



UNITED ARAB EMIRATES
MINISTRY OF HEALTH & PREVENTION

Non-communicable Disease Risk Factor Survey (STEPS).

DATA BOOK FOR UAE 2017-2018

Statistic and Research Center

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WHO-STEP

Non-communicable Disease Risk Factor Survey

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UAE 2017-2018

Statistics & Research Center (SARC)

PREFACE

The Ministry of Health & Prevention (MoHAP) – Statistics & Research Centre (SARC) takes pleasure in presenting the STEPS report of the United Arab Emirates World Health Survey (UAE STEPS) 2017-2018, in which the detailed results of the survey are further elaborated upon.

The UAE STEPS 2017-2018 was funded by the Ministry of Health & Prevention. The collaborative nature between local entities made the success of the survey possible. The Federal Competitiveness & Statistics Authority (FCSA), WHO EMRO office, Department of Health- Abu Dhabi, Dubai Health Authority, Abu Dhabi Statistics Center, and Dubai Statistics Center provided the technical support required.

The UAE government and leadership believe in providing the best quality of health system and health care to the population as it is an essential factor in the continuous prosperity of the nation. Moreover, the UAE Vision 2021 National Agenda aims to achieve a world-class healthcare system which can be achieved with the government's concerted efforts in collecting health data, supporting research and development in the region, and working closely on monitoring and evaluation of both existing and future health policies.

The main objective of the survey is to provide comprehensive data on household health, risk factors for non-communicable diseases, under 5 health indicators including immunization coverage, mortality, family planning, and fertility preferences, as well as maternal and child health, and health expenditure to be used by program managers and policy makers to evaluate and improve existing programs. The data obtained will be useful for researchers and scholars interested in analyzing trends in the demographic parameters of the UAE as well as conducting comparative, regional or cross-national studies and in-depth analyses.

The UAE is a melting pot of nationalities and cultures where people from all over the world come to live and work. Therefore, the sample is nationally representative by having 40% locals and 60% non-local residents included, and has been designed to produce estimates of major survey variables at the national level, for the country's seven Emirates.

Approximately 9,000 households and more than 6,000 ever-married women were interviewed for the survey.

This report summarizes the findings of the 2017-2018 UAE World Health Survey that was led by the Statistics and Research Centre, Federal Ministry of Health & Prevention, Dubai.

IQVIA provided technical assistance and implemented the field work for this survey.

The UAE World Health Survey 2017-2018 is part of the worldwide World Health Surveys Program, which is designed to collect data on household health, prevalence of risk factors for non-communicable diseases, and related clinical and biochemical indicators.

Additional information about the UAE STEPS 2017-2018 survey may be obtained from the Statistics & Research Centre, Ministry of Health & Prevention, Muhaisna 2, beside Etisalat Academy on Sheikh Muhammed bin Zayed Road, Dubai.

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GLOSSARY

AED	Arab Emirates Dirham (Official Currency of UAE)
ANC	Antenatal care
BCG	Bacillus Calmette-Guérin (vaccine)
BMI	Body Mass Index
CAPI	Computer-Assisted Personal Interview
CVA	Cerebrovascular Accident
CVD	Cardiovascular Diseases
DBP	Diastolic Blood Pressure
DHA	Dubai Health Authority
DoH	Department of Health, Abu Dhabi
DPT	Diphtheria pertussis tetanus (vaccine)
DSC	Dubai Statistics Center
EMRO	Eastern Mediterranean Regional Office (WHO)
FBS	Fasting Blood Sugar
FCSA	Federal Competitiveness & Statistics Authority
HbA1C	Glycosylated Hemoglobin
HepB	Hepatitis B (vaccine)
HiB	Haemophilus influenzae type B (vaccine)
IUD	Intra-uterine device
IPV	Injectable Polio Vaccine
LAM	Lactational amenorrhea method
MOHAP	Ministry of Health and Prevention
NCDs	Non Communicable Diseases
OPV	Oral Polio Vaccine
PCV	Pneumococcal conjugate vaccine
PNC	Postnatal care

PSU	Primary sampling unit
RV1	Rotavirus vaccine
SARC	Statistics and Research Center
SBP	Systolic Blood Pressure
SCAD	Statistics Center Abu Dhabi
UAE WHS	United Arab Emirates World Health Survey
WHO	World Health Organization
WHO STEPS	STEPwise approach to noncommunicable disease risk factor surveillance (STEPS)

INTRODUCTION

United Arab Emirates simply known as the UAE - is a sovereign country constituted as a federal monarchy of the Middle East, located in the Arabian Peninsula. It is composed of seven emirates (Abu Dhabi, Ajman, Dubai, Fujairah, Ras Al Khaimah, Sharjah, and Umm Al Quwain). Oil is the main source of income and the essential component of its GDP. The oil discovery drove noteworthy industrial and economic development in the UAE, which has impacted the demographic landscape of the nation.

Growth of the population across UAE is currently considered to be among the highest across the globe, with census data recording a seven-fold increase in the population between the years 1975 and 2005. The way that this development is supported by an influx of migrant workforce combined with the high percentage of man working in the extensive development industry, infers that a larger proportion of the population are at pre-retirement age males. The UAE population was 9,121,167 for the year 2016 as indicated by regulatory records accessible from the Federal Competitiveness and Statistics Authority dated 31 December 2016. This record further inferred that 6,298,294 are male and 2,822,873 are female, making the gender split in the UAE as 31% females and 69% males.

This regularly changing demographic landscape has directly affected the human service healthcare landscape of the country, with advancing essential parameters, for example, under-5 mortality, life expectancy, total fertility, and age-standardized mortality, etc. With an expectation to precisely represent this change accurately, UAE has been commissioning periodic nationwide health and demographic surveys.

The study samples were probabilistically selected and nationally representative. The sampling weights were generated and adjusted for the distribution of the population with final post stratification correction for non-response. The data of household comprises of health expenditures, health insurance coverage, household roster, and indicators of permanent wealth or income. Data collected at individual level included sociodemographic information, health state descriptions, risk factors, health state evaluation, mortality, chronic conditions, health care utilization, social capital, and health systems responsiveness.

Over the past ten years, the UAE Ministry of Health and Prevention (MOHAP) has taken under consideration an economic and social aspect of UAE when developing its health strategies as health constitutes a significant aspect of the overall national or human development.

The strategic objectives set forth by the ministry are as follows:

1. To offer excellent health services to UAE society as per the international standards.
2. To boost the standard of existing health systems & develop care facilities & guarantee accessibility in agreement with the international standards of Healthy Society.
3. To market a healthy lifestyle across UAE Society to prevent lifestyle associated diseases
4. Establish a health care system to safeguard & manage the community from communicable or non-communicable diseases.
5. To boost the policies and legislations for healthcare in UAE and to apply its implementation together with the general private or public sectors.

6. To confirm or guarantee the availability of most of the administrative services to keep up with the standards of efficiency, Quality, and transparency.
7. To create an innovative culture in the workplace.

Ministry of health and Prevention has paid special attention to synchronise its activities thoroughly with different sectors that cater to the support provision within the country as well as fosters cooperation with international or regional establishments. By adaptation of such policies, the Ministry of health and Prevention has successfully achieved different objectives as per the national plans along with managing to supply premium quality healthcare that is well recognized and lauded by skilled and educational bodies.

Building its 1st edition of the Non-communicable Disease Risk Factor Survey (STEPS), the UAE MOHAP together with the World health organization executed the STEPS 2017-2018 across the country. This version of the survey was a mixture of STEPS survey and WHS. The STEPS may be a WHO-developed, standardized however versatile framework for countries to witness the most important NCD risk factors through assessment using questionnaires, biochemical and physical measurements. STEPS survey methodology is anticipated to assist in implementing countries to develop surveillance system to observe and fight against non-communicable diseases.

The STEPS outcomes are expected to help the MOHAP in enhancing and formulating strategies for the below mentioned healthcare service delivery:

1. Women's and maternal health and safe motherhood.
2. Unified health services and increase quality of care
3. Community mobilization, healthcare reform and capitalizing on access to quality health services
4. Nutrition, breast feeding, and Child survival
5. Reproductive health and family planning
6. Environment health.

OBJECTIVES OF THE SURVEY

The primary objectives of the STEPS Survey 2017-2018 in UAE were to obtain:

1. Measures of knowledge, attitudes, behaviors related to individual's health competency and their trends across time
2. Quantifiable indicators of current health status and clinical, anthropometric and biochemical-markers
3. Information on national health behavior and service utilization indicators.

These objectives were the focal point for gathering data on health behaviors that will be monitored across the community and health competency that will be measured at individual, family as well as community level.

METHODOLOGY AND ORGANIZATION OF THE SURVEY

This section explains the important features of the UAE STEPS Survey, including the sample design, the questionnaire and major aspects of the analysis of the survey. This includes the training procedure for interviewers and the data entry process for the completed questionnaires.

The UAE conducted recently the World Health Survey (WHS) in 2017-2018. The STEPS survey was integrated as a part of the UAE WHS conducted by the MOHAP to compile comprehensive baseline information on the health of populations in different countries and due to the standardized Methodology, as well as generate health indicators and information which is also comparable between countries.

UAE STEPS & WHS survey included many modules, different age groups and questionnaires such as adults, ever married, under 5 children and elderly. The STEPS survey instruments was designed, integrated and merged into two major adult's questionnaires used for the adults participants interviewed within each selected household. Further details on the integration process and adult's questionnaire are included in the following sections.

The initial preparation for the survey was done in coordination with a team of experts from across UAE, drawn from the fields of public health, epidemiology and statistics. The implementation was assisted by a technical team from the WHO EMRO. There were two main stakeholders in the UAE STEPS 2017-18, the Federal Competitiveness and Statistics Authority (FCSA) and the Statistics & Research Center (SARC) at Ministry of Health & Prevention, UAE. The SARC team provided the main leadership to this project through the main steering committee and three sub-committees to help coordinate the planning and implementation of the STEPS:

The main steering committee – constituted for the management and supervision of the national health survey project. The committee had significant role in the development and preparing the project plan, making vital decisions. It also had continues auditing over the project progress, monitoring the compliance of project implementation. Other responsibilities were assigned to the main committee such as leading and supervising the sub committees, liaising and coordinating with international stakeholders like WHO EMRO.

- 1) **The sampling committee** – constituted for review of the sampling plan with FCSA & other statistics authorities in UAE. The main task of this committee was to provide the Emirate level sample frames from the respective Emirates and consolidate them into a single sample frame before allocating them to the operational team to conduct the fieldwork. The committee was also responsible to check the validity of the households within individual clusters to ensure that only the most updated list of households with correct address and names were included for the survey. The committee also determined the eligibility criteria for households to be selected in the survey as well as the criteria for replacing a sample in case of low or non-response.
- 2) **The public health committee** – constituted for the review of the questionnaires, its final programming on the tablet computer and also on the data output from the survey. Working in close technical collaboration with the WHO EMRO office team, the committee determined the number of questions that can be added or modified within the expanded modules of the questionnaires. Accordingly, the committee deliberated on the feasibility of retaining certain questions including on culturally sensitive matters such as contraception, alcohol and substance abuse and including

questions on risk factors for non-communicable diseases such as diet, tobacco usage and depression.

