



WHO STEPS

Noncommunicable Disease Risk Factor Surveillance

DATA BOOK FOR OMAN 2017

Table of Contents

Sampling and Response Proportions	3
Demographic Information Results	3
Tobacco Use	8
Alcohol Consumption.....	25
Diet	27
Physical Activity	37
History of Raised Blood Pressure	48
History of Diabetes.....	51
History of Raised Total Cholesterol.....	54
History of Cardiovascular Diseases	57
Lifestyle Advice	58
Cervical Cancer Screening	60
Physical Measurements	61
Biochemical Measurements	69
Cardiovascular disease risk	75
Summary of Combined Risk Factors	76

Sampling and Response Proportions

Response proportions Description: Summary results for overall response proportions.

Response proportions									
Age Group (years)	Men			Women			Both Sexes		
	Eligible	Responded		Eligible	Responded		Eligible	Responded	
	n	n	%	n	n	%	n	n	%
18-29	1041	916	88.0	1026	929	90.5	2067	1845	89.3
30-39	1370	1170	85.4	1149	1038	90.3	2519	2208	87.7
40-49	908	773	85.1	717	652	90.9	1625	1425	87.7
50-59	432	328	75.9	439	392	89.3	871	720	82.7
60+	1558	294	18.9	413	341	82.6	1971	635	32.2
Total	5309	3481	65.6	3744	3352	89.5	9053	6833	75.5

Demographic Information Results

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

Instrument question:

- Sex
- What is your date of birth?

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-29	824	24.5	823	24.5	1647	24.5
30-39	1162	34.5	1025	34.5	2187	34.5
40-49	764	22.7	646	22.7	1410	22.7
50-59	324	9.6	384	9.6	708	9.6
60+	291	8.6	339	8.6	630	8.6
Total	3365	51.1	3217	48.9	6582	100.0

Education Description: Mean number of years of education among respondents.

Instrument question:

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

Mean number of years of education								
Age Group (years)	Men			Women			Both Sexes	
	n	Mean		n	Mean		n	Mean
18-29	824	11		823	11		1647	11
30-39	1162	11		1025	11		2187	11
40-49	764	10		646	10		1410	10
50-59	324	9		384	9		708	9
60+	291	3		339	3		630	3
Total	3365	10		3217	10		6582	10

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

- What is the highest level of education you have completed?

Age Group (years)	Highest level of education				
	Men				
	n	%No formal education	% Preparatory or less	% Secondary completed	% University+
18-29	824	15.0	153	23.4	22.7
30-39	1161	23.5	235	35.9	39.6
40-49	763	18.5	163	24.9	25.5
50-59	324	13.7	79	12.1	9.8
60+	288	29.3	24	3.7	2.4
Total	3360	22.4	654	19.5	24.9

Age Group (years)	Highest level of education				
	Women				
	n	%No formal education	% Preparatory or less	% Secondary completed	% University+
18-29	823	5.1	65	19.5	36.8
30-39	1025	10.9	113	33.8	42.5
40-49	646	22.7	115	34.4	17.8
50-59	383	30.4	32	9.6	2.1
60+	339	30.9	9	2.7	.8
Total	3216	31.7	334	10.4	22.4

Age Group (years)	Highest level of education				
	Both Sexes				
	n	%No formal education	% Preparatory or less	% Secondary completed	% University+
18-29	1647	9.3	218	22.1	29.2
30-39	2186	16.3	348	35.2	40.9
40-49	1409	20.9	278	28.1	22.0
50-59	707	23.3	111	11.2	6.2
60+	627	30.2	33	3.3	1.7
Total	6576	26.9	988	15.0	23.7

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

Instrument Question:

- What is your nationality?

Nationality of respondents				
Age Group (years)	Both Sexes			
	n	%Omani	n	% Non-Omani
18-29	1186	25.5	461	23.8
30-39	1441	31.0	746	38.5
40-49	927	20.0	483	24.9
50-59	514	11.1	194	10.0
60+	577	12.4	53	2.7
Total	4645	70.6	1937	29.4

Marital status Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

Marital status					
Age Group (years)	Men				
	n	% Never married	% Currently married	% Divorced/ Separated	% Widowed
18-29	824	75.3	8.7	8.7	0.0
30-39	1161	19.5	39.9	39.9	0.0
40-49	763	2.9	29.3	29.3	6.1
50-59	324	1.4	12.2	12.2	9.1
60+	288	1.0	9.9	9.9	84.8
Total	3360	23.8	74.2	34	1.0

Marital status					
Age Group (years)	Women				
	n	% Never married	% Currently married	% Divorced/ Separated	% Widowed
18-29	823	71.6	20.9	20.9	.7
30-39	1025	18.1	38.0	38.0	5.0
40-49	646	6.8	23.1	23.1	13.2
50-59	383	1.6	11.4	11.4	29.5
60+	339	1.9	6.6	6.6	51.7
Total	3216	13.2	74.2	101	3.1

Marital status					
Age Group (years)	Both Sexes				
	n	% Never married	% Currently married	% Divorced/ Separated	% Widowed
18-29	1647	74.0	14.7	14.7	.6
30-39	2187	19.0	38.9	38.9	4.5
40-49	1410	4.2	26.3	26.3	12.5
50-59	708	1.5	11.8	11.8	27.5
60+	630	1.3	8.3	8.3	54.9
Total	6582	18.6	74.2	135	2.1

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

Instrument question:

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

Employment status					
Age Group (years)	Men				
	n	%Government employee	%Non-government employee	%Self employed	%Not currently work
18-29	823	15.7	24.6	23.8	38.1
30-39	1162	43.2	39.4	36.8	6.5
40-49	764	30.0	23.9	22.1	8.1
50-59	324	9.1	9.9	6.9	10.8
60+	291	2.1	2.1	10.4	36.5
Total	3364	27.1	48.7	6.9	17.3

Employment status					
Age Group (years)	Women				
	n	%Government employee	%Non-government employee	%Self employed	%Not currently work
18-29	823	15.5	31.8	20.0	26.7
30-39	1024	57.2	38.0	35.0	28.0
40-49	646	24.1	20.9	25.0	19.5
50-59	384	2.1	8.5	5.0	13.5
60+	338	1.1	.8	15.0	12.3
Total	3215	11.6	4.0	.6	83.7

Employment status					
Age Group (years)	Both Sexes				
	n	%Government employee	%Non-government employee	%Self employed	%Not currently work
18-29	1646	15.6	25.1	23.5	28.8
30-39	2186	47.2	39.3	36.7	24.2
40-49	1410	28.3	23.7	22.3	17.4
50-59	708	7.1	9.8	6.8	13.0
60+	629	1.8	2.0	10.8	16.6
Total	6579	19.6	26.8	3.8	49.8

Unpaid work and unemployed

Description: Proportion of respondents in unpaid work.

Instrument question:

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

Unpaid work and unemployed						
Age Group (years)	Men					
	n	% Student	% Home-maker	% Retired	Unemployed	
					% Able to work	% Not able to work
18-29	823	97.9	20.0	.5	50.3	10.3
30-39	1162	.7	30.0	1.4	19.6	3.8
40-49	764	.7	20.0	13.3	10.5	1.3
50-59	324	.7	10.0	21.4	4.9	11.5
60+	291	0.0	20.0	63.3	14.7	73.1
Total	3364	24.4	1.7	36.0	24.5	13.4

Unpaid work and unemployed						
Age Group (years)	Women					
	n	% Student	% Home-maker	% Retired	Unemployed	
					% Able to work	% Not able to work
18-29	823	94.5	19.0	5.9	66.8	4.6
30-39	1024	4.8	31.0	15.7	26.1	3.1
40-49	646	.6	22.3	35.3	3.8	9.2
50-59	384	0.0	15.1	27.5	1.4	23.1
60+	338	0.0	12.7	15.7	1.9	60.0
Total	3215	6.1	81.7	1.9	7.8	2.4

Unpaid work and unemployed						
Age Group (years)	Both Sexes					
	n	% Student	% Home-maker	% Retired	Unemployed	
					% Able to work	% Not able to work
18-29	1646	96.1	19.0	1.5	60.2	7.7
30-39	2186	2.9	31.0	4.2	23.4	3.5
40-49	1410	.7	22.3	17.6	6.5	4.9
50-59	708	.3	15.1	22.6	2.8	16.8
60+	629	0.0	12.7	54.0	7.1	67.1
Total	6579	9.4	67.5	8.0	10.8	4.4

Tobacco Use

Current smoking Description: Current smokers among all respondents.

Instrument question:

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

Percentage of current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18-29	824	10.3	7.3-13.3	823	0.4	0.0-0.9	1647	5.6	4.0-7.2
30-39	1162	18.0	14.3-21.8	1025	0.4	0.0-1.1	2187	9.5	7.4-11.7
40-49	764	18.5	13.5-23.4	646	0.9	0.0-2.5	1410	9.6	6.8-12.3
50-59	324	13.7	7.3-20.0	384	0.0	0.0-0.0	708	6.9	3.7-10.2
60+	291	14.7	6.0-23.4	339	0.0	0.0-0.0	630	7.2	2.8-11.7
Total	3365	13.5	11.3-15.7	3217	0.4	0.1-0.7	6582	7.1	5.9-8.4

Smoking Status Description: Smoking status of all respondents.

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- In the past, did you ever smoke any tobacco products?

Smoking status									
Age Group (years)	Men								
	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	824	8.4	5.6-11.3	1.9	0.9-2.8	3.8	1.6-6.0	85.9	82.2-89.6
30-39	1162	14.9	11.6-18.2	3.2	1.0-5.3	5.3	3.4-7.3	76.6	72.9-80.4
40-49	764	16.1	11.3-20.8	2.4	0.8-4.0	7.0	4.5-9.6	74.5	69.2-79.8
50-59	324	12.5	6.3-18.8	1.1	0.0-2.6	14.7	6.0-23.4	71.7	61.7-81.6
60+	291	11.6	5.7-17.5	3.0	0.0-6.7	7.6	3.6-11.7	77.7	68.8-86.6
Total	3365	11.3	9.3-13.2	2.2	1.5-3.0	5.6	4.2-7.0	80.9	78.4-83.4

Smoking status									
Age Group (years)	Women								
	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	823	0.3	0.0-0.6	0.1	0.0-0.4	0.0	0.0-0.0	99.6	99.1-100.0
30-39	1025	0.1	0.0-0.2	0.3	0.0-1.0	0.1	0.0-0.2	99.5	98.8-100.0
40-49	646	0.9	0.0-2.5	0.0	0.0-0.0	0.0	0.0-0.0	99.2	97.6-100.0
50-59	384	0.0	0.0-0.0	0.0	0.0-0.0	0.8	0.0-2.3	99.2	97.7-100.0
60+	339	0.0	0.0-0.0	0.0	0.0-0.0	2.7	0.0-8.0	97.3	92.0-100.0
Total	3217	0.3	0.0-0.5	0.1	0.0-0.3	0.3	0.0-0.9	99.3	98.6-99.9

Smoking status									
Age Group (years)	Both Sexes								
	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	1647	4.6	3.1-6.1	1.0	0.5-1.6	2.0	0.8-3.2	92.4	90.3-94.5
30-39	2187	7.7	5.8-9.7	1.8	0.7-2.9	2.8	1.8-3.8	87.7	85.5-89.9
40-49	1410	8.4	5.8-11.0	1.2	0.4-2.0	3.5	2.1-4.9	86.9	83.7-90.1
50-59	708	6.4	3.2-9.5	0.6	0.0-1.3	7.8	3.2-12.5	85.2	79.9-90.5
60+	630	5.7	2.7-8.7	1.5	0.0-3.4	5.1	1.8-8.4	87.6	82.5-92.8
Total	6582	5.9	4.8-7.0	1.2	0.8-1.6	3.1	2.3-3.8	89.8	88.3-91.2

Daily smoking

Description: Percentage of current daily smokers among smokers.

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?

Current daily smokers among smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
18-29	106	81.9	72.9-90.8	4	*		110	81.4	72.5-90.2
30-39	189	82.5	71.8-93.2	2	*		191	81.2	70.6-91.8
40-49	130	87.1	78.7-95.4	2	*		132	87.6	79.7-95.6
50-59	49						49	*	
60+	29						29	*	
Total	503	83.4	78.5-88.2	8	*		511	82.9	78.0-87.7

*Based on less than 50 cases and has been suppressed

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

Instrument questions:

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

Mean age started smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-29	86	16.9	15.5-18.2	3	*		89	17.0	15.7-18.4
30-39	161	19.9	18.7-21.1	1	*		162	19.9	18.7-21.1
40-49	114	21.2	19.0-23.4	2	*		116	20.9	18.7-23.0
50-59	42	24.2	18.5-30.0				42	24.2	18.5-30.0
60+	23	*					23	*	
Total	426	19.8	18.7-20.8	6	*		432	19.7	18.7-20.7

*Based on less than 50 cases and has been suppressed

Mean duration of smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-29	86	6.8	5.1-8.5	3	*		89	6.8	5.2-8.4
30-39	161	14.3	12.8-15.7	1	*		162	14.3	12.8-15.7
40-49	114	22.8	19.7-25.9	2	*		116	22.9	20.0-25.9
50-59	42	30.0	24.2-35.8				42	30.0	24.2-35.8
60+	23	*					23	*	
Total	426	16.5	14.4-18.6	6	*		432	19.7	18.7-20.7

*Based on less than 50 cases and has been suppressed

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

Instrument questions:

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

Manufactured cigarette smokers among daily smokers											
Age Group (years)	Men				Women				Both Sexes		
	n	% Manu- factured cigarette smoker	95% CI		n	% Manu- factured cigarette smoker	95% CI		n	% Manu- factured cigarette smoker	95% CI
18-29	86	85.3	73.7-97.0		3	*			89	84.6	73.0-96.1
30-39	158	92.1	86.7-97.5		1	*			159	92.1	86.7-97.5
40-49	113	85.3	73.4-97.1		2	*			115	81.1	67.4-94.8
50-59	44	98.2	95.5-100.0						44	98.2	95.5-100.0
60+	22	*							22	*	
Total	423	87.1	81.7-92.6		6	*			429	86.1	80.5-91.7

*Based on less than 50 cases and has been suppressed

Manufactured cigarette smokers among current smokers											
Age Group (years)	Men				Women				Both Sexes		
	n	% Manu- factured cigarette smoker	95% CI		n	% Manu- factured cigarette smoker	95% CI		n	% Manu- factured cigarette smoker	95% CI
18-29	103	83.5	73.0-94.1		4	*			107	83.2	72.8-93.5
30-39	182	82.6	74.5-90.6		2	*			184	81.2	73.1-89.3
40-49	129	84.9	74.2-95.6		2	*			131	81.3	69.0-93.6
50-59	49	91.3	80.5-100.0						49	91.3	80.5-100.0
60+	28	*							28	*	
Total	491	83.5	77.9-89.1		8	*	0.0-100.0		499	82.4	76.8-88.0

*Based on less than 50 cases and has been suppressed

Amount of tobacco used among daily smokers by type	Description: Mean amount of tobacco used by daily smokers per day, by type. Instrument questions: <ul style="list-style-type: none"> • Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes? • Do you currently smoke tobacco products daily? • On average, how many of the following products do you smoke each day?
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Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	86	8.6	6.0-11.1	87	2.7	0.5-5.0	88	1.2	0.3-2.1
30-39	158	8.5	7.1-9.9	161	2.5	1.1-4.0	159	0.9	0.3-1.5
40-49	113	10.2	8.0-12.3	112	2.9	1.2-4.6	110	1.4	0.2-2.6
50-59	44	9.4	5.3-13.5	44	5.5	0.0-14.5	44	0.7	0.0-1.4
60+	22	*		22	*		23	*	
Total	423	8.8	7.5-10.0	426	2.8	1.5-4.1	424	1.2	0.7-1.6

***Based on less than 50 cases and has been suppressed**

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	88	2.9	1.3-4.5	87	0.1	0.0-0.3	87	1.3	0.2-2.5
30-39	159	4.1	2.9-5.3	163	0.1	0.0-0.2	160	0.5	0.2-0.8
40-49	113	4.4	2.5-6.3	114	0.1	0.0-0.3	111	0.9	0.1-1.6
50-59	43	2.8	0.6-5.1	43	0.0	0.0-0.1	43	0.2	0.0-0.5
60+	21	*		22	*		22	*	
Total	424	3.4	2.6-4.2	429	0.1	0.0-0.2	423	0.8	0.4-1.3

***Based on less than 50 cases and has been suppressed**

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	3	*		3	*		3	*	
30-39	1	*		1	*		1	*	
40-49	2	*		2	*		2	*	
50-59									
60+									
Total	6	*		6	*		6	*	

