

| Topics | Both sexes (95%CI) | Men (95%CI) | Women (95%CI) |
|--|---------------------|---------------------|---------------------|
| Risk of CVD | | | |
| Respondents aged 40–69 years with a ten-year CVD risk \geq 30% or with existing CVD ³ (%) | 10.5 (8.1–12.9) | 13.3 (9.2–17.4) | 7.8 (5.3–10.3) |
| The proportion of eligible persons who were receiving drug therapy and counselling to prevent heart attacks and strokes (%) | 55.9 (45.3–66.6) | 55.1 (39.6–70.7) | 57.0 (44.3–69.8) |
| Summary of combined risk factors: current daily smokers, fewer than 5 servings of fruits and vegetables per day, insufficient physical activity, overweight, raised blood pressure | | | |
| Respondents (aged \geq 15) with 0 risk factors (%) | 1.3* (0.7–2.0) | 1.9* (0.7–3.1) | 0.8* (0.4–1.2) |
| Respondents (%) with \geq 3 risk factors: | 42.2 (39.4–44.9) | 45.6 (41.4–49.8) | 38.9 (35.6–42.3) |
| • aged 18–44 years | | | |
| • aged 45–69 years | 65.9 (63.2–68.6) | 61.5 (57.5–65.5) | 70.0 (66.5–73.5) |
| • aged 18–69 years | 51.0 (48.9–53.0) | 51.5 (48.5–54.5) | 50.5 (47.8–53.1) |
| • aged \geq 15 years | 51.2 (49.3–53.0) | 50.3 (47.5–53.2) | 51.9 (49.5–54.4) |
| Lifestyle advice on selected NCD risk factors | | | |
| Respondents who had received counselling or education from health workers on \geq 1 subjects related to healthy living (healthy nutrition, weight reduction, smoking cessation or physical activity) during previous 12 months (%) | 40.5 (38.4–42.5) | 38.1 (35.3–40.9) | 42.9 (40.4–45.3) |
| Awareness of health harm from selected NCD risk factors | | | |
| Adults (%) that can state \geq 2 negative health effects of: | 87.3 (85.9–88.6) | 89.1 (87.4–90.8) | 85.5 (83.8–87.1) |
| • any of the selected NCD risk factors ⁴ | | | |
| • smoking tobacco | 76.2 (74.4–78.1) | 77.0 (74.3–79.6) | 75.5 (73.4–77.6) |
| • high-salt diet | 71.6 (69.8–73.5) | 72.3 (69.8–74.9) | 71.0 (68.8–73.2) |
| • high-fat diet | 64.3 (62.2–66.6) | 65.7 (63.0–68.4) | 62.8 (60.3–65.4) |
| • low consumption of fruits and/or vegetables | 33.2 (31.2–35.2) | 32.8 (30.1–35.6) | 33.6 (31.2–36.1) |
| • physical inactivity | 58.3 (56.2–60.5) | 59.6 (56.7–62.4) | 57.1 (54.5–59.8) |
| • alcohol use | 74.2 (72.3–76.1) | 75.9 (73.4–78.4) | 72.5 (70.3–74.7) |
| • substance abuse | 73.4 (71.6–75.3) | 75.5 (73.1–77.9) | 71.4 (69.1–73.6) |

¹ Among those who visited a health care provider in the previous 12 months.

² For complete definitions of insufficient physical activity, refer to the Global Physical Activity Questionnaire (GPAQ) analysis guide (Geneva: World Health Organization; 2018 (http://www.who.int/ncds/surveillance/steps/resources/GPAQ_Analysis_Guide.pdf?ua=1)) or the WHO global recommendations on physical activity for health (In: World Health Organization [website]. Geneva: World Health Organization; 2018 (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html)).

³ A 10-years CVD risk \geq 30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol and diabetes (previously diagnosed or a fasting plasma glucose concentration $>$ 126 mg/dl).

⁴ NCD risk factors include tobacco smoking, high salt diet, high fat diet, less consumption of fruits and/or vegetables, physical inactivity, alcohol use and substance abuse.

* N < 50.

