PAHO/WHO STEPS

Noncommunicable Disease Risk Factor Survey

STEPS REPORT FOR SAINT LUCIA 2019

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MESSAGE FROM THE MINISTRY OF HEALTH

Honourable Moses Jn Baptiste
Minister for Health
Ministry of Health, Wellness and Elderly Affairs

The World Health Organization reports that noncommunicable diseases (NCDs) such as cardiovascular diseases (CVDs), cancer, chronic respiratory disease, and diabetes are responsible for an estimated 41 million annual global deaths. Saint Lucians are no exception as the Ministry of Health reports that NCDs are estimated to account for 82% of all deaths in Saint Lucia, with CVDs, cancer, diabetes and chronic respiratory diseases as the leading causes of death. NCDs have become a top priority area for the Ministry of Health to reduce the number of premature deaths from NCDs and their risk factors and curb the social and economic burden on Saint Lucian nationals.

The actions taken to address this critical health issue are guided by the recommendations from the WHO's Best Buy Interventions, the CARICOM Port-of-Spain Declaration and Saint Lucia's NCD Policy Document. The Government of Saint Lucia is fully committed to creating a healthy environment that provides the health services Saint Lucians require to preserve their lives and reduce the risk level of NCDs and their risk factors.

The Ministry of Health understands the imperativeness in addressing NCD and the importance of approaching this issue as a unit with a common objective, with assistance from the private sector and civil society. Ongoing are several programmes and policies the Ministry of Health has designed to address these critical issues. The most important of these programmes is the implementation of Universal Health Coverage (UHC), which is designed to address the leading cause of NCD-related deaths in Saint Lucia via its carefully intended health service package. As a priority, this will result in the most at-risk groups and people who are financially challenged being able to access basic health services to improve their overall health and lifestyle.

I would like to take this opportunity to thank the staff in the Ministry of Health, the NCD committee and the health service providers for their commitment and hard work in the area of NCDs to improve the overall health of the people of Saint Lucia.

Together, let us endeavor to improve the lives of our people by providing them with the best health service available, the health facility to serve them and the health knowledge required to practice better health care.

MESSAGE FROM THE PAHO/WHO

Dr. Amalia Del Riego
PAHO/WHO Representative,
Barbados and Eastern Caribbean Countries

Noncommunicable diseases (NCDs) are a global problem with a significant burden in the Region of the Americas and especially in the Caribbean. In response to the growing burden of noncommunicable diseases (NCDs) and their risk factors (RFs), global and regional commitments have been made over the past two decades, which have raised the profile of NCDs and their RFs on health, social protection, and economic development agendas. NCDs also affect national economies, threatening to reverse developmental gains, and are responsible for losses in productivity and increased economic burdens to individuals, families, communities, and nations.

The landmark 2007 Port of Spain Declaration of CARICOM was a crucial step towards the United Nations High Level Meeting on NCDs (UNHLM) and its political declaration in 2011, highlighting the leadership of the Caribbean in advancing the NCD agenda. The need to strengthen countries' capacity on NCDs and risk factors surveillance was also highlighted.

The Port of Spain Declaration and UNHLM political declaration led to global and regional efforts to respond to the NCD burden, including the development and endorsement of the Global and Regional commitments for the Prevention and Control of NCDs, especially the recently approved Roadmap on NCDs 2023-2030 at the World Health Assembly. Furthermore, WHO has developed a Global Monitoring Framework (GMF) comprised of nine voluntary targets and 25 indicators to enable global tracking of progress on NCDs/RFs.

In 2015, world leaders formally adopted the 2030 Agenda for Sustainable Development at the United Nations and NCDs were included as one of the development goals and in 2017 WHO launched guidelines on ethical issues in public health surveillance as the foundation for programs to promote human well-being at the population level.

Furthermore, one of the commitments from the 2023 Bridgetown Declaration on NCDs and Mental Health is to strengthen surveillance and monitoring to obtain reliable and timely data at national levels, as well as health facility level, on NCD and mental health risk factors, diseases, mortality, as well as on determinants and on national capacities, resources and levels of programmatic implementation for NCDs and mental health conditions, ensuring the data is disaggregated in line with WHO guidance.

The Pan American Health Organization/World Health Organization (PAHO/WHO) was pleased to provide the technical guidance for the second nationally representative Pan American STEPS Survey on Noncommunicable Diseases and Risk Factors. This survey was conducted in partnership with the Ministry of Health, Wellness and Elderly Affairs and the Central Statistics Office, St Lucia. Financial support provided by the Public Health Agency from Canada through the PAHO/PHAC grant Enhancing NCD surveillance for ECC and the final report was prepared with support from the World Bank.

The results of the survey provide information on NCDs and their risk factors in the population. PAHO/WHO is happy to report that the survey was conducted using an electronic device, instead of using printed materials; this made the data cleansing and primary analysis easier and less time consuming.

PAHO/WHO is confident that the findings from the survey will provide critical information to assess policies and interventions previously implemented and develop and guide additional evidence-driven interventions. PAHO congratulates the Ministry of Health, Wellness and Elderly Affairs and its collaborating partners on the development of the Pan American STEPS Survey on Noncommunicable Diseases and Risk Factors and looks forward to providing sustained support for the implementation of interventions at the country and regional levels to reduce the NCD burden in St Lucia.

ACKNOWLEDGMENT

The Saint Lucia STEPS Report 2019 was developed through the invaluable contributions and support of many individuals across several organizations, including those who implemented and participated in the STEPS survey and those who developed the accompanying data files. The collective endeavors and support of the following stakeholders and partner agencies have been indispensable in the realization of this report.

Special thanks to the team from the Pan American Health Organization (PAHO), the PAHO/ECC Advisor on NCDs and Mental Health - Patrice Lawrence Williams, the PAHO/RO Technical Officer on NCDs Data Analytics - Dolores Ondarsuhu, the PAHO/RO Advisor on NCD Surveillance, Prevention and Control - Roberta Caixeta and the PAHO/ECC Advisor on NCDs and Mental Health - Taraleen Malcom for the technical and administrative support guiding the development of the STEPS implementation plan and for strengthen national capacity on NCD surveillance. We wish to also acknowledge Mr. Edwin St. Catherine and the Saint Lucia Central Statistics Office for the successful support provided on the operationalization of the fieldwork, and the valuable contribution on the sample design, and preparation of the final weighted dataset. We also want to acknowledge the financial support provided by the Public Health Agency from Canada through the PAHO/PHAC grant Enhancing NCD surveillance for ECC.

Sincerest appreciation to Senator Mary Isaac, former Minister for Health and Wellness, Ms. Jenny Daniel, Permanent Secretary, Dr. Merlene Fredericks -James, former Chief Medical Officer (CMO) and Dr. Sharon Belmar-George, CMO, for their unwavering oversight and support throughout the planning and implementation of the survey.

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Special acknowledgment and appreciation are extended to all the participants who were very understanding throughout this process, including those who took the time to be interviewed.

Finally, we would like to express our sincere gratitude to the World Bank for supporting the development and finalization of the STEPS report. Gratitude is extended to Mr. Marvin Hutchinson, World Bank Consultant, who led the development of the report, as well as Ms. Behnaz Bonyadian, Ms. Micaela Mussini, and Ms. Alyssa Khan for their technical and administrative assistance throughout the process. We also gratefully acknowledge The Access Accelerated Trust Fund for the generous funding support for this report.

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ABBREVIATIONS

BMI	Body Mass Index
CARICOM	Caribbean Community
cm	Centimeter
COVID-19	Coronavirus Disease 2019
CSO	Central Statistics Office
CMO	Chief Medical Officer
CVD	Cardiovascular Disease
DBP	Diastolic Blood Pressure
DEFF	Design Effect
ED	Enumeration District
FCIB	First Caribbean International Bank
FCTC	Framework Convention on Tobacco Control
GHDx	Global Health Data Exchange
HbA1C	Glycated Hemoglobin
HDL	High Density Lipoprotein
kg	Kilogram
kg/m^2	Kilograms per Meters Squared
LCA	Saint Lucia
LFS	Labour Force Survey
MET	Metabolic Equivalent of Task
mg/dl	Milligram per Deciliter
mmHg	Millimeters of Mercury
MOE	Margin of Error
MSF	Master Sampling Framework
NCD	Non-Communicable Disease
PAHO	Pan American Health Organization
PSU	Primary Sampling Unit
RBP	Raised Blood Pressure
SBP	Systolic Blood Pressure
SDG	Sustainable Development Goal
STEPS	STEPwise approach to surveillance
UHC	Universal Health Coverage
UN	United Nations
WHO	World Health Organization

EXECUTIVE SUMMARY

The World Health Organization (WHO) reports that 74.0 percent or 41 million of annual global deaths are from non-communicable diseases. The number one cause or 80.0 percent of NCD deaths and disability worldwide are from cardiovascular diseases (CVD) such as heart attacks and strokes, which accounts for 17.9 million deaths annually, followed by cancer (9.3 million deaths), chronic respiratory disease (4.1 million deaths) and diabetes, including kidney disease (2.0 million deaths) [7].

In Saint Lucia, NCDs have always accounted for a considerable proportion of deaths annually. In 2012, NCDs accounted for 81.0 percent of all-cause mortality and represented 73.0 percent of premature or preventable deaths in Saint Lucia. In 2014, cancer, heart disease, and CVDs (stroke) were the leading cause of death and in 2016, cancer, CVDs, and diabetes were the major cause of death in the country [15]. Fast forward to 2019, NCDs are estimated to account for 82.0 percent (1,228) of all death in Saint Lucia with CVDs (33%), cancer (16%), diabetes (11%), and chronic respiratory diseases (5%) leading the causes of deaths [3].

The second national Pan American Health Organization STEPS survey was conducted during the period December 2019 to March 2020, with a break due to the COVID-19 pandemic, but was soon resumed on August 31, 2020, for six weeks to facilitate the completion of the survey. The STEPS survey was conducted to determine the current level of modifiable behavioural risk factors and metabolic risk factors that contribute to the challenges of NCDs among Saint Lucian. The STEPS survey results intend to provide critical insights regarding NCDs, identify trends when compared to the 2012 STEPS results, as well as country comparisons to determine good practices and assist the health authorities in crafting and implementing targeted health policies and programmes for NCD prevention and control.

The objectives of the survey are as follows:

- Support the collection, analysis, and dissemination of country-level risk factor information to inform and improve public health policy.
- To produce current national statistics for NCDs and their risk factors.
- To assess changes in current NCDs risk factors compared to the findings of the 2012 STEPS survey.

The survey tool used was the standardized Pan American STEPS Instrument version 3.2 [12]. The surveillance instrument is an internationally comparable, standardized, and integrated surveillance tool through which countries can collect, analyse, and disseminate core information on NCDs and NCD risk factors through questionnaire assessment, physical measurements, and biochemical measurements.

The target population for the STEPS survey was all adults ages 18 – 69 years residing in Saint Lucia during the data collection process. The desired sample design utilized for the survey was a stratified, two-stage probability design. The computed sample size that would be representative of the population and allow the results of the STEPS survey to meet its objectives was **4,197**. The data analysis for the STEPS Saint Lucia survey was conducted using STATA statistics and data analysis package, which is capable of handling big data and complex computations for survey research and econometrics.

Tobacco Use

Overall, 12.9% of adults 18-69 were current tobacco smokers. Men were reported to smoke substantially more tobacco/tobacco products at 25.2% compared to 3.4% of women. Out of the total adults 18-69 who are current smokers, 65.8% smoke tobacco daily. However, the highest prevalence of daily smokers was in the 45-69 age group, of which, 70.5% smoke daily with the highest being men (70.9%) whereas women were 67.4%. Overall, the mean age of initiation of smoking was below 18 years at just 17.1 years, which was also the case for both age groups. The overall majority of current smokers (71.7%) only smoked manufactured cigarettes. The proportion of women who smoked manufactured cigarettes was higher at 75.2% compared to men at 68.7%. Men in the older age group smoked more manufactured cigarettes (75.8%) than those in the younger age group. Out of the total adults 18-69 who are current smokers, almost half (48.8%) have tried to stop smoking during the last year. The data collected showed that 87.8% of adults 18-69 who currently smoke have indeed noticed health warnings on the cigarette packages during the last 30 days, of which, 91.2% of women and 87.2 percent of men frequently notice the health warnings. Just about half of adults 18-69 (54.4%) who noticed the health warning have thought about quitting during the last 30 days.

Alcohol Consumption

The data collected showed that 61.3% of adults 18-69 consumed alcohol in the past 30 days; of which, males accounted for 61.9% while women were 53.9%. The survey data showed that the most frequent pattern of alcohol consumption was once a month (31.3%) across genders and for adults 18-69 in both age groups. The second most common drinking patters was ever 1-2 days a week, which was reported by 26.7% of the survey population of current drinkers, which was practiced by in the younger age group. Almost 1 out of 5 current drinkers (19.1%) engaged in heavy episodic drinking on a single drinking occasion at least once in the previous 30 days. This drinking patter was more prevalent in men (28.8%) than women (11.6%), who engaged in this practice at least twice in 30 days compared to once for women. Adult males less than 45 years (34.2%) were observed to engage in heavy episodic drinking a lot more than their female peers (15.9%). The survey data showed that 4.2% of adult drinkers could not stop once they started drinking monthly or more frequently, while 3% report difficulty stopping once they started drinking less than monthly.

Diet

The mean number of servings of fruits and vegetables servings consumed per day was 2.8 servings, with men (2.8 servings per day) generally consuming slightly more servings of fruits and vegetables than women (2.7 servings per day). Adults 18-69 who consume more than 5 servings of fruits and vegetables per day amounted to 16.8%, of which more men (18.3%) than women (15.7%) consumed more than 5 servings of fruits and vegetables daily. However, 21% of adults 18-69 did not consume fruits and vegetables at all. The survey data showed that just over 8 out of 10 individuals (83.2%) in the population did not meet WHO's recommendations for fruit and vegetable consumption; that is they ate less than five servings of fruits and vegetables on average per day. A large proportion of the population believes they consume just the right amount of salt, but 74.5% also believed it was very important to reduce their salt intake.

Physical Activity

The survey results showed that 17.1% of adults 18-69 did not meet WHO recommendations on physical activity for health, with 19.5% of women and 13.9% of men below the recommended level of physical activity. Overall, men spent more time on average per day engaging in physical activity by 264.3 minutes compared to 154.2 minutes for women. Generally, most physical activity per day was work related with 137.3 minutes for both sexes, 106.3 minutes for women, and 177.7 minutes for men. Both men and women engaged in sedentary behaviour, with an overall average of 210.3 minutes per day, with women spending more time (211.4 minutes) than men (208.8 minutes) in daily sedentary activities.

Raised Blood Pressure

Just over half of the population (62.5%) had their blood pressure measured but was not diagnosed, of which 67.4% were men and 58.8% were women. A higher proportion of women (27.1%) were found to be diagnosed with hypertension than men (15.4%) in the past 12 months. Of the individuals who had been diagnosed with hypertension, half (50.4%) were taking medication prescribed by a doctor or other health worker, of which 53.5% were men and 43.4% were women.

Diabetes

The proportion of men (25.1%) who had never measured their blood sugar by a doctor or health worker was over three times higher than that of women (11.2%). One in every thirty-six people (2.8%) was diagnosed with diabetes, but not within the prior 12 months; 3.6% were women and 1.9% were men. The individuals that were diagnosed with diabetes within the past 12 months was 7.5% or one in every thirteen individuals, of which 8.7% were women and 5.9% were men. Of the individuals who had been diagnosed with diabetes, 64.9% of individuals were taking medication prescribed by a doctor or other health worker, of which 78.2% were women, which was higher than 56.3% of men.

Raised total Cholesterol

Throughout the population, every eleventh individual, or 8.8% of the population was diagnosed with high cholesterol within the past 12 months of the survey, of which more women (11.4%) than men (5.4%) were diagnosed. Just over half of the population (51.3%) had never had their total blood cholesterol measured by a doctor or health worker; of which 60.2% were men and 44.5% were women. The total previously diagnosed and currently diagnosed in the past 12 months was over two times higher in the older age group (21%) than in the younger age group (8.4%).

History of CVDs

In general, 5.3% of the population have had a heart attack or chest pain from heart disease or stroke, of which 6% of women had a higher history of CVDs compared to men (4.3%). The data found that the prevalence of CVDs increased with age. One in every twelve of the population (8.5%) took aspirin regularly to prevent or treat heart disease, while 3.5% or one in every twenty-eight persons in the population took statins to treat or prevent heart attacks.

Cervical Cancer Screening (women)

Out of all women in the adult population, 76.6% have ever had a screening test for cervical cancer. The highest proportion of women who have done a cervical cancer screening was 83% in the 45-69 age group, while 69.3% of women in the 18-44 age group reported conducting a cervical cancer screening. A proportion of women from 30-49 years who have ever had a cervical cancer screening was considered and the results found that 80.8% of women in the age range did conduct a cervical cancer screening test.

Health Screening

Overall, 35.2% of the population had their feces examined to look for hidden blood as part of their health screening, of which more women (41.1%) than men (27.5%) have conducted this examination. Out of the total population, 7.1% of adults 18-69 have had a colonoscopy examination, of which men were 5.7% and women slightly higher at 8.2%. Out of the total male population, 24.5% of males have undergone a prostate exam, of which 40% of males in the 45-69 age group and 8.2% in the younger age group. The result for breast examination showed that overall, 80.1% of women have been shown how to examine their breasts, of which 82.4% of women in the older age group (45-69 years) and 77.5% of women in the younger age group (18-44 years). Out of the total women population, 19.3% of women never had their breasts examined by a doctor or health professional; 24.7% among 18-44 years and 14.5% among 45-69 years. Generally, every three out of four women, or 75.2% have never had a mammogram, which entails 90.6% of women in the 18-44 age range and 61.9% of women in the 45-69 age range.

Oral Health

Across the population, 15.9% or every sixth person reported having a poor or very poor state of teeth among those having natural teeth, with 18.2% of men compared to 14.2% of women suffering from a poor or very poor dental condition. This pattern is mirrored in individuals with poor or very poor gums. Overall 13.1% of the population have removable dentures, with a higher proportion of women (15.4%) than men (10.2%) having removable dentures. Just over a third of the population (36%) had seen a dentist in the previous 12 months. Among the persons who ever visited a dentist, 41.3% stated pain or trouble with teeth or gums was the main reason for their visit. Overall, 98.4% of the population cleaned their teeth at least once a day, and 90.3% at least twice a day. Almost all the population who cleaned their teeth used toothpaste (99.2%), with no significant difference between men and women in any of the age groups. Of the individuals who cleaned their teeth, almost all (99.3%) used a toothbrush.

Raised Blood Pressure

The proportion of the population currently diagnosed with hypertension (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently taking medication for raised blood pressure, was 39.4%, with no significant difference between men (38%) and women (40.6%). Furthermore, 59.7% of adults 18-69 were uncontrolled hypertensives and not on medication. Out of the adults 18-69, 14.1% were treated and/or controlled for raised blood pressure and are currently on medication with the proportion of women (19%) being significantly higher than that of men (7.3%).

Overweight and obese

Overall, the mean body mass index for the population was 28.4 kg/m^2; the BMI was significantly higher for women (30.2 kg/m^2) than for men (26.1 kg/m^2). The results showed that one out of every three persons or 34.9% of the population was obese (BMI ≥ 30.0 kg/m^2). A third of the population was in the normal weight category (18.5-24.9 kg/m^2), with an average of 31.8%. In the proportion of the population that was classified as overweight or obese (BMI≥25), the overall prevalence was 65% across genders, with a significant proportion of women (76.8%) classified as obese compared to just half (50%) of the male population.

Blood Glucose

Across the population, every 10th individual was found to have impaired fasting glycemia or pre-diabetes with no significant difference among men (9.4%) and women (9.5%). The prevalence of impaired fasting glycemia was found to increase with age and gender. A total of 15.9% of the population had a plasma venous value greater or equal to 126 mg/dl; of this total, 14.4% were men and 17% were women. Raised glucose level was also found to increase with age. A total of 9.3% of the population had raised blood glucose and had not been previously diagnosed with diabetes

with no significant difference among men (9.5%) and women (9.2%). The proportion of individuals that were previously diagnosed with raised blood glucose and on medication to control their diabetes was 9.7%; 6.8% among men and almost twice as much (12%) were women.

Raised Total Cholesterol

The level of mean total blood cholesterol in the population, including those currently taking medication, was 166.9 mg/dl with 154.9 mg/dl among men and a slightly higher 176.2 mg/dl in women. Every third individual in the population (30.6%) had a total cholesterol level greater than or equal to 190 mg/dl with a significantly higher proportion in women (36.9%) than in men (22.5%).

Recommendations

The STEPS survey results support the need for continued surveillance and monitoring of NCDs in Saint Lucia. The WHO via its Best Buy Interventions has highlighted a list of recommended interventions to address NCDs based on the Global Action Plan for the Prevention and Control of NCDs [14]. Regionally, the CARICOM Port of Spain declaration has also provided recommended interventions to help prevent and reduce NCDs and their risk factors. Furthermore, the Government of Saint Lucia has committed to fighting NCDs and avoiding premature deaths from NCDs by implementing the 2017-2025 National Chronic Disease Policy document [8]. The NCD policy document supports the recommendations highlighted in the regional and international documents and has outlined its national action plan to reduce the impact of NCDs. The following recommendations for Saint Lucia were based on the abovementioned NCD policy documents, the findings from the 2019 STEPS data analysis, and feedback from stakeholders responsible for NCDs in Saint Lucia, including Saint Lucia's NCD committee.

NCD Programmes and Policies

Health Sector and Ally Health Stakeholders

i. The Ministry of Health should continue to pursue the NCD initiatives highlighted in the National NCD Policy and Action Plan document for the five priority areas [8] and continue to use this document as the primary NCD policy document. The National NCD Policy and Action Plan document should be updated annually subsequent to a performance review of the initiatives.
ii. Accelerate the implementation of Universal Health Coverage (UHC) and universal access to health care. As the country is currently conducting several stakeholder consultations on UHC and refining its package of essential health services that will be made available to the public, there are still existing gaps in the health system that should also be addressed.

iii. Improved current primary health care system for easier and more affordable access to health care and essential medicines as Saint Lucia awaits the implementation of UHC. The health systems strengthening project which is currently underway should remain a top priority.

iv. Accelerate the implementation of the WHO NCD Best Buys policies and interventions on alcohol, unhealthy diet, tobacco control, insufficient physical activity and integration of NCDs at the Primary Health Care level.

v. Health Services should be strengthened and targeted toward the prevention or reduction of NCDs. This should be a multi-sectoral and community/society participation approach.

vi. Greater access to quality NCD medication with assistance from PAHO revolving fund.

vii. The Government of Saint Lucia and Ministry of Health should strengthen national capacity in high quality research and development in NCD prevention and control and NCD surveillance and monitoring. This can be achieved by increasing investment in human resources in these areas, and at the Primary Health Care level to increase the stock of health service providers who are skilled and competent in NCD prevention, screening, early detection, and management.

viii. Design physical activity campaigns to encourage all individuals to be active, promote wellness, maintain healthy weight, lose weight if overweight with a specific focus on at-risk individuals and women. Campaign should be multisectoral for effectiveness.

ix. Health education on NCDs should be of high priority, concentrating on certain settings such as schools, workplaces, health facilities and communities.

x. The Government of Saint Lucia should consider increasing the taxes on tobacco products (63% ad valorem) as a means of further reducing the demand and consumption of tobacco use and the modifiable risk factors associated with tobacco use. In addition, consider developing and implementing complimentary policies to the existing ad valorem fiscal policy that address the access and usage challenge of single sale of cigarettes. The tax revenue can be used to finance health facilities, health services, and training of health service providers to combat NCDs and their risk factors.

xi. The Government of Saint Lucia should consider imposing a tax on sugary drinks as a means of reducing consumption and the risk factors that contribute to obesity, heart disease, and diabetes. The Ministry of Health should look into the Barbados and Jamaica model for reference.

xii. The Government of Saint Lucia should consider being more aggressive in developing and implementing national legislation on the reduction and prevention of exposure to second-hand smoke in the workplace and high traffic public areas.

Non-Health Stakeholders

i. Employers (private & public) should invest more in the health of their human resources by incorporating better health systems in the workplace, by incentivizing employees to practice better health care.
ii. Work with the Ministry of Agriculture and local farmers to encourage the consumption of local fruits and vegetables (increase servings consumption to that of the WHO recommended standard. This should be a year-round annual campaign.
iii. Tobacco policies should also encompass other demand-reduction interventions including aggressive public education campaigns to reduce initiation and usage, product marketing and sales practices and strengthening smoking cessation programmes.

Surveillance, Monitoring, Data Collection and Reporting

i. The STEPS survey should be established as the national NCD survey instrument for Saint Lucia. STEPS should be integrated into the CSO's survey system with government allocation of funds, to be implemented every 4-5 years. The CSO should be the implementing agency and the Ministry of Health and PAHO to provide technical assistance.
ii. Following any implementation of targeted programmes or policies to curb NCDs and their risk factors, a survey should be conducted to determine the effectiveness of these interventions and the current prevalence of NCD risk factors in the specific areas being addressed (*this should complement recommendation #5 below*).
iii. The Ministry of Health should ensure the efficient integration of health management systems across all levels of care. Healthcare professionals should be fully committed to utilizing its health management system to properly record health/patient data and move away from all paper entries.
iv. An NCD Unit/department should be established in the Ministry of Health to focus on the design and implementation of a comprehensive NCD programme, as well as to support the implementation of the WHO BEST BUYs policies and interventions and implementation of the NCD Roadmap 2023-2030.
v. Implement surveillance and monitoring of NCDs at the community level by equipping the wellness centers with the training and technology required to undertake mini-STEPS surveys that focus on more granular health performances. These community-focused surveys should be conducted annually or every other year and feed into the national STEPS survey, which takes place every 4-5 years. This approach can enhance the monitoring and evaluation of NCD initiatives and track the prevalence of NCDs and their risk factors (*this should complement recommendation #2 above*).
vi. The Government of Saint Lucia should earmark a portion of the Ministry of Health's annual budget specifically for the surveillance and monitoring of NCDs and their risk factors. The insight from the data analysis can be used to craft more informed decisions and allow health

authorities to better track the prevalence of NCDs and the performance of targeted initiatives implemented to address NCDs and their risk factors.

Communication

i. Develop and implement an NCD national media/communications plan to better inform the public on the threats of NCDs and their risk factors, as well as to inform the public and stakeholders of policies and programmes developed to address NCDs, including getting help and skills to practice a better lifestyle.
ii. Design more targeted communications to address or reach out to the most vulnerable or high-risk behaviours within the population to inform them of the dangers of NCDs and how to get help, as well as how to practice better lifestyles that can improve their health status from high to medium or low-risk.
iii. Conduct a national stakeholder and community engagement workshop/town hall meeting for the dissemination and discussion of the findings of the 2019 STEPS survey, as well as to identify appropriate interventions and priorities.
iv. Reconsider revisiting implementing laws prohibiting any forms of advertising, promotion, and sponsorship [19], as outlined in the WHO Framework Convention on Tobacco Control (FCTC) Article 13 and its Guidelines.
v. Be more aggressive with anti-tobacco/smoking campaigns and community-based tobacco cessation support programmes that target individuals who are willing to quit smoking. Develop and implement easier avenues for smokers to seek help or information regarding how to quit smoking. Communicate these avenues to the public via social media, local media outlets, billboards, health facilities, and workplaces.
vi. Produce and implement budgeted NCD media campaigns that normalize healthier lifestyles; quit tobacco use, reduce alcohol consumption, increase physical activity, increase consumption of fruits and vegetables, reduce salt intake, lower cholesterol levels, reduce blood pressure, better oral health, and improved mental health.

RESUMEN EJECUTIVO

Según la Organización Mundial de la Salud (OMS), el 74,0% (41 millones) de las muertes anuales en el mundo se deben a enfermedades no transmisibles. Las enfermedades cardiovasculares (ECV), como los infartos de miocardio y los accidentes cerebrovasculares, son la principal causa de muerte y discapacidad por ENT en todo el mundo, con 17,9 millones de muertes anuales, seguidas del cáncer (9,3 millones de muertes), las enfermedades respiratorias crónicas (4,1 millones de muertes) y la diabetes, incluidas las enfermedades renales (2,0 millones de muertes) [7].

En Santa Lucía, las ENT siempre han representado una proporción considerable de las muertes anuales. En 2012, las ENT representaron el 81,0% de la mortalidad por todas las causas y el 73,0% de las muertes prematuras o evitables en Santa Lucía. En 2014, el cáncer, las cardiopatías y las ECV (accidentes cerebrovasculares) fueron la principal causa de muerte y, en 2016, el cáncer, las ECV y la diabetes fueron la principal causa de muerte en el país [15]. Avanzando rápidamente hasta 2019, se estima que las ENT representan el 82,0% (1.228) de todas las muertes en Santa Lucía, con las ECV (33%), el cáncer (16%), la diabetes (11%) y las enfermedades respiratorias crónicas (5%) a la cabeza de las causas de muerte [3].

La segunda encuesta nacional STEPS de la Organización Panamericana de la Salud se llevó a cabo durante el período de diciembre de 2019 a marzo de 2020, con una pausa debido a la pandemia COVID-19, pero pronto se reanudó el 31 de agosto de 2020 durante seis semanas para facilitar la finalización de la encuesta. La encuesta STEPS se llevó a cabo para determinar el nivel actual de factores de riesgo conductuales modificables y factores de riesgo metabólicos que contribuyen a los desafíos de las ENT entre los habitantes de Santa Lucía. Los resultados de la encuesta STEPS pretenden proporcionar información crítica sobre las ENT, identificar tendencias en comparación con los resultados de STEPS 2012, así como comparaciones entre países para determinar buenas prácticas y ayudar a las autoridades sanitarias a elaborar y aplicar políticas y programas de salud específicos para la prevención y el control de las ENT.

Los objetivos de la encuesta son los siguientes

- Apoyar la recopilación, el análisis y la difusión de información sobre factores de riesgo a nivel de país para informar y mejorar las políticas de salud pública.
- Elaborar estadísticas nacionales actualizadas sobre las ENT y sus factores de riesgo.
- Evaluar los cambios en los factores de riesgo actuales de las ENT en comparación con los resultados de la encuesta STEPS de 2012.

La herramienta de encuesta utilizada fue el Instrumento Panamericano STEPS estandarizado versión 3.2 [12]. El instrumento de vigilancia es una herramienta de vigilancia internacionalmente comparable, estandarizada e integrada a través de la cual los países pueden recopilar, analizar y

difundir información básica sobre las ENT y los factores de riesgo de ENT mediante la evaluación por cuestionario, mediciones físicas y mediciones bioquímicas.

La población objetivo de la encuesta STEPS eran todos los adultos de 18 a 69 años residentes en Santa Lucía durante el proceso de recopilación de datos. El diseño de la muestra utilizado para la encuesta fue un diseño probabilístico estratificado en dos etapas. El tamaño de la muestra calculado para que fuera representativa de la población y permitiera que los resultados de la encuesta STEPS cumplieran sus objetivos fue de 4.197 personas. Para el análisis de los datos de la encuesta STEPS en Santa Lucía se utilizó el paquete estadístico y de análisis de datos STATA, capaz de manejar grandes volúmenes de datos y cálculos complejos para la investigación de encuestas y la econometría.

Consumo de Tabaco

En general, el 12,9% de los adultos de 18 a 69 años eran fumadores actuales. Los hombres fumaban mucho más tabaco, un 25,2%, frente al 3,4% de las mujeres. Del total de adultos de 18 a 69 años que son fumadores actuales, el 65,8% fuma tabaco a diario. Sin embargo, la mayor prevalencia de fumadores diarios se daba en el grupo de edad de 45-69 años, de los cuales, el 70,5% fuma a diario siendo los hombres los que más (70,9%) mientras que las mujeres eran el 67,4%. En general, la edad media de inicio en el consumo de tabaco fue inferior a los 18 años, con sólo 17,1 años, lo que también fue el caso para ambos grupos de edad. La mayoría de los fumadores actuales (71,7%) sólo fumaban cigarrillos manufacturados. La proporción de mujeres fumadoras de cigarrillos manufacturados era mayor (75,2%) que la de hombres (68,7%). Los hombres del grupo de mayor edad fumaban más cigarrillos manufacturados (75,8%) que los del grupo de menor edad. Del total de adultos de 18 a 69 años que son fumadores actuales, casi la mitad (48,8%) ha intentado dejar de fumar durante el último año. Los datos recogidos muestran que el 87,8% de los adultos de 18 a 69 años que fuman actualmente se han fijado en las advertencias sanitarias de los paquetes de cigarrillos durante los últimos 30 días, de los cuales, el 91,2% de las mujeres y el 87,2% de los hombres se fijan con frecuencia en las advertencias sanitarias. Aproximadamente la mitad de los adultos de 18 a 69 años (54,4%) que se fijaron en las advertencias sanitarias han pensado en dejar de fumar durante los últimos 30 días.

Consumo de Alcohol

Los datos recogidos mostraron que el 61,3% de los adultos de 18 a 69 años consumieron alcohol en los últimos 30 días; de ellos, los hombres representaron el 61,9%, mientras que las mujeres fueron el 53,9%. Los datos de la encuesta mostraron que el patrón más frecuente de consumo de alcohol era una vez al mes (31,3%) en todos los sexos y para los adultos de 18 a 69 años en ambos grupos de edad. El segundo patrón de consumo más frecuente fue alguna vez 1-2 días a la semana, declarado por el 26,7% de la población encuestada de bebedores actuales, que fue practicado por en el grupo de edad más joven. Casi 1 de cada 5 bebedores actuales (19,1%) consumió alcohol de forma episódica en una sola ocasión al menos una vez en los 30 días anteriores. Este patrón de

consumo fue más prevalente en los hombres (28,8%) que en las mujeres (11,6%), que realizaron esta práctica al menos dos veces en 30 días en comparación con una vez en el caso de las mujeres. Se observó que los varones adultos menores de 45 años (34,2%) consumían alcohol de forma episódica mucho más que sus compañeras (15,9%). Los datos de la encuesta mostraron que el 4,2% de los bebedores adultos no pudieron dejar de beber una vez que empezaron a hacerlo mensualmente o con mayor frecuencia, mientras que el 3% declaró tener dificultades para dejar de hacerlo una vez que empezaron a beber menos de una vez al mes.

Dieta

El número medio de raciones de frutas y verduras consumidas al día fue de 2,8 raciones, y los hombres (2,8 raciones al día) consumían en general ligeramente más raciones de frutas y verduras que las mujeres (2,7 raciones al día). Los adultos de 18 a 69 años que consumen más de 5 raciones de frutas y verduras al día representan el 16,8%, de los cuales más hombres (18,3%) que mujeres (15,7%) consumen más de 5 raciones de frutas y verduras al día. Sin embargo, el 21% de los adultos de 18 a 69 años no consumía fruta ni verdura en absoluto. Los datos de la encuesta mostraron que algo más de 8 de cada 10 individuos (83,2%) de la población no cumplían las recomendaciones de la OMS sobre el consumo de frutas y verduras; es decir, comían menos de cinco raciones de frutas y verduras de media al día. Una gran proporción de la población cree que consume la cantidad justa de sal, pero el 74,5% también cree que es muy importante reducir su consumo de sal.

Actividad Física

Los resultados de la encuesta mostraron que el 17,1% de los adultos de 18 a 69 años no cumplían las recomendaciones de la OMS sobre actividad física para la salud, con el 19,5% de las mujeres y el 13,9% de los hombres por debajo del nivel recomendado de actividad física. En general, los hombres dedicaron más tiempo de media al día a realizar actividad física, 264,3 minutos frente a 154,2 minutos en el caso de las mujeres. En general, la mayor parte de la actividad física diaria estaba relacionada con el trabajo, con 137,3 minutos para ambos sexos, 106,3 minutos para las mujeres y 177,7 minutos para los hombres. Tanto los hombres como las mujeres tenían un comportamiento sedentario, con una media global de 210,3 minutos al día, y las mujeres dedicaban más tiempo (211,4 minutos) que los hombres (208,8 minutos) a actividades sedentarias diarias.

Aumento de la Presión Arterial

A algo más de la mitad de la población (62,5%) se le midió la tensión arterial pero no se le diagnosticó, de los cuales el 67,4% eran hombres y el 58,8% mujeres. Se encontró una proporción mayor de mujeres (27,1%) diagnosticadas de hipertensión que de hombres (15,4%) en los últimos 12 meses. De las personas a las que se había diagnosticado hipertensión, la mitad (50,4%) tomaba medicación prescrita por un médico u otro trabajador sanitario, de las cuales el 53,5% eran hombres y el 43,4% mujeres.

Diabetes

La proporción de hombres (25,1%) que nunca se habían medido el azúcar en sangre por un médico o un trabajador sanitario era más de tres veces superior a la de mujeres (11,2%). Una de cada treinta y seis personas (2,8%) había sido diagnosticada de diabetes, pero no en los 12 meses anteriores; el 3,6% eran mujeres y el 1,9% hombres. Los individuos a los que se les diagnosticó diabetes en los últimos 12 meses fueron el 7,5% o uno de cada trece individuos, de los cuales el 8,7% eran mujeres y el 5,9% hombres. De los individuos a los que se les había diagnosticado diabetes, el 64,9% tomaban medicación prescrita por un médico u otro trabajador sanitario, de los cuales el 78,2% eran mujeres, porcentaje superior al 56,3% de los hombres.

Aumento del Colesterol Total

En el conjunto de la población, uno de cada once individuos, es decir, el 8,8% de la población, fue diagnosticado de colesterol elevado en los últimos 12 meses de la encuesta, de los cuales más mujeres (11,4%) que hombres (5,4%) fueron diagnosticados. Algo más de la mitad de la población (51,3%) no se había sometido nunca a una medición del colesterol total en sangre por un médico o un profesional sanitario; de ellos, el 60,2% eran hombres y el 44,5% mujeres. El total de diagnosticados anteriormente y diagnosticados actualmente en los últimos 12 meses era más de dos veces superior en el grupo de mayor edad (21%) que en el de menor edad (8,4%).

Antecedentes de ECV

En general, el 5,3% de la población ha sufrido un infarto de miocardio o dolor torácico por cardiopatía o ictus, de los cuales el 6% de las mujeres presentaba un mayor historial de ECV en comparación con los hombres (4,3%). Los datos revelaron que la prevalencia de las ECV aumentaba con la edad. Una de cada doce personas de la población (8,5%) tomaba aspirina regularmente para prevenir o tratar las cardiopatías, mientras que el 3,5% o una de cada veintiocho personas de la población tomaba estatinas para tratar o prevenir los infartos de miocardio.

Cribado del Cáncer de Cuello de Útero (mujeres)

De todas las mujeres de la población adulta, el 76,6% se ha sometido alguna vez a una prueba de detección del cáncer de cuello uterino. La mayor proporción de mujeres que se han sometido a una prueba de detección del cáncer de cuello uterino fue del 83% en el grupo de edad de 45 a 69 años, mientras que el 69,3% de las mujeres del grupo de edad de 18 a 44 años declararon haberse sometido a una prueba de detección del cáncer de cuello uterino. Se tuvo en cuenta la proporción de mujeres de 30 a 49 años que se habían sometido alguna vez a una prueba de detección de cáncer de cuello uterino y los resultados revelaron que el 80,8% de las mujeres de ese grupo de edad sí se habían sometido a una prueba de detección de cáncer de cuello uterino.

Examen de Salud

En general, el 35,2% de la población se ha sometido a un examen de heces en busca de sangre oculta como parte de su cribado de salud, de los cuales más mujeres (41,1%) que hombres (27,5%) han realizado este examen. Del total de la población, el 7,1% de los adultos de 18 a 69 años se ha sometido a un examen de colonoscopia, de los cuales el 5,7% eran hombres y el 8,2% mujeres, ligeramente superior. Del total de la población masculina, el 24,5% de los hombres se ha sometido a un examen de próstata, de los cuales el 40% de los hombres en el grupo de edad de 45-69 años y el 8,2% en el grupo de edad más joven. El resultado del examen de mamas muestra que, en general, el 80,1% de las mujeres han sido instruidas sobre cómo examinar sus mamas, de las cuales el 82,4% en el grupo de mayor edad (45-69 años) y el 77,5% en el grupo de menor edad (18-44 años). Del total de la población femenina, el 19,3% de las mujeres nunca se ha sometido a una exploración mamaria por un médico o profesional sanitario; el 24,7% entre 18-44 años y el 14,5% entre 45-69 años. En general, tres de cada cuatro mujeres, es decir, el 75,2%, nunca se ha hecho una mamografía, lo que supone el 90,6% de las mujeres de 18 a 44 años y el 61,9% de las mujeres de 45 a 69 años.

Salud Bucodental

En el conjunto de la población, el 15,9%, es decir, una de cada seis personas, declara tener una dentadura en mal estado o muy mal estado entre los que tienen dientes naturales, con un 18,2% de hombres frente a un 14,2% de mujeres que padecen un estado dental malo o muy malo. Este patrón se refleja en los individuos con encías pobres o muy pobres. En general, el 13,1% de la población tiene prótesis removibles, con una mayor proporción de mujeres (15,4%) que de hombres (10,2%) con prótesis removibles. Algo más de un tercio de la población (36%) había visitado a un dentista en los 12 meses anteriores. Entre las personas que habían visitado alguna vez a un dentista, el 41,3% declararon que el principal motivo de su visita era el dolor o los problemas con los dientes o las encías. En general, el 98,4% de la población se limpiaba los dientes al menos una vez al día, y el 90,3% al menos dos veces al día. Casi toda la población que se limpiaba los dientes utilizaba pasta dentífrica (99,2%), sin diferencias significativas entre hombres y mujeres en ninguno de los grupos de edad. De los individuos que se limpiaban los dientes, casi todos (99,3%) utilizaban cepillo dental.

Hipertensión Arterial

La proporción de la población diagnosticada actualmente de hipertensión (PAS ≥140 y/o PAD ≥ 90 mmHg) o que tomaba medicación para la hipertensión era del 39,4%, sin diferencias significativas entre hombres (38%) y mujeres (40,6%). Además, el 59,7% de los adultos de 18 a 69 años eran hipertensos no controlados y no tomaban medicación. De los adultos de 18 a 69 años, el 14,1% estaban tratados y/o controlados por hipertensión arterial y tomaban medicación en ese

momento, siendo la proporción de mujeres (19%) significativamente superior a la de hombres (7,3%).

Sobrepeso y Obesidad

En conjunto, el índice de masa corporal medio de la población era de 28,4 kg/m2; el IMC era significativamente más elevado en las mujeres (30,2 kg/m2) que en los hombres (26,1 kg/m2). Los resultados mostraron que una de cada tres personas o el 34,9% de la población era obesa (IMC ≥ 30,0 kg/m2). Un tercio de la población se encontraba en la categoría de peso normal (18,5-24,9 kg/m2), con una media del 31,8%. En cuanto a la proporción de la población clasificada como obesa o con sobrepeso (IMC≥25), la prevalencia global fue del 65% en todos los sexos, con una proporción significativa de mujeres (76,8%) clasificadas como obesas, frente a sólo la mitad (50%) de la población masculina.

Glucosa en Sangre

En toda la población, uno de cada diez individuos presentaba alteraciones de la glucemia en ayunas o prediabetes, sin diferencias significativas entre hombres (9,4%) y mujeres (9,5%). Se observó que la prevalencia de glucemia alterada en ayunas aumentaba con la edad y el sexo. El 15,9% de la población tenía un valor plasmático venoso mayor o igual a 126 mg/dl; de este total, el 14,4% eran hombres y el 17% mujeres. También se observó que el nivel elevado de glucosa aumentaba con la edad. Un 9,3% de la población presentaba un nivel elevado de glucosa en sangre y no había sido diagnosticada previamente de diabetes, sin diferencias significativas entre hombres (9,5%) y mujeres (9,2%). La proporción de individuos a los que se les había diagnosticado previamente una glucemia elevada y tomaban medicación para controlar su diabetes era del 9,7%; el 6,8% entre los hombres y casi el doble (12%) entre las mujeres.

Aumento del Colesterol Total

El nivel medio de colesterol total en sangre de la población, incluidos los que tomaban medicación, era de 166,9 mg/dl, con 154,9 mg/dl entre los hombres y 176,2 mg/dl, ligeramente superior, entre las mujeres. Uno de cada tres individuos de la población (30,6%) tenía un nivel de colesterol total superior o igual a 190 mg/dl, con una proporción significativamente mayor en las mujeres (36,9%) que en los hombres (22,5%).

Recomendaciones

Los resultados de la encuesta STEPS respaldan la necesidad de continuar la vigilancia y el seguimiento de las ENT en Santa Lucía. La OMS, a través de su Best Buy Interventions, ha destacado una lista de intervenciones recomendadas para abordar las ENT basadas en el Plan de Acción Mundial para la Prevención y el Control de las ENT [14]. A nivel regional, la declaración de Puerto España de la CARICOM también ha proporcionado intervenciones recomendadas para

ayudar a prevenir y reducir las ENT y sus factores de riesgo. Además, el Gobierno de Santa Lucía se ha comprometido a luchar contra las ENT y evitar las muertes prematuras por ENT mediante la implementación del documento de Política Nacional de Enfermedades Crónicas 2017-2025 [8]. El documento de política de ENT apoya las recomendaciones destacadas en los documentos regionales e internacionales y ha esbozado su plan de acción nacional para reducir el impacto de las ENT. Las siguientes recomendaciones para Santa Lucía se basaron en los documentos de política de ENT mencionados anteriormente, los hallazgos del análisis de datos de STEPS 2019 y la retroalimentación de las partes interesadas responsables de las ENT en Santa Lucía, incluido el comité de ENT de Santa Lucía.

Programas y Políticas de ENT

Sector Sanitario y Aliados de la Salud

i. El Ministerio de Salud debe continuar con las iniciativas de ENT destacadas en el documento de Política y Plan de Acción Nacional de ENT para las cinco áreas prioritarias [8] y continuar utilizando este documento como el principal documento de política de ENT. El documento de Política y Plan de Acción Nacional sobre ENT debería actualizarse anualmente tras una revisión de los resultados de las iniciativas.
ii. Acelerar la implantación de la Cobertura Sanitaria Universal (CSU) y el acceso universal a la atención sanitaria. Dado que el país está llevando a cabo actualmente varias consultas con las partes interesadas sobre la cobertura sanitaria universal y perfeccionando su paquete de servicios sanitarios esenciales que se pondrán a disposición del público, sigue habiendo lagunas en el sistema sanitario que también deben abordarse.
iii. Mejora del actual sistema de atención primaria para un acceso más fácil y asequible a la atención sanitaria y a los medicamentos esenciales mientras Santa Lucía espera la implantación de la cobertura sanitaria universal. El proyecto de refuerzo de los sistemas sanitarios, actualmente en curso, debe seguir siendo una prioridad absoluta.
iv. Acelerar la aplicación de las políticas e intervenciones de la OMS en materia de enfermedades no transmisibles (ENT) sobre el alcohol, la dieta malsana, el control del tabaco, la actividad física insuficiente y la integración de las ENT en la atención primaria de salud.
v. Los servicios sanitarios deben reforzarse y orientarse hacia la prevención o reducción de las ENT. Este enfoque debería ser multisectorial y contar con la participación de la comunidad y la sociedad.
vi. Mayor acceso a medicamentos de calidad contra las ENT con ayuda del fondo rotatorio de la OPS.
vii. El Gobierno de Santa Lucía y el Ministerio de Salud deben fortalecer la capacidad nacional en investigación y desarrollo de alta calidad en prevención y control de ENT y vigilancia y monitoreo de ENT. Esto se puede lograr mediante el aumento de la inversión en recursos humanos en estas áreas, y en el nivel de Atención Primaria de Salud para aumentar el

número de proveedores de servicios de salud que estén capacitados y sean competentes en la prevención, el cribado, la detección precoz y la gestión de las ENT.

viii. Diseñar campañas de actividad física para animar a todas las personas a ser activas, promover el bienestar, mantener un peso saludable, perder peso si hay sobrepeso, con especial atención a las personas en situación de riesgo y a las mujeres. Las campañas deben ser multisectoriales para ser eficaces.

ix. La educación sanitaria sobre las ENT debe ser prioritaria, concentrándose en determinados entornos como las escuelas, los lugares de trabajo, los centros sanitarios y las comunidades.

x. El Gobierno de Santa Lucía debería considerar la posibilidad de aumentar los impuestos sobre los productos del tabaco (63% ad valorem) como medio para reducir aún más la demanda y el consumo de tabaco y los factores de riesgo modificables asociados al consumo de tabaco. Además, considerar el desarrollo y la aplicación de políticas complementarias a la actual política fiscal ad valorem que aborden el reto del acceso y el uso de la venta única de cigarrillos. Los ingresos fiscales pueden utilizarse para financiar instalaciones sanitarias, servicios de salud y formación de proveedores de servicios de salud para combatir las ENT y sus factores de riesgo.

xi. El Gobierno de Santa Lucía debería considerar la imposición de un impuesto sobre las bebidas azucaradas como medio para reducir el consumo y los factores de riesgo que contribuyen a la obesidad, las enfermedades cardíacas y la diabetes. El Ministerio de Sanidad debería estudiar el modelo de Barbados y Jamaica como referencia.

xii. El Gobierno de Santa Lucía debería considerar la posibilidad de ser más agresivo en el desarrollo y la aplicación de la legislación nacional sobre la reducción y la prevención de la exposición al humo de tabaco ajeno en el lugar de trabajo y en las zonas públicas de gran afluencia.

Partes Interesadas no Sanitarias

i. Los empleadores (privados y públicos) deberían invertir más en la salud de sus recursos humanos incorporando mejores sistemas sanitarios en el lugar de trabajo, incentivando a los empleados para que practiquen un mejor cuidado de la salud.

ii. Trabajar con el Ministerio de Agricultura y los agricultores locales para fomentar el consumo de frutas y verduras locales (aumentar el consumo de raciones hasta el nivel recomendado por la OMS. Esta debería ser una campaña anual durante todo el año.

iii. Las políticas en materia de tabaco también deberían abarcar otras intervenciones de reducción de la demanda, incluidas campañas agresivas de educación pública para reducir la iniciación y el consumo, las prácticas de comercialización y venta de productos y el refuerzo de los programas para dejar de fumar.

Vigilancia, Seguimiento, Recogida de Datos y Elaboración de Informes

i. La encuesta STEPS debe establecerse como el instrumento nacional de encuesta de ENT para Santa Lucía. STEPS debería integrarse en el sistema de encuestas de la OSC con la asignación de fondos por parte del gobierno, para ser implementada cada 4-5 años. La OSC debería ser la agencia implementadora y el Ministerio de Salud y la OPS deberían proporcionar asistencia técnica.
ii. Después de cualquier implementación de programas o políticas dirigidas a frenar las ENT y sus factores de riesgo, se debe realizar una encuesta para determinar la eficacia de estas intervenciones y la prevalencia actual de los factores de riesgo de ENT en las áreas específicas que se están abordando (esto debe complementar la recomendación #5 a continuación).
iii. El Ministerio de Sanidad debería garantizar la integración eficaz de los sistemas de gestión sanitaria en todos los niveles asistenciales. Los profesionales sanitarios deberían comprometerse plenamente a utilizar su sistema de gestión sanitaria para registrar adecuadamente los datos de salud/pacientes y abandonar todas las entradas en papel.
iv. Debería crearse una Unidad/departamento de ENT en el Ministerio de Sanidad para centrarse en el diseño y la implementación de un programa integral de ENT, así como para apoyar la implementación de las políticas e intervenciones BEST BUYs de la OMS y la implementación de la Hoja de Ruta de ENT 2023-2030.
v. Implantar la vigilancia y el seguimiento de las ENT a nivel comunitario dotando a los centros de bienestar de la formación y la tecnología necesarias para realizar miniencuestas STEPS centradas en resultados sanitarios más detallados. Estas encuestas centradas en la comunidad deberían realizarse anualmente o cada dos años y alimentar la encuesta nacional STEPS, que tiene lugar cada 4-5 años. Este enfoque puede mejorar el seguimiento y la evaluación de las iniciativas contra las ENT y rastrear la prevalencia de las ENT y sus factores de riesgo (esto debería complementar la recomendación nº 2 anterior).
vi. El Gobierno de Santa Lucía debería destinar una parte del presupuesto anual del Ministerio de Sanidad específicamente a la vigilancia y el seguimiento de las ENT y sus factores de riesgo. La información obtenida del análisis de datos puede utilizarse para tomar decisiones más informadas y permitir a las autoridades sanitarias hacer un mejor seguimiento de la prevalencia de las ENT y del rendimiento de las iniciativas específicas implementadas para abordar las ENT y sus factores de riesgo.

Comunicación

i. Desarrollar y aplicar un plan nacional de medios de comunicación/comunicación sobre las ENT para informar mejor al público sobre las amenazas de las ENT y sus factores de riesgo, así como para informar al público y a las partes interesadas de las políticas y programas

desarrollados para hacer frente a las ENT, incluida la obtención de ayuda y habilidades para practicar un mejor estilo de vida.

ii. Diseñar comunicaciones más específicas para abordar o llegar a los comportamientos más vulnerables o de alto riesgo dentro de la población para informarles de los peligros de las ENT y de cómo obtener ayuda, así como de cómo practicar mejores estilos de vida que puedan mejorar su estado de salud de alto a medio o bajo riesgo.

iii. Llevar a cabo un taller/reunión municipal nacional de participación de las partes interesadas y la comunidad para la difusión y el debate de los resultados de la encuesta STEPS de 2019, así como para identificar las intervenciones y prioridades apropiadas.

iv. Reconsiderar la revisión de las leyes de aplicación que prohíben cualquier forma de publicidad, promoción y patrocinio [19], como se indica en el artículo 13 y las directrices del Convenio Marco de la OMS para el Control del Tabaco (CMCT).

v. Ser más agresivos con las campañas antitabaco/fumadores y los programas comunitarios de apoyo al abandono del tabaco dirigidos a las personas dispuestas a dejar de fumar. Desarrollar y aplicar vías más sencillas para que los fumadores busquen ayuda o información sobre cómo dejar de fumar. Comunicar estas vías al público a través de las redes sociales, los medios de comunicación locales, las vallas publicitarias, los centros sanitarios y los lugares de trabajo.

vi. Producir y poner en marcha campañas mediáticas presupuestadas sobre ENT que normalicen estilos de vida más sanos; dejar el tabaco, reducir el consumo de alcohol, aumentar la actividad física, aumentar el consumo de frutas y verduras, reducir el consumo de sal, reducir los niveles de colesterol, reducir la presión arterial, mejorar la salud bucodental y mejorar la salud mental.

INTRODUCTION

Non-Communicable Diseases (NCDs)

The World Health Organization (WHO) reports that 74.0 percent or 41 million of annual global deaths are from non-communicable diseases. These deaths are disproportionately in the older age group and low and middle-income countries, with evidence showing that 17 million people die from an NDC before the age of 70, and 86.0 percent (31.4 million) are estimated to occur in low and middle-income countries [1]. These deadly NCDs are not transmissible from one person to another like the COVID-19 SARS-CoV 2 coronavirus but are chronic diseases that develop over time from a combination of genetic, physiological, environmental, and behavioural factors such as unhealthy lifestyles. If left uncontrolled, annual deaths from NCDs are estimated to increase to 52 million by 2030 [2].

The number one cause or 80.0 percent of NCD deaths and disability worldwide are from cardiovascular diseases (CVD) such as heart attacks and strokes, which accounts for 17.9 million deaths annually, followed by cancer (9.3 million deaths), chronic respiratory disease (4.1 million deaths) and diabetes, including kidney disease (2.0 million deaths) [1]. Individuals with these chronic diseases require long-term or lifelong care of treatment and medication.

Despite evidence showing a prominent level of NCDs in the older age group, people in younger age groups, regions and countries are all vulnerable to the risk factors contributing to NCDs. The increased risk factors which contribute to NCDs are generally driven by five main modifiable behavioural risk factors: tobacco use, physical inactivity, unhealthy diet, harmful use of alcohol and poor environmental conditions, which when combined accounts for 13.6 million deaths annually [3]. Tobacco use alone counts for 8 million deaths every year, followed by alcohol use with 3 million deaths annually, 1.8 million deaths annually is explained by excessive salt/sodium intake and 0.83 million death each year is attributed to physical inactivity [3].

In addition to modifiable risk factors, four key metabolic risk factors increase the risk of NCDs: raised blood pressure (hypertension), overweight/obesity, hyperglycemia (high blood glucose levels) and hyperlipidemia (high levels of fat in the blood). Out of the four main metabolic risk factors, elevated blood pressure/hypertension contributed to 19.0 percent of global deaths followed by raised blood glucose and overweight/obesity.

Global and Regional Responses to NCDs and STEPwise Approach to NCDs

The high prevalence of NCDs presents a major threat to a country's sustainable development; particularly low and middle-income countries that suffer from socio-economic problems like

poverty. Heads of states and government have committed to addressing the challenge posed by NCDs through several action plans to achieve the Sustainable Development Goal Target (SDG 3.4) by 2030, which speaks to the reduction in premature mortality from NCDs between ages 30 and 70 years by one third through prevention and treatment and promote mental health and wellbeing [4].

Heads of states and government NCD national response agenda commenced with the commitments made at the United Nations Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Noncommunicable Diseases in May 2011 [5]. In May 2013, the WHO Global Action Plan for the Prevention and Control of NCDs 2013 – 2020 and the Global Monitoring framework were agreed upon at the Sixty-Sixth World Health Assembly [6]. In 2019, after the mid-term evaluation of the Global Action Plan, the World Health Assembly extended the WHO Global Action Plan for the prevention and control of NCDs from 2013–2020 to 2030 [7].

The Caribbean Region and NCDs

In 2007, the Port of Spain Declaration was instituted by the Caribbean Community (CARICOM), to which Saint Lucia was a signatory. This agreement meant that the health authorities needed to create an environment that promotes healthier lifestyle practices, which reduces the modifiable risk factors that contributed to NCDs. In 2010, NCDs and their risk factors accounted for 78% of all death in the Caribbean. The four major NCDs were cardiovascular diseases, cancer, diabetes and chronic respiratory diseases, while the four major risk factors were tobacco use, alcohol use, unhealthy diet and physical inactivity [8]. In 2019, NCDs accounted for 5.9 million deaths in the Non-Latin Caribbean region [9].

Saint Lucia's Commitment to Controlling NCDs

In Saint Lucia, NCDs have always accounted for a substantial proportion of deaths annually. In 2012, NCDs accounted for 81.0 percent of all-cause mortality and represented 73.0 percent of premature or preventable deaths in Saint Lucia. In 2014, cancer, heart disease and CVDs (stroke) were the leading cause of death and in 2016, cancer, CVDs and diabetes were the major cause of death in the country [10]. Fast forward to 2019, NCDs are estimated to account for 82.0 percent (1,228) of all death in Saint Lucia with CVDs (33%), cancer (16%), diabetes (11%) and chronic respiratory diseases (5%) leading the causes of deaths [11].

Saint Lucia has committed to controlling the increase of NCDs and their impact on the country's health system and sustainable development. Saint Lucia has introduced the National Noncommunicable Disease Policy and Action Plan 2017-2025, a cross-sectoral agenda that aimed

to reduce the challenges of NCDs via improved public health goods and services [10]. Saint Lucia also launched the HEARTS initiative in October 2019 intending to reduce CVDs through hypertension control. The success of the HEARTS initiative [12] saw implementation moved from six demonstration health facilities to eight in May 2021 and a further 12 sites in February 2023 for a total of 20 HEARTS health facilities. Furthermore, in November 2020, Saint Lucia implemented the Public Health (Smoking Control) Regulations, which speaks to the reduction of harmful exposure of smoking in public places and workplaces [20].

STEPS ST. LUCIA SURVEY GOALS AND OBJECTIVES

STEPS Saint Lucia Survey Goals

The STEPS survey was conducted to determine the current level of modifiable behavioural risk factors and metabolic risk factors that contribute to the challenges of NCDs among Saint Lucian. The STEPS survey results intend to provide critical insights regarding NCDs, identify trends when compared to the 2012 STEPS results, as well as country comparisons to determine good practices and assist the health authorities in crafting and implementing targeted health policies and programmes for NCD prevention and control.

STEPS Saint Lucia Survey objectives

The objective of the STEPS survey are as follows:

- Support the collection, analysis, and dissemination of country-level risk factor information to inform and improve public health policy.
- To produce current national statistics for NCDs and their risk factors.
- To assess changes in current NCDs risk factors compared to the findings of the 2012 STEPS survey.

STEPS SURVEY METHODOLOGY

The Government of Saint Lucia through the Ministry of Health conducted the STEPS Saint Lucia survey, in collaboration with the Central Statistics Office (CSO) and the Pan American Health Organization (PAHO). The survey period was from December 2019 to March 2020. Unfortunately, survey implementation was suspended on March 16, 2020, due to the threat posed by the COVID-19 pandemic, but was resumed on August 31, 2020, for six weeks to facilitate the completion of the survey.

STEPS Survey Instrument

The tool used to conduct the survey was the Pan American STEPS Instrument version 3.2 [13]. The surveillance instrument is an internationally comparable, standardized, and integrated surveillance tool through which countries can collect, analyse, and disseminate core information on NCDs and NCD risk factors through questionnaire assessment, physical measurements, and biochemical measurements. The survey instrument covers key behavioural risk factors: tobacco use, alcohol use, physical inactivity, and unhealthy diet, as well as key biological risk factors: overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids [14]. This document will report on the findings of the 2019 Saint Lucia STEPS survey.

The survey covered three thematic areas which are highly recommended based on the steps framework:

- **Step 1: Demographic Information and Behavioural Measurements** – demographic information, tobacco use, tobacco policy, alcohol consumption, diet, salt intake, physical activity, history of raised blood pressure, history of diabetes, history of raised total cholesterol, history of CVDs, lifestyle advise, cervical cancer screening, oral health, and mental health/suicide.
- **Step 2: Physical Measurements** – blood pressure, height, and weight (BMI).
- **Step 3: Biochemical Measurements** – blood glucose, blood lipids, urinary sodium and creatinine and triglycerides and HDL cholesterol

Survey Target Population

The target population for the STEPS survey was all adults ages 18 – 69 years residing in Saint Lucia during the data collection process. Using the Master Sampling Framework (MSF) and the Labour Force Survey (LFS) as reference documents, the total adult population by gender was 106,279.

Table 1: Population by age range and gender

POPULATION SIZE

AGE RANGE	Males	Females	Total
18 - 69	**52,665**	**53,514**	**106,179**

Sampling Design, Estimation Procedure and Sample Size

The desired sample design utilized for the survey was a multistage sample design, applied with three-stage probability of selection: Primary Sampling Unit (PSU) were Enumeration District (EDs), Secondary Sampling Unit (SSU) were households and Tertiary Sampling Unit (TSU) were individuals with ages of 18 to 69. Given there are twelve districts, it was determined that geographic stratification was best suited for the survey design. Furthermore, Castries central and suburban were combined into one stratum, as well as two other smaller districts (Anse-La-Raye and Canaries) were combined into one stratum making a total of ten strata in all. In Saint Lucia, there are 528 EDs representing a total of 56,166 households based on the 2010 census. As such, the implicit stratification was achieved using the EDs of the 10 strata.

Given the establishment of the stratum, the first-stage sampling unit, or PSUs would then be determined. The PSUs were determined by the EDs, taking into account the number of households in each ED as a measure of its overall size. A systematic sample of EDs would be drawn giving each ED a probability of selection proportional to its size. Thereafter, a fixed number of households would then be selected, and this number would be constant across all ten strata. Taking a fixed number m of households at the second stage means that the second-stage selection probability is inversely proportional to the ED's size, and the overall selection probability is then constant within the stratum.

