6.0	3.6 - 9.9		

Mean heart rate

Description: Mean heart rate (beats per minute)

Instrument question:

M16 a-c: Reading 1-3 heart rate

Mean heart rate (beats per minute)

Men			Women			Total					
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI		
18-44	352	74.9	73.5 - 76.2	349	81.3	80.0 - 82.6	701	77.9	76.9 - 78.9		
45-69	91	74.2	70.5 - 77.9	132	76.5	74.6 - 78.4	223	75.3	73.2 - 77.5		
Total	443	74.7	73.3 - 76.1	481	79.9	78.8 - 81.0	924	77.2	76.2 - 78.1		

Height, weight and BMI

Description: Mean height, weight, and body mass index among the total population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

Mean height (cm)

Men			Women			Total					
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI		
18-44	351	170.0	168.9 - 171.1	331	157.5	156.5 - 158.5	682	164.3	163.4 - 165.2		
45-69	89	170.0	168.0 - 172.0	131	155.4	152.6 - 158.3	220	162.9	161.0 - 164.8		
Total	440	170.0	169.0 - 171.0	462	156.9	155.8 - 158.0	902	163.9	163.0 - 164.7		

Mean weight (kg)									
Men				Women			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	349	97.4	94.9 - 99.8	331	85.7	83.2 - 88.1	680	92.0	90.2 - 93.8
45-69	89	108.9	99.8 - 118.1	131	90.2	86.4 - 94.0	220	99.8	94.0 - 105.6
Total	438	100.6	97.3 - 103.9	462	87.0	85.0 - 89.1	900	94.2	92.1 - 96.4

Mean BMI (kg/m2)									
Men				Women			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	345	33.5	32.7 - 34.3	324	33.8	32.9 - 34.8	669	33.6	33.0 - 34.3
45-69	88	37.5	34.5 - 40.6	129	37.1	35.2 - 38.9	217	37.3	35.5 - 39.1
Total	433	34.6	33.5 - 35.7	453	34.8	34.0 - 35.7	886	34.7	34.0 - 35.4

BMI categories

Description: Percentage of the population (excluding pregnant women) in each BMI category

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

BMI classifications (Men)									
Age Categories (Years)	n	% Under-weight <18.5	95% CI	%Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-44	345	0.0	0.0 - 0.0	9.2	6.4 - 13.0	22.2	17.6 - 27.5	68.7	63.0 - 73.9
45-69	88	0.4	0.1 - 3.0	4.9	1.8 - 12.9	10.8	4.7 - 23.0	83.9	71.6 - 91.4
Total	433	0.1	0.0 - 0.8	8.0	5.6 - 11.2	19.0	15.0 - 23.7	72.9	67.8 - 77.6

BMI classifications (Women)									
Age Categories (Years)	n	% Under-weight <18.5	95% CI	%Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-44	324	0.2	0.0 - 1.3	15.3	11.4 - 20.3	19.8	15.4 - 25.1	64.7	58.7 - 70.2
45-69	129	0.5	0.1 - 3.8	5.5	2.6 - 11.2	8.5	4.5 - 15.7	85.4	76.8 - 91.2
Total	453	0.3	0.1 - 1.2	12.3	9.3 - 16.2	16.4	12.8 - 20.8	70.9	65.6 - 75.7

BMI classifications (Total)									
Age Categories (Years)	n	% Under-weight <18.5	95% CI	%Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-44	669	0.1	0.0 - 0.6	12.0	9.5 - 15.0	21.1	17.8 - 24.8	66.8	62.8 - 70.7
45-69	217	0.5	0.1 - 1.9	5.2	2.8 - 9.5	9.7	5.6 - 16.3	84.6	77.5 - 89.8
Total	886	0.2	0.1 - 0.6	10.0	8.0 - 12.4	17.8	15.0 - 20.9	72.0	68.4 - 75.4

BMI ≥25

Description: Percentage of the population (excluding pregnant women) classified as overweight (BMI≥25)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

BMI≥25									
Men				Women			Total		
Age Categories (Years)	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
18-44	345	90.8	87.0 - 93.6	324	84.5	79.5 - 88.4	669	87.9	84.9 - 90.4
45-69	88	94.6	86.8 - 97.9	129	94.0	88.2 - 97.0	217	94.3	90.0 - 96.8
Total	433	91.9	88.7 - 94.3	453	87.4	83.4 - 90.5	886	89.8	87.4 - 91.8

Waist circumference

Description: Mean waist circumference among the total population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M14: Waist circumference measurement