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WHO Implementing Partner:  **PGLOBAL** KÜRESEL DANIŞMANLIK VE EĞİTİM HİZMETLERİ
PGLOBAL GLOBAL ADVISORY AND TRAINING SERVICES



National Household Health Survey in Turkey “Prevalence of Noncommunicable Disease Risk Factors, 2017” FACT SHEET



The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on noncommunicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and conditions that determine the major share of the NCD burden, including: tobacco use, use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose and abnormal blood lipids. Countries can use data from STEPS surveys to help monitor their progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity.

A STEPS survey in Turkey was carried out from April to September 2017 in three steps:

1. collection of sociodemographic and behavioural information;
 2. collection of physical measurements, such as height, weight and blood pressure;
 3. collection of biochemical measurements to assess blood glucose, haemoglobin A1c or glycated haemoglobin (HbA1c), total cholesterol levels, and mean daily salt consumption.
- The population-based survey of adults aged \geq 15 years used a multistage cluster sample design to produce representative data for the population in that age range in Turkey. A total of 6053 adults participated in the survey. The overall response rate was (70.0%). A repeat survey is planned for 2019 to assess changes.

HIGHLIGHTS



TOBACCO USE

- 43.6% of men, 19.7% of women, and 31.6% overall were current tobacco users.
- 43.4% of men, 19.7% of women, and 31.5% overall were current tobacco smokers.
- 3 in 10 current smokers had tried to quit in the previous 12 months.



ALCOHOL USE

- 13.1% of men, 3.0% of women, and 8.0% overall were current alcohol users.
- 1 in 20 current alcohol users engaged in heavy episodic drinking of alcohol.



DIET

- 87.8% of men, 87.9% of women, and 87.8% overall ate less than 5 servings of fruit and/or vegetables per day
- Mean daily salt consumption was 9.9 g overall, 11.0 g for men and 8.7 g for women



PHYSICAL ACTIVITY

- 4 in 10 adults had insufficient physical activity (<150 minutes of moderate activity per week)



CANCER SCREENING

- 5 in 10 women aged 30-65 years had ever had a cervical smear test
- 6 in 10 women aged 40-69 years had ever had a mammography
- 1 in 10 adults aged 50-70 years had had a colonoscopy in the last 10 years



OBESITY

- 62.8% of men, 66.0% of women, and 64.4% overall were overweight (body mass index (BMI) \geq 25 kg/m²).
- 21.6% of men, 35.9% of women, and 28.8% overall were obese (BMI \geq 30 kg/m²).



HIGH BLOOD PRESSURE

- 26.1% of men, 29.3% of women, and 27.7% overall had raised blood pressure



HIGH BLOOD GLUCOSE

- 10.6% of men, 11.5% of women, and 11.1% overall had raised blood glucose.



The following table gives the survey results for adults aged ≥ 15 years, including 95% confidence interval (CI). Adults refer to persons aged ≥ 15 years. The data were weighted to be representative of all men and women in that age group in Turkey.