The questionnaires used for the UAE STEPS were modified and finalized into two modules:

- A.** Adult questionnaire which included the STEPS 1 & 2,
 - B.** Physical and Biochemical measurements questionnaire which included the STEP 3.
- 3) **The marketing committee** – constituted for the review and coordination with civic, religious and law enforcement authorities to ensure smooth conduct of field work. Successful involvement of the general public in such large surveys was the key objective of the marketing committee to implement a well planned and executed public relationship campaign.

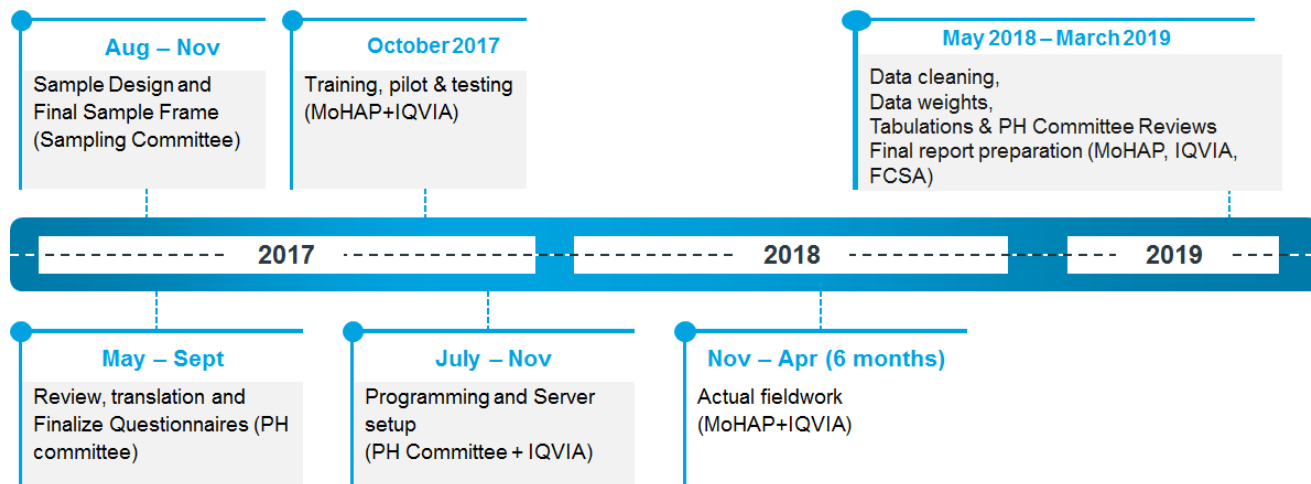
The marketing committee headed by members of MOHAP used proven public relations (PR) tools and activities to promote positive attitudes and behaviors towards UAE STEPS. These were hoped to increase public awareness and increasing the participation of communities. Key activities considered and implemented were:

- a. Consultation and on-boarding of government bodies - at Emirate & Federal level.
- b. Public relations campaign using all channels - print and electronic
- c. Different approaches successfully employed:
 - i. SMS campaigns.
 - ii. Toll free number set-up by MOHAP team in close working with the police to answer any question from general public about the survey
 - iii. Banners and hoardings on UAE STEPS at prominent public locations.
 - iv. Announcements in mosques during prayer times.
 - v. Social media: Using social networking sites such as Facebook and Twitter.
 - vi. Radio announcements.
 - vii. Newspaper advertisements.

PROJECT TIMELINES

The project planning started in early 2017 with the discussions between the MOHAP and FCSA on the approach and methodology to the UAE STEPS. These discussions also were held with the WHO EMRO team to ensure that the design adopted was consistent with the STEPS done elsewhere in the World.

The subsequent activities of planning, survey questionnaire design, translations, validations, sampling design and final sample frame, programming on the CAPI tool and field work are as shown in the illustration below.



SAMPLE DESIGN

The UAE STEPS was a nationally representative survey. To ensure that the sample of households and individuals who were interviewed were representative of all the seven Emirates, a detailed sample design was implemented and led by the FCSA.

In order to obtain reliable results for both citizens and non-citizens at the level of each Emirate, The first stage of sampling design was stratification of Each Emirate of the seven emirates into two strata, (except for some Emirates which use a stratification of more than two strata like the Emirate of Abu Dhabi), each strata was according to the nationality of Emirate population, strata 1: Emirati and strata 2: non-Emirati.

The second stage of sampling design was dividing each strata into clusters. The number of clusters per each strata will be depending on population size, geographical distribution of population, density of population per km².

Each cluster was classified either as Emirati if more than 50% of its households were citizens, or Non-Emirati if more than 50% of its households were non-emirate.

The UAE STEPS sampling committee recommended a target sample size of 10000 households in UAE wherein the primary sampling units (PSUs) was the cluster.

For the UAE STEPS, both one-person household and multi-person (private families) households were included.

The FCSA provided operational definitions for the household which is (All persons living under one roof or occupying a separate housing unit (dwelling), having either direct access to the outside (or to a public area) or a separate cooking facility, share at meals and living in

accommodation more than 6 months in the year preceded the survey. The members of a household shall be related by blood or law, where they constitute a family. The household and may consist of a single family or some other grouping of people)

As a background to the sampling exercise for the UAE STEPS, the UAE population was divided into the following groups and subgroups:

1. Non-institutional population (people living in regular households):
 - a. Emirati households
 - b. Non-Emirati households

2. Institutional population:
 - a. Emirati and non-Emirati population living in institutions (e.g., army barracks, hospitals, dormitories, prisons)
 - b. Emirati and non-Emirati population living in collective households – which were defined as temporary residential units of group of individuals not related to one another but sharing the same living space
 - c. Labor camps – these were the residential settlements meant for the laborers working in the various construction and other infrastructure works across UAE.

The UAE STEPS 2017-18 included only the non-institutional population and excluded the institutional population. The sample design and related descriptions reported in next sections refer only to the sample design for these non-institutional households.

The non-response rate from UAE nationals (Emirati households) for the previous survey conducted in UAE has been relatively small, less than 20%. Since the present UAE STEPS involved completion of long and complex questionnaire, coupled with many physical and biochemical measurements with specialized instruments, a higher rate of non-response was anticipated from the Emirati households. Hence, the proportion of the Emirati households in the sample frame was doubled to 40% (as against approximately 20% proportion of Emiratis in the general UAE population). The remaining 60% of the sample frame comprised of non-Emirati households.

SAMPLING FRAME

While Abu Dhabi, Dubai and Sharjah had recently held population censuses in their respective Emirates for immediate reference to prepare a sampling frame, the Northern Emirates of Ajman, Umm Al Quwain, Fujairah and Ras Al Khaimah did not have a recent population register to refer to. The Statistical Authorities on Abu Dhabi and Dubai provided

the sample frames for their regions whereas the FCSA provided the sample frames for Sharjah and the 4 Northern Emirates.

The task of compiling the sample frames for all the 7 Emirates and providing the target sample frame for the field team was led by FCSA.

Due to different geographic settlements of Emirati and non-Emiratis, a cluster-based approach to sample was adopted. Each cluster identified had a fairly homogenous population type (Emirati or non-Emirati). A total of 1000 clusters were identified from across the 7 Emirates based on the sample frames provided by the respective statistical authorities. After selecting the required clusters from each of the Emirates, based on probability proportionate to population size, all the households within these clusters were enumerated. This was to ensure that all households in a given cluster had an equal chance of being selected in the final sampling frame.

After this enumeration procedure has been completed, the final sample was obtained. Random sampling methods were implemented to obtain the final sample of 15 households from each of cluster. These 15 households were identified with the details of the name of head of household, building name, street name and city in each Emirate. 10 households were determined to be selected for primary sample whereas 5 households were determined to be kept as reserve sample to compensate for low response or refusals.

Sample size spread across the UAE

House Holds				
No. of Clusters	Total	Non-Emirati	Emirati	Emirate
300	3000	1800	1200	AUH
300	3000	1830	1170	DXB
146	1460	1010	450	SHJ
64	640	440	200	AJM
44	440	220	220	UAQ
86	860	430	430	RAK
60	600	240	360	FUJ
1000	10,000	5970	4030	TOTAL

SAMPLE WEIGHTS

Prior to the data tabulations and analysis, the data were weighted to account for differential selection probabilities and differential sizes of each of the clusters used in the selection of the final sample of households. These weights are calculated from the sizes of the different PSUs and to account for households that did not respond to the survey.

The sample design was not self-weighting design at the country level as mentioned before, but it is self-weighting at the stratum level prior to conducting the survey. This was Due to changes that could happen after conducting the survey like changes in the number of households covered in each cluster or non-response of some households; so it was important to calculate the final weights after completing the survey and cleaning the data for each cluster.

The basic weight for each household was equals to the reverse of the probability of selection the household in the sample (it calculated by multiply the probability of all stages).

Relative weight was also calculated to find a factor to change the sample from not self-weighting to the self-weighting sample, this factor is called the relative weight and this operation is applied to make use of the relative weight advantage.

Therefore, the relative weight calculated for each observation and the summation of relative weights will be equal to the total number of observations. This method provides high flexibility to the researchers when using the data for analysis purposes and deals with the results in the best way to estimate means, or proportions, or totals of the sample at different levels, like Emarah. The relative weight for each household from a specific cluster is equal to the adjusted weight of the cluster divided by the result of mean weight multiplied by the number of completed questionnaires.

After weighting the counts of respondents in each category, it may not be a round number; if this was the case, the count was rounded to the nearest whole number. Therefore, one will observe that in few tables described in later sections, the total number of respondents may differ from the sum of the respondents in some of the categories.

SURVEY PROCESS AND QUESTIONNAIRES

As mentioned early, the STEPS survey was a major part of the UAE World Health Survey which included many modules, different age groups and questionnaires such as adults, ever married, under 5 children and elderly.

The STEPS survey instruments was designed, integrated and merged into two major adult's questionnaires used for the adults participants interviewed within each selected household.

The questionnaires used in the UAE STEPS were adapted from the STEPwise approach to non-communicable disease (NCD) risk factor surveillance provided by the WHO, with separate modules for various components.

The modules cover key aspects of the health care system outcomes, inputs to the health care system and aspects of the way the health care systems function.

There were totally 2 distinct questionnaires used for the STEPS survey:

- A. Adult questionnaire which included, STEPS 1 & 2, health states description, Chronic Conditions and Health Services Coverage, Health Care Utilization and expenditures
- B. Physical and Biochemical measurements questionnaire which included the STEP 3.

While the questionnaires retained the core variables by the WHO, certain sections and questions were modified to include UAE specific context such as functioning assessment for elderly aged more than 60 years old.

Face-to-face Interviews

Using a random selection algorithm programmed in the CAPI tool, **one adult aged over 18** was randomly selected from the list of eligible men and women in the household roaster to answer the individual questionnaire as well as the Physical and Biochemical measurements questionnaire

Adult Questionnaire:

One adult aged over 18 from each of the sampled households was randomly (using a random selection algorithm programmed in the CAPI tool) selected to answer the individual questionnaire.