***Based on less than 50 cases and has been suppressed**

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	3	*		3	*		3	*	
30-39	1	*		1	*		1	*	
40-49	2	*		2	*		2	*	
50-59									
60+									
Total	6	*		6	*		6	*	

***Based on less than 50 cases and has been suppressed**

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	89	8.4	5.9-10.9	90	2.7	0.5-4.9	91	1.2	0.3-2.0
30-39	159	8.5	7.1-9.9	162	2.6	1.1-4.0	160	0.9	0.4-1.5
40-49	115	9.6	7.4-11.9	114	2.8	1.2-4.4	112	1.4	0.2-2.5
50-59	44	9.4	5.3-13.5	44	5.5	0.0-14.5	44	0.7	0.0-1.4
60+	22	*		22	*		23	*	
Total	429	8.6	7.4-9.8	432	2.8	1.5-4.1	430	1.2	0.7-1.6

***Based on less than 50 cases and has been suppressed**

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	91	2.9	1.3-4.4	90	0.1	0.0-0.3	90	1.3	0.2-2.4
30-39	160	4.1	2.9-5.3	164	0.1	0.0-0.2	161	0.5	0.2-0.8
40-49	115	4.2	2.4-6.0	116	0.1	0.0-0.2	113	0.8	0.1-1.5
50-59	43	2.8	0.6-5.1	43	0.0	0.0-0.1	43	0.2	0.0-0.5
60+	21	*		22	*		22	*	
Total	430	3.3	2.5-4.1	435	0.1	0.0-0.2	429	0.8	0.4-1.3

***Based on less than 50 cases and has been suppressed**

Smoked tobacco consumption

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

Instrument questions:

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

Percentage of current smokers smoking each of the following products							
Age Group (years)	Men						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	106	17.0	6.4-27.6	79.5	69.2-89.7	75.9	64.5-87.4
30-39	189	19.8	12.2-27.4	80.8	73.3-88.2	84.8	77.1-92.5
40-49	130	15.6	4.8-26.4	75.5	64.5-86.6	86.1	78.3-93.9
50-59	49	8.7	0.0-19.5	80.6	61.5-99.6	92.2	84.1-100.0
60+	29	*		*		*	
Total	503	17.5	12.0-23.0	80.4	74.8-85.9	81.1	75.4-86.7

***Based on less than 50 cases and has been suppressed**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Men						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	106	76.8	67.4-86.3	89.8	77.1-100.0	85.5	75.3-95.8
30-39	189	63.8	54.9-72.6	82.4	71.3-93.5	89.9	84.8-95.1
40-49	130	56.2	40.2-72.2	92.1	82.0-100.0	87.2	78.4-95.9
50-59	49	68.4	50.6-86.2	99.2	97.5-100.0	89.2	77.2-100.0
60+	29	*		*		*	
Total	503	70.0	63.3-76.7	89.5	82.9-96.2	87.8	83.1-92.5

***Based on less than 50 cases and has been suppressed**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Women						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	4	*		*		*	
30-39	2	*		*		*	
40-49	2	*		*		*	
50-59							
60+							
Total	8	*		*		*	

***Based on less than 50 cases and has been suppressed**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Women						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	4	*		*		*	
30-39	2	*		*		*	
40-49	2	*		*		*	
50-59							
60+							
Total	8	*		*		*	

***Based on less than 50 cases and has been suppressed**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Both Sexes						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	110	17.4	7.0-27.7	80.0	70.1-89.9	76.8	65.8-87.8
30-39	191	21.1	13.5-28.7	80.9	73.5-88.3	84.8	77.2-92.5
40-49	132	19.2	6.8-31.6	76.4	65.8-87.1	82.4	71.9-93.0
50-59	49	8.7	0.0-19.5	80.6	61.5-99.6	92.2	84.1-100.0
60+	29	*		*		*	
Total	511	18.6	13.1-24.0	80.7	75.3-86.1	80.8	75.0-86.6

***Based on less than 50 cases and has been suppressed**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Both Sexes						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	110	77.4	68.3-86.5	89.2	76.8-100.0	86.0	76.2-95.9
30-39	191	64.5	55.5-73.4	81.0	70.0-92.0	90.1	85.0-95.2
40-49	132	58.0	42.2-73.8	92.4	82.8-100.0	87.7	79.4-96.1
50-59	49	68.4	50.6-86.2	99.2	97.5-100.0	89.2	77.2-100.0
60+	29	*		*		*	
Total	511	70.7	64.2-77.1	89.0	82.4-95.5	88.1	83.6-92.7

***Based on less than 50 cases and has been suppressed**

Frequency of daily cigarette smoking

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

Instrument questions:

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

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Men										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	77	12.5	2.9-22.0	30.0	10.3-49.8	24.5	6.5-42.5	22.0	9.8-34.2	11.0	1.8-20.2
30-39	144	32.8	22.6-43.1	16.8	8.4-25.2	18.7	9.0-28.4	21.6	14.4-28.7	10.1	5.1-15.2
40-49	99	8.8	3.5-14.0	22.1	8.1-36.0	26.4	5.7-47.2	33.3	18.7-47.8	9.5	3.5-15.6
50-59	42	38.7	12.8-64.6	16.1	1.4-30.8	7.5	0.0-15.4	27.8	9.6-45.9	9.9	0.0-28.2
60+	16	*		*		*		*		*	
Total	378	23.9	17.3-30.4	20.4	13.1-27.6	20.1	12.2-27.9	25.8	19.9-31.7	9.9	6.1-13.8

***Based on less than 50 cases and has been suppressed**

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Women										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	n	*		*		*		*		*	
30-39	2	*		*		*		*		*	
40-49	1	*		*		*		*		*	
50-59											
60+											
Total	4	*		*		*		*		*	

***Based on less than 50 cases and has been suppressed**

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Both Sexes										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	79	14.0	4.0-24.1	29.4	10.0-48.8	24.0	6.3-41.6	21.5	9.6-33.5	11.1	2.0-20.1
30-39	145	32.7	22.5-42.9	16.8	8.4-25.1	19.0	9.3-28.7	21.5	14.4-28.6	10.1	5.1-15.1
40-49	100	8.7	3.5-14.0	22.0	8.1-35.9	26.4	5.6-47.1	33.4	18.9-48.0	9.5	3.5-15.5
50-59	42	38.7	12.8-64.6	16.1	1.4-30.8	7.5	0.0-15.4	27.8	9.6-45.9	9.9	0.0-28.2
60+	16	*		*		*		*		*	
Total	382	24.1	17.6-30.6	20.2	13.0-27.5	20.0	12.2-27.9	25.7	19.9-31.5	9.9	6.1-13.8

***Based on less than 50 cases and has been suppressed**

Former daily smokers and former smokers

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

Instrument questions:

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

Former daily smokers among all respondents											
Age Group (years)	Men				Women				Both Sexes		
	n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI
18-29	824	3.8	1.8-5.9		823	0.0	0.0-0.0		1647	2.0	0.9-3.1
30-39	1162	5.5	3.5-7.4		1025	0.0	0.0-0.0		2187	2.8	1.9-3.8
40-49	764	4.7	2.7-6.7		646	0.0	0.0-0.0		1410	2.3	1.3-3.4
50-59	324	8.2	3.3-13.1		384	0.8	0.0-2.3		708	4.6	2.0-7.1
60+	291	8.2	3.6-12.7		339	2.7	0.0-8.0		630	5.4	1.9-8.8
Total	3365	5.0	3.8-6.2		3217	0.3	0.0-0.8		6582	2.7	2.0-3.4

Former daily smokers among ever daily smokers											
Age Group (years)	Men				Women				Both Sexes		
	n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI		n	% Former daily smokers	95% CI
18-29	108	31.2	17.9-44.6		3	0.0	0.0-0.0		111	30.6	17.6-43.7
30-39	213	26.8	18.0-35.7		1	0.0	0.0-0.0		214	26.8	17.9-35.6
40-49	153	22.7	13.2-32.1		2	0.0	0.0-0.0		155	21.7	12.5-31.0
50-59	65	39.6	21.0-58.2		1	100.0	100.0-100.0		66	41.7	23.3-60.1
60+	44	41.2	26.6-55.9		1	100.0	100.0-100.0		45	48.6	30.0-67.1
Total	583	30.7	24.2-37.1		8	55.5	0.0-100.0		591	31.5	25.0-37.9

Mean years since cessation											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean years	95% CI		n	Mean years	95% CI		n	Mean years	95% CI
18-29	18	4.8	2.5-7.1						18	4.8	2.5-7.1
30-39	48	8.6	6.4-10.8						48	8.6	6.4-10.8
40-49	50	17.9	15.1-20.7						50	17.9	15.1-20.7
50-59	25	*			1	*			26	*	
60+	22	*							22	*	
Total	163	12.1	9.2-15.0		1				164	12.4	9.4-15.3

*Based on less than 50 cases and has been suppressed

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

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- During the past 12 months, have you tried to stop smoking?

Current smokers who have tried to stop smoking											
Age Group (years)	Men				Women				Both Sexes		
	n	% Tried to stop smoking	95% CI		n	% Tried to stop smoking	95% CI		n	% Tried to stop smoking	95% CI
18-29	106	44.5	29.0-59.9		4	*			110	44.3	29.3-59.3
30-39	189	49.9	40.6-59.1		2	*			191	50.9	41.4-60.3
40-49	130	51.6	37.7-65.5		2	*			132	53.7	40.2-67.3
50-59	49	61.5	41.9-81.2						49	61.5	41.9-81.2
60+	29	*							29	*	
Total	503	48.1	40.5-55.8		8	*	6.3-100.0		511	48.6	41.0-56.2

*Based on less than 50 cases and has been suppressed

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

Instrument questions:

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

Current smokers who have been advised by doctor to stop smoking											
Age Group (years)	Men				Women				Both Sexes		
	n	% Advised to stop smoking	95% CI		n	% Advised to stop smoking	95% CI		n	% Advised to stop smoking	95% CI
18-29	84	24.1	8.5-39.7		4	*			88	24.5	9.4-39.6
30-39	145	36.7	24.9-48.4		2	*			147	35.7	24.1-47.4
40-49	104	54.4	39.0-69.8		2	*			106	51.3	35.1-67.4
50-59	37	*							37	*	
60+	24	*							24	*	
Total	394	38.3	29.3-47.3		8				402	37.7	28.8-46.5

*Based on less than 50 cases and has been suppressed

Current users of smokeless tobacco

Description: Percentage of current users of smokeless tobacco among all respondents.

Instrument question:

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

Current users of smokeless tobacco											
Age Group (years)	Men				Women				Both Sexes		
	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
18-29	824	1.9	0.2-3.5		823	0.0	0.0-0.0		1647	1.0	0.1-1.8
30-39	1162	1.7	0.7-2.7		1025	0.0	0.0-0.0		2187	0.9	0.4-1.4
40-49	764	1.5	0.5-2.5		646	0.0	0.0-0.0		1410	0.7	0.2-1.2
50-59	324	1.2	0.0-2.3		384	0.0	0.0-0.0		708	0.6	0.0-1.2
60+	291	2.8	0.3-5.3		339	1.1	0.0-3.2		630	1.9	0.3-3.6
Total	3365	1.8	0.9-2.7		3217	0.1	0.0-0.3		6582	1.0	0.5-1.5

Status of smokeless tobacco use

Description: Status of using smokeless tobacco among all respondents.

Instrument questions:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

Smokeless tobacco use									
Age Group (years)	Men								
	n	Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29	824	1.6	0.1-3.2	0.2	0.0-0.6	0.6	0.0-1.2	97.5	95.8-99.2
30-39	1162	0.7	0.3-1.1	1.0	0.2-1.9	3.3	0.7-5.9	95.0	92.3-97.7
40-49	764	0.6	0.1-1.1	0.9	0.0-1.8	1.4	0.0-2.8	97.1	95.4-98.9
50-59	324	1.0	0.0-2.1	0.1	0.0-0.4	0.2	0.0-0.5	98.7	97.5-99.9
60+	291	2.8	0.3-5.3	0.0	0.0-0.0	0.9	0.0-2.0	96.4	93.6-99.1
Total	3365	1.4	0.5-2.2	0.4	0.2-0.7	1.3	0.6-1.9	96.9	95.8-98.0

Smokeless tobacco use									
Age Group (years)	Women								
	n	Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29	823	*				*		100.0	100.0-100.0
30-39	1025	*				*		100.0	100.0-100.0
40-49	646	*				*		99.6	98.7-100.0
50-59	384	*				*		100.0	100.0-100.0
60+	339	1.1	0.0-3.2			*		98.9	96.8-100.0
Total	3217	0.1	0.0-0.3			0.1	0.0-0.2	99.8	99.6-100.0

*Based on less than 50 cases and has been suppressed

Smokeless tobacco use									
Age Group (years)	Both Sexes								
	n	Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-29	1647	0.9	0.0-1.7	0.1	0.0-0.3	0.3	0.0-0.6	98.7	97.8-99.6
30-39	2187	0.3	0.1-0.5	0.5	0.1-1.0	1.7	0.3-3.1	97.4	96.0-98.9
40-49	1410	0.3	0.1-0.6	0.4	0.0-0.9	0.9	0.1-1.7	98.4	97.4-99.3
50-59	708	0.5	0.0-1.0	0.1	0.0-0.2	0.1	0.0-0.2	99.3	98.8-99.9
60+	630	1.9	0.3-3.6	0.0	0.0-0.0	0.4	0.0-1.0	97.7	95.9-99.4
Total	6582	0.8	0.3-1.2	0.2	0.1-0.4	0.7	0.3-1.0	98.3	97.8-98.9

Former daily users of smokeless tobacco

Description: Percentage of former daily users of smokeless tobacco among all respondents and among ever daily users.

Instrument questions:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel] daily?

Former daily smokeless tobacco users among all respondents											
Age Group (years)	Men				Women				Both Sexes		
	n	% Former daily users	95% CI		n	% Former daily users	95% CI		n	% Former daily users	95% CI
18-29	824	0.3	0.0-0.6						1647	0.1	0.0-0.3
30-39	1162	3.1	0.5-5.6						2187	1.6	0.2-2.9
40-49	764	1.0	0.0-2.3						1410	0.5	0.0-1.2
50-59	324	0.3	0.0-0.7						708	0.1	0.0-0.3
60+	291	0.8	0.0-1.9						630	0.4	0.0-0.9
Total	3365	1.0	0.4-1.6						6582	0.5	0.2-0.8

Former daily smokeless tobacco users among ever daily users											
Age Group (years)	Men				Women				Both Sexes		
	n	% Former daily users	95% CI		n	% Former daily users	95% CI		n	% Former daily users	95% CI
18-29	17	*							17	*	
30-39	32	*							32	*	
40-49	14	*							14	*	
50-59	8	*							8	*	
60+	9	*							10	*	
Total	80	41.8	19.7-63.9						81	40.2	18.6-61.7

*Based on less than 50 cases and has been suppressed

Amount of smokeless tobacco used among daily users by type	<p>Description: Mean times per day smokeless tobacco used by daily smokeless tobacco users per day, by type.</p> <p>Instrument questions:</p> <ul style="list-style-type: none"> • Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]? • Do you currently use smokeless tobacco products daily? • On average, how many times a day do you use...?
-------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	Men								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29				12	*		10	*	
30-39				16	*		16	*	
40-49				7	*		7	*	
50-59				6	*		5	*	
60+				5	*		5	*	
Total				46	2.265		43	5.354	

***Based on less than 50 cases and has been suppressed**

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Men					
	n	Betel, quid	95% CI	n	Other	95% CI
18-29	10	*		13	*	
30-39	16	*		16	*	
40-49	7	*		6	*	
50-59	6	*		6	*	
60+	6	*		6	*	
Total	45	3.318		47	1.624	

***Based on less than 50 cases and has been suppressed**

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	Both Sexes								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
18-29				12	*		10	*	
30-39				16	*		16	*	
40-49				7	*		7	*	
50-59				6	*		5	*	
60+				6	*		6	*	
Total				47	2.041		44	5.322	

***Based on less than 50 cases and has been suppressed**

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Both Sexes					
	n	Betel, quid	95% CI	n	Other	95% CI
18-29	10	*		13	*	
30-39	16	*		16	*	
40-49	7	*		6	*	
50-59	6	*		6	*	
60+	7	*		7	*	
Total	46	3.039		48	1.903	

***Based on less than 50 cases and has been suppressed**

Smokeless tobacco consumption

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

Instrument questions:

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

Percentage of current users of smokeless tobacco using each of the following products							
Age Group (years)	Men						
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI
18-29	15			*		*	
30-39	27			*		*	
40-49	12			*		*	
50-59	7			*		*	
60+	7			*		*	
Total	68			14.1		66.2	

***Based on less than 50 cases and has been suppressed**

Percentage of current users of smokeless tobacco using each of the following products					
Age Group (years)	Men				
	n	% Betel, quid	95% CI	% Other	95% CI
18-29	15	*		*	
30-39	27	*		*	
40-49	12	*		*	
50-59	7	*		*	
60+	7	*		*	
Total	68	41.8		26.9	

***Based on less than 50 cases and has been suppressed**

Percentage of current users of smokeless tobacco using each of the following products							
Age Group (years)	Both Sexes						
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI
18-29	15			*		*	
30-39	27			*		*	
40-49	12			*		*	
50-59	7			*		*	
60+	7			*		*	
Total	68			14.1		66.2	

***Based on less than 50 cases and has been suppressed**

Percentage of current users of smokeless tobacco using each of the following products					
Age Group (years)	Both Sexes				
	n	% Betel, quid	95% CI	% Other	95% CI
18-29	15	*		*	
30-39	27	*		*	
40-49	12	*		*	
50-59	7	*		*	
60+	7	*		*	
Total	68	41.8		26.9	

***Based on less than 50 cases and has been suppressed**

Current tobacco users

Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among all respondents.