Waist circumference (cm)						
Men				Women		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI
18-44	351	101.9	99.9 - 103.9	331	99.6	97.3 - 102.0
45-69	89	115.3	109.1 - 121.5	130	112.2	109.2 - 115.2
Total	440	105.7	103.1 - 108.2	461	103.4	101.2 - 105.6

Hip circumference

Description: Mean hip circumference among the total population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M15: Hip circumference measurement

Hip circumference (cm)						
Men				Women		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI
18-44	351	111.1	109.4 - 112.8	331	112.8	110.8 - 114.8
45-69	89	117.4	112.6 - 122.2	130	119.3	115.9 - 122.7
Total	440	112.8	110.9 - 114.8	461	114.7	113.0 - 116.4

Waist/hip ratio

Description: Mean waist-to-hip ratio among the total population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M14: Waist circumference measurement

M15: Hip circumference measurement

Mean waist / hip ratio						
Men				Women		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI
18-44	351	0.9	0.9 - 0.9	331	0.9	0.9 - 0.9
45-69	89	1.0	1.0 - 1.0	130	0.9	0.9 - 1.0
Total	440	0.9	0.9 - 0.9	461	0.9	0.9 - 0.9

19 BIOCHEMICAL MEASUREMENTS

Mean fasting blood glucose

Description: Mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded)

Instrument question:

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Mean fasting blood glucose (mmol/L)									
Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	231	5.9	5.5 - 6.3	227	6.9	6.3 - 7.5	458	6.4	6.0 - 6.7
45-69	67	9.5	7.2 - 11.8	105	8.1	7.2 - 9.0	172	8.8	7.5 - 10.1
Total	298	6.8	6.0 - 7.6	332	7.2	6.7 - 7.7	630	7.0	6.6 - 7.5

Mean fasting blood glucose (mg/dl)									
Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	231	105.6	98.4 - 112.8	227	124.1	113.9 - 134.2	458	114.7	108.4 - 120.9
45-69	67	170.9	128.8 - 213.1	105	145.9	129.1 - 162.7	172	158.4	135.0 - 181.8
Total	298	122.6	108.8 - 136.4	332	130.0	121.4 - 138.5	630	126.2	118.1 - 134.4

Raised blood glucose

Description: Categorization of population into blood glucose level categories and percentage of the population currently on medication for raised blood glucose (non-fasting recipients excluded) Impaired fasting glycaemia definition: plasma venous value ≥ 6.1 mmol/L (110 mg/dl) and < 7.0 mmol/L (126 mg/dl) or capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and < 6.1 mmol/L (110 mg/dl) Raised blood glucose (diabetes) definition: plasma venous value ≥ 7.0 mmol/L (126 mg/dl) or capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) or currently on medication for diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes? H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker? H9: Are you currently taking insulin for diabetes prescribed by a doctor or other

health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Impaired Fasting Glycaemia*

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	231	9.0	5.8 - 13.7	227	10.4	7.0 - 15.2	458	9.7	7.2 - 12.9
45-69	67	12.1	5.0 - 26.7	105	7.2	3.6 - 13.8	172	9.7	5.3 - 17.1
Total	298	9.8	6.6 - 14.5	332	9.5	6.7 - 13.4	630	9.7	7.4 - 12.6

Raised blood glucose or currently on medication for diabetes (diabetes prevalence)

Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	231	15.0	10.5 - 21.0	227	26.7	20.5 - 34.1	458	20.8	16.7 - 25.5
45-69	67	59.1	41.0 - 75.0	105	46.7	30.4 - 63.7	172	52.9	39.9 - 65.5
Total	298	26.5	19.1 - 35.5	332	32.1	25.7 - 39.2	630	29.3	24.3 - 34.8

Diabetes diagnosis, treatment and control

Description: Diabetes diagnosis, treatment and control among those with raised blood glucose or on medication

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Diagnosed with diabetes among those with raised blood glucose or currently on medication

Men				Women			Total		
Age Categories (Years)	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-44	38	35.9	20.8 - 54.3	58	26.0	15.2 - 40.7	96	29.6	20.3 - 41.0
45-69	35	54.0	26.4 - 79.4	52	35.4	19.5 - 55.4	87	45.8	27.2 - 65.6
Total	73	46.4	27.9 - 65.9	110	29.7	20.3 - 41.1	183	37.4	26.6 - 49.6

Currently on treatment for diabetes among those with raised blood glucose or currently on medication