Given the following gender and age group breakdown of the adult population and the sample specification:

Table 2: Breakdown of population size by age range and gender

POPULATION SIZE			
AGE RANGE	**Males**	**Females**	**Total**
18 - 69	22,684	22,751	**45,435**
35-49	17,539	17,985	**35,524**
50-69	12,442	12,878	**25,320**
GRAND TOTAL			**106,279**

Table 3: Sample Size Specifications

LEVEL OF CONFIDENCE MEASURE	**1.96**	Describes the level of uncertainty in the sample mean or prevalence as an estimate of the population mean or prevalence. Recommended value: 1.96 (for 95% confidence level)
MARGIN OF ERROR (MOE)	0.05	The expected half-width of the confidence interval. The smaller the margin of error, the larger the sample size needed. Recommended value: 0.05 (for small baseline levels, e.g. <.10, a smaller MOE of 0.02 or 0.01 is appropriate)
BASELINE LEVELS OF THE INDICATORS	0.5	The estimated prevalence of the risk factors within the target population. Values closest to 50% are the **most** conservative. **Recommended value**: 0.5 if no previous data on the population, else value closest to 0.5 from previous data
DESIGN EFFECT (DEFF)	1.5	Describes the loss of sampling efficiency due to using a complex sample design. A value of 1.0 is appropriate for simple random samples. **Recommended value:** 1.5 (for most STEPS surveys)
EXPECTED RESPONSE RATE	0.8	The anticipated response rates. **Recommended value:** enter response rate from previous national/subnational household surveys, else use 0.8 as an estimate
NUMBER OF AGE/SEX ESTIMATES	6	The number of age-sex groups for which estimates will be calculated. If age-sex estimates are desired for specific states/regions/island, multiply the number of age-sex groups by the number of states/regions/islands to attain the total number of estimates desired.

The computed sample size that would be representative of the population and allow the results of the STEPS survey to meet its objectives was **4,197**. The overall response rate of the survey was 70.6% (2,964). The multi-stage systematic random sampling design and weighting of the survey data meant the results can be interpreted as representative of the Saint Lucian population.

The COVID-19 pandemic affected the tail-end of the data collection resulting in a suspension of the data collection. As a result, the pandemic is likely to have affected the response rate in step 3. However, this data was analysed and the results presented were unweighted.

The Saint Lucia STEPS survey implementation protocol was submitted to the PAHO Ethics Review Committee and received exemption since it was considered a public health surveillance tool. The protocol was also submitted to the National Ethics Committee and received approval for implementation.

DATA COLLECTION AND DATA ANALYSIS

Data Collection

The data collection process for the STEPS survey was facilitated by the Ministry of Health and PAHO, with assistance from the Central Statistics Office (CSO). There were 30 enumerators and 30 nurses that were selected as data collectors for the survey. The MoH, PAHO and representatives from the CSO trained all the data collectors for the survey. The STEPS Survey components 1, 2, 3 was carried out by a team consisting of interviewers/enumerators from the CSO and unemployed nurses (face-to-face interviewers for STEPS 2 & 3). STEPS 1 and 2 were conducted on the same day, during the same encounter. STEPS 3 was done subsequently on a different day and by appointment after the respondent had been fasting. Appointments were scheduled during the STEP1/STEP2 encounter.

One of the main challenges faced during the data collection process was the introduction of COVID-19 in March 2020. The COVID-19 pandemic affected the tail-end of the data collection process, which resulted in a suspension of the data collection. As a result, the pandemic is likely to have affected the response rate in step 3. However, this data was analysed and the results presented were unweighted.

Data Analysis

The preparation of the final dataset for analysis was done by PAHO in collaboration with representatives from the CSO. During this process, the dataset was cleaned, variables labeled and data weighted in accordance with STEPS guidelines. Each survey question was then analysed, and results were presented using tables, which were used to compile the STEPS Fact Sheet and Data Book (see appendix).

The data analysis for the STEPS Saint Lucia survey was conducted using STATA statistics and data analysis package, which is capable of handling big data and complex computations for survey research and econometrics.

STEPS SAINT LUCIA RESULTS

Demographic Indicators

The first part of STEP 1 collected demographic information of the population, which included age, gender, education, marital status, ethnic background, employment, and household income. The purpose of the demographic data was to gather descriptive information on the survey population. As such, the data was analysed and summarised unweighted and all findings are presented below.

Age group and gender of adults 18-69

A total of 2,964 Saint Lucians aged 18-69 participated in the STEPS survey from a sample size of 4,197. Out of the total participants, 56.3% (1,668) were women and 43.7% (1,296) were men. Of the two age groups, 53.3% (1,578) of participants were in the older bracket of 45-69, while 46.7% fell in the younger age group of 18-44.

Table 4: Distribution of adults 18-69, by age group and gender

Age Group (Yrs.)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-44	610	44.0	775	56.0	1,385	46.7
45-69	686	43.4	893	56.6	1,578	53.3
18-69	**1,296**	**43.7**	**1,668**	**56.3**	**2,964**	**100**

Marital Status

Out of a total of 2,945 responses to marital status, 61.4% were never married, 20% are currently married, 8.7% are cohabitating, 3.7% are divorced, 3.5% are separated and 2.8% are widowed. The percentage of married men (20%) and women (20.1%) are similar, while a slightly higher proportion of men (4%) were divorced than women (3.4%). The proportion of women who are widowed was higher than that of men with 3.8% and 1.5%, respectively.

Table 5: Marital status of adults 18-69 (both sexes), by age group

Marital Status (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	Never Married	Currently Married	Separated	Divorced	Widowed	Cohabitating/Common Law Union
18-44	1,374	73.6	796	50.7	1,807	61.4	73.6
45-69	1,571	11.6	431	27.4	590	20.0	11.6
18-69	**2,945**	**61.4**	**20.0**	**3.5**	**3.7**	**2.8**	**8.7**

Ethnicity

The three main ethnicities of overall participants were 89.6% African Decent/Black, 7.5% Mixed and 2.6% East Indian. The individuals identified as White/Caucasian and Syrian/Lebanese accounted for 0.1% respectively.

Table 6: Ethnic background of adults 18-69, by age group

Ethnic Background of Adults 18-69 (%)							
Age Group	Both Sexes (%)						
(Yrs.)	n	African Decent/Black	East Indian	White/Caucasian	Syrian/Lebanese	Mixed	Other
18-44	1,385	90.1	2.0	0.0	0.1	7.6	0.0
45-69	1,578	89.1	3.1	0.1	0.1	7.5	0.1
18-69	**2,963**	**89.6**	**2.6**	**0.1**	**0.1**	**7.5**	**0.1**

Average years of education, by age group and gender

The average number of years spent at school and full-time study was 11.0. Women spent more time at school than men with an average of 11.2 years compared to 10.7 years, respectively. Likewise, participants in the younger age group of 18-44 spent an average of 12.1 years at school, 2.1 years more than the older age group's 10.0 years.

Table 7: Mean number of years of education of adults 18-69, by age group and gender

Age Group (Yrs.)	Men		Women		Both Sexes	
	n	mean	n	mean	n	mean
18-44	606	11.8	770	12.4	1,376	12.1
45-69	675	9.7	881	10.2	1,556	10.0
18-69	**1,281**	**10.7**	**1,651**	**11.2**	**2,932**	**11.0**

Employment Status

Of the total adults aged 18-69, 32.5% worked in the non-government sector with slightly more men (33.7%) than women (31.5%) working in this sector. Like the non-government sector, a larger portion of men reported being self-employed at 33.5%, while the total proportion of women was less than half at 16.3%. Government workers were the least out of the total adults 18-69 with 12.5%, with men at 11.2% and women at 13.6%.

Table 8: Summary of the employment status of adults 18-69

Employment Status of Adults 18-69 (%)					
Age Group	Both Sexes (%)				
(Yrs.)	n	Government Employee	Non-Government Employee	Self Employed	Unpaid
18-44	1,384	12.9	41.9	17.3	28.0
45-69	1,577	12.2	24.2	29.6	34.0
18-69	**2,961**	**12.5**	**32.5**	**23.8**	**31.2**

The proportion of unpaid individuals amounted to 31.2% with more women reporting being unpaid than men at 38.6% and 21.6%, respectively. Of the total unpaid adults 18-69, 21.3% were retirees, 9% were home makers with women (12.8%) occupying more of this work than men (0.4%). Furthermore, students accounted for 4.0% and non-paid workers were 2.3%. Out of the total individuals who were reported as being unemployed, 52% were able to work and 11.4% were unable to work. The total amount of women who were able to work was 53.8% compared to men at 47.9%. However, a slightly higher portion of men (13.9%) were unable to work when compared to 10.3% of women.

Table 9: Summary of unpaid and unemployed work of adults 18-69

Unpaid Work and Unemployed (%)							
Age Group	Both Sexes (%)						
(Yrs.)	n	Non-Paid	Student	Home Maker	Retired	Unemployed (able to work)	Unemployed (unable to work)
18-44	387	2.8	9.6	3.6	0.3	77.3	6.5
45-69	536	1.9	0.0	12.9	36.6	33.8	14.9
18-69	**923**	**2.3**	**4.0**	**9.0**	**21.3**	**52.0**	**11.4**

Per Capita Annual Income and Estimated Household Earnings

A total of 1,766 adults ages 18-69 reported a mean annual per capita income of XCD$17,241.80 when taking into account all household income earned over the past year. With regards to estimated household earnings, 75% or 368 adults 18-69 reported a household income of less than ten thousand a year, 15% earned 10 – 19.9 thousand a year, 6.3% earned 20 – 39.9 thousand a year, 1.4% earned 40-69.9 thousand a year and 2.5% earned over sixty-five thousand a year.

Table 10: Estimated household earnings for adults 18-69

	Estimated Household Earnings (%)					
	n	Under 10K	10K-19.9K	20K-39.9K	40K-69.9K	65K+ Over
Both Sexes	368	75.0	15.0	6.3	1.4	2.5

The information presented in the following sections were collected through face-to-face interviews. The results are weighted to create generalisable data representative of the entire population of Saint Lucia.

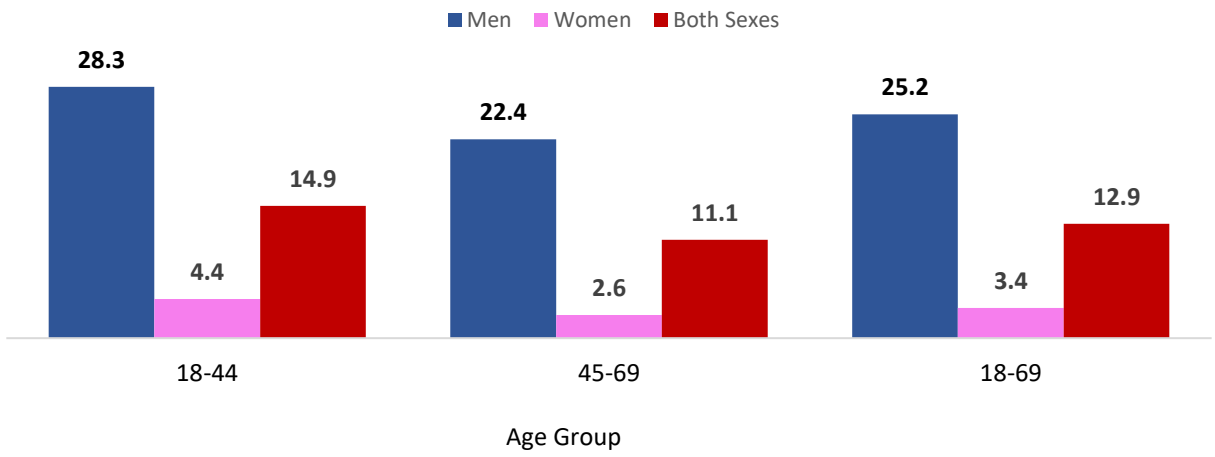
Tobacco Use

Tobacco use is one of the main modifiable behavioural risk factors contributing to increased NCD risk factors. The tobacco use data collected informs on the consumption of tobacco products for adults 18-69, the type of tobacco products used, and the pattern of consumption.

Current Tobacco Smoker

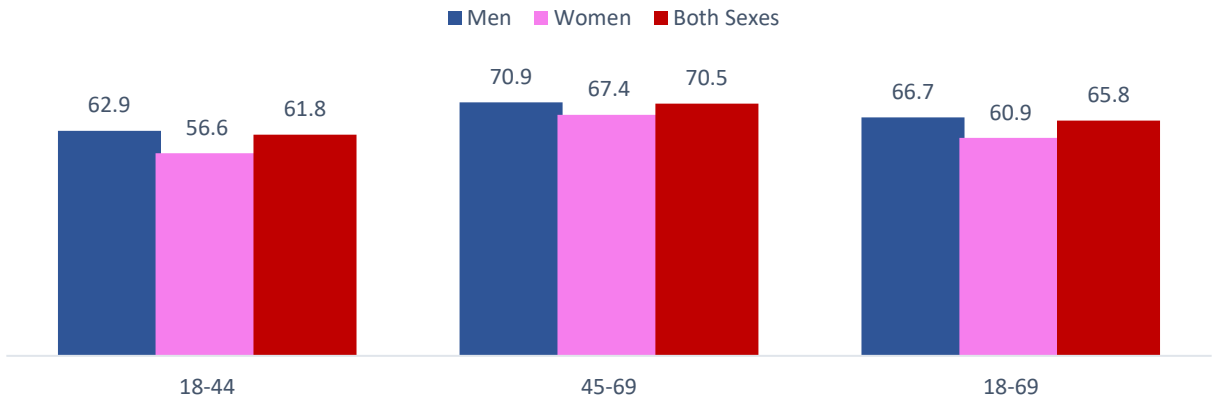
Smoked tobacco products are considered cigarettes, cigars, and pipes. Overall, 12.9% of adults 18-69 were current tobacco smokers. Men (25.2%) were reported to smoke substantially more tobacco products at compared to 3.4% of women. Current tobacco smoking percentage was higher in the 18-44 age group (14.9%) but then decreased as adults got older to 11.1%. This decreasing trend was also reflected in both age groups for men and women, 28.3% of men in the 18-44 age group smoked tobacco with a slight decline to 22.4% in the 45-69 age group. Similarly, 4.4% of women in the 18-44 age group smoked tobacco, which decreased by almost half to 2.6% in the 45-69 age group.

Figure 1: Percentage of Current Tobacco Product Smoker, by age group and gender



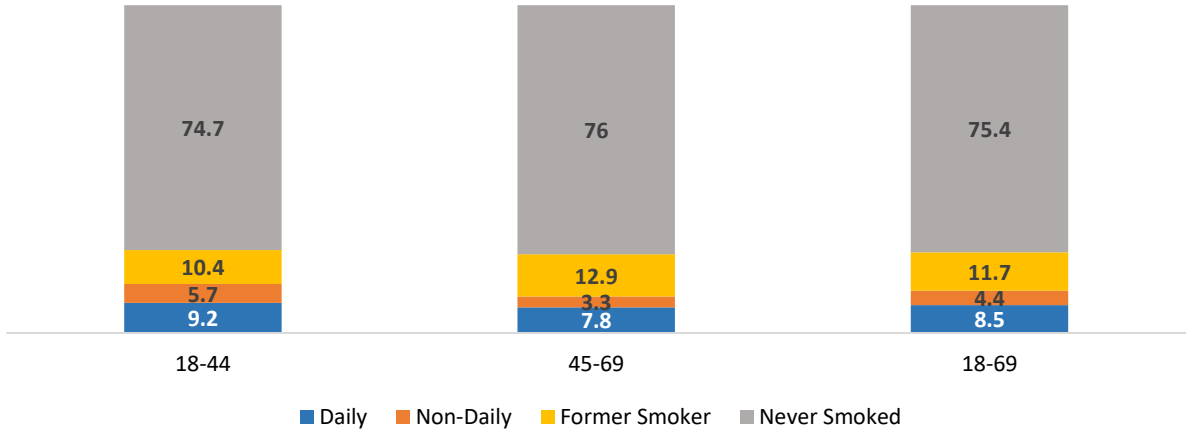
The proportion of daily smokers among smoking adults 18-69 was high in all age groups. Out of the total who are current smokers, 65.8% smoke tobacco daily. However, the highest prevalence of daily smokers was in the 45-69 age group, of which, 70.5% smoke daily with the highest being men (70.9%) whereas women were 67.4%.

Figure 2: Percentage of current daily smokers among smoking adults 18-69, by age group and gender



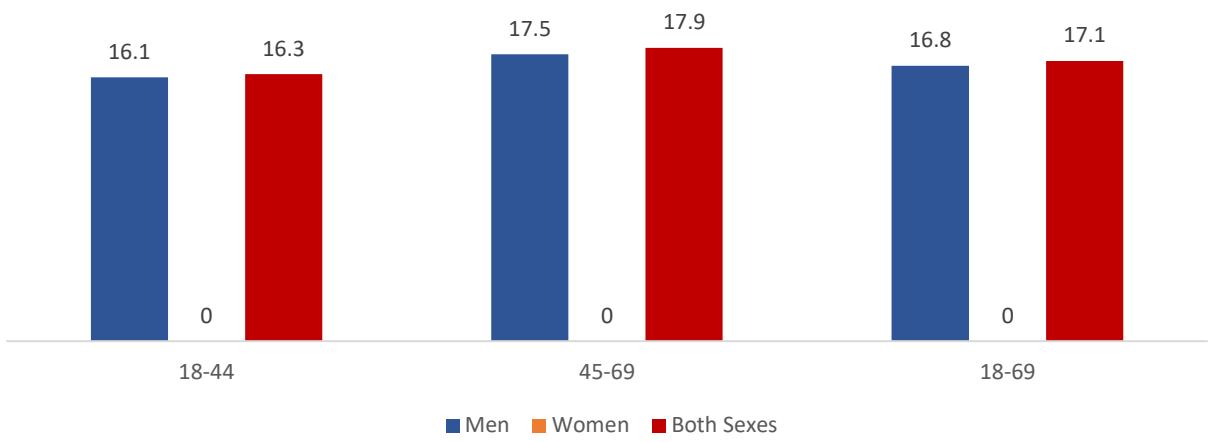
The percentage of daily smokers (9.2%) was higher in the 18-44 age group. The proportion of men (17.8%) and women (2.5%) who smoke daily, was highest in the 18-44 age group. Overall, more men (16.8%) than women (2.1%) smoked daily in both age groups.

Figure 3: Smoking status of adults age 18-69, by age (Both Sexes) %



Overall, the mean age of initiation of smoking was below 18 years at just 17.1 years, which was also the case for both age groups. Adults in the younger age group started smoking at an earlier age of 16.3 years, while the individuals in the 45-69 age group were 18 months older (17.9 years) when they started smoking. The data for women were very minimal and as such a representative analysis could not be conducted for this gender.

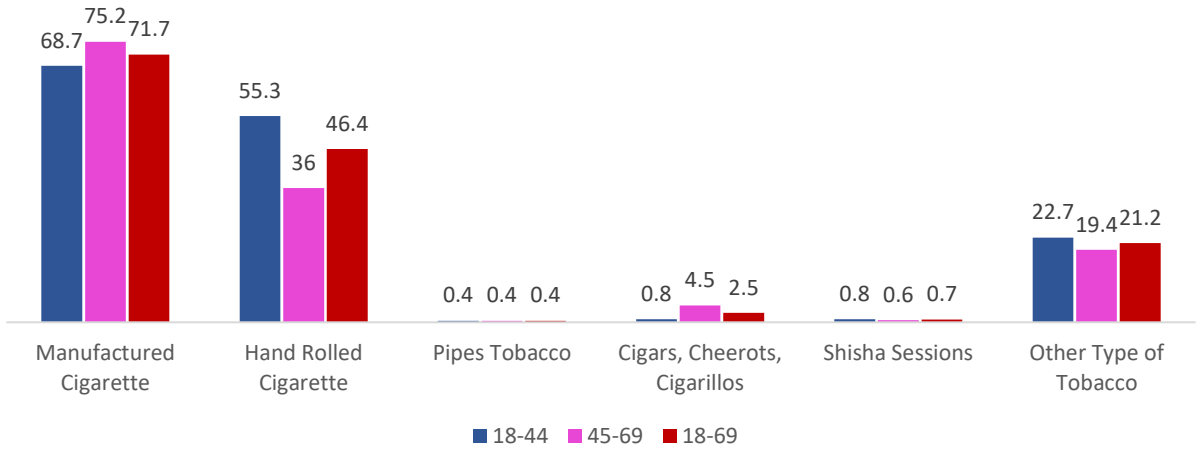
Figure 4: Mean age starting smoking among adults 18-69, by age and gender (%)



A total of 328 adults age 18-69 reported that they currently smoke several tobacco products. Out of the 328 adults, 71.7% smoked manufactures cigarettes. The proportion of women who smoked manufactured cigarettes was higher at 75.2% compared to men at 68.7%. However, men (55.3%) were reported to smoke more hand-rolled cigarettes than women (36.0%).

The percentage of adult males who smoked manufactured cigarettes was 72.6%, while fewer women smoked manufactured cigarettes at just 66.0%. The males in the older age group were reported to smoke more manufactured cigarettes (75.8%) than those in the younger age group.

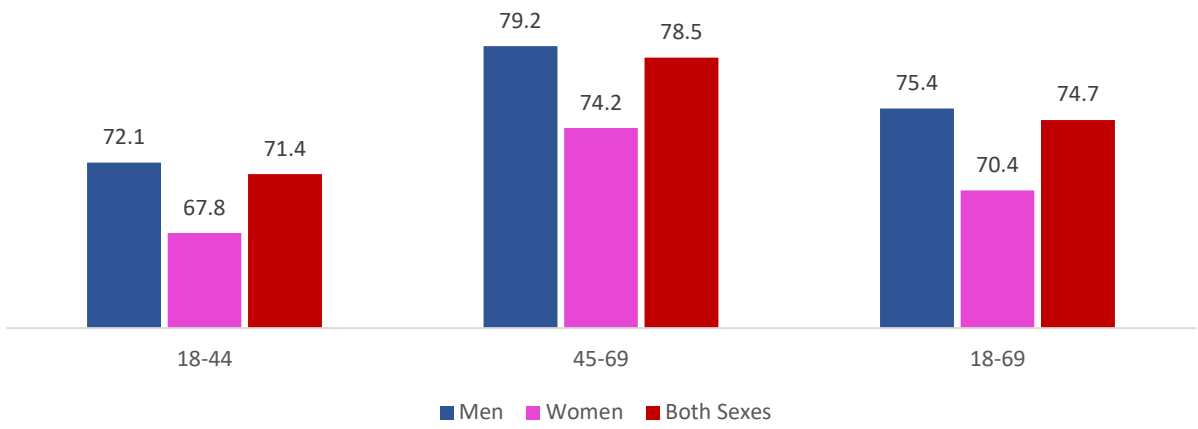
Figure 5: Percentage of current smokers smoking tobacco products, by age and gender for both sexes



The prevalence of current smokers who smoke manufactured cigarettes was 74.7% with more smokers (78.5%) in the older age group than the younger age group (71.4%). The proportion of male current smokers who smoke manufactured cigarettes was 75.4%, while female current

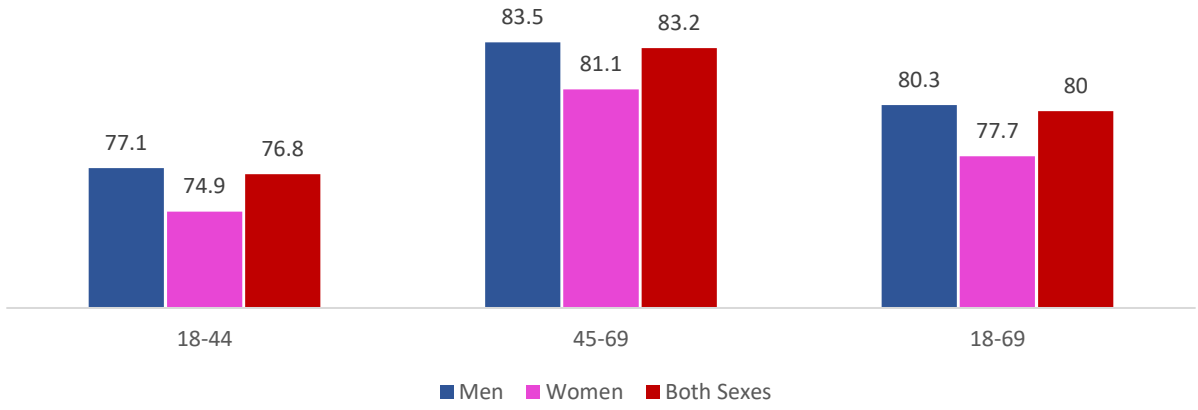
smokers smoking manufactured cigarettes was 70.4%. It was also observed that the prevalence of men and women in the higher age group who are current smokers was much higher than those in the younger age group (see fig 6 below).

Figure 6: Percentage of manufactured cigarette smokers among current smokers, by age and gender



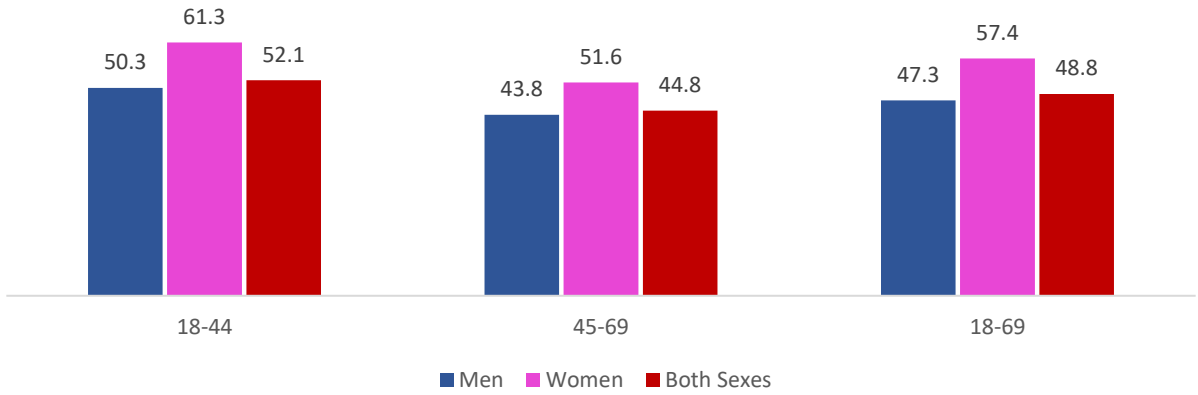
A similar trend exists with daily smokers. There is a high prevalence of daily smokers who smoke manufactured cigarettes with men smoking more manufactured cigarettes than women in all three age groups. It was also observed that adult males who fell in the older age group tended to smoke more manufactured cigarettes than men in the lower age group (see figure 7 below and figure 6 above).

Figure 7: Percentage of manufactured cigarette smokers among daily smokers, by age and gender



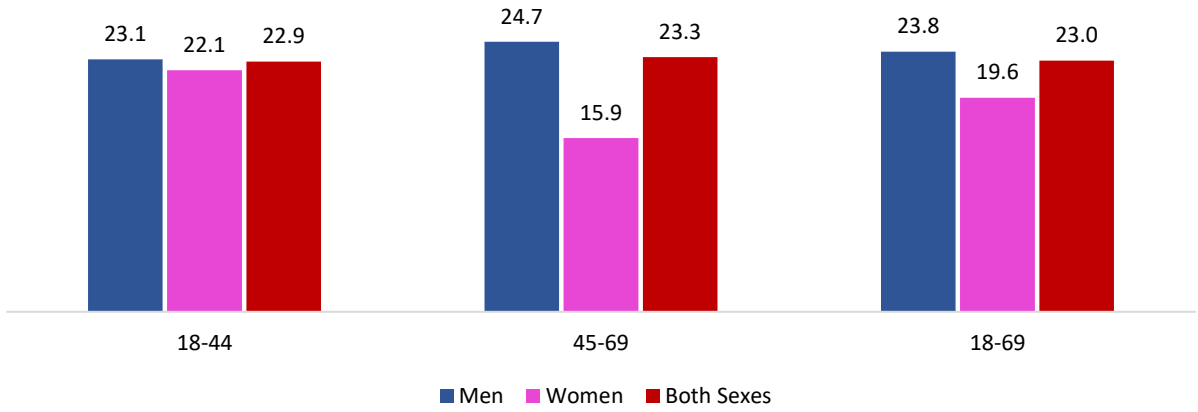
Out of the total adults 18-69 who are current smokers, almost half (48.8%) have tried to stop smoking during the last year. Overall, women (57.4%) are more likely than men (47.3%) to have tried to quit smoking in the past 12 months in all age groups, particularly in the younger age group (61.3%).

Figure 8: Percentage of current smokers who have tried to stop smoking during the past 12 months, by age group and gender



Among all current smokers who have visited a doctor or health worker in the past 12 months, 23.0% have been advised to quit smoking, with more men (23.8%) being advised to stop smoking than women (19.6%). This trend is also observed in men in both age groups.

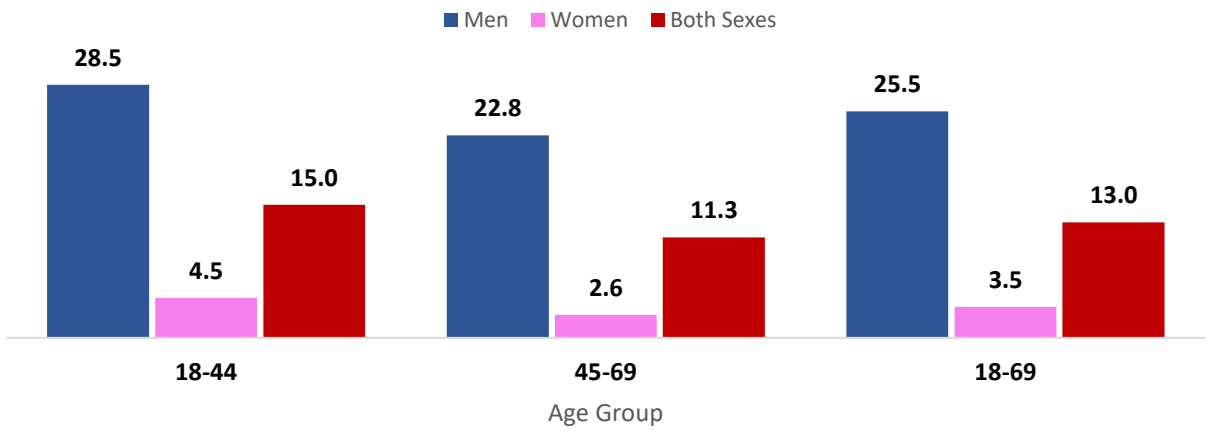
Figure 9: Percentage of current smokers who have been advised by a doctor to stop smoking, by age group and gender



Current Tobacco User

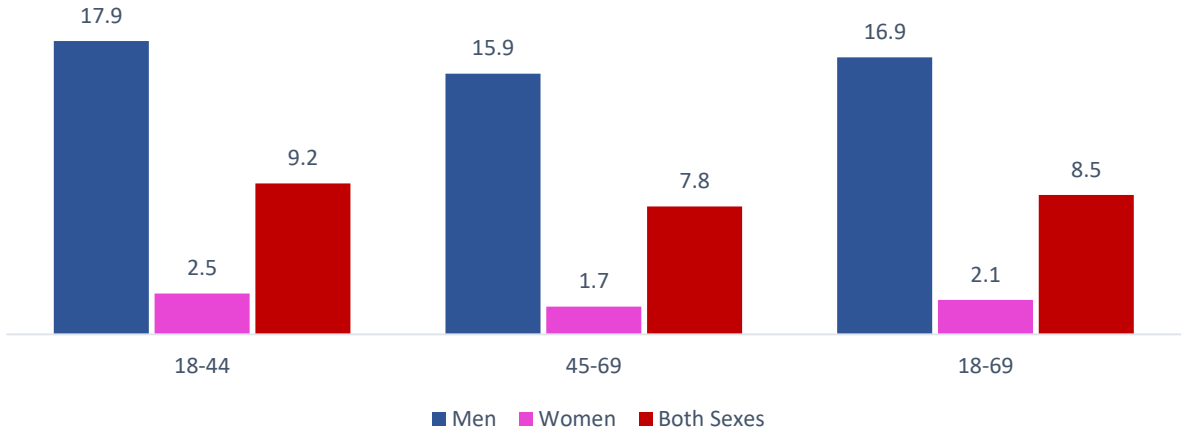
A tobacco user is considered someone who smokes tobacco products, as well as consumes smokeless tobacco products (snuff, chewing tobacco, betel) daily or non-daily. The results show that current tobacco users are in line with current tobacco smokers, with 13.0% of the population being considered tobacco users, of which males (25.5%) continue to be the dominant user while 3.5% of women are reported as users of tobacco. The proportion of tobacco users in the 18-44 age group was 15.0%, of which men were 28.5% and women 4.5%. Likewise, users of tobacco products in the 45-69 age group were slightly less with 11.3%, of which men were 22.8% and women were 2.6%.

Figure 10: Percentage of adults 18-69 who are current tobacco users



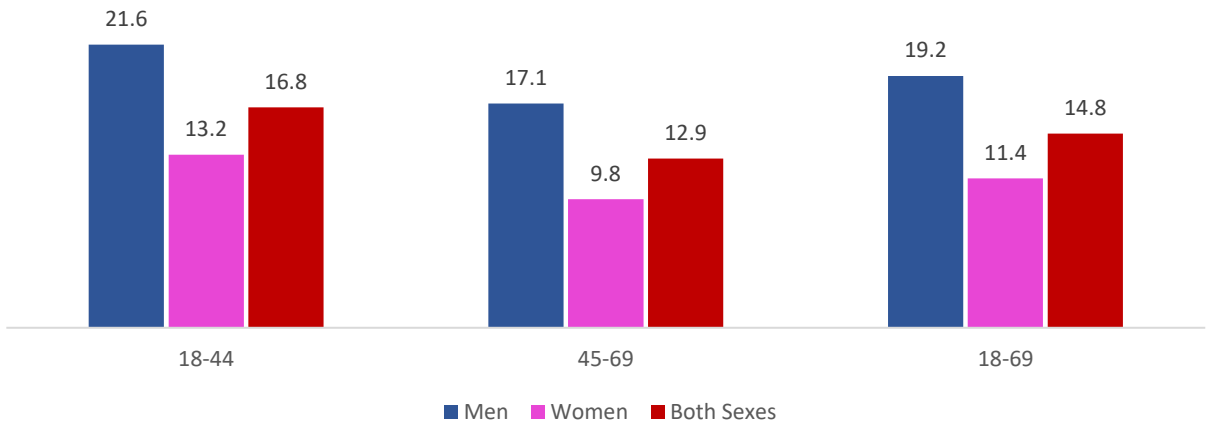
Men were found to be the primary users of tobacco and smokeless tobacco products overall and in all age groups.

Figure 11: Percentage of daily tobacco users of tobacco and smokeless tobacco products, by age and gender



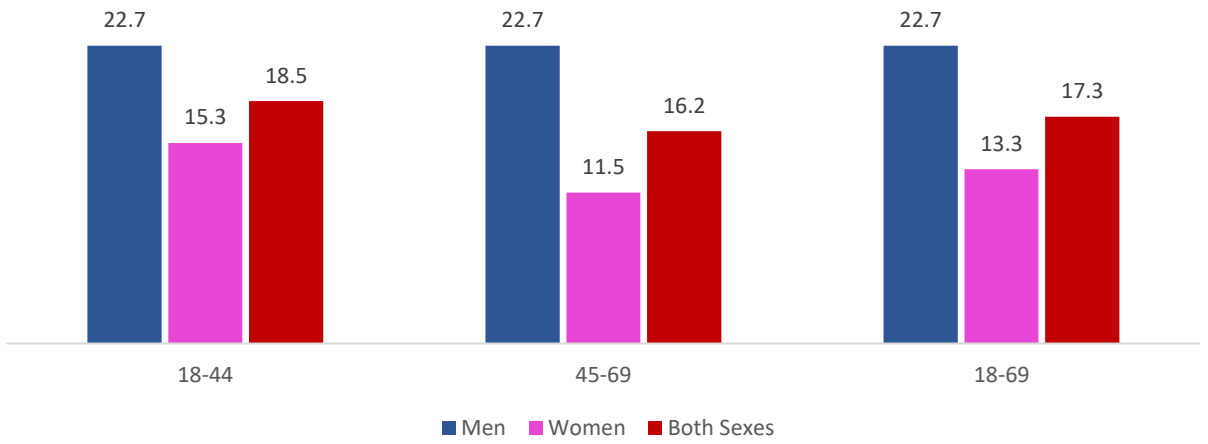
A total of 14.8% of adults 18-69 have been exposed to secondhand smoke at home over the past month. Men (19.2%) were more likely to be exposed to secondhand smoke at home than women (11.4%). This was also the case in both age groups (16.8% - 18-44 years and 12.9% - 45-69 years), with men in the younger age group being exposed at a rate of 21.6% compared to 13.2% for women. Likewise, men in the older age groups were 17.1% more likely to be exposed to secondhand smoke at home than women (9.8%).

Figure 12: Percentage of adults 18-69 who have been exposed to secondhand smoke in the home over the past 30 days, by age group and gender



A total of 17.3% of adults 18-69 have been exposed to secondhand smoke in the workplace during the past 30 days, with men (22.7%) being more likely to be exposed than women (13.3%). Men were equally likely to be exposed in all age groups while women (15.3%) in the younger age group were 3.8% more likely to be exposed than women in the 45-69 age group.

Figure 13: Percentage of adults 18-69 who have been exposed to secondhand smoke at work over the past 30 days, by age group and gender



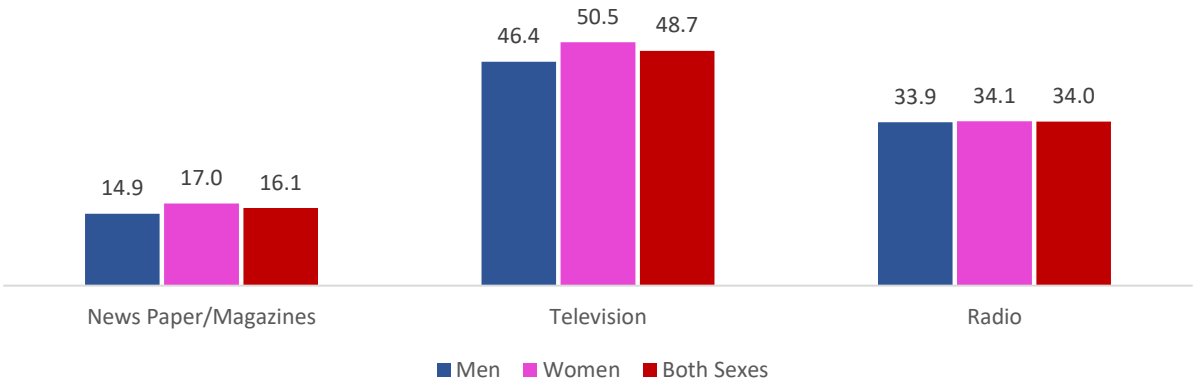
Tobacco policy

Survey participants were informed for this section that the questions being asked were about tobacco control policies. They included questions regarding their experience with the media and advertising campaigns for tobacco products, health warnings, and cigarette purchases over the past 30 days.

When it came to information regarding the dangers of smoking cigarettes or information that promotes quitting smoking, almost half of the adults 18-69 (48.7%) stated seeing anti-smoking information on the television; radio was 34.0% while newspapers and magazines were much less at 16.1%. An estimated 5 out of 10 women (50.5%) reported seeing anti-cigarette or anti-smoking information on television more than any other media platform. However, men were least likely to notice any warning information on the dangers of smoking cigarettes on any of the platforms. Newspapers (16.1%) were the most ineffective means of communicating anti-cigarette when compared to television and radio.

Noticing cigarette promotions by adults 18-69 was not frequent. Noticing the sale price of cigarettes was seen by only 4.5% of adults 18-69, of which men saw 5.8% of the time while women noticed 3.6% of the time. Seeing coupons for cigarettes was not that common either, with only 0.8% of the adult population seeing any coupons (men 1% and women 0.6%). Getting gifts or special discount offers on other products when cigarettes are purchased was slightly more frequent than coupons at 1.6% among the survey population, of which men were 2.2% and women 1.2%.

Figure 14: Percentage of adults 18-69 who noticed anti-cigarette information, by gender

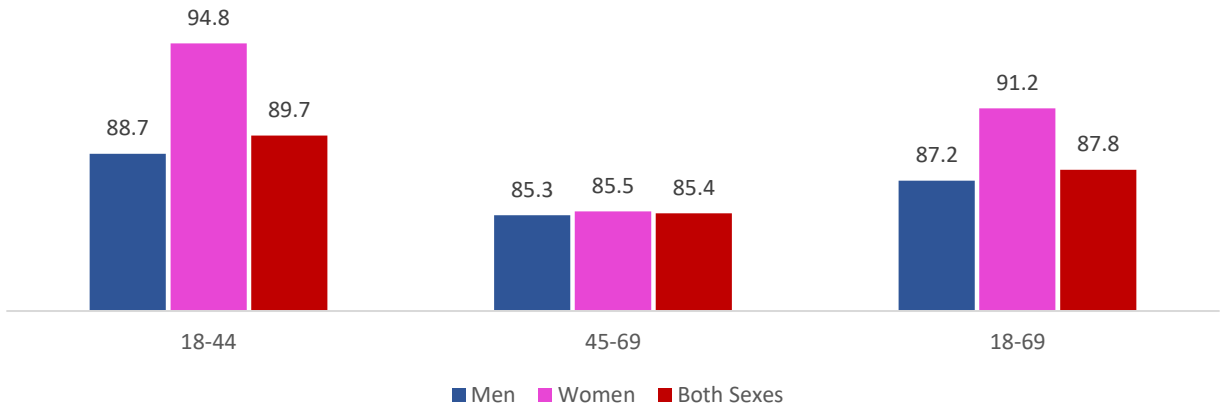


The marketing of cigarette brand names or logos on clothing or other items was observed by 3.5% of adults 18-69. More men (5%), particularly men in the younger age group (5.7%), than women (2.3%), were reported to frequently recognize these brand names and logos. When it came to cigarette promotion in the mall, the frequency was less than significant with the overall frequency being 0.4%, of which men were 0.5% and women 0.3%.

The data collected showed that 87.8% of adults 18-69 who currently smoke have indeed noticed health warnings on the cigarette packages during the last 30 days, of which, 91.2% of women and 87.2 percent of men frequently notice the health warnings. Furthermore, despite the high frequency with which men notice the health warning in both age groups (88.7% in 18-44 and 85.3% in 45-

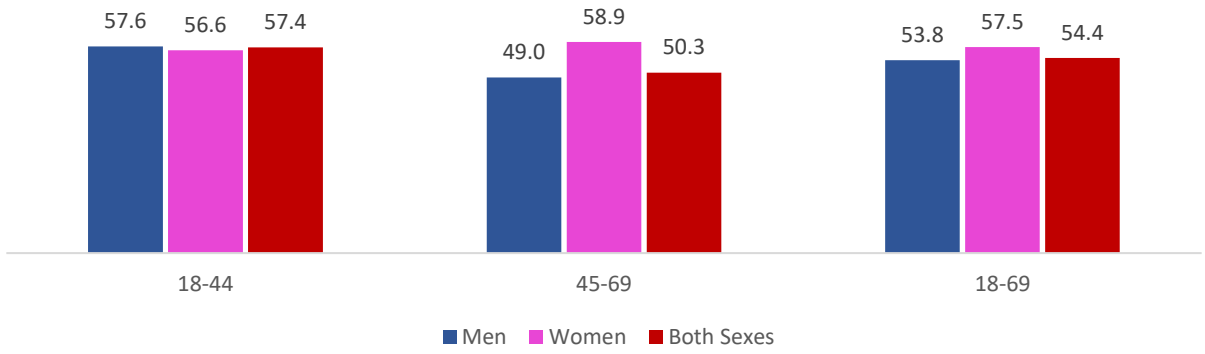
69), women in the younger age group reported almost always noticing the health warning in the past 30 days at 94.8% and 85.5% in the older age group.

Figure 15: Percentage of current smokers who noticed health warnings on cigarette packages during the past 30 days, by age group and gender



The health warnings on cigarette packages have been effective in encouraging current smokers to think about quitting. Just about half of adults 18-69 (54.4%) who noticed the health warning have thought about quitting during the last 30 days. Overall, more women (57.5%) have thought about quitting than men (53.8%). Overall, adults in the younger age group (57.4%) have thought more about quitting than individuals in the older age group (50.3%). In the younger age group, the frequency at which men (57.6%) and women (56.6%) thought of quitting is almost the same, while women in the older age group thought more than quitting than men (see fig 16 below).

Figure 16: Percentage of current smokers who thought of quitting during the past 30 days after noticing health warnings on cigarettes packages, by age group and gender



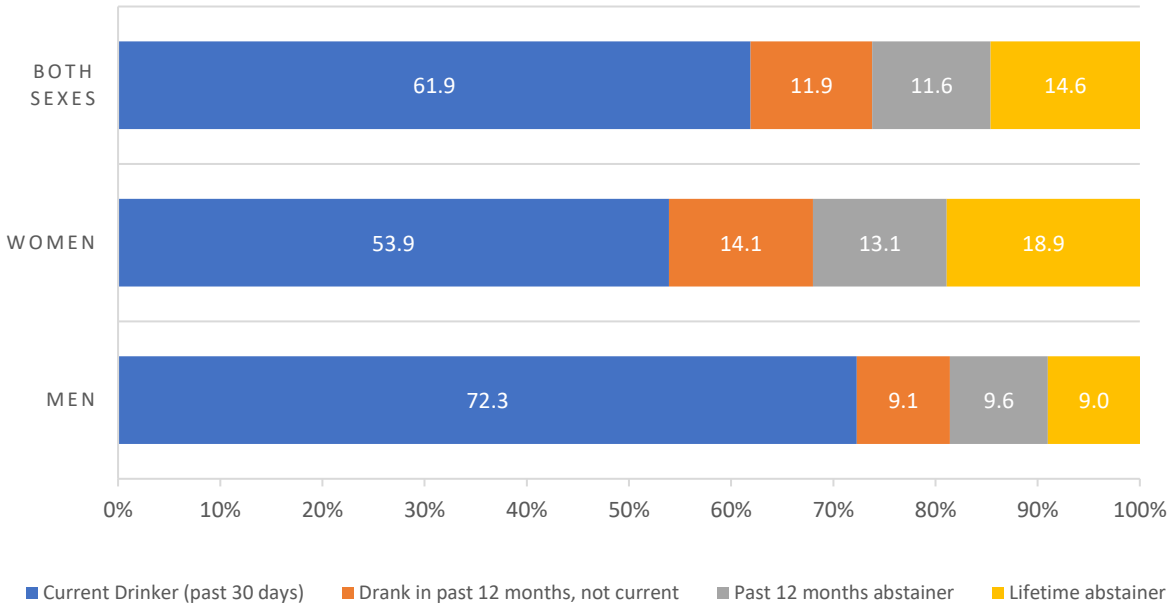
Alcohol Consumption

This section of the survey focused on data that reported on drinking status, frequency, episodic drinking, behaviour after drinking, consumption of homebrewed alcohol, alcohol not intended for drinking, and untaxed alcohol.

Alcohol Drinking Status

The data collected showed that 61.9% of adults age 18-69 consumed alcohol in the past 30 days, of which males accounting for 72.3% while women were 53.9%.

Table 11: Percentage of adults 18-69 who have consumed alcohol in the past 30 days



The proportion of males (78.2%) in the younger age group was 1.2 times higher than their female peers (66.2%) in the same age group. Furthermore, the proportion of adults in the older age group (53.4%) was significantly lower than that of the adults in the younger age group (71.4%). This trend was also observed for both male (67%) and female (43.1%). In addition, 11.9% of adults 18-69 who currently drink alcohol, drank in the past 12 months, of which men were 9.1% and women were 14.1%. However, 11.6% abstained from drinking any alcohol in the past 12 months with more women (13.1%) not drinking alcohol in the past 12 months than men (9.6%). Lifetime abstainers were 14.6% of all current drinkers among adults 18-69. Like current drinkers in the past 12 months and past 12-month abstainers, women (18.9%) accounted for over twice as much as men (9%) (see table 12 below).

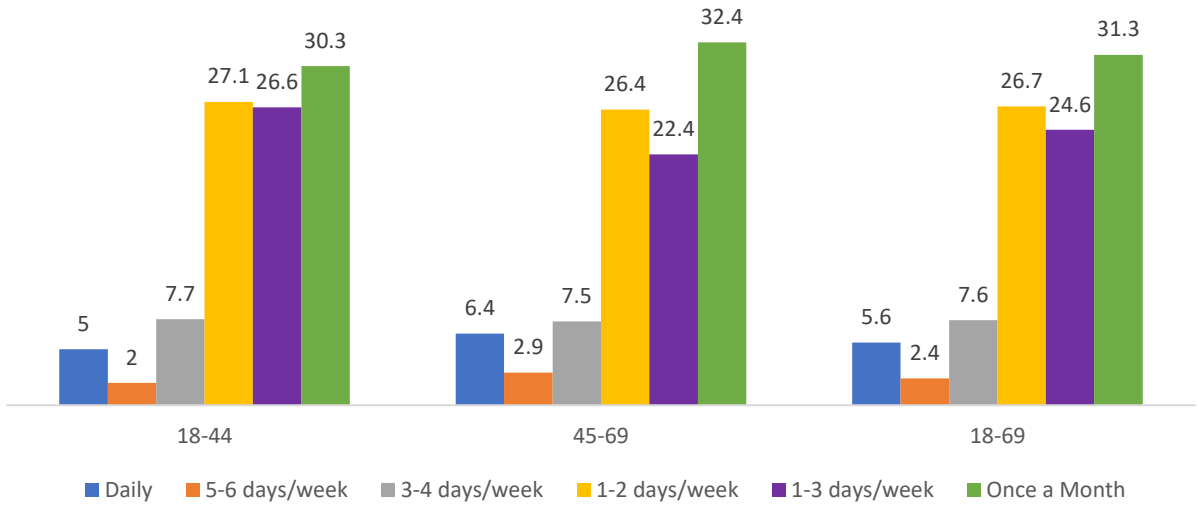
Table 12: Proportion of adults 18-69 who are current drinkers in the past 30 days

The proportion of the adult population who are current drinkers past 30 days (%)									
Age Group (Yrs.)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	78.2	74.5-82.0	775	66.2	62.6-69.7	1,385	71.4	68.9-74.0
45-69	686	67.0	63.4-70.7	893	43.1	39.3-46.8	1,579	53.4	50.7-56.1
18-69	1,296	72.3	69.6-75.0	1,668	53.9	51.1-56.6	2,964	61.9	59.9-63.9

Frequency of Alcohol Consumption

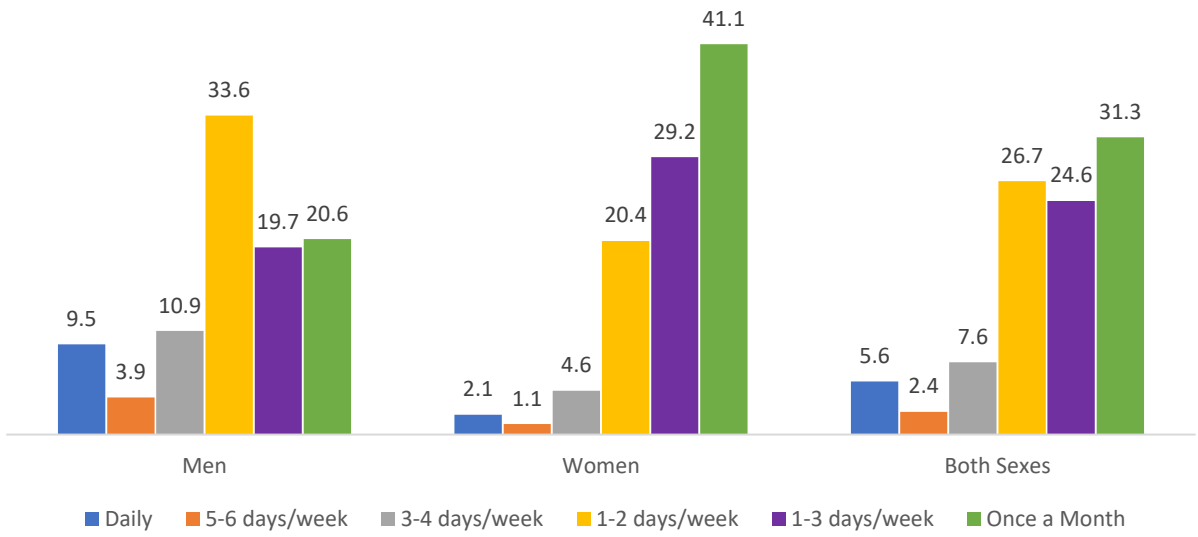
The survey data showed that the most frequent pattern of alcohol consumption was once a month (31.3%) generally and for adults in both age groups, which was reported by 30.3% for the younger age group and 32.4% for the older age group. This trend was significantly more common with women (41.1%) than men (20.6%) (see fig. 18). The second most common drinking patterns was ever 1-2 days a week, which was reported by 26.7% of the survey population of current drinkers. This level of frequent drinking was prevalent in the younger age group by 27.1% compared to the older age group of 26.4%. Interestingly, this was the most common patter for men (33.6%) which was significantly higher than the frequency reported for women (20.4%).

Figure 17: Frequency of alcohol consumption in the past 12 months among current drinkers, by age group



Alcohol was consumed for 1-3 days per week by 24.6% of the adult population. This trend was more common with females (29.2%) than males (19.7%), particularly women in the younger age group (26.6%). Drinking was done 3-4 days per week by 7.6% of the adults 18-69. A drinking pattern that was familiar to men in both age groups (7.7% and 7.5% see fig. 17 above). Likewise, drinking once a day was more common with men (9.5%) and was slightly higher in frequency by men (6.4%) in the older age groups than men (5%) in the younger age group.

Figure 18: Frequency of alcohol consumption in the past 12 months among current drinkers, by gender



In the past 30 days, the occasional frequency with which current drinkers consumed at least one standard drink was on average 5.5 occasions, which was the relative frequency across all age groups (see fig.19 below). Men were generally more likely to practice this drinking habit, particularly men in the older age group by 7.1 times compared to 6.9 times reported by men in the younger age group. On each of those occasions, men averaged a total of 4.1 standard drinks overall, 4.3 standard drinks for men 18-44 years old, and 3.8 for men 45-69 years old.

On the other hand, women current drinkers consumed at least one standard drink at a frequency of 4.0 times in the last 30 days, with women in the younger age group averaging 4.3 occasions and 3.5 occasions for women in the older age group (45-69 years). On these drinking occasions, women average a total of 2.8 drinks overall, 3.0 standard drinks by women in the younger age group, and 2.5 standard drinks by older women.

Figure 19: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers

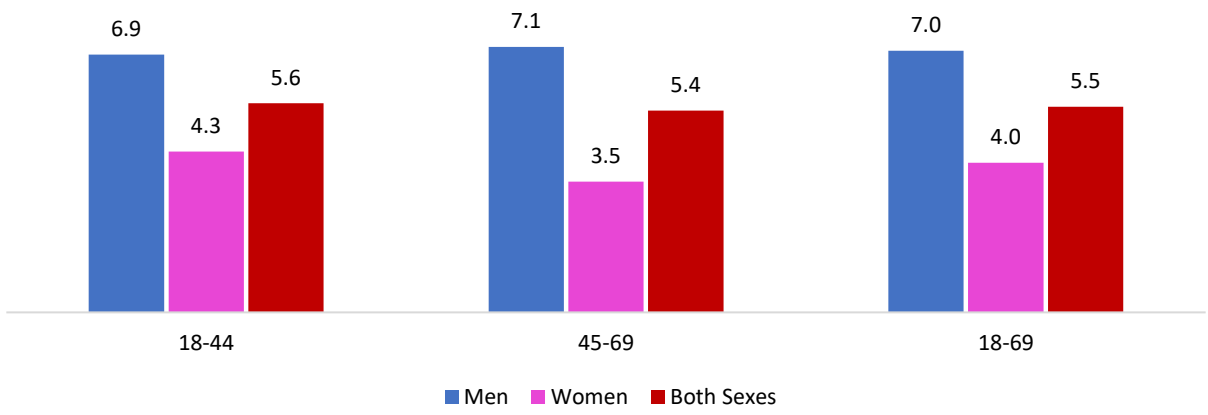
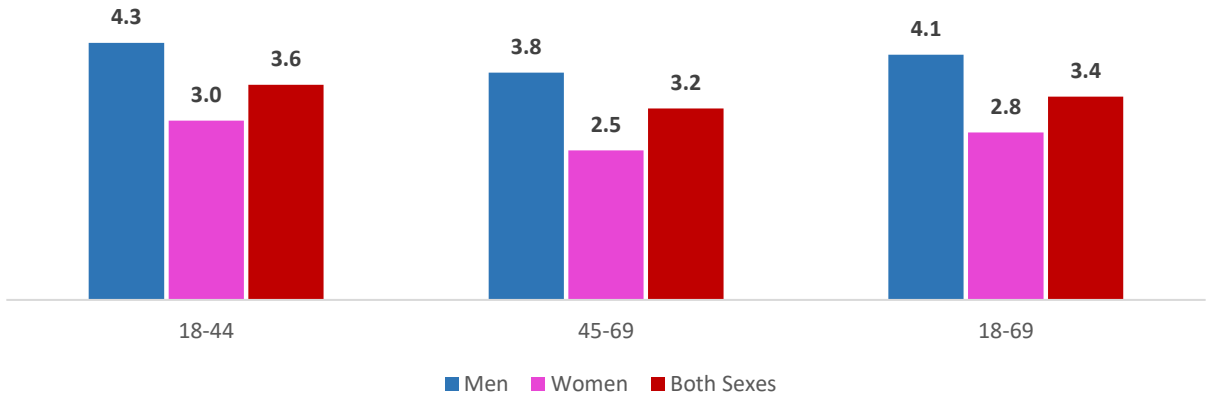


Figure 20: Mean number of standard drinks per drinking occasion



The amount of alcohol consumed, and the risk associated with the level of alcohol consumption were assessed for adults 18-69 and current drinkers in the past 30 days. The metric used to determine the risk level was based on the amount of pure alcohol (10g) in a standard drink.

- **High-end Level Drinking** - ≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women.
- **Intermediate Level Drinking** – 40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women.
- **Lower-end Level Drinking** - <40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women.

The findings from the survey results showed that 12.5% of adults 18-69 were at high risk, with men (12.9%) being slightly higher risk than women (12.2%); 20.6% were at medium risk, with the

proportion of women 1.5 times higher than men (24% and 16%, respectively); and almost a third (27.1%) were at low risk from alcohol consumption, with a higher proportion in men (41.7%) than women (16.3%). The three risks associated with alcohol consumption were more prevalent in the younger age group for both male and female.

Table 13: Percentage of adults 18-69 with different drinking levels, by gender

Mean volume drinking levels among adults age 18-69 in the past 30 days (%)							
Gender	n	High-End Drinking	95% CI	Intermediate Drinking	95% CI	Lower-End Drinking	95% CI
Men	1,220	12.9	11.0-14.9	16.0	13.9-18.1	41.7	38.7-44.6
Women	1,622	12.2	10.4-14.1	24.0	21.7-26.4	16.3	14.1-18.5
Both Sexes	2,842	12.5	11.2-13.9	20.6	19.0-22.2	27.1	25.3-28.9

The alcohol risks were also assessed for adults 18-69 that were current drinkers. The survey results showed that 20.8% of current drinkers were at high risk, with women (23.3%) being at a higher risk than men (18.3%); 34.2% were at medium risk, with the proportion of women (45.7%) being twice as high as men (22.6%); and almost half of current drinkers (45%) were at low risk from alcohol consumption, with a higher proportion in men (59%) than women (31%). High and medium alcohol risk were more prevalent in the younger age group, while low alcohol risk was mostly associated with the older age group.

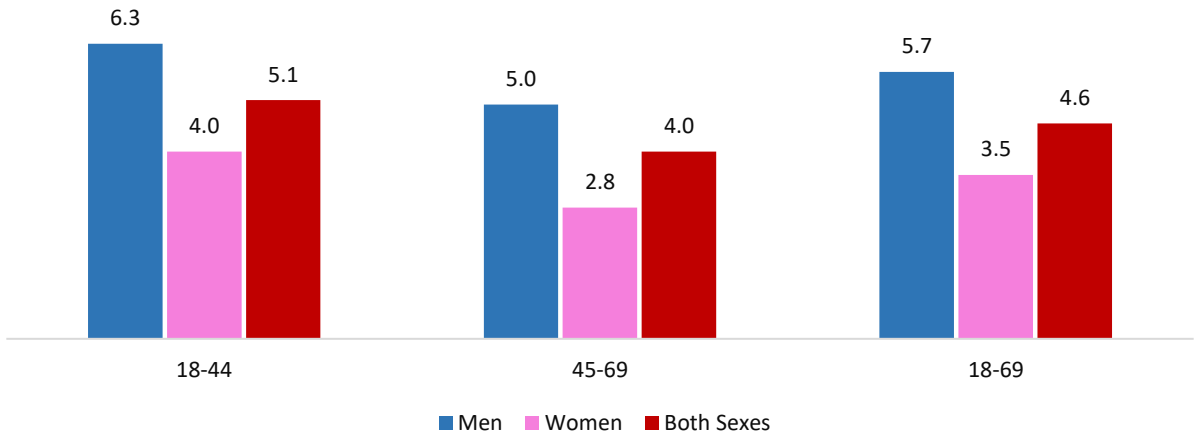
Table 14: Percentage of current drinking adults 18-69 with different drinking levels, by gender

Mean volume drinking levels among CURRENT DRINKERS in the past 30 days (%)							
Gender	n	High-End Drinking	95% CI	Intermediate Drinking	95% CI	Lower-End Drinking	95% CI
Men	861	18.3	15.7-20.9	22.6	19.7-25.6	59.0	55.7-62.4
Women	844	23.3	20.0-26.5	45.7	41.9-49.5	31.0	27.3-34.7
Both Sexes	1,705	20.8	18.7-23.0	34.2	31.7-36.7	45.0	42.5-47.5

The largest number of drinks consumed during a single occasion in the past 30 days among current drinkers was assessed. The data showed that current drinking adults consumed almost 5 drinks (4.6) in a single sitting, with men (5.7) consuming more drinks than women (3.5). Current drinkers in the younger age group were found to consume more drinks on a single occasion (5.1) than those

in the older age group (4.0). Men (6.3 and 5.0) were observed to consume more drinks than women (4.0 and 2.8) in both age groups.

Figure 21: The largest number of drinks consumed during a single occasion in the past 30 days among current drinkers.



Almost 2 out of 10 current drinkers (19.1%) engaged in heavy episodic drinking on a single drinking occasion at least once in the previous 30 days (see Fig 22 and Table 15 below). This drinking patter was more prevalent in men (28.8%) than women (11.6%), who engaged in this practice at least twice in 30 days compared to once for women. Consuming six or more dinking in a single sitting was more frequently practiced by current drinking in the younger age group (23.9%) compared to those in the older age group (14.9%). Adult males less than 45 years (34.2%) were observed to engage in heavy episodic drinking a lot more than their female peers (15.9%). This drinking trend was also prevalent in the older age group with males (24%) being over three times higher than females (7.9%).