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?

Current tobacco users											
Age Group (years)	Men				Women				Both Sexes		
	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
18-29	824	11.2	8.1-14.3		823	0.4	0.0-0.9		1647	6.1	4.4-7.8
30-39	1162	18.9	15.2-22.6		1025	0.4	0.0-1.1		2187	10.0	7.8-12.1
40-49	764	19.1	14.2-24.0		646	0.9	0.0-2.5		1410	9.9	7.1-12.7
50-59	324	14.2	7.8-20.6		384	0.0	0.0-0.0		708	7.2	4.0-10.5
60+	291	15.4	6.7-24.1		339	1.1	0.0-3.2		630	8.1	3.6-12.7
Total	3365	14.3	12.1-16.6		3217	0.5	0.0-1.0		6582	7.6	6.4-8.9

Daily tobacco users											
Age Group (years)	Men				Women				Both Sexes		
	n	% Daily users	95% CI		n	% Daily users	95% CI		n	% Daily users	95% CI
18-29	824	9.3	6.4-12.2		823	0.3	0.0-0.6		1647	5.0	3.5-6.6
30-39	1162	15.3	12.0-18.6		1025	0.1	0.0-0.2		2187	8.0	6.0-9.9
40-49	764	16.6	11.9-21.4		646	0.9	0.0-2.5		1410	8.7	6.0-11.3
50-59	324	13.0	6.8-19.3		384	0.0	0.0-0.0		708	6.6	3.4-9.8
60+	291	12.4	6.4-18.3		339	1.1	0.0-3.2		630	6.6	3.5-9.8
Total	3365	11.9	9.9-14.0		3217	0.4	0.0-0.8		6582	6.3	5.2-7.4

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

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

Instrument question:

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

Exposed to second-hand smoke in home during the past 30 days											
Age Group (years)	Men				Women				Both Sexes		
	n	% Exposed	95% CI		n	% Exposed	95% CI		n	% Exposed	95% CI
18-29	824	18.2	13.7-22.7		823	17.2	12.5-21.9		1647	17.7	14.2-21.3
30-39	1162	17.5	14.3-20.7		1025	15.0	10.7-19.4		2187	16.3	13.5-19.1
40-49	764	21.7	14.4-29.0		646	11.6	7.9-15.3		1410	16.6	12.5-20.7
50-59	324	13.1	7.5-18.7		384	17.0	8.1-26.0		708	15.0	9.4-20.6
60+	291	16.2	9.4-23.0		339	14.4	6.6-22.2		630	15.3	10.1-20.5
Total	3365	17.9	14.9-20.9		3217	15.8	12.7-18.9		6582	16.9	14.5-19.3

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

Description: Percentage of respondents exposed to second-hand smoke in the workplace in the past 30 days.

Instrument question:

- During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)?

Exposed to second-hand smoke in the workplace during the past 30 days											
Age Group (years)	Men				Women				Both Sexes		
	n	% Exposed	95% CI		n	% Exposed	95% CI		n	% Exposed	95% CI
18-29	622	10.4	6.5-14.3		225	11.4	4.7-18.2		847	10.7	7.2-14.1
30-39	994	13.0	9.9-16.1		266	5.8	1.6-10.0		1260	11.3	8.5-14.1
40-49	629	11.9	6.7-17.1		119	8.6	0.1-17.1		748	11.2	6.8-15.7
50-59	229	12.9	4.7-21.0		20	*	0.0-27.2		249	12.6	5.2-19.9
60+	69	9.0	1.6-16.5		8	*	0.0-0.0		77	8.3	1.3-15.3
Total	2543	11.4	8.9-13.8		638	9.7	5.3-14.2		3181	11.0	8.8-13.1

***Based on less than 50 cases and has been suppressed**

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

Instrument questions:

- Have you ever consumed any alcohol such as ...?
- Have you consumed any alcohol in the past 12 months?
- Have you consumed any alcohol in the past 30 days?

Alcohol consumption status									
Age Group (years)	Men								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	824	0.8	0.1-1.5	0.2	0.0-0.4	0.4	0.0-0.9	98.7	97.4-99.9
30-39	1162	3.0	0.9-5.2	1.8	0.4-3.2	1.2	0.2-2.3	93.9	91.3-96.6
40-49	764	3.9	1.4-6.4	2.2	0.3-4.1	1.8	0.2-3.4	92.1	88.5-95.7
50-59	324	3.3	0.3-6.4	2.6	0.0-5.2	6.2	0.0-14.1	87.8	78.5-97.2
60+	291	1.9	0.0-4.8	1.6	0.0-3.8	4.0	0.0-8.6	92.5	86.9-98.2
Total	3365	1.9	1.1-2.7	1.0	0.5-1.6	1.5	0.7-2.3	95.6	94.1-97.1

Alcohol consumption status									
Age Group (years)	Women								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	823	0.3	0.0-0.8	0.0	0.0-0.0	0.1	0.0-0.2	99.6	99.1-100.0
30-39	1025	1.0	0.0-2.5	0.4	0.0-1.0	0.5	0.0-1.2	98.1	96.4-99.8
40-49	646	0.4	0.0-1.3	0.4	0.0-1.3	0.1	0.0-0.3	99.1	97.9-100.0
50-59	384	1.2	0.0-3.5	0.8	0.0-2.3	0.3	0.0-0.8	97.7	95.0-100.0
60+	339	0.0	0.0-0.0	0.0	0.0-0.0	0.2	0.0-0.5	99.8	99.5-100.0
Total	3217	0.5	0.1-1.0	0.2	0.0-0.4	0.2	0.0-0.4	99.1	98.6-99.6

Alcohol consumption status									
Age Group (years)	Both Sexes								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	1647	0.6	0.2-1.0	0.1	0.0-0.2	0.2	0.0-0.5	99.1	98.4-99.8
30-39	2187	2.1	0.8-3.3	1.1	0.2-2.0	0.9	0.3-1.5	96.0	94.3-97.6
40-49	1410	2.2	0.8-3.5	1.3	0.3-2.3	1.0	0.1-1.8	95.6	93.6-97.6
50-59	708	2.3	0.0-4.8	1.7	0.2-3.2	3.3	0.0-7.4	92.7	87.2-98.2
60+	630	0.9	0.0-2.4	0.8	0.0-1.9	2.1	0.0-4.3	96.2	93.4-99.0
Total	6582	1.2	0.7-1.8	0.6	0.3-0.9	0.9	0.4-1.3	97.3	96.4-98.2

Stopping drinking due to health reasons

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the last 12 months.

Instrument questions:

- Have you consumed any alcohol in the past 12 months?
- Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker?

Stopping drinking due to health reasons									
Age Group (years)	Men			Women			Both Sexes		
	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
18-29	4	*		1	*		5	*	
30-39	10	*		5	*		15	*	
40-49	10	*		1	*		11	*	
50-59	5	*		2	*		7	*	
60+	5	*		1	*		6	*	
Total	34	34.7	3.9-65.5	10	23.3	0.0-65.6	44	33.4	6.1-60.8

*Based on less than 50 cases and has been suppressed

Largest number of drinks in the past 30 days

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

Instrument question:

- During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

Mean maximum number of standard drinks consumed on one occasion in the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
18-29	5	*		3	*		8	*	
30-39	17	*		3	*		20	*	
40-49	16	*		1	*		17	*	
50-59	7	*		2	*		9	*	
60+	5	*					5	*	
Total	50	3.652		9	2.324		59	3.357	

*Based on less than 50 cases and has been suppressed

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:

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

Mean number of days fruit consumed in a typical week											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean number of days	95% CI		n	Mean number of days	95% CI		n	Mean number of days	95% CI
18-29	824	4.5	4.3-4.8		819	4.8	4.5-5.1		1643	4.7	4.4-4.9
30-39	1157	4.6	4.3-4.8		1023	5.5	5.3-5.6		2180	5.0	4.8-5.2
40-49	762	5.0	4.8-5.3		645	5.7	5.4-6.0		1407	5.4	5.2-5.5
50-59	322	5.5	5.1-5.9		384	5.5	5.1-5.8		706	5.5	5.2-5.8
60+	287	5.8	5.4-6.1		338	5.7	5.3-6.0		625	5.7	5.4-6.0
Total	3352	4.8	4.6-5.0		3209	5.2	5.0-5.4		6561	5.0	4.8-5.1

Mean number of days vegetables consumed in a typical week											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean number of days	95% CI		n	Mean number of days	95% CI		n	Mean number of days	95% CI
18-29	823	5.6	5.3-5.8		820	5.6	5.4-5.8		1643	5.6	5.4-5.7
30-39	1160	5.7	5.5-5.9		1024	6.2	6.0-6.3		2184	5.9	5.8-6.1
40-49	762	5.9	5.7-6.2		646	6.1	5.8-6.3		1408	6.0	5.8-6.2
50-59	321	6.3	6.0-6.5		384	5.9	5.7-6.2		705	6.1	5.9-6.3
60+	286	6.2	6.0-6.4		337	5.9	5.5-6.2		623	6.0	5.8-6.3
Total	3352	5.7	5.6-5.9		3211	5.8	5.7-6.0		6563	5.8	5.7-5.9

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 questions:

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

Mean number of servings of fruit on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	812	1.7	0.1-1.5	792	2.1	1.9-2.4	1604	1.9	1.7-2.1
30-39	1140	1.9	0.1-1.7	1015	2.4	2.2-2.6	2155	2.2	2.0-2.3
40-49	742	2.2	0.1-2.0	636	2.7	2.4-3.0	1378	2.4	2.3-2.6
50-59	315	3.0	0.7-1.7	381	2.8	2.2-3.3	696	2.9	2.0-3.7
60+	285	2.7	0.2-2.2	329	2.5	2.2-2.8	614	2.6	2.3-2.8
Total	3294	2.0	0.1-1.8	3153	2.4	2.2-2.5	6447	2.2	2.0-2.3

Mean number of servings of vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	820	2.2	0.1-2.0	813	2.3	2.1-2.5	1633	2.3	2.1-2.4
30-39	1153	2.4	0.1-2.3	1023	2.7	2.5-2.9	2176	2.6	2.4-2.7
40-49	758	2.7	0.1-2.4	645	2.8	2.5-3.1	1403	2.7	2.5-2.9
50-59	321	3.2	0.5-2.2	383	2.9	2.4-3.5	704	3.1	2.3-3.8
60+	285	2.5	0.2-2.2	332	2.5	2.2-2.8	617	2.5	2.3-2.8
Total	3337	2.4	0.1-2.2	3196	2.5	2.4-2.7	6533	2.5	2.3-2.6

Mean number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	824	3.9	0.2-3.5	817	4.4	4.1-4.8	1641	4.2	3.9-4.4
30-39	1156	4.3	0.2-4.0	1024	5.1	4.8-5.5	2180	4.7	4.5-5.0
40-49	762	4.8	0.2-4.4	645	5.5	5.0-6.0	1407	5.1	4.8-5.5
50-59	322	6.1	1.1-3.9	384	5.7	4.7-6.7	706	5.9	4.4-7.4
60+	288	5.2	0.3-4.5	337	4.9	4.4-5.4	625	5.0	4.6-5.4
Total	3352	4.4	0.2-4.1	3207	4.9	4.6-5.1	6559	4.6	4.4-4.8

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:

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

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	824	9.0	5.1-12.8	37.1	29.5-44.8	24.7	19.4-30.0	29.2	23.0-35.5
30-39	1156	7.5	4.8-10.2	30.9	26.5-35.3	28.1	24.0-32.2	33.4	28.1-38.7
40-49	762	4.6	2.2-7.1	25.2	20.7-29.7	28.8	23.1-34.4	41.4	34.8-48.0
50-59	322	2.0	0.7-3.3	26.6	18.1-35.1	21.2	15.2-27.1	50.2	40.0-60.4
60+	288	1.6	0.6-2.6	26.7	19.3-34.1	31.4	22.7-40.0	40.3	31.2-49.5
Total	3352	7.0	5.0-9.0	32.8	28.1-37.4	26.2	22.9-29.5	34.0	30.0-38.1

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Women								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	817	6.5	4.0-9.0	29.2	23.4-35.0	27.7	22.2-33.2	36.6	30.9-42.3
30-39	1024	2.3	0.8-3.7	26.2	21.7-30.7	28.4	24.5-32.3	43.1	38.2-48.0
40-49	645	3.4	1.0-5.9	22.7	17.2-28.3	26.5	20.4-32.6	47.3	40.4-54.2
50-59	384	4.2	1.9-6.5	25.0	16.6-33.3	25.5	19.6-31.4	45.3	36.4-54.2
60+	337	3.9	1.2-6.7	22.4	15.1-29.8	25.5	17.2-33.9	48.1	37.1-59.1
Total	3207	4.8	3.4-6.2	26.8	23.4-30.1	27.3	24.3-30.4	41.1	37.4-44.8

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Both Sexes								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	1641	7.8	5.4-10.2	33.4	28.5-38.2	26.1	22.6-29.6	32.7	28.5-36.9
30-39	2180	5.0	3.4-6.6	28.6	25.4-31.9	28.3	25.4-31.1	38.1	34.6-41.7
40-49	1407	4.0	2.3-5.8	24.0	20.5-27.4	27.6	23.4-31.9	44.4	39.4-49.4
50-59	706	3.1	1.8-4.4	25.8	19.8-31.8	23.3	19.0-27.6	47.8	40.7-54.9
60+	625	2.8	1.2-4.3	24.5	19.1-29.9	28.4	22.8-34.0	44.3	36.7-51.8
Total	6559	5.9	4.6-7.3	29.9	26.9-32.8	26.7	24.6-28.8	37.4	34.6-40.3

Fruit and vegetable consumption per day

Description: Percentage of those eating less than five servings of fruit and/or vegetables on average per day.

Instrument questions:

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

Less than five servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-29	824	70.8	64.5-77.0	817	63.4	57.7-69.1	1641	67.3	63.1-71.5
30-39	1156	66.6	61.3-71.9	1024	56.9	52.0-61.8	2180	61.9	58.3-65.4
40-49	762	58.6	52.0-65.2	645	52.7	45.8-59.6	1407	55.6	50.6-60.6
50-59	322	49.8	39.6-60.0	384	54.7	45.8-63.6	706	52.2	45.1-59.3
60+	288	59.7	50.5-68.8	337	51.9	40.9-62.9	625	55.7	48.2-63.3
Total	3352	66.0	61.9-70.0	3207	58.9	55.2-62.6	6559	62.6	59.7-65.4

Adding salt at meal

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

Instrument question:

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

Add salt always or often before eating or when eating									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	817	23.7	18.6-28.8	823	30.8	25.3-36.3	1640	27.1	23.2-31.0
30-39	1158	20.4	16.6-24.1	1025	30.2	25.6-34.8	2183	25.1	21.9-28.3
40-49	760	18.9	15.3-22.5	646	24.0	18.8-29.3	1406	21.5	18.3-24.7
50-59	322	15.7	10.1-21.4	382	24.2	17.5-30.9	704	19.9	15.5-24.3
60+	288	20.2	13.5-26.8	335	25.5	17.5-33.5	623	22.9	18.0-27.8
Total	3345	21.5	18.5-24.5	3211	28.8	25.4-32.3	6556	25.1	22.7-27.5

Adding salt when cooking Description: Percentage of all respondents who always or often add salt to their food when cooking or preparing foods at home.