| Topics | Both sexes (95%CI) | Men (95%CI) | Women (95%CI) |
|---|---------------------|----------------------|---------------------|
| Tobacco use | | | |
| Respondents who currently used tobacco (smoked or smokeless) (%) | 31.6 (29.8–33.4) | 43.6 (40.9–46.2) | 19.7 (17.6–21.8) |
| Respondents who currently smoked tobacco (%) | 31.5 (29.7–33.3) | 43.4 (40.8–46.0) | 19.7 (17.6–21.8) |
| Respondents who currently smoked tobacco daily (%) | 29.2 (27.5–31.0) | 40.4 (37.8–43.0) | 18.2 (16.1–20.3) |
| Daily smokers <ul style="list-style-type: none">Average age of starting smoking (years) | 18.1 (17.8–18.5) | 17.2 (16.9–17.5) | 20.2 (19.5–20.9) |
| <ul style="list-style-type: none">Use of manufactured cigarettes (%) | 97.3 (96.3–98.3) | 97.3 (96.1–98.5) | 97.2 (95.4–99.0) |
| <ul style="list-style-type: none">Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes) | 15.5 (14.8–16.2) | 16.8 (16.0–17.7) | 12.7 (11.6–13.7) |
| Respondents who currently used smokeless tobacco (%) | 0.3 (0.1–0.6) | 0.6 (0.1–1.0) | 0.1 (0.0–0.3) |
| Current non-users of smoked and/or smokeless tobacco <ul style="list-style-type: none">Former tobacco smokers (%) | 10.7 (9.7–11.8) | 14.8 (13.1–16.5) | 6.6 (5.5–7.8) |
| <ul style="list-style-type: none">Never smokers (%) | 57.8 (55.9–59.7) | 41.8 (39.0–44.5) | 73.7 (71.4–75.9) |
| Current smokers who had tried to quit in the previous 12 months (%) | 27.4 (24.5–30.4) | 29.4 (25.8–33.1) | 23.0 (18.5–27.6) |
| Current smokers advised by a health care provider to stop smoking in the previous 12 months ¹ (%) | 22.3 (19.5–25.1) | 21.2 (17.8–24.6) | 24.7 (20.0–29.3) |
| Alcohol consumption | | | |
| Lifetime abstainers (%) | 83.6 (82.1–85.1) | 74.4 (72.0–76.8) | 92.7 (91.3–94.1) |
| Abstainers for the previous 12 months (%) | 4.3 (3.6–5.0) | 6.5 (5.3–7.6) | 2.1 (1.4–2.9) |
| Current drinkers (had drunk alcohol in the previous 30 days) (%) | 8.0 (7.0–9.1) | 13.1 (11.2–15.0) | 3.0 (2.1–4.0) |
| Respondents engaging in heavy episodic drinking (≥ 6 drinks on any occasion in the previous 30 days) (%) | 5.2 (4.2–6.2) | 8.7 (7.0–10.3) | 1.8* (1.0–2.6) |
| Diet | | | |
| Fruit consumption <ul style="list-style-type: none">Mean number of days in a typical week | 4.6 (4.5–4.7) | 4.5 (4.4–4.6) | 4.8 (4.7–4.9) |
| <ul style="list-style-type: none">Mean number of servings on average per day | 1.4 (1.3–1.5) | 1.4 (1.3–1.5) | 1.5 (1.3–1.6) |
| Vegetable consumption <ul style="list-style-type: none">Mean number of days in a typical week | 5.1 (5.0–5.2) | 4.9 (4.8–5.1) | 5.2 (5.1–5.3) |
| <ul style="list-style-type: none">Mean number of servings on average per day | 1.7 (1.5–1.8) | 1.6 (1.4–1.8) | 1.7 (1.6–1.9) |
| Respondents who ate ≤ 5 servings of fruit and/or vegetables on average per day (%) | 87.8 (86.4–89.3) | 87.8 (85.8–89.8) | 87.9 (86.3–89.5) |
| Respondents who always or often added salt or salty sauce to their food before or during eating (%) | 28.1 (26.3–29.9) | 29.3 (26.7–31.9) | 26.8 (24.6–29.0) |
| Respondents who always or often ate processed foods high in salt (%) | 25.5 (23.7–27.4) | 27.8 (25.3–30.3) | 23.3 (21.0–25.6) |
| Respondents thinking lowering salt in diet is very important (%) | 75.6 (73.7–77.6) | 73.2 (70.0–76.0) | 78.1 (75.9–80.3) |
| Physical activity | | | |
| Respondents with insufficient physical activity (< 150 minutes of moderate-intensity activity per week, or equivalent) ² (%) | 43.6 (41.8–45.4) | 33.1 (30.5–35.6) | 53.9 (51.6–56.3) |
| Median time spent in physical activity on average per day (presented with interquartile range) (minutes) | 30.0 (4.3–90.0) | 51.4 (11.4–180.0) | 17.1 (0.0–55.0) |
| Respondents not engaging in vigorous activity (%) | 81.3 (79.7–82.8) | 70.1 (67.5–72.6) | 92.2 (90.8–93.6) |