Figure 22: Percentage of adults 18-69 who had six or more drinks (heavy episodic drinking) on any occasion in the past 30 days

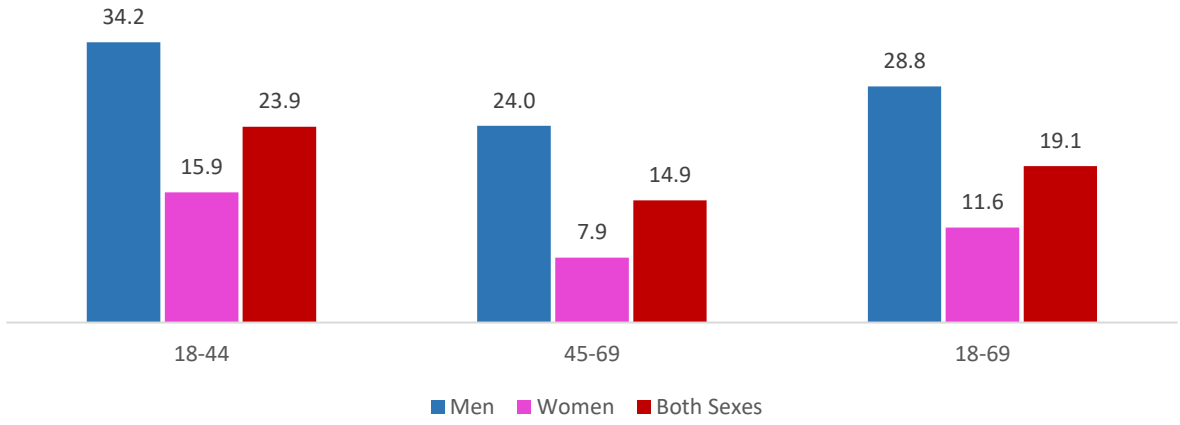
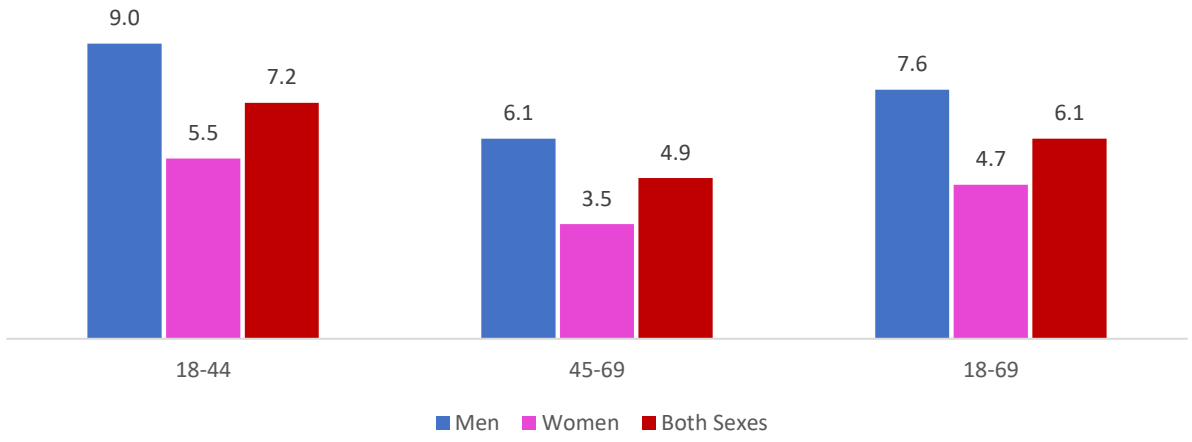


Table 15: Mean number of times current drinkers consumed six or more drinks during a single occasion in the past 30 days

The mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers						
Gender	n	Men	n	Women	n	Both Sexes
Men	430	2.2	482	0.9	912	1.5
Women	416	2.1	360	0.6	776	1.4
Both Sexes	846	2.1	842	0.8	1,688	1.5

Consumption of unrecorded alcohol is not a custom that is practiced widely in St. Lucia. Of all adults 18-69 who currently drink, only 6.1% consumed unrecorded alcohol, of which 7.6% of males consumed more unrecorded alcohol than women 4.7%. This was also the case in both age groups 7.2% in the 18-44 age group where more men (9%) than women (5.5%) consumed unrecorded alcohol, and 4.9% in the 45-69 age group men (6.1%) consumed more than women (3.5%). Home-brewed beer (48.2%) and home-brewed spirits (28.4%) were the most common unrecorded alcohol products consumed by both men and women.

Figure 23: Percentage of current drinkers that consumed unrecorded alcohol during the past 7 days



Adults 18-69 who have consumed alcohol in the past 12 months found it very challenging to stop once they had started. The data showed that 4.2% of adult drinkers could not stop once they started drinking monthly or more frequently, while 3% report difficulty stopping once they started drinking less than monthly. The frequency of not being able to stop monthly drinking was generally higher for men (6.3%), particularly 7.7% of men in the older age group. Likewise, 4% of men said they could not stop drinking when starting less than monthly, which was more difficult for men in

both age groups. Likewise, 2.2% of women stated it was difficult to stop monthly or more frequent drinking once started, particularly 2.9% of women in the younger age group, while only 2.1% of women reported not being able to stop less than monthly drinking, particularly 2.8% of women in the younger age group.

Figure 24: Frequency of not being able to stop drinking once started during the past 12 months among past 12-month drinkers.

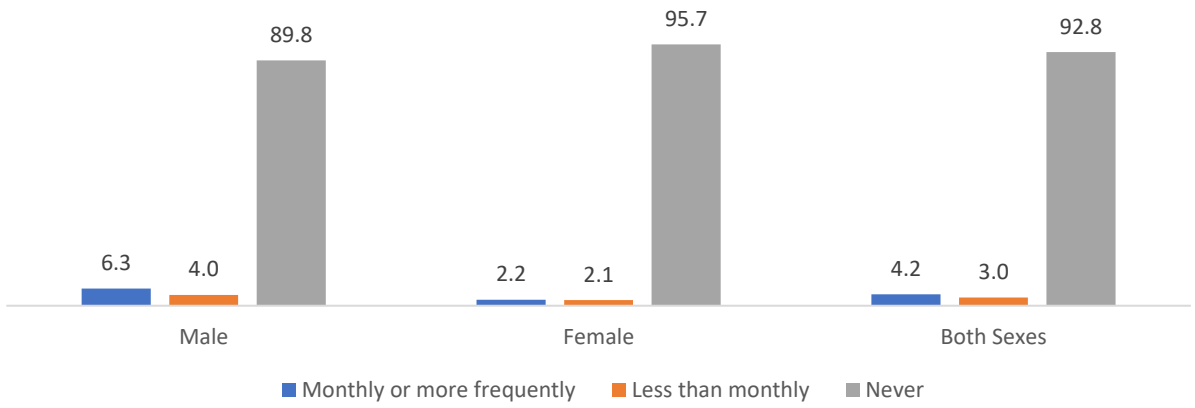


Table 16: Frequency of not being able to stop drinking once started during in the past 12 months

Frequency of not being able to stop drinking once started during the past 12 months, among past 12-month drinkers				
Age Group	Both Sexes			
Gender	n	Monthly or more frequently	Less than monthly	Never
18-44	1,056	3.8	3.3	92.9
45-69	1,137	4.6	2.7	92.7
18-69	**2,193**	**4.2**	**3.0**	**92.8**

Alcohol consumption can disrupt an individual's behaviour, deviating from doing what was normally expected. The survey data collected reported that less than monthly, 4.1% or adults 18-69 failed to do what was normally expected while 2.8% of adults 18-69 were behaving abnormally when they consumed alcohol monthly or more frequently in the last 12 months.

Focusing on males, 4.9% had behavioural challenges when they consumed alcohol monthly or more frequently, with 5.4% of men in the older age group being affected the most. In addition, 5.5% of men reported their inability to behave normally, particularly 5.7% of men in the 18-44 age group less than monthly.

Less women reported behavioural challenges when they consumed alcohol in the last 12 months. The data showed that 2.8% of women reported challenges, of which 4.6% of women in the younger age group reported being affected. Likewise, only 1% of women stated being socially affected by alcohol monthly or more frequently with 1.3% of women in the younger age group reported being affected more than women in the older age group.

Figure 25: Frequency of failing to do what was normally expected because of drinking or not being able to stop drinking once started during the past 12 months

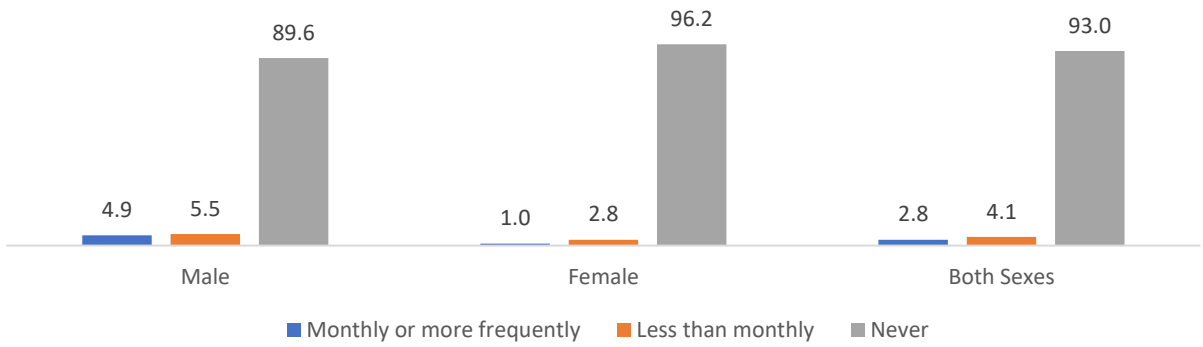


Table 17: Frequency of failing to do what was normally expected from you during the past 12 months, among past 12-month drinkers

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

Age Group	Both Sexes			
(Yrs.)	n	Monthly or more frequently	Less than monthly	Never
18-44	1,056	2.7	5.1	92.2
45-69	1,137	3.0	3.0	94.0
18-69	**2,193**	**2.8**	**4.1**	**93.0**

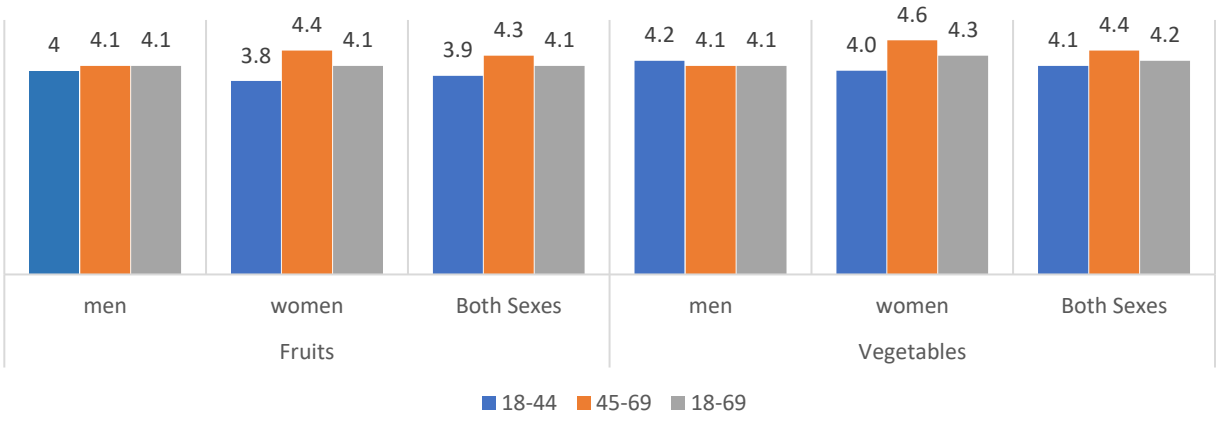
Diet

Fruits and Vegetable Consumption

The mean number of days adults 18-69 consumed fruits and vegetables in a typical week was insignificant, with adults consuming fruits on an average of 4.1 days and vegetables on 4.2 days. The data showed that women were frequently consuming more vegetables than men, while both men and women were consuming fruits at the same frequency of 4.1 days per week. Women

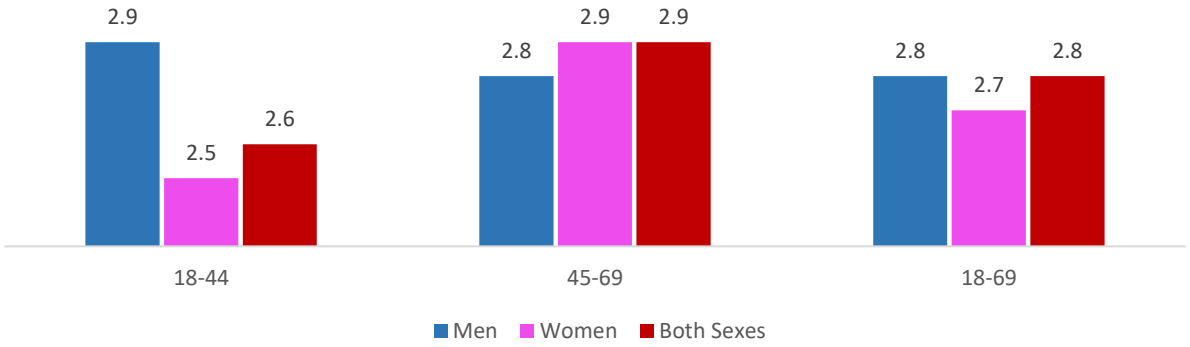
consumed vegetables at an average of 4.3 days per week, with women in the older age group consuming vegetables at a rate of 4.6 days per week. Men consumed vegetables at a rate of 4.1 days per week with men in the younger age group consuming vegetables by an average of 4.2 days per week. Women in the older age group consumed fruits on more days than men in the same age group at a rate of 4.4 days to 4.1 days for men.

Figure 26: Mean number of days fruit consumed in a typical week



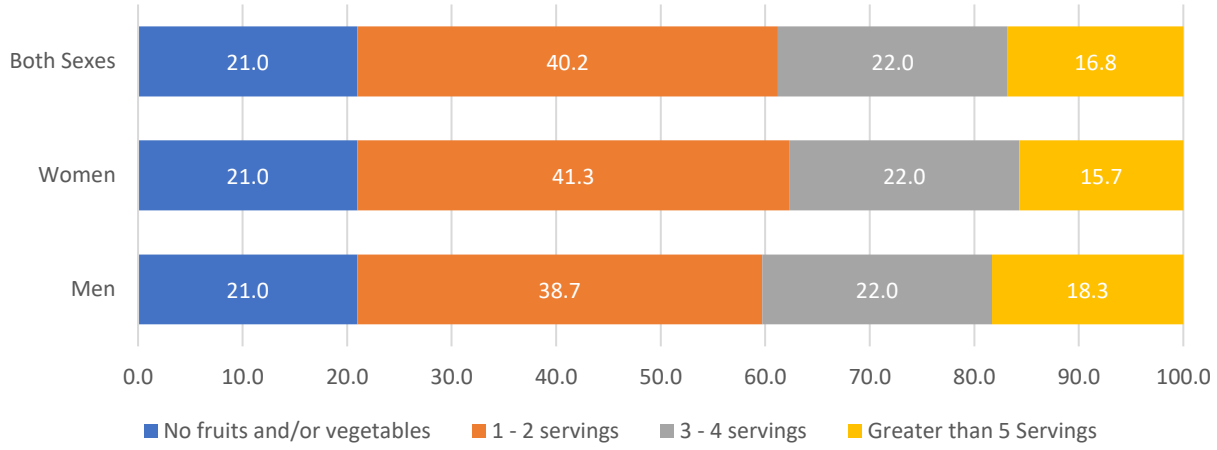
The mean number of servings of fruits and vegetable servings consumed per day was 2.8 servings, with men (2.8 servings per day) generally consuming slightly more servings of fruits and vegetables than women (2.7 servings per day). More servings of fruits and vegetables were consumed by adults in the older age group (2.9 servings per day) than those in the younger age group (2.6 servings per day). In addition, women in the older age group consumed 2.9 servings of fruits and vegetables per day than their male peers who consumed 2.8 servings per day. However, men in the younger age group consumed significantly more servings of fruits and vegetables than women (2.9 verses 2.5 servings per day).

Figure 27: Mean number of servings of fruit and vegetables per day



Almost 4 out of 10 adults 18-69 (40.2%) consume 1-2 servings of fruits and vegetables on average per day, with more women (41.3%) frequently consuming 1-2 servings of fruits and vegetables per day, while 38.7% of men consume 1-2 servings per day. Overall, the survey data show no statistical different between the proportion of men and women who consume 3-4 servings of fruits and vegetables per day at 22%. Adults 18-69 who consume more than 5 servings of fruits and vegetables per day amounted to 16.8%, of which more men (18.3%) than women (15.7%) consumed more than 5 servings of fruits and vegetables daily. Lastly, 21% of adults 18-69 did not consume fruits and vegetables at all.

Figure 28: Frequency of fruits and vegetable consumption per day, by gender (%)



Individuals in the older age groups were frequent consumers of fruits and vegetables per day in all serving groups, while more of the younger adults (23.9%) did not eat any fruits and vegetables.

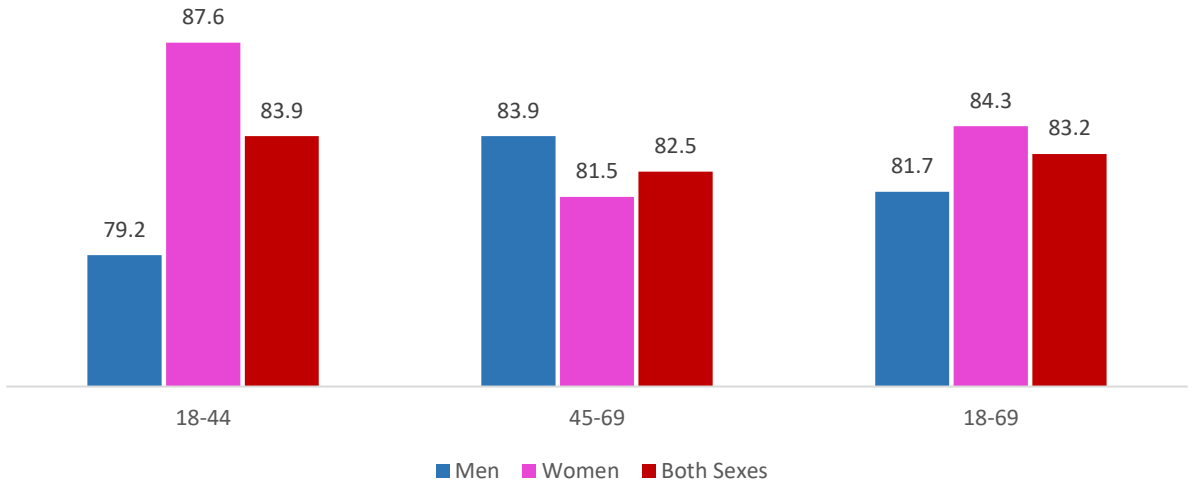
Table 18: Number of servings of fruit and vegetables on average per day

Number of servings of fruit and/or vegetables on average per day					
Age Group (Yrs.)	n	No fruits and/or vegetables	1 - 2 servings	3 - 4 servings	Greater than 5 Servings
18-44	1378	23.9	39.1	20.8	16.1
45-69	1572	18.4	41.2	23.0	17.5
18-69	**2,950**	**21.0**	**40.2**	**22.0**	**16.8**

The survey data showed that just over 8 out of 10 individuals (83.2%) in the population did not meet WHO's recommendations for fruits and vegetable consumption, given they ate less than five servings of fruits and vegetables on average per day. Of this, 84.3% of women, particularly women

in the younger age group (87.6%) did not consume enough fruits and vegetables per day. Likewise, 81.7% of men, of which 83.9% were in the older age group and 79.2% in the younger age group consumed less than five servings of fruits and vegetables each day.

Figure 29: Percentage of the population eating less than five servings of fruit and/or vegetables on average per day, by age group and gender

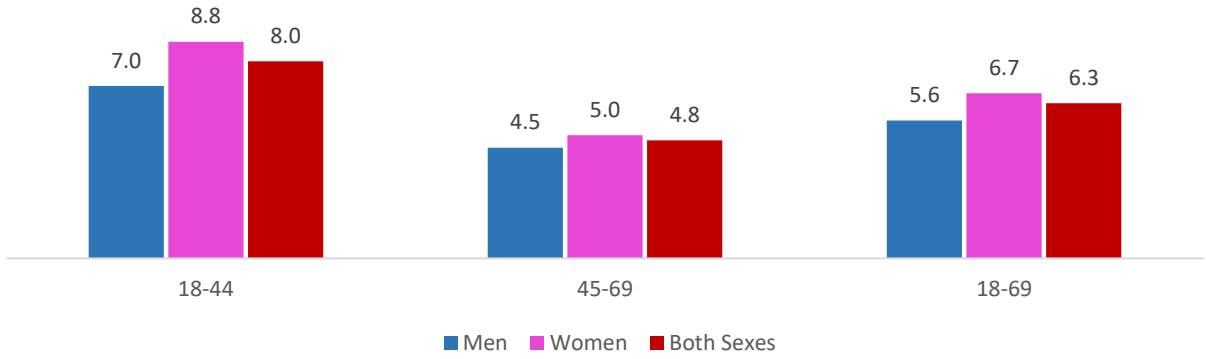


Dietary Salt

The STEPS survey collected data on the amount of salt in an individual's diet. Dietary salt includes ordinary table salt, unrefined salts such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce. Other areas of focus were on adding salt to the food right before consumption, on how food is prepared in a person's home, on eating processed foods that are high in salt such as Salt Fish, Smoked Herring, Snout, Salted Pork, and on controlling the level of salt intake.

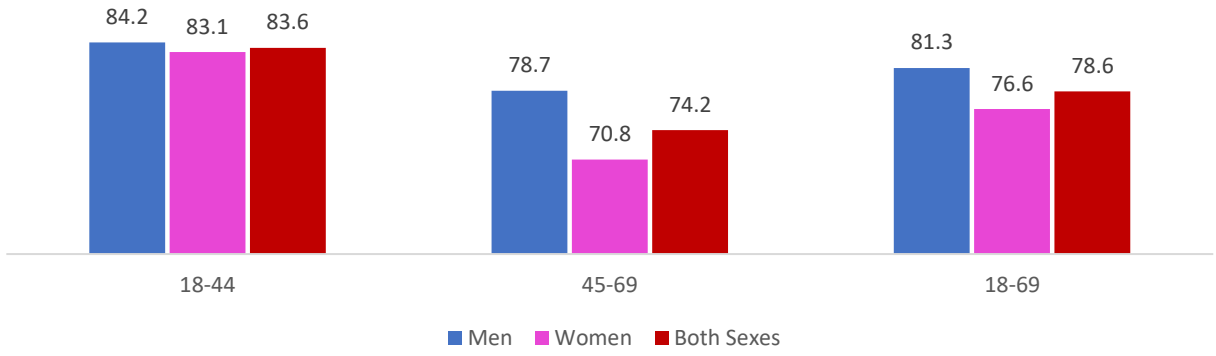
The percentage of the population that always add salt or salty sauce to their food before eating was just 6.3%, of which 6.7% of women reported practicing this habit compared to 5.6% of men. Furthermore, almost twice as many individuals in the younger age group (8%), were observed to consume more salt when eating, compared to 4.8% in the older age group. Both women (8.8%) and men (7%) in the younger age group frequently added salt or salty sauce to their food before or as they are eating.

Figure 30: Percentage of adults 18-69 who always or often add salt or salty sauce to their food before eating or as they are eating, by age group and gender



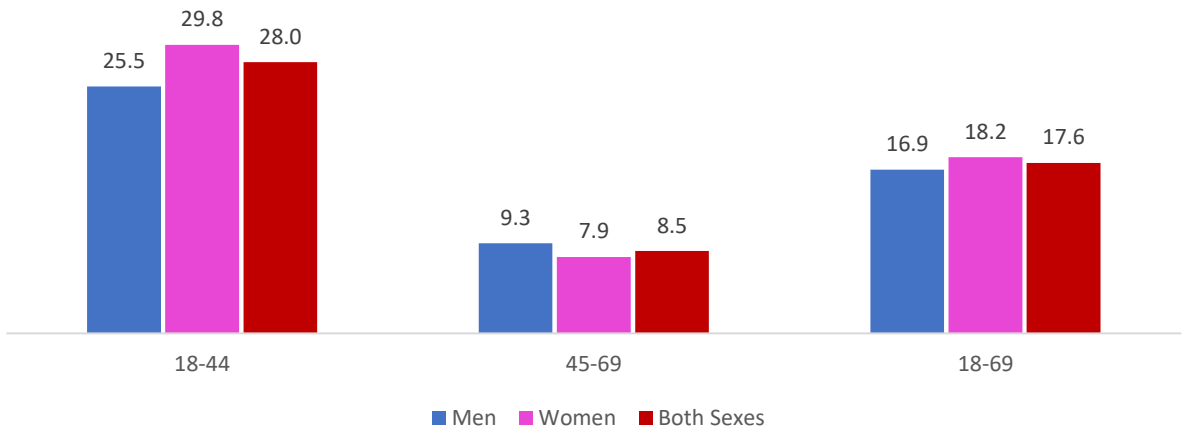
Adding salt when cooking was more common in adults 18-69. Overall, 78.6% of adults added salt to their food when cooking. More men (81.3%) added salt to their food when cooking at home compared to 76.6% of women. This trend was also observed in both age groups with 84.2% of men in the younger age group and 78.7% in the older age group; women were 83.1% and 70.8% in the younger and older age groups respectively. Generally, individuals in the younger age group (83.6%) were found to include more salt in their food when cooking, than those in the older age group (74.2%).

Figure 31: Percentage of adults 18-69 who always or often add salt to their food when cooking or preparing foods at home, by age group and gender



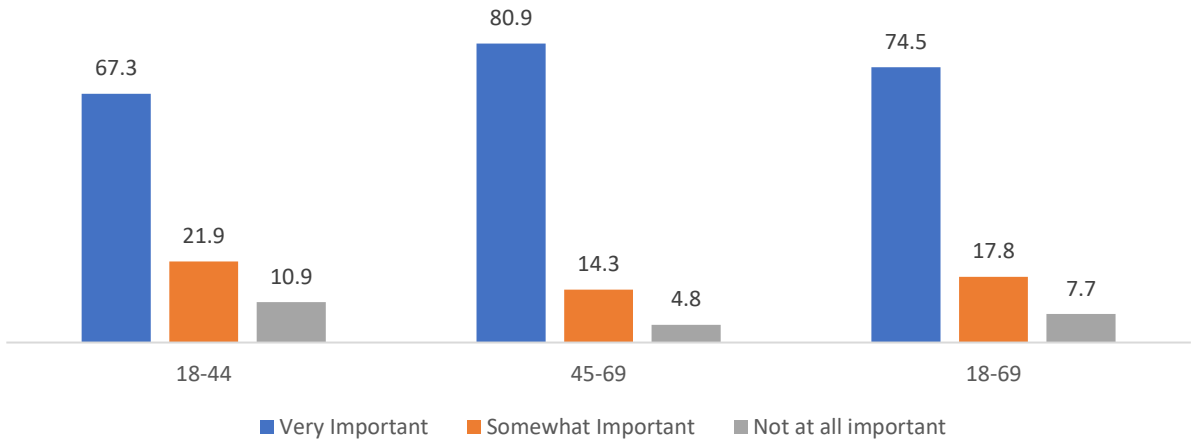
The main takeaway from the consumption of salty processed food is that generally, women consume more processed foods than men. In addition, significantly more adults in the younger age group consume salty processed foods compared to individuals in the older age group. The data showed that 17.6% of the adult population consumed salty processed foods, of which 18.2% were women while 16.9% were men. Over three times more people in the younger age group (28%) consumed processed foods high in salt than individuals in the older age group (8.5%).

Figure 32: Percentage of adults 18-69 who always or often eat processed foods high in salt, by age group and gender



Despite the level of salt intake, 92.3% of adults 18-69 believe that lowering salt in their diet is either very important (74.5%) or somewhat important (17.8%). This attitude was observed in all age groups, particularly 95.2% of adults in the older age group and 89.2% in the younger age group. However, 7.7% of adults thought that reducing their salt intake was not that important, of which 10.9% were in the younger age group and 4.8% were in the older age group.

Figure 33: Percentage of adults 18-69 who think lowering salt in their diet is very, somewhat, or not at all important, by age group and gender



More women (76.7%) than men (71.6%) believed it was very important to lower their salt intake in their diet. On the other hand, 19.1% of men compared to 16.9% of women thought it was somewhat important, while 9.3% of men and 6.4% of women believed it was not that important to reduce their salt intake in their food.

Table 19: Importance of lowering salt or salt intake in their diet, by gender (%)

Importance of lowering salt in diet				
		BOTH SEXES (%)		
Gender	n	Very Important	Somewhat Important	Not at all important
Male	1,347	71.6	19.1	9.3
Female	1,547	76.7	16.9	6.4
Both Sexes	2,894	74.5	17.8	7.7

Physical Activity

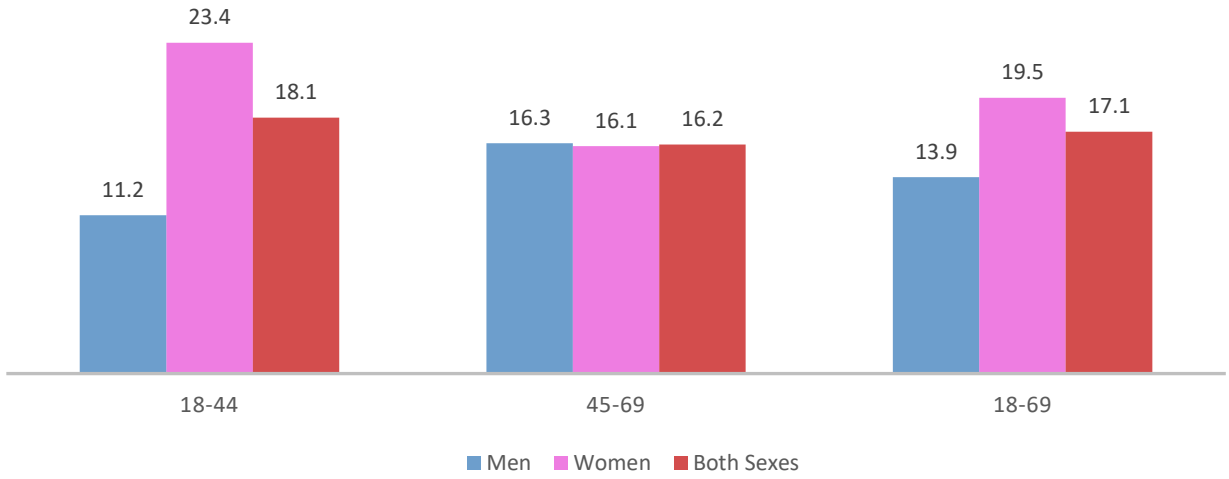
The recommended level of physical activity was calculated based on the WHO global recommendations on physical activity for health. The computation took into consideration the total time spent in physical activity during a typical week and the intensity of the physical activity.

Throughout a week, including activities 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 metabolic equivalent minutes.

The survey results showed that 17.1% of adults 18-69 did not meet WHO recommendations on physical activity for health, with 19.5% of women and 13.9% of men below the recommended level of physical activity. In the older age group, 16.2% of the older adults did not meet the physical activity requirement with no significant difference between men (16.3%) and women (16.1%). In the younger age group, 18.1% of adults did not meet the WHO physical activity recommendation, with twice as many women (23.4%) than men (11.2%) not meeting the physical activity recommendation.

Figure 34:Percentage of adults 18-69 who are not meeting WHO recommendations on physical activity for health, by age group and gender



Compared to the former recommendations, the three levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are:

- **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 are 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.

The findings from the physical activity data based on the former WHO physical activity recommendations showed that 53.2% of adults 18-69 did not meet the high-level recommendation, with a higher percentage of men (65.5%) compared to women (43.7%) failing to meet the physical activity requirements. Nonetheless, the proportion between age groups in the high category was insignificant, with just over half of the adults not meeting the recommendations. In addition, 25.2%

did not meet the moderate level of physical activity, while 21.6% did not meet the low level of physical activity recommended. While the percentage of men was relatively the same between low and moderate levels of physical activity, more women reported not meeting the physical activity recommendation in both low (24.9%) and moderate (31.4%) levels.

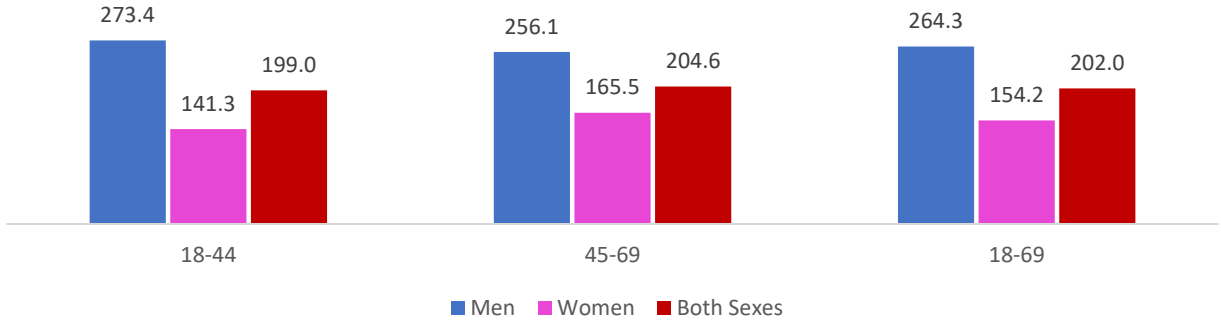
Figure 35: Percentage of adults 18-69 classified into three categories of total physical activity according to former recommendations

Level of total physical activity according to former recommendations							
	BOTH SEXES (%)						
Gender	n	Low	95% CI	Moderate	95% CI	High	95% CI
Male	1,253	17.3	15.0-19.7	17.1	14.6-19.6	65.5	62.4-68.7
Female	1,613	24.9	22.3-27.4	31.4	28.9-33.9	43.7	41.0-46.5
Both Sexes	2,866	21.6	19.7-23.5	25.2	23.4-27.0	53.2	51.0-55.4

Age Group (Yrs.)	BOTH SEXES (%)						
	n	Low	95% CI	Moderate	95% CI	High	95% CI
18-44	1,342	22.5	19.7-25.2	24.3	21.7-26.8	53.3	50.1-56.4
45-69	1,524	20.8	18.6-23.1	26.0	23.5-28.6	53.1	50.2-56.1
18-69	2,866	21.6	19.7-23.5	25.2	23.4-27.0	53.2	51.0-55.4

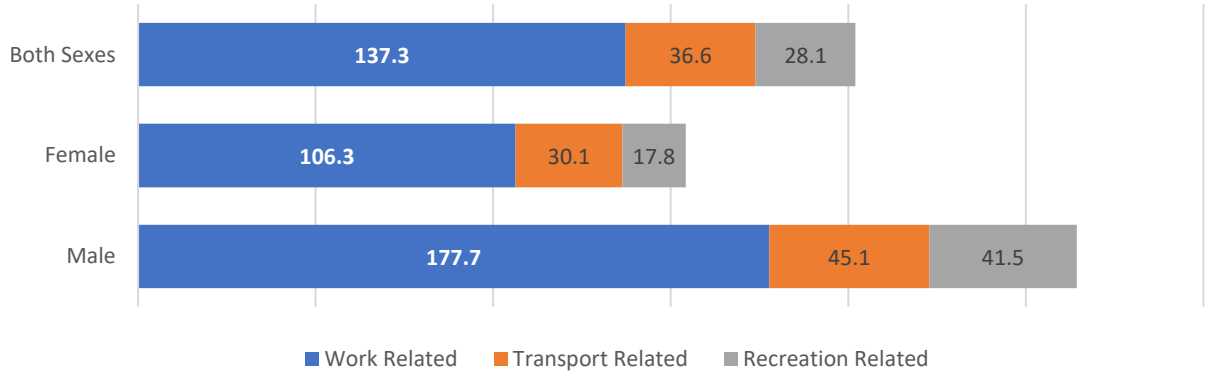
Overall, men spent more time on average per day (264.3 minutes) engaging in physical activity compared to 154.2 minutes for women. This was the general pattern in both age groups. In the younger age group (18-44 years), the group average was 199 minutes of physical activity between men and women, with men spending 132.1 minutes more in physical activity per day than women (men-273.4 minutes and women 141.3 minutes). Likewise, the group average for the older age group was 204.6 minutes, which was slightly higher than that of the younger age group, of which, men spent 256.1 minutes in physical activity while women spent 165.5 minutes in physical activity per day.

Figure 36: Mean minutes of total physical activity on average per day, by age group and gender



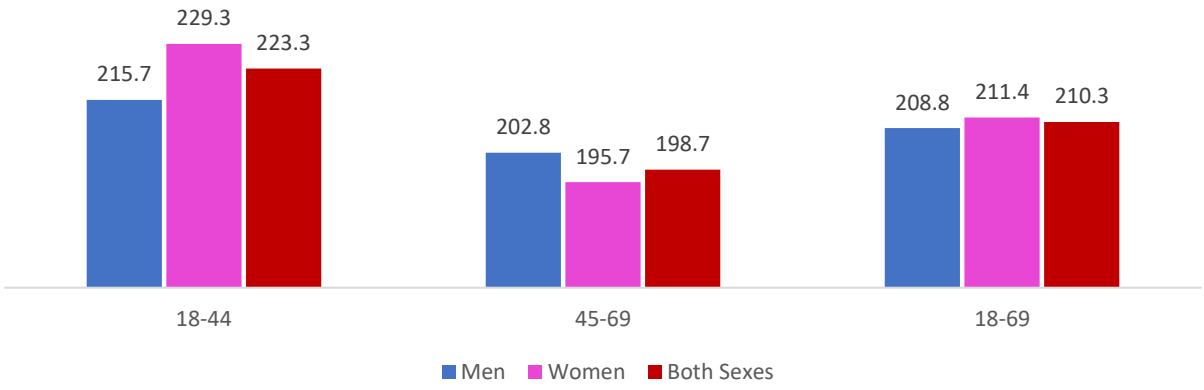
Generally, mostly physical activity per day was work related with 137.3 minutes for both sexes, 106.3 minutes for women, and 177.7 minutes for men. Transport, which includes travel to and from places, was the second highest category of physical activity for adults 18-69 with an overall average of 28.1, of which men were 45.1 minutes and women 30.1 minutes. The least amount of time spent engaging in physical activity for the population was in recreational activities. Overall, the adults 18-69 spend less than half an hour (28.1 minutes) in recreational activities, with women spending the least amount of time at 17.8 minutes and men with the most time at 41.5 minutes of physical activity.

Figure 37: Mean minutes of total physical activity on average per day, by gender and type of activity



Both men and women engaged in sedentary behaviour, with an overall average of 210.3 minutes per day, with women spending more time (211.4 minutes) than men (208.8 minutes) in daily sedentary activities. The younger individuals spent significantly more time than the older age group in sedentary activities each day. Individuals in the younger age group spent an overall average of 223.3 minutes compared to 198.7 minutes in sedentary activities per day. While women (229.3 minutes) spent more time than men (215.7 minutes) per day in sedentary activities, their times were still higher than their counterparts in the older age group at just 195.7 minutes for women and 202.8 minutes for men.

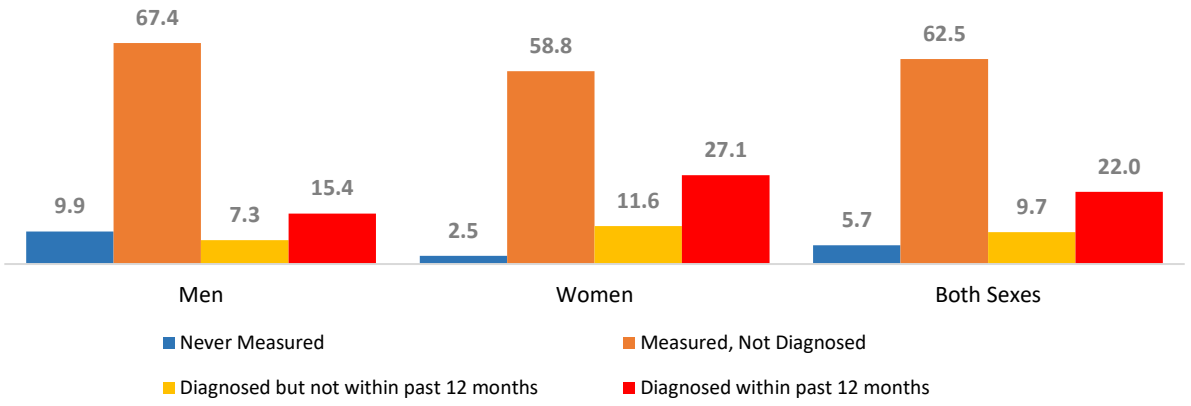
Figure 38: Mean minutes of sedentary activity per day, by gender and age group



History Of Raised Blood Pressure (Hypertension)

Blood pressure measurement and diagnosis data were collected, and the findings showed that every 18th person (5.7%) had never had their blood pressure measured by a doctor or health worker. The proportion of men (9.9%) who have never had their blood pressure measured was four times higher than that of women (2.5%). Just over half of the population (62.5%) had their blood pressure measured but was not diagnosed, of which 67.4% were men and 58.8% were women, were not diagnosed with hypertension after they had their blood pressure reading done by a doctor or health worker. Every tenth person (9.7%) had been diagnosed with hypertension but not within the last 12 months, with 11.6% of women and 7.3% of men being diagnosed with hypertension. With the people that were diagnosed with hypertension within the last 12 months, every 5th individual (22%) who got their blood pressure measured by a doctor or health worker was diagnosed with hypertension. A higher proportion of women (27.1%) were found to be diagnosed with hypertension than men (15.4%) in the past 12 months.

Figure 39: Blood pressure measurement and diagnosis among adults 18-69, by gender and status (%)



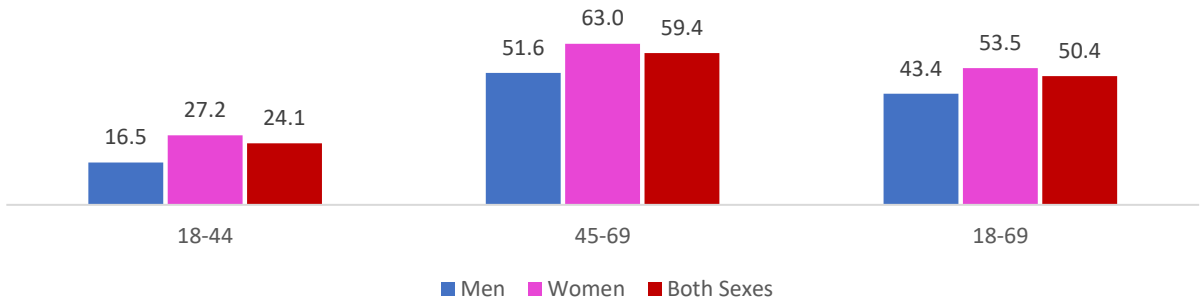
The proportion of the adult population that had never been measured and measured but was not diagnosed with hypertension by a doctor or health worker, was significantly higher in the younger age group (82.8%) than the older age group (55.5%). Conversely, the proportion of those diagnosed with hypertension over 12 months and within the last 12 months was higher in the older age group (44.5%) compared to the younger age group (17.2%); a significant difference of 27.3% between the younger (18-44 years) and older (45-69 years) age groups. However, the overall results saw that 68.2% of individuals never had their blood pressure measured and/or measured but were not diagnosed by a doctor or health worker, compared to 31.7% of persons who were diagnosed over 12 months and within the last 12 months.

Figure 40: Blood pressure measurement and diagnosis among adults 18-69, by age group and status

Blood pressure measurement and diagnosis (%)					
	BOTH SEXES				
Age Group (Yrs.)	n	Never Measured	Measured, Not Diagnosed	Diagnosed but not within the past 12 months	Diagnosed within the past 12 months
18-44	1385	9.1	73.7	5.8	11.4
45-69	1579	2.8	52.7	13.1	31.4
18-69	**2,964**	**5.7**	**62.5**	**9.7**	**22.0**

Of the individuals who had been diagnosed with hypertension, half (50.4%) were taking medication prescribed by a doctor or other health worker, of which 53.5% of men and 43.4% of women are taking their prescribed hypertension medication. The age group difference was significantly different with 59.4% in the older age group and about half (24.1%) in the younger age group were taking their prescribed hypertension medication. In all age groups, more women than men were reported to taking their blood pressure medication prescribed by a doctor or health worker [see Fig. 41 below].

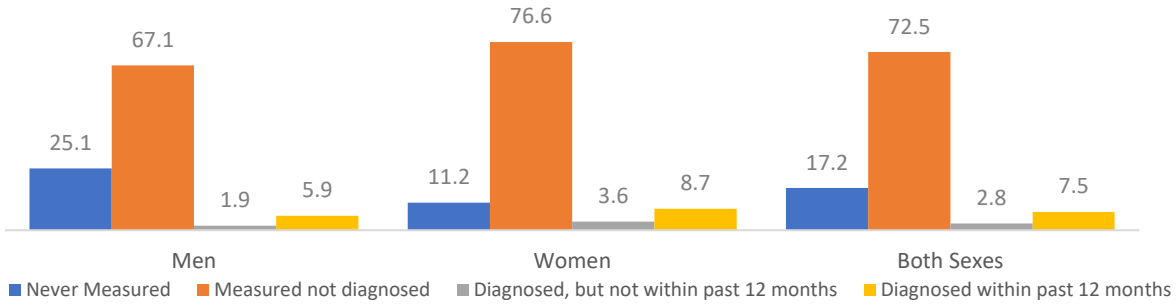
Figure 41: Percentage currently taking medication for raised blood pressure prescribed by doctor or health worker among those diagnosed



History Of Diabetes

Every 6th individual (17.2%) never had their blood sugar measured by a doctor or other health worker. The proportion of men (25.1%) who had never measured their blood sugar by a doctor or health worker was over three times higher than that of women (11.2%). Almost three-quarter of the population (72.5%) did measure their blood sugar but was not diagnosed, of which, 76.6% were women and 67.1% were men. One in every thirty-six people (2.8%) was diagnosed with diabetes, but not within the prior 12 months; 3.6% were women and 1.9% were men. The individuals that were diagnosed with diabetes within the past 12 months was 7.5% or one in every thirteen individuals, of which 8.7% were women and 5.9% were men.

Figure 42: Blood sugar measurement & diagnosis by a doctor or health worker among all adults 18-69, by gender & status



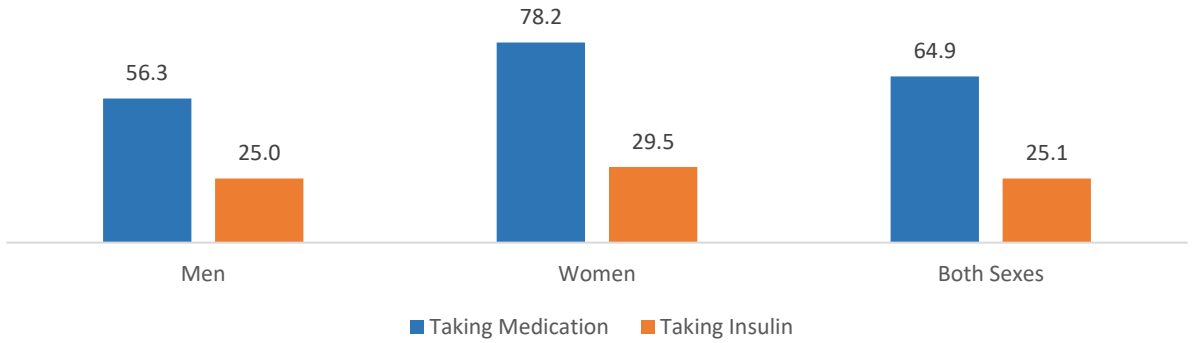
The proportion of the population that had never measured, and measured but was not diagnosed with diabetes by a doctor or health worker, was slightly higher in the younger age group (96.4%) than the older age group (83.8%). Conversely, the proportion of those diagnosed with hypertension over 12 months and within the last 12 months was higher in the older age group (16.2%) compared to the younger age group (3.6%). Overall results showed that 89.7% of individuals never had their blood sugar measured and measured but were not diagnosed by a doctor or health worker compared to 10.3% of persons who were diagnosed with diabetes over 12 months and within the last 12 months.

Figure 43: Blood sugar measurement and diagnosis (%)

Age Group (Yrs.)	Both Sexes				
	n	Never Measured	Measured not diagnosed	Diagnosed, but not within the past 12 months	Diagnosed within the past 12 months
18-44	1,385	22.0	74.4	1.6	2.0
45-69	1,579	13.0	70.8	3.9	12.3
18-69	**2,964**	**17.2**	**72.5**	**2.8**	**7.5**

Of the individuals who had been diagnosed with diabetes, 64.9% of individuals were taking medication prescribed by a doctor or other health worker, of which 78.2% were women, which was higher than 56.3% of men. On the other hand, only 25.1% of people were taking their insulin medication that was prescribed by a doctor or health worker. The proportion of women (29.5%) and men (25%) who were taking their insulin medication was insignificant between the two gender groups.

Figure 44: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes.



A higher proportion of individuals in the older age group were reported to be taking their medication and insulin prescribed by a doctor or health workers, compared to those in the younger age group (see Table 20 below).

Table 20: Proportion of diagnosed adults 18-69 currently taking medication or insulin prescribed by a doctor or health worker

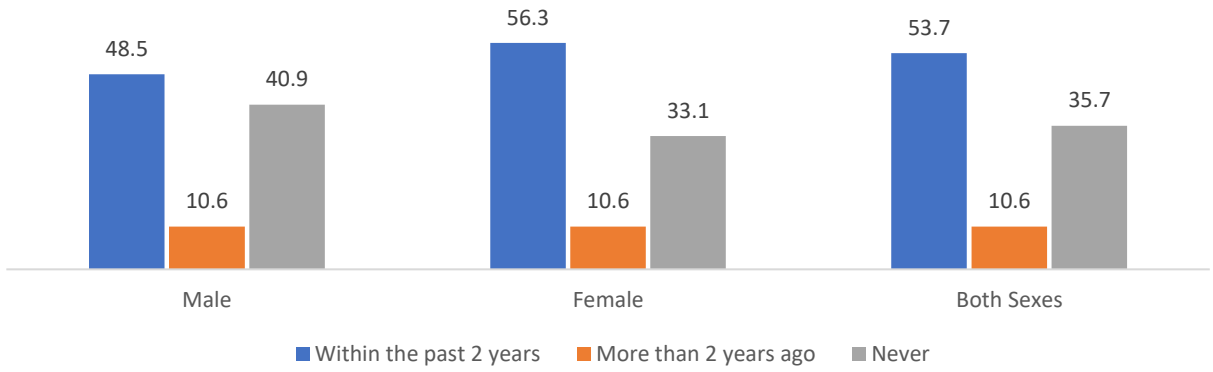
Currently taking drugs (medication/Insulin) prescribed for diabetes among those previously diagnosed			
	Both Sexes		
Age Group	n	Taking Medication	Taking Insulin
18-44	50	24.8	12.3
45-69	262	72.7	27.6
18-69	**313**	**64.9**	**25.1**

Of those previously diagnosed with diabetes, almost five out of 10 (48.6%) had received at least two HbA1C (glycated hemoglobin) tests in the previous year as part of diabetes control, of which 52.5% of individuals in the older age group compared to 29.5% in the younger age group received the two HbA1C test in the past year. There were no significant differences between men and women and age groups.

Just over a third of those with previously diagnosed diabetes (35.7%) had never had their eyes examined as part of their diabetes control, of which 33.1% were women and 40.9% were men. There was no significant difference in proportion among gender for individuals who took an eye

exam more than two years ago. Overall, over half (53.7%) of adults 18-69 took an eye exam within the past two years as part of their diabetes control, of which, 56.3% were women and 48.5 percent were men.

Figure 45: Percentage of adults 18-69 who have taken an eye exam over the last two years as part of their diabetes control, by gender



Out of those previously diagnosed with diabetes, 23.9% had their feet examined within the past year, 14.0 more than a year ago and 62.2% never had a feet exam as part of their diabetes control.

Furthermore, of those diagnosed with diabetes, 3.4% have taken an eye exam and the HbA1C test as part of their diabetes control; 4.2% were women and 2.3% were men; 3.7% have taken the HbA1C and feet exams, of which 2.5% were women and 1.5% men; 2.6% did an eye and feet exam, of which 3.4% were women and 1.5% men; and 1.8% took all three exams as part of their diabetes control, of which 2.3% were women and 1.1% were men. A higher proportion of individuals in the older age group were found to have taken more of the exams than those in the younger age group, as part of their diabetes control (see Table 21 below).

Figure 46: Percentage of adults 18-69 who have undertaken the HbA1C test, eye exam and feet exam over the past years as part of their diabetes control, by gender and test taken

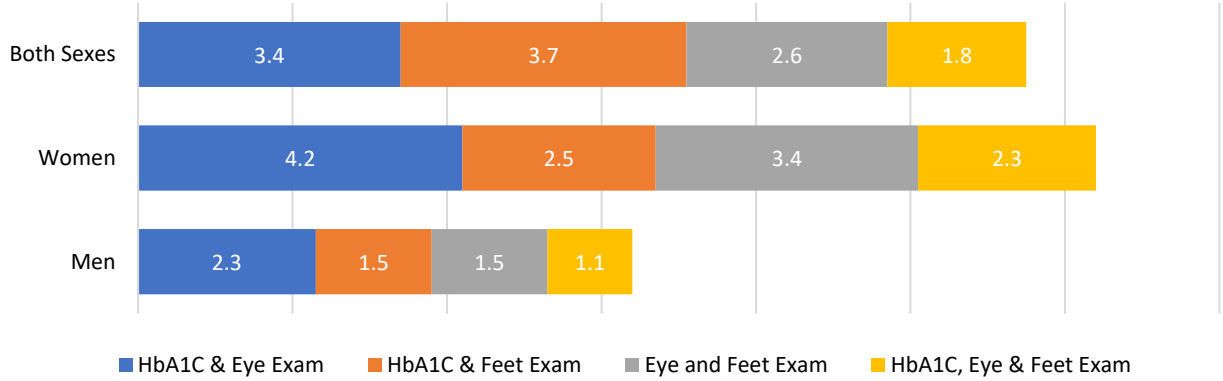


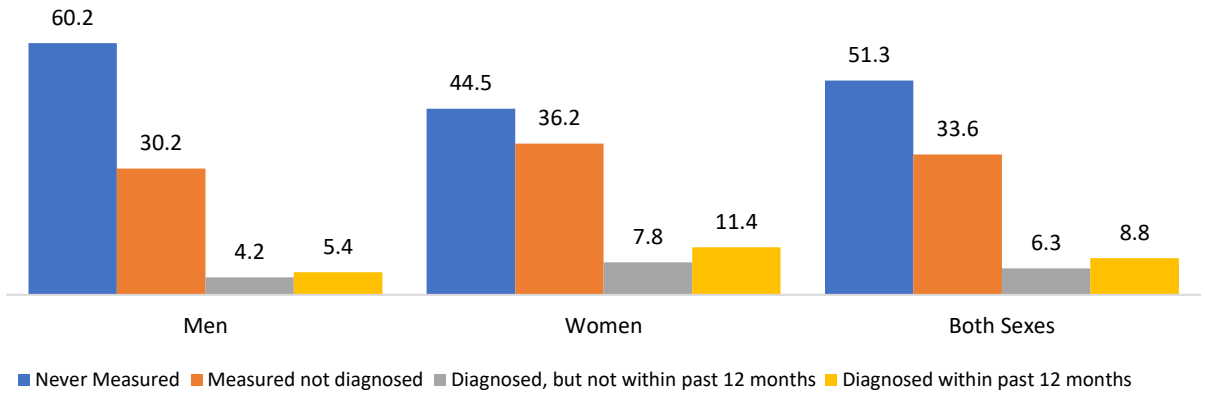
Table 21: Percentage of adults 18-69 who have undertaken the HbA1C test, eye exam and feet exam over the past years as part of their diabetes control, by age group and test taken

Percentage of adults 18-69 who have undertaken the HbA1C test, eye exam and feet exam over the past years as part of their diabetes control (%)					
		Both Sexes			
Age Group (Years)	n	HbA1C & Eye Exam	HbA1C & Feet Exam	Eye and Feet Exam	HbA1C, Eye & Feet Exam
18-44	1,385	0.4	0.2	0.2	0.1
45-69	1,579	6.0	0.2	4.7	3.3
18-69	**2,964**	**3.4**	**3.7**	**2.6**	**1.8**

History Of Raised Total Cholesterol

Just over half of the population (51.3%) had never had their total blood cholesterol measured by a doctor or health worker; of which 60.2% were men and 44.5% were women. A third of the population (33.6%) did assess their blood cholesterol but was not diagnosed with raised total cholesterol (36.2% women and 30.2% men). Overall, one in every sixteen individuals, or 6.3% of the population was diagnosed with high cholesterol 12 months before the survey with more women (7.8%) than men (4.2%) being previously diagnosed with high cholesterol. Throughout the population, every eleventh individual, or 8.8% of the population was diagnosed with high cholesterol within the past 12 months of the survey, of which more women (11.4%) than men (5.4%) were diagnosed.

Figure 47: Percentage of total cholesterol measurement and diagnosis among all adults 18-69, by gender



The proportion of those who have never measured and measured but were not diagnosed with high cholesterol was greater in the younger age group (91.7%) than in the older age group (79%). However, as you move to the older age group, the total previously diagnosed and currently

diagnosed in the past 12 months was over two times higher in the older age group (21%) than the younger age group (8.4%) (see Table 22 below).

There was no significant difference in the medical treatment for raised total cholesterol prescribed by a medical professional among age groups; 25.5% overall, 26.4% women, and 22.9% men. However, the individuals in the older age group (31.4%) were more likely to take their prescribed cholesterol medication than people in the younger age group (8.7%)

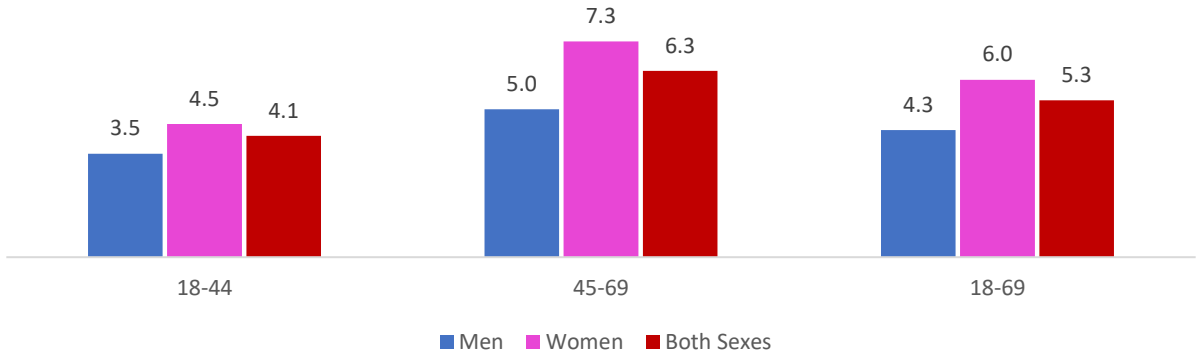
Table 22: Percentage of total cholesterol measurement and diagnosis (%)

Percentage of total cholesterol measurement and diagnosis (%)					
	Both Sexes				
Age Group	n	Never Measured	Measured not diagnosed	Diagnosed, but not within past 12 months	Diagnosed within past 12 months
18-44	1385	61.2	30.5	3.7	4.7
45-69	1579	42.7	36.3	8.6	12.4
18-69	**2,964**	**51.3**	**33.6**	**6.3**	**8.8**

History Of CVDs

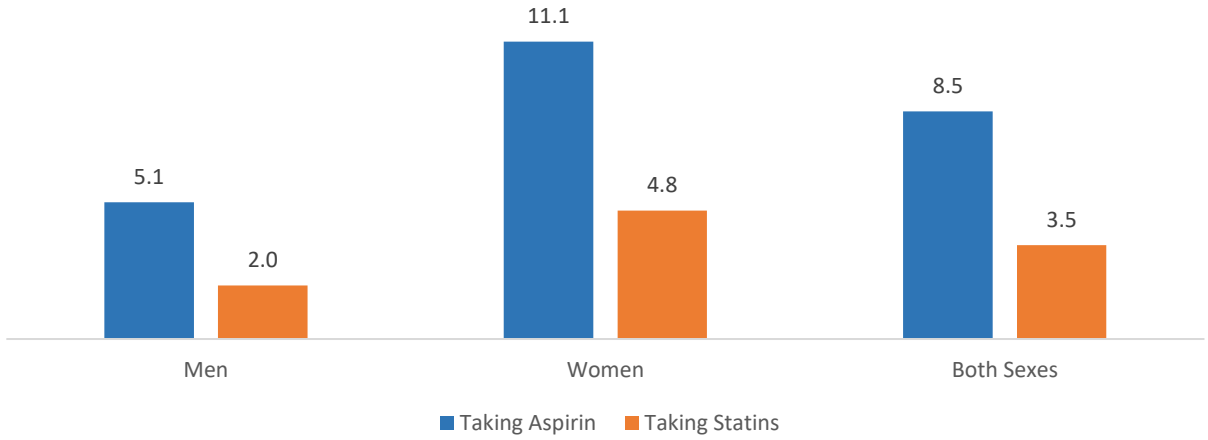
In general, 5.3% of the population have had a heart attack or chest pain from heart disease or stroke, of which 6% of women had a higher history of CVDs compared to 4.3% of men. The prevalence of CVDs increased with age as 6.3% of the individuals in the higher age group have had heart or chest-related issues relating to heart disease or stroke, of which 7.3% of women and 5% of men had such heart-related issues. However, only 4.1% of the people in the younger age group report heart or chest-related issues relating to heart disease or stroke, of which women were still higher at 4.5% compared to men at 3.5%.

Figure 48: Percentage of adults who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all adults 18-69, by age group and gender (%)



One in every twelve of the population (8.5%) took aspirin regularly to prevent or treat heart disease, while 3.5% or one in every twenty-eight persons in the population took statins to treat or prevent heart attacks. The proportion of women (11.1%) taking aspirin regularly was higher than men (5.1%). Likewise, 4.8% of women took statins regularly compared to 2% of men to prevent or treat heart disease. The data also showed that the proportion of people in the older age group who are currently taking aspirin or statins to treat or prevent heart attacks was greater than those in the younger age group.

Figure 49: Percentage of adults 18-69 who are currently taking aspirin or statins regularly to prevent or treat heart disease.