Instrument question:

- How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?

Add salt always or often when cooking or preparing food at home										
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	814	52.6	44.9-60.3		823	59.0	53.3-64.6	1637	55.6	50.4-60.9
30-39	1154	48.6	43.8-53.5		1025	57.2	51.8-62.5	2179	52.8	48.6-57.0
40-49	757	47.4	41.0-53.8		646	52.6	45.7-59.5	1403	50.0	45.1-55.0
50-59	322	46.4	36.3-56.4		381	44.0	34.6-53.3	703	45.2	38.1-52.2
60+	288	40.1	30.5-49.6		335	42.9	33.0-52.7	623	41.5	34.8-48.2
Total	3335	49.6	45.0-54.3		3210	55.1	51.3-59.0	6545	52.3	48.7-55.8

Salty processed food consumption Description: Percentage of all respondents who always or often eat processed foods high in salt.

Instrument question:

- How often do you eat processed food high in salt?

Always or often consume processed food high in salt											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	815	19.7	15.5-24.0		821	22.1	17.8-26.3		1636	20.9	17.7-24.0
30-39	1156	16.4	13.1-19.6		1025	20.8	16.9-24.7		2181	18.5	15.9-21.1
40-49	758	14.8	10.6-19.0		645	24.0	17.7-30.2		1403	19.4	15.3-23.5
50-59	322	12.6	7.9-17.3		378	24.0	14.2-33.9		700	18.2	12.4-24.0
60+	285	9.6	5.4-13.8		333	14.5	5.7-23.4		618	12.1	7.1-17.1
Total	3336	17.1	14.6-19.5		3202	21.5	18.9-24.0		6538	19.2	17.2-21.2

Salt consumption Description: Percentage of all respondents who think they consume far too much or too much salt.

Instrument question:

- How much salt or salty sauce do you think you consume?

Think they consume far too much or too much salt											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	815	11.1	3.3-18.8		823	9.8	6.4-13.2		1638	10.5	5.9-15.0
30-39	1154	4.7	2.9-6.5		1018	6.9	4.6-9.1		2172	5.8	4.3-7.2
40-49	761	4.6	2.7-6.4		643	7.0	3.8-10.3		1404	5.8	4.0-7.7
50-59	321	4.4	1.5-7.2		370	6.5	3.0-10.0		691	5.4	3.0-7.8
60+	285	3.1	1.0-5.2		329	2.0	0.8-3.3		614	2.5	1.2-3.8
Total	3336	7.8	3.5-12.1		3183	7.9	5.9-9.8		6519	7.8	5.3-10.3

Self-reported quantity of salt consumed											
Age Group (years)	Men										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	66	0.8	0.1-1.6	10.2	2.4-18.0	62.3	55.3-69.4	15.7	10.6-20.7	11	6.8-15.2
30-39	75	1.2	0.1-2.2	3.6	2.1-5.1	73.1	69.3-76.9	15.1	11.5-18.7	7.1	4.7-9.4
40-49	78	1.1	0.1-2.2	3.4	1.8-5.0	71.2	66.4-75.9	13.5	9.7-17.3	10.8	7.0-14.5
50-59	35	*		*		*		*		*	
60+	36	*		*		*		*		*	
Total	290	1.1	0.6-1.7	6.6	2.4-10.9	65.5	61.1-69.9	15.8	12.9-18.7	10.9	8.5-13.4

***Based on less than 50 cases and has been suppressed**

Self-reported quantity of salt consumed											
Age Group (years)	Women										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	71	2.0	0.6-3.4	7.8	4.7-10.9	69.7	64.5-74.9	13.2	9.3-17.0	7.4	4.7-10.0
30-39	93	1.6	0.5-2.6	5.3	3.3-7.3	73.1	68.9-77.2	13.0	9.9-16.0	7.1	5.0-9.2
40-49	101	0.5	0.0-0.9	6.5	3.3-9.8	68.6	62.5-74.7	14.7	10.0-19.4	9.7	5.8-13.6
50-59	79	1.9	0.2-3.7	4.5	1.3-7.8	63.6	54.8-72.4	12.7	7.5-17.9	17.2	10.9-23.6
60+	62	0.5	0.1-1.0	1.5	0.4-2.6	68.2	58.6-77.7	15.8	7.6-23.9	14	8.2-19.9
Total	406	1.6	0.7-2.4	6.3	4.6-8.0	69.6	66.3-72.9	13.5	11.2-15.8	9	7.3-10.6

Self-reported quantity of salt consumed											
Age Group (years)	Both Sexes										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	137	1.4	0.6-2.2	9.1	4.6-13.5	65.8	61.1-70.5	14.5	11.2-17.7	9.2	6.7-11.8
30-39	168	1.3	0.6-2.1	4.4	3.2-5.6	73.1	70.3-75.9	14.0	11.5-16.6	7.1	5.5-8.7
40-49	179	0.8	0.2-1.4	5.0	3.2-6.8	69.9	65.7-74.0	14.1	11.0-17.3	10.2	7.3-13.1
50-59	114	2.3	0.8-3.8	3.1	1.4-4.8	64.2	57.1-71.3	14.6	10.6-18.6	15.8	10.9-20.7
60+	98	1.1	0.2-2.0	1.5	0.5-2.4	63.7	56.7-70.7	18.1	12.6-23.6	15.7	10.4-21.0
Total	696	1.4	0.8-1.9	6.5	4.1-8.9	67.5	64.5-70.5	14.7	12.7-16.6	10	8.4-11.5

Lowering salt Description: Percentage of respondents who think lowering salt in diet is very, somewhat or not at all important.

Instrument question:

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

Importance of lowering salt in diet							
Age Group (years)	Men						
	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	804	46.9	40.8-52.9	41.8	34.6-49.0	11.3	7.1-15.5
30-39	1141	49.8	45.0-54.6	41.4	37.0-45.9	8.8	5.9-11.7
40-49	752	58.3	51.9-64.7	31.7	26.2-37.3	10.0	4.8-15.1
50-59	324	66.0	56.9-75.0	28.3	20.3-36.3	5.8	1.6-9.9
60+	282	60.9	51.5-70.2	34.4	25.5-43.4	4.7	0.8-8.6
Total	3303	51.5	47.7-55.2	38.9	34.8-43.1	9.6	7.2-12.0

Importance of lowering salt in diet							
Age Group (years)	Women						
	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	820	49.1	43.8-54.5	38.4	32.8-43.9	12.5	8.7-16.3
30-39	1021	57.5	52.6-62.3	35.9	31.1-40.8	6.6	2.9-10.3
40-49	643	52.7	45.7-59.7	39.0	32.9-45.2	8.3	4.0-12.6
50-59	379	57.2	47.7-66.7	34.3	25.4-43.3	8.5	0.7-16.2
60+	331	58.3	47.5-69.1	38.0	27.3-48.7	3.7	0.2-7.1
Total	3194	52.8	49.1-56.6	37.6	34.2-40.9	9.6	7.3-11.9

Importance of lowering salt in diet							
Age Group (years)	Both Sexes						
	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	1624	48.0	43.6-52.3	40.2	35.6-44.7	11.9	9.0-14.8
30-39	2162	53.5	50.1-56.9	38.8	35.5-42.0	7.7	5.3-10.1
40-49	1395	55.5	50.5-60.4	35.4	31.2-39.7	9.1	5.8-12.4
50-59	703	61.7	55.1-68.2	31.3	25.3-37.2	7.1	2.7-11.4
60+	613	59.6	52.0-67.2	36.3	29.1-43.4	4.2	1.6-6.7
Total	6497	52.1	49.2-55.1	38.3	35.6-41.0	9.6	7.9-11.3

Salt knowledge

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

Instrument question:

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

Think consuming too much salt could cause serious health problem										
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	807	87.8	83.8-91.8		817	86.4	82.2-90.5	1624	87.1	84.2-90.1
30-39	1128	86.6	83.1-90.2		1017	92.2	90.0-94.4	2145	89.4	87.2-91.5
40-49	753	90.8	86.8-94.8		646	87.9	83.4-92.4	1399	89.3	86.3-92.4
50-59	321	95.8	93.8-97.9		378	88.3	82.9-93.6	699	92.1	89.1-95.1
60+	281	90.4	85.8-95.0		325	88.9	83.3-94.5	606	89.7	86.1-93.2
Total	3290	88.8	86.5-91.1		3183	88.2	85.8-90.6	6473	88.5	86.7-90.3

Controlling salt intake

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

Instrument question:

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

Limit consumption of processed foods											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	43.5	36.5-50.6		823	49.0	42.9-55.0		1647	46.1	41.1-51.1
30-39	1162	44.4	39.6-49.2		1025	53.9	48.1-59.8		2187	49.0	45.0-53.0
40-49	764	52.5	46.0-59.1		646	60.5	52.9-68.1		1410	56.5	51.2-61.9
50-59	324	56.3	47.2-65.4		384	46.6	38.2-55.1		708	51.6	45.4-57.7
60+	291	52.8	42.4-63.1		339	59.1	49.3-68.9		630	56.0	48.8-63.2
Total	3365	46.5	42.3-50.7		3217	52.2	48.2-56.2		6582	49.3	46.0-52.5

Look at the salt or sodium content on food labels											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	24.0	16.5-31.5		823	30.3	25.1-35.5		1647	27.0	22.7-31.3
30-39	1162	26.8	22.0-31.6		1025	31.3	26.3-36.3		2187	29.0	25.3-32.6
40-49	764	31.7	25.2-38.2		646	40.0	33.3-46.7		1410	35.9	31.1-40.7
50-59	324	37.2	25.9-48.4		384	25.2	18.0-32.5		708	31.3	24.3-38.4
60+	291	23.6	15.2-32.1		339	29.9	19.8-40.0		630	26.8	20.2-33.5
Total	3365	26.4	22.1-30.7		3217	31.3	27.8-34.7		6582	28.8	26.1-31.5

Buy low salt/sodium alternatives											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	17.2	12.9-21.4		823	21.5	17.3-25.6		1647	19.2	16.2-22.2
30-39	1162	20.2	16.5-23.9		1025	28.9	24.2-33.6		2187	24.4	21.1-27.7
40-49	764	23.7	18.9-28.5		646	27.3	21.3-33.4		1410	25.5	21.4-29.6
50-59	324	24.2	15.5-32.8		384	29.7	20.7-38.8		708	26.9	20.3-33.5
60+	291	18.0	9.9-26.1		339	30.3	19.4-41.2		630	24.2	17.1-31.4
Total	3365	19.2	16.4-21.9		3217	25.2	22.2-28.3		6582	22.1	19.8-24.3

Use spices other than salt when cooking											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	24.5	16.9-32.1		823	26.8	22.0-31.7		1647	25.6	20.9-30.3
30-39	1162	24.6	20.5-28.6		1025	31.2	25.9-36.5		2187	27.8	24.1-31.4
40-49	764	26.8	21.0-32.6		646	30.3	23.8-36.8		1410	28.6	24.0-33.2
50-59	324	22.9	14.7-31.0		384	37.0	27.8-46.2		708	29.8	23.6-36.1
60+	291	18.1	11.5-24.7		339	22.5	14.5-30.4		630	20.3	15.4-25.2
Total	3365	24.1	19.8-28.4		3217	28.5	25.3-31.7		6582	26.3	23.4-29.1

Avoid eating foods prepared outside of a home											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	41.3	34.1-48.6		823	43.5	37.4-49.5		1647	42.3	37.7-47.0
30-39	1162	44.6	40.8-48.4		1025	53.2	47.5-58.9		2187	48.8	45.2-52.3
40-49	764	45.0	38.5-51.6		646	58.2	50.8-65.5		1410	51.7	46.4-56.9
50-59	324	53.0	43.6-62.4		384	51.4	42.2-60.5		708	52.2	45.3-59.1
60+	291	46.8	37.3-56.3		339	61.9	52.7-71.0		630	54.4	47.1-61.7
Total	3365	43.8	39.6-47.9		3217	49.7	45.7-53.6		6582	46.6	43.6-49.7

Do other things specifically to control your salt intake											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	824	12.9	8.9-17.0		823	16.1	12.0-20.3		1647	14.5	11.4-17.5
30-39	1162	12.2	9.1-15.4		1025	17.6	13.4-21.7		2187	14.8	12.0-17.6
40-49	764	14.4	10.1-18.7		646	20.5	14.7-26.3		1410	17.5	13.6-21.4
50-59	324	18.0	9.4-26.5		384	19.1	13.0-25.2		708	18.5	13.2-23.8
60+	291	12.1	7.1-17.2		339	8.4	4.8-12.0		630	10.3	7.2-13.4
Total	3365	13.3	10.6-15.9		3217	16.5	13.7-19.2		6582	14.8	12.7-17.0

Type of oil used most frequently

Description: Type of oil or fat most often used for meal preparation in households (presented only for both sexes because results are for the household not individuals).

Instrument question:

- What type of oil or fat is most often used for meal preparation in your household?

Type of oil or fat most often used for meal preparation in household								
n (households)	% Vegetable oil	95% CI	% Lard	95% CI	% Butter	95% CI	% Margarine	95% CI
6562	88.5	86.5-90.5	0.9	0.4-1.4	2.8	2.1-3.5	0.1	0.0-0.2

Type of oil or fat most often used for meal preparation in household						
n (households)	% none in particular	95% CI	% None used	95% CI	% Other	95% CI
6562	6.8	5.1-8.6	0.2	0.0-0.3	0.6	0.3-1.0

Eating outside home

Description: Mean number of meals per week eaten outside a home.

Instrument question:

- On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.

Mean number of meals eaten outside a home									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	822	3.1	2.6-3.5	809	1.8	1.5-2.1	1631	2.5	2.2-2.7
30-39	1156	2.3	2.0-2.6	1003	1.3	1.1-1.5	2159	1.8	1.6-2.0
40-49	759	1.9	1.5-2.2	620	0.9	0.7-1.1	1379	1.4	1.2-1.6
50-59	316	1.3	1.0-1.6	366	1.1	0.6-1.5	682	1.2	0.9-1.5
60+	283	0.7	0.5-0.9	322	0.6	0.3-0.9	605	0.7	0.5-0.9
Total	3336	2.2	2.0-2.4	3120	1.3	1.1-1.4	6456	1.8	1.6-1.9

Physical Activity

Introduction A population's physical activity (or inactivity) can be described in different ways. The two most common ways are

- (1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and
- (2) to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.

When analyzing GPAQ data, both continuous as well as categorical indicators are used.

Metabolic Equivalent (MET) METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities, and are also used for the analysis of GPAQ data.

Applying MET values to activity levels allows us to calculate total physical activity. MET is the ratio of a person's working metabolic rate relative to the resting metabolic rate. One MET is defined as the energy cost of sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour. For the analysis of GPAQ data, existing guidelines have been adopted: It is estimated that, compared to sitting quietly, a person's caloric consumption is four times as high when being moderately active, and eight times as high when being vigorously active.

Therefore, for the calculation of a person's total physical activity using GPAQ data, the following MET values are used:

Domain	MET value
Work	<ul style="list-style-type: none">• Moderate MET value = 4.0• Vigorous MET value = 8.0
Transport	Cycling and walking MET value = 4.0
Recreation	<ul style="list-style-type: none">• Moderate MET value = 4.0• Vigorous MET value = 8.0

WHO global recommendations on physical activity for health

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

Throughout a week, including activity for work, during transport and leisure time, adults should do at least

- 150 minutes of moderate-intensity physical activity OR
 - 75 minutes of vigorous-intensity physical activity OR
 - An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.
-

**Former
recommendations for
comparison
purposes**

For comparison purposes, tables presenting cut-offs from former recommendations are also included in GPAQ data analysis.

The three levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are shown below.

- **High**

A person reaching any of the following criteria is classified in this category:

- Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR
- 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.

- **Moderate**

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

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

- **Low**

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

Not meeting WHO recommendations on physical activity for health

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

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Not meeting WHO recommendations on physical activity for health											
Age Group (years)	Men				Women				Both Sexes		
	n	% not meeting recs	95% CI		n	% not meeting recs	95% CI		n	% not meeting recs	95% CI
18-29	809	22.8	18.1-27.5		801	49.7	44.0-55.4		1610	35.4	31.7-39.2
30-39	1139	30.6	26.6-34.6		1001	46.4	41.3-51.5		2140	38.2	34.8-41.6
40-49	749	29.1	24.3-33.9		626	40.8	35.1-46.4		1375	34.9	31.2-38.7
50-59	318	28.8	21.2-36.4		378	50.3	41.2-59.4		696	39.5	33.4-45.7
60+	288	52.9	43.8-61.9		329	63.8	53.3-74.2		617	58.3	51.5-65.1
Total	3303	28.2	25.4-31.0		3135	49.3	45.9-52.7		6438	38.3	36.1-40.6

Levels of total physical activity according to former recommendations

Description: Percentage of respondents classified into three categories of total physical activity according to former recommendations.