The individual questionnaire consisted of the main behavioral component. The behavioral component of adult interview included the following sections:

1. Sociodemographic characteristics: This section includes questions on the date of birth, education, and marital status.
2. Work history and benefits: Information regarding the working history of the individual was collected, reasons for not working and occupation data was also collected.

3. Risk factors and preventative health behavior: this module contained questions related to risk factors such as consumption of tobacco, alcohol consumption, diet and physical activity including both vigorous and moderate activity.
4. Health state description: self-ratings of health on a number of different domains, such as mobility, self-care, sleep and energy, interpersonal relationships, pain and functional assessments were included here. These will be explained in further sections in tables.
5. Chronic conditions and health services coverage: this section included questions on raised blood pressure, diabetes, hypercholesterolemia, cardiovascular conditions, arthritis, chronic lung diseases, depression, cataract, medications for these conditions, Injuries, oral health and vision. Further subsections were asked in this module, including questions on cervical and breast cancer screening for women aged 18-69 years, a subsection for elderly respondents those aged 60yrs and above.
6. Health care utilization: use of the health system was investigated in this module, including an assessment of the responsiveness of the system. The module covered areas such as the importance of health care, seeing health care providers, outpatient care, care at home and inpatient hospital care.

Questionnaire for physical & biochemical measurements:

All the measurements within the STEPS questionnaire were collected by qualified and trained nurses. As STEPS is a sequential process, it started with gathering key information on behavioral risk factors within adult questionnaire, followed by physical measurements and then to more complex blood tests for biochemical analysis.

After completion of the interviews in adult questionnaire, the respondents were requested to respond to all the measurements within the STEPS followed by introducing the nurses. The nurses after explaining the process of the various measurements proceeded to perform the height, weight and hip circumference measurement as per the standardized protocol. After this, the pulse rate of the respondents was evaluated followed by measurement of blood pressure. After these physical measurements, blood samples were collected for the biochemical measurements which included hemoglobin, fasting blood glucose & glycosylated hemoglobin (only for diabetics) and lipid profile assay.

STEP	Description	Purpose
1	Gathering demographic and behavioral information by questionnaire in a household setting	To obtain core data on: Socio-demographic information Tobacco and alcohol use Dietary behavior Physical activity History of NCD conditions

		Lifestyle advice Cervical cancer screening
2	Physical measurements in a household setting	To build on the core data in Step 1 and determine the proportion of adults that: <ul style="list-style-type: none"> • Are overweight and obese • Have raised blood pressure
3	Receiving participant's blood samples for biochemical testing	To test for <ul style="list-style-type: none"> • Hemoglobin • Fasting blood sugar • Glycosylated hemoglobin (HbA1C), and • Lipid profile assay

STEPS Core Expanded and Optional Items		
Component	Core Items	Expanded Items
Step 1 (Behavioral)	Basic demographic information, included age, sex, and years at school	Expanded demographic information included highest level of education, ethnicity, marital status, employment status, household income
	Tobacco use, duration and quantity of smoking, quit attempts, past smoking, smokeless tobacco use	Cessation, exposure to environmental tobacco smoke
	Alcohol consumption, cessation, binge drinking, past 7 days drinking, consumption of untaxed alcohol	Alcohol use disorders
	Fruit and vegetable consumption, consumption of salt and processed food high in salt	Awareness of too much salt as a health problem, control of salt intake
	Physical activity at work/in the household, for transport and during leisure time	Sedentary behaviour

	History of raised blood pressure, diabetes, raised total cholesterol and cardiovascular diseases	
	Lifestyle advice	
	Cervical cancer screening	
Step 2 (Physical Measurements)	Blood pressure Height and weight Waist circumference	Hip circumference Heart rate
Step 3 (Biochemical Measurements)	Hemoglobin Fasting blood sugar & HbA1C (only for diabetics)	Total cholesterol HDL cholesterol Triglycerides LDL

PROGRAMMING THE QUESTIONNAIRES ON CAPI

All questionnaires were administered by face-to-face interviews, using Computer Assisted Personal Interview (CAPI) techniques. The CAPI tool is a digital version of the questionnaires, wherein all the questionnaires were programmed onto an android based application.

All the questionnaires were initially translated into Arabic by a certified translator and adapted to suit the culture in UAE. The questionnaires were then tested for cultural applicability and sensitivity through word and pilot testing of the questionnaires before programming onto the CAPI tool.

After all the questionnaires were finalized, they were programmed on the CAPI tool. The application was thoroughly tested, validated and piloted before introducing into the main survey. The application was installed onto mobile tablet computers to be used by the field interviewers and was capable of collecting data even when the tablets were not connected to the internet. Data from all the interviews conducted during the daytime were later pushed to an electronic database at the end of each day, when the tablets were connected to the internet.

RECRUITMENT OF THE SURVEY TEAMS

The survey team for the UAE STEPS were selected and recruited at 3 main levels:

Team level comprising of 2 interviewers and 1 nurse – a total of 20 teams in the field

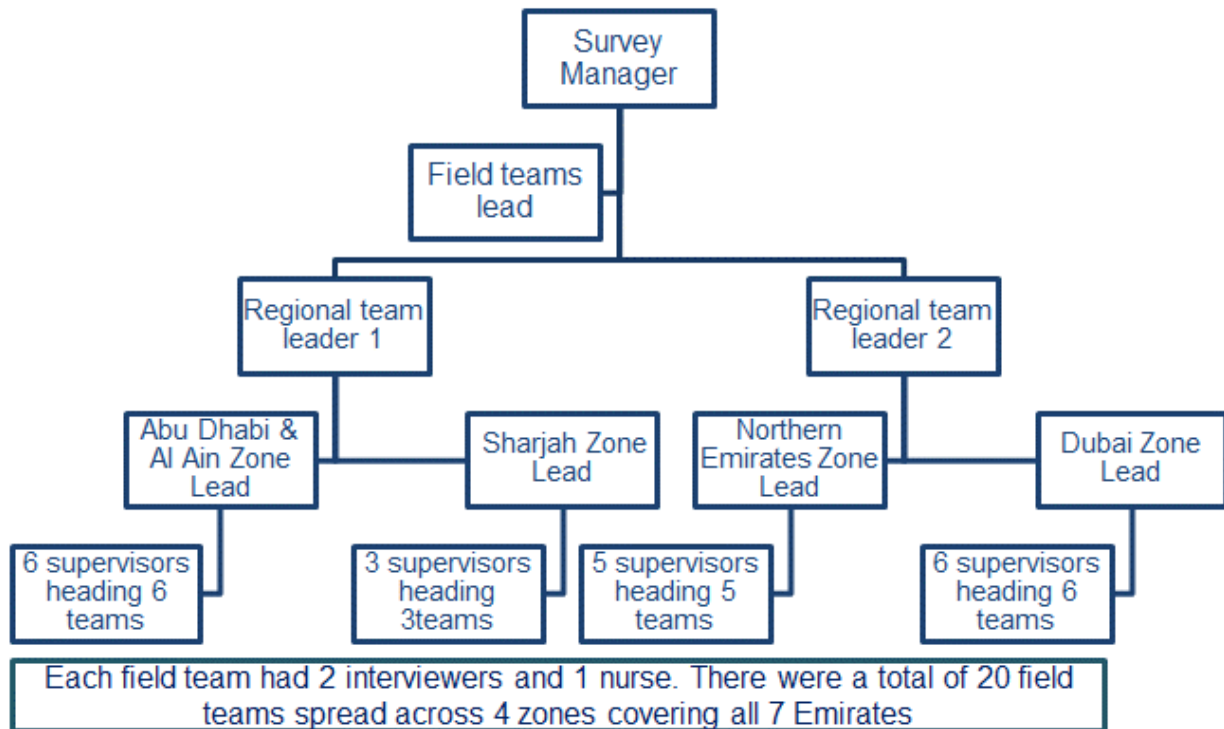
- 1) 2 Interviewers – both male and females of mixed ethnic and culture background and with prior experience in health surveys.
- 2) 1 Nurse – all females and trained in point-of-care testing to accompany the interviewers for the collecting data on physical and biochemical parameters.
- 3) 1 Field supervisor was assigned for every team to help in ground level planning and preparation before the teams can go into the households

There were Zonal level comprising of 4 zones of Abu-Dhabi & Al Ain, Dubai, Sharjah and all Northern Emirates. Each zone was managed by one zonal lead who oversaw the work of 3 to 6 supervisors depending upon the zone. There were 4 Zonal leads to oversee the work of a team of 10 supervisors

There were 2 regional team leads or field executives, who managed 2 zonal leads and supervised the work of all the teams under those zonal leads. The figure in the following page illustrates the team structure adopted for the survey.

To comply with the regulations of the law enforcement agencies in UAE, all survey team members had to mandatorily receive a police clearance and security clearance before he/she was allotted an identity card from the MOHAP and the FCSA.

Anyone not having such an authorized identity card issued both by the MOHAP and the FCSA was not allowed to participate in the field work.



TRAINING FOR STEPS SURVEY

A series of training events was conducted to ensure:

1. Highest possible standards and quality of data being collected.
2. Field teams are qualified by training, experience and education.

First, an orientation session lasting 2 days was conducted by IQVIA team to train the supervisors and field executives in preparation for conducting the training of the field interviewers and nurses. This was held in August 2017. Following this, there was a workshop organized by the Statistics and Research Center with inputs by the WHO experts from the EMRO office and was carried out in Dubai from 5th to 7th September for the survey teams. This discussed the objectives, research methodology and data collection tools used in the survey.

IQVIA and MOHAP team organized 2 main training sessions before start of the main survey field work and monthly refresher trainings.

The first training program was conducted prior to the pilot survey between 25th and 27th September for 3 days.

The pilot survey was held immediately after the first training program in 1st week of October. Based on the feedback received from the pilot study, the questionnaire and the CAPI tool was modified.

The training for the main survey fieldwork was scheduled in two batches. This was done to accommodate the large field team and also to ensure adequate ratio between trainer and trainees.

Training for batch 1 was held between 22nd and 26th October 2017 (5 days). This also included a separate 3 days training schedule for the nurses.

Training for batch 2 was held between 30th October and 2nd November 2017 (4 days).

These daily sessions involved 6 hours of training at the workshop, and an additional 2 hours home assignment each evening. After the opening session, interviewers were divided into groups including a separate group for the nurses, three of which consisted of Arabic-speaking interviewers. A detailed discussion for each of the 3 questionnaires was performed. Every question was explained for its purpose, and appropriate modes of ADMINISTRATION

TRAINING FOR PHYSICAL AND BIOCHEMICAL MEASUREMENTS

The nurses' training was focused mainly on discussing about the objectives of the survey and how to convey the need for collecting the physical, physiological and biochemical data in the survey to the public.

Their training therefore, specifically focused on the procedures for collecting the body weight, height, hip and waist circumference, heart rate, blood pressure using standardized measuring devices.

Upon successful collection of the above physical and physiological data, the nurses supposedly conducted blood tests for assessing the hemoglobin, glycosylated hemoglobin, fasting blood glucose, and fasting cholesterol assay, again using WHO approved portable devices that used finger prick blood / capillary blood to conduct these tests to provide results on-the-spot. The results of all the physical, physiological and biochemical measurements were entered into standard feedback forms that were shared back with the respondents after entering the same data onto the data collection templates of the survey.