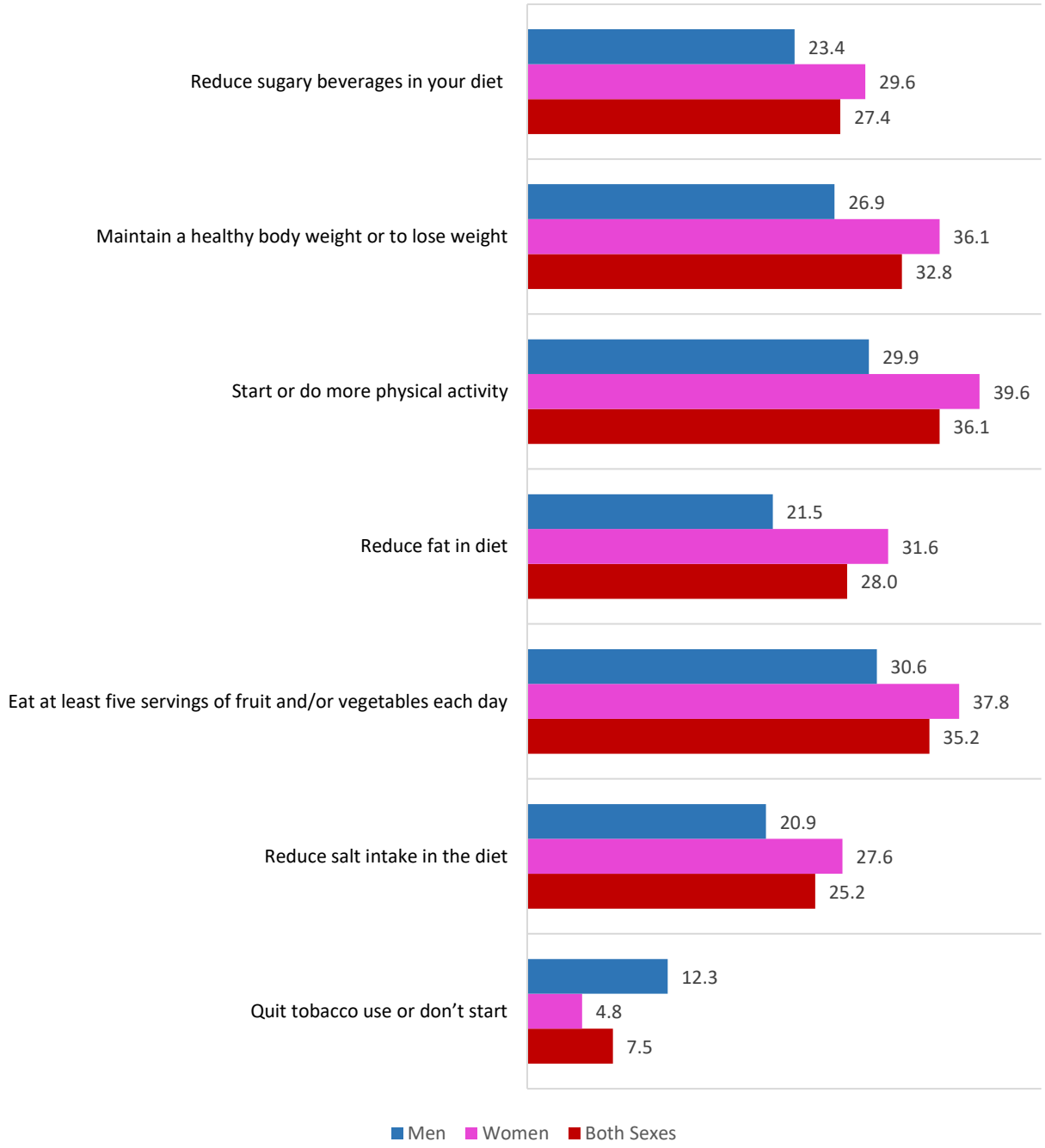
Lifestyle Advice

The graph below displays the proportion of the population that received different lifestyle advice from a doctor or health worker during the past 12 months:

- 27.4% were advised to reduce the level of sugary beverages in their diet; 23.4% among men and 29.6% among women.
- 32.8% were advised to maintain a healthy body weight or to lose weight; 26.9% among men and 36.1% among women.
- 36.1% were advised to start or do more physical activity; 29.9% among men and 39.6% among women.
- 28% were advised to reduce fat in their diet; 21.5% among men and 31.6% among women.
- 35.2% were advised to eat at least five servings of fruits and/or vegetables each day; 30.6% among men and 37.8% among women.
- 25.2% were advised to reduce salt intake in their diet; 20.9% among men and 27.6% among women.
- 7.5% were advised to quit tobacco use or don't start; 12.3% were among men and 4.8% were among women.

With regards to age group, a higher proportion of individuals in the older age group than younger age group, across all categories were subject to more medical advice than those in the lower age group.

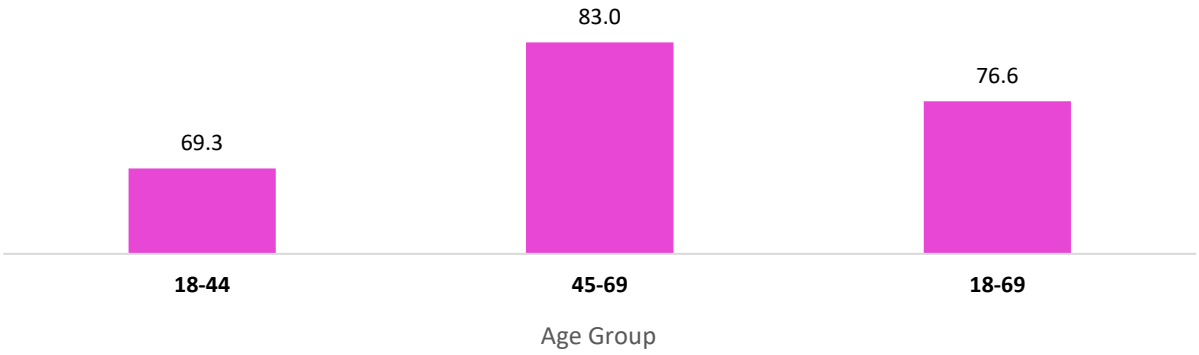
Figure 50: Percentage of adults who received lifestyle advice from a doctor or health worker during the past 12 months among all adults 18-69, by gender



Cervical Cancer Screening

Out of all women in the adult population, 76.6% have ever had a screening test for cervical cancer. The highest proportion of women who have done a cervical cancer screening was 83% in the 45-69 age group, while 69.3% of women in the 18-44 age group reported conducting a cervical cancer screening.

Figure 51: Percentage of female adults who have ever had a screening test for cervical cancer among all female adults 18-69



A proportion of women from 30-49 years who have ever had a cervical cancer screening was considered and the results found that 80.8% of women in the age range did conduct a cervical cancer screening test.

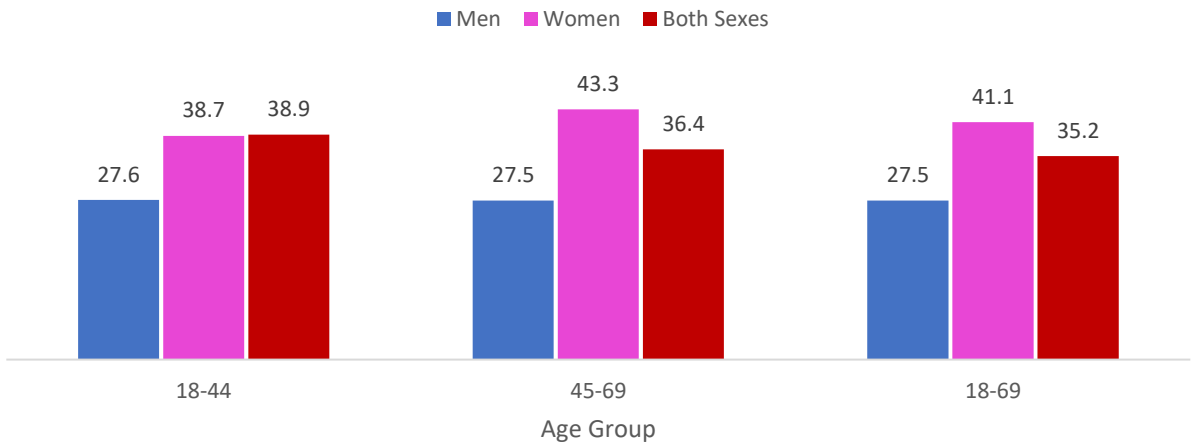
Table 23: Cervical Cancer Screening Among Women Aged 30 – 49 years.

Age Group	WOMEN (%)		
(Yrs.)	n	Ever Tested	95% CI
30 - 49	692	80.8	77.7 - 83.8

Health Screening (optional module)

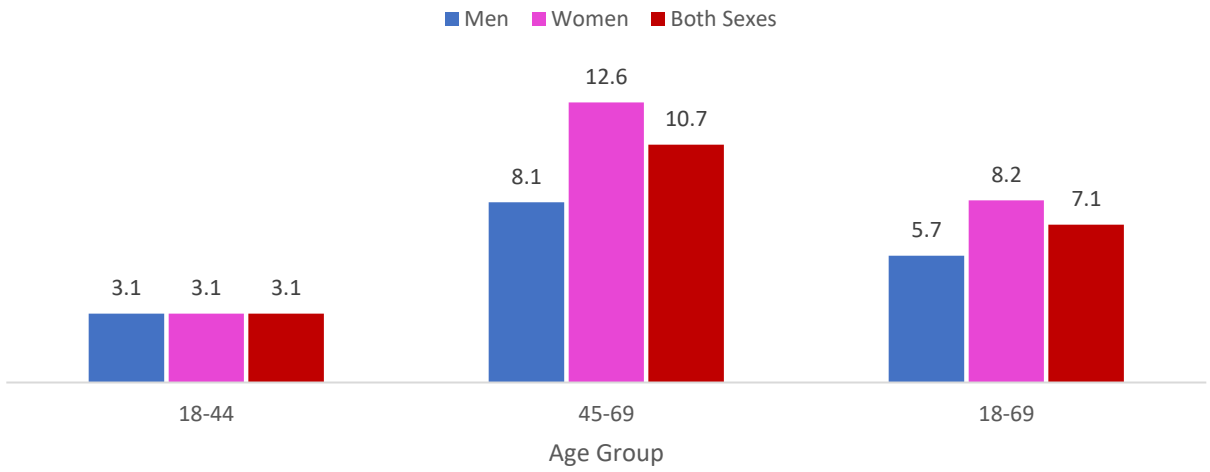
Overall, 35.2% of the population had their feces examined to look for hidden blood as part of their health screening, of which more women (41.1%) than men (27.5%) have conducted this examination. The percentage of adults in each age group who have performed the same examination is the same at 36.4% for the older age group and 38.9% for the younger age group. The proportion of women in both age groups (43.3%-45-69 years and 38.7% - 18-44 years) were more likely to perform the feces examination than men in the same age groups; no significant difference in the proportion of men (27.5% and 27.6%) in both age groups (see Fig. 52 below.).

Figure 52: Percentage of *adults 18-69* who have had their feces examined to look for hidden blood, by age and gender



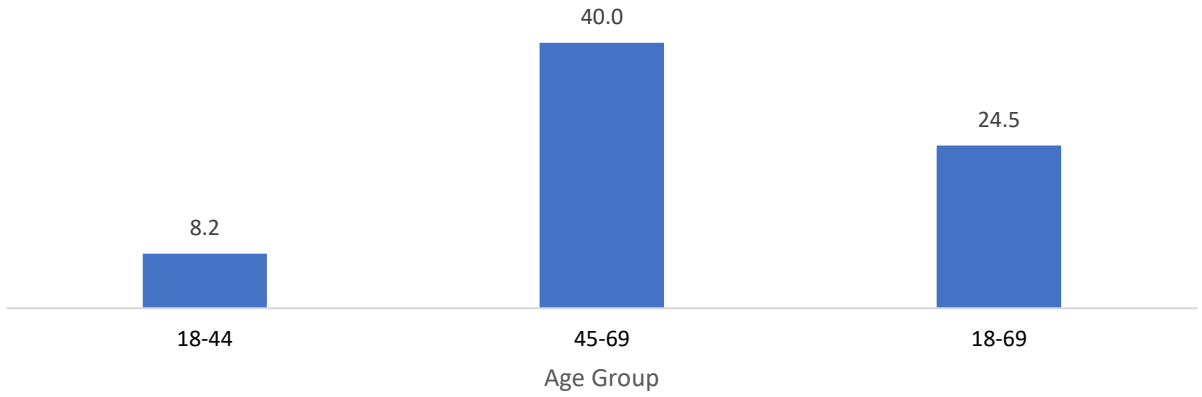
Out of the total population, 7.1% of adults 18-69 have had a colonoscopy examination, of which men were 5.7% and women slightly higher at 8.2%. The results showed that individuals in the older age group were more likely to have performed a colon exam with an overall proportion of 10.7%; 12.6% among women and 8.1% among men.

Figure 53: Percentage of *adults 18-69* who have had a colonoscopy examination, by age group and gender



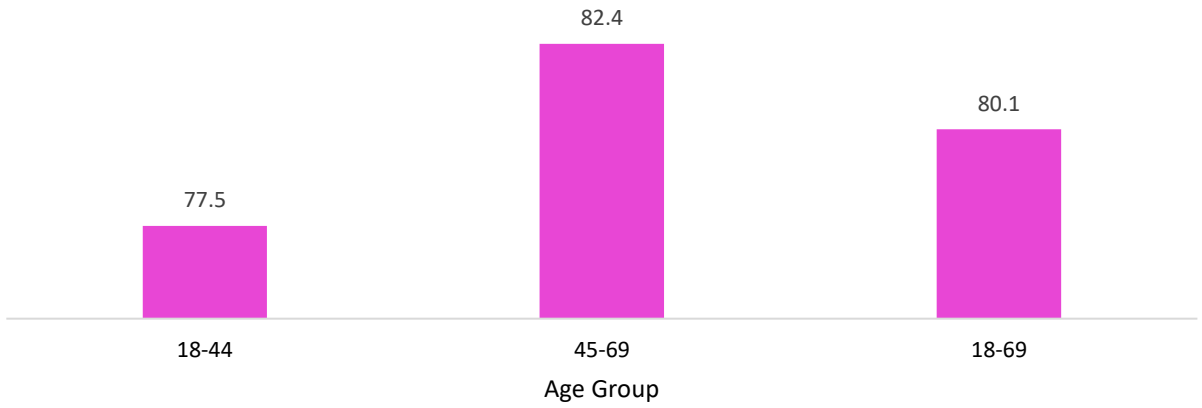
Out of the total male population, 24.5% of adult males 18-69 have undergone a prostate exam, of which 40% of males in the 45-69 age group and 8.2% in the younger age group have had the prostate exam.

Figure 54: Percentage of male adults 18-69 who have had a prostate examination, by age group



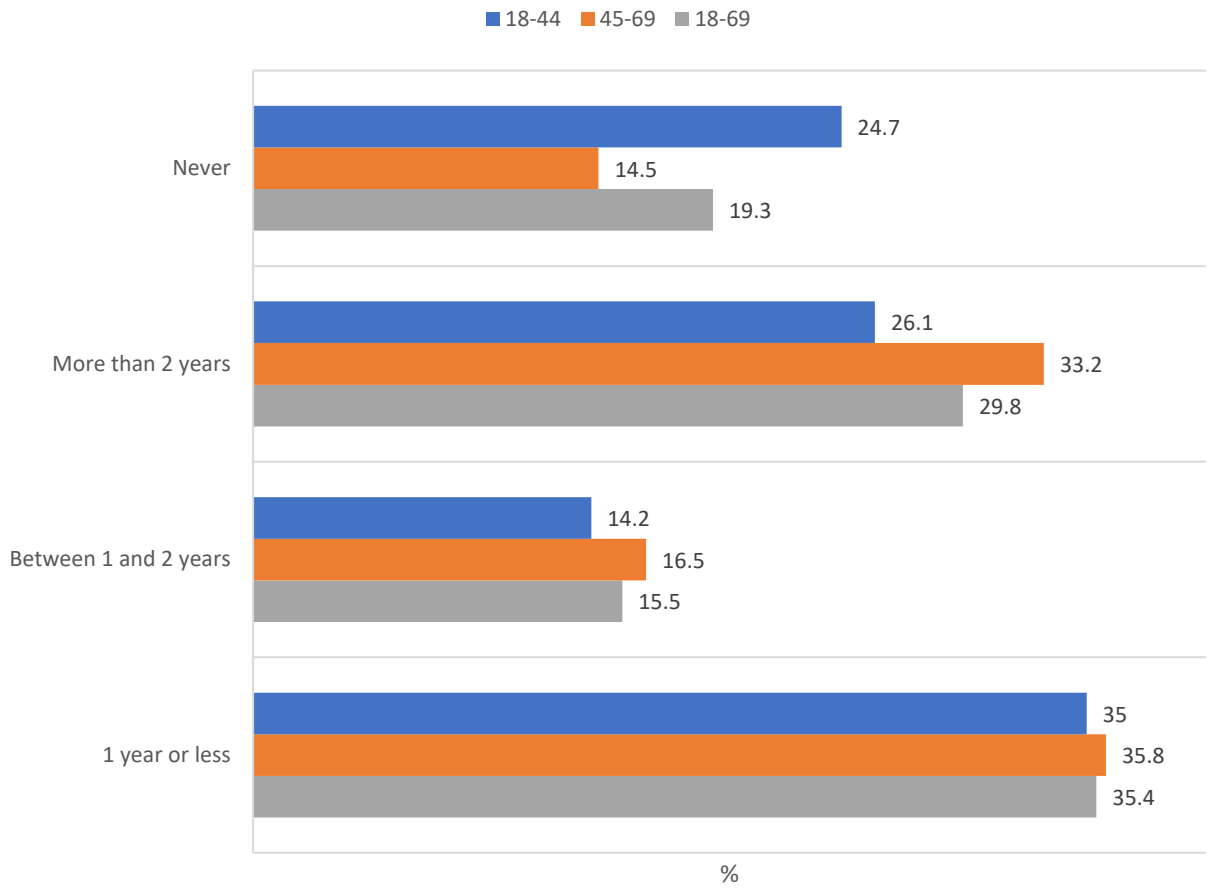
The result for breast examination, as shown in figure 55 below, shows that overall, 80.1% of women have been shown how to examine their breasts, of which 82.4% of women in the older age group (45-69 years) and 77.5% of women in the younger age group (18-44 years).

Figure 55: Percentage of female adults 18-69 who have been shown how to examine their breasts, by age group



Apart from 80.1% of women being shown how to conduct a breast exam, further data was conducted on women having their breasts examined by a doctor or health professional. The results showed that out of the total women population, 19.3% of women never had their breasts examined by a doctor or health professional; 24.7% among 18-44 years and 14.5% among 45-69 years. The data also found that 29.8% of women had their breasts examined by a doctor or health professional for more than two years, of which 33.2% among 45-69 years and 26.1% among 18-44 years. The proportion of women who have had a breast examination in the last one and two years by a health professional was 15.5%; 16.5% among women in the 45-69 age range and 14.2% among women in the 18-44 age range. A total of 35.4% of women have undergone a breast exam by a doctor or health professional in one year or less; of which 35.8% of women are among the older age group and 35% of women in the younger age group; the difference is statistically insignificant.

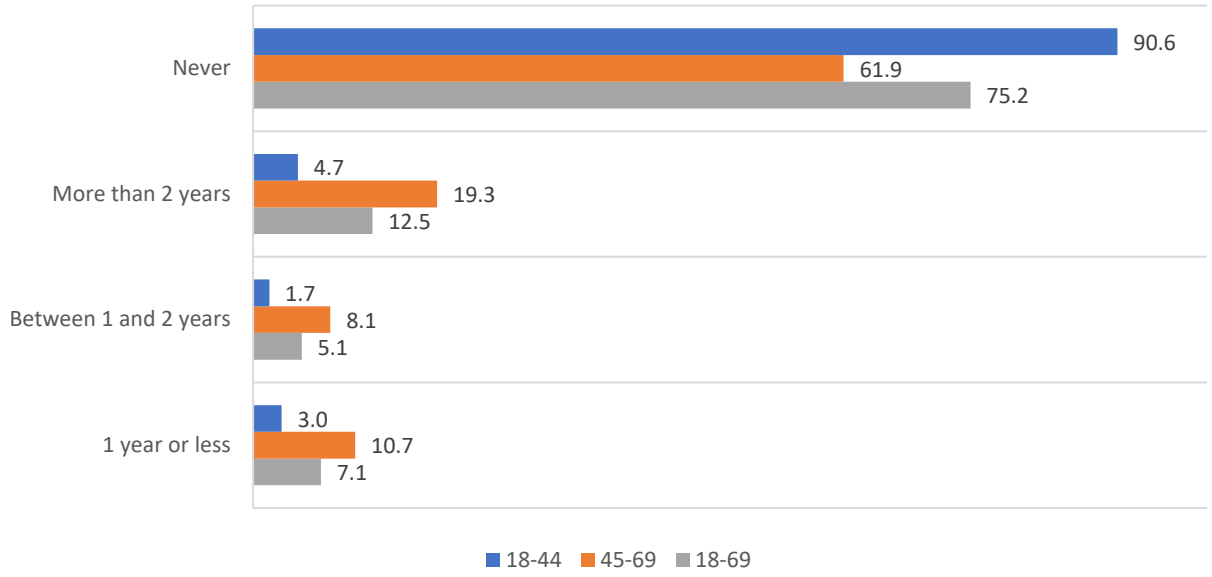
Figure 56: Percentage of female adults 18-69 who have had a breast exam by a doctor or health professional.



Generally, every three out of four women, or 75.2% have never had a mammogram, which entails 90.6% of women in the 18-44 age range and 61.9% of women in the 45-69 age range. Given the aforementioned, the proportion of women who have had a mammogram is low, with 12.5% reporting that they had a mammogram more than two years ago; 19.3% among the older age group, and 4.7% among the younger age group; 5.1% of women reported performing a mammogram between one and two years past; 8.1% among the older age group and 1.7% among the younger age group. Lastly, 7.1% of women stated that they had performed a mammogram in the past year or less; 10.7% in the older age group and 3.0% in the younger age group.

Out of all the women who have performed a mammogram, the result showed that the proportion of women in the older age group (45-69 years) are higher than those in the younger age group, indicating that mammogram is correlated with age.

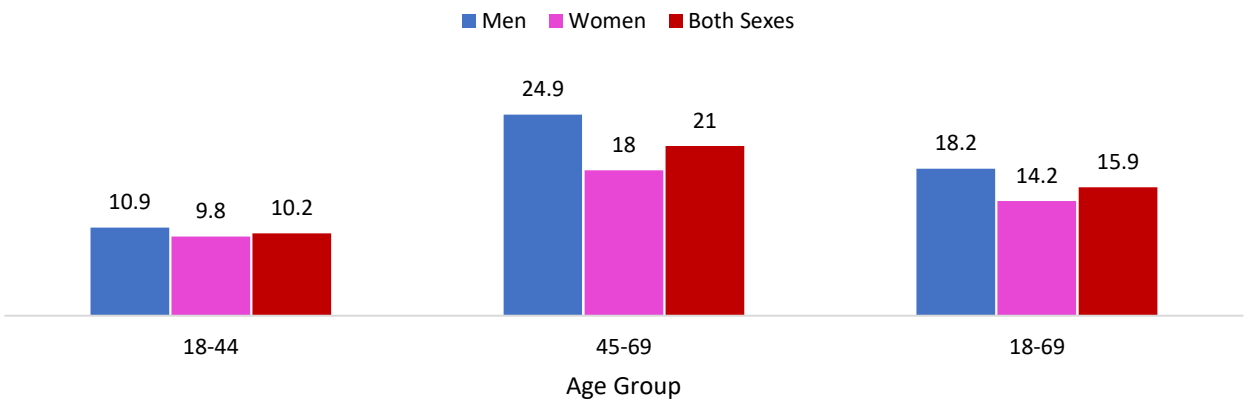
Figure 57: Percentage of female adults 18-69 who have had a mammogram.



Oral Health

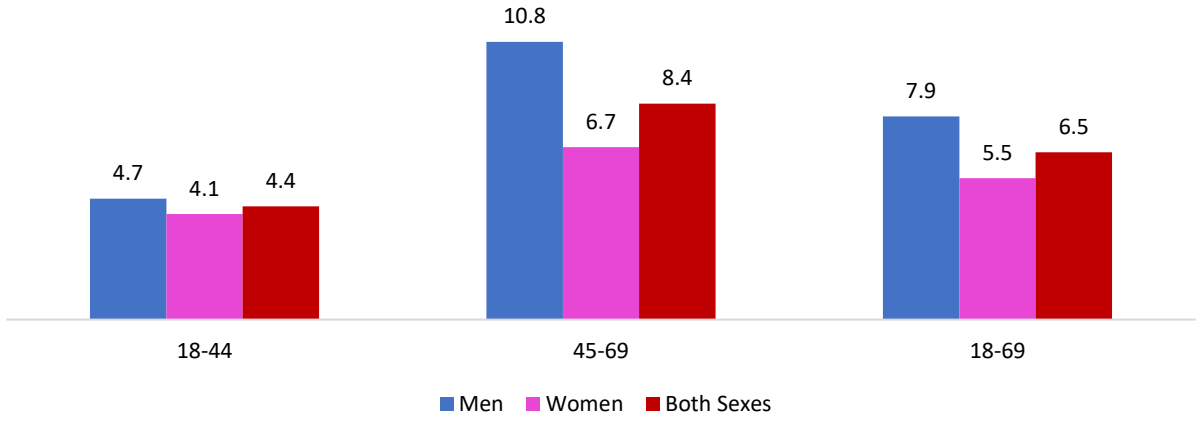
Across the population, 15.9% or every sixth person reported having a poor or very poor state of teeth among those having natural teeth, with 18.2% of men compared to 14.2% of women suffering from a poor or very poor dental condition. The group proportions mirrored that of the overall percentages, with 21% of individuals in the older age group suffering from poor or very poor teeth compared to 10.2% among the younger age group.

Figure 58: Percentage of adults 18-69 having a poor or very poor state of teeth among those having natural teeth, by age group and gender



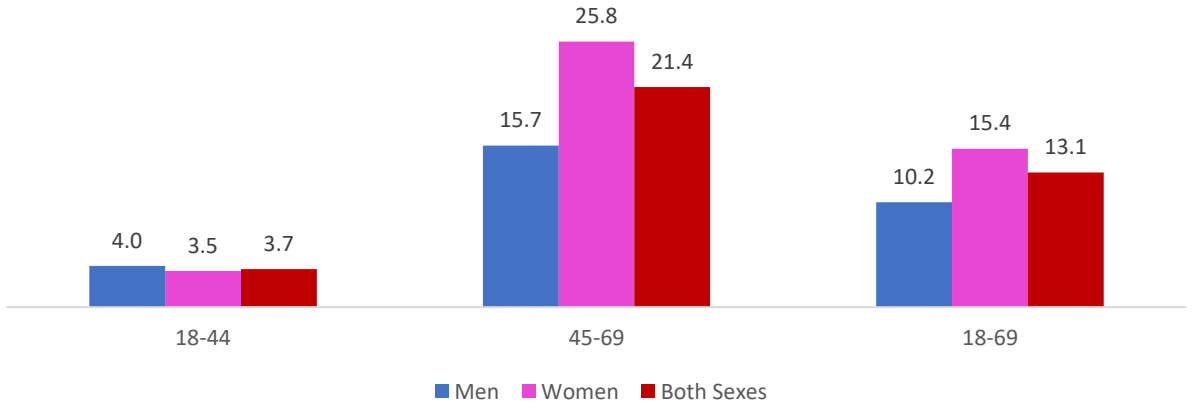
Across the population, the trend among individuals with poor or very poor gums mirrors that of the population with a poor or very poor state of teeth. The data shows that 6.5% of individuals have a poor or very poor state of gums, of which 7.9% were male and 5.5% were women. Overall, the proportion of individuals in the older age group (8.4%) was twice as much as the individuals in the younger age group (4.4%).

Figure 59: Percentage of adults 18-69 having a poor or very poor state of gums among those having natural teeth.



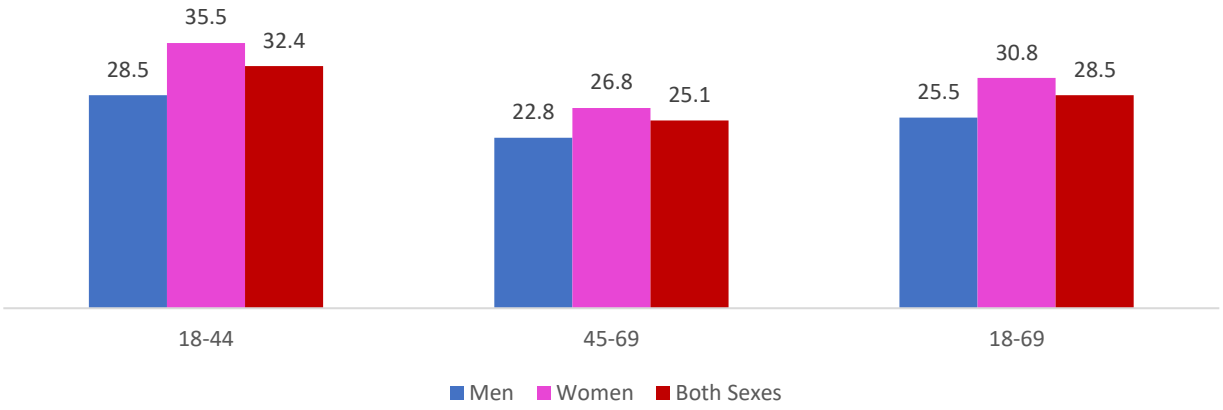
Population data on persons with removable dentures shows that overall 13.1% of the population have removable dentures, with a higher proportion of women (15.4%) than men (10.2%) having removable dentures. A greater portion (21.4%) of individuals in the older age group were observed to have removable dentures. Women accounted for the majority of this proportion at 25.8% compared to men at 15.7%. The proportion of individuals in the younger age group who have dentures was significantly lower are just 3.7%; 4% among men and 3.5% among women.

Figure 60: Percentage of adults 18-69 having removable dentures



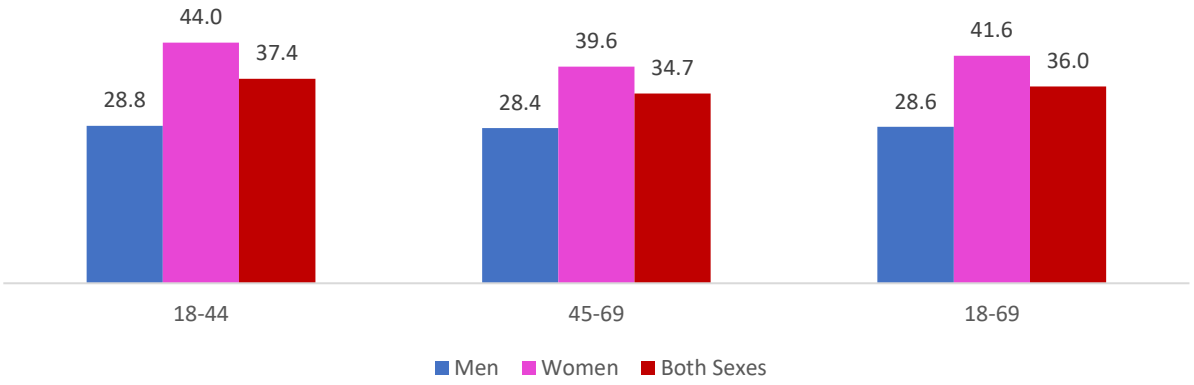
Data on oral pain or discomfort in the previous 12 months were collected and 28.5% of adults 18-69 reported having dental pain caused by their teeth or mouth during the past 12 months. In addition, a higher proportion of women (30.8%) than men (25.5%) reported suffering from dental pain and discomfort in the past 12 months. Overall, one out of every four individuals (32.4%) in the younger age group suffered from oral pain compared to one out of every three persons (25.1$) in the older age group. The frequency of oral pain and discomfort decreased as you move from the younger age group to the older age group. In both age groups, more women (35.5%-18-44 yrs. and 26.8%-45-69 yrs.) reported experiencing oral pain in the last 12 months than men (28.5%-18-44 yrs. and 22.8%-45-69 yrs.).

Figure 61: Percentage of adults 18-69 who have pain or discomfort caused by their teeth or mouth during the past 12 months.



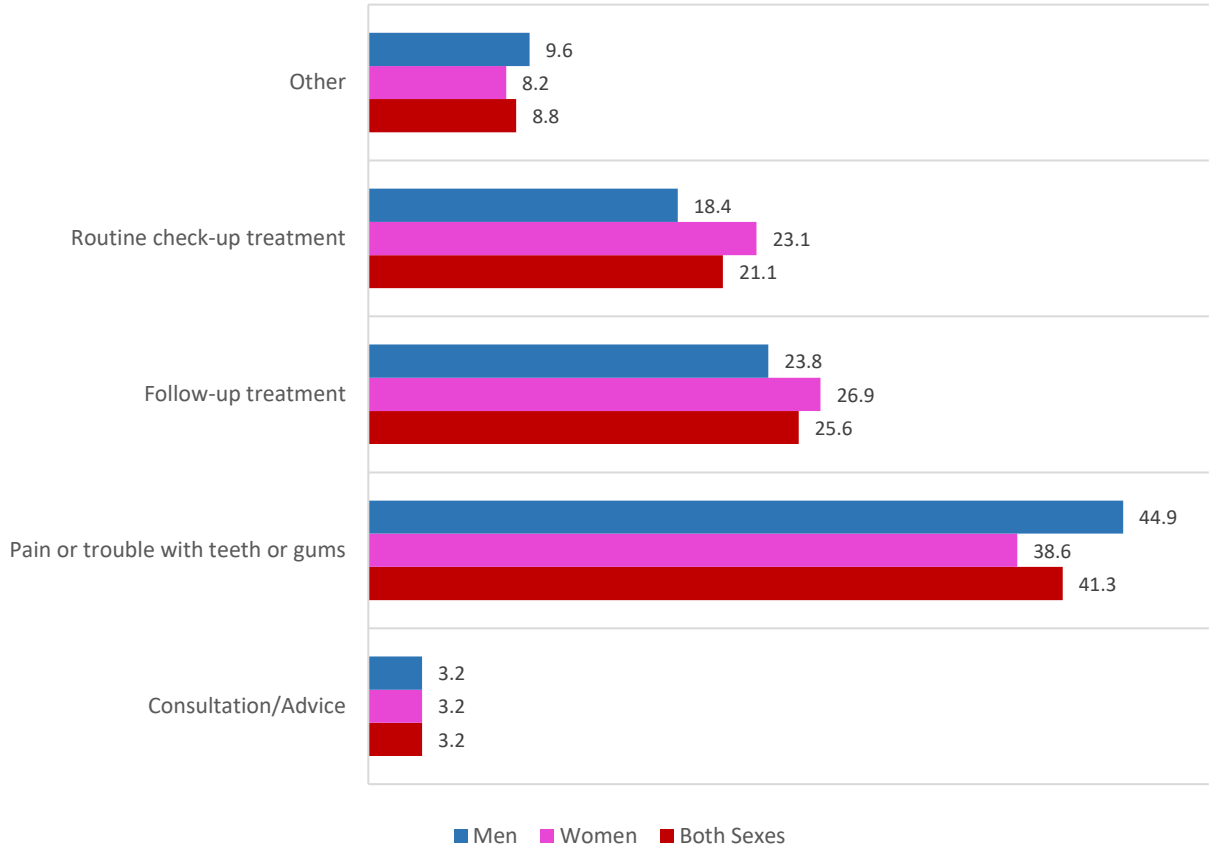
Just over a third of the population (36%) had seen a dentist in the previous 12 months. Significantly more women (41.6%) than men (28.6%) had seen a dentist, with the frequency being just about the same with men and women with age. The proportion of individuals in the younger age group (37.4% - 44% women and 28.8% men), was marginally higher than those in the older age group (34.7% - 39.6% women and 28.4% men).

Figure 62: Percentage of adults 18-69 having seen a dentist during the past 12 months, by age group and gender



Among the people who ever visited a dentist, 41.3% stated pain or trouble with teeth or gums was the main reason for their visit. This reason was given more frequently by men (44.9%) than women (38.6%). About a quarter of the population (25.6%) stated that the main they visited the dentist was follow-up treatment; 26.9% among women and 23.8% among men. About a fifth of the population (21.1%) stated that a routine check-up treatment was their reason for visiting the dentist; 23.1% among women and 18.4% among men, while 8.8% said they visited the dentist for other reasons, and 3.2% stated consultation or advice as their main reason for visiting the dentist.

Figure 63: Main reason for the last visit to the dentist among those who ever visited a dentist.



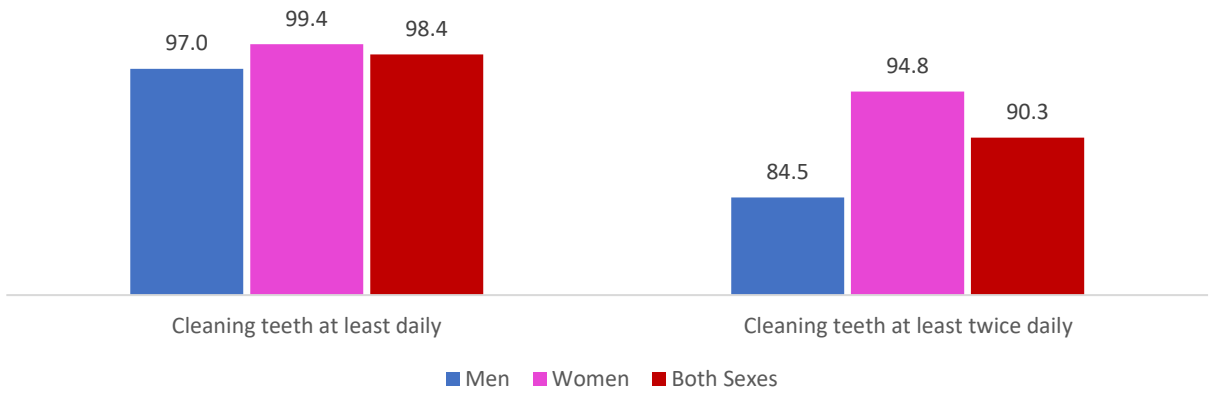
The proportion of people who visited a dentist for a consultation or advice, routine check-up treatment, and other reasons decreased with age, while the percentage of people who visited the dentist for pain or trouble with teeth or gums and follow-up treatment increased with age (see Table 24 below).

Table 24: Main reason for the last visit to the dentist among those who ever visited a dentist.

Age Group (Yrs.)	Both Sexes (%)					
	n	Consultation/Advice	Pain or trouble with teeth or gums	Follow-up treatment	Routine check-up treatment	Other
18-44	1,269	3.9	40.1	24.5	22.4	9.1
45-69	1,495	2.6	42.2	26.5	20.1	8.6
18-69	**2,764**	**3.2**	**41.3**	**25.6**	**21.1**	**8.8**

Overall, 98.4% of the population cleaned their teeth at least once a day, and 90.3% at least twice a day. In the proportion of individuals who clean their teeth daily, slightly more women (99.4%) brushed their teeth daily than men (97%). However, in the proportion of people that cleaned their teeth twice a day, significantly more women (94.8%) than men (84.5%) practice this daily dental hygiene.

Figure 64 Percentage of adults 18-69 who clean their teeth at least once or at least twice a day (%)



The proportion of people who cleaned their teeth at least once and or at least twice daily, decreased with age; from 99% to 97.8% among those who clean their teeth at least daily and from 92.3% to 88.5% among those who cleaned their teeth at least twice a day.

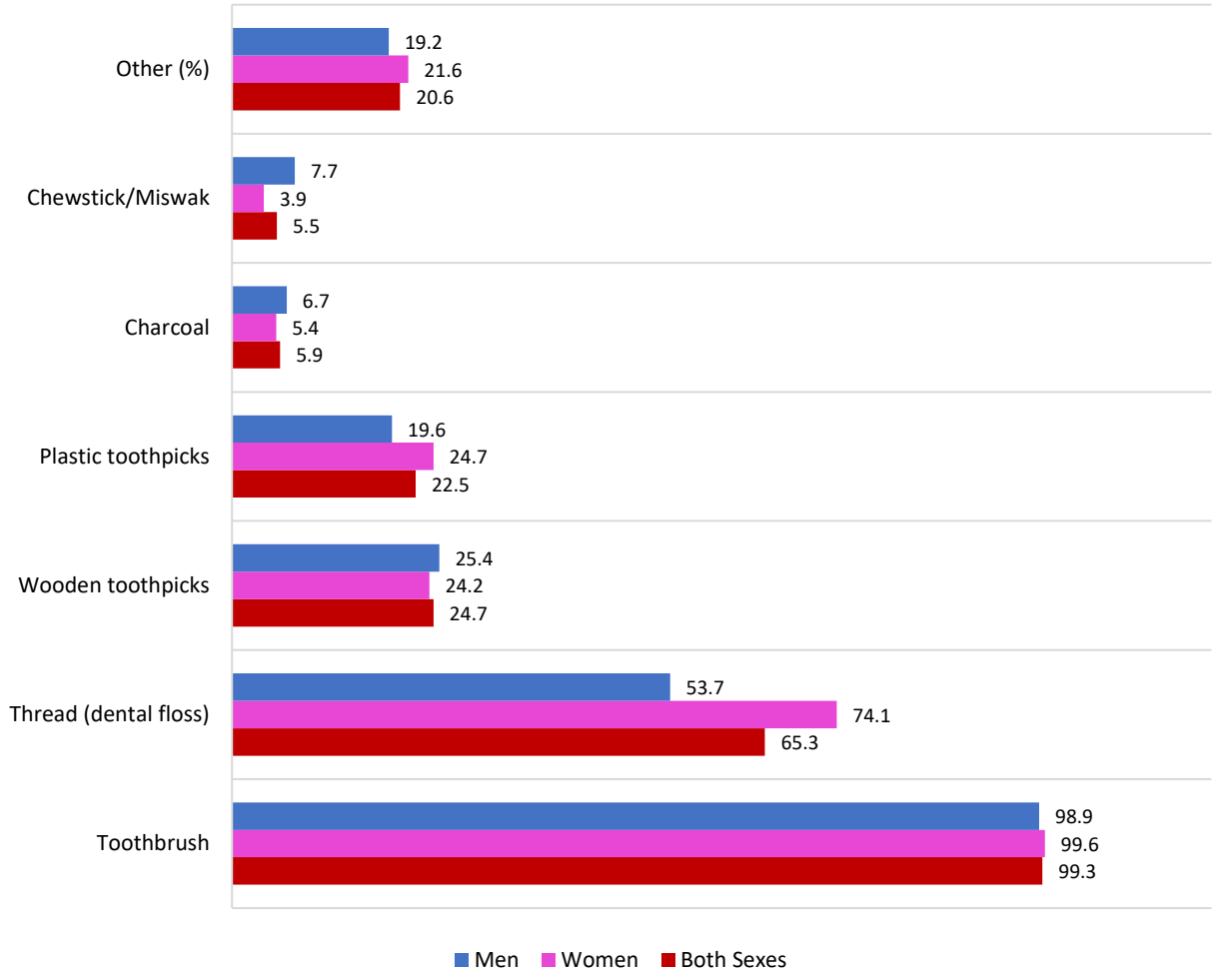
Table 25: Percentage of adults 18-69 who clean their teeth at least once or at least twice a day

Age Group (Yrs.)	Both Sexes		
	n	Cleaning teeth at least daily	Cleaning teeth at least twice daily
18-44	1,385	99.0	92.3
45-69	1,579	97.8	88.5
18-69	**2,964**	**98.4**	**90.3**

Almost all the population who cleaned their teeth used toothpaste (99.2%), with no significant difference between men and women in any of the age groups. Among those who clean their teeth using toothpaste, nine out of ten (95.7%) use toothpaste containing fluoride, with no significant difference between men (95.4%) and women (95.9%); the same trend exists in the age groups.

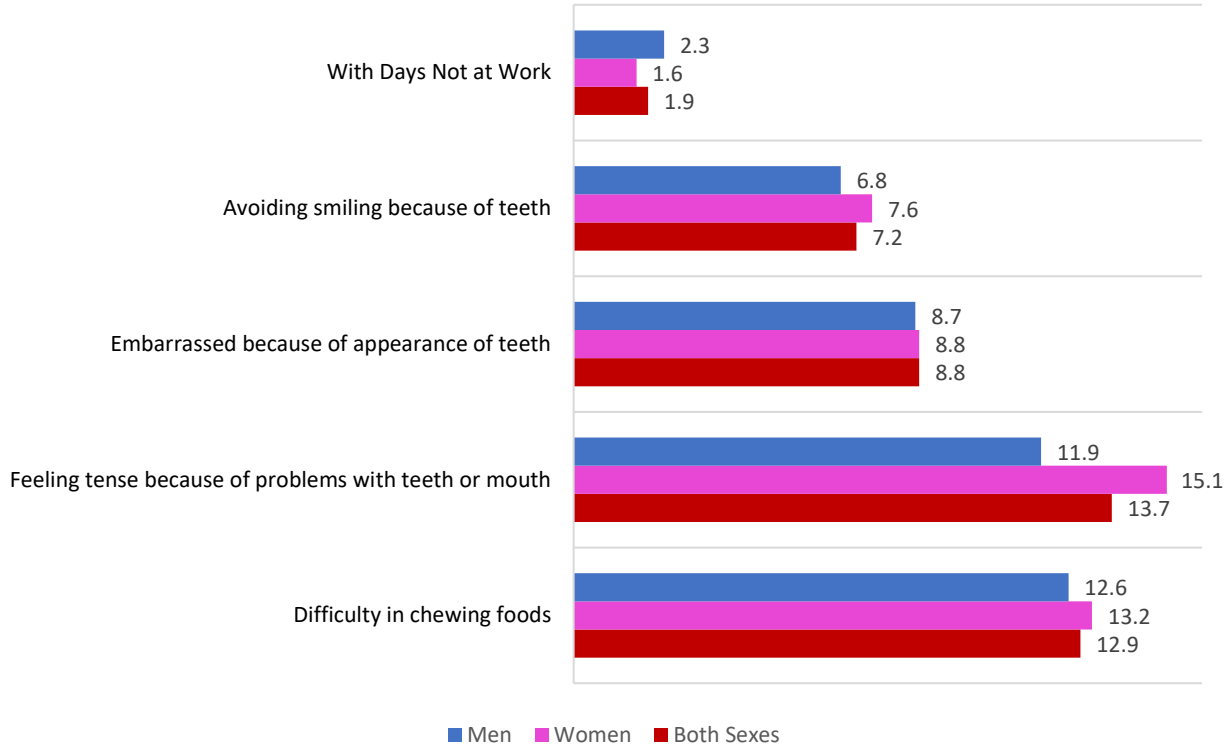
Of the individuals who cleaned their teeth, almost all (99.3%) used a toothbrush; 99.6% among women and 98.9% among men. A total of 65.3% used thread (dental floss); 74.1% among women and 53.7% among men; 24.7% used wooden toothpicks (25.4% of men and 24.2% of women); 22.5% used plastic toothpicks (24.7% among women and 19.6% among men); 5.9% used charcoal (6.7% in men and 5.4% among women); 5.5% used chewstick or miswak (7.7% among men and 3.9% among women); and 20.6% used other means of cleaning their teeth (21.6% among women and 19.2% among men).

Figure 65: Percentage of adults 18-69 using various tools to clean teeth among those cleaning their teeth, by gender



Data collected on the problems adults 18-69 experienced in the previous 12 months because of the state of their teeth, gums, or mouth reported that feeling tense because of problems with their teeth or mouth (13.7%) was the main problem, with 15.1% of women being more self-conscious compared to 11.9% of men. Difficulty in chewing food (12.9%) was the second problem faced; 13.2% among women and 12.6% among men. In all 8.8% of adults 18-69 were embarrassed because of the appearance of teens with no significant difference between men and women. An estimated 7.2% of individuals avoided smiling because of the state of their teeth; 7.6% among women and 6.8% among men, and 1.9% of the population missed days at work because of their teeth or mouth, of which 2.3% were men and 1.6% were women.

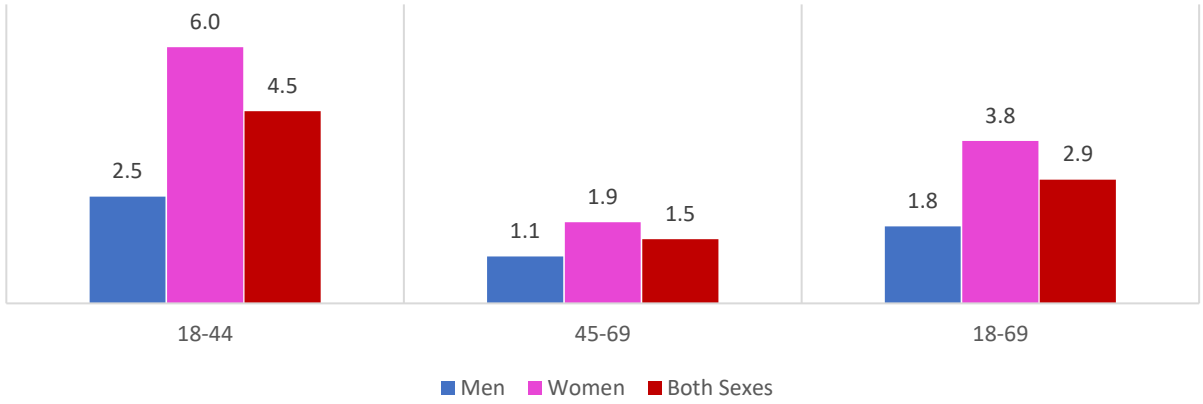
Figure 66: Problems experienced in the previous 12 months because of the state of teeth, gums, or mouth, by gender (%)



Mental Health/Suicide

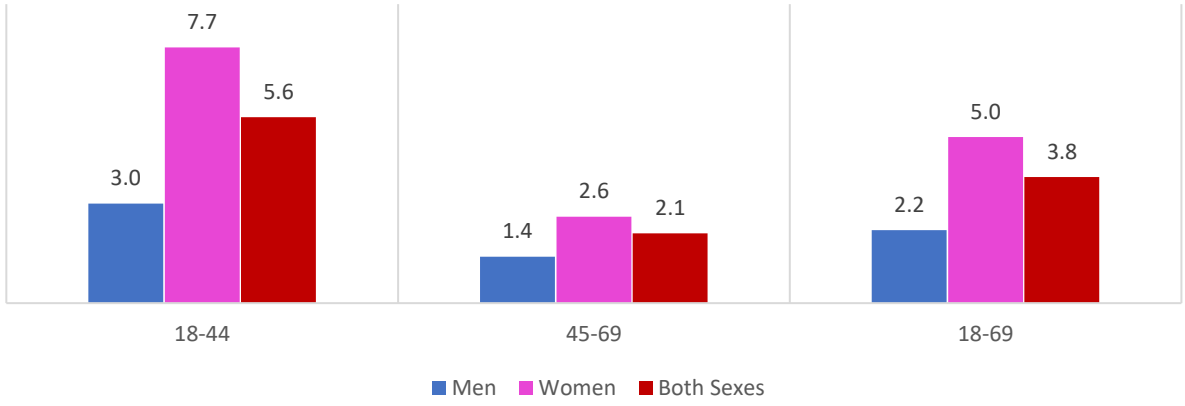
Across the entire population, 2.9% of adults 18-69 have attempted suicide, with more women (3.8%) attempting suicide than men (1.8%). This trend is mirrored in both age groups with a higher proportion of individuals (4.5%) who have attempted suicide in the younger age group (6.0% in women and 2.5% in men) compared to 1.5% in the older age group (1.9% in women and 1.1% in men).

Figure 67: Percentage of adults who have ever attempted suicide among all adults 18-69.



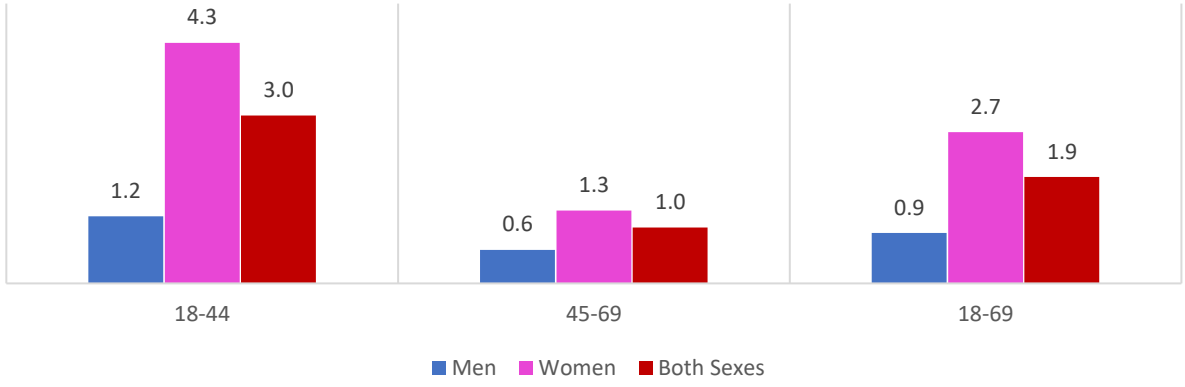
Overall data show that 3.8% of the adult population have considered attempting suicide in the past 12 months, with more individuals in the younger age group (5.6%) considered attempting suicide compared to just 2.1% of individuals in the older age group. Generally, more women (5.0%) have considered taking their own life, of which 7.7% are among the younger age group and 2.6% among the older age group. In contrast, only 2.2% of men have considered attempting suicide, of which 3% are in the younger age group and 1.4% are in the older age group.

Figure 68: Percentage of adults 18-69 who seriously considered attempting suicide in the last 12 months among all adults 18-69.



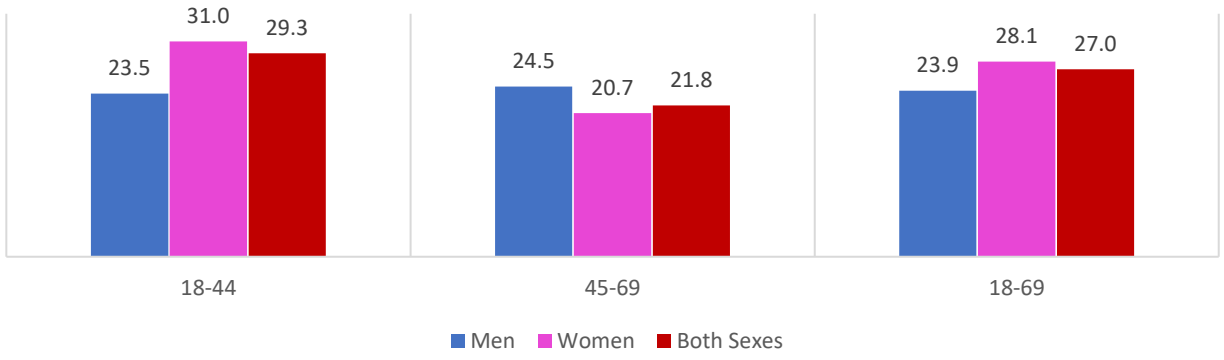
Overall, only 1.9% of adults 18-69 made a plan in the past 12 months to attempt suicide, with more women (2.7%) compared to 0.9% of men planned their attempted suicide. The data also found that more people in the younger age group (3%) made a plan to take their own life, specifically 4.3% of women and only 1.2% of men. This was the same trend in the older age group with a general proportion of 1%; of which 1.3% were women and 0.6% were men.

Figure 69: Percentage of adults 18-69 who made a plan about how to attempt suicide in the past 12 months.



Out of the total individuals who have considered attempting suicide in the past 12 months, 27% have sought professional help; 28.1% among women and 23.9% among men. More individuals in the younger age group (29.3%) have sought professional help after considering attempting suicide, with more women (31%) seeking help than men (23.5%). However, in the older age group, 21.8% have thought about taking their own life with more men (24.5%) seeking assistance compared to 20.7% of women.

Figure 70: Percentage of adults 18-69 who sought professional help among those who considered attempting suicide in the past 12 months.



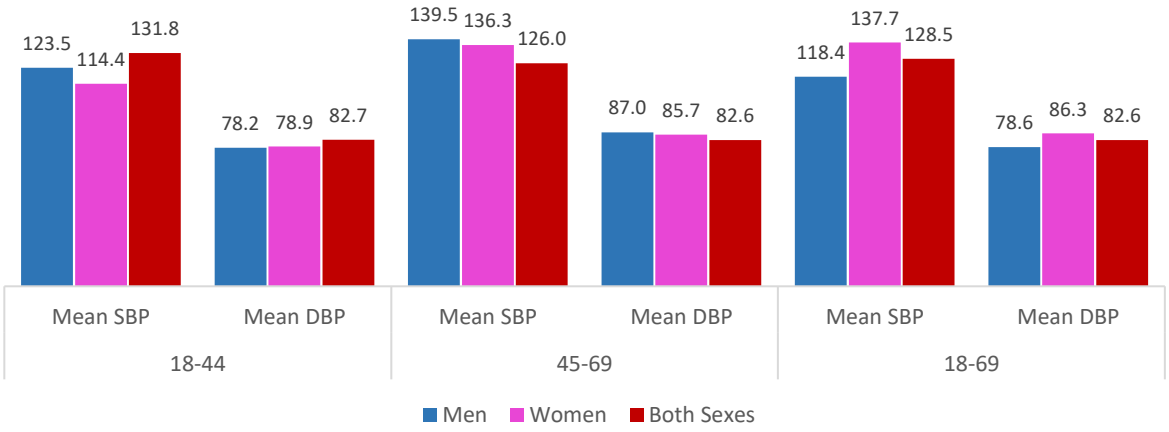
Physical Measurements

Blood Pressure and Heart Rate

The mean systolic blood pressure among all adults including those currently on medication for hypertension was 128.5 mmHg; it was significantly higher in women (137.7 mmHg) than in men (118.4 mmHg). However, the mean diastolic blood pressure in the adult population including those

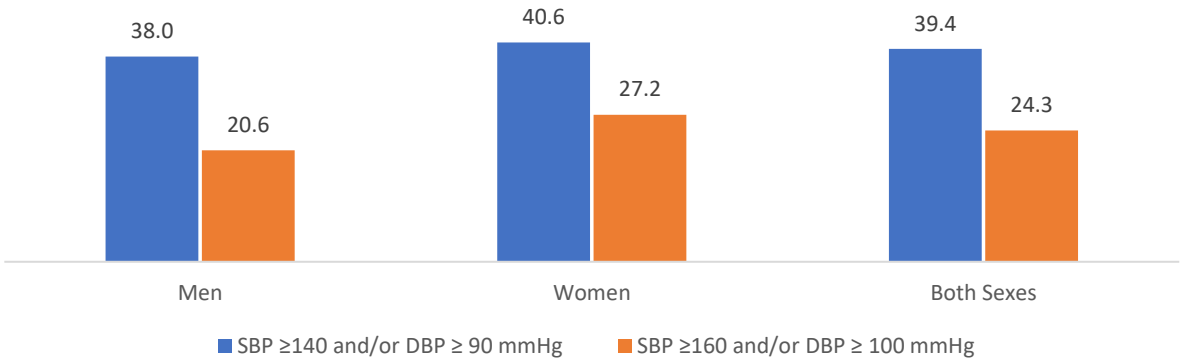
currently on medication was 82.6 mmHg, with an average of 86.3 mmHg among women and 78.6 mmHg among men. Mean systolic and diastolic blood pressure was higher in the older age group.

Figure 71: Mean blood pressure (mmHg) among adults 18-69, including those currently on medication.



The proportion of the population currently diagnosed with hypertension (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently taking medication for raised blood pressure, was 39.4%, with no significant difference between men (38%) and women (40.6%). Likewise, the percentage of uncontrolled hypertension defined as SBP ≥160 and/or DBP ≥ 100 mmHg, was significantly lower than the prior uncontrolled criteria at 24.3%, of which women were 27.2% and men were 20.6%.

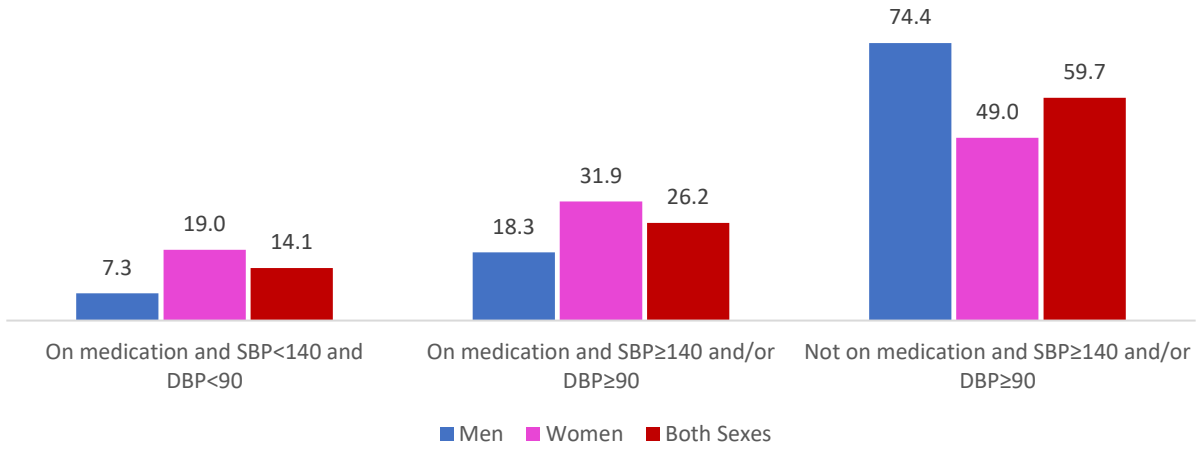
Figure 72: Percentage of adults 18-69 with raised blood pressure or currently taking medication for raised blood pressure, by gender



Data on the population's hypertension level and treatment among those with raised blood pressure found that generally, 59.7% of adults 18-69 were uncontrolled hypertensives and not on medication, with a significant difference between men (74.4%0 and women (49%). On the other hand, 26.2% of individuals were uncontrolled hypertensives and on medication, with more women

(31.9%) than men (18.3%). Similarly, 14.1% of adults 18-69 were treated and/or controlled for raised blood pressure and are currently on medication with the proportion of women (19%) being significantly higher than that of men (7.3%).

Figure 73: Percentage of adults 18-69 with treated and/or controlled raised blood pressure among those with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently on medication for raised blood pressure.

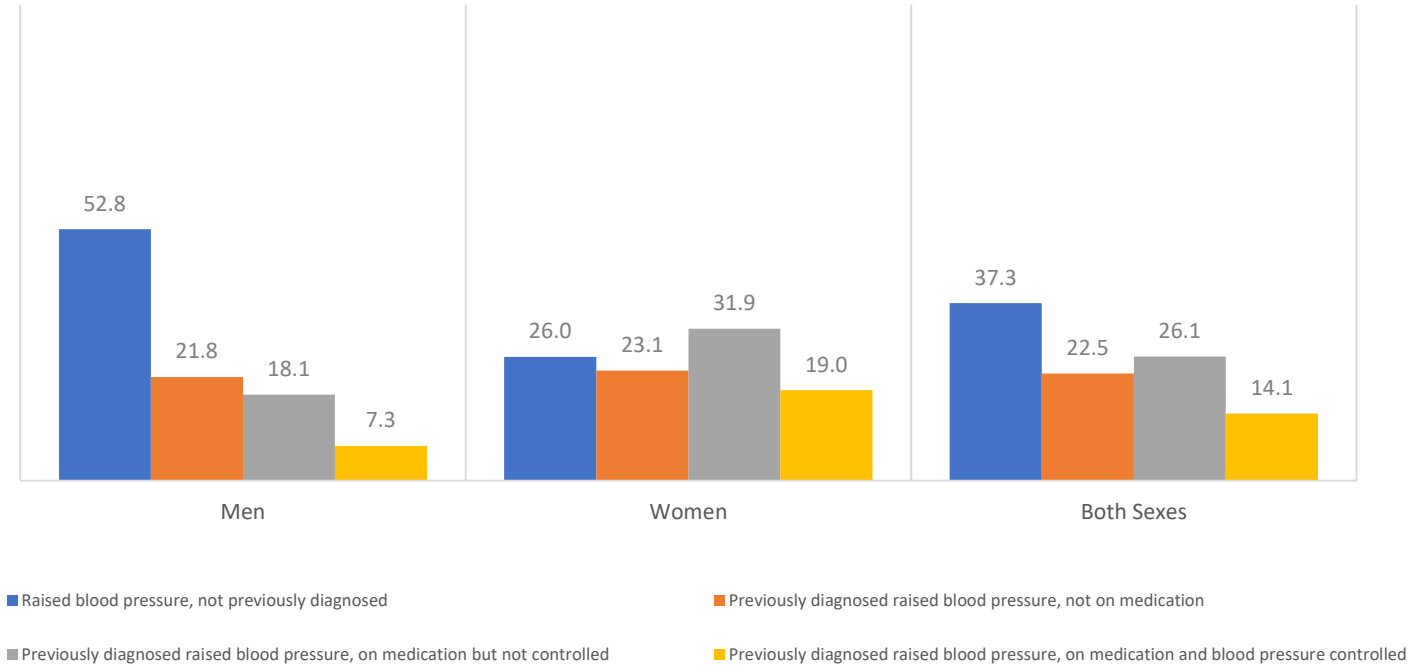


Out of all those diagnosed with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg), or currently on medication for hypertension, 37.3% have raised blood pressure but not previously diagnosed; the proportion of men (52.8%) being twice as high as that of women (26%). The proportion of people who were not previously diagnosed with raised blood pressure, was significantly higher in the younger age group than the older age group for both men and women.