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Level of total physical activity according to former recommendations							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	809	28.0	22.6-33.3	29.7	21.9-37.5	42.4	35.9-48.8
30-39	1139	38.1	34.0-42.2	22.6	19.5-25.6	39.3	34.9-43.8
40-49	749	33.9	28.8-39.0	23.3	18.3-28.3	42.8	36.5-49.2
50-59	318	33.6	25.2-41.9	33.6	24.7-42.5	32.9	23.4-42.4
60+	288	55.8	46.8-64.8	24.3	16.8-31.7	19.9	12.0-27.8
Total	3303	33.6	30.4-36.8	27.3	23.1-31.4	39.1	35.4-42.8

Level of total physical activity according to former recommendations							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	801	56.1	50.3-62.0	26.8	21.6-31.9	17.1	13.0-21.2
30-39	1001	52.8	47.8-57.9	20.3	16.8-23.8	26.9	22.3-31.5
40-49	626	45.3	39.2-51.4	24.7	18.4-30.9	30.1	24.3-35.8
50-59	378	53.9	44.6-63.2	16.3	10.8-21.9	29.8	19.7-39.8
60+	329	67.9	57.7-78.0	17.2	10.3-24.1	14.9	7.0-22.9
Total	3135	55.0	51.7-58.3	23.4	20.4-26.4	21.6	18.8-24.3

Level of total physical activity according to former recommendations							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	1610	41.2	37.1-45.3	28.3	23.7-32.9	30.5	26.5-34.6
30-39	2140	45.2	41.8-48.5	21.5	19.2-23.7	33.4	29.9-36.8
40-49	1375	39.6	35.5-43.6	24.0	20.0-27.9	36.5	32.2-40.7
50-59	696	43.7	37.3-50.0	25.0	19.4-30.6	31.3	24.3-38.3
60+	617	61.8	55.3-68.4	20.7	15.6-25.9	17.4	11.8-23.1
Total	6438	43.9	41.5-46.3	25.4	22.9-27.9	30.7	28.3-33.1

**Total
physical
activity-
mean**

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

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Mean minutes of total physical activity on average per day											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean minutes	95% CI		n	Mean minutes	95% CI		n	Mean minutes	95% CI
18-29	809	139.1	122.8-155.4		801	51.8	43.8-59.9		1610	98.1	87.7-108.6
30-39	1139	134.0	117.0-151.1		1001	73.0	61.6-84.3		2140	104.7	92.5-116.9
40-49	749	132.6	113.7-151.5		626	83.3	68.9-97.8		1375	107.9	95.7-120.2
50-59	318	106.1	77.3-135.0		378	79.1	50.6-107.6		696	92.7	72.6-112.7
60+	288	65.8	45.5-86.2		329	42.9	27.1-58.8		617	54.4	41.9-66.9
Total	3303	128.5	116.5-140.4		3135	61.5	55.6-67.4		6438	96.3	88.7-103.9

**Total
physical
activity-
median**

Description: Median minutes of total physical activity on average per day.

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Median minutes of total physical activity on average per day											
Age Group (years)	Men				Women				Both Sexes		
	n	Median minutes	Inter- quartile range (P25-P75)		n	Median minutes	Inter- quartile range (P25- P75)		n	Median minutes	Inter- quartile range (P25-P75)
18-29	824	85.7	25.0-184.3		823	20.0	0.0-68.6		1647	50.0	7.1-128.6
30-39	1162	51.4	11.4-180.0		1025	25.0	0.0-120.0		2187	38.6	1.4-128.6
40-49	764	60.0	10.0-180.0		646	30.0	0.0-120.0		1410	45.0	5.7-145.7
50-59	324	38.6	14.3-110.0		384	20.0	0.0-120.0		708	34.3	0.0-110.0
60+	291	16.0	0.0-60.0		339	4.3	0.0-34.3		630	10.0	0.0-60.0
Total	3365	60.0	15.0-160.0		3217	20.0	0.0-85.7		6582	40.0	2.1-120.0

Domain-specific physical activity-mean

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Mean minutes of work-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	809	81.1	65.5-96.8	801	29.4	22.0-36.9	1610	56.9	47.2-66.6
30-39	1139	91.7	74.1-109.3	1001	53.0	42.0-64.0	2140	73.1	60.9-85.3
40-49	749	81.1	64.5-97.8	626	52.1	38.2-66.0	1375	66.6	55.6-77.6
50-59	318	70.4	41.7-99.2	378	46.9	19.1-74.7	696	58.7	38.8-78.6
60+	288	37.8	20.0-55.6	329	19.3	9.9-28.7	617	28.5	18.6-38.5
Total	3303	78.8	66.7-90.9	3135	37.6	32.2-43.0	6438	59.0	51.5-66.5

Mean minutes of transport-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	809	30.9	26.0-35.8	801	15.3	12.5-18.0	1610	23.6	20.7-26.4
30-39	1139	22.1	19.3-24.8	1001	13.0	11.0-15.0	2140	17.7	15.9-19.5
40-49	749	26.6	23.2-30.1	626	19.0	14.6-23.3	1375	22.8	19.7-25.9
50-59	318	21.2	17.5-24.9	378	19.4	13.7-25.1	696	20.3	16.9-23.7
60+	288	20.7	14.7-26.6	329	19.6	7.3-31.9	617	20.1	13.4-26.8
Total	3303	27.0	24.3-29.6	3135	16.0	13.8-18.2	6438	21.7	19.9-23.4

Mean minutes of recreation-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	809	27.0	21.7-32.3	809	27.0	21.7-32.3	1610	17.7	14.3-21.0
30-39	1139	20.3	16.0-24.5	1139	20.3	16.0-24.5	2140	13.9	11.4-16.3
40-49	749	24.8	15.0-34.6	749	24.8	15.0-34.6	1375	18.5	13.3-23.8
50-59	318	14.5	8.9-20.0	318	14.5	8.9-20.0	696	13.6	7.2-20.1
60+	288	7.4	2.5-12.3	288	7.4	2.5-12.3	617	5.7	2.8-8.6
Total	3303	22.7	19.3-26.1	3303	22.7	19.3-26.1	6438	15.6	13.4-17.7

Domain-specific physical activity - median

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Median minutes of work-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	679	128.6	60.0-308.6	505	60.0	25.7-120.0	1184	102.9	34.3-180.0
30-39	884	214.3	48.6-385.7	653	102.9	51.4-180.0	1537	120.0	51.4-300.0
40-49	580	180.0	38.6-342.9	443	90.0	51.4-180.0	1023	120.0	45.0-300.0
50-59	245	120.0	17.1-364.3	223	90.0	30.0-180.0	468	115.7	25.7-270.0
60+	166	120.0	60.0-192.9	142	120.0	45.0-180.0	308	120.0	60.0-180.0
Total	2554	140.0	45.0-360.0	1966	90.0	35.7-180.0	4520	120.0	42.9-257.1

Median minutes of transport-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	679	38.6	17.1-85.7	505	20.0	17.1-60.0	1184	34.3	17.1-68.6
30-39	884	34.3	17.1-68.6	653	21.4	8.6-45.0	1537	30.0	17.1-60.0
40-49	580	42.9	21.4-85.7	443	32.1	17.1-60.0	1023	34.3	17.1-70.7
50-59	245	36.4	12.9-60.0	223	60.0	34.3-120.0	468	42.9	17.1-68.6
60+	166	42.9	21.4-60.0	142	38.6	30.0-60.0	308	42.9	25.7-60.0
Total	2554	36.4	17.1-77.1	1966	27.9	17.1-60.0	4520	34.3	17.1-68.6

Median minutes of recreation-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	679	30.0	15.0-60.0	505	25.0	10.0-42.9	1184	30.0	15.0-60.0
30-39	884	30.0	14.3-60.0	653	17.1	8.6-37.1	1537	25.7	10.7-51.4
40-49	580	30.0	17.1-60.0	443	25.7	12.9-51.4	1023	30.0	15.0-60.0
50-59	245	20.0	15.0-38.6	223	17.1	10.0-42.9	468	20.0	12.9-38.6
60+	166	30.0	15.0-60.0	142	17.1	8.6-34.3	308	25.7	10.0-51.4
Total	2554	30.0	15.0-60.0	1966	21.4	10.0-42.9	4520	28.6	12.9-51.4

No physical activity by domain

Description: Percentage of respondents classified as doing no work-, transport- or recreational-related physical activity.

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

No work-related physical activity											
Age Group (years)	Men				Women				Both Sexes		
	n	% no activity at work	95% CI		n	% no activity at work	95% CI		n	% no activity at work	95% CI
18-29	809	56.7	49.3-64.1		801	66.8	60.5-73.1		1610	61.4	56.1-66.8
30-39	1139	62.4	57.2-67.6		1001	60.7	55.6-65.8		2140	61.6	57.6-65.5
40-49	749	62.2	55.8-68.6		626	60.9	54.9-66.8		1375	61.5	57.1-66.0
50-59	318	64.2	54.6-73.9		378	64.3	54.7-73.9		696	64.3	57.5-71.0
60+	288	81.1	75.1-87.2		329	81.9	74.6-89.3		617	81.5	76.6-86.5
Total	3303	61.2	56.5-65.9		3135	66.0	62.3-69.8		6438	63.5	60.2-66.8

No transport-related physical activity											
Age Group (years)	Men				Women				Both Sexes		
	n	% no activity for transport	95% CI		n	% no activity for transport	95% CI		n	% no activity for transport	95% CI
18-29	809	33.0	25.5-40.6		801	52.7	46.7-58.8		1610	42.3	37.7-46.8
30-39	1139	44.4	40.0-48.7		1001	57.2	52.2-62.1		2140	50.5	47.2-53.9
40-49	749	37.3	31.4-43.2		626	48.4	42.2-54.7		1375	42.9	38.3-47.4
50-59	318	35.9	27.4-44.4		378	43.6	34.9-52.2		696	39.7	33.4-46.0
60+	288	50.5	42.2-58.7		329	53.2	43.7-62.8		617	51.8	45.1-58.6
Total	3303	37.6	33.6-41.6		3135	52.5	49.1-55.9		6438	44.8	42.2-47.4

No recreation-related physical activity											
Age Group (years)	Men				Women				Both Sexes		
	n	% no activity at recreation	95% CI		n	% no activity at recreation	95% CI		n	% no activity at recreation	95% CI
18-29	809	50.4	43.5-57.3		801	79.5	74.0-85.1		1610	64.1	59.1-69.1
30-39	1139	60.9	55.9-65.8		1001	81.9	77.7-86.0		2140	71.0	67.7-74.2
40-49	749	62.7	56.0-69.4		626	71.8	64.4-79.3		1375	67.3	62.3-72.2
50-59	318	65.8	56.4-75.2		378	82.0	73.0-90.9		696	73.9	66.8-80.9
60+	288	83.7	75.0-92.4		329	91.3	86.1-96.5		617	87.5	82.4-92.7
Total	3303	58.1	53.9-62.2		3135	80.4	77.0-83.7		6438	68.8	65.8-71.7

Composition of total physical activity	Description: Percentage of work, transport and recreational activity contributing to total activity.
	Instrument questions: <ul style="list-style-type: none"> • activity at work • travel to and from places • recreational activities

Composition of total physical activity							
Men							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	666	33.9	26.8-41.0	496	36.1	30.6-41.6	1162
30-39	867	36.4	30.8-42.0	643	48.0	42.1-53.8	1510
40-49	568	31.5	26.7-36.3	432	39.0	32.9-45.1	1000
50-59	241	29.9	21.3-38.4	221	35.6	25.3-45.9	462
60+	164	23.3	15.2-31.5	140	24.4	14.2-34.5	304
Total	2506	33.2	28.4-38.0	1932	38.1	34.6-41.6	4438

Composition of total physical activity							
Women							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	666	40.3	34.2-46.3	496	48.9	42.7-55.1	1162
30-39	867	35.3	30.9-39.8	643	38.4	32.4-44.4	1510
40-49	568	44.2	39.4-49.0	432	41.8	35.6-47.9	1000
50-59	241	44.7	37.6-51.8	221	49.6	39.3-59.8	462
60+	164	60.2	49.2-71.1	140	69.9	58.6-81.1	304
Total	2506	41.3	37.6-45.1	1932	47.4	43.7-51.2	4438

Composition of total physical activity							
Both Sexes							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	666	25.8	21.4-30.2	496	15.0	9.9-20.1	1162
30-39	867	28.3	23.7-32.8	643	13.6	10.1-17.2	1510
40-49	568	24.3	19.0-29.7	432	19.3	12.5-26.0	1000
50-59	241	25.4	16.0-34.8	221	14.8	5.4-24.3	462
60+	164	16.5	4.6-28.4	140	5.8	2.3-9.2	304
Total	2506	25.5	22.3-28.7	1932	14.5	11.2-17.8	4438

**No
vigorous
physical
activity**

Description: Percentage of respondents not engaging in vigorous physical activity.

Instrument questions:

- activity at work
- recreational activities

No vigorous physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29	809	57.5	50.8-64.2	801	89.8	85.2-94.3	1610	72.6	68.3-76.9
30-39	1139	64.6	60.2-69.0	1001	89.8	86.5-93.0	2140	76.7	73.6-79.8
40-49	749	65.0	58.0-71.9	626	89.4	84.6-94.1	1375	77.2	72.6-81.7
50-59	318	74.8	65.2-84.4	378	83.0	74.2-91.8	696	78.9	71.8-86.0
60+	288	86.4	78.6-94.1	329	97.5	95.3-99.8	617	92.0	87.8-96.2
Total	3303	63.6	59.9-67.4	3135	89.9	87.2-92.6	6438	76.3	73.7-78.8

Sedentary Description: Minutes spent in sedentary activities on a typical day.

Instrument question:

- sedentary behaviour

Minutes spent in sedentary activities on average per day					
Age Group (years)	Men				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	824	214.9	193.8-236.0		
30-39	1158	216.5	200.5-232.5		
40-49	762	204.6	183.6-225.6		
50-59	323	180.3	155.9-204.7		
60+	288	247.9	211.3-284.6		
Total	3355	214.3	201.2-227.4		

Minutes spent in sedentary activities on average per day					
Age Group (years)	Women				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	818	233.0	214.7-251.3		
30-39	1021	196.3	180.9-211.7		
40-49	640	185.2	168.8-201.5		
50-59	378	228.4	202.9-253.9		
60+	338	267.4	226.7-308.0		
Total	3195	222.3	210.9-233.7		

Minutes spent in sedentary activities on average per day					
Age Group (years)	Both Sexes				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	1642	223.5	209.2-237.7		
30-39	2179	206.8	195.7-217.8		
40-49	1402	194.8	180.9-208.7		
50-59	701	203.9	185.7-222.2		
60+	626	257.8	229.5-286.1		
Total	6550	218.2	209.0-227.4		

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents.

Instrument questions:

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you been told in the past 12 months?

Blood pressure measurement and diagnosis									
Age Group (years)	Men								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	824	22.7	17.5-27.9	71.9	66.1-77.7	0.3	0.0-0.8	5.1	1.8-8.4
30-39	1162	24.2	20.5-27.9	73.1	69.1-77.1	0.5	0.0-0.9	2.3	1.0-3.5
40-49	764	16.0	12.2-19.9	72.0	65.7-78.3	6.2	0.5-11.9	5.8	3.5-8.0
50-59	324	9.4	5.6-13.2	68.8	60.6-77.0	3.8	0.0-8.7	18.1	10.7-25.5
60+	291	12.8	7.7-17.8	41.2	33.0-49.4	10.1	2.3-18.0	35.9	26.3-45.5
Total	3365	20.4	17.4-23.4	69.3	65.6-72.9	2.1	1.0-3.2	8.2	6.1-10.3

Blood pressure measurement and diagnosis									
Age Group (years)	Women								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	823	18.6	14.8-22.4	80.6	76.7-84.5	0.5	0.0-1.1	0.3	0.0-0.6
30-39	1025	15.6	11.8-19.4	81.1	77.2-85.0	0.8	0.0-1.6	2.5	1.0-4.0
40-49	646	11.6	8.5-14.7	77.4	72.8-82.1	2.9	1.0-4.8	8.0	4.6-11.5
50-59	384	14.5	8.6-20.5	59.5	50.9-68.1	6.4	1.7-11.1	19.5	13.9-25.2
60+	339	9.2	4.9-13.5	44.0	34.2-53.9	13.9	4.5-23.4	32.8	24.0-41.7
Total	3217	15.9	13.6-18.2	75.2	72.5-77.9	2.6	1.5-3.7	6.3	5.1-7.5

Blood pressure measurement and diagnosis									
Age Group (years)	Both sexes								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1647	20.8	17.5-24.0	76.1	72.4-79.7	0.4	0.0-0.8	2.8	1.1-4.6
30-39	2187	20.0	17.2-22.9	76.9	73.9-79.9	0.6	0.2-1.1	2.4	1.5-3.4
40-49	1410	13.8	11.0-16.6	74.7	70.6-78.9	4.5	1.6-7.5	6.9	4.9-8.9
50-59	708	11.9	8.4-15.5	64.2	58.8-69.7	5.1	1.9-8.3	18.8	14.1-23.5
60+	630	10.9	7.6-14.3	42.6	36.1-49.2	12.1	5.4-18.7	34.4	27.7-41.0
Total	6582	18.2	16.2-20.3	72.2	69.7-74.6	2.3	1.6-3.1	7.3	6.1-8.5

Blood pressure treatment among those diagnosed

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure.