Men				Women			Total		
Age Categories (Years)	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-44	38	9.7	3.2 - 25.7	58	10.0	4.9 - 19.4	96	9.9	5.4 - 17.4
45-69	35	44.6	17.8 - 74.9	52	22.5	11.3 - 40.0	87	34.8	17.1 - 58.0
Total	73	30.0	12.6 - 55.9	110	14.9	9.2 - 23.2	183	21.8	12.1 - 36.2

Diabetes control among those with raised blood glucose or currently on medication

Men				Women			Total		
Age Categories (Years)	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-44	38	3.6	0.5 - 21.8	58	1.6	0.2 - 10.6	96	2.3	0.6 - 9.1
45-69	35	6.1	1.6 - 20.5	52	1.2	0.2 - 8.6	87	3.9	1.3 - 11.5
Total	73	5.1	1.7 - 13.9	110	1.4	0.3 - 6.1	183	3.1	1.3 - 7.2

Diabetes care

Description: Percentage of people with diabetes with good control of blood pressure (SBP < 140 mmHg)

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Reading 1-3 systolic blood pressure

Blood pressure control among people with diabetes

Men				Women			Total		
Age Categories (Years)	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-44	37	78.1	59.2 - 89.8	57	89.1	77.6 - 95.0	94	85.1	75.4 - 91.4
45-69	35	45.9	20.6 - 73.5	51	75.4	56.5 - 87.9	86	58.9	37.6 - 77.3
Total	72	59.2	37.7 - 77.8	108	83.7	74.3 - 90.2	180	72.5	58.9 - 82.9

Total cholesterol

Description: Mean total cholesterol among the total population including those currently on medication for raised cholesterol

Instrument question:

B8: Total cholesterol measurement

Mean total cholesterol (mmol/L)

Mean total cholesterol (mmol/L)									
Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	214	4.5	4.3 - 4.7	219	4.7	4.5 - 4.8	433	4.6	4.5 - 4.7
45-69	64	4.9	4.5 - 5.3	105	5.3	4.9 - 5.6	169	5.1	4.8 - 5.4
Total	278	4.6	4.4 - 4.8	324	4.8	4.7 - 5.0	602	4.7	4.6 - 4.9

Mean total cholesterol (mg/dl)

Mean total cholesterol (mg/dl)									
Men				Women			Total		
Age Categories (Years)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	214	173.9	166.1 - 181.8	219	180.6	173.9 - 187.4	433	177.3	172.1 - 182.5
45-69	64	190.4	174.0 - 206.8	105	203.5	188.5 - 218.5	169	197.1	186.2 - 208.1
Total	278	178.4	171.1 - 185.8	324	187.1	180.8 - 193.3	602	182.8	178.0 - 187.6

Raised total cholesterol

Description: Percentage of the population with raised total cholesterol

Instrument question:

B8: Total cholesterol measurement

Total cholesterol $\geq$ 5.0 mmol/L or $\geq$ 190 mg/dl

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	214	27.6	21.4 - 34.7	219	37.7	30.6 - 45.3	433	32.6	27.8 - 37.9
45-69	64	34.9	20.2 - 53.2	105	59.0	40.0 - 75.7	169	47.3	34.7 - 60.2
Total	278	29.6	23.4 - 36.6	324	43.7	36.7 - 50.9	602	36.7	31.9 - 41.8

Total cholesterol $\geq$ 6.2 mmol/L or $\geq$ 240 mg/dl									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	214	10.0	6.5 - 15.2	219	9.2	6.0 - 13.9	433	9.6	7.1 - 12.9
45-69	64	15.3	7.4 - 28.9	105	24.5	15.0 - 37.3	169	20.0	13.4 - 28.8
Total	278	11.5	7.9 - 16.3	324	13.5	10.0 - 18.0	602	12.5	9.9 - 15.7

Raised total cholesterol or on medication

Description: Percentage of the population with raised total cholesterol

Instrument question:

H14: In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

B8: Total cholesterol measurement

Total cholesterol $\geq$ 5.0 mmol/L or $\geq$ 190 mg/dl or currently on medication									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	214	27.6	21.4 - 34.7	219	37.7	30.6 - 45.3	433	32.6	27.8 - 37.9
45-69	64	34.9	20.2 - 53.2	105	59.0	40.0 - 75.7	169	47.3	34.7 - 60.2
Total	278	29.6	23.4 - 36.6	324	43.7	36.7 - 50.9	602	36.7	31.9 - 41.8