Of the proportion of the population not previously diagnosed with raised blood pressure, every two out of ten individuals (22.5%) were not taking the medication; of which 23.1% were among women and 21.8% among men. Just over a quarter (26.1%) of the individuals previously diagnosed with hypertension were on medication, however, their blood pressure was still uncontrolled.

Of this total, women (31.9%) accounted for a significant percentage while only 18.1% were among men. The proportion of individuals who fell in that category were higher in the older age group than the younger age group for both men (21.8%) and women (36.6%); men-5.8% and women-16.6% in the younger age group. The raised blood pressure results showed that only 14.1% of adults 18-69 were previously diagnosed with hypertension, on medication and their blood pressure was controlled; the proportion of women (19%) who fell in this blood pressure category was almost three times higher than that of men (7.3%) in the same category

Figure 74: Raised blood pressure diagnosis, treatment, and control among adults 18-69



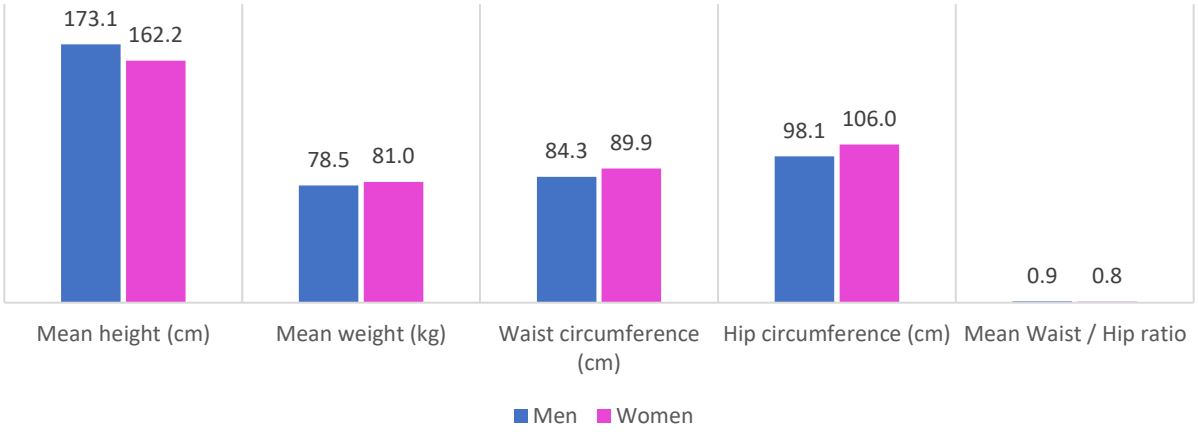
The mean heart rate for the population was 77.2 beats per minute with 79 beats per minute among women and 74.8 beats per minute among men.

Height, Weight, Waist, and Hip Circumference

Overall, men were taller (173.1 cm) and weighed less (78.5 kg) than women who were 162.2 cm tall and weighed 81kg. Mean height decreased for both men and women as they moved from the younger to older age group; from 175.2 cm to 171.3 for men and from 163.8 to 160.8 for women). Conversely, mean weight was generally higher in women (81kg) than in men (78.5kg) with average weight decreasing as men got older (from 79.6kg to 77.4kg). However, the mean weight for women increased slightly as women got older; from 80.4kg in the younger age group to 81.6kg in the older age group.

The average waist circumference among all women was 89.9 cm, while it was 84.3cm for men. For both men and women, the mean waist circumference increased with age, with women (7.4cm difference) gaining a lot more on their waistline than men (2.3cm). The mean hip circumference for women was 106 cm while for men was 98.1cm.

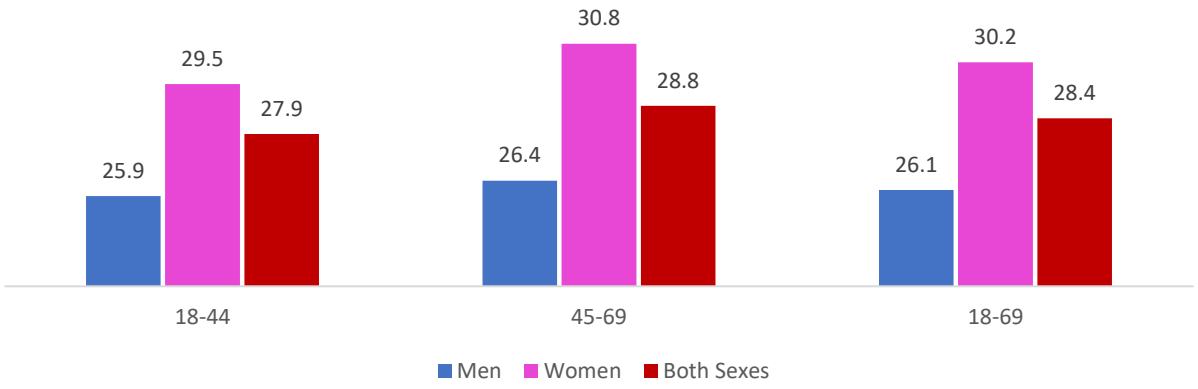
Figure 75: Mean height, weight, waist circumference, hip circumference, and mean waist-hip ratio among adults 18-69 (excluding pregnant women).



Body Mass Index (BMI)

The BMI for the age groups and gender was significantly indifferent. Overall, the mean body mass index for the population was 28.4 kg/m^2; the BMI was significantly higher for women (30.2 kg/m^2) than for men (26.1 kg/m^2). A similar pattern exists in the two age groups. The group average for the individuals in the younger age group was 27.9 kg/m^2 with the BMI for women (29.5 kg/m^2) being significantly higher than that of men (25.9 kg/m^2). Likewise, the group BMI average for individuals in the older age group (45-69 years) was 28.9 kg/m^2; with no significant difference from the younger age group. Similar to women in the younger age group, the BMI for women in the older age group was significantly higher than that of men at 30.8 kg/m^2 and 26.4 kg/m^2 respectively.

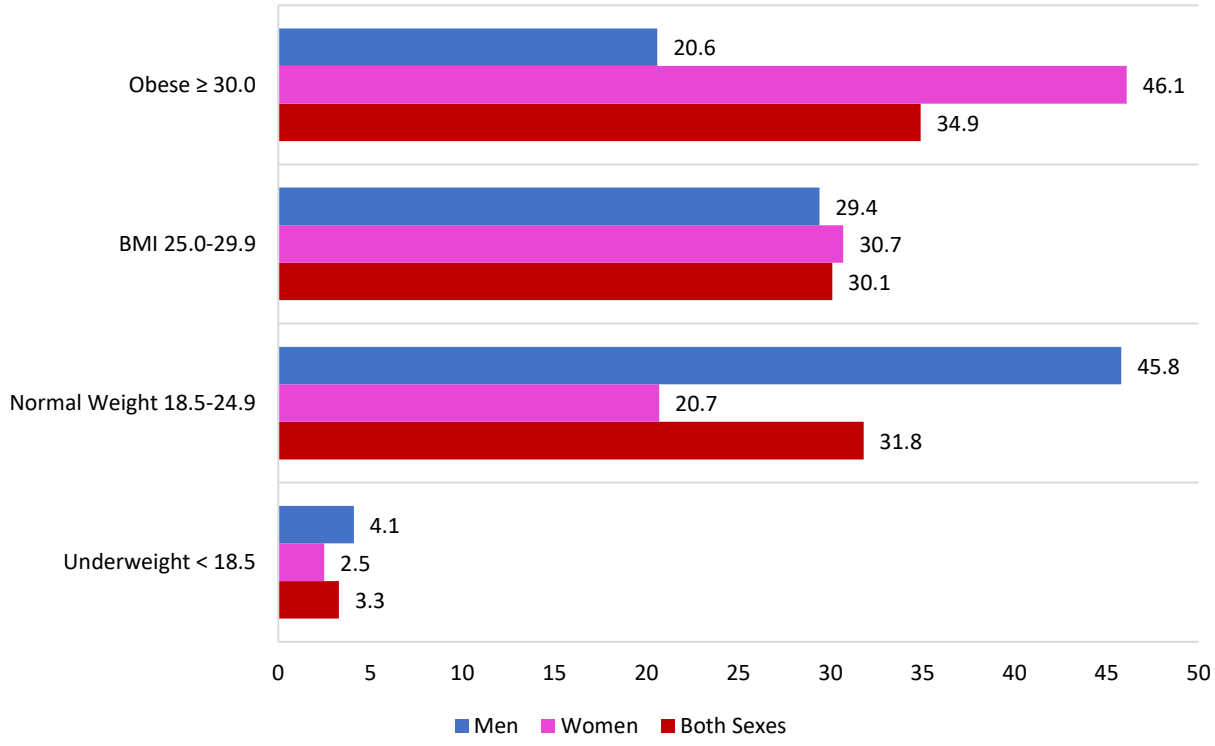
Figure 76: Mean body mass index among adults 18-69 (excluding pregnant women)



The BMI was categorized into four groups and the population was classified under each group to get a comprehensive understanding of the proportion for each category. The results showed that

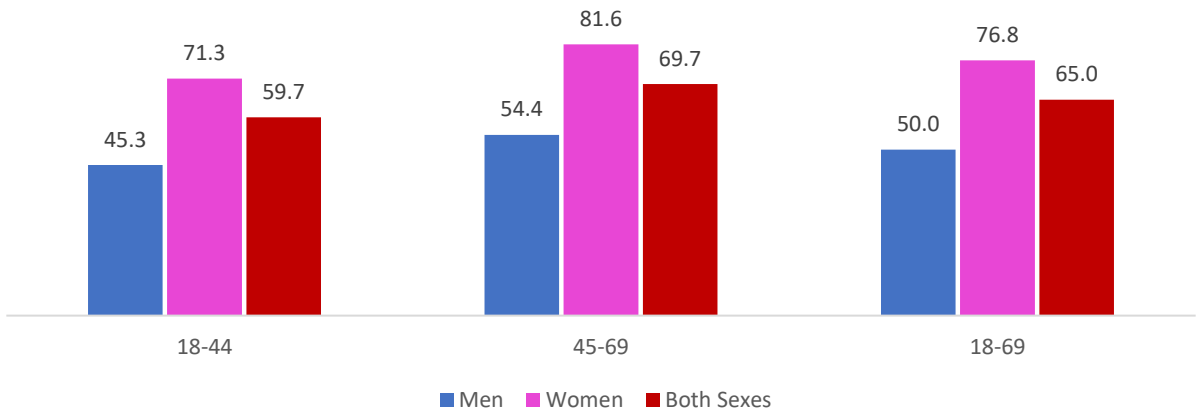
one out of every three persons or 34.9% of the population were obese (BMI ≥ 30.0 kg/m^2), of this total, the data showed that for every two women that were considered obese, only one man was also considered obese (2:1 ratio); 46.1% among women and 20.6% among men. In the second category (BMI 25 – 29.9 kg/m^2), the category mean was 30.1 kg/m^2; there was no significant difference in the BMI between men and women in that category. A third of the population was in the normal weight category (18.5-24.9 kg/m^2), with an average of 31.8%. In contrast to the obese category, the results found that for every one woman that was normal in weight, two men were also normal in weight (1:2 ratio); 20.7% among women and 45.8% among men. The unweighted category had an average of 3.3% of the population; 4.1% among men and 2.5% among women.

Figure 77: Percentage of adults 18-69 (excluding pregnant women) in each BMI category.



Focusing on the portion of the population that was classified as overweight or obese (BMI BMI≥25), the overall prevalence was 65% across genders, with a significant proportion of women (76.8%) classified as obese compared to just half (50%) of the male population. This was also the case in the two age groups. In the older age group, almost seven out of ten or (69.7%) individuals were classified as obese, and again a significant portion of women (81.6%) compared to men (54.4%) were reported as obese. Likewise, in the younger age group, just about six out of ten individuals, or 59.7% were classified as obese: 71.3% among women and 45.3% among men.

Figure 78: Percentage of adults 18-69 (excluding pregnant women) classified as overweight or obese (BMI≥25)

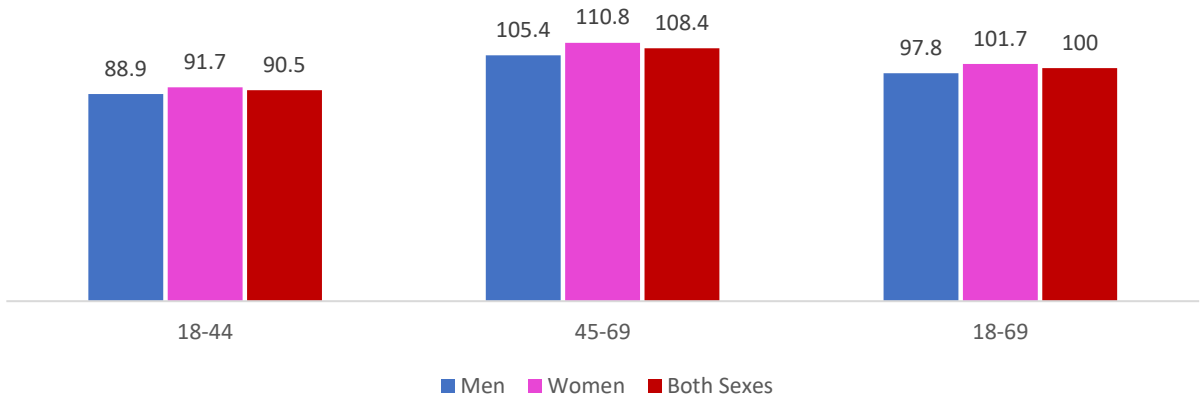


Biochemical Measurements

Blood Glucose

Mean fasting blood glucose for the population including those currently on medication for diabetes, was 100 mg/dl: 101.7 mg/dl among women and 97.8 mg/dl among men. The mean fasting blood glucose tends to increase from the younger age group to the older age group. In the younger age group, the overall mean fasting plasma glucose level was 90.5 mg/dl; 88.9 mg/dl among men, and 91.7 mg/dl among women. In the older age group, the mean fasting blood glucose increased throughout, with an overall group average of 108.4 mg/dl; 105.4 mg/dl among women, and 110.8 mg/dl among men.

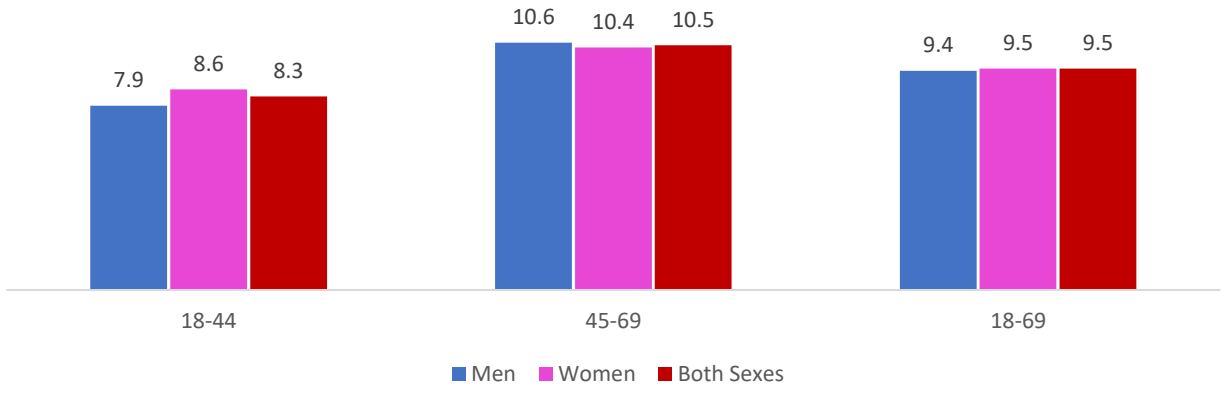
Figure 79: Mean fasting blood glucose results including those currently on medication for diabetes



Impaired fasting glycemia or pre-diabetes is defined as plasma venous value ≥110mg/dl and <126mg/dl. Across the population, every 10th individual was found to have impaired fasting glycemia or pre-diabetes with no significant difference among men (9.4%) and women (9.5%).

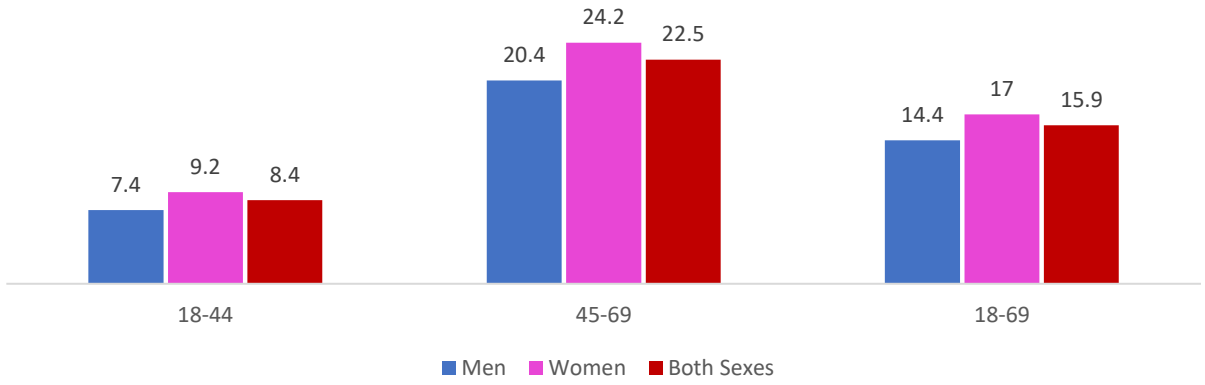
The prevalence of impaired fasting glycemia was found to increase with age and gender. The proportion of individuals in the younger age group with pre-diabetes was 8.3%; 7.6% among men and 8.6% among women. However, in the older age group, pre-diabetes rates increased to 10.5%; 10.6% among men, and 10.4% among women.

Figure 80: Percentage of adults 18-69 with Impaired Fasting Glycaemia, by gender and age group (%)



Raised blood glucose is defined as plasma venous value: ≥ 126 mg/dl. A total of 15.9% of the population had a plasma venous value greater or equal to 126 mg/dl; of this total, 14.4% were men and 17% were women. Raised glucose level was found to increase with age. The proportion of individuals with raised blood glucose levels in the younger age group (18-44 years) was 8.4%; 7.4% among men and 9.2% among women. The rate in the older age group (45-69) was almost three times that of the younger individuals with an overall prevalence level of 22.5%; 20.4% among men and 24.2% among women.

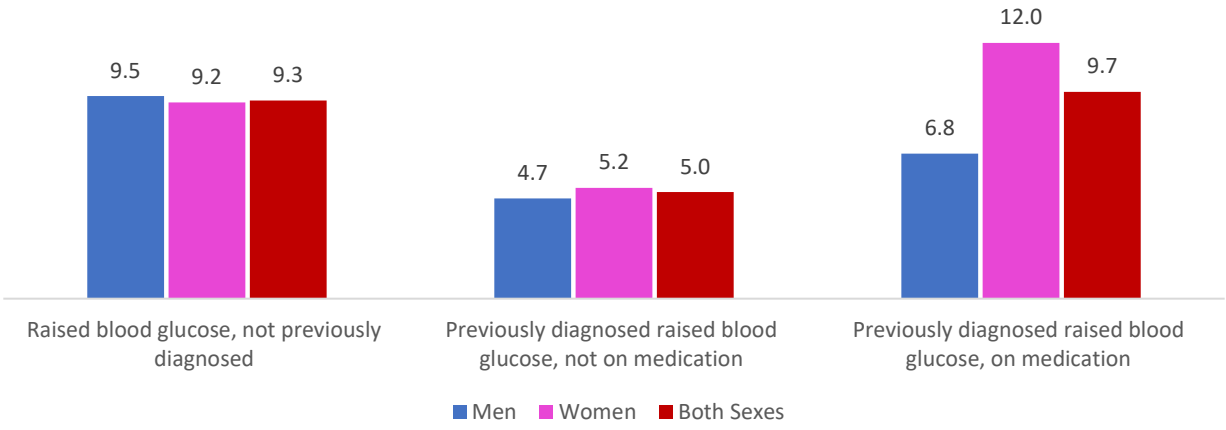
Figure 81: Percentage of adults 18-69 with raised blood glucose or currently taking medication for diabetes, by age and gender



A total of 9.3% of the population had raised blood glucose and had not been previously diagnosed with diabetes with no significant difference among men (9.5%) and women (9.2%). Furthermore,

5% had been previously diagnosed with raised blood glucose levels but were not on medication to control their diabetes; of which 4.7% were men and 5.2% were women. The proportion of individuals that were previously diagnosed raised blood glucose and on medication to control their diabetes was 9.7%; 6.8% among men and almost twice as much (12%) were women.

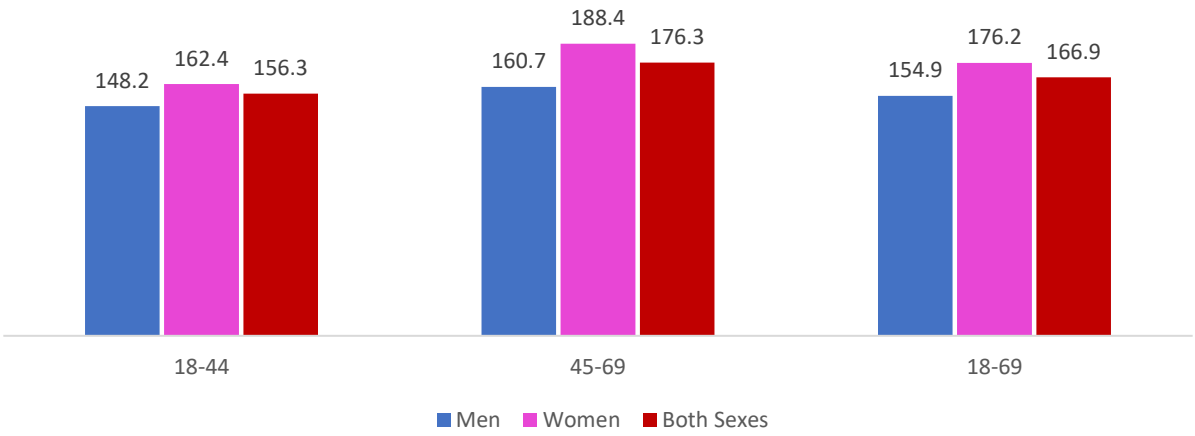
Figure 82: Distribution of adults 18-69 by raised blood glucose and treatment (%)



Total Cholesterol

The level of mean total blood cholesterol in the population, including those currently taking medication, was 166.9 mg/dl with 154.9 mg/dl among men and a slightly higher 176.2 mg/dl in women. The mean total blood cholesterol levels gradually increase with age in both men and women, with women's cholesterol levels generally higher in women than men.

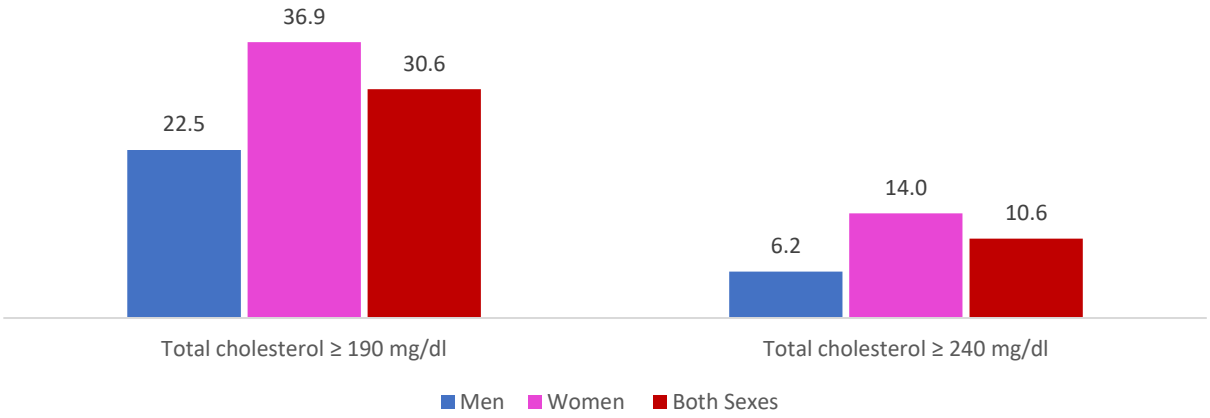
Figure 83: Mean total cholesterol of adults 18-69, by age and gender (%)



Every third individual in the population (30.6%) had a total cholesterol level greater than or equal to 190 mg/dl with a significantly higher proportion in women (36.9%) than in men (22.5%). The

proportion of individuals with a total cholesterol level greater than or equal to 240 mg/dl was significantly lower at 10.6% overall: 6.2% in the mean and 14% in women.

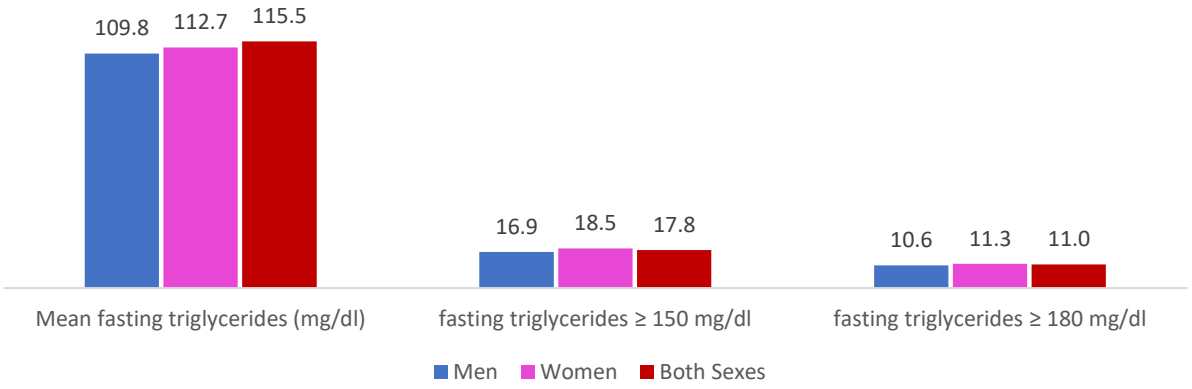
Figure 84: Percentage of adults 18-69 with raised total cholesterol; total cholesterol ≥ 190 mg/dl and ≥ 240 mg/dl, by gender



Triglycerides

The overall mean fasting triglycerides level was 115.5 mg/dl; 109.8 mg/dl among men and 112.7 mg/dl among women. The proportion of fasting triglycerides greater or equal to 150 mg/dl was 17.8% of which 18.5% were among women and 16.9% among men. The prevalence of fasting triglycerides greater or equal to 180 mg/dl was 11%, with no significant difference among men (10.6%) and women (11.3%).

Figure 85: Mean fasting triglycerides among *adults 18-69* and percentage of *adults 18-69* with raised fasting triglycerides

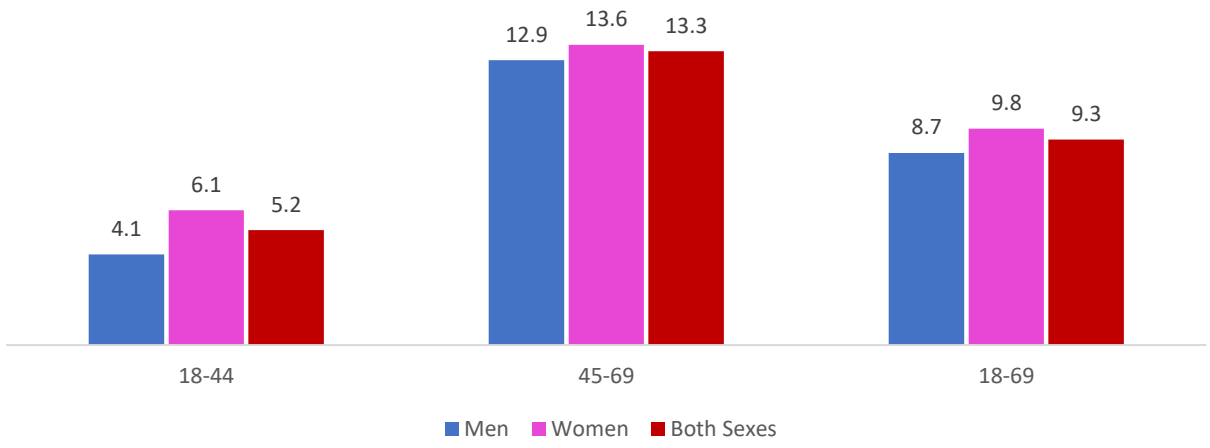


CVD Risk

A 10-year CVD risk of ≥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)).

Across the entire population, 9.3% had a 10-year CVD risk of ≥30% with 8.7% among men and almost every 10th woman or 9.8% among women. Individuals with a 10-year CVD risk of ≥30% tended to increase with age. A proportion of 5.2% of individuals in the younger age group had a 10-year CVD risk of ≥30% with 4.1% among men and 6.1% among women. In the older age group, 13.3% of the group population had a 10-year CVD risk of ≥30% with 12.9% in men and 13.6% in women.

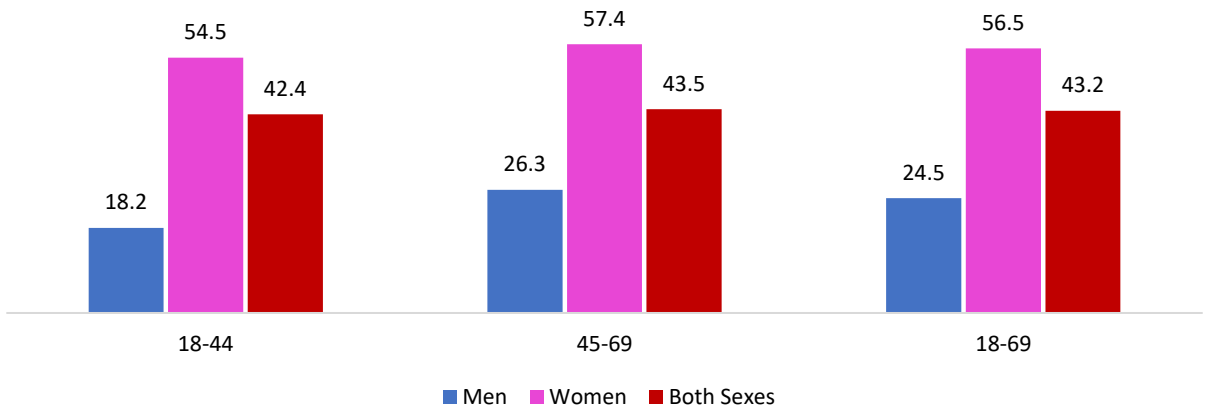
Figure 86: Percentage of adults 18-69 with a 10-year cardiovascular disease (CVD) risk ≥30% or with existing CVD



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

Of the entire population (18-69 years), 43.2% were receiving drug therapy and counseling (including glycemic control) to prevent heart attacks and strokes, with significantly more women (56.5%) than men (24.5%) receiving drug therapy and counseling. This pattern is mirrored with no significant difference in the age groups and gender; 42.4% in the younger age group; 18.2% in men and 54.5% in women and 43.5% in the older age group; 26.3% in men and 57.4% in women

Figure 87: Percentage of eligible adults 18-69 receiving drug therapy and counseling (including glycemic control) to prevent heart attacks and strokes.



Summary Of Combined Risk Factors

Combined risk factors were analysed and summarized based on the following:

- 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/m^2)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Across the population, 3.9% did not have any of the risk factors; 5.9% among men, and 2.3% among women. However, the proportion of the population with 1–2 risk factors was significantly higher at 60.7% with the portion of men accounting for 62.8% and the portion of women being 59.2%. Furthermore, the prevalence of 3–5 risk factors was the second highest with an overall percentage of 35.4% among the adult population; 31.3% among men, and 38.7% among women.

The total number of risk factors increases with age. The proportion of individuals with 1-2 risk factors was significantly higher in the younger age range (71.6%) compared to the prevalence level in the older age range (50.8%). In contrast, the prevalence of individuals with 3-5 risk factors with higher in the older age group (46.3%) than in the younger age group (23.5%).

Figure 88: Percentage of *adults 18-69* with 0, 1-2, or 3-5 of the following risk factors, by gender

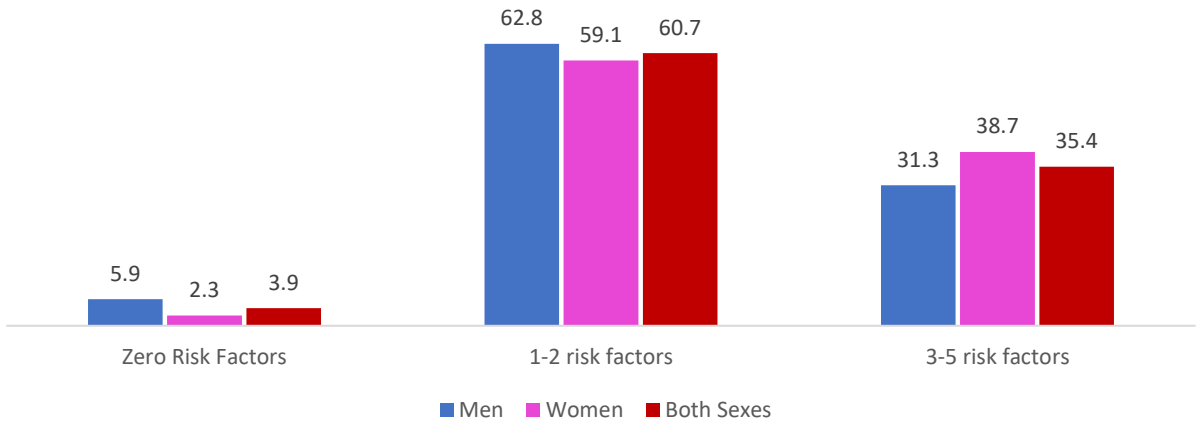


Table 26: Percentage of adults 18-69 with 0, 1-2, or 3-5 of the following risk factors, by age and risk factors

Summary of Combined Risk Factors				
Age Group		**Both Sexes**		
(Yrs.)	n	Zero Risk Factors	1-2 risk factors	3-5 risk factors
18-44	1,245	4.9	71.6	23.5
45-69	1,385	2.9	50.8	46.3
18-69	2,630	3.9	60.7	35.4

DISCUSSION

The 2019 STEPS countrywide survey is a follow-up to the same survey conducted in Saint Lucia in 2012. The PAHO/WHO standardised tool is used to collect critical information on NCD risk factors (modifiable and metabolic) as part of Saint Lucia's national surveillance system for NCDs and their risk factors. Annual NCD-related deaths in Saint Lucia are significantly high (82% as of 2019) and may continue to increase if the risk factors contributing to these deaths are left unchecked or unmonitored. The survey provides the health authorities with critical insights that can craft targeted policies, health services, and programmes to combat the rise in NCD risk factors. Given the standardized methodology and protocols of the survey, Saint Lucia can compare its findings and overall performance nationally and across countries.

Tobacco Use

The prevalence of tobacco use across both sexes aged 18-69 years decreased to 12.9% in 2019 from 14.5% in 2012, which was lower than the 18.6% for Grenada, 16.7% for the Bahamas, and 15.4% for Guyana [7, 18, 19]. This decline was primarily in females, moving from 4.0% to 3.4%, while there was no significant difference in the percentage of men; 25.2% in 2019 from 25.3% in 2012. The proportion of daily tobacco smokers registered a slight decrease to 8.5% compared to 9.3% in 2012, which was higher than most Caribbean regions except Grenada (11.1%) and Bahamas (10.6%) [18]. This decline was primarily due to a decrease in the frequency of daily women smokers from 2.5% in 2012 to 2.1% in 2019. However, men remained the largest proportion of daily tobacco smokers increasing to 16.8% from 16.2% in 2012. Manufactured cigarettes remain the go-to cigarette for both genders with overall increases in 2019. Although the number of manufactured cigarettes smoked per day remains relatively the same (6.1 in 2019 and 6.2 in 2012), the smoking proportions have changed. Across both sexes, manufactured cigarette smokers increased to 80% in 2019 from 76.5% in 2012. This 3.5%-point increase can be explained by the increase for both men (80.3% in 2019 and 78.8% in 2012) and women (77.6% in 2019 and 62.5% in 2012) who registered the largest overall increase.

Saint Lucia has achieved some progress in reducing the level of tobacco use through various programmes and policies. Prior to the 2019 and 2012 surveys, Saint Lucia ratified the Framework Convention on Tobacco Control (FCTC) in November 2005, which came into effect in February 2006 [10]. The Government of Saint Lucia was also successful in implementing and applying a 63% ad valorem tax to the cost of all tobacco cigarette brands [10]. On June 2, 2020, the Government of Saint Lucia, through the Ministry of Health, implemented the Public Health (Smoking Control) Regulations 2020 as part of the Public Health Act [15, 20]. The legislation intended to prohibit smoking in enclosed public places, workplaces, and public transportation. Furthermore, the regulations forbid the sale of tobacco products electronic cigarettes, in health,

sport, government, childcare, educational and religious facilities. In a further attempt to reduce smoking in these places, the legislation states at least two no-smoking signs should be notably displayed at the premises; at the entrances, and one other prominent place on the property [15, 20]. The Saint Lucian government, with assistance from the PAHO and WHO, established a Tobacco Cessation Program [21] to train and equip health service workers in the health sector with the necessary guidelines to help people quit smoking. Over 30 agencies that participated in the training program are now offering help to individuals seeking assistance to quit tobacco use.

Despite the smoking control regulations [15, 20], 22.7% of men and 13.3% of women reported being exposed to secondhand smoke in the workplace in the past 30 days, with younger individuals being exposed at a higher rate than older workers. This exposure level to young individuals means a higher risk of NCD risk factors developing that will manifest over a few years, contributing to Saint Lucia's NCD health crisis.

Despite various interventions, the STEPS data indicated that a significant proportion of young people, particularly men (28.3%), still smoke tobacco products. Furthermore, men make up the majority of the current smokers (25.2%) with a significantly low prevalence in women (3.4%). This information can be used to craft targeted interventions to encourage more young men to quit or dissuade them from even starting to smoke and ensure the prevalence level in women continues to remain low.

Another important observation from the STEP data was the anti-cigarette information is reaching the target audience, specifically the health warnings on cigarette packages; 87.8% across both sexes, with more women (91.2%) than men (87.2) noticing the health warning. More important is that just over half (54.4%) of those current smokers are considering quitting after seeing the health warnings (53.8% of men and 57.5% of women). Given this, more quitting interventions should be implemented to encourage these individuals to seek the assistance they need to quit smoking. Other mass-media sources of anti-cigarette information were primarily television 48.7% and radio 34%.

Alcohol Consumption

Alcohol consumption remains another major NCD risk factor for Saint Lucia and is very prevalent among the adult population particularly among men, while just over half of women currently consume alcohol. Overall, current alcohol consumers in the past 30 days increased to 61.9% compared to 59.3% in 2012. Women drinkers account for most of the increased jumping to 53.9% in 2019 from 44.7% in 2012, while there was a slight decline in men (72.3% in 2019 and 74.3% in 2012). Compared to other Caribbean countries, Saint Lucia's current alcohol consumption rate was one of the highest in the region, overall, and across genders [7].

The STEPS results found that the proportion of alcohol lifetime abstainers among the adult population declined to 14.6% in 2019 compared to 16.7% in 2012. Women abstainers remain the largest proportion despite decreasing significantly to 18.9% in 2019 from 24.4% in 2012, while the proportion of male abstainers remained relatively the same (9% in 2019 from 9.3% in 2012). However, the prevalence of 12-month abstainers increased marginally to 11.6% compared to 10.9% in 2012; men (9.6% in 2019 vs. 8.2% in 2012) and women (13.1% in 2019 vs. 13.4% in 2012). The prevalence of heavy episodic drinking was 19.1% in 2019[1]. Comparing the gender prevalence, the data for 2019 showed a decline in heavy episodic drinking for both men (28.8%) and women (11.6%) compared to 2012 where 49.5% of men and 19.5% of women engaged in heavy episodic drinking. Heavy episodic drink in Grenadian men (32.8%) was the only regional prevalence level that was higher than Saint Lucia, with most adults having an average of 4.6 drinks on a single occasion, men 5.7 and women 3.5 drinks.

The results from the STEPS survey should be used by the health authorities to inform and craft targeted alcohol strategies that focus on the proportion of the population that is most at risk, in particular men and women in the 18-44 age range. Alcohol consumption among these adults ranges mainly from spirits, beer, and wine.

The actions and policies taken to curb alcohol use among the adult population include implementing an excise tax on beer, wine, and spirits. Implementing restrictions for on-off-premises sales of alcoholic beverages on specific days, places, and events, national government support for community action, and national monitoring system. Saint Lucia needs to expand its surveillance of alcohol use in areas that may prove dangerous to individuals and the public. These include extensive policing and enforcing blood alcohol level limits in drivers limiting drunk driving, advertising bans or comprehensive restrictions on alcohol brands or companies that target youths, restrictions on the physical availability of certain types of alcohol, and greater enforcement of selling alcohol to minors with severe punishment to shop owners who engage in such activities.

Diet and Physical Activity

An unhealthy diet remains a huge issue in Saint Lucia, which contributes to metabolic risk factors and by extension high mortality rates. This is a trend that plagues other Caribbean countries where individuals don't eat adequate servings of fruits and vegetables, consume too much salt/sodium, and engage in very little physical activity.

The STEPS data for Saint Lucia shows that despite a slight decline in the percentage who ate less than five servings of fruits and vegetables per day, eight out of every ten individuals (83.2%) still

[1] There was no estimation for both sexes for heavy episodic drinking in the 2012 STEPS fact sheet.

don’t meet the WHO requirement for servings of fruits and vegetables consumed per day; men (81.7%) and women (84.3%). In 2012, the prevalence was slightly higher where the overall rate across genders was 88.3%, of which men were (86.9%) and women were (89.7%). Despite the high prevalence, Saint Lucian performed slightly better than most Caribbean countries averaging every nine out of every ten individuals, except for Grenadians where every seven out of ten individuals did not consume the recommended servings of fruits and vegetables [7].

With regards to salt consumption, particular attention should be made to the younger individuals aged 18-44, where the prevalence level of salt consumption is always higher than individuals in the older age group. In contrast, the importance of lowering the level of one's salt intake is significantly higher in the 45-69 age group than in the younger age group. Younger individuals are more likely to consume fast food high in salt than their older counterparts, which should be an area of concern for the health authorities. Nevertheless, despite the high level of salt consumption, almost all the adult population (95.6%) are fully aware that too much salt could cause serious health issues. As such, consuming too much salt may just be a lifestyle choice, even though changing lifestyle is one of the critical areas that is being communicated to reduce NCD risk factors.

The ministry of health continues to encourage Saint Lucian to practice proper dieting through health campaigns and activities such as fun walks. Many private agencies have also joined in on this trend by engaging in annual walks for cancer or other health reasons.

Physical activity is another risk factor the Ministry of Health is encouraging Saint Lucian to increase in order to reduce or prevent NDC risk factors. Over the last few years, there has been an uptake in the level of physical activity on a national level, encouraging every Saint Lucian to be more active. A few of the recreational annual walks include Saint Lucia Red Cross annual 7k walk, First Caribbean International Bank (FCIB) walk for the cure (cancer), the annual independence walk, and many hiking trails all across the island. As a result, the prevalence of individuals with insufficient physical activity (<150 minutes of moderate activity per week, or equivalent) was 17.1% in 2019; with 13.9% among men and 19.5% among women. A higher proportion of individuals are spending more time engaging in physical activity on average per day at 118.6 minutes in 2019 compared to 90 minutes in 2012. The men are spending less time in physical activity with just 191.4 minutes in 2019 compared to 222.9 minutes seven years ago. The most improved are the women who spend an estimated 90 minutes on average per day engaging in physical activity compared to 42.9 minutes in 2012. The older generation (45-69 years) spends more time in work-related activities than the younger individuals (128.5 minutes), while the younger men (51.1 minutes) and older women (19.9 minutes) spend more time engaging in recreational activities.

Cervical Cancer Screening

Eight in every ten women (80.8%) in 2019, at the most at-risk age (30-49 years) have had a screening test for cervical cancer. Out of all of the females aged 18-69, just over three-quarters of the population (76.6%) had a cervical cancer screening performed, with more women in the older age group (83.0%) than those in the younger age group (69.3%) performing the cervical exam.

Physical Measurement (Hypertension & Obesity)

Hypertension (raised blood pressure) is an NCD risk fact the Saint Lucian Government, via the Ministry of Health continues to monitor and report on in an effort to improve the controlled levels in the country. In 2019, the percentage of individuals with raised blood pressure, but not previously diagnosed was 37.3%; of which, a significant proportion was male (52.8%) and 26.0% were women. Out of those with raised blood pressure, every four in ten individuals (39.4%) were diagnosed with hypertension or currently on medication, with 38.0% among men and slightly higher prevalence among women (40.6%). The raised blood pressure levels were slightly lower in 2012 with a 27.3% in overall prevalence level that was also on medication; 28.0% among men and 26.7% among women. The 2019 levels are comparable to that of other regional territories such as St. Kitts and Nevis (35% overall; 38.2% among men and 31.9% among women), Dominica (32.1% overall; 32.0% among men and 32.1% among women), Grenada (38.1% overall; 40.8% among men and 35.3% among women), and the Bahamas (34.3% overall; 35.9% among men and 32.8% among women) [18]. Just over one-fifth of the population (22.5%) were diagnosed with hypertension but not on medication; 21.8% among men and 23.1% among women.

One of the main initiatives Saint Lucia has implemented since the 2019 STEP survey was the HEARTS initiative, which aims to improve the prevention and control of hypertension. HEARTS, which dates back to 2016, seeks to support governments in strengthening the prevention and control of CVDs to save lives and help countries meet the global goal to reduce premature deaths from NCDs by a third by 2030. Saint Lucia HEARTS meant several facilities and staff from across the island were trained and equipped with the necessary information to help search for and identify people with hypertension. Since its implementation in 2020, the controlled rate has averaged 33.7% among all HEARTS facilities and about 30.7% nationally [12]. The Ministry of Health is expected to expand the HEARTS programme into an additional twelve health facilities in February 2023.

Between 2019 and 2012, mean systolic blood pressure (SBP) increased marginally to 128.5 mmHg in 2019 from 125.9mmHg in 2012; of which average male SPB was 131.8 mmHg (128.9 mmHg in 2012) and women were 126.0 mmHg (122.9mmHg among women in 2012). The mean diastolic blood pressure (DBP) also reported similar increases with overall DBP in 2019 being 82.6 mmHg compared to 78.7 mmHg in 2012. Similar increases were observed in men (82.7 mmHg from 80.5

mmHg) and women (82.6 mmHg from 76.8 mmHg). Given these readings were taken before the implementation of the HEARTS initiative, it is recommended that follow-up measurements be conducted to determine the effectiveness of the initiative. Moreover, the authors of [12] did conduct a performance analysis of the initiative, which indicated how it performed in the six recommended sites.

Raised blood pressure increases with age as the prevalence of hypertension is higher in the older age group. As such, the health authorities should use this information to craft programs and policies that target older individuals to help them treat and control their blood pressure. In addition, critical information can be communicated to the younger generation to change certain lifestyle practices and monitor their blood pressure to reduce the risk factors associated with hypertension. However, one key challenge coming out of the HEARTS program is the difficulty in getting patients to keep to the appointment or reaching patients to remind or encourage them to keep to their blood pressure appointments.

Since most persons in the older age group suffered from raised blood pressure, a larger proportion was also on medication to treat or control their blood pressure. Overall, one in four, or 26.1% of individuals with raised blood pressure was on medication but not controlled (31.9% among women and 18.1% among men); just over a fifth or (22.5%) of individuals were not on medication to treat their hypertension (23.1% among women and 21.8% among men), and about two in five or (37.3%) of individuals had raised blood pressure but not diagnosed (52.8% among men and 26% among women).

Being overweight and obese is an important health issue that affects many Saint Lucians. These health issues became more apparent during the COVID-19 pandemic, where COVID-19-related deaths were often associated with individuals with underlying health issues. The mean BMI from 2012 to 2019 remained relatively the same in both surveys (28.4 kg/m^2 in 2019 and 28.0 kg/m^2 in 2012). This was the same prevalence pattern in both men and women for the two surveys: men (26.1 kg/m^2 in 2019 and 26.0 kg/m^2 in 2012) and women (30.2 kg/m^2 in 2019 and 30.0 kg/m^2 in 2012). Despite the limited change over the years, BMI remained higher in older individuals (45-69). The health authorities should endeavor to mirror the same gains made in the regulation of the tobacco industry and apply them to the food industry to address diabetes [15].

The prevalence of obesity (BMI ≥30) increased slightly in 2019 to 34.9% compared to 31.9% in 2012, with a significant increase in men (20.6% in 2019 versus 17.1% in 2012). Furthermore, the prevalence of obesity was slightly higher for men in the 18-44 age group at just 22.1% compared to men in the 45-69 age group (19.3%). This can be explained by the high level of drinking, not meeting the WHO's recommendation for servings of fruits and vegetables and an increase in sedentary time for men in the younger age group. In contrast, there was no significant difference

in the prevalence of obesity in women from 2012-2019 (46.1% in 2019 and 46.4% in 2012). More women in the older age group were reported to be obese (49.3%) than those in the younger age group (42.5%). This is also concerning given the low percentage of women who are physically active during the day and the level of physical activities that are taking place in Saint Lucia that encourages everyone to be more active. The percentage that was both overweight and obese also reported no significant change over the two surveys (65.0% in 2019 and 65.6% in 2012); of which men decreased slightly to 50% in 2019 compared to 53.9% in 2012, as well as women to 76.8% in 2019 from 77.1% in 2012. Being overweight and obese should be thoroughly addressed given the limited movement over the past seven years, the lessons learned from the COVID-19 pandemic, and the risk factors for CVD and diabetes due to this health issue.

Biochemical Measurement (Blood Sugar & High Cholesterol)

Raised blood glucose is defined as plasma venous value ≥ 126mg/dl. The STEPS data observed that the individuals in the higher age group (45-69) were most affected by raised blood glucose, with more women being affected than men. Mean fasting blood glucose, including those currently on medication for raised blood glucose decreased slightly over the two surveys with the overall reading decreasing to 100 mg/dl in 2019 from 104.6 mg/dl in 2012. This decline was also reported for both men (97.8 mg/dl in 2019 and 99.9 mg/dl in 2012) and women (101.7 mg/dl in 2019 and 108.4 mg/dl in 2012). Likewise, the percentage with raised fasting blood glucose and currently on medication also reported decreases in 2019 (15.9%) compared to 2012 (22.8%); this pattern was also observed for men (14.4% in 2019 and 14.9% in 2012) and significantly in women (17% in 2019 and 29.4% in 2012). Given that more individuals in the older age group were affected, meant they were also more likely to be on medication for this health issue.

Impaired fasting glycemia or pre-diabetes is defined as plasma venous value ≥110mg/dl and <126mg/dl. Similar to raised blood glucose, impaired fasting glycemia was also more prevalent for both men (10.6 mg/dl) and women (10.4 mg/dl) in the older age group (45-69). The overall prevalence of pre-diabetes decreased significantly over the two surveys to 9.5% in 2019 from 19.3% in 2012. This pattern was also observed for both men (9.4% in 2019 and 22.2% in 2012) and women (9.6% in 2019 and 16.8% in 2012). PAHO reports that taxes on sugary drinks have been shown to be effective at reducing the consumption of these products [22, 23]. Excess consumption of sugary beverages greatly contributes to being overweight, obesity, diabetes, heart disease and other NCD risk factors. Post-COVID-19, these fiscal measures can be utilised more frequently to deter demand and improve health.

Just about a third of individuals (31.9%) reported in the 2019 survey that they were diagnosed with raised total cholesterol, which was a significant increase over the 24.5% reported in 2012. The proportion of men was about 1.5 times higher (23.4%) in 2019 compared to the 16% reported in 2012. The proportion of women in 2019 also increased to 38.5% compared to 31.8% in 2012.

Generally, individuals with raised cholesterol (≥190 mg/dl) that were being treated were higher across genders in the older age group (39.9 mg/dl) than the younger age group (22.7 mg/dl). Furthermore, the findings showed that women reported higher cholesterol levels than men in both age groups; women (38.5 mg/dl; 49.9mg/dl in age 45-69 years and 25.5 mg/dl in age 18-44 years) and men (23.4 mg/dl; 27.1mg/dl in age 45-69 years and 19.0 mg/dl in age 18-44 years). This pattern was also the case for total cholesterol ≥ 240 mg/dl. The mean fasting triglyceride levels was 111.5 mg/dl across genders with the reading in men (109.8 mg/dl) being slightly lower than that of women (112.7 mg/dl).

Cardiovascular Disease (CVD)

The STEPS data observed that one in ten persons (9.3%) aged 40-69 years had suffered from a heart attack, chest pain from heart disease, or a stroke, with 8.7% among men and 9.8% among women. This is critical information for the health authorities in targeting individuals suffering from CVD risk, in particular, women in the older age group. Generally, the prevalence of CVD risk factors increases with age as 6.3% of the older individuals compared to 4.1% of the younger person had suffered from a heart attack or chest pain. More women (11.1%) than men (5.1%) are taking aspirin regularly to treat or prevent their heart disease. Likewise, more women (4.8%) than men (2.0%) are taking statins regularly to prevent or treat heart disease. This shows that men are less likely to use the prescribed medication to treat their CVD risk factors. Consequently, CVDs account for 33.0% of death in Saint Lucia. The Government of Saint Lucia is also working on implementing Universal Health Coverage (UHC) with the hopes of providing the necessary health services to address the CVDs that are affecting most Saint Lucians.

Combined Risk Factors

The following list of NCD risk factors was considered in the STEPS 2019 data:

1. Current daily smoking
2. Less than five servings of fruits and or vegetables per day
3. Not meeting WHO recommendation on physical activity for health (<150 minutes of moderate activity per week, or equivalent)
4. Overweight or obesity (BMI ≥ 25 kg/m^2)
5. Raised BP (SPB ≥ 140 and/or DPB ≥ 90 mmHg or currently on medication for raised BP)

Given the above risk factors, an estimated 60.7% of the population had 1-2 NCD risk factors. The proportion was significantly higher in the 18-44 age group (71.6%) compared to the 45-69 age group (50.8%). Furthermore, 62.8% of men reported having 1-2 risk factors compared to 59.1% of women. These risk factors were associated with individuals in the younger age group (73.4% among men and 70.2% among women). The proportion of individuals with 3-5 NCD risk factors was 35.4%; of which 38.7% were among women and 31.3% among men. The prevalence of having 3-5 risk factors were more associated with individuals in the older age group (45-69); 46.3%

overall with 48.5% among women and 43.4% among men, compared to persons in the younger age group; 23.5% overall with 27.6% among women and 18.3% among men.

Although the age groups were slightly different in both reports, the prevalence of combined NCD risk factors was in some relatively the same and others significantly different over the two surveys. The proportion of individuals with none of the risk factors was 3.9% in 2019, which was a decrease from the 4.3% reported in 2012; of this total, the prevalence in men increased slightly to 5.9% in 2019 from 5.2% in 2012. Likewise, 2.3% of women reported suffering from any of the risk factors in 2019, this was an increase from the 2012 figure of 0.8%. In 2019, the proportion of the adult population with three or more risk factors increased marginally to 35.4% compared to 33.3% in 2012. While men reported a minor increase to 31.3% in 2019 (30.5% in 2012), the prevalence level among women saw a huge decline to 38.7% in 2019 compared to 45.2% in 2012. In both surveys, the proportion of individuals in the older age group (46.3%) with three or more risk factors was higher than those in the younger age group (23.5%).

CONCLUSION

The PAHO/WHO STEPwise approach for NCD surveillance tool used to collect, analyse and disseminate information on critical NCD risk factors, has been implemented twice in Satin Lucia, first in 2012 and then in 2019. The STEPS data helps Saint Lucia monitor within-country trends in NCD risk factors, as well as performance comparison to other countries that conduct the same health survey. Furthermore, the data emanating from the survey can help equip authorities in the health sector with the necessary information that can craft targeted policies, health services, and programmes to combat the rise in modifiable and metabolic risk factors. The following are the main findings of the 2019 STEPS survey that can help develop strategies and policies to reduce pre-mature or preventable deaths among Satin Lucians:

- Tobacco use is more prevalent in men than women, who smoke more manufactured cigarettes daily. This pattern is more prevalent in the older age group, however, 3 in 5 individuals in the younger age group are daily smokers. Nevertheless, over 50% of current smokers are willing to quit after seeing health warnings or anti-cigarette information.
- Among Caribbean regions that have undertaken the STEPS island-wide survey, Saint Lucia has the highest alcohol consumption rate, with men consuming significantly more alcohol than women. Heavy episodic drinking (+6 drinks in a single occasion) is more prevalent in younger men (34.2%) and women (15.9%) compared to their older counterparts.
- The majority of adults do not consume the recommended 5 servings of fruits and/or vegetables on average per day.
- Almost three-quarters of the adult population believe they consume just the right amount of salt (more men than women) but also believe lowering the salt intake is very important.
- A higher proportion of women than men are less likely to meet the WHO recommendations on physical activity for health. Overall, adults spend more time doing work-related physical activity than transport or recreation.
- Women were found to be significantly more overweight and obese than men.
- Three out of every four women (76.6%) in the adult population have tested for cervical cancer. Of the adult women aged 30-49 years, four out of five have undertaken a cervical cancer test and screening.
- A large proportion of the adult population has raised blood pressure but have not been diagnosed. Almost twice as many women than men have been diagnosed with hypertension in the past 12 months. Every 2 in 5 individuals with raised blood pressure are currently on medication.
- Very few adults have impaired fasting glycemia. However, almost a third of the adult population has raised total cholesterol; more women than men.
- Just over a third of the adult population suffers from three or more NCD risk factors. Almost half of the adults aged 45-69 have three or more NCD risk factors.

RECOMMENDATIONS

The STEPS survey results support the need for continued surveillance and monitoring of NCDs in Saint Lucia. The WHO via its Best Buy Interventions has highlighted a list of recommended interventions to address NCDs based on the Global Action Plan for the Prevention and Control of NCDs [16]. Regionally, the CARICOM Port of Spain declaration has also provided recommended interventions to help prevent and reduce NCDs and their risk factors. Furthermore, the Government of Saint Lucia has committed to fighting NCDs and avoiding premature deaths from NCDs by implementing the 2017-2025 National Chronic Disease Policy document [8]. The NCD policy document supports the recommendations highlighted in the regional and international documents and has outlined its national action plan to reduce the impact of NCDs.

The following recommendations for Saint Lucia were based on the abovementioned NCD policy documents, the findings from the 2019 STEPS data analysis, and feedback from stakeholders responsible for NCDs in Saint Lucia, including Saint Lucia's NCD committee.

NCD Programmes and Policies

Health Sector and Ally Health Stakeholders

xiii. The Ministry of Health should continue to pursue the NCD initiatives highlighted in the National NCD Policy and Action Plan document for the five priority areas [10] and continue to use this document as the primary NCD policy document. The National NCD Policy and Action Plan document should be updated annually subsequent to a performance review of the initiatives.

xiv. Accelerate the implementation of Universal Health Coverage (UHC) and universal access to health care. As the country is currently conducting several stakeholder consultations on UHC and refining its package of essential health services that will be made available to the public, there are still existing gaps in the health system that should also be addressed.

xv. Improved current primary health care system for easier and more affordable access to health care and essential medicines as Saint Lucia awaits the implementation of UHC. The health systems strengthening project which is currently underway should remain a top priority.

xvi. Accelerate the implementation of the WHO NCD Best Buys policies and interventions on alcohol, unhealthy diet, tobacco control, insufficient physical activity and integration of NCDs at the Primary Health Care level.

xvii. Health Services should be strengthened and targeted toward the prevention or reduction of NCDs. This should be a multi-sectoral and community/society participation approach.

xviii. Greater access to quality NCD medication with assistance from PAHO revolving fund.

xix. The Government of Saint Lucia and Ministry of Health should strengthen national capacity in high quality research and development in NCD prevention and control and NCD surveillance and monitoring. This can be achieved by increasing investment in human resources in these areas, and at the Primary Health Care level to increase the stock of health service providers who are skilled and competent in NCD prevention, screening, early detection, and management.

xx. Design physical activity campaigns to encourage all individuals to be active, promote wellness, maintain healthy weight, lose weight if overweight with a specific focus on at-risk individuals and women. Campaign should be multisectoral for effectiveness.

xxi. Health education on NCDs should be of high priority, concentrating on certain settings such as schools, workplaces, health facilities and communities.

xxii. The Government of Saint Lucia should consider increasing the taxes on tobacco products (63% ad valorem) as a means of further reducing the demand and consumption of tobacco use and the modifiable risk factors associated with tobacco use. In addition, consider developing and implementing complimentary policies to the existing ad valorem fiscal policy that address the access and usage challenge of single sale of cigarettes. The tax revenue can be used to finance health facilities, health services, and training of health service providers to combat NCDs and their risk factors.

xxiii. The Government of Saint Lucia should consider imposing a tax on sugary drinks as a means of reducing consumption and the risk factors that contribute to obesity, heart disease, and diabetes. The Ministry of Health should look into the Barbados and Jamaica model for reference.

xxiv. The Government of Saint Lucia should consider being more aggressive in developing and implementing national legislation on the reduction and prevention of exposure to second-hand smoke in the workplace and high traffic public areas.

Non-Health Stakeholders

iv. Employers (private & public) should invest more in the health of their human resources by incorporating better health systems in the workplace, by incentivizing employees to practice better health care.

v. Work with the Ministry of Agriculture and local farmers to encourage the consumption of local fruits and vegetables (increase servings consumption to that of the WHO recommended standard. This should be a year-round annual campaign.

vi. Tobacco policies should also encompass other demand-reduction interventions including aggressive public education campaigns to reduce initiation and usage, product marketing and sales practices and strengthening smoking cessation programmes.

Surveillance, Monitoring, Data Collection and Reporting

vii. The STEPS survey should be established as the national NCD survey instrument for Saint Lucia. STEPS should be integrated into the CSO's survey system with government allocation of funds, to be implemented every 4-5 years. The CSO should be the implementing agency and the Ministry of Health and PAHO to provide technical assistance.

viii. Following any implementation of targeted programmes or policies to curb NCDs and their risk factors, a survey should be conducted to determine the effectiveness of these interventions and the current prevalence of NCD risk factors in the specific areas being addressed (*this should complement recommendation #5 below*).

ix. The Ministry of Health should ensure the efficient integration of health management systems across all levels of care. Healthcare professionals should be fully committed to utilizing its health management system to properly record health/patient data and move away from all paper entries.

x. An NCD Unit/department should be established in the Ministry of Health to focus on the design and implementation of a comprehensive NCD programme, as well as to support the implementation of the WHO BEST BUYs policies and interventions and implementation of the NCD Roadmap 2023-2030.

xi. Implement surveillance and monitoring of NCDs at the community level by equipping the wellness centers with the training and technology required to undertake mini-STEPS surveys that focus on more granular health performances. These community-focused surveys should be conducted annually or every other year and feed into the national STEPS survey, which takes place every 4-5 years. This approach can enhance the monitoring and evaluation of NCD initiatives and track the prevalence of NCDs and their risk factors (*this should complement recommendation #2 above*).

xii. The Government of Saint Lucia should earmark a portion of the Ministry of Health's annual budget specifically for the surveillance and monitoring of NCDs and their risk factors. The insight from the data analysis can be used to craft more informed decisions and allow health authorities to better track the prevalence of NCDs and the performance of targeted initiatives implemented to address NCDs and their risk factors.