The following table lists all the devices and instruments used to collect the physical, physiological and biochemical measurements:

Type of measurement	Device / Instrument Details
Body weight	Omron weighing scale
Body height	Stadiometer
Blood pressure & heart rate	Omron automated sphygmomanometer

Waist and hip circumference	Standard measuring tapes
Hemoglobin	HemoCue Hb201 analyzer and microcuvettes
Glycated hemoglobin (HbA1C)	BioHermes GluCoA1C Analysis System
Fasting glucose and cholesterol levels	PTS diagnostics with separate e-glucose strips and lipid panel strips

*HbA1C was done either on individuals previously diagnosed with diabetes (by oral confirmation of participant) or were currently on active diabetes treatment

All the devices and instruments used were in accordance to the WHO quality requirements for devices to be used in STEPS Surveys. Prior to the using them, these devices were calibrated and standardized after repeated measurements.

In addition to the standard devices and instruments, all the consumables such as gloves, finger pricking lancets were disposable and designed for single use. Finger prick was performed after cleaning with single use alcohol prep pads.

All the waste generated in the field was collected in the separate color-coded bags. Moreover, economical puncture proof containers were used for sharp wastes, as per the standard protocol of segregating biomedical wastes that were ultimately disposed safely.

PILOT SURVEY

A short pilot survey was undertaken in the selected households in Dubai and Abu-Dhabi during 1st week of October 2017 as an initial preparatory assessment of the survey tools and the survey teams. The findings from the pilot survey was helpful to incorporate important changes to the survey questionnaires before initiating the main survey on 12th November 2018.

QUALITY ASSURANCE DURING THE FIELDWORK

Data quality measures were put in place at all levels during the survey – starting from:

Questionnaire and CAPI Program level:

- a. Questionnaires were programmed on the CAPI tool in a manner that significantly minimized the chances of erroneous data entry

- b. Thorough testing of the CAPI tool was executed to ensure only valid and correct entries were recorded on the data collection tool, before proceeding with the field work
- c. Quality assurance in CAPI design:
 - i. Arabic translation and validation by a certified Arabic translating agency.
 - ii. Scripting and programming including randomization algorithm and branching.
 - iii. Define logic, range, skip and consistency checks.
 - iv. Most responses were close-ended and pre-coded.
 - v. Minimum free text entries.
 - vi. Modular construction and navigation rules between sections.
 - vii. User interface for data collection team.
 - viii. Full functionality testing and user acceptance testing.
 - ix. Pilot testing and further refinement of the CAPI.
- d. Final release for main survey and ongoing vigil for any bugs or functional issues.

Team level:

- e. The team was structured in a manner that could permit maximum field supervision from individual teams, to the 4 zones and 2 regions
 - i. Supervisor must ensure team members are working in the allocated clusters efficiently during the specified time for fieldwork
 - ii. Supervisor must ensure that the right respondents were interviewed
 - iii. Supervisor must do a random spot check of completed households
 - iv. Supervisor to conduct at least 1 accompanied interview per day with his team interviewers a day
 - v. Zonal Team Leader must visit an average of 1 team per day
 - vi. Field Team Leader must visit a different team each day, without giving prior notice of which team will be visited on a day
 - vii. Field Team Leader must ensure that supervisors are following all QC measures

Database level:

- f. The data entered on the tablet devices were synced at the end of each day by all interviewers to an electronic database that was maintained on a secure server which is located inside UAE.
- g. Data fed to the database too had certain preconditions and the data had several back-ups to ensure zero data loss and complete data confidentiality

- i. Server is accepting data only by means of the electronic mechanism, i.e. through devices only
- ii. Consumption of data through secured channels only.
- iii. Data at the server end is accessed only by the Authentic Users based on the access rights.
- iv. Data check points/logic at multiple layers at application server layer as well as data base layer.
- v. Data is maintained in a structured manner on the server.
- vi. Full audit-ready systems:
 - a) Server logs are maintained for possible system failures
 - b) Server resources (CPU, Memory, Storage, network Etc.) are under observation and optimized regularly.
 - c) Server capacity is designed to support concurrent users.
 - d) Database level logs are maintained so to ensure who updated what
 - e) Regular back-up of the data on the server to prevent any data-loss
 - f) Daily data backup and automatic deletion of oldest file after 7 days

In addition, the data collected on the electronic database was checked for completeness and correctness on a regular basis. Call-backs with respondents for missing entries or incomplete data was supported by the MOHAP team members, which helped to further ensure data collected was complete to the highest possible extent.

DATA PROCESSING AFTER COMPLETION OF THE FIELD WORK

After completion of field work on 30th April and verifying that no data was pending on tablets to be uploaded to electronic database, the database was locked from receiving any fresh data on 5th May 2018. The final data files was then retrieved for a detailed check and cleaning before the sampling weights were applied to discount for any non-response or low response. Summary tables from the survey data are presented in the subsequent sections.

WHO-STEPS FACTSHEET INDICATORS



UAE (184) STEPS Survey

2017-2018 Fact Sheet

The STEPS survey of Non-communicable disease (NCD) risk factors in [UAE/184] was carried out from Nov 2017-Apr 2018. [UAE/184] carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Blood glucose and cholesterol levels were checked in Step 3. The survey was a population-based survey of adults aged 18+. 10,000 Randomly selected Households across all 7 Emirates were selected as sample design was used to produce representative data for that age range in [UAE/184]. A total of 8214 adults participated in the survey. The overall response rate was 87% among Adults Participants. A repeat survey is planned for 2022-2023.

Results for adults aged 18-69 years (incl. 95% CI) (adjust if needed)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	9.1% (8.3-10.0)	15.7% (14.2-17.2)	2.4% (1.8-3.0)
Percentage who currently smoke tobacco daily	8.0% (7.2-8.8)	13.9% (12.4-15.3)	2.0% (1.4-2.5)
For those who smoke tobacco DAILY			
Average age started smoking (years)	20.2 (19.6-20.7)	20.0 (19.4-20.5)	21.6 (19.7-23.6)
Percentage of daily smokers smoking manufactured cigarettes	100.0% (100.0-100.0)	100.0% (100.0-100.0)	100.0% (100.0-100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	12.0 (10.9-13.1)	12.1 (10.9-13.2)	11.655 (-- --)*
<i>* Total number of respondents are very low = 46</i>			
Step 1 Alcohol Consumption			

Percentage who are lifetime abstainers	94.8% (94.0-95.6)	93.3% (92.0-94.6)	96.3% (95.5-97.2)
Percentage who are past 12-month abstainers	0.9% (0.6-1.2)	0.8% (0.5-1.2)	0.9% (0.5-1.3)
Percentage who currently drink (drank alcohol in the past 30 days)	2.5% (2.0-3.0)	3.7% (2.8-4.7)	1.2% (0.8-1.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	1.4% (1.0-1.8)	2.2% (1.4-3.0)	0.5% (0.2-0.8)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	5.4 (5.3-5.4)	5.2 (5.1-5.3)	5.5 (5.4-5.6)
Mean number of servings of fruit consumed on average per day	1.6 (1.5-1.7)	1.5 (1.5-1.6)	1.7 (1.6-1.7)
Mean number of days vegetables consumed in a typical week	5.8 (5.7-5.8)	5.7 (5.6-5.8)	5.9 (5.8-5.9)
Mean number of servings of vegetables consumed on average per day	1.9 (1.8-2.0)	1.9 (1.7-2.0)	2.0 (1.9-2.1)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	82.8% (81.1-84.5)	83.8% (81.7-85.9)	81.8% (79.9-83.7)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	51.7% (49.3-54.1)	47.7% (44.7-50.7)	48.9% (46.2-51.6)
Percentage who always or often eat processed foods high in salt	19.9% (18.2-21.5)	20.3% (18.0-22.6)	19.4% (17.4-21.4)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	70.8% (69.0-72.6)	66.8% (64.5-69.1)	74.8% (72.5-77.1)

Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	0.0 0.0-25.7	0.0 0.0-30	0.0 0.0-20
Percentage not engaging in vigorous activity	90.5% (89.5-91.4)	87.3% (85.9-88.8)	93.6% (92.4-94.8)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			14.6% (12.6-16.6)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	27.8 (27.6-28.0)	27.8 (27.5-28.1)	27.9 (27.5-28.2)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	67.9% (66.0-69.8)	70.8% (68.1-73.4)	64.9% (62.2-67.6)
Percentage who are obese (BMI ≥ 30 kg/m ²)	27.8% (26.1-29.4)	25.1% (22.8-27.4)	30.6% (28.1-33.0)
Average waist circumference (cm)	NA	97.2 (96.4-98.0)	90.5 (89.7-91.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	121.5 (120.8-122.2)	127.1 (126.2-127.9)	115.8 (114.9-116.7)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81.9 (81.4-82.4)	84.5 (83.9-85.2)	79.2 (78.6-79.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	28.8% (27.0-30.6)	37.8% (35.1-40.6)	19.5% (17.5-21.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	72.5% (69.4-75.7)	74.9% (71.2-78.6)	67.8% (62.4-73.3)
Step 3 Biochemical Measurement			

Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	103.8 (102.1-105.4)	106.1 (103.6-108.6)	101.4 (99.3-103.6)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> • plasma venous value ≥ 6.1 mmol/L (110 mg/dl) and < 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and < 6.1 mmol/L (110 mg/dl) 	11.7% (10.0-13.3)	13.6% (11.3-15.9)	9.7% (7.8-11.6)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) 	11.8% (10.3-13.3)	13.3% (11.2-15.4)	10.3% (8.4-12.2)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	182.3 (180.0-184.6)	181.1 (178.3-184.0)	183.5 (180.3-186.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	43.7% (41.3-46.0)	44.4% (41.2-47.6)	42.9% (39.8-46.1)
Mean intake of salt per day (in grams)	NA	NA	NA
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk $\geq 30\%$, or with existing CVD**	2.7% 1.7-3.7	3.6% 1.9-5.2	1.7% 0.7-2.7
Summary of combined risk factors			
<ul style="list-style-type: none"> <li style="width: 50%;">• current daily smokers <li style="width: 50%;">• overweight (BMI ≥ 25 kg/m²) <li style="width: 50%;">• less than 5 servings of fruits & vegetables per day <li style="width: 50%;">• raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) <li style="width: 50%;">• insufficient physical activity 			
Percentage with none of the above risk factors	1.5% (0.9-2.0)	1.8% (0.9-2.6)	1.1% (0.6-1.7)

Percentage with three or more of the above risk factors, aged 18 to 44 years	49.5% (47.1-51.9)	54.4% (50.9-58.0)	45.1% (42.0-48.2)
Percentage with three or more of the above risk factors, aged 45 to 69 years	61.7% (58.0-65.5)	63.3% (58.2-68.4)	59.3% (53.6-65.1)
Percentage with three or more of the above risk factors, aged 18 to 69 years	52.5% (50.5-54.6)	57.1% (54.2-60.0)	47.9% (45.3-50.6)