| Topics | Both sexes (95%CI) | Men (95%CI) | Women (95%CI) |
|---|------------------------|------------------------|------------------------|
| Cancer screening | | | |
| Women aged 30–65 years who had ever had a cervical smear test (%) | | | 54.2 (51.2–57.1) |
| Women aged 40–69 years who had ever had mammography (%) | | | 57.4 (54.1–60.7) |
| Respondents aged 50–70 years who had ever had a fecal occult blood test | 25.5 (22.8–28.2) | 23.5 (19.7–27.2) | 27.6 (24.0–31.3) |
| Respondents aged 50–70 years who had had a colonoscopy in the previous 10 years (%) | 12.1 (10.1–14.2) | 11.1 (8.1–14.0) | 13.2 (10.4–16.0) |
| Physical measurements | | | |
| Mean BMI (kg/m ²) | 27.4 (27.2–27.6) | 26.6 (26.3–26.8) | 28.3 (28.0–28.6) |
| Overweight respondents (BMI ≥ 25 kg/m ²) (%) | 64.4 (62.6–66.2) | 62.8 (60.2–65.4) | 66.0 (63.7–68.4) |
| Obese respondents (BMI ≥ 30 kg/m ²) (%) | 28.8 (27.3–30.4) | 21.6 (19.5–23.8) | 35.9 (33.8–38.0) |
| Average waist circumference (cm) | | 91.3 (90.5–92.2) | 87.9 (87.1–88.8) |
| Average hip circumference (cm) | | 98.7 (97.9–99.4) | 102.5 (101.8–103.2) |
| Mean systolic blood pressure (SBP), including those on medication for raised blood pressure (mmHg) | 123.0 (122.1–123.8) | 125.3 (124.2–126.3) | 120.8 (119.7–121.8) |
| Mean diastolic blood pressure (DBP), including those on medication for raised blood pressure (mmHg) | 78.4 (78.0–78.9) | 78.2 (77.6–78.8) | 78.7 (78.2–79.2) |
| Respondents with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) or currently on medication for raised blood pressure (%) | 27.7 (26.0–29.4) | 26.1 (23.7–28.5) | 29.3 (27.2–31.5) |
| Respondents with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who were not on medication (%) | 57.1 (53.8–60.3) | 64.7 (60.3–69.1) | 50.5 (46.4–54.6) |
| Proportion of all hypertensive people with controlled blood pressure in the population (%) | 23.8 (21.0–26.5) | 18.5 (15.2–21.7) | 28.4 (24.5–32.3) |
| Biochemical measurement | | | |
| Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl) | 97.8 (95.6–99.9) | 96.2 (93.7–98.8) | 99.3 (96.0–102.5) |
| Respondents with impaired fasting glycaemia (plasma venous value ≥ 110 mg/dl and < 126 mg/dl) | 7.9 (6.3–9.5) | 8.1 (5.9–10.4) | 7.7 (5.5–10.0) |
| Respondents with raised fasting blood glucose (plasma venous value ≥ 126 mg/dl) or currently on medication for raised blood glucose | 11.1 (9.4–12.8) | 10.6 (8.3–13.0) | 11.5 (9.1–13.9) |
| Respondents with HbA1c ≥ 6.5% | 12.0 (10.5–13.6) | 11.9 (9.6–14.1) | 12.2 (10.1–14.4) |
| Respondents with HbA1c ≥ 6.5% or currently on medication for diabetes (%) | 13.3 (11.6–14.9) | 12.7 (10.4–15.1) | 13.8 (11.5–16.1) |
| Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl) | 161.2 (158.5–163.8) | 154.9 (151.4–158.5) | 167.3 (163.7–171.0) |
| Respondents with raised total cholesterol (≥ 190 mg/dl) or currently on medication for raised cholesterol (%) | 24.7 (22.3–27.1) | 20.9 (17.6–24.1) | 28.5 (25.0–31.9) |
| Respondents with raised triglycerides (≥ 180 mg/dl) | 16.7 (14.6–18.9) | 19.9 (16.4–23.4) | 13.6 (11.2–16.0) |
| Respondents with suboptimal HDL cholesterol (< 40 mg/dl for men and < 50 mg/dl for women) (%) | 52.3 (49.4–55.3) | 55.6 (51.3–59.9) | 49.1 (45.1–53.1) |
| Mean intake of salt per day (g) | 9.9 (9.7–10.1) | 11.0 (10.8–11.3) | 8.7 (8.5–8.8) |