Communication

vii. Develop and implement an NCD national media/communications plan to better inform the public on the threats of NCDs and their risk factors, as well as to inform the public and stakeholders of policies and programmes developed to address NCDs, including getting help and skills to practice a better lifestyle.

viii. Design more targeted communications to address or reach out to the most vulnerable or high-risk behaviours within the population to inform them of the dangers of NCDs and how to get help, as well as how to practice better lifestyles that can improve their health status from high to medium or low-risk.

ix. Conduct a national stakeholder and community engagement workshop/town hall meeting for the dissemination and discussion of the findings of the 2019 STEPS survey, as well as to identify appropriate interventions and priorities.

x. Reconsider revisiting implementing laws prohibiting any forms of advertising, promotion, and sponsorship [21], as outlined in the WHO Framework Convention on Tobacco Control (FCTC) Article 13 and its Guidelines.

xi. Be more aggressive with anti-tobacco/smoking campaigns and community-based tobacco cessation support programmes that target individuals who are willing to quit smoking. Develop and implement easier avenues for smokers to seek help or information regarding how to quit smoking. Communicate these avenues to the public via social media, local media outlets, billboards, health facilities, and workplaces.

xii. Produce and implement budgeted NCD media campaigns that normalize healthier lifestyles; quit tobacco use, reduce alcohol consumption, increase physical activity, increase consumption of fruits and vegetables, reduce salt intake, lower cholesterol levels, reduce blood pressure, better oral health, and improved mental health.

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APPENDIX

Web Annex 1

WHO STEPwise Approach to NCD risk factor surveillance (STEPS), standard instrument-version 3.2

Noncommunicable Disease Surveillance, Monitoring and Reporting (who.int)

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Annex 2

Saint Lucia STEPS Factsheet 2019

The STEPS survey of noncommunicable disease (NCD) risk factors in Saint Lucia was carried out from November 2019 to October 2020 (on hold March-June 2020 due to COVID-19 pandemic). Saint Lucia carried out Step 1, Step 2 and Step 3. Socio-demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight, and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69**.** A multi-stage systematic random sample design was used to produce representative data for that age range in Saint Lucia. A total of 2,964 adults participated in the survey from a sample size of 4,197. The overall response rate was 70.6 percent. A repeat survey is planned for 2024 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	**Both Sexes**	**Males**	**Females**
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	**12.9%** (11.6 – 14.2)	**25.2%** (22.8 – 27.8)	**3.4%** (2.5 – 4.6)
Percentage who currently smoke tobacco daily	**8.5%** (7.4 – 9.6)	**16.8%** (14.8 – 19.0)	**2.1%** (1.4 – 3.1)
For those who smoke tobacco daily			
Average age started smoking (years)	**17.5** (16.9 – 18.1)	**17** (16.5 – 17.5)	*
Percentage of daily smokers smoking manufactured cigarettes	**80.0** (75.2 – 84.6)	**80.3** (75.1 – 85.7)	**77.6** (63.2 – 92.3)
Average number of cigarettes smoked per day (among daily cigarette smokers)	**6.1** (5.1 – 7.1)	**6.3** (5.2 – 7.3)	*
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	**14.6%** (13.1 – 16.2)	**9.0%** (7.2 – 10.9)	**18.9%** (16.9 – 21.1)
Percentage who are past 12-month abstainers	**11.6%** (10.3 – 13.0)	**9.6%** (8.0 – 11.3)	**13.1%** (11.4 – 15.1)
Percentage who currently drink (drank alcohol in the past 30 days)	**61.9%** (59.8 – 63.9)	**72.3%** (69.5 – 74.9)	**53.9%** (51.1– 56.6)
Percentage who engages in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	**19.1%** (17.4 – 20.9)	**28.8%** (26.1– 31.6)	**11.6%** (10.1– 13.4)
Step 1 Diet			

Mean number of days fruit consumed in a typical week	**4.1** (4.0 – 4.2)	**4.1** (3.9 – 4.2)	**4.1** (4.0– 4.2)
Mean number of servings of fruit consumed on average per day	**1.5** (1.4 – 1.6)	**1.6** (1.5 – 1.7)	**1.4** (1.3 – 1.5)
Mean number of days vegetables consumed in a typical week	**4.2** (4.1 – 4.4)	**4.1** (4.0 – 4.3)	**4.3** (4.2– 4.5)
Mean number of servings of vegetables consumed on average per day	**1.3** (1.2 – 1.3)	**1.2** (1.2 – 1.3)	**1.3** (1.2 – 1.3)
Percentage who ate less than 5 servings of fruit **and/**or vegetables on average per day	**83.2%** (81.7 – 84.7)	**81.7%** (79.3 – 84.0)	**84.3%** (82.3 – 86.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	**6.3%** (5.2 – 7.4)	**5.6%** (4.3 – 7.0)	**6.7%** (5.3 – 8.2)
Percentage who always or often eat processed foods high in salt	**17.6%** (16.0 – 19.2)	**16.9%** (14.7 – 19.2)	**18.2%** (16.1 – 20.2)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	**17.1%** (15.3 – 18.9)	**13.9%** (11.7 – 16.1)	**19.5%** (17.2 – 21.9)
Median time spent in physical activity on average per day (minutes) (Presented with inter-quartile range)	**118.6** (35.7 – 320.0)	**191.4** (52.6 – 415.7)	**90** (30.0– 214.3)
Percentage not engaging in vigorous activity	**65.9%** (64.1 – 67.8)	**42.8%** (39.8 – 45.8)	**83.7%** (81.5 – 85.8)
Step 1 Cervical Cancer Screening (Women)			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			**80.8%** (77.7 – 83.8)
Percentage of women who have never had a breast exam			**19.3%** (17.3 – 21.3)
Percentage of women aged 50-69 years who have never had a mammography			**58.8%** (54.7 – 62.8)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m^2)	**28.4** (28.1 – 28.7)	**26.1** (25.7 – 26.6)	**30.2** (29.8 – 30.6)
Percentage who are overweight or obese (BMI ≥ 25 kg/m^2)	**65.0%** (63.0 – 66.9)	**50.0%** (46.9 – 53.2)	**76.8%** (74.3 – 79.3)
Percentage who are obese (BMI ≥ 30 kg/m^2)	**34.9%** (32.9 – 36.9)	**20.6%** (18.0 – 23.2)	**46.1%** (43.5 – 48.7)
Average waist circumference (cm)		**84.3** (83.0 – 85.5)	**89.9** (88.4– 91.3)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	**128.5** (127.6 – 129.4)	**131.8** (130.5 – 133.1)	**126.0** (124.8 – 127.2)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	**82.6** (82.1 – 83.2)	**82.7** (81.9 – 83.2)	**82.6** (82.1 – 83.2)
Step 2 Physical Measurements			

Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	**39.4%** (37.4 – 41.4)	**38.0%** (35.0 – 41.0)	**40.6%** (38.1 – 43.0)
For those with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with raised BP, not previously diagnosed	**37.3%** (34.4 – 40.2)	**52.8%** (48.0 – 57.7)	**26.0%** (22.5 – 29.5)
Percentage with raised BP, previously diagnosed, not currently on medication	**22.5%** (19.9 – 25.1)	**21.8%** (17.6 – 26.0)	**23.1%** (19.4 – 26.7)
Percentage with raised BP, previously diagnosed, currently on medication, not controlled	**26.1%** (23.3 – 28.9)	**18.1%** (14.4 – 21.7)	**31.9%** (28.2 – 35.7)
Percentage previously diagnosed, currently on medication, controlled (SBP<140 and DBP<90 mmHg)	**14.1%** (12.1 – 16.1)	**7.3%** (4.9 – 9.8)	**19.0%** (16.0 – 22.0)
Step 3 Biochemical Measurement (unweighted)**			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mg/dl]	**100**	**97.8**	**101.7**
Percentage with impaired fasting glycaemia as defined as - plasma venous value ≥110 mg/dl and <126 mg/dl)	**9.5%**	**9.4%**	**9.6%**
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose - plasma venous value ≥126 mg/dl	**15.9%**	**14.4%**	**17.0%**
Mean total blood cholesterol, including those currently on medication for raised cholesterol [mg/dl]	**166.9**	**154.9**	**176.2**
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	**31.9%**	**23.4%**	**38.5%**
Cardiovascular disease (CVD) risk (unweighted)***			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	**9.3%**	**8.7%**	**9.8%**
Summary of combined risk factors 1 Current daily smoker 2. Less than 5 servings of fruits & vegetables per day 3. Insufficient physical activity 4. Overweight (BMI ≥ 25 kg/m^2) 5. Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors	**3.9%** (3.0 – 4.7)	**5.9%** (4.4. – 7.4)	**2.3%** (1.4 – 3.2)
Percentage with three or more of the above risk factors, aged 18 to 44 years	**23.5%** (20.9 – 26.0)	**18.3%** (15.1 – 21.4)	**27.6%** (23.7 – 31.6)
Percentage with three or more of the above risk factors, aged 45 to 69 years	**46.3%** (43.6 – 49.0)	**43.4%** (39.3 – 47.4)	**48.5%** (44.7 – 52.3)
Percentage with three or more of the above risk factors, aged 18 to 69 years	**35.4%** (33.5 – 37.3)	**31.3%** (28.6 – 34.0)	**38.7%** (36.1 – 41.3)

* Indicates estimate based on less than 50 unweighted cases and has been suppressed.

** Results for biochemical measurements and cardiovascular disease risk are presented unweighted, given that the response rate for Step 3 was lower than 60%

*** A 10-year CVD risk of ≥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).

For additional information, please contact: STEPS Country Focal Point [Ministry of Health, St. Lucia] Tel # 758-468-5300

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Annex 3

Saint Lucia STEPS Databook 2019

Introduction

Purpose of the data book

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

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

Format of the data book

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

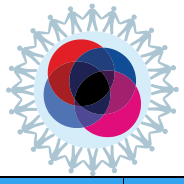
- Title and description of the table
- Data tables for men, women and both sexes
- Questions used to produce the table (actual question text)
- Analysis information (Epi Info program name to produce the table).

Global Action Plan 2013-2020 and Global Monitoring Framework

STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCD[2]s, relating to 7 of the 9 global targets. Indicators captured in STEPS are marked in bold and italics in the table below.

Tables in the data book relating to the Global Monitoring Framework

Tables in the data book relating to the Global Monitoring Framework are identified with this symbol:



Framework Element	Target	Indicator

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

MORTALITY AND MORBIDITY		
Premature mortality from noncommunicable disease	1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases	1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases
Additional indicator		2. Cancer incidence, by type of cancer, per 100 000 population
BEHAVIOURAL RISK FACTORS		
Harmful use of alcohol	2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context	3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context ***4. Age-standardized prevalence of heavy episodic drinking among*** adolescents and ***adults***, as appropriate, within the national context 5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context
Physical inactivity	3. A 10% relative reduction in prevalence of insufficient physical activity	6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily ***7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)***
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	***8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years***
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents ***10. Age-standardized prevalence of current tobacco use among persons aged 18+ years***
BIOLOGICAL RISK FACTORS		
Raised blood pressure	6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	***11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure***
Diabetes and obesity	7. Halt the rise in diabetes & obesity	***12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose)*** 13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex) ***14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)***
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years ***16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day*** ***17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration***

Framework Element	Target	Indicator
NATIONAL SYSTEMS RESPONSE		
Drug therapy to prevent heart attacks and strokes	8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes	***18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk ≥30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes***
Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases	9. An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major noncommunicable diseases in both public and private facilities	19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities
Additional indicators		20. Access to palliative care assessed by morphine-equivalent 21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes 22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies 23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt 24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants ***25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies***

Demographic Information Results

1. Age Group by Sex

Description: Summary information by age group and gender of adults 18-69

Survey Instrument Question:

i. Sex
ii. What is your date of birth?
iii. How old are you?

Age Group and Gender of Adults 18-69						
Age Group	**Men**		**Women**		**Both Sexes**	
(Yrs.)	n	%	n	%	n	%
18-44	610	44.0	775	56.0	1,385	46.7
45-69	686	43.4	893	56.6	1,578	53.3
18-69	**1,296**	**43.7**	**1,668**	**56.3**	**2,964**	**100**

Analysis Information:

- Survey question code used: C1, C2, C3

2. Education

Description: Mean number of years of education among adults 18-69.

Survey Instrument Question:

i. 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	**Men**		**Women**		**Both Sexes**	
(Yrs.)	n	mean	n	mean	n	mean
18-44	606	11.8	770	12.4	1,376	12.1
45-69	675	9.7	881	10.2	1,556	10.0
18-69	**1,281**	**10.7**	**1,651**	**11.2**	**2,932**	**11.0**

Analysis Information:

- Survey question code used: C1, C3, C4

3. Highest Level of Education Achieved by the Adults 18-69

Description: Highest level of education achieved by adults 18-69.

Survey Instrument Question:

i. What is the highest level of education you have completed?

Highest level of education									
Age Group	**Men (%)**								
(Yrs.)	n	No Formal Schooling	Less than Primary	Pre-Primary	Lower/Junior Secondary	Upper Secondary	Post-Secondary Non-Tertiary	Tertiary/College /University	Post Graduate Degree
18-44	609	0.7	2.5	17.4	9.9	47.6	9.2	11.8	1.0
45-69	686	3.4	7.0	53.4	10.9	12.1	3.6	8.0	1.6
18-69	**1,295**	**2.1**	**4.9**	**36.4**	**10.4**	**28.8**	**6.3**	**9.8**	**1.3**

Highest level of education									
Age Group	**Women (%)**								
(Yrs.)	n	No Formal Schooling	Less than Primary	Pre-Primary	Lower/Junior Secondary	Upper Secondary	Post-Secondary Non-Tertiary	Tertiary/College /University	Post Graduate Degree
18-44	775	0.0	0.8	11.5	6.8	51.2	9.3	18.2	2.2
45-69	891	1.0	4.6	50.5	13.6	15.8	3.1	9.5	1.8
18-69	**1,666**	**0.5**	**2.8**	**32.4**	**10.4**	**32.3**	**6.0**	**13.6**	**2.0**

Highest level of education									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	No Formal Schooling	Less than Primary	Pre-Primary	Lower/Junior Secondary	Upper Secondary	Post-Secondary Non-Tertiary	Tertiary/College /University	Post Graduate Degree
18-44	1,384	0.3	1.5	14.1	8.2	49.6	9.3	15.4	1.7
45-69	1,577	2.0	5.6	51.7	12.4	14.2	3.4	8.9	1.7
18-69	**2,961**	**1.2**	**3.7**	**34.1**	**10.4**	**30.8**	**6.1**	**11.9**	**1.7**

Analysis Information:

- Survey question code used: C1, C5

4. Ethnicity

Description: Summary results for the ethnic/racial group of adults 18-69.

Survey Instrument Question:

i. What is your relevant ethnic group / racial group background?

Ethnic Background of Adults 18-69 (%)							
Age Group	**Men (%)**						
(Yrs.)	n	African Decent/Black	East Indian	White/Caucasian	Syrian/Lebanese	Mixed	Other
18-44	1,385	89.9	2.0	0.2	0.0	7.9	0.2
45-69	1,578	89.1	3.4	0.0	0.2	7.3	0.2
18-69	**2,963**	**89.4**	**2.7**	**0.1**	**0.1**	**7.6**	**0.2**

Ethnic Background of Adults 18-69 (%)							
Age Group	**Women (%)**						
(Yrs.)	n	African Decent/Black	East Indian	White/Caucasian	Syrian/Lebanese	Mixed	Other
18-44	1,385	90.3	1.9	0.0	0.1	7.4	0.3
45-69	1,578	89.1	2.9	0.1	0.2	7.6	0.0
18-69	**2,963**	**89.7**	**2.5**	**0.01**	**0.0**	**7.5**	**0.1**

Ethnic Background of Adults 18-69 (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	African Decent/Black	East Indian	White/Caucasian	Syrian/Lebanese	Mixed	Other
18-44	1,385	90.1	1.9	0.0	0.1	7.6	0.2
45-69	1,578	89.1	3.1	0.1	0.1	7.5	0.1
18-69	**2,963**	**89.6**	**2.6**	**0.1**	**0.1**	**7.5**	**0.1**

Analysis Information:

- Survey question code used: C1, C6

5. Marital Status

Description: Summary results for the marital status of adults 18-69.

Survey Instrument Question:

i. What is your marital status?

Marital Status (%)							
Age Group	**Men (%)**						
(Yrs.)	n	Never Married	Currently Married	Separated	Divorced	Widowed	Cohabitating/Common Law Union
18-44	605	75.7	10.9	0.8	1.0	0.0	11.6
45-69	684	51.5	28.1	4.5	6.7	2.8	6.4
18-69	**1,289**	**62.8**	**20.0**	**2.8**	**4.0**	**1.5**	**8.8**

Marital Status (%)							
Age Group	**Women (%)**						
(Yrs.)	n	Never Married	Currently Married	Separated	Divorced	Widowed	Cohabitating/Common Law Union
18-44	769	71.9	12.1	2.3	1.4	0.4	11.8
45-69	887	50.1	26.9	5.4	5.2	6.8	5.6
18-69	**1,656**	**60.2**	**20.1**	**4.0**	**3.4**	**3.8**	**8.5**

Marital Status (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	Never Married	Currently Married	Separated	Divorced	Widowed	Cohabitating/Common Law Union
18-44	1,374	73.6	11.6	1.7	1.2	0.2	11.7
45-69	1,571	50.7	27.4	5.0	5.9	5.0	6.0
18-69	**2,945**	**61.4**	**20.0**	**3.5**	**3.7**	**2.8**	**8.7**

Analysis Information:

- Survey question code used: C1, C7

6. Employment Status

Description: Summary results for the employment status of adults 18-69.

Survey Instrument Question:

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

Employment Status of Adults 18-60 (%)					
Age Group		**Men (%)**			
(Yrs.)	n	Government Employee	Non-Government Employee	Self Employed	Unpaid
18-44	609	11.2	44.0	24.8	20.0
45-69	686	11.2	24.5	41.3	23.0
18-69	**1,295**	**11.2**	**33.7**	**33.5**	**21.6**

Employment Status of Adults 18-69 (%)					
Age Group		**Women (%)**			
(Yrs.)	n	Government Employee	Non-Government Employee	Self Employed	Unpaid
18-44	775	14.2	40.3	11.4	34.2
45-69	891	13.0	23.9	20.7	42.4
18-69	**1,666**	**13.6**	**31.5**	**16.3**	**38.6**

Employment Status of Adults 18-69 (%)					
Age Group		**Both Sexes (%)**			
(Yrs.)	n	Government Employee	Non-Government Employee	Self Employed	Unpaid
18-44	1,384	12.9	41.9	17.3	28.0
45-69	1,577	12.2	24.2	29.6	34.0
18-69	**2,961**	**12.5**	**32.5**	**23.8**	**31.2**

Analysis Information:

- Survey question code used: C8

7. Unpaid Work and Unemployed

Description: Proportion of adults 18-69 in unpaid work or unemployed.

Survey Instrument Question:

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

Unpaid Work and Unemployed (%)							
Age Group	**Men (%)**						
(Yrs.)	n	Non-Paid	Student	Home Maker	Retired	Unemployed (able to work)	Unemployed (unable to work)
18-44	122	4.9	11.5	0.0	0.8	77.0	5.7
45-69	158	1.9	0.0	0.6	51.9	25.3	20.3
18-69	**280**	**3.2**	**5.0**	**0.4**	**29.6**	**47.9**	**13.9**

Unpaid Work and Unemployed (%)							
Age Group	**Women (%)**						
(Yrs.)	n	Non-Paid	Student	Home Maker	Retired	Unemployed (able to work)	Unemployed (unable to work)
18-44	265	1.9	8.7	5.3	0.0	77.4	6.8
45-69	378	1.9	0.0	18.0	30.2	37.3	12.7
18-69	**643**	**1.9**	**3.6**	**12.8**	**17.7**	**53.8**	**10.3**

Unpaid Work and Unemployed (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	Non-Paid	Student	Home Maker	Retired	Unemployed (able to work)	Unemployed (unable to work)
18-44	387	2.8	9.6	3.6	0.3	77.3	6.5
45-69	536	1.9	0.0	12.9	36.6	33.8	14.9
18-69	**923**	**2.3**	**4.0**	**9.0**	**21.3**	**52.0**	**11.4**

Analysis Information:

- Survey question code used: C8

8. Per Capita Annual Income

Description: Mean reported per capita annual income of adults 18-69 in local currency.

Survey Instrument Question:

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

Mean Annual Per Capita Income		
n	Total Annual Income	Per Capita Income (XCD)
1,766	**$20,342,544**	**$17,241.80**

Analysis Information:

- Survey question code used: C9, C10, C10type

9. Estimated Household Earnings

Description: Summary of adults 18-69 average household earnings by quintile.

Survey Instrument Question:

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

Estimated Household Earnings (%)						
	n	Under 10K	10K-19.9K	20K-39.9K	40K-69.9K	65K+ Over
Both Sexes	**368**	**75.0**	**15.0**	**6.3**	**1.4**	**2.5**

Analysis Information:

- Survey question code used: C11

Tobacco Use

1. Current Tobacco Product Smoker

Description: Summary of current tobacco smoker among adults 18-69.

Survey Instrument Question:

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

Percentage of Current Tobacco/Tobacco Product Smokers									
Age Group	**MEN**			**WOMEN**			**BOTH SEXES**		
(Yrs.)	n	Current Smoker	95% CI	n	Current Smoker	95% CI	n	Current Smoker	95% CI
18-44	610	28.3	24.6-32.1	775	4.4	2.7-6.0	1,385	14.9	12.9-16.8
45-69	686	22.4	19.0-25.8	893	2.6	1.5-3.6	1,579	11.1	9.4-12.8
18-69	**1,296**	**25.2**	**22.7-27.7**	**1,668**	**3.4**	**2.4-4.4**	**2,964**	**12.9**	**11.6-14.2**

Analysis Information:

- Survey question code used: T1, T2, T8

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2. Smoking Status of all Adults 18-69 (Daily/Non-Daily/Former/Never)

Description: Summary of current tobacco smoker among adults 18-69.

Survey Instrument Question:

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

Smoking Status of Adults 18-69 (%)									
Age Group	**MEN (%)**								
(Yrs.)	n	Daily	95% CI	Non-Daily	95% CI	Former Smoker	95% CI	Never Smoked	95% CI
18-44	610	17.8	14.6-21.0	10.5	8.0-13.0	15.0	12.0-18.1	56.6	52.3-61.0
45-69	686	15.9	13.1-18.7	6.5	4.3-8.7	22.1	18.8-25.3	55.6	51.5-59.6
18-69	**1,296**	**16.8**	**14.7-18.9**	**8.4**	**6.8-10.0**	**18.7**	**16.4-21.1**	**56.1**	**53.1-59.1**

Smoking Status of Adults 18-69 (%)									
Age Group	**WOMEN (%)**								
(Yrs.)	n	Daily	95% CI	Non-Daily	95% CI	Former Smoker	95% CI	Never Smoked	95% CI
18-44	775	2.5	1.2-3.8	1.9	1.0-2.8	6.9	5.0-8.8	88.7	86.3-91.2
45-69	893	1.7	0.8-2.6	0.8	0.2-1.4	5.9	4.1-7.8	91.5	89.4-93.7
18-69	**1,668**	**2.1**	**1.3-2.9**	**1.3**	**0.8-1.9**	**6.4**	**5.1-7.7**	**90.2**	**88.7-91.8**

Smoking Status of Adults 18-69 (%)									
Age Group	**BOTH SEXES (%)**								
(Yrs.)	n	Daily	95% CI	Non-Daily	95% CI	Former Smoker	95% CI	Never Smoked	95% CI
18-44	1,385	9.2	7.6-10.8	5.7	4.4-6.9	10.4	8.6-12.3	74.7	72.1-77.3
45-69	1,579	7.8	6.5-9.2	3.3	2.2-4.3	12.9	11.0-14.8	76.0	73.5-78.4
18-69	**2,964**	**8.5**	**7.4-9.6**	**4.4**	**3.6-5.2**	**11.7**	**10.3-13.1**	**75.4**	**73.6-77.2**

Analysis Information:

- Survey question code used: T1, T2, T8

3. Daily Smoking

Description: Percentage of current daily smokers among smoking adults 18-69.

Survey Instrument Question:

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

Current Daily Smokers Among Smoking Adults 18-69									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Daily Smoker	95% CI	n	Daily Smoker	95% CI	n	Daily Smoker	95% CI
18-44	176	62.9	55.4-70.4	34	56.6	38.7-74.5	210	61.8	54.9-68.8
45-69	152	70.9	62.7-79.1	25	67.4	48.8-86.1	177	70.5	63.0-78.0
18-69	**328**	**66.7**	**61.2-72.1**	**59**	**60.9**	**47.4-74.4**	**387**	**65.8**	**60.7-70.9**

Analysis Information:

- Survey question code used: T1, T2

4. Initiation and Duration of Smoking

Description: Mean age of initiation and mean duration of smoking (years) among daily smokers.

Survey Instrument Questions:

1. Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
2. Do you currently smoke tobacco products daily?
3. How old were you when you first started smoking?
4. How old were you when you stopped smoking?
5. Do you remember how long ago it was?

Mean Age Started Smoking

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Mean Age	95% CI	n	Mean Age	95% CI	n	Mean Age	95% CI
18-44	112	16.1	15.4-16.9	17*	*	*	129	16.3	15.6-17.0
45-69	109	17.5	16.4-18.6	15*	*	*	124	17.9	16.7-19.1
18-69	**221**	**16.8**	**16.1-17.4**	**32***	*****	*****	**253**	**17.1**	**16.4-17.8**

Mean Duration of Smoking (yrs.)

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Mean Duration	95% CI	n	Mean Duration	95% CI	n	Mean Duration	95% CI
18-44	112	17.7	16.4-19.1	17*	*	*	129	17.3	16.1-18.5
45-69	109	40.3	38.5-42.1	22*	*	*	124	39.8	38.1-41.5
18-69	**221**	**29.1**	**27.8-31.3**	**32***	*****	*****	**253**	**28.6**	**25.4-32.1**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: T1, T2, T3, T4a-c, T10

5. Manufactured Cigarette Smokers

Description: Mean age of initiation and mean duration of smoking (years) among daily smokers.

Survey Instrument Questions:

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

Manufactured Cigarette Smokers Among Daily Smokers									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Manufactured Cigarette Smoker	95% CI	n	Manufactured Cigarette Smoker	95% CI	n	Manufactured Cigarette Smoker	95% CI
18-44	107	77.1	69.5-84.7	16	74.9	56.0-93.8	123	76.8	69.8-83.7
45-69	108	83.5	75.6-91.3	17	81.1	61.8-100.0	125	83.2	75.8-90.5
18-69	**215**	**80.3**	**75.1-85.6**	**33**	**77.7**	**63.2-92.3**	**248**	**80.0**	**75.2-84.7**

Manufactured Cigarette Smokers Among Current Smokers									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Manufactured Cigarette Smoker	95% CI	n	Manufactured Cigarette Smoker	95% CI	n	Manufactured Cigarette Smoker	95% CI
18-44	170	72.1	65.4-78.9	31	67.8	53.6-82.0	201	71.4	65.5-77.4
45-69	146	79.2	72.2-86.2	24	74.2	58.1-90.3	170	78.5	71.8-85.3
18-69	**316**	**75.4**	**70.5-80.3**	**55**	**70.4**	**59.2-81.6**	**371**	**74.7**	**70.2-79.1**

Analysis Information:

- Survey question code used: T1, T2, T5a, T5aw

6. Amount of Tobacco Used Among Daily Smokers by Type

Description: Mean amount of tobacco used by daily smokers per day, by type.

Survey Instrument Questions:

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

Mean Amount of Tobacco Used by Daily Smokers by Type (1/2)

Age Group	Men (%)								
(Yrs.)	n	Manufactured Cigarette	95% CI	n	Hand Rolled Cigarette	95% CI	n	Pipes Tobacco	95% CI
18-44	107	4.7	3.3-6.0	108	2.4	1.8-2.9	111	0.0	-
45-69	108	7.9	6.4-9.3	110	1.3	0.8-1.8	111	0.0	-
18-69	**215**	**6.3**	**5.2-7.3**	**218**	**1.8**	**1.5-2.2**	**222**	**0.0**	**-**

Mean Amount of Tobacco Used by Daily Smokers by Type Con't (2/2)

Age Group	Men (%)								
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	n	Shisha Sessions	95% CI	n	Other Type of Tobacco	95% CI
18-44	111	0.0	0.0-0.1	110	0.0	-	109	1.2	0.5-1.8
45-69	111	0.2	0.0-0.4	111	0.0	-	109	1.7	0.9-2.5
18-69	**222**	**0.1**	**0.0-0.2**	**221**	**0.0**	**-**	**218**	**1.4**	**0.9-2.0**

Mean Amount of Tobacco Used by Daily Smokers by Type (1/2)

Age Group	Women (%)								
(Yrs.)	n	Manufactured Cigarette	95% CI	n	Hand Rolled Cigarette	95% CI	n	Pipes Tobacco	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*
18-69	*	*	*	*	*	*	*	*	*

Mean Amount of Tobacco Used by Daily Smokers by Type Con't (2/2)

Age Group	Women (%)								
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	n	Shisha Sessions	95% CI	n	Other Type of Tobacco	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*
18-69	*	*	*	*	*	*	*	*	*

Mean Amount of Tobacco Used by Daily Smokers by Type (1/2)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Manufactured Cigarette	95% CI	n	Hand Rolled Cigarette	95% CI	n	Pipes Tobacco	95% CI
18-44	123	4.6	3.4-5.9	126	2.2	1.8-2.7	129	0.0	-
45-69	125	7.6	6.3-9.0	127	1.2	0.8-1.6	128	0.0	0.0-0.0
18-69	**248**	**6.1**	**5.1-7.1**	**253**	**1.7**	**1.4-2.1**	**257**	**0.0**	**0.0-0.0**

Mean Amount of Tobacco Used by Daily Smokers by Type Con't (2/2)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	n	Shisha Sessions	95% CI	n	Other Type of Tobacco	95% CI
18-44	129	0.0	0.0-0.1	128	0.0	-	126	1.6	0.7-2.4
45-69	128	0.1	0.0-0.3	128	0.0	-	126	1.5	0.8-2.2
18-69	**257**	**0.1**	**0.0-0.2**	**256**	**0.0**	**-**	**252**	**1.5**	**1.0-2.1**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: T1, T2, T5a-f

7. Smoked Tobacco Consumption

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

Survey Instrument Questions:

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

Percentage of current smokers smoking each of the following products (1/2)							
Age Group	**Men (%)**						
(Yrs.)	n	Manufactured Cigarette	95% CI	Hand Rolled Cigarette	95% CI	Pipes Tobacco	95% CI
18-44	176	69.8	63.1-76.6	56.6	48.7-64.5	0.5	0.0-1.4
45-69	152	75.8	68.3-83.4	38.2	29.8-46.6	0.4	0.0-1.3
18-69	**328**	**72.6**	**67.7-77.6**	**48.0**	**41.7-54.2**	**0.5**	**0.0-1.1**

Percentage of current smokers smoking each of the following products Con't (2/2)							
Age Group				**Men (%)**			
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	Shisha Sessions	95% CI	Other Type of Tobacco	95% CI
18-44	176	0.9	0.0-2.2	0.4	0.0-1.3	21.8	15.1-28.5
45-69	152	5.2	1.2-9.2	0.7	0.0-2.0	21.3	14.4-28.3
18-69	**328**	**2.9**	**0.9-4.9**	**0.5**	**0.0-1.3**	**21.6**	**16.5-26.7**

Percentage of current smokers smoking each of the following products (1/2)							
Age Group				**Women (%)**			
(Yrs.)	n	Manufactured Cigarette	95% CI	Hand Rolled Cigarette	95% CI	Pipes Tobacco	95% CI
18-44	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*
18-69	**59**	**66.0**	**54.8-77.3**	**37.7**	**24.3-51.1**	*	*

Percentage of current smokers smoking each of the following products Con't (2/2)							
Age Group				**Women (%)**			
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	Shisha Sessions	95% CI	Other Type of Tobacco	95% CI
18-44	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*
18-69	**59**	*	*	**1.6**	**0.0-4.8**	**18.8**	**4.8-32.8**

Percentage of current smokers smoking each of the following products (1/2)							
Age Group				**Both Sexes (%)**			
(Yrs.)	n	Manufactured Cigarette	95% CI	Hand Rolled Cigarette	95% CI	Pipes Tobacco	95% CI
18-44	210	68.7	62.7-74.6	55.3	48.0-62.6	0.4	0.0-1.2
45-69	177	75.2	68.1-82.3	36.0	28.3-43.7	0.4	0.0-1.1
18-69	**387**	**71.7**	**67.1-76.2**	**46.4**	**40.7-52.2**	**0.4**	**0.0-0.9**

Percentage of current smokers smoking each of the following products Con't (2/2)							
Age Group		**Both Sexes (%)**					
(Yrs.)	n	Cigars, Cheerots, Cigarillos	95% CI	Shisha Sessions	95% CI	Other Type of Tobacco	95% CI
18-44	210	0.8	0.0-1.8	0.8	0.0-1.9	22.7	16.2-29.2
45-69	177	4.5	1.0-8.0	0.6	0.0-1.7	19.4	13.2-25.5
18-69	**387**	**2.5**	**0.8-4.2**	**0.7**	**0.0-1.5**	**21.2**	**16.4-26.0**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: T1, T2, T5a-T5fw

8. Frequency of Daily Cigarette Smokers

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

Survey Instrument Questions:

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

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group						**Men (%)**					
(Yrs.)	n	Less than 5 (%)	95% CI	5 - 9	95% CI	10 - 14	95% CI	15 - 25	95% CI	More than 25	95% CI
18-44	102	51.1	41.4-60.9	21.0	13.1-28.8	16.2	8.7-23.7	8.4	3.0-13.8	3.3	0.0-7.1
45-69	105	30.1	20.5-39.7	18.9	10.9-26.9	28.9	19.7-38.2	18.9	10.6-27.2	3.2	0.1-6.3
18-69	**207**	**40.5**	**33.3-47.7**	**19.9**	**14.4-25.4**	**22.6**	**16.7-28.5**	**13.7**	**8.7-18.7**	**3.2**	**0.9-5.6**

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group						**Women (%)**					
(Yrs.)	n	Less than 5 (%)	95% CI	5 - 9	95% CI	10 - 14	95% CI	15 - 25	95% CI	More than 25	95% CI
18-44	15	*	*	*	*	*	*	*	*	*	*
45-69	16	*	*	*	*	*	*	*	*	*	*
18-69	**31**	*	*	*	*	*	*	*	*	*	*

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group	**Both Sexes (%)**										
(Yrs.)	n	Less than 5 (%)	95% CI	5 - 9	95% CI	10 - 14	95% CI	15 - 25	95% CI	More than 25	95% CI
18-44	117	52.7	43.7-61.7	22.0	14.6-29.4	13.9	7.4-20.4	7.2	2.5-11.9	4.3	0.0-8.5
45-69	121	31.8	22.8-40.8	19.9	12.4-27.4	27.8	19.2-36.4	17.7	10.3-25.1	2.8	0.0-5.5
18-69	**238**	**42.2**	**35.6-48.9**	**21.0**	**15.8-26.1**	**20.8**	**15.7-26.0**	**12.4**	**8.0-16.9**	**3.5**	**1.0-6.0**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: T1, T2, T5a-T5fw

9. Former Daily Smokers and Former Smokers

Description: Percentage of former daily smokers among adults 18-69 and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking.

Survey Instrument Questions:

i. Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
ii. Do you currently smoke tobacco products daily?
iii. In the past did you ever smoke any tobacco products?
iv. In the past, did you ever smoke daily?
v. How old were you when you stopped smoking?

Former daily smokers (who don't smoke currently) among adults 18-69									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Former Daily Smokers	95% CI	n	Former Daily Smokers	95% CI	n	Former Daily Smokers	95% CI
18-44	610	11.5	8.8-14.3	775	2.8	1.6-3.9	1,385	6.6	5.1-8.0
45-69	686	17.2	14.0-20.4	893	2.7	1.5-3.9	1,579	9.0	7.3-10.7
18-69	**1,296**	**14.5**	**12.3-16.7**	**1,668**	**2.7**	**1.9-3.6**	**2,964**	**7.9**	**6.7-9.0**

Former daily smokers (who don't smoke currently) among ever daily smokers									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Former Daily Smokers	95% CI	n	Former Daily Smokers	95% CI	n	Former Daily Smokers	95% CI
18-44	181	39.3	31.7-46.8	40	52.7	35.2-70.3	221	41.8	34.7-48.8
45-69	223	52.0	45.0-59.1	40	61.0	44.2-77.9	263	53.4	46.7-60.0
18-69	**404**	**46.4**	**41.0-51.7**	**80**	**56.8**	**44.1-69.5**	**484**	**48.1**	**43.0-53.2**

Mean years since cessation									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Years	95% CI	n	Mean Years	95% CI	n	Mean Years	95% CI
18-44	90	7.8	6.5-9.2	48	8.0	5.2-10.7	138	7.9	6.5-9.2
45-69	153	19.1	16.7-21.5	48	20.5	16.3-24.7	201	19.5	17.3-21.7
18-69	**243**	**14.9**	**13.3-16.5**	**96**	**14.3**	**11.6-17.0**	**339**	**14.7**	**13.3-16.2**

Analysis Information:

- Survey question code used: Age, T1, T2, T8, T9, T10, T11a-c

10. Cessation in the past 12 months

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

Survey Instrument Questions:

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

Current smokers who have tried to stop smoking during the past 12-months									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Tried to Stop Smoking	95% CI	n	Tried to Stop Smoking	95% CI	n	Tried to Stop Smoking	95% CI
18-44	176	50.3	42.4-58.2	34	61.3	41.7-80.9	210	52.1	44.7-59.5
45-69	152	43.8	36.1-51.6	25	51.6	30.8-72.4	177	44.8	37.6-52.1
18-69	**328**	**47.3**	**41.5-53.0**	**59**	**57.4**	**43.8-71.0**	**387**	**48.8**	**43.3-54.2**

Analysis Information:

- Survey question code used: T1, T2, T6

11. 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.

Survey Instrument Questions:

i. Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
ii. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advice to Stop Smoking	95% CI	n	Advice to Stop Smoking	95% CI	n	Advice to Stop Smoking	95% CI
18-44	127	23.1	15.5-30.6	32	22.1	6.4-37.7	159	22.9	16.1-29.7
45-69	110	24.7	16.4-33.0	24	15.9	0.0-32.2	134	23.3	15.8-30.7
18-69	**237**	**23.8**	**18.1-29.6**	**56**	**19.6**	**7.9-31.3**	**293**	**23.0**	**18.0-28.1**

Analysis Information:

- Survey question code used: T1, T2, T7

12. Current Tobacco Users

Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among adults 18-69.

Survey Instrument Questions:

i. Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
ii. Do you currently smoke tobacco products daily?
iii. Do you currently use any smokeless tobacco such as (snuff, chewing tobacco, betel)?
iv. Do you currently use smokeless tobacco products daily?

Current Tobacco Users									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Current Users	95% CI	n	Current Users	95% CI	n	Current Users	95% CI
18-44	610	28.5	24.7-32.2	775	4.5	2.9-6.1	1,385	15.0	13.0-16.9
45-69	686	22.8	19.4-26.2	893	2.6	1.5-3.6	1,579	11.3	9.6-13.0
18-69	**1,296**	**25.5**	**23.0-28.0**	**1,668**	**3.5**	**2.5-4.5**	**2,964**	**13.0**	**11.7-14.3**

Daily Tobacco Users									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Current Users	95% CI	n	Current Users	95% CI	n	Current Users	95% CI
18-44	610	17.9	14.8-21.1	775	2.5	1.2-3.8	1,385	9.2	7.6-10.9
45-69	686	15.9	13.1-18.7	893	1.7	0.8-2.6	1,579	7.8	6.6-9.2
18-69	**1,296**	**16.9**	**14.7-19.0**	**1,668**	**2.1**	**1.3-2.9**	**2,964**	**8.5**	**7.4-9.6**

Analysis Information:

- Survey question code used: T1, T2, T12, T13

13. Exposure to Second-hand smoke in home in past 30 days

Description: Percentage of adults 18-69 exposed second-hand smoke in the home in the past 30 days.

Survey Instrument Questions:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Exposed	95% CI	n	Exposed	95% CI	n	Exposed	95% CI
18-44	610	21.6	18.2-24.9	775	13.2	10.6-15.7	1,385	16.8	14.8-18.9
45-69	686	17.1	14.0-20.1	893	9.8	7.7-11.8	1,579	12.9	11.0-14.8
18-69	**1,296**	**19.2**	**17.0-21.4**	**1,668**	**11.4**	**9.6-13.1**	**2,964**	**14.8**	**13.3-16.2**

Analysis Information:

- Survey question code used: T17

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

Description: Percentage of adults 18-69 exposed second-hand smoke in the home in the workplace in the past 30 days.

Survey Instrument Questions:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Exposed	95% CI	n	Exposed	95% CI	n	Exposed	95% CI
18-44	547	22.7	19.0-26.4	717	15.3	12.2-18.3	1,264	18.5	16.1-20.8
45-69	575	22.7	18.9-26.6	801	11.5	9.2-13.9	1,376	16.2	14.0-18.4
18-69	**1,122**	**22.7**	**19.9-25.5**	**1,518**	**13.3**	**11.3-15.3**	**2,640**	**17.3**	**15.5-19.1**

Analysis Information:

- Survey question code used: T18

Tobacco Policy

1. Anti-Cigarette Information

Description: Percentage of adults 18-69 who noticed information in newspapers or magazines, television, or radio about the dangers of smoking or that encourages quitting during the past 30 days.

Survey Instrument Questions:

i. 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)?

Noticed information in newspapers or magazines about dangers of smoking or that encourages quitting									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	591	15.5	12.4-18.7	748	19.6	16.5-22.7	1,339	17.8	15.5-20.1
45-69	648	14.3	11.5-17.1	839	14.6	11.9-17.4	1,487	14.5	12.4-16.5
18-69	**1,239**	**14.9**	**12.8-17.0**	**1,587**	**17.0**	**14.8-19.1**	**2,826**	**16.1**	**14.4-17.7**

Noticed information on television about dangers of smoking or that encourages quitting									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	599	46.2	41.5-51.0	761	48.5	44.7-52.4	1,360	47.6	44.3-50.8
45-69	653	46.5	41.9-51.0	861	52.3	48.5-56.1	1,514	49.8	46.7-52.9
18-69	**1,252**	**46.4**	**42.9-49.9**	**1,622**	**50.5**	**47.6-53.4**	**2,874**	**48.7**	**46.2-51.2**

Noticed information on the radio about dangers of smoking or that encourages quitting									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	591	28.1	24.0-32.1	745	29.3	25.9-32.8	1,336	28.8	26.0-31.5
45-69	656	39.2	34.8-43.7	856	38.3	34.7-42.0	1,512	38.7	35.7-41.8
18-69	**1,247**	**33.9**	**30.7-37.1**	**1,601**	**34.1**	**31.5-36.8**	**2,848**	**34.0**	**31.8-36.3**

Analysis Information:

- Survey question code used: TP1a – TP1c

2. Cigarette Advertising

Description: Percentage of adults 18-69 who noticed advertisements or signs promoting cigarettes in stores where cigarettes are sold during the past 30 days.

Survey Instrument Questions:

i. During the past 30 days, have you noticed any advertisements or signs promoting cigarettes in stores where cigarettes are sold?

Noticed advertisements or signs promoting cigarettes in stores									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	595	32.4	28.1-36.6	747	28.3	24.8-31.8	1,342	30.1	27.3-32.9
45-69	652	26.9	23.0-30.8	847	17.8	15.1-20.6	1,499	21.8	19.3-24.2
18-69	**1,247**	**29.5**	**26.5-32.5**	**1,594**	**22.7**	**20.5-25.0**	**2,841**	**25.7**	**23.7-27.7**

Analysis Information:

- Survey question code used: TP2

3. Cigarette Promotion

Description: Percentage of adults 18-69 who noticed cigarette promotions during the past 30 days.

Survey Instrument Questions:

i. During the past 30 days, have you noticed any of the following types of cigarette promotions?

Noticed free samples of cigarettes									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	594	1.8	0.7-2.8	754	1.3	0.5-2.1	1,348	1.5	0.9-2.2
45-69	639	2.9	1.6-4.1	834	1.7	0.6-2.9	1,473	2.2	1.4-3.1
18-69	**1,233**	**2.4**	**1.5-3.2**	**1,588**	**1.5**	**0.8-2.2**	**2,821**	**1.9**	**1.3-2.5**

Noticed sale prices on cigarettes									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	585	6.6	4.5-8.6	748	4.4	3.0-5.8	1,333	5.3	4.1-6.6
45-69	638	5.0	3.1-7.0	823	2.8	1.7-4.0	1,461	3.8	2.7-4.9
18-69	**1,223**	**5.8**	**4.3-7.3**	**1,571**	**3.6**	**2.6-4.6**	**2,794**	**4.5**	**3.6-5.4**

Noticed coupons for cigarettes									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	579	1.2	0.3-2.1	730	1.3	0.4-2.2	1,309	1.3	0.6-1.9
45-69	626	0.9	0.1-1.7	800	0.0	0.0	1,426	0.4	0.0-0.7
18-69	**1,205**	**1.0**	**0.5-1.6**	**1,530**	**0.6**	**0.2-1.1**	**2,735**	**0.8**	**0.5-1.2**

Noticed free gifts or special discount offers on other products when buying cigarettes									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	575	2.7	1.5-3.9	722	1.9	0.8-2.9	1,297	2.2	1.4-3.1
45-69	604	1.7	0.6-2.8	784	0.5	0.1-1.0	1,388	1.0	0.5-1.6
18-69	**1,179**	**2.2**	**1.3-3.0**	**1,506**	**1.2**	**0.6-1.7**	**2,685**	**1.6**	**1.1-2.1**

Noticed clothing or other items with a cigarette brand name or logo									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	573	5.7	3.9-7.6	720	2.7	1.5-3.9	1,293	4.0	2.9-5.2
45-69	611	4.4	2.5-6.3	796	2.0	0.7-3.2	1,407	3.0	1.9-4.1
18-69	**1,184**	**5.0**	**3.7-6.3**	**1,516**	**2.3**	**1.5-3.2**	**2,700**	**3.5**	**2.7-4.3**

Noticed cigarette promotions in the mail									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	577	0.4	0.0-0.8	731	0.4	0.0-0.8	1,308	0.4	0.1-0.7
45-69	618	0.6	0.0-1.4	798	0.1	0.0-0.3	1,416	0.3	0.0-0.7
18-69	**1,195**	**0.5**	**0.0-0.9**	**1,529**	**0.3**	**0.0-0.5**	**2,724**	**0.4**	**0.1-0.6**

Analysis Information:

- Survey question code used: TP3a – TP3f

4. Cigarette Package Health Warnings

Description: Percentage of current smokers who noticed health warnings on cigarette packages during the past 30 days.

Survey Instrument Questions:

i. During the past 30 days, did you notice any health warnings on cigarette packages?

Current smokers who noticed health warnings on cigarette packages									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	169	88.7	83.7-93.6	32	94.8	87.3-100.0	201	89.7	85.2-94.1
45-69	137	85.3	78.2-92.5	23	85.5	72.2-98.8	160	85.4	78.8-91.9
18-69	**306**	**87.2**	**82.7-91.6**	**55**	**91.2**	**84.8-97.7**	**361**	**87.8**	**83.7-91.9**

Analysis Information:

- Survey question code used: TP4

5. Quitting

Description: Percentage of current smokers who thought about quitting during the past 30 days after noticing health warnings on cigarette packages.

Survey Instrument Questions:

i. During the past 30 days, did you notice any health warnings on cigarette packages?
ii. During the past 30 days, have warning labels on cigarette packages led you to think about quitting?

Current smokers who saw health warnings on cigarette packages that thought of quitting									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	148	57.6	49.0-66.1	29	56.6	36.4-76.9	177	57.4	49.5-65.3
45-69	113	49.0	39.5-58.4	19	58.9	33.4-84.4	132	50.3	41.4-59.2
18-69	**261**	**53.8**	47.3-60.3	**48**	**57.5**	41.2-73.8	**309**	**54.4**	48.5-60.3

Analysis Information:

- Survey question code used: TP4, TP5

6. Cigarette Cost

Description: Average price paid for 20 manufactured cigarettes, based on the last manufactured cigarette purchase.

Survey Instrument Questions:

i. The last time you bought manufactured cigarettes for yourself, how many cigarettes did you buy in total?
ii. In total, how much money did you pay for this purchase?

Average price paid for 20 manufactured cigarettes									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean (EC) Dollar	95% CI	n	Mean (EC) Dollar	95% CI	n	Mean (EC) Dollar	95% CI
18-44	143	28.1	16.9-39.3	24*	*	*	167	26.4	16.9-36.0
45-69	129	21.7	15.1-28.2	18*	*	*	149	26.1	17.9-34.3
18-69	**272**	**25.0**	**17.9-32.2**	**42***	*****	*****	**316**	**26.3**	**19.6-33.0**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: TP6, TP7

Alcohol Consumption

1. Alcohol Consumption Status

Description: Alcohol consumption status of adults 18-69.

Survey Instrument Questions:

i. Have you ever consumed any alcohol such as beer, wine, spirits or Shandy?
ii. Have you consumed any alcohol in the past 12 months?
iii. Have you consumed any alcohol in the past 30 days?

Alcohol Consumption Status of Adults 18-69 (%)									
Age Group	**Men (%)**								
(Yrs.)	n	Current drinker (past 30 days)	95% CI	Drank in past 12 months, not current	95% CI	Past 12 months abstainer	95% CI	Lifetime abstainer	95% CI
18-44	610	78.2	74.5-82.0	8.5	6.2-10.7	4.7	3.0-6.3	8.6	6.0-11.2
45-69	686	67.0	63.4-70.7	9.6	7.5-11.7	14.0	11.2-16.8	9.4	7.0-11.8
18-69	**1296**	**72.3**	**69.6-75.0**	**9.1**	**7.5-10.7**	**9.6**	**7.9-11.3**	**9.0**	**7.1-10.9**

Alcohol Consumption Status of Adults 18-69 (%)									
Age Group	**Women (%)**								
(Yrs.)	n	Current drinker (past 30 days)	95% CI	Drank in past 12 months, not current	95% CI	Past 12 months abstainer	95% CI	Lifetime abstainer	95% CI
18-44	775	66.2	62.6-69.7	14.9	12.3-17.5	7.4	5.5-9.3	11.5	9.0-14.1
45-69	893	43.1	39.3-46.8	13.4	11.0-15.7	18.2	15.4-20.9	25.4	22.1-28.7
18-69	**1,668**	**53.9**	**51.1-56.6**	**14.1**	**12.3-15.8**	**13.1**	**11.3-15.0**	**18.9**	**16.8-21.0**

Alcohol Consumption Status of Adults 18-69 (%)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Current drinker (past 30 days)	95% CI	Drank in past 12 months, not current	95% CI	Past 12 months abstainer	95% CI	Lifetime abstainer	95% CI
18-44	1,385	71.4	68.9-74.0	12.1	10.3-13.8	6.2	4.9-7.5	10.3	8.4-12.1
45-69	1,579	53.4	50.7-56.1	11.7	10.1-13.4	16.4	14.3-18.4	18.5	16.2-20.7
18-69	**2,964**	**61.9**	**59.9-63.9**	**11.9**	**10.7-13.1**	**11.6**	**10.3-12.9**	**14.6**	**13.1-16.2**

Analysis Information:

- Survey question code used: A1, A2, A5

2. Stopped 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 adults 18-69 who drank in their lifetime, but not in the last 12 months.

Survey Instrument Questions:

i. Have you consumed any alcohol in the past 12 months?
ii. 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	**Men**			**Women**			**Both Sexes**		
(Yrs.)	n	Stopping due to health reasons	95% CI	n	Stopping due to health reasons	95% CI	n	Stopping due to health reasons	95% CI
18-44	31*	*	*	58	24.6	12.1-37.2	89	20.6	10.9-30.3
45-69	96	32.3	21.5-43.0	158	31.0	22.7-39.3	254	31.5	24.5-38.4
18-69	**127**	**27.7**	**18.9-36.4**	**216**	**29.3**	**22.1-36.5**	**343**	**28.7**	**22.9-34.5**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: A1, A2, A3

3. Frequency of Alcohol Consumption

Description: Frequency of alcohol consumption in the past 12 months among adults 18-69 who drank in the last 12 months.

Survey Instrument Questions:

i. During the past 12 months, how frequently have you had at least one alcoholic drink?

Frequency of Alcohol Consumption in the Past 12 Months													
Age Group	**Men (%)**												
(Yrs.)	n	Daily	95% CI	5 - 6 days/ week	95% CI	3 - 4 days/ week	95% CI	1 - 2 days/ week	95% CI	1 - 3 days/ week	95% CI	Once a Month	95% CI
18-44	530	8.4	5.9-10.8	2.6	1.2-4.0	10.9	8.2-13.6	34.0	29.8-38.1	21.2	17.2-25.1	21.9	18.2-25.6
45-69	526	10.6	7.8-13.4	5.2	3.1-7.2	10.9	8.1-13.8	33.2	29.0-37.5	18.2	14.5-21.9	19.3	15.7-22.9
18-69	**1,056**	**9.5**	**7.7-11.3**	**3.9**	**2.7-5.1**	**10.9**	**8.9-12.9**	**33.6**	**30.6-36.6**	**19.7**	**17.0-22.4**	**20.6**	**17.9-23.3**

Frequency of Alcohol Consumption in the Past 12 Months													
Age Group	**Women (%)**												
(Yrs.)	n	Daily	95% CI	5 - 6 days/ week	95% CI	3 - 4 days/ week	95% CI	1 - 2 days/ week	95% CI	1 - 3 days/ week	95% CI	Once a Month	95% CI
18-44	634	2.2	1.0-3.3	1.5	0.5-2.5	5.1	3.3-6.9	21.4	18.0-24.8	31.2	27.1-35.2	37.3	33.1-41.5
45-69	503	2.0	0.7-3.3	0.6	0.0-1.3	3.9	2.2-5.6	19.2	15.5-23.0	26.7	22.4-31.0	46.0	40.9-51.0
18-69	**1,137**	**2.1**	**1.3-3.0**	**1.1**	**0.5-1.7**	**4.6**	**3.3-5.9**	**20.4**	**17.9-23.0**	**29.2**	**26.3-32.1**	**41.1**	**38.0-44.3**

Frequency of Alcohol Consumption in the Past 12 Months													
Age Group	**Both Sexes (%)**												
(Yrs.)	n	Daily	95% CI	5 - 6 days/ week	95% CI	3 - 4 days/ week	95% CI	1 - 2 days/ week	95% CI	1 - 3 days/ week	95% CI	Once a Month	95% CI
18-44	1,164	5.0	3.7-6.2	2.0	1.1-2.8	7.7	6.1-9.4	27.1	24.5-29.7	26.6	23.6-29.6	30.3	27.4-33.2
45-69	1,029	6.4	4.8-8.0	2.9	1.8-4.0	7.5	5.8-9.1	26.4	23.7-29.0	22.4	19.4-25.3	32.4	29.2-35.6
18-69	**2,193**	**5.6**	**4.7-6.6**	**2.4**	**1.8-3.1**	**7.6**	**6.5-8.8**	**26.7**	**24.9-28.6**	**24.6**	**22.5-26.7**	**31.3**	**29.1-33.5**

Analysis Information:

- Survey question code used: A1, A2, A4

4. Drinking Occasionally in the past 30 days

Description: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers.

Survey Instrument Questions:

i. In the past 30 days, on how many occasions did you have at least one alcoholic drink?

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers									
Age Group	**Men**			**Women**			**Both Sexes**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	440	6.9	6.2-7.7	481	4.3	3.8-4.9	921	5.6	5.1-6.0
45-69	423	7.1	6.2-7.9	357	3.5	3.0-4.1	780	5.4	4.9-6.0
18-69	**863**	**7.0**	**6.4-7.6**	**838**	**4.0**	**3.6-4.4**	**1,701**	**5.5**	**5.1-5.9**

Analysis Information:

- Survey question code used: A1, A2, A5, A6

5. Standard Drink per Drinking Occasion

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

Survey Instrument Questions:

i. During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

Mean number of standard drinks per drinking occasion among current drinkers (past 30 days)									
Age Group	**Men**			**Women**			**Both Sexes**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	441	4.3	3.8-4.8	485	3	2.8-3.3	926	3.6	3.4-3.9
45-69	420	3.8	3.5-4.1	359	2.5	2.2-2.7	779	3.2	3.0-3.4
18-69	**861**	**4.1**	**3.8-4.4**	**844**	**2.8**	**2.6-3.0**	**1,705**	**3.4**	**3.3-3.6**

Analysis Information:

- Survey question code used: A1, A2, A5, A7

6. Average Volume Drinking Levels Among All Adults 18-69

Description: Percentage of adults 18-69 with different drinking levels. **A standard drink contains approximately 10g of pure alcohol.**

Survey Instrument Questions:

i. During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

Drinking at high-end level among adults 18-69 (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	≥60g	95% CI	n	≥40g	95% CI	n	High-end level	95% CI
18-44	573	15.1	12.0-18.2	748	17	14.1-19.8	1,321	16.2	14.1-18.2
45-69	647	11.0	8.6-13.5	874	8.2	6.1-10.3	1,521	9.4	7.8-11.0
18-69	**1,220**	**12.9**	**11.0-14.9**	**1,622**	**12.2**	**10.4-14.1**	**2,842**	**12.5**	**11.2-13.9**

Drinking at intermediate level among adults 18-69 (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	40-59.9g	95% CI	n	20-39.9g	95% CI	n	Intermediate level	95% CI
18-44	573	17.9	14.4-21.3	748	31.6	28.0-35.2	1,321	25.7	23.0-28.4
45-69	647	14.3	11.5-17.1	874	17.5	14.7-20.4	1,521	16.2	14.2-18.1
18-69	**1,220**	**16.0**	**13.9-18.1**	**1622**	**24.0**	**21.7-26.4**	**2,842**	**20.6**	**19.0-22.2**

Drinking at lower-end level among adults 18-69 (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Percent <40g	95% CI	n	Percent <20g	95% CI	n	Percent lower-end level	95% CI
18-44	573	44	39.6-48.4	748	16.3	13.3-19.4	1,321	28.3	25.6-30.9
45-69	647	39.6	35.6-43.6	874	16.3	13.4-19.2	1,521	26.1	23.7-28.5
18-69	**1,220**	**41.7**	**38.7-44.6**	**1,622**	**16.3**	**14.1-18.5**	**2,842**	**27.1**	**25.3-28.9**

Analysis Information:

- Survey question code used: A1, A2, A5, A7

7. Average Volume Drinking Levels Among Current Drinkers (past 30 days)

Description: Percentage of adults 18-69 with different drinking levels (past 30 days). **A standard drink contains approximately 10g of pure alcohol.**

Survey Instrument Questions:

i. During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

High-end, intermediate, and lower-end level drinking among current drinkers (past 30 days)							
Age Group				**MEN (%)**			
(Yrs.)	n	High-end (≥60g)	95% CI	Intermediate (40-59.9g)	95% CI	Lower-end (<40g)	95% CI
18-44	441	19.6	15.7-23.4	23.2	18.8-27.7	57.2	52.3-62.1
45-69	420	17.0	13.3-20.6	22.0	17.9-26.1	61.0	56.2-65.8
18-69	**861**	**18.3**	**15.7-20.9**	**22.6**	**19.7-25.6**	**59.0**	**55.7-62.4**

High-end, intermediate, and lower-end level drinking among current drinkers (past 30 days)							
Age Group				**WOMEN (%)**			
(Yrs.)	n	High-end (≥60g)	95% CI	Intermediate (40-59.9g)	95% CI	Lower-end (<40g)	95% CI
18-44	485	26.2	21.8-30.5	48.7	43.9-53.5	25.1	20.8-29.5
45-69	359	19.5	14.7-24.2	41.8	36.1-47.4	38.8	32.9-44.7
18-69	**844**	**23.3**	**20.0-26.5**	**45.7**	**41.9-49.5**	**31.0**	**27.3-34.7**

High-end, intermediate, and lower-end level drinking among current drinkers (past 30 days)							
Age Group				**BOTH SEXES (%)**			
(Yrs.)	n	High-end (≥60g)	95% CI	Intermediate (40-59.9g)	95% CI	Lower-end (<40g)	95% CI
18-44	926	23.0	20.2-25.9	36.6	33.0-40.2	40.3	36.9-43.7
45-69	779	18.1	15.2-21.1	31.3	27.8-34.8	50.6	46.8-54.3
18-69	**1,705**	**20.8**	**18.7-23.0**	**34.2**	**31.7-36.7**	**45.0**	**42.5-47.5**

Analysis Information:

- Survey question code used: A1, A2, A5, A7

8. Largest Number of Alcohol 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.

Survey Instrument Questions:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Max No.	95% CI	n	Mean Max No.	95% CI	n	Mean Max No.	95% CI
18-44	433	6.3	5.6-7.1	483	4.0	3.7-4.4	916	5.1	4.7-5.5
45-69	412	5.0	4.5-5.5	353	2.8	2.6-3.1	765	4.0	3.7-4.3
18-69	**845**	**5.7**	**5.2-6.1**	**836**	**3.5**	**3.3-3.8**	**1681**	**4.6**	**4.3-4.9**

Analysis Information:

- Survey question code used: A1, A2, A5, A8

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

Description: Percentage of adults 18-69 who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Survey Instrument Questions:

i. During the past 30 days, how many times did you have six or more standard alcoholic drinks in a single drinking occasion?

Six or more drinks on a single occasion at least once during the past 30 days among total population									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Percent ≥ 6 drinks	95% CI	n	Percent ≥ 6 drinks	95% CI	n	Percent ≥ 6 drinks	95% CI
18-44	610	34.2	29.9-38.5	775	15.9	13.4-18.4	1,385	23.9	21.5-26.4
45-69	686	24.0	20.5-27.6	893	7.9	5.8-10.0	1,579	14.9	12.8-17.0
18-69	**1,296**	**28.8**	**26.1-31.6**	**1,668**	**11.6**	**10.0-13.3**	**2,964**	**19.1**	**17.4-20.8**

Analysis Information:

- Survey question code used: A1, A2, A5, A9

10. Six or more drinks on a single occasion

Description: Mean number of times in the past 30 days on which current (past 30 days) drinkers consumed six or more drinks during a single occasion.

Survey Instrument Questions:

i. During the past 30 days, how many times did you have **six or more** standard alcoholic drinks in a single drinking occasion?