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

WHO-TOBACCO FACTSHEET INDICATORS

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	"9.3%	"15.9%	"2.5%
Current daily tobacco users	"8.1%	"14.1%	"2.0%
Current tobacco smokers			
Current tobacco smokers	9.1% (8.3-10.0)	15.7% (14.2-17.2)	2.4% (1.8-3.0)
Current cigarette smokers ²	6.3% (5.6-7.1)	11.1% (9.8-12.5)	1.6% (1.1-2.1)
Current daily tobacco smokers	8.0% (7.2-8.8)	13.9% (12.4-15.3)	2.0% (1.4-2.5)
Current daily cigarette smokers	5.8% (5.1-6.5)	10.2% (8.9-11.5)	1.4% (1.0-1.9)
Average age started tobacco smoking (years)	20.2 (19.6-20.7)	20.0 (19.4-20.5)	21.6 (19.7-23.6)
Average number of cigarettes smoked per day (among daily cigarette smokers)	12.0 (10.9-13.1)	12.1 (10.9-13.2)	11.655 (---)*
* Total number of respondents are very low = 46			
Current smokeless tobacco users			
Current smokeless tobacco users	0.4% (0.2-0.6)	0.7% (0.3-1.0)	0.1% (0.0-0.3)
Current daily smokeless tobacco users	0.3% (0.2-0.5)	0.5% (0.2-0.8)	0.1% (0.0-0.3)

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Current non-users (smoked and/or smokeless)¹			
Former tobacco users ³	NA	NA	NA
Former tobacco smokers ⁴	"2.6% (2.0-3.1)"	"4.0% (3.1-4.9)"	"1.1% (0.6-1.6)"
Never users	NA	NA	NA
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home [*]	6.2% (5.5-6.9)	7.2% (6.2-8.2)	5.2% (4.4-5.9)
Adults exposed to second-hand smoke in the closed areas in their workplace [*]	"5.6% (4.6-6.5)"	"7.3% (5.8-8.8)"	"3.8% (2.9-4.7)"
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	"42.2% (37.6-46.8)"	"42.3% (37.5-47.1)"	"41.6% (30.5-52.8)"
Current smokers advised by a health care provider to stop smoking in past 12 months ⁵	"28.6% (24.5-32.7)"	"29.3% (25.0-33.6)"	"24.4% (14.5-34.3)"
Health Warnings			
Current smokers who thought about quitting because of a warning label [*]	"59.1% (53.7-64.4)"	"57.2% (51.6-62.7)"	"72.5% (59.8-85.2)"
Adults who noticed anti-cigarette smoking information on the television or radio [*]	"58.4% (56.3-60.4)"	"58.1% (55.5-60.7)"	"58.7% (56.0-61.3)"
Adults who noticed anti-cigarette smoking information in newspapers or magazines [*]	"43.2% (41.0-45.3)"	"44.8% (42.1-47.5)"	"41.5% (38.8-44.2)"
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold [*]	NA	NA	NA
Adults who noticed any cigarette promotions [*]	NA	NA	NA
Economics	Local Currency [XXX]		

Results for adults aged 18-69 years	Overall	Males	Females
	% (95% CI)	% (95% CI)	% (95% CI)
Average amount spent on 20 manufactured cigarettes [AED]	60.1 (43.7-76.6)		
Average monthly expenditure on manufactured cigarettes [AED]	882.8		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2016] ⁶	4.4		

1 Current use refers to daily and less than daily use. 2 Includes manufactured cigarettes and hand-rolled cigarettes. Adapted for other products as per country situation. 3 Current non-users. 4 Current non-smokers. 5 Among those who visited a health care provider in past 12 months. 6 [Source and year for per capita GDP]. * During the past 30 days. † Promotions include free cigarette sample, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in mail. Adults refer to persons age 18-69 years. Data have been weighted to be nationally representative of all men and women age 18-69 years. Technical assistance for the survey was provided by the World Health Organization (WHO). This document has been produced with a partial grant from the CDC Foundation, with financial support from the Bloomberg Initiative to Reduce Tobacco Use, a program of Bloomberg Philanthropies. The contents of this document are the sole responsibility of the authors and can under no circumstances be regarded to reflect the positions of the CDC Foundation.

In the following sections, the main findings of the interviews with the survey participants are presented.

In total 10,000 households have been approached using the sample frame provided by the FCSA across the 7 Emirates. Of these, we managed to secure the participation of 9,171 households who were successfully interviewed, yielding a response rate of 91.7% among households; The STEPS survey represents data collected from the adults' participants in those households.

Using a software program embedded within the electronic data collection, one adult member aged 18 years and above was randomly selected for participation in the survey.

A total of 8,188 individuals (weighted numbers) responded to the adult questionnaire. The following tables and sections describe the key characteristics of these respondents.

SUMMARY DEMOGRAPHICS AND RESPONSE PROPORTIONS

Table 1: Summary information by age group and sex of the respondents.

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-29	928	43.2%	1219	56.8%	2147	100.00%
30-44	1913	48.6%	2024	51.4%	3937	100.00%
45-59	1051	62.2%	639	37.8%	1690	100.00%
60-69	251	60.6%	163	39.4%	414	100.00%
18-69	4143	50.6%	4045	49.4%	8188	100.00%

Table 2: Summary information by age group and nationality of the respondents.

Age group and nationality of respondents						
Age Group (years)	Nationals		Non-Nationals		Both Sexes	
	n	%	n	%	n	%
18-29	407	19.0%	1740	81.0%	2147	100.00%
30-44	428	10.9%	3509	89.1%	3937	100.00%
45-59	186	11.0%	1504	89.0%	1690	100.00%
60-69	108	26.2%	305	73.8%	414	100.00%
18-69	1129	13.8%	7059	86.2%	8188	100.00%

Table 3: Mean number of years of education among respondents.

Mean number of years of education							
Age Group (years)	Men		Women		Both Sexes		
	n	Mean	n	Mean	n	Mean	
18-29	722	14.0	969	14.6	1691	14.4	
30-44	1847	14.6	2170	14.7	4017	14.6	
45-59	985	13.9	783	12.5	1768	13.3	
60-69	339	10.0	269	5.6	608	8.0	
18-69	3893	13.9	4191	13.7	8084	13.8	

Table 4: Highest level of education achieved by the survey respondents.

Highest level of education								
Age Group (years)	Men							
	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	730	0.8	0	2.7	7	24	46.4	6.6
30-44	1868	1.3	0.3	2.5	5.2	16.6	51.4	12.3
45-59	996	1.7	0.2	6.2	8.4	19.9	42.1	11.5
60-69	350	19.4	3.1	15.7	6.3	13.7	24.3	9.7
18-69	3944	2.9	0.5	4.7	6.4	18.5	45.6	10.8

Highest level of education								
Women								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	980	0.6	0.2	1.7	4.9	18.8	54.6	7.9
30-44	2207	1	0.2	2.7	5.6	16.6	51.7	12.1
45-59	796	6.9	1.5	8.5	10.4	18.7	36.9	6.9
60-69	283	47.7	4.6	16.3	5.7	7.8	11	3.5
18-69	4266	5.1	0.8	4.5	6.4	16.9	46.9	9.6

Highest level of education								
Both Sexes								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
18-29	1710	0.7	0.1	2.2	5.8	21	51.1	7.4
30-44	4075	1.1	0.3	2.6	5.4	16.6	51.5	12.2
45-59	1792	4	0.8	7.3	9.3	19.4	39.8	9.5
60-69	633	32.1	3.9	16	6	11.1	18.3	7
18-69	8210	4	0.6	4.6	6.4	17.7	46.3	10.2

Table 5: Marital status of survey respondents.

Marital status						
Age Group (years)	Men					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	730	65.1	34.4	0.1	0.4	0.0
30-44	1868	9.0	89.7	0.4	0.6	0.3
45-59	996	2.6	94.1	1.4	1.5	0.4
60-69	350	0.6	87.4	1.1	2.0	8.9
18-69	3944	17.0	80.3	0.7	0.9	1.0

Marital status						
Age Group (years)	Women					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	980	29.0	68.9	1.1	1.0	0.0
30-44	2207	5.4	89.3	1.7	2.5	1.1
45-59	796	4.1	82.4	2.3	3.0	8.2
60-69	283	2.5	41.0	1.4	2.5	52.7
18-69	4266	10.4	80.1	1.7	2.3	5.6

Marital status						
Age Group (years)	Both Sexes					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	1710	44.4	54.2	0.7	0.8	0.0
30-44	4075	7.1	89.5	1.1	1.6	0.7
45-59	1792	3.3	88.9	1.8	2.2	3.9
60-69	633	1.4	66.7	1.3	2.2	28.4
18-69	8210	13.6	80.2	1.2	1.6	3.4

Table 6: Proportion of respondents in paid employment and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed.

Employment status						
Men						
Age Group (years)	n	% Government employee	% Non- government employee	% Semi- State	% Self- employed	% Informal Employment
18-29	531	32.2	54.0	9.4	4.0	0.4
30-44	1821	26.9	62.4	6.8	3.6	0.3
45-59	967	31.1	52.9	7.9	7.3	0.7
60-69	326	47.5	31.3	7.1	12.0	2.1
18-69	3645	30.6	55.9	7.5	5.4	0.6

Employment status						
Women						
Age Group (years)	n	% Government employee	% Non- government employee	% Semi- State	% Self- employed	% Informal Employment
18-29	352	25.9	64.2	7.7	1.7	0.6
30-44	1234	25.2	64.7	7.5	2.3	0.3
45-59	357	31.4	58.5	4.5	4.8	0.8
60-69	34	38.2	50.0	0.0	8.8	2.9
18-69	1977	26.7	63.3	6.8	2.7	0.5

Employment status						
Both Sexes						
Age Group (years)	n	% Government employee	% Non- government employee	% Semi- State	% Self- employed	% Informal Employment
18-29	883	29.7	58.1	8.7	3.1	0.5
30-44	3055	26.2	63.3	7.0	3.1	0.3
45-59	1324	31.2	54.5	6.9	6.6	0.8
60-69	360	46.7	33.1	6.4	11.7	2.2
18-69	5622	29.2	58.5	7.2	4.5	0.6

Table 7: Proportion of respondents in unpaid work or Not working.