Instrument questions:

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?

Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% taking meds	95% CI		n	% taking meds	95% CI		n	% taking meds	95% CI
18-29	15	*			10	*			25	*	
30-39	24	*			28	*			52	65.6	47.5-83.8
40-49	61	83.0	69.2-96.7		66	72.0	55.6-88.5		127	77.7	66.2-89.2
50-59	63	78.3	56.7-99.8		101	90.0	82.3-97.7		164	84.5	73.2-95.8
60+	85	91.1	81.0-100.0		141	94.5	89.7-99.3		226	92.8	87.4-98.2
Total	248	65.6	53.4-77.9		346	86.2	80.4-92.0		594	74.8	67.2-82.5

*Based on less than 50 cases and has been suppressed

Blood pressure advice by a traditional healer

Description: Percentage of respondents who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure.

Instrument questions:

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you ever seen a traditional healer for raised blood pressure?
- Are you currently taking any herbal or traditional remedy for your high blood pressure?

Seen a traditional healer among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI
18-29	15	*			10	*			25	*	
30-39	24	*			28	*			52	7.4	0.0-16.7
40-49	61	1.4	0.0-3.6		66	8.1	0.3-15.9		127	4.4	0.6-8.2
50-59	63	4.9	0.0-14.4		101	9.4	0.8-18.0		164	7.4	1.0-13.8
60+	85	1.7	0.0-3.8		141	14.8	2.6-27.0		226	8.7	1.9-15.5
Total	248	4.8	0.0-9.6		346	10.9	4.6-17.2		594	7.7	3.6-11.9

*Based on less than 50 cases and has been suppressed

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI
18-29	15	*			10	*			25	*	
30-39	24	*			28	*			52	6.3	0.0-18.3
40-49	61	7.1	0.0-19.1		66	9.5	0.0-19.6		127	8.2	0.5-15.9
50-59	63	1.2	0.0-2.8		101	13.0	1.1-25.0		164	7.8	0.7-14.9
60+	85	1.9	0.0-4.0		141	3.6	0.4-6.7		226	2.8	0.6-5.0
Total	248	4.5	0.0-9.1		346	7.9	3.5-12.3		594	6.2	3.0-9.3

***Based on less than 50 cases and has been suppressed**

History of Diabetes

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all respondents.

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you been told in the past 12 months?

Blood sugar measurement and diagnosis									
Age Group (years)	Men								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	824	49.2	42.4-56.1	50.3	43.5-57.2	0.0	0.0-0.0	0.4	0.0-1.0
30-39	1162	44.4	40.3-48.6	53.3	49.2-57.4	0.1	0.0-0.2	2.2	1.0-3.4
40-49	764	29.8	24.8-34.8	57.1	50.6-63.5	4.7	0.0-10.3	8.4	5.6-11.2
50-59	324	17.7	12.5-22.8	59.5	51.9-67.0	4.6	0.0-9.6	18.2	10.6-25.8
60+	291	25.3	16.8-33.8	52.9	43.9-62.0	4.4	0.0-8.9	17.4	10.5-24.3
Total	3365	41.6	37.8-45.3	52.6	49.0-56.3	1.3	0.4-2.1	4.5	3.4-5.6

Blood sugar measurement and diagnosis									
Age Group (years)	Women								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	823	43.3	38.2-48.4	56.1	51.0-61.2	0.2	0.0-0.5	0.4	0.0-0.8
30-39	1025	30.2	25.3-35.1	67.6	62.6-72.7	1.0	0.0-2.1	1.1	0.4-1.8
40-49	646	20.9	15.9-25.9	72.4	66.6-78.1	0.7	0.0-1.6	6.0	3.4-8.7
50-59	384	22.5	15.9-29.1	53.8	44.7-62.9	5.0	1.0-9.0	18.7	12.5-24.9
60+	339	17.0	11.0-22.9	47.2	37.2-57.2	2.7	0.0-5.7	33.1	23.0-43.2
Total	3217	33.7	30.7-36.7	59.5	56.3-62.7	1.0	0.5-1.6	5.8	4.4-7.2

Blood sugar measurement and diagnosis									
Age Group (years)	Both sexes								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1647	46.4	42.4-50.5	53.1	49.0-57.1	0.1	0.0-0.3	0.4	0.1-0.8
30-39	2187	37.6	34.1-41.0	60.2	56.8-63.6	0.5	0.0-1.1	1.7	1.0-2.3
40-49	1410	25.3	21.6-28.9	64.8	59.9-69.7	2.7	0.0-5.6	7.2	5.3-9.2
50-59	708	20.1	15.9-24.2	56.7	50.6-62.7	4.8	1.7-8.0	18.5	13.0-23.9
60+	630	21.1	15.8-26.3	50.0	43.4-56.6	3.6	0.9-6.2	25.4	18.8-32.0
Total	6582	37.7	35.3-40.2	56.0	53.5-58.5	1.2	0.7-1.7	5.1	4.2-6.0

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

Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	5	*		10	*		*		
30-39	23	*		23	*		46	54.7	35.2-74.1
40-49	60	83.2	70.9-95.5	49	88.7	76.1-100.0	109	85.1	76.2-94.0
50-59	55	95.1	86.8-100.0	76	88.4	75.4-100.0	131	91.7	84.8-98.7
60+	52	96.1	91.2-100.0	94	94.2	87.6-100.0	146	94.9	90.4-99.4
Total	195	89.2	83.6-94.8	252	86.8	80.3-93.3	447	87.9	83.8-92.1

*Based on less than 50 cases and has been suppressed

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	5	*		10	*		15	*	
30-39	23	*		23	*		46	26.4	9.1-43.7
40-49	60	22.4	8.0-36.8	49	16.8	4.4-29.2	109	20.5	10.3-30.7
50-59	55	10.2	2.9-17.5	76	25.7	11.0-40.5	131	18.0	9.2-26.8
60+	52	47.6	25.0-70.2	94	40.9	22.1-59.7	146	43.4	29.1-57.7
Total	195	29.4	19.2-39.6	252	32.6	22.7-42.5	447	31.1	24.1-38.0

*Based on less than 50 cases and has been suppressed

Diabetes advice by traditional healer

Description: Percentage of respondents who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed.

Instrument questions:

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

Seen a traditional healer for diabetes among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI
18-29	5	*			10	*			15	*	
30-39	23	*			23	*			46	4.4	0.0-10.9
40-49	60	14.3	0.0-30.2		49	0.5	0.0-1.4		109	9.6	0.0-19.9
50-59	55	1.6	0.0-3.6		76	15.1	3.8-26.4		131	8.4	1.9-14.9
60+	52	9.5	0.0-21.0		94	11.5	0.0-26.2		146	10.8	0.7-20.8
Total	195	7.8	2.0-13.6		252	10.2	1.9-18.4		447	9.0	3.9-14.2

*Based on less than 50 cases and has been suppressed

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI
18-29	5	*			10	*			15	*	
30-39	23	*			23	*			46	3.6	0.0-9.9
40-49	60	27.1	0.0-60.4		49	9.3	0.0-19.5		109	21.0	0.0-44.5
50-59	55	1.7	0.0-3.9		76	9.2	0.1-18.3		131	5.5	0.7-10.3
60+	52	8.6	0.0-20.1		94	12.0	0.0-26.7		146	10.7	0.7-20.7
Total	195	10.9	0.0-21.9		252	9.6	1.5-17.8		447	10.2	3.5-16.9

*Based on less than 50 cases and has been suppressed

History of Raised Total Cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all respondents.

Instrument questions:

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Have you been told in the past 12 months?

Total cholesterol measurement and diagnosis									
Age Group (years)	Men								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	824	75.4	67.9-82.8	24.2	16.7-31.6	0.2	0.0-0.5	0.3	0.0-0.8
30-39	1162	66.3	62.1-70.5	30.1	26.1-34.1	1.3	0.0-2.7	2.3	1.1-3.6
40-49	764	53.0	46.5-59.5	37.3	30.7-43.8	3.7	1.5-5.9	6.0	3.3-8.7
50-59	324	36.0	26.7-45.3	42.5	33.1-51.8	6.7	0.7-12.6	14.9	6.8-23.0
60+	291	41.1	32.8-49.5	36.2	28.6-43.8	5.8	0.0-12.0	16.9	8.4-25.4
Total	3365	65.0	60.6-69.4	29.3	25.1-33.6	1.8	0.9-2.7	3.9	2.7-5.1

Total cholesterol measurement and diagnosis									
Age Group (years)	Women								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	823	79.8	75.4-84.2	20.0	15.6-24.4	0.0	0.0-0.0	0.2	0.0-0.7
30-39	1025	65.7	60.6-70.9	31.3	26.2-36.5	1.3	0.2-2.3	1.7	0.4-3.0
40-49	646	48.8	41.6-56.0	44.7	37.3-52.2	0.9	0.0-2.0	5.5	3.5-7.5
50-59	384	42.9	33.7-52.1	30.8	22.6-38.9	3.6	0.0-9.0	22.7	14.1-31.3
60+	339	30.6	24.2-37.0	33.7	23.3-44.2	10.5	2.9-18.1	25.2	16.9-33.4
Total	3217	65.5	62.0-69.1	27.5	24.2-30.9	1.7	0.8-2.6	5.3	4.0-6.5

Total cholesterol measurement and diagnosis									
Age Group (years)	Both sexes								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1647	77.5	72.8-82.1	22.2	17.5-26.8	0.1	0.0-0.2	0.3	0.0-0.6
30-39	2187	66.0	62.5-69.6	30.7	27.2-34.2	1.3	0.4-2.2	2.0	1.1-2.9
40-49	1410	50.9	45.8-56.0	41.0	35.9-46.2	2.3	1.1-3.5	5.8	4.1-7.4
50-59	708	39.4	32.5-46.4	36.7	30.5-42.9	5.2	1.1-9.2	18.7	12.2-25.3
60+	630	35.8	30.5-41.0	34.9	28.5-41.3	8.2	3.0-13.4	21.1	15.1-27.1
Total	6582	65.3	62.2-68.3	28.5	25.5-31.4	1.7	1.1-2.4	4.6	3.7-5.5

Cholesterol treatment among those diagnosed

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol.

Instrument questions:

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	3	*		2	*		5	*	
30-39	30	*		19	*		49	16.1	4.7-27.4
40-49	53	47.1	33.5-60.7	46	61.6	43.3-79.9	99	52.9	41.8-64.1
50-59	36	77.6	55.4-99.9	64	59.0	37.4-80.6	100	67.6	49.6-85.5
60+	48	83.3	70.0-96.7	89	76.1	60.3-91.9	137	78.9	68.0-89.7
Total	170	64.8	53.5-76.1	220	62.9	52.2-73.6	390	63.8	55.9-71.7

*Based on less than 50 cases and has been suppressed

Cholesterol advice by traditional healer

Description: Percentage of respondents who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed.

Instrument questions:

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

Seen a traditional healer for raised cholesterol among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI		n	% seen trad. healer	95% CI
18-29	3	*			2	*			5	*	
30-39	30	*			19	*			49	3.6	0.0-8.5
40-49	53	2.6	0.0-6.2		46	5.3	0.0-15.5		99	3.7	0.0-8.3
50-59	36	1.6	0.0-4.9		64	4.4	0.0-9.1		100	3.1	0.2-6.1
60+	48	1.5	0.0-4.1		89	3.3	0.0-7.9		137	2.6	0.0-5.6
Total	170	2.7	0.0-5.4		220	3.5	0.7-6.4		390	3.1	1.2-5.1

*Based on less than 50 cases and has been suppressed

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI		n	% taking trad. meds	95% CI
18-29	3	*			2	*			5	*	
30-39	30	*			19	*			49	2.8	0.0-6.0
40-49	53	8.4	0.0-17.6		46	5.3	0.0-15.5		99	7.1	0.4-13.9
50-59	36	1.6	0.0-4.9		64	3.4	0.0-7.3		100	2.6	0.0-5.2
60+	48	3.1	0.0-7.3		89	3.5	0.0-8.2		137	3.4	0.1-6.6
Total	170	3.9	0.5-7.2		220	3.6	0.8-6.4		390	3.7	1.6-5.9

*Based on less than 50 cases and has been suppressed

History of Cardiovascular Diseases

History of cardiovascular diseases

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

Instrument questions:

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

Having ever had a heart attack or chest pain from heart disease or a stroke									
Age Group (years)	Men			Women			Both Sexes		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	824	0.1	0.0-0.3	823	0.3	0.0-0.6	1647	0.2	0.0-0.4
30-39	1162	0.0	0.0-0.1	1025	0.7	0.0-1.4	2187	0.4	0.0-0.7
40-49	764	1.4	0.6-2.3	646	1.1	0.0-2.3	1410	1.3	0.6-2.0
50-59	324	2.5	0.0-5.2	384	0.6	0.0-1.1	708	1.6	0.2-2.9
60+	291	5.0	1.9-8.1	339	4.1	1.3-7.0	630	4.6	2.5-6.6
Total	3365	0.8	0.5-1.2	3217	0.9	0.4-1.3	6582	0.9	0.6-1.1

Prevention and treatment of heart disease

Description: Percentage of respondents who are currently taking aspirin or statins regularly to prevent or treat heart disease.

Instrument questions:

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

Currently taking aspirin regularly to prevent or treat heart disease									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29	824	0.0	0.0-0.1	823	0.2	0.0-0.3	1647	0.1	0.0-0.2
30-39	1162	0.4	0.0-1.1	1025	0.5	0.0-1.0	2187	0.4	0.0-0.9
40-49	764	1.8	0.7-2.9	646	2.3	0.4-4.1	1410	2.0	1.0-3.1
50-59	324	5.2	1.6-8.7	384	5.3	1.9-8.7	708	5.2	2.8-7.6
60+	291	18.8	11.2-26.3	339	19.5	11.7-27.3	630	19.1	13.7-24.6
Total	3365	2.3	1.5-3.1	3217	2.7	1.8-3.6	6582	2.5	1.9-3.1

Currently taking statins regularly to prevent or treat heart disease									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29	824	0.4	0.0-1.0	823	0.8	0.0-1.5	1647	0.6	0.1-1.1
30-39	1162	0.5	0.1-1.0	1025	0.9	0.3-1.5	2187	0.7	0.3-1.1
40-49	764	7.0	1.4-12.7	646	4.9	2.1-7.7	1410	6.0	2.8-9.1
50-59	324	19.1	7.8-30.4	384	11.0	5.6-16.3	708	15.1	8.6-21.6
60+	291	21.9	12.5-31.3	339	22.4	14.1-30.7	630	22.2	16.1-28.2
Total	3365	4.5	2.7-6.2	3217	4.1	3.0-5.3	6582	4.3	3.3-5.4

Lifestyle Advice

Lifestyle advice Description: Percentage of respondents who received lifestyle advice from a doctor or health worker during the past three years among all respondents.

Instrument question:

- During the past three years, has a doctor or other health worker advised you to do any of the following?