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

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Mean No of Times	95% CI	n	Mean No of Times	95% CI	n	Mean No of Times	95% CI
18-44	430	2.2	1.8-2.7	482	0.9	0.7-1.2	912	1.5	1.3-1.8
45-69	416	2.1	1.6-2.5	360	0.6	0.3-0.9	776	1.4	1.1-1.7
18-69	**846**	**2.1**	**1.8-2.5**	**842**	**0.8**	**0.6-1.0**	**1688**	**1.5**	**1.3-1.6**

Analysis Information:

- Survey question code used: A1, A2, A5, A9

11. Past Seven (7) Days Drinking

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

Survey Instrument Questions:

i. During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

Frequency of alcohol consumption in the past 7 days

Age Group	MEN (#)										
(Yrs.)	n	Daily	95% CI	5 - 6 Days	95% CI	3 - 4 Days	95% CI	1 - 2 Days	95% CI	0 Days	95% CI
18-44	456	5.0	2.7-7.4	7.4	4.8-10.0	14.3	11.1-17.6	50.0	44.8-55.1	23.2	18.9-27.5
45-69	433	11.2	8.0-14.3	7.5	4.4-10.5	17.4	13.7-21.1	47.6	42.8-52.4	16.3	12.7-19.9
18-69	**889**	**8.0**	**6.0-10.0**	**7.4**	**5.5-9.4**	**15.8**	**13.3-18.3**	**48.8**	**45.3-52.4**	**19.9**	**17.0-22.7**

Frequency of alcohol consumption in the past 7 days											
Age Group	**WOMEN (#)**										
(Yrs.)	n	Daily	95% CI	5 - 6 Days	95% CI	3 - 4 Days	95% CI	1 - 2 Days	95% CI	0 Days	95% CI
18-44	495	1.8	0.6-3.1	3.1	1.5-4.7	9.7	6.8-12.7	54.3	49.4-59.1	31.1	26.4-35.8
45-69	368	1.7	0.4-2.9	1.6	0.3-2.9	7.8	5.0-10.5	51.2	45.8-56.7	37.7	32.0-43.4
18-69	**863**	**1.8**	**0.8-2.7**	**2.5**	**1.4-3.5**	**8.9**	**6.8-10.9**	**53.0**	**49.4-56.5**	**33.9**	**30.2-37.6**

Frequency of alcohol consumption in the past 7 days											
Age Group	**BOTH SEXES (#)**										
(Yrs.)	n	Daily	95% CI	5 - 6 Days	95% CI	3 - 4 Days	95% CI	1 - 2 Days	95% CI	0 Days	95% CI
18-44	951	3.4	2.0-4.7	5.2	3.7-6.6	11.9	9.7-14.2	52.2	48.6-55.8	27.3	24.1-30.6
45-69	801	6.7	4.9-8.6	4.7	2.9-6.5	12.9	10.6-15.2	49.3	45.6-53.0	26.3	22.8-29.9
18-69	**1,752**	**4.9**	**3.7-6.1**	**5.0**	**3.8-6.1**	**12.4**	**10.8-14.0**	**50.9**	**48.4-53.4**	**26.9**	**24.5-29.3**

Analysis Information:

- Survey question code used: A1, A2, A5, A10a-g

12. Standard drinks per day in the past 7 days

Description: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers.

Survey Instrument Questions:

i. During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers (past 30 days)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No.	95% CI	n	Mean No.	95% CI	n	Mean No.	95% CI
18-44	456	1.3	0.9-1.7	495	0.6	0.5-0.7	951	0.9	0.7-1.1
45-69	433	1.3	1.1-1.5	368	0.4	0.3-0.5	801	0.9	0.8-1.0
18-69	**889**	**1.3**	**1.1-1.5**	**863**	**0.5**	**0.4-0.6**	**1752**	**0.9**	**0.8-1.0**

Analysis Information:

- Survey question code used: A1, A2, A5, A10a-g

13. Consumption of unrecorded alcohol

Description: Percentage of adults 18-69 that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers.

Survey Instrument Questions:

i. Have you consumed any alcohol within the past 30 days?
ii. During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?

Consumption of unrecorded alcohol

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Consuming Unrecorded Alcohol	95% CI	n	Consuming Unrecorded Alcohol	95% CI	n	Consuming Unrecorded Alcohol	95% CI
18-44	456	9.0	6.0-12.0	495	5.5	2.6-8.5	951	7.2	5.1-9.2
45-69	434	6.1	3.2-9.0	364	3.5	1.5-5.5	798	4.9	3.0-6.8
18-69	**890**	**7.6**	5.3-9.8	**859**	**4.7**	2.8-6.5	**1,749**	**6.1**	**4.6-7.6**

Analysis Information:

- Survey question code used: A1, A2, A5, A10a-g, A11

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

Description: Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers (past 30 days).

Survey Instrument Questions:

i. On average, how many standard drinks of the following did you consume during the past 7 days?

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

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Mean No.	95% CI	n	Mean No.	95% CI	n	Mean No.	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*
18-69	**51**	**0.4**	**0.3-0.5**	**27***	*	*	**78**	**0.3**	*

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: A1, A2, A5, A10a-g, A11, A12a-e

15. Percent of unrecorded alcohol from all alcohol consumed.

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

Survey Instrument Questions:

i. During each of the past 7 days, how many standard drinks did you have each day?
ii. During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
iii. On average, how many standard drinks of the following did you consume during the past 7 days?

Percentage of unrecorded alcohol from all alcohol consumed during past 7 days						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	Percent of unrecorded alcohol of all alcohol	n	Percent of unrecorded alcohol of all alcohol	n	Percent of unrecorded alcohol of all alcohol
18-44	341	2.2	332	2.1	673	2.1
45-69	354	1.5	232	1.6	586	1.5
18-69	**695**	**1.9**	**564**	**1.9**	**1,259**	**1.9**

Analysis Information:

- Survey question code used: A1, A2, A5, A10a-g, A11, A12a-e

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16. Types of unrecorded alcohol

Description: Percentage of each type of unrecorded alcohol of all unrecorded alcohol consumed in the past 7 days among current (past 30 days) drinkers.

Survey Instrument Questions:

i. During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
ii. On average, how many standard drinks of the following did you consume during the past 7-days?

Unrecorded alcohol consumption during the past 7 days by type											
Age Group	**MEN (%)**										
(Yrs.)	n	Percent home-brewed spirits	95% CI	Percent home-brewed beer	95% CI	Percent brought over border	95% CI	Percent surrogate alcohol	95% CI	Percent Other	95% CI
18-44	*	*	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*	*	*
18-69	**51**	**29.7**	*	**48.8**	*	**13.5**	*	**4.3**	*	**3.8**	*

Unrecorded alcohol consumption during the past 7 days by type											
Age Group	**WOMEN (%)**										
(Yrs.)	n	Percent home-brewed spirits	95% CI	Percent home-brewed beer/	95% CI	Percent brought over border	95% CI	Percent surrogate alcohol	95% CI	Percent Other	95% CI
18-44	*	*	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*	*	*
18-69	*	*	*	*	*	*	*	*	*	*	*

Unrecorded alcohol consumption during the past 7 days by type											
Age Group	**BOTH SEXES (%)**										
(Yrs.)	n	Percent home-brewed spirits	95% CI	Percent home-brewed beer/	95% CI	Percent brought over border	95% CI	Percent surrogate alcohol	95% CI	Percent Other	95% CI
18-44	*	*	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*	*	*
18-69	**78**	**28.4**	*	**48.2**	*	**13.1**	*	**3.7**	*	**6.6**	*

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: A1, A2, A5, A11, A12a-e

17. Frequency of impaired control over drinking

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

Survey Instrument Questions:

i. Have you consumed any alcohol within the past 12 months?
ii. How often during the past 12 months have you found that you were not able to stop drinking once you had started?

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

Age Group		MEN (%)					
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	530	4.9	3.2-6.6	3.9	2.2-5.6	91.2	88.5-93.6
45-69	526	7.7	5.3-10.0	4.0	2.3-5.8	88.3	85.5-91.1
18-69	**1,056**	**6.3**	**4.8-7.8**	**4.0**	**2.7-5.2**	**89.8**	**87.9-91.6**

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

Age Group		WOMEN (%)					
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	634	2.9	1.6-4.1	2.8	1.5-4.1	94.4	92.6-96.1
45-69	503	1.4	0.4-2.4	1.3	0.2-2.3	97.3	95.9-98.7
18-69	**1,137**	**2.2**	**1.3-3.1**	**2.1**	**1.3-3.0**	**95.7**	**94.5-96.8**

Frequency of not being able to stop drinking once started during the past 12 months, among past 12-month drinkers							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	1,164	3.8	2.7-4.8	3.3	2.2-4.3	92.9	91.5-94.3
45-69	1,029	4.6	3.3-5.9	2.7	1.7-3.7	92.7	91.1-94.3
18-69	**2,193**	**4.2**	**3.3-5.0**	**3.0**	**2.2-3.8**	**92.8**	**91.7-93.9**

Analysis Information:

- Survey question code used: A1, A2, A13

18. Frequency of failing to do what was normally expected because of drinking.

Description: Frequency of failing to do what was normally expected because of drinking or not being able to stop drinking once started during the past 12 months among past 12-month drinkers.

Survey Instrument Questions:

i. Have you consumed any alcohol within the past 12 months?
ii. How often during the past 12 months have you failed to do what was normally expected from you because of drinking?

Frequency of failing to do what was normally expected from you during the past 12 months, among past 12-month drinkers							
Age Group	**MEN (%)**						
(Yrs.)	n	Percent monthly or more frequently	95% CI	Percent less than monthly	95% CI	Percent never	95% CI
18-44	530	4.3	2.5-6.1	5.7	3.7-7.7	90.0	87.4-92.5
45-69	526	5.4	3.4-7.4	5.4	3.5-7.3	89.3	86.7-91.8
18-69	**1,056**	**4.9**	**3.5-6.2**	**5.5**	**4.1-7.0**	**89.6**	**87.7-91.5**

Frequency of failing to do what was normally expected from you during the past 12 months, among past 12-month drinkers							
Age Group	**WOMEN (%)**						
(Yrs.)	n	Percent monthly or more frequently	95% CI	Percent less than monthly	95% CI	Percent never	95% CI
18-44	634	1.3	0.5-2.1	4.6	2.9-6.4	94.1	92.2-96.0
45-69	503	0.6	0.0-1.3	0.5	0.0-1.1	98.9	98.0-99.8
18-69	**1,137**	**1.0**	**0.4-1.6**	**2.8**	**1.8-3.8**	**96.2**	**95.0-97.4**

Frequency of failing to do what was normally expected from you during the past 12 months, among past 12-month drinkers							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Percent monthly or more frequently	95% CI	Percent less than monthly	95% CI	Percent never	95% CI
18-44	1,164	2.7	1.7-3.7	5.1	3.8-6.4	92.2	90.6-93.8
45-69	1,029	3.0	1.9-4.1	3.0	1.9-4.0	94.0	92.5-95.5
18-69	**2,193**	**2.8**	**2.1-3.6**	**4.1**	**3.2-5.0**	**93.0**	**91.9-94.2**

Analysis Information:

- Survey question code used: A1, A2, A14

19. Frequency of morning drinking

Description: Frequency of needing a first drink in the morning to get going after a heavy drinking session during the past 12 months among past 12-month drinkers.

Survey Instrument Questions:

i. Have you consumed any alcohol within the past 12 months?
ii. How often during the past 12 months have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Frequency of needing a first drink in the morning to get going during the past 12 months, among past 12-month drinkers (%)							
Age Group	**MEN (%)**						
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	530	2.8	1.4-4.3	2.2	0.6-3.7	95	92.9-97.1
45-69	526	6.1	4.1-8.1	3.4	1.6-5.2	90.5	87.9-93.1
18-69	**1,056**	**4.5**	**3.2-5.7**	**2.8**	**1.6-4.0**	**92.7**	**91.1-94.4**

Frequency of needing a first drink in the morning to get going during the past 12 months, among past 12-month drinkers (%)							
Age Group	**WOMEN (%)**						
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	634	1.9	0.8-2.9	1.5	0.4-2.5	96.7	95.2-98.1
45-69	503	1.1	0.2-2.0	0.2	0.0-0.5	98.8	97.8-99.7
18-69	**1,137**	**1.5**	**0.8-2.2**	**0.9**	**0.3-1.5**	**97.6**	**96.7-98.5**

Frequency of needing a first drink in the morning to get going during the past 12 months, among past 12-month drinkers (%)							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18-44	1,164	2.3	1.5-3.2	1.8	0.9-2.7	95.9	94.7-97.2
45-69	1,029	3.7	2.5-4.8	1.8	0.9-2.7	94.5	93.1-96.0
18-69	**2,193**	**2.9**	**2.3-3.6**	**1.8**	**1.2-2.4**	**95.3**	**94.3-96.2**

Analysis Information:

- Survey question code used: A1, A2, A15

Diet

1. Mean number of days fruits and vegetable consumption

Description: mean number of days fruits and vegetables consumed.

Survey Instrument Questions:

i. In a typical week, on how many days do you eat fruit?
ii. In a typical week, on how many days do you eat vegetables?

Mean number of days fruit consumed in a typical week									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No of Days	95% CI	n	Mean No of Days	95% CI	n	Mean No of Days	95% CI
18-44	604	4.0	3.8-4.3	768	3.8	3.6-4.0	1,372	3.9	3.8-4.0
45-69	678	4.1	3.9-4.3	887	4.4	4.2-4.6	1,565	4.3	4.1-4.4
18-69	**1,282**	**4.1**	**3.9-4.2**	**1,655**	**4.1**	**4.0-4.2**	**2,937**	**4.1**	**4.0-4.2**

Mean number of days vegetables consumed in a typical week									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No of Days	95% CI	n	Mean No of Days	95% CI	n	Mean No of Days	95% CI
18-44	604	4.2	3.9-4.4	772	4	3.8-4.2	1376	4.1	3.9-4.2
45-69	679	4.1	3.9-4.3	890	4.6	4.5-4.8	1569	4.4	4.3-4.5
18-69	**1,283**	**4.1**	**4.0-4.3**	**1662**	**4.3**	**4.2-4.5**	**2945**	**4.2**	**4.1-4.4**

Analysis Information:

- Survey question code used: D1, D3

2. Mean number of servings of fruit and vegetable consumption

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

Survey Instrument Questions:

i. In a typical week, on how many days do you eat fruit?
ii. How many servings of fruit do you eat on one of those days?
iii. In a typical week, on how many days do you eat vegetables?
iv. How many servings of vegetables do you eat on one of those days?

Mean number of servings of fruit per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI
18-44	602	1.7	1.5-1.8	766	1.3	1.2-1.4	1368	1.4	1.4-1.5
45-69	677	1.6	1.5-1.7	883	1.5	1.4-1.6	1560	1.5	1.5-1.6
18-69	**1,279**	**1.6**	**1.5-1.7**	**1649**	**1.4**	**1.3-1.5**	**2928**	**1.5**	**1.4-1.6**

Mean number of servings of vegetables per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI
18-44	603	1.2	1.1-1.4	768	1.2	1.1-1.3	1371	1.2	1.2-1.3
45-69	675	1.2	1.1-1.3	888	1.4	1.3-1.5	1563	1.3	1.3-1.4
18-69	**1,278**	**1.2**	**1.2-1.3**	**1656**	**1.3**	**1.3-1.4**	**2934**	**1.3**	**1.2-1.3**

Mean number of servings of fruit and/or vegetables per day									
Age Group	**Men (%)**			**Both Sexes (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI	n	Mean No. of Servings	95% CI
18-44	606	2.9	2.7-3.1	772	2.5	2.3-2.6	1378	2.6	2.5-2.8
45-69	680	2.8	2.6-3.0	892	2.9	2.8-3.1	1572	2.9	2.7-3.0
18-69	**1,286**	**2.8**	**2.7-3.0**	**1664**	**2.7**	**2.6-2.8**	**2950**	**2.8**	**2.7-2.9**

Analysis Information:

- Survey question code used: D1, D3, D3, D4

3. Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Survey Instrument Questions:

i. In a typical week, on how many days do you eat fruit?
ii. How many servings of fruit do you eat on one of those days?
iii. In a typical week, on how many days do you eat vegetables?
iv. 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	**MEN (%)**								
(Yrs.)	n	No fruits and/or vegetables	95% CI	1 - 2 servings	95% CI	3 - 4 servings	95% CI	Greater than 5 Servings	95% CI
18-44	606	20.9	17.4-24.4	35.9	31.6-40.2	22.4	19.0-25.8	20.8	17.1-24.6
45-69	680	21.1	17.7-24.5	41.3	37.3-45.3	21.6	18.1-25.0	16.1	13.2-18.9
18-69	**1,286**	**21.0**	**18.5-23.6**	**38.7**	**35.8-41.6**	**22.0**	**19.5-24.4**	**18.3**	**16.0-20.7**

Number of servings of fruit and/or vegetables on average per day									
Age Group	**WOMEN (%)**								
(Yrs.)	n	No fruits and/or vegetables	95% CI	1 - 2 servings	95% CI	3 - 4 servings	95% CI	Greater than 5 Servings	95% CI
18-44	772	26.3	22.9-29.7	41.7	37.8-45.5	19.6	16.4-22.8	12.4	10.0-14.8
45-69	892	16.3	13.5-19.0	41.1	37.5-44.6	24.1	21.1-27.1	18.5	15.6-21.5
18-69	**1,664**	**21.0**	**18.8-23.1**	**41.3**	**38.7-44.0**	**22.0**	**19.8-24.2**	**15.7**	**13.7-17.7**

Number of servings of fruit and/or vegetables on average per day									
Age Group	**BOTH SEXES (%)**								
(Yrs.)	n	No fruits and/or vegetables	95% CI	1 - 2 servings	95% CI	3 - 4 servings	95% CI	Greater than 5 Servings	95% CI
18-44	1,378	23.9	21.4-26.5	39.1	36.2-42.0	20.8	18.5-23.2	16.1	14.0-18.2
45-69	1,572	18.4	16.3-20.5	41.2	38.5-43.8	23.0	20.8-25.2	17.5	15.4-19.5
18-69	**2,950**	**21.0**	**19.3-22.7**	**40.2**	**38.2-42.2**	**22.0**	**20.3-23.7**	**16.8**	**15.3-18.3**

Analysis Information:

- Survey question code used: D1, D3, D3, D4

4. Fruits and Vegetable Consumption per Day

Description: Percentage of adults 18-69 eating less than five servings of fruit and/or vegetables on average per day.

Survey Instrument Questions:

i. In a typical week, on how many days do you eat fruit?
ii. How many servings of fruit do you eat on one of those days?
iii. In a typical week, on how many days do you eat vegetables?
iv. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Less than 5 servings per day	95% CI	n	Less than 5 servings per day	95% CI	n	Less than 5 servings per day	95% CI
18-44	606	79.2	75.4-82.9	772	87.6	85.2-90.0	1378	83.9	81.8-86.0
45-69	680	83.9	81.1-86.8	892	81.5	78.5-84.4	1572	82.5	80.5-84.6
18-69	**1,286**	**81.7**	**79.3-84.0**	**1664**	**84.3**	**82.3-86.3**	**2950**	**83.2**	**81.7-84.7**

Analysis Information:

- Survey question code used: D1, D3, D3, D4

5. Adding Salt at meal

Description: Percentage of adults 18-69 who always or often add salt or salty sauce to their food before eating or as they are eating.

Survey Instrument Questions:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	606	7.0	4.9-9.0	772	8.8	6.7-10.8	1,378	8.0	6.4-9.5
45-69	685	4.5	2.9-6.0	891	5.0	3.3-6.6	1,576	4.8	3.6-5.9
18-69	**1,291**	**5.6**	**4.3-7.0**	**1,663**	**6.7**	**5.3-8.2**	**2,954**	**6.3**	**5.2-7.3**

Analysis Information:

- Survey question code used: D5

6. Adding Salt When Cooking

Description: Percentage of adults 18-69 who always or often add salt to their food when cooking or preparing foods at home.

Survey Instrument Questions:

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

Add salt or salt seasoning always or often when cooking or preparing food at home									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	608	84.2	80.7-87.7	775	83.1	80.2-86.1	1,383	83.6	81.2-86.0
45-69	685	78.7	75.2-82.1	893	70.8	67.2-74.5	1,578	74.2	71.5-77.0
18-69	**1,293**	**81.3**	**78.6-84.0**	**1,668**	**76.6**	**73.9-79.2**	**2,961**	**78.6**	**76.5-80.7**

Analysis Information:

- Survey question code used: D6

7. Salty processed food consumption

Description: Percentage of adults 18-69 who always or often eat processed foods high in salt.

Survey Instrument Questions:

i. How often do you eat processed food high in salt?

Always or often consume processed food high in salt									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	609	25.5	21.9-29.2	775	29.8	26.1-33.6	1,384	28.0	25.3-30.6
45-69	685	9.3	6.8-11.8	893	7.9	6.0-9.8	1,578	8.5	7.0-10.0
18-69	**1,294**	**16.9**	**14.7-19.2**	**1,668**	**18.2**	**16.1-20.2**	**2,962**	**17.6**	**16.0-19.2**

Analysis Information:

- Survey question code used: D7

8. Salt Consumption

Description: Percentage of adults 18-69 who think they consume far/too much salt.

Survey Instrument Questions:

i. How much salt or salty sauce do you think you consume?

Think they consume far too much or too much salt									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	586	20.3	16.9-23.8	755	27	23.6-30.5	1,341	24.1	21.7-26.6
45-69	659	11.9	9.3-14.4	872	12.7	10.5-15.0	1,531	12.4	10.7-14.1
18-69	**1,245**	**15.9**	**13.8-18.0**	**1,627**	**19.4**	**17.3-21.5**	**2,872**	**17.9**	**16.4-19.4**

Self-reported quantity of salt consumed (%)											
Age Group	**MEN (%)**										
(Yrs.)	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
18-44	586	3.7	2.2-5.1	16.7	13.5-19.9	71.9	68.1-75.7	7.0	4.7-9.2	0.8	0.1-1.6
45-69	659	1.0	0.2-1.8	10.8	8.4-13.3	78.3	74.8-81.7	7.6	5.4-9.9	2.2	1.0-3.4
18-69	**1,245**	**2.3**	**1.4-3.1**	**13.6**	**11.6-15.6**	**75.2**	**72.8-77.7**	**7.3**	**5.7-8.9**	**1.6**	**0.8-2.3**

Self-reported quantity of salt consumed											
Age Group	**WOMEN (%)**										
(Yrs.)	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
18-44	755	5.4	3.5-7.3	21.6	18.5-24.8	65.5	61.8-69.1	5.9	4.1-7.7	1.6	0.7-2.5
45-69	872	1.4	0.6-2.1	11.4	9.1-13.6	73.1	69.9-76.3	11.7	9.4-13.9	2.5	1.2-3.7
18-69	**1,627**	**3.3**	**2.2-4.3**	**16.1**	**14.2-18.0**	**69.6**	**67.3-71.9**	**9.0**	**7.5-10.4**	**2.1**	**1.3-2.9**

Self-reported quantity of salt consumed											
Age Group	**BOTH SEXES (%)**										
(Yrs.)	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
18-44	1,341	4.6	3.3-6.0	19.5	17.3-21.7	68.3	65.6-70.9	6.4	4.9-7.8	1.3	0.7-1.9
45-69	1,531	1.2	0.7-1.8	11.1	9.5-12.8	75.3	72.8-77.8	9.9	8.3-11.6	2.4	1.5-3.2
18-69	**2,872**	**2.8**	**2.1-3.5**	**15.0**	**13.7-16.4**	**72.0**	**70.2-73.8**	**8.3**	**7.1-9.4**	**1.8**	**1.3-2.4**

Analysis Information:

- Survey question code used: D8

9. Lowering Salt

Description: Percentage of adults 18-69 who think lowering salt in diet is very, somewhat, or not at all important.

Instrument question:

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

Importance of lowering salt in diet							
Age Group		**MEN (%)**					
(Yrs.)	n	Very Important (%)	95% CI	Somewhat Important (%)	95% CI	Not at all important (%)	95% CI
18-44	590	65.8	61.6-70.0	20.7	17.3-24.2	13.5	10.4-16.5
45-69	667	76.8	73.1-80.4	17.6	14.2-21.0	5.6	3.7-7.5
18-69	**1,257**	**71.6**	**68.7-74.5**	**19.1**	**16.7-21.5**	**9.3**	**7.4-11.2**

Importance of lowering salt in diet							
Age Group		**WOMEN (%)**					
(Yrs.)	n	Very Important (%)	95% CI	Somewhat Important (%)	95% CI	Not at all important (%)	95% CI
18-44	757	68.4	64.7-72.1	22.7	19.5-25.9	8.9	6.6-11.2
45-69	880	84.0	81.0-87.1	11.8	9.3-14.2	4.2	2.3-6.1
18-69	**1,637**	**76.7**	**74.2-79.3**	**16.9**	**14.8-18.9**	**6.4**	**4.9-7.9**

Importance of lowering salt in diet							
Age Group		**BOTH SEXES (%)**					
(Yrs.)	n	Very Important (%)	95% CI	Somewhat Important (%)	95% CI	Not at all important (%)	95% CI
18-44	1,347	67.3	64.4-70.1	21.9	19.4-24.3	10.9	8.8-13.0
45-69	1,547	80.9	78.4-83.4	14.3	12.1-16.5	4.8	3.4-6.2
18-69	**2,894**	**74.5**	**72.4-76.6**	**17.8**	**16.1-19.5**	**7.7**	**6.4-8.9**

Analysis Information:

- Survey question code used: D9

10. Salt Knowledge

Description: Percentage of adults 18-69 who think consuming too much salt could cause a serious health problem.

Instrument question:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	93.5	91.4-95.6	775	96.2	94.8-97.6	1,385	95.0	93.8-96.3
45-69	686	95.4	93.7-97.2	893	96.6	95.4-97.9	1,579	96.1	95.1-97.2
18-69	**1,296**	**94.5**	**93.2-95.8**	**1,668**	**96.4**	**95.5-97.4**	**2,964**	**95.6**	**94.8-96.4**

Analysis Information:

- Survey question code used: D10

11. Controlling Salt Intake

Description: Percentage of adults 18-69 who take specific action on a regular basis to control salt intake.

Instrument question:

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

Limit consumption of processed foods									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	66.3	61.9-70.7	775	67.0	63.3-70.7	1,385	66.7	63.7-69.7
45-69	686	75.0	71.5-78.6	893	82.2	79.3-85.2	1,579	79.1	76.6-81.6
18-69	**1,296**	**70.9**	**68.1-73.8**	**1,668**	**75.1**	**72.6-77.6**	**2,964**	**73.3**	**71.2-75.4**

Look at the salt or sodium content on food labels									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	29.7	25.4-33.9	775	33.2	29.4-36.9	1,385	31.6	28.8-34.5
45-69	686	31.8	27.7-35.9	893	40.5	36.8-44.2	1,579	36.7	34.0-39.5
18-69	**1,296**	**30.7**	**27.9-33.7**	**1,668**	**37.1**	**34.3-39.8**	**2,964**	**34.3**	**32.2-36.5**

Buy low salt/sodium alternatives									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	29.4	25.1-33.8	775	27.4	23.9-31.0	1,385	28.3	25.5-31.1
45-69	686	34.5	30.6-38.5	893	46.9	43.2-50.5	1,579	41.5	38.6-44.4
18-69	**1,296**	**32.1**	**29.1-35.2**	**1668**	**37.8**	**35.0-40.6**	**2,964**	**35.3**	**33.1-37.5**

Use spices other than salt when cooking									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	57.9	53.4-62.5	775	59.2	55.0-63.3	1,385	58.6	55.3-61.9
45-69	686	59.0	54.7-63.3	893	63.0	59.2-66.8	1,579	61.3	58.2-64.3
18-69	**1,296**	**58.6**	**55.3-61.8**	**1668**	**61.2**	**58.2-64.2**	**2,964**	**60.0**	**57.5-62.5**

Avoid eating foods prepared outside of a home									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	48.2	44.1-52.4	775	50.9	47.0-54.9	1,385	49.8	46.8-52.7
45-69	686	57.7	53.5-61.8	893	68.6	65.2-71.8	1,579	63.9	60.9-66.8
18-69	**1,296**	**53.2**	**50.1-56.3**	**1,668**	**60.3**	**57.6-63.1**	**2,964**	**57.2**	**55.0-59.5**

Do other things specifically to control your salt intake									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	17.3	13.7-21.0	775	16.9	14.0-19.8	1385	17.1	14.8-19.4
45-69	686	18.0	14.8-21.3	893	21.9	18.8-25.0	1579	20.2	17.8-22.6
18-69	**1,296**	**17.6**	**15.3-20.1**	**1668**	**19.5**	**17.3-21.7**	**2964**	**18.7**	**17.0-20.5**

Analysis Information:

- Survey question code used: D11a-f

Physical Activity

Introduction

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

i. 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
ii. to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.

When analyzing Global Physical Activity Questionnaire (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. The GPAQ covers several components of physical activity, such as intensity, duration, and frequency, and it assesses three domains in which physical activity is performed (occupational physical activity, transport-related physical activity, and physical activity during discretionary or leisure time).

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

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

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

WHO Global Recommendations on Physical Activity for Health

For the calculation of the categorical indicator on the recommended amount of physical activity for health, the total time spent 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 Recommendation 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.

1. Not meeting WHO recommendations on physical activity for health ("Insufficient physical activity")

Description: Percentage of adults 18-69 who are not meeting WHO recommendations on physical activity for health (adults 18-69 doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent).

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Not meeting WHO recommendations on physical activity for health. (Adults 18-69 doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent)

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	592	11.2	8.3-14.0	750	23.4	19.6-27.3	1,342	18.1	15.4-20.7
45-69	661	16.3	13.2-19.5	863	16.1	13.5-18.6	1,524	16.2	14.2-18.3
18-69	**1,253**	**13.9**	**11.7-16.1**	**1,613**	**19.5**	**17.2-21.9**	**2,866**	**17.1**	**15.3-18.9**

Analysis Information:

- Survey question code used: P1 – P15a-b

2. Levels of total physical activity according to former recommendations

Description: Percentage of adults 18-69 classified into three categories of total physical activity according to former recommendations.

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Level of total physical activity according to former recommendations

Age Group	MEN (%)						
(Yrs.)	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18-44	592	14.4	11.4-17.5	17.4	13.7-21.1	68.1	63.6-72.7
45-69	661	20.0	16.6-23.3	16.9	13.8-19.9	63.2	59.1-67.3
18-69	**1,253**	**17.3**	**15.0-19.7**	**17.1**	**14.6-19.6**	**65.5**	**62.4-68.7**

Level of total physical activity according to former recommendations							
Age Group	**WOMEN (%)**						
(Yrs.)	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18-44	750	28.7	24.8-32.6	29.5	26.1-33.0	41.8	38.0-45.5
45-69	863	21.5	18.5-24.5	33.0	29.4-36.6	45.5	41.7-49.3
18-69	**1,613**	**24.9**	**22.3-27.4**	**31.4**	**28.9-33.9**	**43.7**	**41.0-46.5**

Level of total physical activity according to former recommendations							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18-44	1,342	22.5	19.7-25.2	24.3	21.7-26.8	53.3	50.1-56.4
45-69	1,524	20.8	18.6-23.1	26.0	23.5-28.6	53.1	50.2-56.1
18-69	**2,866**	**21.6**	**19.7-23.5**	**25.2**	**23.4-27.0**	**53.2**	**51.0-55.4**

Analysis Information:

- Survey question code used: P1 – P15a-b

3. Mean Minutes - Total Physical Activity

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

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Mean minutes of total physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI
18-44	592	273.4	249.7-297.2	750	141.3	127.4-155.2	1,342	199.0	184.1-213.9
45-69	661	256.1	233.2-278.7	863	165.5	152.6-178.3	1,524	204.6	191.7-217.5
18-69	**1,253**	**264.3**	**247.8-280.8**	**1613**	**154.2**	**144.6-163.8**	**2,866**	**202.0**	**191.6-212.3**

Analysis Information:

- Survey question code used: P1 – P15a-b

4. Median Minutes – Total Physical Activity

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

Instrument questions

iv. Activity at work
i. Travel to and from places
ii. Recreational activities

Mean minutes of total physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)
18-44	592	197.1	60.0-413.0	750	72.9	25.0-188.6	1,342	110.0	32.9-308.6
45-69	661	186.4	51.4-420.0	863	98.6	35.0-240.0	1,524	123.6	39.3-322.1
18-69	**1,253**	**191.4**	**52.6-415.7**	**1,613**	**90.0**	**30.0-214.3**	**2,866**	**118.6**	**35.7-320.0**

Analysis Information:

- Survey question code used: P1 – P15a-b

5. Mean Minutes – Domain Specific Physical Activity

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

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Mean minutes of work-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI
18-44	592	170.8	152.4-189.3	750	95.6	84.5-106.8	1,342	128.5	117.1-139.9
45-69	661	183.9	165.2-202.6	863	115.6	105.0-126.2	15,24	145.1	134.5-155.7
18-69	**1,253**	**177.7**	**164.6-190.9**	**1,613**	**106.3**	**98.2-114.3**	**2,866**	**137.3**	**129.1-145.5**

Mean minutes of transport-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI
18-44	592	51.5	43.4-59.7	750	30.3	25.4-35.2	1,342	39.6	34.9-44.2
45-69	661	39.3	33.5-45.1	863	29.9	25.6-34.2	1,524	34.0	30.4-37.6
18-69	**1,253**	**45.1**	**40.0-50.2**	**1,613**	**30.1**	**26.8-33.4**	**2,866**	**36.6**	33.6-39.7

Mean minutes of recreation-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI	n	Mean Minutes	95% CI
18-44	592	51.1	43.1-59.0	750	15.3	12.5-18.1	1,342	30.9	26.9-35.0
45-69	661	32.9	27.0-38.8	863	19.9	16.4-23.5	1,524	25.5	22.3-28.8
18-69	**1,253**	**41.5**	**36.5-46.5**	**1,613**	**17.8**	**15.5-20.0**	**2,866**	**28.1**	**25.4-30.7**

Analysis Information:

- Survey question code used: P1 – P15a-b

6. Median Minutes – Domain Specific Physical Activity

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

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Median minutes of work-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)
18-44	592	60.0	2.1-330.0	750	30.0	0.0-120.0	1,342	42.9	0.0-180.0
45-69	661	102.9	0.0-342.9	863	51.4	7.1-171.4	1,524	60.0	4.3-240.0
18-69	**1,253**	**81.4**	**0.0-342.9**	**1,613**	**42.9**	**0.0-137.1**	**2,866**	**51.4**	**0.0-222.9**

Median minutes of transport-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)
18-44	592	17.1	0.0-51.4	750	10.0	0.0-30.0	1,342	12.9	0.0-32.1
45-69	661	14.3	0.0-42.9	863	12.9	0.0-30.0	1,524	12.9	0.0-34.3
18-69	**1,253**	**15.0**	**0.0-45.0**	**1,613**	**10.7**	**0.0-30.0**	**2,866**	**12.9**	**0.0-34.3**

Median minutes of recreation-related physical activity on average per day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)	n	Mean Minutes	Inter-quartile range (P25-P75)
18-44	592	15.0	0.0-60.0	750	0.0	0.0-17.1	1,342	0.0	0.0-32.1
45-69	661	0.0	0.0-34.3	863	0.0	0.0-21.4	1,524	0.0	0.0-25.7
18-69	**1,253**	**4.3**	**0.0-50.0**	**1,613**	**0.0**	**0.0-20.0**	**2,866**	**0.0**	**0.0-30.0**

Analysis Information:

- Survey question code used: P1 – P15a-b

7. No Physical Activity by Domain

Description: Percentage of adults 18-69 classified as doing no work-, transport- or recreational-related physical activity.

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

No work-related physical activity									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	No Activity at Work	95% CI	n	No Activity at Work	95% CI	n	No Activity at Work	95% CI
18-44	592	24.7	20.7-28.6	750	30.0	26.0-34.1	1,342	27.7	24.6-30.8
45-69	661	26.1	22.2-29.9	863	22.2	19.0-25.5	1,524	23.9	21.3-26.5
18-69	**1,253**	**25.4**	**22.6-28.2**	**1,613**	**25.9**	**23.0-28.7**	**2,866**	**25.7**	**23.4-27.9**

No transport-related physical activity									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	No Activity for Transport	95% CI	n	No Activity for Transport	95% CI	n	No Activity for Transport	95% CI
18-44	592	26.3	22.6-29.9	750	31.2	27.5-34.9	1,342	29.0	26.3-31.8
45-69	661	30.8	26.7-35.0	863	29.4	25.7-33.1	1,524	30.0	27.1-32.9
18-69	**1,253**	**28.7**	**25.8-31.6**	**1,613**	**30.2**	**27.4-33.1**	**2,866**	**29.6**	**27.4-31.7**

No recreation-related physical activity									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	No Activity at Recreation	95% CI	n	No Activity at Recreation	95% CI	n	No Activity at Recreation	95% CI
18-44	592	41.1	36.7-45.5	750	65.3	61.5-69.1	1,342	54.7	51.5-57.9
45-69	661	55.6	51.4-59.9	863	56.3	52.5-60.1	1,524	56.0	53.0-59.0
18-69	**1,253**	**48.8**	**45.5-52.0**	**1,613**	**60.5**	**57.6-63.4**	**2,866**	**55.4**	**53.1-57.8**

Analysis Information:

- Survey question code used: P1 – P15a-b

8. Composition of total physical activity

Description: Percentage of work, transport and recreational activity contributing to total activity.

Instrument questions

i. Activity at work
ii. Travel to and from places
iii. Recreational activities

Composition of total physical activity							
Age Group		**MEN (%)**					
(Yrs.)	n	Activity from work (%)	95% CI	Activity for transport (%)	95% CI	Activity during leisure time (%)	95% CI
18-44	568	51.0	47.3-54.7	26.0	23.1-28.9	23.0	20.3-25.7
45-69	611	57.5	54.2-60.9	24.5	21.7-27.4	17.9	15.5-20.3
18-69	**1,179**	**54.4**	**51.8-56.9**	**25.3**	**23.1-27.4**	**20.4**	**18.5-22.2**

Composition of total physical activity							
Age Group	**WOMEN (%)**						
(Yrs.)	n	Activity from work (%)	95% CI	Activity for transport (%)	95% CI	Activity during leisure time (%)	95% CI
18-44	674	55.2	51.9-58.4	29.7	27.0-32.4	15.1	12.9-17.3
45-69	810	57.9	55.0-60.9	25.7	23.3-28.1	16.4	14.2-18.5
18-69	**1,484**	**56.7**	**54.3-59.0**	**27.5**	**25.6-29.4**	**15.8**	**14.2-17.4**

Composition of total physical activity							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Activity from work (%)	95% CI	Activity for transport (%)	95% CI	Activity during leisure time (%)	95% CI
18-44	1242	53.3	50.7-55.9	28.0	25.9-30.1	18.7	16.9-20.5
45-69	1421	57.8	55.5-60.0	25.2	23.4-27.1	17.0	15.4-18.7
18-69	**2,663**	**55.7**	**53.9-57.5**	**26.5**	**25.0-28.0**	**17.8**	**16.6-19.1**

Analysis Information:

- Survey question code used: P1 – P15a-b

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9. No Vigorous Physical Activity

Description: Percentage of adults 18-69 who are not engaging in vigorous physical activity.

Instrument questions:

i. Activity at work
ii. Recreational activities

No vigorous physical activity									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	No Vigorous Activity (%)	95% CI	n	No Vigorous Activity (%)	95% CI	n	No Vigorous Activity (%)	95% CI
18-44	592	35.5	31.4-39.6	750	83	80.1-85.9	1,342	62.2	59.4-65.1
45-69	661	49.3	45.0-53.6	863	84.3	81.1-87.4	1,524	69.2	66.6-71.8
18-69	**1,253**	**42.8**	**39.8-45.8**	**1613**	**83.7**	**81.5-85.8**	**2,866**	**65.9**	**64.1-67.8**

Analysis Information:

- Survey question code used: P1 – P15a-b

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10. Physically inactive on a typical day

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

Instrument question:

i. How much time do you usually spend sitting or reclining on a typical day?

Minutes spent in sedentary activities on average per day					
Age Group	**MEN (%)**				
(Yrs.)	n	Mean Minutes	95% CI	Median Minutes	Interquartile range (P25-P75)
18-44	610	215.7	196.9-234.4	180.0	90.0-300.0
45-69	686	202.8	188.1-217.4	180.0	60.0-300.0
18-69	**1,296**	**208.8**	**197.3-220.4**	**180.0**	**80.0-300.0**

Minutes spent in sedentary activities on average per day					
Age Group	**WOMEN (%)**				
(Yrs.)	n	Mean Minutes	95% CI	Median Minutes	Interquartile range (P25-P75)
18-44	775	229.3	214.6-244.0	180.0	60.0-300.0
45-69	893	195.7	182.8-208.5	150.0	60.0-300.0
18-69	**1,668**	**211.4**	**201.5-221.3**	**180.0**	**60.0-300.0**

Minutes spent in sedentary activities on average per day					
Age Group	**BOTH SEXES (%)**				
(Yrs.)	n	Mean Minutes	95% CI	Median Minutes	Interquartile range (P25-P75)
18-44	1,385	223.3	210.9-235.8	180.0	90.0-300.0
45-69	1,579	198.7	188.4-209.1	180.0	60.0-300.0
18-69	**2,964**	**210.3**	**202.0-218.6**	**180.0**	**60.0-300.0**

Analysis Information:

- Survey question code used: P16a-b

History of Raised Blood Pressure

1. Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among adults 18-69.

Instrument questions:

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

Blood pressure measurement and diagnosis (%)									
Age Group	**MEN (%)**								
(Yrs.)	n	Never Measured	95% CI	Measured, Not Diagnosed	95% CI	Diagnosed but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	610	15.0	11.9-18.1	73.8	70.1-77.5	4.3	2.6-6.1	6.9	5.0-8.9
45-69	686	5.4	3.7-7.0	61.7	57.8-65.7	9.9	7.5-12.3	23.0	19.7-26.3
18-69	**1,296**	**9.9**	**8.1-11.6**	**67.4**	**64.6-70.2**	**7.3**	**5.7-8.8**	**15.4**	**13.4-17.4**

Blood pressure measurement and diagnosis									
Age Group	**WOMEN (%)**								
(Yrs.)	n	Never Measured	95% CI	Measured, Not Diagnosed	95% CI	Diagnosed but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	775	4.5	2.8-6.3	73.6	70.3-76.9	7.0	5.0-9.0	14.8	12.2-17.4
45-69	893	0.8	0.2-1.4	45.7	42.3-49.1	15.6	12.9-18.4	37.8	34.5-41.2
18-69	**1,668**	**2.5**	**1.7-3.4**	**58.8**	**56.3-61.3**	**11.6**	**9.8-13.4**	**27.1**	**24.9-29.3**

Blood pressure measurement and diagnosis									
Age Group		**BOTH SEXES (%)**							
(Yrs.)	n	Never Measured	95% CI	Measured, Not Diagnosed	95% CI	Diagnosed but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	1,385	9.1	7.4-10.8	73.7	71.1-76.2	5.8	4.5-7.2	11.4	9.6-13.1
45-69	1,579	2.8	2.0-3.6	52.7	50.1-55.3	13.1	11.2-15.1	31.4	29.0-33.8
18-69	**2,964**	**5.7**	**4.8-6.6**	**62.5**	**60.6-64.5**	**9.7**	**8.5-11.0**	**22.0**	**20.5-23.6**

Analysis Information:

- Survey question code used: H1, H2a, H2b

2. Blood pressure treatment among those diagnosed.

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

Instrument questions:

i. Have you ever had your blood pressure measured by a doctor or other health worker?
ii. Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
iii. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Medication (%)	95% CI	n	Taking Medication (%)	95% CI	n	Taking Medication (%)	95% CI
18-44	70	16.5	6.7-26.3	171	27.2	20.4-33.9	241	24.1	18.6-29.7
45-69	226	51.6	44.7-58.6	475	63.0	57.8-68.2	701	59.4	55.3-63.5
18-69	**296**	**43.4**	**37.3-49.5**	**646**	**53.5**	**49.1-58.0**	**942**	**50.4**	**46.8-54.0**

Analysis Information:

- Survey question code used: H1, H2a, H3

3. Blood Pressure Advice by a Traditional Healer

Description: Percentage of adults 18-69 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:

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

Seen a traditional healer among those previously diagnosed									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Seen Traditional Healer (%)	95% CI	n	Seen Traditional Healer (%)	95% CI	n	Seen Traditional Healer (%)	95% CI
18-44	70	1.3	0.0-3.9	171	1.6	0.0-3.5	241	1.5	0.0-3.0
45-69	226	8.4	4.1-12.7	475	7.7	5.1-10.3	701	7.9	5.6-10.2
18-69	**296**	**6.7**	**3.4-10.1**	**646**	**6.1**	**4.2-8.0**	**942**	**6.3**	**4.6-8.0**

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Traditional Medication (%)	95% CI	n	Taking Traditional Medication (%)	95% CI	n	Taking Traditional Medication (%)	95% CI
18-44	70	13.7	4.9-22.5	171	9.6	5.1-14.2	241	10.8	6.6-15.0
45-69	226	22.6	16.2-29.0	475	18.6	14.7-22.5	701	19.9	16.5-23.3
18-69	**296**	**20.5**	**15.1-26.0**	**646**	**16.2**	**13.1-19.3**	**942**	**17.6**	**14.9-20.3**

Analysis Information:

- Survey question code used: H1, H2a, H4, H5

History of Diabetes

1. Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among adults 18-69.

Instrument questions:

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

Blood sugar measurement and diagnosis (%)									
Age Group		**MEN (%)**							
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	610	30.5	26.8-34.3	66.6	62.8-70.3	1.0	0.1-1.9	1.9	0.8-3.0
45-69	686	20.1	16.9-23.4	67.7	63.9-71.5	2.7	1.4-4.0	9.5	7.2-11.8
18-69	**1,296**	**25.1**	**22.6-27.5**	**67.1**	**64.5-69.8**	**1.9**	**1.1-2.7**	**5.9**	**4.6-7.3**

Blood sugar measurement and diagnosis (%)									
Age Group		**WOMEN (%)**							
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	775	15.4	12.6-18.2	80.5	77.4-83.6	2.1	1.1-3.1	2.0	1.0-3.0
45-69	893	7.6	5.8-9.3	73.1	70.1-76.2	4.8	3.2-6.5	14.5	12.0-17.0
18-69	**1,668**	**11.2**	**9.5-13.0**	**76.6**	**74.4-78.7**	**3.6**	**2.6-4.5**	**8.7**	**7.2-10.1**

Blood sugar measurement and diagnosis									
Age Group		**BOTH SEXES (%)**							
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	1,385	22.0	19.7-24.3	74.4	72.0-76.8	1.6	0.9-2.3	2.0	1.2-2.8
45-69	1,579	13.0	11.2-14.8	70.8	68.5-73.0	3.9	2.8-5.0	12.3	10.6-14.0
18-69	**2,964**	**17.2**	**15.8-18.7**	**72.5**	**70.8-74.1**	**2.8**	**2.2-3.5**	**7.5**	**6.4-8.5**

Analysis Information:

- Survey question code used: H6, H7a, H7b

2. Diabetes treatment among those diagnosed.

Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes.

Instrument questions:

i. Have you ever had your blood sugar measured by a doctor or other health worker?
ii. Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
iii. In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
iv. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Medication	95% CI	n	Taking Medication	95% CI	n	Taking Medication	95% CI
18-44	*	*	*	*	*	*	50	24.8	11.7-38.0
45-69	88	61.5	49.7-73.2	174	78.2	71.7-84.7	262	72.7	66.9-78.6
18-69	**106**	**56.3**	**45.5-67.1**	**207**	**69.2**	**62.4-76.0**	**313**	**64.9**	**59.2-70.6**

Currently taking insulin prescribed for diabetes among those previously diagnosed (%)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Insulin	95% CI	n	Taking Insulin	95% CI	n	Taking Insulin	95% CI
18-44	*	*	*	*	*	*	50	12.3	3.5-21.1
45-69	88	23.8	13.4-34.2	174	29.5	22.6-36.3	262	27.6	22.1-33.2
18-69	**106**	**25.0**	**15.4-34.6**	**207**	**25.2**	**19.2-31.2**	**313**	**25.1**	**20.2-30.1**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H6, H7a, H8, H9

3. Diabetes Advice by Traditional Healer

Description: Percentage of adults 18-69 who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed.

Instrument questions:

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

Seen a traditional healer for diabetes among those previously diagnosed (%)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Seen Traditional Healer	95% CI	n	Seen Traditional Healer	95% CI	n	Seen Traditional Healer	95% CI
18-44	*	*	*	*	*	*	50	3.7	0.0-8.8
45-69	88	8.7	2.5-14.9	174	9.1	4.6-13.6	262	9.0	5.4-12.6
18-69	**106**	**9.0**	**3.3-14.7**	**207**	**7.7**	**3.8-11.6**	**313**	**8.1**	**4.9-11.3**

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed (%)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Traditional Medication	95% CI	n	Taking Traditional Medication	95% CI	n	Taking Traditional Medication	95% CI
18-44	*	*	*	*	*	*	50	2.1	0.0-6.1
45-69	88	20.0	10.6-29.5	174	18.6	12.2-24.9	262	19.0	13.8-24.3
18-69	**106**	**17.5**	**9.4-25.7**	**207**	**15.7**	**10.2-21.1**	**313**	**16.3**	**11.8-20.8**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H6, H7a, H10, H11

History of Diabetes (Core Module)

1. Adults 18-69 who received two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control.

Description: Percentage of adults 18-69 who have who received two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control.

Instrument questions:

i. Have you received at least two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control?

Have you received at least two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control?

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Two HbA1C test in the past year	95% CI	n	Two HbA1C test in the past year	95% CI	n	Two HbA1C test in the past year	95% CI
18-44	17*	*	*	33*	*	*	50	29.5	17.1-45.8
45-69	82	52.9	42.1-63.4	166	52.3	43.6-60.9	248	52.5	45.5-59.4
18-69	**99**	**51.1**	**41.0-61.2**	**199**	**47.4**	**39.5-55.3**	**298**	**48.6**	**42.3-55.0**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H11a

2. Adults 18-69 who have taken an eye exam over the last two year as part of their diabetes control.

Description: Percentage of adults 18-69 who has taken an eye exam over the last two year as part of their diabetes control.

Instrument questions:

i. When was the last time your eyes were examined as part of your diabetes control?

Percentage of adults 18-69 having taken an eye exam over the last two year as part of their diabetes control?							
Age Group				**MEN (%)**			
(Yrs.)	n	Within the past 2 years	95% CI	More than 2 years ago	95% CI	Never	95% CI
18-44	17*	*	*	*	*	*	*
45-69	87	54.1	42.2-65.5	12.9	6.5-23.8	33.0	23.3-44.4
18-69	**104**	**48.5**	**38.6-58.5**	**10.6**	**5.4-19.8**	**40.9**	**31.9-50.6**

Percentage of adults 18-69 having taken an eye exam over the last two year as part of their diabetes control?							
Age Group				**WOMEN (%)**			
(Yrs.)	n	Within the past 2 years	95% CI	More than 2 years ago	95% CI	Never	95% CI
18-44	31*	*	*	*	*	*	*
45-69	173	63.9	56.1-71.1	11.9	7.4-18.6	24.1	17.7-31.9
18-69	**204**	**56.3**	**48.9-63.3**	**10.6**	**6.7-16.4**	**33.1**	**26.3-40.8**

Percentage of adults 18-69 having taken an eye exam over the last two year as part of their diabetes control?							
Age Group				**BOTH SEXES (%)**			
(Yrs.)	n	Within the past 2 years	95% CI	More than 2 years ago	95% CI	Never	95% CI
18-44	48*	*	*	*	*	*	*
45-69	260	60.8	54.4-66.8	12.2	8.4-17.5	27.0	21.6-33.2
18-69	**308**	**53.7**	**47.8-59.5**	**10.6**	**7.3-15.1**	**35.7**	**30.1-41.7**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H11b

3. Adults 18-69 who have had their feet examined over the past year as part of their diabetes control.

Description: Percentage of adults 18-69 that have had their feet examined over the past year as part of their diabetes control.

Instrument questions:

i. When was the last time your feet were examined as part of your diabetes control?

Percentage of adults 18-69 that have had their feet examined as part of your diabetes control?							
Age Group		**MEN (%)**					
(Yrs.)	n	Within the past year	95% CI	More than a year ago	95% CI	Never	95% CI
18-44	17*	*	*	*	*	*	*
45-69	87	26.1	17.2-37.5	15.6	9.0-25.7	58.3	46.8-68.9
18-69	**104**	**23.9**	**16.0-34.0**	**14.0**	**8.2-22.7**	**62.2**	**51.7-71.6**

Percentage of adults 18-69 that have had their feet examined as part of your diabetes control?							
Age Group		**WOMEN (%)**					
(Yrs.)	n	Within the past year	95% CI	More than a year ago	95% CI	Never	95% CI
18-44	32*	*	*	*	*	*	*
45-69	171	36.3	29.1-44.2	10.4	6.5-16.3	53.2	45.2-61.1
18-69	**203**	**31.2**	**25.0-38.2**	**8.8**	**5.5-13.9**	**60.0**	**52.7-66.9**

Percentage of adults 18-69 that have had their feet examined as part of your diabetes control?							
Age Group		**BOTH SEXES (%)**					
(Yrs.)	n	Within the past year	95% CI	More than a year ago	95% CI	Never	95% CI
18-44	49*	*	*	*	*	*	*
45-69	258	33.0	27.5-39.0	12.1	8.5-17.0	54.9	48.2-61.4
18-69	**307**	**28.8**	**23.9-34.2**	**10.5**	**7.4-14.8**	**60.7**	**54.5-66.5**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H11b

4. Percentage of adults 18-69 who have undertaken the two HbA1C test, eye exam and feet exam over the past years as part of their diabetes control.

Description: Percentage of adults 18-69 who have undertaken the two HbA1C test, eye exam and feet exam over the past years as part of their diabetes control.

Instrument questions:

i. Have you received at least two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control?
ii. When was the last time your eyes were examined as part of your diabetes control?
iii. When was the last time your feet were examined as part of your diabetes control?

Percentage of adults 18-69 who undertake the necessary exams for diabetes control. (%)									
Age Group					**Men (%)**				
(Yrs.)	n	HbA1C & Eye Exam	95% CI	HbA1C & Feet Exam	95% CI	Eye and Feet Exam	95% CI	HbA1C, Eye & Feet Exam	95% CI
18-44	610	0.5	0.1-1.6	0.4	0.1-1.2	0.3	0.1-1.0	0.3	0.1-1.0
45-69	686	3.9	2.7-5.6	2.5	1.6-3.9	2.5	1.5-4.1	1.9	1.1-3.3
18-69	**1,296**	**2.3**	**1.6-3.2**	**1.5**	**1.0-2.3**	**1.5**	**0.9-2.3**	**1.1**	**0.7-1.9**

Percentage of adults 18-69 who undertake the necessary exams for diabetes control. (%)									
Age Group					**Women (%)**				
(Yrs.)	n	HbA1C & Eye Exam	95% CI	HbA1C & Feet Exam	95% CI	Eye and Feet Exam	95% CI	HbA1C, Eye & Feet Exam	95% CI
18-44	775	0.3	0.1-1.2	*	*	0.1	0.0-0.9	*	*
45-69	893	7.7	6.0-9.8	4.7	3.4-6.4	6.3	4.9-8.1	4.3	3.2-5.9
18-69	**1,668**	**4.2**	**3.3-5.4**	**2.5**	**1.8-3.4**	**3.4**	**2.6-4.4**	**2.3**	**1.7-3.2**

Percentage of adults 18-69 who undertake the necessary exams for diabetes control. (%)									
Age Group					**Both Sexes (%)**				
(Yrs.)	n	HbA1C & Eye Exam	95% CI	HbA1C & Feet Exam	95% CI	Eye and Feet Exam	95% CI	HbA1C, Eye & Feet Exam	95% CI
18-44	1,385	0.4	0.1-1.0	0.2	1.2-4.0	0.2	0.1-0.6	0.1	0.0-0.4
45-69	1,579	6.0	4.9-7.4	0.2	0.1-.05	4.7	3.7-5.8	3.3	2.5-4.3
18-69	**2,964**	**3.4**	**2.7-4.1**	**3.7**	**2.9-4.8**	**2.6**	**2.1-3.2**	**1.8**	**1.4-2.4**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H11a, H11b, H11c

History of Raised Total Cholesterol

1. Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among adults 18-69.

Instrument questions:

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

Percentage of total cholesterol measurement and diagnosis (%)									
Age Group	**MEN (%)**								
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	610	67.2	62.9-71.5	26.8	23.1-30.4	2.9	1.5-4.4	3.1	0.9-5.4
45-69	686	54.0	49.8-58.2	33.2	29.4-37.1	5.4	3.6-7.2	7.4	5.2-9.5
18-69	**1,296**	**60.2**	**57.2-63.3**	**30.2**	**27.5-32.9**	**4.2**	**3.0-5.4**	**5.4**	**3.8-6.9**

Percentage of total cholesterol measurement and diagnosis									
Age Group	**WOMEN (%)**								
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	775	56.5	52.8-60.1	33.4	29.9-36.9	4.3	2.8-5.7	5.8	4.1-7.6
45-69	893	34	30.6-37.3	38.7	35.2-42.2	11	8.7-13.2	16.3	13.9-18.8
18-69	**1,668**	**44.5**	**41.9-47.1**	**36.2**	**33.7-38.8**	**7.8**	**6.4-9.3**	**11.4**	**9.8-13.0**

Percentage of total cholesterol measurement and diagnosis									
Age Group		**BOTH SEXES (%)**							
(Yrs.)	n	Never Measured	95% CI	Measured not diagnosed	95% CI	Diagnosed, but not within past 12 months	95% CI	Diagnosed within past 12 months	95% CI
18-44	1,385	61.2	58.2-64.1	30.5	27.9-33.2	3.7	2.6-4.7	4.7	3.3-6.0
45-69	1,579	42.7	39.9-45.5	36.3	33.7-39.0	8.6	7.1-10.0	12.4	10.6-14.2
18-69	**2,964**	**51.3**	**49.2-53.5**	**33.6**	**31.7-35.6**	**6.3**	**5.3-7.2**	**8.8**	**7.6-10.0**

Analysis Information:

- Survey question code used: H12, H13a, H13b

2. Cholesterol treatment among those diagnosed.

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

Instrument questions:

i. Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
ii. Have you ever been told by a doctor or other health worker that you have raised cholesterol?

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed (%)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Medication	95% CI	n	Taking Medication	95% CI	n	Taking Medication	95% CI
18-44	31*	*	*	77	12.7	4.8-20.6	108	8.7	3.1-14.2
45-69	85	32.7	23.0-42.3	245	30.9	25.0-36.8	330	31.4	26.2-36.5
18-69	**116**	**22.9**	**15.6-30.3**	**322**	**26.4**	**21.5-31.4**	**438**	**25.5**	**21.2-29.7**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H12, H13a, H14

3. Cholesterol advice by traditional healer

Description: Percentage of adults 18-69 who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed.

Instrument questions:

i. Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
ii. Have you ever been told by a doctor or other health worker that you have raised cholesterol?
iii. Have you ever seen a traditional healer for raised cholesterol?
iv. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Seen Traditional Healer (%)	95% CI	n	Seen Traditional Healer (%)	95% CI	n	Seen Traditional Healer (%)	95% CI
18-44	31*	*	*	77	5.5	0.2-10.9	108	5.6	1.1-10.0
45-69	85	4.8	0.0-9.8	245	2.7	0.8-4.7	330	3.3	1.4-5.2
18-69	**116**	**5.1**	**0.8-9.3**	**322**	**3.4**	**1.5-5.4**	**438**	**3.9**	**2.1-5.7**

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Taking Traditional Medication	95% CI	n	Taking Traditional Medication	95% CI	n	Taking Traditional Medication	95% CI
18-44	31*	*	*	77	6.2	0.8-11.5	108	9.7	3.5-15.9
45-69	85	14.8	6.9-22.8	245	10.1	5.9-14.3	330	11.3	7.7-15.0
18-69	**116**	**15.6**	**8.4-22.8**	**322**	**9.1**	**5.8-12.5**	**438**	**10.9**	**7.8-14.0**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: H12, H13a, H15, H16

History of Cardiovascular Diseases

1. History of cardio-vascular diseases

Description: Percentage of adults who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all adults 18-69.

Instrument questions:

i. 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	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	CVD History (%)	95% CI	n	CVD History (%)	95% CI	n	CVD History (%)	95% CI
18-44	610	3.5	2.0-5.1	775	4.5	2.8-6.2	1385	4.1	2.8-5.4
45-69	686	5.0	3.4-6.7	893	7.3	5.3-9.3	1579	6.3	5.0-7.7
18-69	**1,296**	**4.3**	**3.2-5.4**	**1668**	**6.0**	**4.6-7.4**	**2964**	**5.3**	**4.3-6.2**

Analysis Information:

- Survey question code used: H17

2. Prevention and treatment of heart disease

Description: Percentage of adults 18-69 who are currently taking aspirin or statins regularly to prevent or treat heart disease.

Instrument questions:

i. Are you currently taking aspirin regularly to prevent or treat heart disease?

ii. Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

Currently taking aspirin regularly to prevent or treat heart disease									
Age Group	**Men**			**Women**			**Both Sexes**		
(Yrs.)	n	Taking Aspirin (%)	95% CI	n	Taking Aspirin (%)	95% CI	n	Taking Aspirin (%)	95% CI
18-44	610	1.2	0.3-2.1	775	3.5	2.2-4.8	1,385	2.5	1.7-3.3
45-69	686	8.6	6.1-11.1	893	17.8	15.0-20.5	1,579	13.8	11.9-15.8
18-69	**1,296**	**5.1**	**3.8-6.5**	**1,668**	**11.1**	**9.5-12.7**	**2,964**	**8.5**	**7.4-9.6**

Currently taking statins regularly to prevent or treat heart disease									
Age Group	**Men**			**Women**			**Both Sexes**		
(Yrs.)	n	Taking Statins (%)	95% CI	n	Taking Statins (%)	95% CI	n	Taking Statins (%)	95% CI
18-44	610	0.3	0.0-0.8	775	1.1	0.3-1.8	1,385	0.7	0.2-1.2
45-69	686	3.5	2.2-4.8	893	8.0	6.2-9.8	1,579	6.0	4.8-7.3
18-69	**1,296**	**2.0**	**1.2-2.7**	**1,668**	**4.8**	**3.8-5.8**	**2,964**	**3.5**	**2.8-4.2**

Analysis Information:

- Survey question code used: H18, H19

Lifestyle Advice

1. Lifestyle Advice

Description: Percentage of adults who received lifestyle advice from a doctor or health worker during the past 12 months among all adults 18-69.

Instrument question:

i. During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following?