Unpaid work and unemployed								
Men								
Age Group (years)	n	Homemak er\Caring for family	Cannot find a job	Do voluntar y work (not paid)	Studying / training	Health problem s/Disable d	Taking care of family member	Do not have the economic need
18-29	208	3.8	20.2	0.5	51.9	3.4	0.0	3.4
30-44	76	46.1	18.4	0.0	2.6	11.8	0.0	0.0
45-59	115	21.7	7.8	0.0	1.7	7.8	3.5	4.3
60-69	191	13.1	0.5	0.0	0.0	5.8	0.0	3.7
18-69	590	15.8	11.2	0.2	19.0	6.1	0.7	3.2

Unpaid work and unemployed								
Men								
Age Group (years)	n	My family/spouse doesn't want me to work	Retired / too old to work	Laid off / made redundant	Seasonal Work	Vacation / sick leave / voluntary & temporary time off	He has no profession or qualification	Other reasons
18-29	208	0.5	0.0	1.0	0.5	0.0	1.9	13.0
30-44	76	2.6	6.6	1.3	0.0	1.3	2.6	6.6
45-59	115	0.0	47.0	0.9	0.9	0.0	0.0	4.3
60-69	191	1.6	72.8	0.5	0.5	0.0	0.0	1.6
18-69	590	1.0	33.6	0.8	0.5	0.2	1.0	6.8

Unpaid work and unemployed								
Women								
Age Group (years)	n	Homemaker\Caring for family	Cannot find a job	Do voluntary work (not paid)	Studying / training	Health problems/Disabled	Taking care of family member	Do not have the economic need
18-29	667	59.7	7.8	0.0	18.3	0.4	3.4	1.5
30-44	1152	81.5	4.3	0.0	0.4	0.6	3.0	1.5
45-59	526	80.2	1.7	0.4	0.2	0.4	5.1	1.9
60-69	264	73.1	0.4	0.0	0.4	1.5	2.7	2.3
18-69	2609	74.8	4.3	0.1	4.9	0.6	3.5	1.6

Unpaid work and unemployed								
Women								
Age Group (years)	n	My family/spouse doesn't want me to work	Retired / too old to work	Laid off / made redundant	Seasonal Work	Vacation / sick leave / voluntary & temporary time off	He has no profession or qualification	Other reasons
18-29	667	4.2	0.0	0.1	0.3	0.1	0.6	3.4
30-44	1152	6.8	0.1	0.1	0.1	0.3	0.4	1.0
45-59	526	5.3	3.2	0.0	0.2	0.2	0.4	0.8
60-69	264	3.0	12.9	0.0	0.0	0.0	2.7	1.1
18-69	2609	5.4	2.0	0.1	0.2	0.2	0.7	1.6

Unpaid work and unemployed								
Both Sexes								
Age Group (years)	n	Homemaker\Caring for family	Cannot find a job	Do voluntary work (not paid)	Studying / training	Health problems/Disabled	Taking care of family member	Do not have the economic need
18-29	875	46.4	10.7	0.1	26.3	1.1	2.6	1.9
30-44	1228	79.3	5.1	0.0	0.6	1.3	2.8	1.4
45-59	641	69.7	2.8	0.3	0.5	1.7	4.8	2.3
60-69	455	47.9	0.4	0.0	0.2	3.3	1.5	2.9
18-69	3199	63.9	5.5	0.1	7.5	1.6	3.0	1.9

Unpaid work and unemployed								
Both Sexes								
Age Group (years)	n	My family/spouse doesn't want me to work	Retired / too old to work	Laid off / made redundant	Seasonal Work	Vacation / sick leave / voluntary & temporary time off	He has no profession or qualification	Other reasons
18-29	875	3.3	0.0	0.3	0.3	0.1	0.9	5.7
30-44	1228	6.5	0.5	0.2	0.1	0.4	0.6	1.3
45-59	641	4.4	11.1	0.2	0.3	0.2	0.3	1.4
60-69	455	2.4	38.0	0.2	0.2	0.0	1.5	1.3
18-69	3199	4.6	7.8	0.2	0.2	0.2	0.8	2.5

Table 8: Mean reported per capita annual income of respondents (Age >=18) in local currency.

Mean annual per capita income	
n	Mean
5570	160, 855 AED

Table 9: Summary of participant household earnings by quintile.

Estimated household earnings					
n	Less than or equal to 5000 AED	5001-10,000 AED	10,001 - 15,000 AED	15,001 - 20,000 AED	20,001 AED - and more
8181	12.3%	26.1%	19.5%	14.2%	27.8%

The above table shows that More than 85% of households surveyed had monthly income above AED5000 with almost 30% households having income above AED20000.

TOBACCO USE

Table 10: Current smokers among all respondents.

Percentage of current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18-29	718	18.6	15.0-22.1	965	2.0	0.9-3.1	1683	9.1	7.5-10.8
30-44	1839	17.3	15.1-19.5	2153	2.7	1.9-3.5	3992	9.8	8.6-10.9
45-59	975	12.2	9.6-14.8	778	1.9	0.7-3.1	1753	8.3	6.7-10.0
60-69	344	7.2	3.9-10.4	276	3.8	0.2-7.3	620	5.8	3.5-8.2
18-69	3876	15.7	14.2-17.2	4172	2.4	1.8-3.0	8048	9.1	8.3-10.0

Table 11: Smoking status of all respondents.

Smoking status									
Age Group (years)	Men								
	n	Current smoker				Non-smokers			
% Daily		95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI	
18-29	718	16.9	13.4-20.3	1.7	0.7-2.7	2.6	0.5-4.6	78.9	74.9-82.8
30-44	1839	14.8	12.7-16.9	2.5	1.6-3.4	3.7	2.4-4.9	79.1	76.6-81.5
45-59	975	11.3	8.8-13.8	0.9	0.2-1.6	5.1	3.2-6.9	82.7	79.6-85.8
60-69	344	6.5	3.5-9.6	0.6	0.0-1.7	7.6	3.8-11.5	85.2	80.3-90.2
18-69	3876	13.9	12.4-15.3	1.8	1.3-2.3	4.0	3.1-4.9	80.3	78.6-82.0

Smoking status									
Women									
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	965	1.5	0.6-2.4	0.5	0.0-1.1	1.5	0.4-2.7	96.5	94.9-98.0
30-44	2153	2.2	1.5-3.0	0.5	0.2-0.8	1.1	0.5-1.7	96.2	95.2-97.2
45-59	778	1.8	0.7-2.9	0.1	0.0-0.4	0.3	0.0-0.8	97.8	96.5-99.0
60-69	276	3.8	0.2-7.3	0.0	0.0-0.0	0.0	0.0-0.0	96.2	92.7-99.8
18-69	4172	2.0	1.4-2.5	0.4	0.2-0.7	1.1	0.6-1.6	96.5	95.8-97.3

Smoking status									
Both Sexes									
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	1683	8.1	6.5-9.7	1.0	0.5-1.6	2.0	0.9-3.1	88.9	86.9-90.8
30-44	3992	8.3	7.2-9.4	1.5	1.0-1.9	2.4	1.6-3.1	87.9	86.5-89.2
45-59	1753	7.7	6.1-9.3	0.6	0.2-1.1	3.3	2.1-4.4	88.4	86.5-90.4
60-69	620	5.5	3.2-7.7	0.4	0.0-1.0	4.6	2.3-7.0	89.5	86.2-92.9
18-69	8048	8.0	7.2-8.8	1.1	0.8-1.4	2.6	2.0-3.1	88.3	87.3-89.3

Table 12: Percentage of current daily smokers among smokers.

Current daily smokers among smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
18-29	140	90.5	84.9-96.0	17	74.0	50.0-98.0	157	88.4	82.7-94.1
30-44	331	85.5	80.6-90.5	49	81.5	69.7-93.3	380	85.0	80.5-89.5
45-59	136	92.5	86.7-98.3	13	92.5	81.0-100.0	149	92.5	87.1-97.8
60-69	28	91.3	77.0-100.0	6	100.0	100.0-100.0	34	93.5	82.7-100.0
18-69	635	88.4	85.3-91.5	85	82.2	72.8-91.6	720	87.6	84.5-90.6

Table 13: Mean age of initiation and mean duration of smoking, in years, among daily smokers (no total age group for mean duration of smoking as age influences these values).

Mean age started smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-29	124	17.9	17.3-18.5	12	19.0	16.6-21.4	136	18.0	17.4-18.6
30-44	290	20.1	19.4-20.8	39	21.2	19.6-22.8	329	20.2	19.6-20.9
45-59	127	21.8	20.4-23.2	11	25.5	17.6-33.4	138	22.1	20.7-23.6
60-69	26	24.5	19.6-29.4	6	25.1	9.8-40.4	32	24.7	19.3-30.0
18-69	567	20.0	19.4-20.5	68	21.6	19.7-23.6	635	20.2	19.6-20.7

Mean duration of smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-29	124	7.7	6.8-8.6	12	7.3	5.2-9.4	136	7.7	6.9-8.5
30-44	290	16.3	15.5-17.1	39	14.1	12.0-16.1	329	16.0	15.3-16.7
45-59	127	28.8	27.3-30.2	11	25.5	17.8-33.1	138	28.5	27.0-30.0
60-69	26	42.2	36.7-47.8	6	39.7	22.8-56.5	32	41.5	35.5-47.6

Table 14: Percentage of smokers who use manufactured cigarettes among daily smokers and among current smokers.

Manufactured cigarette smokers among daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-29	75	100.0	100.0-100.0	9	100.0	100.0-100.0	84	100.0	100.0-100.0
30-44	208	100.0	100.0-100.0	25	100.0	100.0-100.0	233	100.0	100.0-100.0
45-59	94	100.0	100.0-100.0	9	100.0	100.0-100.0	103	100.0	100.0-100.0
60-69	18	100.0	100.0-100.0	5	100.0	100.0-100.0	23	100.0	100.0-100.0
18-69	395	100.0	100.0-100.0	48	100.0	100.0-100.0	443	100.0	100.0-100.0

Manufactured cigarette smokers among current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
18-29	83	100.0	100.0-100.0	10	100.0	100.0-100.0	93	100.0	100.0-100.0
30-44	228	100.0	100.0-100.0	28	100.0	100.0-100.0	256	100.0	100.0-100.0
45-59	96	100.0	100.0-100.0	10	100.0	100.0-100.0	106	100.0	100.0-100.0
60-69	20	100.0	100.0-100.0	5	100.0	100.0-100.0	25	100.0	100.0-100.0
18-69	427	100.0	100.0-100.0	53	100.0	100.0-100.0	480	100.0	100.0-100.0

Table 15: Mean amount of tobacco used by daily smokers per day, by type.