Advised by doctor or health worker to quit using tobacco or don't start									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	16.6	12.7-20.5	823	11.5	8.4-14.5	1647	14.2	11.6-16.8
30-39	1162	21.1	17.3-24.9	1025	10.3	7.9-12.7	2187	15.9	13.6-18.2
40-49	764	24.0	17.8-30.2	646	10.8	7.5-14.0	1410	17.3	13.5-21.2
50-59	324	24.5	18.1-31.0	384	13.3	7.6-19.0	708	19.0	14.5-23.5
60+	291	27.5	19.3-35.7	339	11.1	4.9-17.4	630	19.2	14.0-24.4
Total	3365	19.9	17.3-22.6	3217	11.3	9.4-13.1	6582	15.7	14.1-17.4

Advised by doctor or health worker to reduce salt in the diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	27.5	19.7-35.3	823	31.9	26.7-37.1	1647	29.6	24.5-34.6
30-39	1162	26.2	21.5-30.9	1025	35.3	30.7-40.0	2187	30.6	26.9-34.3
40-49	764	35.9	29.7-42.1	646	44.7	36.7-52.7	1410	40.3	35.0-45.7
50-59	324	41.3	32.6-50.1	384	51.9	42.4-61.4	708	46.5	40.2-52.9
60+	291	54.0	44.8-63.1	339	61.3	53.1-69.6	630	57.7	51.5-63.9
Total	3365	31.5	26.9-36.0	3217	38.5	35.0-42.1	6582	34.9	31.8-38.0

Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	35.2	27.8-42.7	823	45.7	39.5-51.8	1647	40.2	35.4-44.9
30-39	1162	32.2	27.5-36.9	1025	46.6	41.6-51.5	2187	39.1	35.8-42.5
40-49	764	35.2	28.6-41.8	646	53.4	46.2-60.6	1410	44.4	38.9-49.8
50-59	324	44.9	32.5-57.2	384	49.0	39.4-58.6	708	46.9	39.1-54.7
60+	291	47.3	38.2-56.3	339	62.7	54.1-71.2	630	55.1	48.5-61.7
Total	3365	36.3	32.1-40.6	3217	48.7	45.0-52.3	6582	42.3	39.5-45.1

Advised by doctor or health worker to reduce fat in the diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	33.2	25.7-40.6	823	40.1	34.5-45.6	1647	36.4	31.7-41.1
30-39	1162	35.7	31.3-40.1	1025	42.1	37.1-47.1	2187	38.8	35.5-42.1
40-49	764	40.1	33.9-46.4	646	55.9	48.0-63.9	1410	48.1	42.7-53.5
50-59	324	46.4	37.1-55.7	384	56.2	47.2-65.3	708	51.3	44.8-57.8
60+	291	52.6	43.9-61.3	339	62.8	54.1-71.5	630	57.8	51.8-63.8
Total	3365	37.2	33.0-41.4	3217	45.9	42.6-49.2	6582	41.4	38.7-44.1

Advised by doctor or health worker to start or do more physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	34.7	26.9-42.5	823	40.0	33.7-46.2	1647	37.2	32.0-42.4
30-39	1162	34.3	30.0-38.7	1025	42.1	37.2-47.0	2187	38.1	34.6-41.6
40-49	764	36.9	30.2-43.6	646	56.4	50.0-62.7	1410	46.7	41.6-51.9
50-59	324	51.9	41.4-62.5	384	49.5	40.2-58.8	708	50.7	43.2-58.2
60+	291	45.7	36.6-54.8	339	43.6	33.6-53.5	630	44.6	37.9-51.3
Total	3365	37.1	33.0-41.2	3217	43.5	39.8-47.3	6582	40.2	37.4-43.0

Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	824	32.0	24.5-39.6	823	37.9	32.4-43.5	1647	34.8	30.0-39.6
30-39	1162	34.1	29.8-38.5	1025	40.4	35.3-45.6	2187	37.2	33.8-40.5
40-49	764	34.1	27.5-40.7	646	52.1	44.3-60.0	1410	43.2	38.0-48.4
50-59	324	51.1	41.1-61.0	384	50.1	41.1-59.2	708	50.6	43.4-57.7
60+	291	45.2	36.5-53.8	339	47.6	37.5-57.7	630	46.4	39.9-53.0
Total	3365	35.3	31.2-39.3	3217	42.1	38.3-45.8	6582	38.6	35.8-41.3

Cervical Cancer Screening

Cervical cancer screening

Description: Percentage of female respondents who have ever had a screening test for cervical cancer among all female respondents.

Instrument question:

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

Age Group (years)	Women		
	n	% ever tested	95% CI
18-29	815	3.7	2.3-5.2
30-39	1013	8.9	6.1-11.8
40-49	636	7.5	3.5-11.5
50-59	373	13.8	5.6-22.0
60+	320	4.2	0.0-8.5
Total	3157	7.1	5.3-8.8

Cervical cancer screening among women aged 30-49 years

Description: Percentage of female respondents aged 30-49 years who have ever had a screening test for cervical cancer among all female respondents aged 30-49 years.

Instrument question:

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

Age Group (years)	Women		
	n	% ever tested	95% CI
30-49	1649	8.3	5.8-10.8

Physical Measurements

Blood pressure

Description: Mean blood pressure among all respondents, including those currently on medication for raised blood pressure.

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)											
Age Group (years)	Men				Women			Both Sexes			
	n	Mean	95% CI		n	Mean	95% CI	n	Mean	95% CI	
18-29	816	126.6	125.0-128.1		814	111.7	110.1-113.4		1630	119.5	118.2-120.8
30-39	1158	129.3	128.1-130.4		1014	117.5	115.9-119.0		2172	123.6	122.5-124.7
40-49	761	133.3	131.5-135.1		639	123.6	121.3-126.0		1400	128.4	126.8-130.1
50-59	323	138.8	136.5-141.1		378	135.2	132.1-138.2		701	137.0	135.1-138.9
60+	288	143.6	139.8-147.3		335	141.8	138.1-145.5		623	142.7	140.0-145.3
Total	3346	130.3	129.2-131.4		3180	119.1	117.7-120.4		6526	124.9	124.0-125.7

Mean diastolic blood pressure (mmHg)											
Age Group (years)	Men				Women			Both Sexes			
	n	Mean	95% CI		n	Mean	95% CI	n	Mean	95% CI	
18-29	816	78.7	77.2-80.2		814	74.0	73.0-75.0		1630	76.5	75.5-77.5
30-39	1158	83.1	82.1-84.0		1014	78.4	77.4-79.4		2172	80.8	80.2-81.5
40-49	761	86.1	85.0-87.1		639	81.7	80.2-83.3		1400	83.9	82.9-84.9
50-59	323	86.7	85.1-88.3		378	84.0	82.6-85.4		701	85.4	84.3-86.5
60+	288	84.1	81.4-86.8		335	81.7	79.9-83.4		623	82.9	81.2-84.6
Total	3346	81.5	80.6-82.5		3180	77.4	76.7-78.1		6526	79.5	78.9-80.1

Raised blood pressure Description: Percentage of respondents with raised blood pressure.

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	800	19.9	14.7-25.2	794	4.3	2.0-6.7	1594	12.5	9.6-15.5
30-39	1128	28.4	24.3-32.5	976	12.8	9.2-16.5	2104	21.0	18.1-23.9
40-49	700	38.0	32.4-43.6	565	23.6	17.8-29.5	1265	30.8	27.0-34.7
50-59	256	49.9	39.3-60.4	282	36.8	27.7-45.9	538	43.6	36.6-50.5
60+	203	45.6	35.6-55.6	201	46.9	35.1-58.7	404	46.3	38.5-54.0
Total	3087	27.0	23.7-30.4	2818	13.0	10.9-15.0	5905	20.3	18.2-22.3

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	816	21.4	16.1-26.7	814	6.2	3.6-8.8	1630	14.2	11.2-17.1
30-39	1158	30.2	26.1-34.2	1014	16.2	12.4-20.0	2172	23.4	20.6-26.3
40-49	761	44.7	38.6-50.8	639	33.2	27.3-39.1	1400	38.9	34.7-43.2
50-59	323	61.6	52.0-71.3	378	53.0	43.8-62.2	701	57.4	50.8-63.9
60+	288	70.5	63.0-78.0	335	72.3	64.7-80.0	623	71.4	66.0-76.8
Total	3346	33.1	29.6-36.7	3180	21.5	19.0-24.1	6526	27.5	25.3-29.7

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	800	2.4	0.2-4.6	794	0.7	0.3-1.1	1594	1.6	0.4-2.8
30-39	1128	6.3	3.7-8.9	976	1.9	0.5-3.2	2104	4.2	2.7-5.7
40-49	700	10.2	6.7-13.6	565	4.7	2.4-7.0	1265	7.4	5.3-9.6
50-59	256	17.7	9.7-25.7	282	14.8	8.2-21.5	538	16.3	11.1-21.5
60+	203	16.4	9.6-23.1	201	14.9	6.5-23.4	404	15.7	10.3-21.0
Total	3087	5.8	3.9-7.7	2818	3.1	2.3-4.0	5905	4.5	3.5-5.6

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	816	4.2	1.7-6.7	814	2.6	1.4-3.8	1630	3.4	2.0-4.9
30-39	1158	8.6	5.8-11.5	1014	5.7	3.6-7.7	2172	7.2	5.6-8.8
40-49	761	19.9	13.7-26.1	639	16.7	12.5-20.9	1400	18.3	14.3-22.3
50-59	323	37.0	26.3-47.6	378	36.6	28.5-44.8	701	36.8	30.3-43.4
60+	288	54.7	45.9-63.4	335	55.7	46.8-64.5	623	55.2	49.2-61.2
Total	3346	13.7	11.2-16.2	3180	12.7	10.9-14.5	6526	13.2	11.8-14.6

Treatment and control of raised blood pressure

Description: Percentage of respondents with treated and/or controlled of raised blood pressure among those with raised blood pressure (SBP \geq 140 and/or DBP \geq 90 mmHg) or currently on medication for raised blood pressure.

Instrument questions:

- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?
- Reading 1-3 systolic and diastolic blood pressure

Respondents with treated and/or controlled raised blood pressure							
Age Group (years)	Men						
	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/or DBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/or DBP \geq 90	95% CI
18-29	147	3.8	0.6-7.0	4.5	0.0-10.1	91.7	85.4-98.0
30-39	327	2.3	0.7-4.0	5.8	2.2-9.5	91.8	87.8-95.8
40-49	305	7.4	3.1-11.8	16.8	5.2-28.5	75.7	63.9-87.5
50-59	189	18.5	0.9-36.1	19.5	11.5-27.5	62.0	46.9-77.2
60+	174	23.7	13.0-34.4	41.2	29.6-52.7	35.1	24.5-45.7
Total	1142	9.8	6.1-13.5	15.5	10.5-20.4	74.7	69.0-80.5

Respondents with treated and/or controlled raised blood pressure							
Age Group (years)	Women						
	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/or DBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/or DBP \geq 90	95% CI
18-29	59	26.0	10.0-41.9	5.4	0.0-11.7	68.6	51.9-85.3
30-39	158	12.7	5.1-20.4	11.1	3.5-18.7	76.2	66.2-86.2
40-49	209	15.6	9.4-21.9	22.2	12.8-31.6	62.2	52.1-72.2
50-59	203	21.0	12.3-29.7	27.3	18.2-36.4	51.7	41.8-61.6
60+	223	24.3	13.6-35.0	41.9	29.5-54.2	33.8	23.6-44.0
Total	852	20.4	16.0-24.9	25.3	19.8-30.9	54.2	48.5-60.0

Respondents with treated and/or controlled raised blood pressure							
Age Group (years)	Both Sexes						
	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/or DBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/or DBP \geq 90	95% CI
18-29	206	8.4	3.7-13.2	4.7	0.1-9.3	86.9	80.4-93.3
30-39	485	5.8	3.0-8.6	7.6	4.0-11.1	86.6	82.4-90.9
40-49	514	11.0	6.7-15.2	19.1	11.6-26.6	69.9	62.3-77.5
50-59	392	19.6	9.3-29.9	23.0	16.7-29.3	57.3	48.3-66.4
60+	397	24.0	16.5-31.6	41.5	33.1-50.0	34.4	27.7-41.1
Total	1994	13.8	11.0-16.6	19.2	15.4-23.0	67.0	62.9-71.1

Mean heart rate

Description: Mean heart rate (beats per minute).

Instrument question:

- Reading 1-3 heart rate

Mean heart rate (beats per minute)										
Age Group (years)	Men				Women			Both Sexes		
	n	mean	95% CI		n	mean	95% CI	n	mean	95% CI
18-29	816	77.2	75.0-79.4		814	82.2	81.1-83.3	1630	79.5	78.2-80.9
30-39	1158	78.1	77.1-79.2		1015	80.4	79.4-81.4	2173	79.2	78.5-79.9
40-49	761	78.6	77.6-79.7		639	80.3	79.0-81.6	1400	79.5	78.6-80.4
50-59	323	79.7	76.2-83.2		378	80.6	78.7-82.4	701	80.1	78.1-82.2
60+	288	76.4	73.9-78.9		335	80.5	78.4-82.6	623	78.5	77.0-80.0
Total	3346	77.7	76.4-78.9		3181	81.3	80.6-82.0	6527	79.4	78.7-80.2

**Height,
weight
and BMI**

Description: Mean height, weight, and body mass index among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

Mean height (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	815	168.5	167.4-169.7	726	157.2	156.4-158.0
30-39	1157	167.8	167.0-168.6	905	157.0	155.9-158.1
40-49	761	167.4	166.6-168.2	617	155.2	154.1-156.2
50-59	322	163.5	159.9-167.2	377	154.0	152.8-155.3
60+	283	163.3	161.8-164.8	330	151.5	149.5-153.4
Total	3338	167.4	166.6-168.2	2955	156.1	155.5-156.6

Mean weight (kg)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	815	73.3	71.0-75.6	726	64.1	61.6-66.5
30-39	1157	75.8	74.4-77.2	905	71.5	69.9-73.1
40-49	761	78.2	76.3-80.1	617	75.0	72.7-77.3
50-59	322	77.6	75.2-80.1	377	73.9	71.3-76.4
60+	284	75.1	70.5-79.7	331	67.2	62.3-72.0
Total	3339	74.9	73.6-76.2	2956	68.1	66.6-69.7

Mean BMI (kg/m ²)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	812	25.8	25.1-26.5	720	25.7	24.8-26.7	1532	25.8	25.2-26.3
30-39	1156	26.9	26.5-27.4	901	29.1	28.5-29.7	2057	27.9	27.6-28.3
40-49	759	27.9	27.3-28.6	613	30.9	30.0-31.8	1372	29.4	28.8-30.0
50-59	320	29.3	27.4-31.3	374	31.1	30.1-32.0	694	30.2	29.1-31.3
60+	281	27.8	26.5-29.2	328	29.3	27.5-31.1	609	28.6	27.4-29.7
Total	3328	26.7	26.3-27.2	2936	27.9	27.3-28.5	6264	27.3	26.9-27.6

BMI categories Description: Percentage of respondents (excluding pregnant women) in each BMI category.

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

BMI classifications									
Age Group (years)	Men								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	812	6.6	4.2-8.9	46.4	40.2-52.5	28.2	20.6-35.7	18.9	13.9-23.8
30-39	1156	2.8	0.6-5.0	32.0	27.7-36.3	45.4	41.1-49.7	19.8	16.4-23.2
40-49	759	1.5	0.1-2.8	24.8	19.1-30.5	47.1	40.8-53.4	26.6	21.9-31.3
50-59	320	0.9	0.0-2.3	22.8	17.2-28.4	42.7	34.5-50.9	33.5	24.8-42.3
60+	281	3.4	1.3-5.6	27.3	19.8-34.8	39.9	29.5-50.3	29.4	19.5-39.3
Total	3328	3.5	2.4-4.6	33.5	30.7-36.3	39.8	36.8-42.8	23.2	20.7-25.6

BMI classifications									
Age Group (years)	Women								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	720	11.5	5.5-17.6	37.4	31.2-43.6	29.7	24.5-34.9	21.4	16.6-26.1
30-39	901	2.3	1.0-3.6	25.9	21.1-30.7	33.5	28.0-39.1	38.3	33.7-42.9
40-49	613	2.4	0.3-4.5	17.4	12.7-22.0	28.2	22.0-34.4	52.0	44.7-59.2
50-59	374	2.7	0.9-4.5	14.2	9.2-19.2	25.3	17.9-32.7	57.8	49.0-66.6
60+	328	7.5	2.6-12.4	23.8	16.3-31.3	27.7	19.4-35.9	41.0	30.7-51.3
Total	2936	5.7	3.7-7.8	25.9	23.2-28.6	29.6	27.1-32.2	38.8	35.4-42.2

BMI classifications									
Age Group (years)	Both Sexes								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	1532	8.9	5.8-12.0	42.2	38.1-46.4	28.9	24.2-33.6	20.0	16.6-23.4
30-39	2057	2.6	1.1-4.0	29.4	26.5-32.3	40.3	37.1-43.5	27.7	24.8-30.7
40-49	1372	1.9	0.7-3.1	21.4	17.5-25.3	38.5	34.0-43.0	38.2	33.5-43.0
50-59	694	1.8	0.7-3.0	18.4	14.8-22.0	33.8	28.6-39.0	46.0	39.6-52.4
60+	609	5.6	2.7-8.5	25.4	20.0-30.9	33.4	26.3-40.5	35.6	28.2-42.9
Total	6264	4.5	3.4-5.7	30.0	28.1-31.8	35.1	32.9-37.3	30.4	28.3-32.5

BMI ≥25 Description: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25).