Advised by doctor or health worker to quit using tobacco or don't start									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	11.4	8.1-14.6	568	5.4	3.3-7.6	890	7.5	5.7-9.4
45-69	400	13.0	9.1-16.9	709	4.4	2.7-6.1	1,109	7.5	5.7-9.2
18-69	**722**	**12.3**	**9.6-14.9**	**1,277**	**4.8**	**3.5-6.2**	**1,999**	**7.5**	**6.2-8.8**

Advised by doctor or health worker to reduce salt in the diet									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	12.9	9.1-16.6	568	18.1	14.8-21.5	890	16.3	13.7-18.8
45-69	400	27.5	22.9-32.0	709	35.4	31.6-39.1	1,109	32.5	29.6-35.5
18-69	**722**	**20.9**	**17.8-24.0**	**1,277**	**27.6**	**25.0-30.2**	**1,999**	**25.2**	**23.1-27.4**

Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	21.9	17.4-26.5	568	30.9	26.8-35.0	890	27.7	24.4-30.9
45-69	400	37.6	32.4-42.9	709	43.4	39.2-47.6	1,109	41.4	38.0-44.8
18-69	**722**	**30.6**	**27.1-34.1**	**1,277**	**37.8**	**34.8-40.8**	**1,999**	**35.2**	**32.9-37.6**

Advised by doctor or health worker to reduce fat in the diet									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	14.6	9.9-19.3	568	25.9	22.2-29.6	890	21.9	19.0-24.7
45-69	400	27.2	22.4-32.0	709	36.2	32.4-40.0	1,109	33.0	30.1-36.0
18-69	**722**	**21.5**	**18.1-24.9**	**1,277**	**31.6**	**28.8-34.4**	**1,999**	**28.0**	**25.8-30.3**

Advised by doctor or health worker to start or do more physical activity									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	24.1	19.0-29.2	568	35.7	31.3-40.1	890	31.5	28.1-35.0
45-69	400	34.7	29.5-39.9	709	42.7	38.9-46.6	1,109	39.9	36.8-43.0
18-69	**722**	**29.9**	**26.3-33.6**	**1,277**	**39.6**	**36.7-42.5**	**1,999**	**36.1**	**33.8-38.4**

Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	23.9	18.4-29.5	568	30.9	26.8-34.9	890	28.4	25.0-31.8
45-69	400	29.4	24.6-34.1	709	40.3	36.5-44.1	1,109	36.4	33.4-39.4
18-69	**722**	**26.9**	**23.2-30.6**	**1,277**	**36.1**	**33.3-38.9**	**1,999**	**32.8**	**30.5-35.1**

Advised by doctor or health worker to reduce sugary beverages in your diet									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Advised (%)	95% CI	n	Advised (%)	95% CI	n	Advised (%)	95% CI
18-44	322	18.4	13.8-23.0	568	23.9	20.1-27.8	890	21.9	18.9-25.0
45-69	400	27.5	23.2-31.9	709	34.2	30.5-37.9	1,109	31.8	29.1-34.6
18-69	**722**	**23.4**	**20.4-26.5**	**1,277**	**29.6**	**26.9-32.3**	**1,999**	**27.4**	**25.3-29.5**

Analysis Information:

- Survey question code used: H20a-g

Cervical Cancer Screening

1. Cervical Cancer Screening

Description: Percentage of female adults 18-69 who have ever had a screening test for cervical cancer among all female adults 18-69.

Instrument question:

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

Cervical Cancer Screening			
Age Group		**WOMEN (%)**	
(Yrs.)	n	Ever Tested (%)	95% CI
18-44	775	69.3	65.8-72.9
45-69	887	83.0	80.3-85.6
18-69	**1,662**	**76.6**	**74.3-78.8**

Analysis Information:

- Survey question code used: CX1

2. Cervical Cancer Screening Among Women Aged 30 – 49 years.

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

Instrument question:

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

Cervical Cancer Screening			
Age Group		**WOMEN (%)**	
(Yrs.)	n	Ever Tested (%)	95% CI
30 - 49	**692**	**80.8**	**77.7 - 83.8**

Analysis Information:

- Survey question code used: CX1

Health Screening (Optional Module)

1. Percentage of adults 18-69 who have had their feces examined.

Description: Percentage of adults 18-69 who have had their feces examined to look for hidden blood.

Instrument question:

i. Have you ever had your feces examined to look for hidden blood?

Have you ever had your feces examined to look for hidden blood?									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Feces Examined for Blood	95% CI	n	Feces Examined for Blood	95% CI	n	Feces Examined for Blood	95% CI
18-44	598	27.6	23.7-31.9	759	38.7	35.1-42.5	1,357	38.9	31.1-36.7
45-69	675	27.5	24.0-31.3	877	43.3	39.7-46.8	1,552	36.4	33.9-39.0
18-69	**1,273**	**27.5**	**24.9-30.4**	**1,636**	**41.1**	**38.6-43.8**	**2,909**	**35.2**	**33.3-37.2**

Analysis Information:

- Survey question code used: S1

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2. Percentage of adults 18-69 who have had a colonoscopy.

Description: Percentage of adults 18-69 who have had a colonoscopy examination.

Instrument question:

i. Have you ever had your feces examined to look for hidden blood?
ii. Have you ever had a colonoscopy?

Have you ever had a colonoscopy?									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Colonoscopy examination	95% CI	n	Colonoscopy examination	95% CI	n	Colonoscopy examination	95% CI
18-44	610	3.1	1.9-5.1	775	3.1	2.0-4.7	1,385	3.1	2.2-4.4
45-69	686	8.1	6.1-10.6	893	12.6	10.2-15.5	1,579	10.7	9.0-12.5
18-69	**1,296**	**5.7**	**4.5-7.3**	**1,668**	**8.2**	**6.7-9.9**	**2,964**	**7.1**	**6.1-8.3**

Analysis Information:

- Survey question code used: S1, S2

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3. Percentage of male adults 18-69 who have had a prostate exam.

Description: Percentage of male adults 18-69 who have had a prostate examination.

Instrument question:

i. Have you ever had an examination of your prostate?

Percentage of male adults 18-69 who have had a prostate exam?			
Age Group		**MEN (%)**	
(Yrs.)	n	Prostate Exam	95% CI
18-44	610	8.2	6.4-10.5
45-69	686	40.0	34.9-43.2
18-69	**1,296**	**24.5**	**21.9-27.2**

Analysis Information:

- Survey question code used: S3

4. Percentage of women who have been taught how to conduct a breast examination.

Description: Percentage of female adults 18-69 that have been shown how to examine their breasts.

Instrument question:

i. Have you ever been shown how to examine your breasts?

Percentage of female adults 18-69 that have been shown how to examine their breasts?			
Age Group		**WOMEN (%)**	
(Yrs.)	n	Breast Exam	95% CI
18-44	775	77.5	74.2-80.5
45-69	893	82.4	79.8-84.8
18-69	**1,668**	**80.1**	**77.9-82.1**

Analysis Information:

- Survey question code used: S4

5. Percentage of female adults 18-69 that have had a breast examination by a doctor or health professional.

Description: Percentage of female adults 18-69 that have had a breast exam by a doctor or health professional.

Instrument question:

i. Have you ever been shown how to examine your breasts?
ii. When was the last time you had an examination of your breasts by a doctor/health professional?

When was the last time you had an examination of your breasts by a doctor/health professional?									
Age Group		**WOMEN (%)**							
(Yrs.)	n	1 year or less	95% CI	Between 1 and 2 years	95% CI	More than 2 years	95% CI	Never	95% CI
18-44	753	35.0	31.4-38.8	14.2	11.9-17.0	26.1	22.5-29.9	24.7	21.8-27.9
45-69	865	35.8	32.3-39.3	16.5	14.0-19.4	33.2	29.9-36.5	14.5	12.3-17.2
18-69	**1,618**	**35.4**	**32.7-38.1**	**15.5**	**13.7-17.4**	**29.8**	**27.3-32.5**	**19.3**	**17.4-21.4**

Analysis Information:

- Survey question code used: S4, S5

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6. Percentage of female adults that have had a mammogram and how often.

Description: Percentage of female adults 18-69 that have had a mammogram.

Instrument question:

1. When was the last time you had a mammogram.

When was the last time you had a mammogram?									
Age Group		**WOMEN (%)**							
(Yrs.)	n	1 year or less	95% CI	Between 1 and 2 years	95% CI	More than 2 years	95% CI	Never	95% CI
18-44	768	3.0	1.9-4.5	1.7	1.0-3.1	4.7	3.4-6.5	90.6	88.3-92.5
45-69	892	10.7	8.7-13.1	8.1	6.4-10.1	19.3	16.7-22.3	61.9	58.4-65.3
18-69	**1,660**	**7.1**	**5.9-8.6**	**5.1**	**4.1-6.4**	**12.5**	**10.9-14.3**	**75.2**	**72.9-77.5**

Analysis Information:

- Survey question code used: S6

Oral Health

1. Percentage of adults 18-69 having poor or very poor state of teeth

Description: Percentage of adults 18-69 having a poor or very poor state of teeth among those having natural teeth.

Instrument question:

i. How would you describe the state of your teeth?

Percentage of adults 18-69 having poor or very poor state of teeth among those having natural teeth									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Having poor or very poor state of teeth	95% CI	n	Having poor or very poor state of teeth	95% CI	n	Having poor or very poor state of teeth	95% CI
18-44	606	10.9	8.3-13.4	771	9.8	7.4-12.1	1,377	10.2	8.5-11.9
45-69	676	24.9	21.2-28.5	884	18.0	15.2-20.9	1,560	21.0	18.6-23.3
18-69	**1,282**	**18.2**	**15.9-20.5**	**1,655**	**14.2**	**12.2-16.1**	**2,937**	**15.9**	**14.4-17.5**

Analysis Information:

- Survey question code used: O2

2. Percentage of adults 18-69 having poor or very poor state of gums

Description: Percentage of adults 18-69 having a poor or very poor state of gums among those having natural teeth.

Instrument question:

i. How would you describe the state of your teeth?

Percentage of adults 18-69 having poor or very poor state of gums among those having natural teeth									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Having poor or very poor state of gums	95% CI	n	Having poor or very poor state of gums	95% CI	n	Having poor or very poor state of gums	95% CI
18-44	603	4.7	3.0-6.5	771	4.1	2.4-5.8	1,374	4.4	3.2-5.6
45-69	676	10.8	8.3-13.3	883	6.7	4.9-8.4	1,559	8.4	7.0-9.9
18-69	**1,279**	**7.9**	**6.4-9.5**	**1,654**	**5.5**	**4.2-6.7**	**2,933**	**6.5**	**5.5-7.5**

Analysis Information:

- Survey question code used: O3

3. Percentage of adults 18-69 having removable dentures

Description: Percentage of adults 18-69 having removable dentures.

Instrument question:

i. Do you have any removable dentures?

Percentage of adults 18-69 having removable dentures									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Having removable dentures	95% CI	n	Having removable dentures	95% CI	n	Having removable dentures	95% CI
18-44	610	4.0	1.7-6.3	775	3.5	2.1-4.8	1,385	3.7	2.4-5.0
45-69	686	15.7	12.5-18.8	893	25.8	22.7-28.9	1,579	21.4	19.3-23.5
18-69	**1,296**	**10.2**	**8.2-12.2**	**1,668**	**15.4**	**13.5-17.2**	**2,964**	**13.1**	**11.8-14.4**

Analysis Information:

- Survey question code used: O4, O5a, O5b

4. Type of removable dentures among those having removable dentures

Description: Percentage of adults 18-69 who have an upper jaw denture, a lower jaw denture, or an upper and a lower jaw denture among those having removable dentures.

Instrument questions:

i. Do you have any removable dentures?
ii. Which of the following removable dentures do you have?

Percentage of adults 18-69 having an upper jaw denture among those having removable dentures

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Having an upper jaw denture	95% CI	n	Having an upper jaw denture	95% CI	n	Having an upper jaw denture	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	102	82.9	74.8-91.0	242	87.8	83.7-91.9	344	86.2	82.4-90.0
18-69	**125**	**85.0**	**78.1-91.9**	**267**	**87.3**	**83.2-91.3**	**392**	**86.5**	**83.0-90.0**

Percentage of adults 18-69 having a lower jaw denture among those having removable dentures

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Having a lower jaw denture	95% CI	n	Having a lower jaw denture	95% CI	n	Having a lower jaw denture	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	102	40.4	30.1-50.8	242	42.9	36.9-48.9	344	42.1	37.0-47.3
18-69	**125**	**35.3**	**26.1-44.4**	**267**	**40.8**	**34.8-46.8**	**392**	**38.9**	**34.1-43.8**

Percentage of adults 18-69 having an upper and lower jaw denture among those having removable dentures

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Having an upper and lower jaw denture	95% CI	n	Having an upper and lower jaw denture	95% CI	n	Having an upper and lower jaw denture	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	102	23.3	15.3-31.3	242	31.0	25.4-36.6	344	28.6	24.0-33.1
18-69	**125**	**20.3**	**13.5-27.0**	**267**	**28.4**	**23.2-33.7**	**392**	**25.7**	**21.5-29.9**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: O4, O5a-b

5. Percentage of adults 18-69 having oral pain or discomfort

Description: Percentage of adults 18-69 that have pain or discomfort caused by their teeth or mouth during the past 12 months.

Instrument question:

i. During the past 12 months, did your teeth or mouth cause any pain or discomfort?

Percentage having oral pain or discomfort									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Having oral pain of discomfort	95% CI	n	Having oral pain of discomfort	95% CI	n	Having oral pain of discomfort	95% CI
18-44	610	28.5	24.8-32.3	775	35.5	32.0-39.0	1,385	32.4	30.0-34.9
45-69	686	22.8	19.5-26.2	893	26.8	23.8-29.8	1,579	25.1	22.8-27.3
18-69	**1,296**	**25.5**	**22.9-28.1**	**1,668**	**30.8**	**28.5-33.2**	**2,964**	**28.5**	**26.8-30.2**

Analysis Information:

- Survey question code used: O6

6. Percentage of adults 18-69 having seen a dentist during the past 12 months

Description: Percentage of adults 18-69 having seen a dentist during the past 12 months.

Instrument question:

i. How long has it been since you last saw a dentist?

Percentage of adults 18-69 having seen a dentist during the past 12 months									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	610	28.8	24.8-32.8	775	44.0	40.0-48.0	1,385	37.4	34.5-40.2
45-69	686	28.4	24.7-32.2	893	39.6	35.9-43.2	1,579	34.7	32.0-37.5
18-69	**1,296**	**28.6**	**25.9-31.3**	**1,668**	**41.6**	**38.9-44.3**	**2,964**	**36.0**	**34.0-37.9**

Analysis Information:

- Survey question code used: O7

7. Percentage of adults 18-69 who have never received dental care.

Description: Percentage of adults 18-69 who have never received dental care.

Instrument question:

i. How long has it been since you last saw a dentist?

Percentage of adults 18-69 that have never received dental care									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Never received dental care	95% CI	n	Never received dental care	95% CI	n	Never received dental care	95% CI
18-44	610	10.9	8.3-13.6	775	5.9	4.2-7.6	1385	8.1	6.6-9.6
45-69	686	8.4	6.2-10.6	893	3.1	1.8-4.4	1579	5.4	4.2-6.6
18-69	**1,296**	**9.6**	**7.8-11.3**	**1668**	**4.4**	**3.4-5.5**	**2964**	**6.7**	**5.7-7.7**

Analysis Information:

- Survey question code used: O7

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

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

Instrument question:

i. What was the reason for your last visit to the dentist?

Main reason for last visit to the dentist among those who ever visited a dentist (%)											
Age Group	**Men (%)**										
(Yrs.)	n	Consultation/ Advice	95% CI	Pain or trouble with teeth or gums	95% CI	Follow-up treatment	95% CI	Routine check-up treatment	95% CI	Other	95% CI
18-44	544	3.5	2.0-5.0	41.6	37.1-46.1	24.0	19.8-28.3	19.8	15.9-23.8	11.0	8.0-14.0
45-69	629	2.9	1.4-4.4	47.9	43.7-52.0	23.6	19.9-27.2	17.2	13.7-20.7	8.4	6.0-10.8
18-69	**1,173**	**3.2**	**2.1-4.3**	**44.9**	**41.6-48.3**	**23.8**	**20.7-26.9**	**18.4**	**15.7-21.2**	**9.6**	**7.5-11.8**

Main reason for last visit to the dentist among those who ever visited a dentist (%)											
Age Group	**Women (%)**										
(Yrs.)	n	Consultation/ Advice	95% CI	Pain or trouble with teeth or gums	95% CI	Follow-up treatment	95% CI	Routine check-up treatment	95% CI	Other	95% CI
18-44	725	4.2	2.6-5.8	39.0	35.0-43.0	24.9	21.0-28.7	24.3	20.9-27.6	7.6	5.4-9.9
45-69	866	2.4	1.3-3.4	38.2	34.4-42.0	28.6	25.0-32.1	22.1	19.0-25.3	8.7	6.6-10.8
18-69	**1,591**	**3.2**	**2.2-4.2**	**38.6**	**35.8-41.4**	**26.9**	**24.3-29.5**	**23.1**	**20.7-25.5**	**8.2**	**6.5-9.9**

Main reason for last visit to the dentist among those who ever visited a dentist (%)											
Age Group	**Both Sexes (%)**										
(Yrs.)	n	Consultation/ Advice	95% CI	Pain or trouble with teeth or gums	95% CI	Follow-up treatment	95% CI	Routine check-up treatment	95% CI	Other	95% CI
18-44	1,269	3.9	2.8-5.0	40.1	36.9-43.3	24.5	21.7-27.4	22.4	19.8-25.0	9.1	7.1-11.1
45-69	1,495	2.6	1.7-3.6	42.2	39.2-45.3	26.5	23.7-29.3	20.1	17.7-22.4	8.6	6.8-10.4
18-69	**2,764**	**3.2**	**2.4-4.0**	**41.3**	**38.8-43.7**	**25.6**	**23.4-27.8**	**21.1**	**19.3-23.0**	**8.8**	**7.3-10.4**

Analysis Information:

- Survey question code used: O7, O8

9. Percentage cleaning teeth at least once / at least twice a day

Description: Percentage of adults 18-69 cleaning their teeth at least once / at least twice a day.

Instrument question:

i. How often do you clean your teeth?

Percentage of adults 18-69 cleaning their teeth at least once a day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Cleaning teeth at least daily	95% CI	n	Cleaning teeth at least daily	95% CI	n	Cleaning teeth at least daily	95% CI
18-44	610	98.2	96.1-100.0	775	99.6	99.2-100.0	1,385	99.0	98.0-100.0
45-69	686	96.0	94.5-97.5	893	99.2	98.6-99.8	1,579	97.8	97.1-98.6
18-69	**1,296**	**97.0**	**95.8-98.3**	**1,668**	**99.4**	**99.1-99.8**	**2,964**	**98.4**	**97.8-99.0**

Percentage of adults 18-69 cleaning their teeth at least twice a day									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Cleaning teeth at least twice daily	95% CI	n	Cleaning teeth at least twice daily	95% CI	n	Cleaning teeth at least twice daily	95% CI
18-44	610	87.7	84.4-91.1	775	95.9	94.2-97.6	1,385	92.3	90.5-94.2
45-69	686	81.5	78.3-84.7	893	93.9	92.3-95.5	1,579	88.5	86.8-90.3
18-69	**1,296**	**84.5**	**82.1-86.8**	**1,668**	**94.8**	**93.7-96.0**	**2,964**	**90.3**	**89.0-91.6**

Analysis Information:

- Survey question code used: O9

10. Percentage of adults 18-69 using toothpaste

Description: Percentage of adults 18-69 using toothpaste among those cleaning their teeth.

Instrument question:

i. Do you use toothpaste to clean your teeth?

Percentage of adults 18-69 using toothpaste among those cleaning their teeth									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Using Toothpaste	95% CI	n	Using Toothpaste	95% CI	n	Using Toothpaste	95% CI
18-44	610	99.1	98.4-99.8	775	99.6	99.2-100.0	1,385	99.4	99.0-99.8
45-69	671	99.0	98.3-99.6	888	99.0	98.4-99.6	1,559	99.0	98.5-99.5
18-69	**1,281**	**99.0**	**98.5-99.5**	**1,663**	**99.3**	**98.9-99.7**	**2,944**	**99.2**	**98.9-99.5**

Analysis Information:

- Survey question code used: O10

11. Percentage of adults 18-69 using toothpaste containing fluoride

Description: Percentage of adults 18-69 using toothpaste containing fluoride among those using toothpaste.

Instrument question:

i. Do you use toothpaste containing fluoride?

Percentage of adults 18-69 using toothpaste containing fluoride among those using toothpaste									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Using Toothpaste Containing Fluoride	95% CI	n	Using Toothpaste Containing Fluoride	95% CI	n	Using Toothpaste Containing Fluoride	95% CI
18-44	559	94.9	92.9-96.8	724	96.7	95.3-98.1	1283	95.9	94.8-97.1
45-69	600	95.9	94.2-97.5	832	95.2	93.6-96.8	1432	95.5	94.3-96.6
18-69	**1159**	**95.4**	**94.1-96.7**	**1556**	**95.9**	**94.8-97.0**	**2715**	**95.7**	**94.9-96.5**

Analysis Information:

- Survey question code used: O10, 011

12. Percentage using various tools to clean teeth among those cleaning their teeth.

Description: Percentage of adults 18-69 who use a toothbrush, wooden toothpicks, plastic toothpicks, thread (dental floss), charcoal, chewstick/miswak or something else to clean their teeth among those cleaning their teeth.

Instrument question:

i. Which of the following do you use to clean your teeth?

Percentage of adults 18-69 using various tools to clean teeth (%)									
Age Group	**Men (%)**								
(Yrs.)	n	Toothbrush	95% CI	Wooden toothpicks	95% CI	Plastic toothpicks	95% CI	Thread (dental floss)	95% CI
18-44	610	99.8	99.5-100.0	26.0	21.9-30.0	19.3	16.0-22.6	62.5	58.3-66.8
45-69	671	98.0	96.9-99.1	24.8	21.3-28.4	19.9	16.7-23.1	45.5	41.3-49.7
18-69	**1,281**	**98.9**	**98.3-99.5**	**25.4**	**22.6-28.1**	**19.6**	**17.3-21.9**	**53.7**	**50.5-56.8**

Percentage of adults 18-69 using various tools to clean teeth (%)							
Age Group	**Men (%)**						
(Yrs.)	n	Charcoal	95% CI	Chewstick/ Miswak	95% CI	Other (%)	95% CI
18-44	610	8.0	5.7-10.3	7.2	5.1-9.3	18.8	15.1-22.6
45-69	671	5.4	3.7-7.2	8.2	6.0-10.4	19.6	16.2-23.0
18-69	**1,281**	**6.7**	**5.2-8.1**	**7.7**	**6.2-9.3**	**19.2**	**16.5-22.0**

Percentage of adults 18-69 using various tools to clean teeth (%)									
Age Group	**Women (%)**								
(Yrs.)	n	Toothbrush	95% CI	Wooden toothpicks	95% CI	Plastic toothpicks	95% CI	Thread (dental floss)	95% CI
18-44	775	99.8	99.4-100.0	26.1	22.8-29.4	24.4	21.0-27.8	80.8	77.9-83.7
45-69	888	99.5	99.0-99.9	22.5	19.8-25.2	25.1	21.7-28.4	68.3	64.7-71.8
18-69	**1,663**	**99.6**	**99.3-99.9**	**24.2**	**22.1-26.3**	**24.7**	**22.2-27.2**	**74.1**	**71.8-76.5**

Percentage of adults 18-69 using various tools to clean teeth (%)							
Age Group	**Women (%)**						
(Yrs.)	n	Charcoal	95% CI	Chewstick/Miswak	95% CI	Other (%)	95% CI
18-44	775	6.1	4.3-7.9	3.3	2.0-4.6	20.5	17.2-23.7
45-69	888	4.8	3.1-6.4	4.4	3.0-5.9	22.6	19.0-26.1
18-69	**1,663**	**5.4**	**4.2-6.6**	**3.9**	**2.9-4.9**	**21.6**	**18.9-24.3**

Percentage of adults 18-69 using various tools to clean teeth (%)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Toothbrush	95% CI	Wooden toothpicks	95% CI	Plastic toothpicks	95% CI	Thread (dental floss)	95% CI
18-44	1,385	99.8	99.5-100.0	26.1	23.5-28.7	22.2	19.8-24.6	72.8	70.3-75.3
45-69	1,559	98.8	98.3-99.4	23.5	21.4-25.6	22.8	20.3-25.4	58.5	55.6-61.5
18-69	**2,944**	**99.3**	**99.0-99.6**	**24.7**	**23.0-26.4**	**22.5**	**20.8-24.3**	**65.3**	**63.3-67.3**

Percentage of adults 18-69 using various tools to clean teeth (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	Charcoal	95% CI	Chewstick/Miswak	95% CI	Other (%)	95% CI
18-44	1,385	6.9	5.5-8.4	5.0	3.8-6.2	19.8	17.1-22.4
45-69	1,559	5.0	3.9-6.2	6.0	4.8-7.3	21.3	18.5-24.1
18-69	**2,944**	**5.9**	**5.0-6.9**	**5.5**	**4.6-6.5**	**20.6**	**18.4-22.8**

Analysis Information:

- Survey question code used: O12a-g

13. Percentage of adults 18-69 having difficulty in chewing foods

Description: Percentage of adults 18-69 having difficulty in chewing foods during the past 12 months.

Instrument questions:

i. Have you experienced any of the following problems during the past year because of the state of your teeth?
ii. Difficulty in chewing foods?

Percentage of adults 18-69 having difficulty in chewing foods during the past 12 months

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Difficulty in chewing foods	95% CI	n	Difficulty in chewing foods	95% CI	n	Difficulty in chewing foods	95% CI
18-44	610	12.0	9.4-14.7	775	14.4	11.7-17.0	1,385	13.3	11.4-15.3
45-69	686	13.2	10.4-15.9	893	12.1	9.8-14.4	1,579	12.6	10.8-14.3
18-69	**1,296**	**12.6**	**10.7-14.6**	**1,668**	**13.2**	**11.3-15.0**	**2,964**	**12.9**	**11.6-14.3**

Analysis Information:

- Survey question code used: O13a-j

14. Percentage of adults 18-69 feeling tense because of problems with teeth or mouth

Description: Percentage of adults 18-69 feeling tense because of problems with teeth or mouth during the past 12 months.

Instrument questions:

i. Have you experienced any of the following problems during the past year because of the state of your teeth?
ii. Felt tense because of problems with teeth or mouth?

Percentage of adults 18-69 feeling tense because of problems with teeth or mouth during the past 12 months

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Feeling tense because of problems with teeth or mouth	95% CI	n	Feeling tense because of problems with teeth or mouth	95% CI	n	Feeling tense because of problems with teeth or mouth	95% CI
18-44	610	13.2	10.3-16.1	775	16.6	13.7-19.5	1,385	15.1	13.0-17.2
45-69	686	10.7	8.4-13.1	893	13.8	11.5-16.2	1,579	12.5	10.8-14.2
18-69	**1,296**	**11.9**	**10.0-13.8**	**1,668**	**15.1**	**13.2-17.1**	**2,964**	**13.7**	**12.4-15.1**

Analysis Information:

- Survey question code used: O13a-j

15. Percentage of adults 18-69 being embarrassed about appearance of teeth.

Description: Percentage of adults 18-69 being embarrassed about appearance of teeth during the past 12 months.

Instrument questions:

i. Have you experienced any of the following problems during the past year because of the state of your teeth?
ii. Embarrassed about appearance of teeth?

Percentage of adults 18-69 being embarrassed because of appearance of teeth during the past 12 months

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Embarrassed because of appearance of teeth	95% CI	n	Embarrassed because of appearance of teeth	95% CI	n	Embarrassed because of appearance of teeth	95% CI
18-44	610	8.0	5.8-10.3	775	9.6	7.4-11.9	1,385	8.9	7.3-10.5
45-69	686	9.3	7.1-11.6	893	8.1	6.2-10.0	1,579	8.6	7.2-10.1
18-69	**1,296**	**8.7**	**7.1-10.3**	**1,668**	**8.8**	**7.3-10.3**	**2,964**	**8.8**	**7.7-9.9**

Analysis Information:

- Survey question code used: O13a-j

16. Percentage of adults 18-69 avoiding smiling because of teeth

Description: Percentage of adults 18-69 avoiding smiling because of teeth during the past 12 months.

Instrument questions:

i. Have you experienced any of the following problems during the past year because of the state of your teeth?
ii. Avoid smiling because of teeth?

Percentage of adults 18-69 avoiding smiling because of teeth during the past 12 months

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	Avoiding smiling because of teeth	95% CI	n	Avoiding smiling because of teeth	95% CI	n	Avoiding smiling because of teeth	95% CI
18-44	610	5.7	3.7-7.6	775	8.3	6.2-10.3	1,385	7.1	5.7-8.6
45-69	686	7.8	5.7-9.9	893	6.9	5.2-8.6	1,579	7.3	6.1-8.5
18-69	**1,296**	**6.8**	**5.4-8.3**	**1,668**	**7.6**	**6.2-8.9**	**2,964**	**7.2**	**6.2-8.2**

Analysis Information:

- Survey question code used: O13a-j

17. Percentage of adults 18-69 with days not at work because of teeth or mouth

Description: Percentage of adults 18-69 with days not at work because of teeth or mouth during the past 12 months.

Instrument questions:

i. Have you experienced any of the following problems during the past year because of the state of your teeth?
ii. Days not at work because of teeth or mouth?

Percentage of adults 18-69 with days not at work because of teeth or mouth during the past 12 months									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	With Days Not at Work	95% CI	n	With Days Not at Work	95% CI	n	With Days Not at Work	95% CI
18-44	610	3.0	1.5-4.4	775	2.2	1.1-3.3	1,385	2.5	1.7-3.4
45-69	686	1.6	0.7-2.6	893	1.1	0.5-1.8	1,579	1.4	0.8-1.9
18-69	**1,296**	**2.3**	**1.4-3.1**	**1,668**	**1.6**	**1.0-2.3**	**2,964**	**1.9**	**1.4-2.4**

Analysis Information:

- Survey question code used: O13a-j

Mental Health / Suicide

1. Population having considered attempting suicide in past 12 months.

Description: Percentage of adults that seriously considered attempting suicide in the last 12 months among all adults 18-69.

Instrument question:

i. During the past 12 months, have you seriously considered attempting suicide?

Percentage having considered attempting suicide in the last 12 months									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Considered Attempting Suicide	95% CI	n	Considered Attempting Suicide	95% CI	n	Considered Attempting Suicide	95% CI
18-44	609	3.0	1.5-4.5	773	7.7	5.5-9.9	1,382	5.6	4.3-7.0
45-69	685	1.4	0.5-2.4	891	2.6	1.6-3.7	1,576	2.1	1.4-2.8
18-69	**1,294**	**2.2**	**1.3-3.0**	**1,664**	**5.0**	**3.8-6.2**	**2,958**	**3.8**	**3.0-4.5**

Analysis Information:

- Survey question code used: MH1

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2. Population having sought professional help.

Description: Percentage of adults 18-69 who sought professional help among those who considered attempting suicide in the past 12 months.

Instrument question:

i. During the past 12 months, have you seriously considered attempting suicide?
ii. Did you seek professional help for these thoughts?

Percentage having sought professional help									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Sought profess. help	95% CI	n	Sought profess. help	95% CI	n	Sought profess. help	95% CI
18-44	18	23.5	0.6-46.4	58	31.0	18.5-43.6	76	29.3	18.4-40.2
45-69	10	24.5	0.0-56.3	26	20.7	3.9-37.5	36	21.8	7.2-36.5
18-69	**28**	**23.9**	**5.1-42.6**	**84**	**28.1**	**17.9-38.3**	**112**	**27.0**	**18.3-35.8**

Analysis Information:

- Survey question code used: MH1, MH2

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3. Population having planned how to attempt suicide.

Description: Percentage of adults 18-69 who made a plan about how to attempt suicide in the past 12 months.

Instrument question:

i. During the past 12 months, have you made a plan about how you would attempt suicide?

Percentage having planned how to attempt suicide									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Planned how to attempt suicide	95% CI	n	Planned how to attempt suicide	95% CI	n	Planned how to attempt suicide	95% CI
18-44	608	1.2	0.4-2.0	775	4.3	2.6-6.1	1,383	3.0	1.9-4.0
45-69	685	0.6	0.1-1.2	891	1.3	0.6-2.1	1,576	1.0	0.5-1.5
18-69	**1,293**	**0.9**	**0.4-1.4**	**1,666**	**2.7**	**1.8-3.7**	**2,959**	**1.9**	**1.4-2.5**

Analysis Information:

- Survey question code used: MH1, MH2, MH3

4. Population having ever attempted suicide.

Description: Percentage of adults 18-69 that have ever attempted suicide among adults 18-69.

Instrument question:

i. Have you ever attempted suicide?

Percentage having ever attempted suicide									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Attempt suicide	95% CI	n	Attempt suicide	95% CI	n	Attempt suicide	95% CI
18-44	609	2.5	1.2-3.9	774	6.0	4.0-8.0	1,383	4.5	3.2-5.8
45-69	685	1.1	0.3-1.8	892	1.9	1.0-2.8	1,577	1.5	0.9-2.2
18-69	**1,294**	**1.8**	**1.0-2.5**	**1,666**	**3.8**	**2.7-4.9**	**2,960**	**2.9**	**2.2-3.6**

Analysis Information:

- Survey question code used: MH1, MH4

5. Population having attempted suicide in the last 12 months.

Description: Percentage of adults 18-69 that have attempted suicide in the past 12 months among those who have ever attempted suicide.

Instrument question:

i. Have you ever attempted suicide?
ii. During the past 12 months, have you attempted suicide?

Percentage having attempted suicide in the last 12 months									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Attempt suicide in the past 12 months	95% CI	n	Attempt suicide in the past 12 months	95% CI	n	Attempt suicide in the past 12 months	95% CI
18-44	*	*	*	*	*	*	56	14.2	5.3-23.1
45-69	*	*	*	*	*	*	*	*	*
18-69	*	*	*	**58**	**17.3**	**7.6-27.0**	**81**	**14.9**	**7.0-22.8**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: MH4, MH5

6. Method used last time suicide was attempted.

Description: Percentage of different methods used the last time suicide was attempted among those adults 18-69 who have ever attempted suicide.

Instrument questions:

i. Have you ever attempted suicide?
ii. What was the main method you used the last time you attempted suicide?

Method used last time suicide was attempted (%)															
Age Group	**Men (%)**														
(Yrs.)	n	Razor, knife, or another sharp instrument	95% CI	Overdose of Medication	95% CI	Overdose of Other Substance	95% CI	Poisoning with pesticides	95% CI	Other poison	95% CI	Poisonous gases from charcoal	95% CI	Other	95% CI
18-44	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
18-69	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Method used last time suicide was attempted (%)									
Age Group	**Women (%)**								
(Yrs.)	n	Razor, knife, or another sharp instrument	95% CI	Overdose of Medication	95% CI	Overdose of Other Substance	95% CI	Poisoning with pesticides	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*
18-69	**53**	**23.0**	**10.6-35.5**	**36.5**	**19.8-53.1**	**6.5**	**0.0-13.1**	**9.4**	**0.5-18.2**

Method used last time suicide was attempted (%)							
Age Group	**Women (%)**						
(Yrs.)	n	Other poison	95% CI	Poisonous gases from charcoal	95% CI	Other	95% CI
18-44	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*
18-69	**53**	**2.7**	**0.0-6.7**	**0**	*	**21.8**	**9.6-34.1**

Method used last time suicide was attempted (%)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Razor, knife, or another sharp instrument	95% CI	Overdose of Medication	95% CI	Overdose of Other Substance	95% CI	Poisoning with pesticides	95% CI
18-44	51.0	27.6	13.8-41.4	34.7	18.7-50.8	5.0	0.0-10.8	4.6	0.0-11.2
45-69	*	*	*	*	*	*	*	*	*
18-69	**75.0**	**20.7**	**10.5-31.0**	**30.5**	**17.4-43.6**	**5.7**	**0.6-10.8**	**10.0**	**3.2-16.9**

Method used last time suicide was attempted (%)							
Age Group	**Both Sexes (%)**						
(Yrs.)	n	Other poison	95% CI	Poisonous gases from charcoal	95% CI	Other	95% CI
18-44	51.0	4.3	0.0-9.2	2.4	0.0-7.1	21.5	8.9-34.1
45-69	--	--	--	--	--	--	--
18-69	**75.0**	**3.0**	**0.0-6.5**	**1.7**	**0.0-5.0**	**28.3**	**17.1-39.5**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: MH4, MH6

7. Population seeking medical care after last suicide attempt.

Description: Percentage of adults 18-69 who sought medical care the last time they attempted suicide among those who have ever attempted suicide.

Instrument question:

i. Have you ever attempted suicide?
ii. Did you seek medical care for this attempt?

Percentage having sought medical care after last suicide attempt									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Sought Care	95% CI	n	Sought Care	95% CI	n	Sought Care	95% CI
18-44	*	*	*	*	*	*	55	38.5	23.8-53.2
45-69	*	*	*	*	*	*	*	*	*
18-69	*	*	*	**57**	**39.3**	**24.8-53.7**	**79**	**39.4**	**27.6-51.3**

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: MH4. MH7

8. Population admitted to hospital for suicide attempt.

Description: Percentage of adults 18-69 who were admitted to the hospital due to the last time they attempted suicide among those who sought medical care for having ever attempted suicide.

Instrument question:

i. Have you ever attempted suicide?
ii. Did you seek medical care for this attempt?
iii. Were you admitted to hospital overnight because of this attempt?

Percentage having been admitted to the hospital due to suicide attempt									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Admitted to Hospital	95% CI	n	Admitted to Hospital	95% CI	n	Admitted to Hospital	95% CI
18-44	*	*	*	*	*	*	*	*	*
45-69	*	*	*	*	*	*	*	*	*
18-69	*	*	*	*	*	*	*	*	*

*Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Survey question code used: MH4, MH7, MH8

9. Population having close family member attempting suicide.

Description: Percentage of adults 18-69 who have ever had anyone in their close family attempt suicide.

Instrument question:

i. Has anyone in your close family (mother, father, brother, sister, or children) ever attempted suicide?

Percentage having close family who attempted suicide									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Close family attempt suicide	95% CI	n	Close family attempt suicide	95% CI	n	Close family attempt suicide	95% CI
18-44	608	4.9	3.1-6.7	771	7.6	5.6-9.6	1,379	6.4	5.0-7.8
45-69	683	4.9	3.1-6.8	890	6.1	4.4-7.8	1,573	5.6	4.4-6.9
18-69	**1,291**	**4.9**	**3.6-6.2**	**1,661**	**6.8**	**5.5-8.1**	**2,952**	**6.0**	**5.1-6.9**

Analysis Information:

- Survey question code used: MH9

10. Population having close family die from suicide.

Description: Percentage of adults 18-69 who have ever had anyone in their close family die from suicide.

Instrument question:

i. Has anyone in your close family (mother, father, brother, sister, or children) ever died from suicide?

Percentage having close family who died from suicide									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Close family died from suicide	95% CI	n	Close family died from suicide	95% CI	n	Close family died from suicide	95% CI
18-44	610	4.7	2.8-6.5	773	5.8	3.9-7.6	1,383	5.3	4.0-6.6
45-69	684	4.2	2.5-5.9	891	4.6	3.0-6.3	1,575	4.4	3.3-5.6
18-69	**1,294**	**4.4**	**3.2-5.7**	**1,664**	**5.2**	**4.0-6.4**	**2,958**	**4.8**	**4.0-5.7**

Analysis Information:

- Survey question code used: MH10

Physical Measurements

1. Blood Pressure

Description: Mean blood pressure among adults 18-69, including those currently on medication for raised blood pressure.

Instrument question:

i. Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	592	123.5	122.2-124.7	746	114.4	113.1-115.7	1,338	118.4	117.4-119.3
45-69	649	139.5	137.7-141.3	851	136.3	134.6-138.0	1,500	137.7	136.4-138.9
18-69	**1,241**	**131.8**	**130.5-133.1**	**1,597**	**126.0**	**124.8-127.2**	**2,838**	**128.5**	**127.6-129.4**

Mean diastolic blood pressure (mmHg)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	592	78.2	77.1-79.2	746	78.9	78.0-79.8	1,338	78.6	77.9-79.3
45-69	649	87.0	85.9-88.1	851	85.7	84.9-86.6	1,500	86.3	85.6-87.0
18-69	**1,241**	**82.7**	**81.9-83.6**	**1,597**	**82.6**	**81.9-83.2**	**2,838**	**82.6**	**82.1-83.2**

Analysis Information:

- Survey question code used: M4a, M4b, M5a, M5b, M6a, M6b

2. Raised Blood Pressure

Description: Percentage of adults 18-69 with raised blood pressure.

Instrument question:

i. Reading 1-3 systolic and diastolic blood pressure

ii. During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

SBP ≥140 and/or DBP ≥ 90 mmHg

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	587	17.5	13.8-21.1	741	17.3	14.2-20.3	1,328	17.4	14.9-19.8
45-69	641	51.5	47.6-55.5	828	46.9	43.5-50.3	1,469	48.9	46.3-51.6
18-69	**1,228**	**35.2**	**32.2-38.2**	**1,569**	**32.8**	**30.5-35.2**	**2,797**	**33.9**	**31.9-35.8**

SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	576	16.7	13.1-20.3	697	14.8	11.8-17.8	1,273	15.7	13.3-18.1
45-69	527	47.2	42.8-51.5	542	38.3	34.1-42.5	1,069	42.6	39.5-45.8
18-69	**1,103**	**31.3**	**28.3-34.3**	**1,239**	**25.1**	**22.6-27.6**	**2,342**	**28.0**	**25.9-30.0**

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	587	18.2	14.6-21.8	741	19.8	16.7-22.9	1328	19.1	16.6-21.6
45-69	641	56.2	52.3-60.1	828	59.3	55.8-62.9	1469	58.0	55.3-60.7
18-69	**1,228**	**38.0**	**35.0-41.0**	**1569**	**40.6**	**38.1-43.0**	**2797**	**39.4**	**37.4-41.4**

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure

Age Group	Men (%)			Women (%)			Both Sexes (%)		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	576	3.9	2.1-5.8	697	3.3	1.8-4.8	1273	3.6	2.4-4.7
45-69	527	20.9	17.1-24.6	542	14.5	11.4-17.7	1069	17.6	15.1-20.2
18-69	**1,103**	**12.0**	**9.8-14.2**	**1239**	**8.2**	**6.6-9.8**	**2342**	**10.0**	**8.6-11.4**

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	587	5.6	3.5-7.6	741	9.0	6.8-11.1	1328	7.5	6.0-9.0
45-69	641	34.4	30.5-38.3	828	43.7	40.0-47.4	1469	39.6	37.0-42.3
18-69	**1,228**	**20.6**	**18.1-23.1**	**1569**	**27.2**	**24.9-29.5**	**2797**	**24.3**	**22.6-26.0**

Analysis Information:

- Survey question code used: M4a, M4b, M5a, M5b, M6a, M6b, M7

3. Treatment and control of raised blood pressure.

Description: Percentage of adults 18-69 with treated and/or controlled of raised blood pressure among those with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently on medication for raised blood pressure.

Instrument questions:

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

Adults 18-69 with treated and/or controlled raised blood pressure (%)							
Age Group	**MEN (%)**						
(Yrs.)	n	On medication and SBP<140 and DBP<90	95% CI	On medication and SBP≥140 and/or DBP≥90	95% CI	Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-44	105	4.0	0.4-7.6	5.6	1.1-10.0	90.4	84.9-96.0
45-69	364	8.3	5.3-11.3	22.1	17.6-26.6	69.6	64.7-74.4
18-69	**469**	**7.3**	**4.9-9.8**	**18.3**	**14.6-22.0**	**74.4**	**70.2-78.5**

Adults 18-69 with treated and/or controlled raised blood pressure (%)							
Age Group	**WOMEN (%)**						
(Yrs.)	n	On medication and SBP<140 and DBP<90	95% CI	On medication and SBP≥140 and/or DBP≥90	95% CI	Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-44	140	12.9	7.5-18.2	16.6	10.1-23.2	70.5	62.8-78.2
45-69	495	20.9	17.3-24.5	36.6	32.2-40.9	42.5	37.9-47.2
18-69	**635**	**19.0**	**16.0-22.0**	**31.9**	**28.2-35.7**	**49.0**	**44.9-53.2**

Adults 18-69 with treated and/or controlled raised blood pressure							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	On medication and SBP<140 and DBP<90	95% CI	On medication and SBP≥140 and/or DBP≥90	95% CI	Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-44	245	9.1	5.7-12.6	12.0	7.7-16.3	78.9	73.6-84.1
45-69	859	15.6	13.1-18.0	30.5	27.2-33.8	53.9	50.4-57.5
18-69	**1,104**	**14.1**	**12.1-16.1**	**26.2**	**23.4-29.0**	**59.7**	**56.5-62.8**

Analysis Information:

- Survey question code used: M4a, M4b, M5a, M5b, M6a, M6b, M7

4. Blood pressure diagnosis, treatment, and control

Description: Raised blood pressure diagnosis, treatment and control among adults 18-69.

Instrument questions:

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

Raised blood pressure diagnosis, treatment, and control among adults 18-69									
Age Group	**Men (%)**								
(Yrs.)	n	Raised blood pressure, not previously diagnosed	95% CI	Previously diagnosed raised blood pressure, not on medication	95% CI	Previously diagnosed raised blood pressure, on medication but not controlled	95% CI	Previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-44	105	66.0	56.3-75.8	24.4	15.6-33.2	5.6	1.1-10.1	4.0	0.4-7.6
45-69	364	48.9	43.3-54.4	21.0	16.2-25.8	21.8	17.3-26.3	8.3	5.3-11.3
18-69	**469**	**52.8**	**48.1-57.7**	**21.8**	**17.6-26.0**	**18.1**	**14.4-21.7**	**7.3**	**4.9-9.8**

Raised blood pressure diagnosis, treatment, and control among adults 18-69									
Age Group	**Women (%)**								
(Yrs.)	n	Raised blood pressure, not previously diagnosed	95% CI	Previously diagnosed raised blood pressure, not on medication	95% CI	Previously diagnosed raised blood pressure, on medication but not controlled	95% CI	Previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-44	140	39.3	30.6-47.9	31.3	22.4-40.1	16.6	10.1-23.3	12.9	7.5-18.2
45-69	495	22.0	18.2-25.7	20.6	16.8-24.3	36.6	32.2-40.9	20.9	17.3-24.5
18-69	**635**	**26.0**	**22.5-29.5**	**23.1**	**19.4-26.7**	**31.9**	**28.2-35.7**	**19.0**	**16.0-22.0**

Raised blood pressure diagnosis, treatment, and control among adults 18-69									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Raised blood pressure, not previously diagnosed	95% CI	Previously diagnosed raised blood pressure, not on medication	95% CI	Previously diagnosed raised blood pressure, on medication but not controlled	95% CI	Previously diagnosed raised blood pressure, on medication and blood pressure controlled	95% CI
18-44	245	50.5	43.3-57.6	28.4	22.3-34.7	12.0	7.7-16.3	9.1	5.7-12.6
45-69	859	33.3	30.2-36.4	20.8	17.9-23.6	30.3	27.2-33.6	15.6	13.2-18.1
18-69	**1,104**	**37.3**	**34.4-40.2**	**22.5**	**19.9-25.2**	**26.1**	**23.3-28.9**	**14.1**	**12.1-16.2**

Analysis Information:

- Survey question code used: H1, H2a, M4a, M4b, M5a, M5b, M6a, M6b, M7

5. Mean Heart Rate

Description: Mean heart rate (beats per minute).

Instrument question:

i. Reading 1-3 heart rate

Mean heart rate (beats per minute)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	592	73.2	72.1-74.3	746	80.8	80.0-81.6	1,338	77.4	76.7-78.1
45-69	649	76.3	75.2-77.5	851	77.5	76.6-78.3	1,500	77.0	76.3-77.7
18-69	**1,241**	**74.8**	**74.0-75.6**	**1,597**	**79.0**	**78.4-79.6**	**2,838**	**77.2**	**76.7-77.7**

Analysis Information:

- Survey question code used: M16a, M16b, M16c

6. Height, weight, and BMI

Description: Mean height, weight, and body mass index among adults 18-69 (excluding pregnant women).

Instrument questions:

i. For women: Are you pregnant?
ii. Height
iii. Weight

Mean height (cm)						
Age Group	**Men (%)**			**Women (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI
18-44	595	175.2	174.5-175.8	731	163.8	163.2-164.5
45-69	652	171.3	170.4-172.2	850	160.8	160.2-161.4
18-69	**1,247**	**173.1**	**172.5-173.8**	**1,581**	**162.2**	**161.7-162.7**

Mean weight (kg)						
Age Group	**Men (%)**			**Women (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI
18-44	592	79.6	77.9-81.4	729	80.4	78.6-82.3
45-69	651	77.4	75.9-78.9	848	81.6	79.8-83.4
18-69	**1,243**	**78.5**	**77.3-79.7**	**1,577**	**81.0**	**79.7-82.4**

Mean BMI (kg/m2)									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	586	25.9	25.4-26.5	718	29.5	28.9-30.1	1304	27.9	27.5-28.3
45-69	645	26.4	25.8-26.9	830	30.8	30.3-31.3	1475	28.8	28.5-29.2
18-69	**1,231**	**26.1**	**25.7-26.6**	**1548**	**30.2**	**29.8-30.6**	**2779**	**28.4**	**28.1-28.7**

Analysis Information:

- Survey question code used: M8, M11, M12

7. BMI Categories

Description: Percentage of adults 18-69 (excluding pregnant women) in each BMI category.

Instrument questions:

i. For women: Are you pregnant?
ii. Height
iii. Weight

BMI Classifications (%)									
Age Group		**Men (%)**							
(Yrs.)	n	Underweight < 18.5 (%)	95% CI	Normal Weight 18.5-24.9 (%)	95% CI	BMI 25.0-29.9 (%)	95% CI	Obese ≥ 30.0	95% CI
18-44	586	4.9	2.7-7.0	49.8	45.2-54.4	23.2	19.2-27.3	22.1	18.4-25.8
45-69	645	3.5	2.1-4.8	42.2	38.0-46.3	35.1	31.2-39.0	19.3	15.8-22.8
18-69	**1,231**	**4.1**	**2.9-5.4**	**45.8**	**42.6-49.0**	**29.4**	**26.6-32.3**	**20.6**	**18.0-23.2**

BMI Classifications (%)									
Age Group	**Women (%)**								
(Yrs.)	n	Underweight < 18.5	95% CI	Normal Weight 18.5-24.9	95% CI	BMI 25.0-29.9	95% CI	Obese ≥ 30.0	95% CI
18-44	718	3.6	2.1-5.1	25.1	21.4-28.7	28.8	25.1-32.5	42.5	38.6-46.4
45-69	830	1.6	0.7-2.6	16.8	13.7-19.9	32.3	28.7-35.9	49.3	45.6-52.9
18-69	**1,548**	**2.5**	**1.7-3.4**	**20.7**	**18.2-23.1**	**30.7**	**28.0-33.3**	**46.1**	**43.5-48.7**

BMI Classifications (%)									
Age Group	**Both Sexes (%)**								
(Yrs.)	n	Underweight < 18.5	95% CI	Normal Weight 18.5-24.9	95% CI	BMI 25.0-29.9	95% CI	Obese ≥ 30.0	95% CI
18-44	1,304	4.2	2.9-5.4	36.1	33.2-39.0	26.3	23.6-29.0	33.4	30.5-36.2
45-69	1,475	2.4	1.6-3.2	27.9	25.4-30.4	33.5	31.0-36.1	36.2	33.5-38.9
18-69	**2,779**	**3.3**	**2.5-4.1**	**31.8**	**29.8-33.7**	**30.1**	**28.2-32.0**	**34.9**	**32.9-36.9**

Analysis Information:

- Survey question code used: M11, M12

8. BMI ≥ 25

Description: Percentage of adults 18-69 (excluding pregnant women) classified as overweight or obese (BMI≥25).

Instrument questions:

i. For women: Are you pregnant?
ii. Height
iii. Weight

BMI≥25									
Age Group	**Men (%)**			**Women (%)**			**Both Sexes (%)**		
(Yrs.)	n	BMI≥25 %	95% CI	n	BMI≥25 %	95% CI	n	BMI≥25 %	95% CI
18-44	586	45.3	40.8-49.9	718	71.3	67.4-75.3	1,304	59.7	56.7-62.7
45-69	645	54.4	50.3-58.5	830	81.6	78.4-84.7	1,475	69.7	67.2-72.3
18-69	**1,231**	**50.0**	**46.9-53.2**	**1,548**	**76.8**	**74.3-79.3**	**2,779**	**65.0**	**63.0-66.9**

Analysis Information:

- Survey question code used: M8, M11, M12

9. Waist circumference

Description: Mean waist circumference among adults 18-69 (excluding pregnant women).

Instrument questions:

i. For women: Are you pregnant?
ii. Waist circumference measurement.

Waist circumference (cm)						
Age Group	**Men (%)**			**Women (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI
18-44	595	83.1	81.4-84.7	732	85.9	83.8-87.9
45-69	652	85.4	83.7-87.1	850	93.3	91.6-95.0
18-69	**1,247**	**84.3**	**83.0-85.5**	**1,582**	**89.9**	**88.4-91.3**

Analysis Information:

- Survey question code used: M8, M14

10. Hip Circumference

Description: Mean hip circumference among adults 18-69 (excluding pregnant women).

Instrument questions:

i. For women: Are you pregnant?
ii. Hip circumference measurement.

Hip circumference (cm)						
Age Group	**Men (%)**			**Women (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI
18-44	595	98.7	97.4-100.0	731	105.5	104.1-106.9
45-69	651	97.5	96.3-98.6	850	106.5	105.1-107.8
18-69	**1,246**	**98.1**	**97.2-98.9**	**1,581**	**106.0**	**104.9-107.1**

Analysis Information:

- Survey question code used: M8, M15

11. Waist / Hip ratio

Description: Mean waist-to-hip ratio among adults 18-69 (excluding pregnant women).

Instrument questions:

i. For women: Are you pregnant?
ii. Waist circumference measurement
iii. Hip circumference measurement

Mean Waist / Hip ratio						
Age Group	**Men (%)**			**Women (%)**		
(Yrs.)	n	Mean	95% CI	n	Mean	95% CI
18-44	595	0.8	0.8-0.9	731	0.8	0.8-0.8
45-69	651	0.9	0.9-0.9	850	0.9	0.9-0.9
18-69	**1246**	**0.9**	**0.8-0.9**	**1581**	**0.8**	**0.8-0.9**

Analysis Information:

- Survey question code used: M8, M14, M15

Biochemical Measurements[3]

1. Mean fasting blood glucose.

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

Instrument questions:

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

Mean fasting blood glucose (mg/dl)						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	Mean	n	Mean	n	Mean
18-44	407	88.9	545	91.7	952	90.5
45-69	480	105.4	598	110.8	1,078	108.4
18-69	**887**	**97.8**	**1,143**	**101.7**	**2,030**	**100.0**

Analysis Information:

- Survey question code used: B1, B5

2. Raised Blood Glucose

Description: Categorization of adults 18-69 into blood glucose level categories and percentage of adults 18-69 currently on medication for raised blood glucose (non-fasting recipients excluded).

Instrument questions:

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

[3] Unweighted tables due to the response rate for Step 3 being less than 60%.

Impaired Fasting Glycaemia*						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	407	7.9	545	8.6	952	8.3
45-69	480	10.6	599	10.4	1,079	10.5
18-69	**887**	**9.4**	**1,144**	**9.5**	**2,031**	**9.5**

Raised blood glucose or currently on medication for diabetes**						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	407	7.4	545	9.2	952	8.4
45-69	480	20.4	599	24.2	1,079	22.5
18-69	**887**	**14.4**	**1,144**	**17.0**	**2,031**	**15.9**

Currently on medication for diabetes						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	610	1.1	775	1.3	1,385	1.2
45-69	686	8.5	893	15.1	1,579	12.2
18-69	**1,296**	**5.0**	**1,668**	**8.7**	**2,964**	**7.1**

** Impaired fasting glycaemia or pre-diabetes is defined as plasma venous value ≥110mg/dl and <126mg/dl*
*** Raised blood glucose is defined as plasma venous value: ≥ 126 mg/dl*

Analysis Information:

- Survey question code used: H8, H9, B1, B5, B6

3. Blood glucose diagnosis and treatment

Description: Raised blood glucose diagnosis and treatment among adults 18-69.

Instrument questions:

i. Have you ever had your blood sugar measured by a doctor or other health worker?
ii. Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
iii. In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
iv. Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
v. During the last 12 hours have you had anything to eat or drink, other than water?
vi. Blood glucose measurement
vii. Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

Raised blood glucose diagnosis and treatment among adults 18-69 (%)				
Age Group		**Men (%)**		
(Yrs.)	n	Raised blood glucose, not previously diagnosed	Previously diagnosed raised blood glucose, not on medication	Previously diagnosed raised blood glucose, on medication
18-44	412	6.8	2.4	1.7
45-69	502	11.8	6.6	11.0
18-69	**914**	**9.5**	**4.7**	**6.8**

Raised blood glucose diagnosis and treatment among adults 18-69 (%)				
Age Group		**Women (%)**		
(Yrs.)	n	Raised blood glucose, not previously diagnosed	Previously diagnosed raised blood glucose, not on medication	Previously diagnosed raised blood glucose, on medication
18-44	556	7.9	4.3	1.6
45-69	646	10.2	6.0	20.9
18-69	**1,202**	**9.2**	**5.2**	**12.0**

Raised blood glucose diagnosis and treatment among adults 18-69 (%)				
Age Group		**Women (%)**		
(Yrs.)	n	Raised blood glucose, not previously diagnosed	Previously diagnosed raised blood glucose, not on medication	Previously diagnosed raised blood glucose, on medication
18-44	968	7.4	3.5	1.7
45-69	1,148	10.9	6.3	16.6
18-69	**2,116**	**9.3**	**5.0**	**9.7**

Analysis Information:

- Survey question code used: H6, H7a, H8, H9, B1, B5, B6

4. Total Cholesterol

Description: Mean total cholesterol among adults 18-69 including those currently on medication for raised cholesterol.

Instrument question:

i. Total cholesterol measurement

Mean total cholesterol (mg/dl)						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	Mean	n	Mean	n	Mean
18-44	416	148.2	548	162.4	964	156.3
45-69	483	160.7	617	188.4	1,100	176.3
18-69	**899**	**154.9**	**1,165**	**176.2**	**2,064**	**166.9**

Analysis Information:

- Survey question code used: B8

5. Raised Total Cholesterol

Description: Percentage adults 18-69 with raised total cholesterol.

Instrument questions:

i. Total cholesterol measurement

Total cholesterol ≥ 190 mg/dl						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	416	19.0	548	24.8	964	22.3
45-69	483	25.5	617	47.6	1,100	37.9
18-69	**899**	**22.5**	**1,165**	**36.9**	**2,064**	**30.6**

Total cholesterol ≥ 240 mg/dl						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	416	4.1	548	9.3	964	7.1
45-69	483	8.1	617	18.2	1,100	13.7
18-69	**899**	**6.2**	**1,165**	**14**	**2,064**	**10.6**

Analysis Information:

- Survey question code used: B8

6. Raised Total Cholesterol

Description: Percentage of adults 18-69 with raised total cholesterol and percentage of adults 18-69 currently on medication for raised cholesterol.

Instrument questions:

i. Total cholesterol measurement
ii. 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 ≥ 190 mg/dl or currently on medication for raised cholesterol						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	416	19.0	548	25.5	964	22.7
45-69	483	27.1	617	49.9	1,100	39.9
18-69	**899**	**23.4**	**1,165**	**38.5**	**2,064**	**31.9**

Total cholesterol ≥ 240 mg/dl or currently on medication for raised cholesterol						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	416	4.3	548	10.1	964	7.6
45-69	483	9.9	617	22.5	1,100	17.0
18-69	**899**	**7.3**	**1,165**	**16.7**	**2,064**	**12.6**

Analysis Information:

- Survey question code used: B8, B9

7. Triglycerides

Description: Mean fasting triglycerides among adults 18-69 and percentage of adults 18-69 with raised fasting triglycerides (***non-fasting recipients excluded***).

Instrument questions:

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

Mean fasting triglycerides (mg/dl)						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	Mean	n	Mean	n	Mean
18-44	405	108.0	544	106.6	949	107.2
45-69	479	111.5	599	118.3	1,078	115.2
18-69	**884**	**109.8**	**1,143**	**112.7**	**2,027**	**111.5**

Percentage of adults 18-69 with fasting triglycerides ≥ 150 mg/dl						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	405	16.8	544	16.4	949	16.5
45-69	479	16.9	599	20.5	1,078	18.9
18-69	**884**	**16.9**	**1,143**	**18.5**	**2,027**	**17.8**

Percentage of adults 18-69 with fasting triglycerides ≥ 180 mg/dl						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	405	10.9	544	9.4	949	10.0
45-69	479	10.4	599	13.0	1,078	11.9
18-69	**884**	**10.6**	**1,143**	**11.3**	**2,027**	**11.0**

Analysis Information:

- Survey question code used: B1, B16

Cardiovascular Disease Risk[4]

1. CVD risk of ≥30% or existing CVD

Description: Percentage of adults 18-69 with a 10-year cardiovascular disease (CVD) risk* ≥30% or with existing CVD

Instrument questions:

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

Percentage of adults 18-69 with a 10-year CVD risk ≥30% or with existing CVD						
Age Group	**Men (%)**		**Women (%)**		**Both Sexes (%)**	
(Yrs.)	n	%	n	%	n	%
18-44	271	4.1	361	6.1	632	5.2
45-69	295	12.9	346	13.6	641	13.3
18-69	**566**	**8.7**	**707**	**9.8**	**1273**	**9.3**

* A 10-year CVD risk of ≥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)).

Analysis Information:

- Survey question code used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B5, B8

[4] Unweighted tables due to the response rate for Step 3 being less than 60%.

2. Drug therapy and counseling for those with CVD risk ≥30% or existing CVD

Description: Percentage of eligible persons receiving drug therapy and counseling** (including glycaemia control) to prevent heart attacks and strokes.

Instrument questions:

- 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	Men (%)		Women (%)		Both Sexes (%)	
(Yrs.)	n	%	n	%	n	%
18-44	11	18.2	22	54.5	33	42.4
45-69	38	26.3	47	57.4	85	43.5
18-69	**49**	**24.5**	**69**	**56.5**	**118**	**43.2**

* A 10-year CVD risk of ≥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.

Analysis Information:

- Survey question code used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H8, H9, H13a, H14, H17, H18, H19, H20a-f, M4a, M5a, M6a, M7, B1, B5, B8

Summary of Combined Risk Factors

1. Summary of Combined Risk Factors

Description: Percentage of adults 18-69 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/m^2)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Summary of Combined Risk Factors							
Age Group	**MEN (%)**						
(Yrs.)	n	Zero Risk Factors	95% CI	1-2 risk factors	95% CI	3-5 risk factors	95% CI
18-44	560	8.4	5.7-11.0	73.4	69.5-77.2	18.3	15.1-21.4
45-69	606	3.6	2.2-5.0	53.0	48.9-57.2	43.4	39.3-47.4
18-69	**1,166**	**5.9**	**4.4-7.4**	**62.8**	**60.0-65.6**	**31.3**	**28.6-34.0**

Summary of Combined Risk Factors							
Age Group	**WOMEN (%)**						
(Yrs.)	n	Zero Risk Factors	95% CI	1-2 risk factors	95% CI	3-5 risk factors	95% CI
18-44	685	2.2	1.1-3.3	70.2	66.1-74.2	27.6	23.7-31.6
45-69	779	2.4	1.1-3.7	49.1	45.3-52.9	48.5	44.7-52.3
18-69	**1,464**	**2.3**	**1.4-3.2**	**59.1**	**56.4-61.7**	**38.7**	**36.1-41.3**

Summary of Combined Risk Factors							
Age Group	**BOTH SEXES (%)**						
(Yrs.)	n	Zero Risk Factors	95% CI	1-2 risk factors	95% CI	3-5 risk factors	95% CI
18-44	1,245	4.9	3.6-6.3	71.6	68.8-74.4	23.5	20.9-26.0
45-69	1,385	2.9	1.9-3.9	50.8	48.1-53.5	46.3	43.6-49.0
18-69	**2,630**	**3.9**	**3.0-4.7**	**60.7**	**58.8-62.7**	**35.4**	**33.5-37.3**

Analysis Information:

- Survey question code used: T1, T2, D1-D4, P1-P15b, M4a-M6b, M7, M8, M11, M12