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	74	12.3	9.5-15.2	2	20.0	(---)*	--	---	(---)*
30-44	200	11.7	10.3-13.2	--	---	(---)*	3	1.8	(---)*
45-59	87	12.5	10.0-14.9	2	2.0	(---)*	1	10.0	(---)*
60-69	18	12.9	7.9-18.0	1	2.0	(---)*	1	2.0	(---)*
18-69	379	12.1	10.9-13.2	5	7.1	(---)*	5	2.5	(---)*

* Total number of respondents are very low = 5

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of Medwakh	95% CI
18-29	--	--.---	(-- --)*	4	2.0	(-- --)**	25	7.2	3.7-10.7
30-44	1	10.0	(-- --)*	18	2.4	(-- --)**	22	10.3	5.6-15.1
45-59	2	5.4	(-- --)*	7	2.4	(-- --)**	2	11.7	3.1-20.2
60-69	1	5.0	(-- --)*	1	2.0	(-- --)**	3	4.4	3.1-5.6
18-69	4	6.4	(-- --)*	30	2.3	(-- --)**	52	8.1	5.4-10.7

* Total number of respondents are very low = 4

** Total number of respondents are very low = 30.

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	9	14.1	(-- --)*	0	0	0	0	0	0
30-44	24	8.8	(-- --)*	0	0	0	0	0	0
45-59	8	15.6	(-- --)*	0	0	0	0	0	0
60-69	5	13.7	(-- --)*	0	0	0	0	0	0
18-69	46	11.7	(-- --)*	0	0	0	0	0	0

* Total number of respondents are very low = 46

Mean amount of tobacco used by daily smokers by type									
Women									
Age Group (years)									
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of Medwakh	95% CI
18-29	0	0	0	1	2.0	(---)**	0	0	0
30-44	0	0	0	6	2.0	(---)**	0	0	0
45-59	0	0	0	2	2.2	(---)**	0	0	0
60-69	0	0	0	0	0	(---)**	0	0	0
18-69	0	0	0	9	2.0	(---)**	0	0	0

** Total number of respondents are very low = 9.

Mean amount of tobacco used by daily smokers by type									
Both Sexes									
Age Group (years)									
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	83	12.6	9.9-15.2	2	20.0	(---)*	--	--	(---)*
30-44	224	11.4	10.1-12.7	--	--	(---)*	3	1.8	(---)*
45-59	95	12.8	10.4-15.2	2	2.0	(---)*	1	10.0	(---)*
60-69	23	13.2	9.0-17.4	1	2.0	(---)*	1	2.0	(---)*
18-69	425	12.0	10.9-13.1	5	7.1	(---)*	5	2.5	(---)*

* Total number of respondents are very low = 5

Mean amount of tobacco used by daily smokers by type									
Both Sexes									
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of Medwakh	95% CI
18-29	--	--.---	(-- --)*	5	2.0	(-- --)**	25	7.2	3.7-10.7
30-44	1	10.0	(-- --)*	24	2.3	1.8-2.8	22	10.3	5.6-15.1
45-59	2	5.4	(-- --)*	9	2.4	1.8-2.9	2	11.7	3.1-20.2
60-69	1	5.0	(-- --)*	1	2.0	(-- --)**	3	4.4	3.1-5.6
18-69	4	6.4	(-- --)*	39	2.2	1.9-2.6	52	8.1	5.4-10.7

* Total number of respondents are very low = 4

** Total number of respondents are very low = 6

Table 16: Percentage of current smokers who smoke each of the following products.

Percentage of current smokers smoking each of the following products							
Men							
Age Group (years)	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	140	62.5	52.8-72.2	0.6	0.0-1.4	0.7	0.0-1.9
30-44	331	72.7	66.7-78.6	0.0	0.0-0.0	0.5	0.0-1.3
45-59	136	72.4	63.1-81.7	1.5	0.0-3.6	2.4	0.0-6.8
60-69	28	70.1	51.5-88.7	3.4	0.0-10.1	1.2	0.0-3.7
18-69	635	69.8	65.2-74.5	0.5	0.0-1.1	1.0	0.0-2.0

Percentage of current smokers smoking each of the following products							
Age Group	Men						
(years)	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Medwakh	95% CI
18-29	140	0.0	0.0-0.0	9.5	10.5-25.3	17.9	10.5-25.3
30-44	331	0.2	0.0-0.5	8.1	2.4-6.6	4.5	2.4-6.6
45-59	136	2.8	0.0-5.8	6.1	0.0-1.9	0.9	0.0-1.9
60-69	28	1.9	0.0-5.5	4.8	0.0-27.5	13.4	0.0-27.5
18-69	635	0.7	0.1-1.3	8.0	5.2-10.0	7.6	5.2-10.0

Percentage of current smokers smoking each of the following products							
Age Group	Women						
(years)	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	17	71.7	50.8-92.5	0	0	0	0
30-44	49	62.8	48.3-77.3	0	0	0	0
45-59	13	83.6	64.1-100.0	0	0	0	0
60-69	6	97.5	92.1-100.0	0	0	0	0
18-69	85	69.8	60.5-79.1	0	0	0	0

Percentage of current smokers smoking each of the following products							
Age Group	Women						
(years)	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Medwakh	95% CI
18-29	17	6.7	0.0-19.8	13.9	0.0-28.0	0	0
30-44	49	0.0	0.0-0.0	22.1	11.8-32.4	0	0
45-59	13	0.0	0.0-0.0	7.6	0.0-19.2	0	0
60-69	6	0.0	0.0-0.0	0.0	0.0-0.0	0	0
18-69	85	1.7	0.0-5.0	16.8	10.1-23.6	0	0

Percentage of current smokers smoking each of the following products							
Age Group		Both Sexes					
(years)	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	157	63.6	54.6-72.6	0.5	0.0-1.2	0.6	0.0-1.7
30-44	380	71.3	65.7-76.8	0.0	0.0-0.0	0.5	0.0-1.1
45-59	149	73.3	64.7-82.0	1.4	0.0-3.3	2.2	0.0-6.2
60-69	34	77.1	62.1-92.1	2.5	0.0-7.5	0.9	0.0-2.7
18-69	720	69.8	65.5-74.1	0.5	0.0-1.0	0.8	0.0-1.7

Percentage of current smokers smoking each of the following products							
Age Group		Both Sexes					
(years)	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Medwakh	95% CI
18-29	157	0.8	0.0-2.4	10.0	4.9-15.1	15.7	9.3-22.2
30-44	380	0.1	0.0-0.4	10.1	6.6-13.6	3.9	2.1-5.7
45-59	149	2.5	0.0-5.3	6.2	2.2-10.3	0.8	0.0-1.7
60-69	34	1.4	0.0-4.1	3.6	0.0-10.2	10.0	0.0-20.9
18-69	720	0.8	0.1-1.5	9.1	6.7-11.6	6.6	4.5-8.7

Table 17: Percentage of daily cigarette smokers smoking given quantities of manufactured or hand-rolled cigarettes per day.

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Men										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	80	27.6	16.2-39.1	23.8	12.4-35.3	10.3	2.5-18.2	29.6	17.8-41.5	8.5	2.0-15.1
30-44	219	21.8	15.5-28.1	20.2	13.7-26.7	23.9	16.7-31.1	31.3	24.0-38.7	2.7	0.3-5.2
45-59	92	23.0	12.3-33.6	26.0	14.9-37.0	12.8	4.5-21.0	32.1	20.2-44.0	6.3	1.6-10.9
60-69	21	5.8	0.0-15.1	39.4	12.2-66.6	26.8	2.9-50.6	22.2	1.4-43.1	5.9	0.0-14.8
18-69	412	22.9	18.2-27.7	22.8	17.6-28.1	18.5	13.5-23.5	30.8	25.4-36.2	4.9	2.6-7.2

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Women										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	10	41.6	5.1-78.0	14.2	0.0-33.8	9.3	0.0-27.6	21.6	0.0-52.9	13.3	0.0-33.0
30-44	27	31.1	10.7-51.5	16.8	3.3-30.2	45.7	24.7-66.6	4.0	0.0-11.1	2.5	0.0-7.5
45-59	9	8.4	0.0-25.2	17.0	0.0-41.5	18.8	0.0-52.3	33.3	1.0-65.6	22.5	0.0-60.6
60-69	5	20.4	0.0-58.5	18.9	0.0-54.7	0.0	0.0-0.0	60.7	13.6-100.0	0.0	0.0-0.0
18-69	51	29.9	14.0-45.7	16.3	7.5-25.1	28.2	13.6-42.8	17.8	5.3-30.4	7.8	0.0-15.9

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Both Sexes										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	90	29.6	18.3-41.0	22.4	11.9-33.0	10.2	3.0-17.4	28.5	17.5-39.5	9.2	3.0-15.5
30-44	246	23.0	16.8-29.1	19.8	13.7-25.9	26.7	19.8-33.6	27.9	21.3-34.5	2.7	0.5-4.9
45-59	101	21.6	11.8-31.4	25.1	14.9-35.4	13.3	5.2-21.4	32.2	20.9-43.4	7.7	2.0-13.5
60-69	26	10.4	0.0-24.0	32.9	10.2-55.7	18.3	0.7-35.9	34.3	10.9-57.7	4.0	0.0-10.2
18-69	463	23.9	18.9-28.8	22.0	17.0-26.9	19.8	15.0-24.6	29.1	24.2-34.0	5.3	3.1-7.5

Table 18: Percentage of former daily smokers among all respondents and among ever daily smokers

Former daily smokers (who don't smoke currently) among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-29	718	2.9	0.8-5.0	965	0.4	0.0-0.9	1683	1.5	0.5-2.4
30-44	1839	2.9	2.0-3.7	2153	0.3	0.0-0.5	3992	1.5	1.1-2.0
45-59	975	4.1	2.5-5.8	778	0.0	0.0-0.1	1753	2.6	1.6-3.6
60-69	344	5.7	2.5-9.0	276	0.0	0.0-0.0	620	3.5	1.5-5.5
18-69	3876	3.4	2.6-4.2	4172	0.3	0.1-0.5	8048	1.8	1.4-2.2

Former daily smokers (who don't smoke currently) among ever daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-29	138	14.6	4.9-24.3	15	21.5	0.0-45.6	153	15.4	6.4-24.3
30-44	344	16.2	11.5-20.8	45	11.7	1.9-21.6	389	15.6	11.4-19.8
45-59	165	26.8	17.7-35.9	12	2.3	0.0-6.9	177	25.1	16.6-33.7
60-69	48	46.8	28.7-64.8	6	0.0	0.0-0.0	54	38.9	22.2-55.7
18-69	695	19.5	15.4-23.6	78	12.2	3.6-20.8	773	18.7	14.9-22.5

Table 19: Percentage of current smokers who have tried to stop smoking during the past 12 months.

Current smokers who have tried to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI
18-29	140	47.3	37.8-56.8	17	31.7	6.2-57.2	157	45.4	36.4-54.3
30-44	331	42.6	35.9-49.4	49	54.3	38.3-70.2	380	44.3	37.9-50.7
45-59	136	34.3	25.1-43.6	13	22.2	0.0-44.7	149	33.3	24.6-42.0
60-69	28	44.0	22.5-65.5	6	6.7	0.0-17.8	34	34.4	15.6-53.2
18-69	635	42.3	37.5-47.1	85	41.6	30.5-52.8	720	42.2	37.6-46.8

Table 20: 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.

Current smokers who have been advised by doctor to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI
18-29	127	26.5	17.9-35.1	17	23.4	3.5-43.4	144	26.1	18.3-33.9
30-44	299	29.3	23.6-35.0	45	22.8	9.8-35.8	344	28.4	23.0-33.7
45-59	126	30.6	20.2-41.0	13	14.9	0.0-32.6	139	29.2	19.5-38.8
60-69	25	46.2	23.8-68.7	5	60.7	14.0-100.0	30	50.2	29.1-71.2
18-69	577	29.3	25.0-33.6	80	24.4	14.5-34.3	657	28.6	24.5-32.7

Table 21 : Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among all respondents.