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

BMI≥25									
Age Group (years)	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
18-29	812	47.0	40.6-53.5	720	51.1	44.7-57.4	1532	48.8	44.4-53.3
30-39	1156	65.2	61.0-69.4	901	71.8	67.1-76.6	2057	68.2	65.3-71.2
40-49	759	73.7	67.8-79.6	613	80.2	75.0-85.4	1372	76.9	72.8-81.0
50-59	320	76.2	70.1-82.4	374	83.1	77.6-88.6	694	79.6	75.6-83.6
60+	281	69.3	61.5-77.0	328	68.7	60.7-76.7	609	69.0	63.2-74.7
Total	3328	58.0	54.5-61.6	2936	63.5	59.9-67.2	6264	60.6	58.1-63.1

Waist circumference Description: Mean waist circumference among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Waist circumference measurement

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	812	86.1	84.3-87.8	720	80.4	78.4-82.4
30-39	1155	91.3	90.0-92.7	905	89.0	87.7-90.3
40-49	760	95.3	93.8-96.8	617	95.3	93.5-97.0
50-59	322	96.8	95.0-98.7	376	100.0	98.0-102.1
60+	278	97.1	94.1-100.2	330	99.4	92.1-106.8
Total	3327	90.0	89.0-91.0	2948	87.6	86.1-89.1

Hip circumference Description: Mean hip circumference among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Hip circumference measurement

Hip circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	812	96.4	94.7-98.2	720	96.7	94.9-98.5
30-39	1155	98.7	97.7-99.7	905	103.1	101.8-104.5
40-49	760	101.2	99.9-102.5	617	106.8	105.1-108.5
50-59	322	101.8	99.4-104.1	376	106.6	104.5-108.8
60+	278	101.2	98.8-103.5	330	102.5	99.2-105.7

Waist / hip ratio Description: Mean waist-to-hip ratio among all respondents (excluding pregnant women).

Instrument questions:

- For women: Are you pregnant?
- Waist circumference measurement
- Hip circumference measurement

Mean waist / hip ratio						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	812	0.9	0.9-0.9	720	0.8	0.8-0.8
30-39	1155	0.9	0.9-0.9	905	0.9	0.9-0.9
40-49	760	0.9	0.9-1.0	617	0.9	0.9-0.9
50-59	322	1.0	0.9-1.0	376	0.9	0.9-1.0
60+	278	1.0	0.9-1.0	330	1.0	0.9-1.0
Total	3327	0.9	0.9-0.9	2948	0.9	0.9-0.9

Biochemical Measurements

Mean fasting blood glucose

Description: mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded).

Instrument questions:

- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement

Mean fasting blood glucose (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	775	5.2	5.0-5.3		762	5.2	5.1-5.4		1537	5.2	5.1-5.3
30-39	1092	5.5	5.3-5.6		949	5.5	5.4-5.6		2041	5.5	5.4-5.6
40-49	722	6.2	5.8-6.6		587	6.1	5.9-6.3		1309	6.1	5.9-6.4
50-59	307	6.6	6.1-7.0		353	6.7	6.2-7.1		660	6.6	6.3-6.9
60+	270	7.0	6.0-8.0		314	7.6	6.8-8.4		584	7.3	6.7-7.9
Total	3166	5.6	5.5-5.7		2965	5.7	5.6-5.9		6131	5.7	5.6-5.8

Raised blood glucose

Description: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded).

Instrument questions:

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

Impaired Fasting Glycaemia*									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	775	9.8	6.8-12.7	762	8.7	5.5-11.9	1537	9.3	7.0-11.5
30-39	1094	11.0	8.2-13.9	949	15.8	12.2-19.4	2043	13.3	11.1-15.6
40-49	724	11.7	8.4-15.0	587	15.6	9.9-21.4	1311	13.7	10.4-16.9
50-59	309	10.6	6.2-14.9	354	16.5	10.3-22.6	663	13.3	9.5-17.1
60+	270	18.1	12.0-24.2	314	11.1	6.8-15.4	584	14.6	10.9-18.4
Total	3172	11.0	8.9-13.1	2966	11.9	9.9-13.8	6138	11.4	9.9-13.0

Raised blood glucose or currently on medication for diabetes**									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	775	2.9	1.7-4.1	762	3.8	2.3-5.3	1537	3.3	2.4-4.3
30-39	1094	8.7	6.1-11.2	949	7.3	5.2-9.5	2043	8.0	6.3-9.7
40-49	724	22.3	15.0-29.5	587	18.1	12.6-23.5	1311	20.2	15.6-24.8
50-59	309	30.9	21.7-40.0	354	28.4	21.3-35.6	663	29.7	23.9-35.5
60+	270	31.6	22.4-40.7	314	45.8	33.4-58.1	584	38.6	30.7-46.5
Total	3172	11.0	9.2-12.8	2966	12.0	10.0-14.1	6138	11.5	10.1-12.9

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	793	0.5	0.0-1.0	780	1.2	0.3-2.2	1573	0.8	0.3-1.3
30-39	1109	2.8	1.5-4.0	979	1.4	0.6-2.2	2088	2.1	1.4-2.9
40-49	736	12.6	5.2-20.1	602	8.2	4.7-11.7	1338	10.4	6.2-14.7
50-59	312	23.3	14.4-32.2	362	23.9	15.7-32.1	674	23.6	17.8-29.4
60+	280	23.6	14.3-32.9	321	39.5	27.0-52.0	601	31.5	23.5-39.4
Total	3230	6.1	4.5-7.7	3044	7.4	5.7-9.1	6274	6.7	5.6-7.9

** Raised blood glucose is defined as either

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

Total cholesterol

Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.

Instrument question:

- Total cholesterol measurement

Mean total cholesterol (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	784	4.1	4.0-4.3		770	4.6	4.5-4.7		1554	4.4	4.3-4.4
30-39	1099	4.6	4.5-4.7		954	4.9	4.7-5.0		2053	4.7	4.6-4.8
40-49	723	4.9	4.8-5.1		592	4.9	4.7-5.0		1315	4.9	4.8-5.0
50-59	310	5.0	4.5-5.4		349	5.1	4.8-5.4		659	5.0	4.7-5.3
60+	271	4.8	4.6-5.0		314	4.9	4.7-5.1		585	4.9	4.7-5.0
Total	3187	4.4	4.4-4.5		2979	4.7	4.7-4.8		6166	4.6	4.5-4.7

Raised total cholesterol

Description: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol.

Instrument questions:

- Total cholesterol measurement
- During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol										
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	784	17.7	12.4-23.0		770	31.4	25.8-37.0	1554	24.1	19.8-28.4
30-39	1099	30.6	25.6-35.7		954	42.3	36.7-47.9	2053	36.3	32.2-40.3
40-49	723	50.8	43.5-58.0		592	45.6	38.2-52.9	1315	48.2	42.9-53.5
50-59	310	41.8	30.5-53.2		349	54.8	45.5-64.2	659	47.9	39.6-56.3
60+	271	57.7	48.3-67.2		314	59.7	49.3-70.0	585	58.7	51.5-65.9
Total	3187	29.5	25.9-33.2		2979	39.9	36.6-43.1	6166	34.5	31.8-37.2

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol										
Age Group (years)	Men				Women			Both Sexes		
	n	%	95% CI		n	%	95% CI	n	%	95% CI
18-29	784	1.4	0.4-2.3		770	5.9	2.5-9.2	1554	3.5	1.8-5.2
30-39	1099	5.9	3.4-8.4		954	8.4	5.9-10.9	2053	7.1	5.1-9.1
40-49	723	12.6	8.2-17.1		592	12.4	8.4-16.4	1315	12.5	9.4-15.6
50-59	310	17.3	8.6-26.0		349	24.2	15.9-32.4	659	20.5	14.0-27.1
60+	271	26.2	15.6-36.7		314	29.3	20.6-38.0	585	27.7	21.2-34.2
Total	3187	7.0	5.4-8.6		2979	10.8	8.6-13.0	6166	8.8	7.4-10.2

Introduction to intake of salt per day Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate population 24 hour salt intake, using the INTERSALT equation:

Estimated 24 hour sodium (Na) intake in mmol for males: $23.51 + 0.45 \times \text{spot Na concentration (mmol/L)} - 3.09 \times \text{spot creatinine concentration (mmol/L)} + 4.16 \times \text{BMI} + 0.22 \times \text{Age}$

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

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

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

Intake of salt per day Description: Mean intake of salt in grams per day among all respondents

Instrument question:

- Are you pregnant?
- Had you been fasting prior to urine collection?
- Urinary sodium measurement
- Urinary creatinine measurement

Mean salt intake (g/day)											
Age Group (years)	Men				Women			Both Sexes			
	n	Mean	95% CI		n	Mean	95% CI	n	Mean	95% CI	
18-29	659	11.7	11.4-12.1		542	8.6	8.4-8.9		1201	10.4	10.1-10.7
30-39	948	11.8	11.7-12.0		681	9.5	9.4-9.7		1629	10.8	10.6-10.9
40-49	616	12.1	11.7-12.4		453	9.4	9.1-9.7		1069	10.8	10.6-11.1
50-59	263	12.2	11.8-12.6		280	8.9	8.6-9.2		543	10.6	10.3-11.0
60+	201	11.7	11.2-12.2		238	7.4	7.0-7.9		439	9.8	9.2-10.3
Total	2687	11.8	11.6-12.0		2194	8.9	8.7-9.0		4881	10.5	10.3-10.7

High density lipoprotein (HDL)

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

Instrument question:

- HDL cholesterol measurement

Mean HDL (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
18-29	783	1.1	1.1-1.1		770	1.4	1.3-1.4		1553	1.2	1.2-1.3
30-39	1098	1.1	1.0-1.1		954	1.4	1.3-1.4		2052	1.2	1.2-1.2
40-49	722	1.1	1.1-1.2		591	1.3	1.3-1.4		1313	1.2	1.2-1.3
50-59	310	1.2	1.0-1.3		350	1.3	1.3-1.4		660	1.3	1.2-1.3
60+	271	1.2	1.1-1.3		314	1.3	1.2-1.4		585	1.2	1.2-1.3
Total	3184	1.1	1.1-1.1		2979	1.4	1.3-1.4		6163	1.2	1.2-1.2

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
18-29	770	50.4	43.8-57.0
30-39	954	51.6	45.9-57.3
40-49	591	50.6	43.9-57.2
50-59	350	50.0	40.6-59.3
60+	314	53.0	41.4-64.7
Total	2979	50.9	46.9-54.8
Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
18-29	783	49.4	41.7-57.0
30-39	1098	55.9	49.5-62.2
40-49	722	50.5	43.3-57.7
50-59	310	48.5	36.3-60.7
60+	271	36.0	26.6-45.4
Total	3184	49.7	44.9-54.4

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

Instrument questions:

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

Mean fasting triglycerides (mmol/L)											
Age Group (years)	Men				Women			Both Sexes			
	n	Mean	95% CI		n	Mean	95% CI	n	Mean	95% CI	
18-29	773	1.2	1.1-1.2		758	1.2	1.1-1.3		1531	1.2	1.1-1.2
30-39	1086	1.5	1.4-1.5		939	1.3	1.2-1.3		2025	1.4	1.3-1.4
40-49	719	1.7	1.5-1.9		578	1.3	1.3-1.4		1297	1.5	1.4-1.6
50-59	305	1.7	1.5-1.9		345	1.4	1.3-1.6		650	1.6	1.4-1.7
60+	265	1.6	1.2-1.9		309	1.4	1.2-1.6		574	1.5	1.3-1.7
Total	3148	1.4	1.3-1.4		2929	1.2	1.2-1.3		6077	1.3	1.3-1.4

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	773	17.4	12.7-22.1		758	17.8	12.3-23.2		1531	17.6	14.1-21.0
30-39	1086	29.8	25.1-34.6		939	20.7	16.9-24.5		2025	25.5	22.2-28.7
40-49	719	41.8	34.5-49.2		578	24.6	18.4-30.7		1297	33.3	28.3-38.3
50-59	305	43.6	31.3-55.9		345	23.8	15.6-32.0		650	34.4	26.6-42.2
60+	265	27.5	17.6-37.4		309	29.7	17.8-41.7		574	28.6	20.8-36.4
Total	3148	25.7	22.4-29.1		2929	20.8	17.5-24.1		6077	23.4	21.0-25.8

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
18-29	773	12.7	8.5-16.8		758	12.2	7.0-17.5		1531	12.5	9.3-15.7
30-39	1086	20.5	16.3-24.6		939	13.2	10.2-16.2		2025	17.0	14.3-19.7
40-49	719	32.2	25.0-39.4		578	16.3	12.1-20.5		1297	24.4	20.0-28.7
50-59	305	26.6	17.0-36.2		345	16.3	8.5-24.1		650	21.8	15.4-28.2
60+	265	18.0	8.9-27.1		309	22.8	10.4-35.1		574	20.4	12.6-28.2
Total	3148	18.1	15.2-21.0		2929	14.2	11.2-17.2		6077	16.3	14.3-18.2

Cardiovascular disease risk

CVD risk of $\geq 30\%$ or existing CVD Description: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 30\%$ or with existing CVD

Instrument questions: combined from Step 1, 2 and 3

- Gender, age
- Current and former smoking
- History of diabetes, CVD
- Systolic blood pressure measurements
- Fasting status, glucose and total cholesterol measurements.

Percentage of respondents with a 10-year CVD risk $\geq 30\%$ or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	901	1.3	0.6-2.0	760	1.0	0.1-2.0	1661	1.2	0.6-1.7
55-69	301	14.3	6.2-22.3	361	10.6	2.8-18.4	662	12.5	7.1-17.9
40-69	1202	6.1	2.9-9.3	1121	4.6	1.4-7.7	2323	5.4	3.2-7.5

* A 10-year CVD risk of $\geq 30\%$ is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).

Drug therapy and counseling for those with CVD risk $\geq 30\%$ or existing CVD Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 30\%$, including those with existing CVD) receiving drug therapy and counseling** (including glycaemic control) to prevent heart attacks and strokes.

Instrument questions: combined from Step 1, 2 and 3

- Gender, age
- Current and former smoking
- History of diabetes, CVD
- Lifestyle advice
- Systolic blood pressure measurements
- Fasting status, glucose and total cholesterol measurements.

Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	20	*		17	*		37	*	
55-69	29	*		23	*		52	*	
40-69	49	63.1	45.9-80.2	40	74.4	54.6-94.2	89	67.7	52.3-83.2

*Based on less than 50 cases and has been suppressed

* A 10-year CVD risk of $\geq 30\%$ is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).

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

Summary of Combined Risk Factors

Summary of Combined Risk Factors

Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors:

- Current daily smoking
- Less than five servings of fruit and/or vegetables per day
- Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)
- Overweight or obese (BMI ≥ 25 kg/m²)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
Age Group (years)	Men						
	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	2339	8.2	6.1-10.3	65.4	61.4-69.3	26.5	22.8-30.1
45-69	826	3.3	1.2-5.4	54.3	47.1-61.5	42.4	35.5-49.4
18-69	3165	7.3	5.5-9.0	63.2	59.9-66.6	29.5	26.4-32.6

Summary of Combined Risk Factors							
Age Group (years)	Women						
	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1937	7.6	5.1-10.0	73.0	69.3-76.6	19.5	16.4-22.6
45-69	816	2.5	1.0-4.0	50.3	44.7-56.0	47.2	41.7-52.7
18-69	2753	6.5	4.5-8.5	68.1	65.1-71.2	25.4	22.5-28.2

Summary of Combined Risk Factors							
Age Group (years)	Both Sexes						
	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	4276	7.9	6.3-9.5	68.8	65.8-71.8	23.3	20.7-25.9
45-69	1642	2.9	1.6-4.2	52.4	47.9-56.9	44.7	40.4-49.1
18-69	5918	6.9	5.6-8.2	65.5	63.0-68.0	27.6	25.4-29.8