Total cholesterol $\geq$ 6.2 mmol/L or $\geq$ 240 mg/dl or currently on medication									
Men				Women			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	214	10.0	6.5 - 15.2	219	9.2	6.0 - 13.9	433	9.6	7.1 - 12.9
45-69	64	15.9	7.8 - 29.6	105	24.5	15.0 - 37.3	169	20.3	13.6 - 29.2
Total	278	11.6	8.0 - 16.5	324	13.5	10.0 - 18.0	602	12.6	10.0 - 15.8

20 CARDIOVASCULAR DISEASE RISK

CVD risk

Description: 10-year cardiovascular disease (CVD) risk* among population aged 40-69 years

Instrument question:

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

Percentage of the population by level of 10-year CVD risk (Men)

Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	86	75.7	44.1 - 92.5	8.1	3.8 - 16.3	16.3	2.6 - 58.7
55-69	25	30.6	12.8 - 56.9	54.1	31.0 - 75.7	15.3	4.3 - 42.1
Total	111	63.5	44.7 - 78.9	20.5	12.4 - 31.9	16.0	4.0 - 46.6

Percentage of the population by level of 10-year CVD risk (Women)

Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	90	91.4	78.5 - 96.8	8.6	3.2 - 21.5	0.0	0.0 - 0.0
55-69	48	40.2	18.1 - 67.1	54.7	28.5 - 78.5	5.1	1.1 - 20.2
Total	138	69.8	52.9 - 82.7	28.0	15.4 - 45.4	2.2	0.5 - 8.7

Percentage of the population by level of 10-year CVD risk (Total)

Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	176	82.9	62.5 - 93.4	8.3	4.5 - 15.0	8.7	1.3 - 40.9
55-69	73	36.6	20.5 - 56.4	54.5	35.3 - 72.4	8.9	3.3 - 22.0
Total	249	66.8	54.3 - 77.4	24.4	16.1 - 35.2	8.8	2.5 - 26.8

**CVD risk of
≥20% or
existing CVD**

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

Instrument question:

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

Percentage of the population with a 10-year CVD risk ≥20% or with existing CVD

Age Categories (Years)	Men			Women			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	86	47.7	28.5 - 67.6	90	14.0	8.2 - 22.7	176	32.0	19.6 - 47.7
55-69	25	40.0	19.6 - 64.5	48	57.7	33.1 - 79.0	73	51.1	32.4 - 69.5
Total	111	45.6	29.9 - 62.3	138	32.3	18.5 - 50.2	249	38.7	27.7 - 51.0

**Drug therapy
and counselling
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 counselling** (including glycaemic control) to prevent heart attacks and strokes

Instrument question:

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

Percentage of eligible persons receiving drug therapy and counselling to prevent heart attacks and strokes

Age Categories (Years)	Men			Women			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	26	55.3	22.0 - 84.4	16	13.1	2.9 - 43.5	42	46.8	18.8 - 77.0
55-69	9	-	-	14	12.3	2.8 - 40.8	23	25.8	8.8 - 55.6
Total	35	56.1	28.2 - 80.7	30	12.5	3.9 - 33.5	65	37.1	17.2 - 62.7

21 SUMMARY OF COMBINED RISK FACTORS

Summary of Combined Risk Factors

Description: Percentage of the population with 0, 1-2, or 3-5 of the following risk factors

Instrument question:

Current daily smoking

Less than five servings of fruit and/or vegetables per day

Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)

Overweight or obese (BMI ≥ 25 kg/m²)

Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Summary of Combined Risk Factors (Men)

Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	285	0.0	0.0 - 0.0	39.7	33.6 - 46.1	60.3	53.9 - 66.4
45-69	77	0.5	0.1 - 3.5	10.6	5.4 - 19.8	88.9	79.7 - 94.2
Total	362	0.1	0.0 - 1.0	31.2	26.1 - 36.8	68.6	63.0 - 73.8

Summary of Combined Risk Factors (Women)

Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	270	0.0	0.0 - 0.0	46.1	39.7 - 52.6	53.9	47.4 - 60.3
45-69	110	0.0	0.0 - 0.0	18.7	11.8 - 28.4	81.3	71.6 - 88.2
Total	380	0.0	0.0 - 0.0	38.6	33.3 - 44.1	61.4	55.9 - 66.7

Summary of Combined Risk Factors (Total)

Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	555	0.0	0.0 - 0.0	42.7	38.2 - 47.2	57.3	52.8 - 61.8
45-69	187	0.3	0.0 - 1.9	14.2	9.5 - 20.6	85.5	79.1 - 90.2
Total	742	0.1	0.0 - 0.6	34.6	30.8 - 38.6	65.3	61.4 - 69.1