Current tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
18-29	566	18.6	15.0-22.1	965	2.0	0.9-3.1	1683	9.1	7.5-10.8
30-44	1439	17.6	15.4-19.8	2153	2.8	2.0-3.6	3991	10.0	8.8-11.2
45-59	795	12.5	9.9-15.2	778	1.9	0.7-3.1	1752	8.5	6.8-10.2
60-69	290	7.2	3.9-10.4	276	3.8	0.2-7.3	619	5.8	3.5-8.2
18-69	3090	15.9	14.4-17.4	4172	2.5	1.9-3.1	8045	9.3	8.4-10.1

Daily tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily users	95% CI	n	% Daily users	95% CI	n	% Daily users	95% CI
18-29	718	16.9	13.4-20.3	965	1.5	0.6-2.4	1683	8.1	6.5-9.7
30-44	1838	15.1	13.0-17.2	2153	2.3	1.6-3.1	3991	8.5	7.4-9.6
45-59	974	11.6	9.1-14.2	778	1.8	0.7-2.9	1752	7.9	6.3-9.5
60-69	343	6.5	3.5-9.6	276	3.8	0.2-7.3	619	5.5	3.2-7.7
18-69	3873	14.1	12.6-15.6	4172	2.0	1.5-2.6	8045	8.1	7.3-8.9

Current users of Smokeless tobacco									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
18-29	719	0.7	0.0-1.4	965	0.0	0.0-0.0	1684	0.3	0.0-0.6
30-44	1839	0.7	0.2-1.2	2153	0.3	0.0-0.6	3992	0.5	0.2-0.8
45-59	975	0.6	0.0-1.1	778	0.0	0.0-0.0	1753	0.3	0.0-0.7
60-69	344	0.6	0.0-1.6	276	0.0	0.0-0.0	620	0.4	0.0-0.9
18-69	3877	0.7	0.3-1.0	4172	0.1	0.0-0.3	8049	0.4	0.2-0.6

Daily Smokeless tobacco use									
Age Group (years)	Men			Women			Both Sexes		
	n	% daily users	95% CI	n	% daily users	95% CI	n	% daily users	95% CI
18-29	719	0.7	0.0-1.4	965	0.0	0.0-0.0	1684	0.3	0.0-0.6
30-44	1839	0.5	0.2-0.9	2153	0.3	0.0-0.6	3992	0.4	0.2-0.6
45-59	975	0.4	0.0-0.9	778	0.0	0.0-0.0	1753	0.3	0.0-0.5
60-69	344	0.5	0.0-1.4	276	0.0	0.0-0.0	620	0.3	0.0-0.9
18-69	3877	0.5	0.2-0.8	4172	0.1	0.0-0.3	8049	0.3	0.2-0.5

Table 22 : Percentage of respondents exposed second-hand smoke in the home in the past 30 days.

Exposed to second-hand smoke in home during the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-29	718	10.3	7.6-12.9	965	4.3	2.8-5.7	1683	6.8	5.4-8.3
30-44	1839	6.8	5.4-8.2	2153	5.8	4.7-6.9	3992	6.3	5.4-7.2
45-59	975	5.3	3.7-6.8	778	5.3	3.3-7.4	1753	5.3	4.0-6.6
60-69	344	6.9	3.4-10.3	276	3.1	1.0-5.2	620	5.4	3.2-7.6
18-69	3876	7.2	6.2-8.2	4172	5.2	4.4-5.9	8048	6.2	5.5-6.9

Table 23: Percentage of respondents exposed to second-hand smoke in the workplace in the past 30 days.

Exposed to second-hand smoke in the workplace during the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-29	684	7.4	5.1-9.8	928	3.0	1.7-4.3	1612	4.9	3.7-6.1
30-44	1773	7.9	5.7-10.1	2057	4.4	3.1-5.7	3830	6.1	4.8-7.5
45-59	935	6.4	3.1-9.7	740	3.4	1.6-5.2	1675	5.3	3.0-7.5
60-69	328	5.8	2.2-9.5	255	3.5	0.0-7.3	583	4.9	2.2-7.6
18-69	3720	7.3	5.8-8.8	3980	3.8	2.9-4.7	7700	5.6	4.6-6.5

ALCOHOL CONSUMPTION

Table 24: Alcohol consumption status of all respondents.

Alcohol consumption status									
Men									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	707	3.8	1.3-6.2	2.8	1.0-4.6	0.3	0.0-0.9	93.1	90.2-96.1
30-44	1817	4.3	2.9-5.6	2.0	1.1-2.9	1.3	0.6-1.9	92.5	90.7-94.3
45-59	960	3.2	1.7-4.8	1.9	0.7-3.1	0.7	0.0-1.4	94.1	91.9-96.3
60-69	342	1.7	0.0-3.9	1.4	0.0-3.4	0.1	0.0-0.4	96.7	93.8-99.6
18-69	3826	3.7	2.8-4.7	2.1	1.5-2.8	0.8	0.5-1.2	93.3	92.0-94.6

Alcohol consumption status									
Women									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	950	0.8	0.1-1.6	1.3	0.3-2.4	1.3	0.3-2.4	96.5	94.7-98.2
30-44	2132	1.5	0.8-2.1	1.8	1.0-2.6	0.9	0.3-1.4	95.8	94.7-97.0
45-59	772	1.4	0.3-2.5	1.5	0.3-2.8	0.3	0.0-0.9	96.8	94.9-98.7
60-69	275	0.2	0.0-0.5	0.0	0.0-0.0	0.3	0.0-0.9	99.5	98.8-100.0
18-69	4129	1.2	0.8-1.6	1.5	1.0-2.1	0.9	0.5-1.3	96.3	95.5-97.2

Alcohol consumption status									
Age Group (years)	Both Sexes								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	1657	2.1	0.9-3.3	2.0	1.0-2.9	0.9	0.2-1.6	95.0	93.4-96.6
30-44	3949	2.8	2.1-3.6	1.9	1.3-2.5	1.1	0.6-1.5	94.2	93.1-95.3
45-59	1732	2.5	1.5-3.6	1.8	0.9-2.7	0.6	0.1-1.0	95.1	93.6-96.7
60-69	617	1.1	0.0-2.4	0.9	0.0-2.1	0.2	0.0-0.5	97.8	96.0-99.6
18-69	7955	2.5	2.0-3.0	1.8	1.4-2.3	0.9	0.6-1.2	94.8	94.0-95.6

Table 25: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the last 12 months.

Stopping drinking due to health reasons									
Age Group (years)	Men			Women			Both Sexes		
	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
18-29	1	0.0	0.0-0.0	6	13.9	0.0-42.9	7	11.8	0.0-35.0
30-44	18	21.2	0.0-44.3	10	45.7	13.9-77.5	28	31.7	12.4-50.9
45-59	6	29.2	0.0-80.7	1	0.0	0.0-0.0	7	23.2	0.0-64.2
60-69	1	100.0	100.0-100.0	1	0.0	0.0-0.0	2	38.5	0.0-100.0
18-69	26	22.0	1.7-42.2	18	28.4	6.1-50.7	44	25.3	10.8-39.7

Table 26 : Frequency of alcohol consumption in the past 12 months among those respondents who drank in the last 12 months.

Frequency of alcohol consumption in the past 12 months													
Age Group (years)	Men												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	26	0.0	0.0-0.0	0.0	0.0-0.0	8.7	0.0-21.1	17.9	0.0-42.5	26.9	6.3-47.6	46.5	12.1-22.5
30-44	82	2.9	0.0-6.3	2.5	0.0-6.3	9.9	3.0-16.7	21.7	10.5-32.8	21.6	10.5-32.6	41.5	27.4-55.7
45-59	34	4.5	0.0-13.4	9.5	0.0-20.3	8.0	0.0-19.6	16.3	3.6-29.1	19.2	4.2-34.2	42.5	27.4-55.7
60-69	7	0.0	0.0-0.0	7.0	0.0-21.4	0.0	0.0-0.0	27.9	0.0-73.4	16.2	0.0-43.9	48.9	1.6-96.1
18-69	149	2.5	0.0-5.1	3.6	0.4-6.8	8.8	3.6-14.1	19.8	10.9-28.6	22.1	14.3-29.9	43.2	33.3-53.1

Frequency of alcohol consumption in the past 12 months													
Age Group (years)	Women												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	11	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0.0-0.0	18.5	0.0-43.5	35.7	3.1-68.3	45.8	16.5-12.8
30-44	44	0.4	0.0-1.1	0.0	0.0-0.0	4.9	0.0-12.1	7.9	0.0-16.8	16.6	4.4-28.7	70.2	55.2-85.3
45-59	14	0.0	0.0-0.0	12.6	0.0-33.3	10.6	0.0-28.3	7.3	0.0-21.8	31.6	1.2-62.0	37.9	11.6-64.3
60-69	1	100.0	100.0-100.0	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0-0
18-69	70	0.5	0.0-1.0	2.2	0.0-5.9	4.8	0.0-10.3	10.2	1.8-18.6	23.5	12.0-35.1	58.9	46.2-71.6

Frequency of alcohol consumption in the past 12 months													
Both Sexes													
Age Group (years)	n	% Daily	95% CI	% 5-6 days / week	95% CI	% 3-4 days / week	95% CI	% 1-2 days / week	95% CI	% 1-3 days / month	95% CI	% < once a month	95% CI
18-29	37	0.0	0.0-0.0	0.0	0.0-0.0	6.1	0.0-14.6	18.1	0.0-36.6	29.6	12.2-46.9	46.28	26.96-65.60
30-44	126	2.0	0.0-4.2	1.6	0.0-4.1	8.1	3.1-13.1	16.8	8.8-24.8	19.8	11.6-28.0	51.72	40.34-63.11
45-59	48	3.4	0.0-10.0	10.3	0.8-19.9	8.6	0.0-18.4	14.0	3.9-24.1	22.4	9.0-35.8	41.30	25.39-57.22
60-69	8	3.2	0.0-10.0	6.8	0.0-20.7	0.0	0.0-0.0	27.0	0.0-70.9	15.7	0.0-42.3	47.31	1.54-93.08
18-69	219	1.8	0.0-3.7	3.2	0.7-5.7	7.5	3.7-11.4	16.8	10.2-23.3	22.6	16.3-28.9	48.12	40.21-56.03

Table 27 : Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers.

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	15	3.5	1.4-5.5	5	3.0	20	3.4
30-44	39	4.1	2.8-5.4	16	2.2	55	3.6
45-59	20	4.5	2.9-6.1	4	4.1	24	4.5
60-69	3	2.9	0.9-4.9	1	3.0	4	2.9
18-69	77	4.0	3.2-4.9	26	2.6	103	3.7

Table 28: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers.

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	13	2.9	3	2.0	16	2.8
30-44	38	3.3	15	2.3	53	3.0
45-59	19	2.8	5	4.0	24	3.0
60-69	3	2.2	1	2.0	4	2.2
18-69	73	3.1	24	2.5	97	3.0

Table 29: Percentage of respondents with different drinking levels.

A standard drink contains approximately 10g of pure alcohol.

Drinking at high-end level among all respondents ($\geq 60g$ of pure alcohol on average per occasion among men and $\geq 40g$ of pure alcohol on average per occasion among women)									
Age Group (years)	Men			Women			Both Sexes		
	n	% $\geq 60g$	95% CI	n	% $\geq 40g$	95% CI	n	% high-end level	95% CI
18-29	703	0.0	0.0-0.1	947	0.0	0.0-0.0	1650	0.0	0.0-0.0
30-44	1802	0.2	0.0-0.6	2126	0.1	0.0-0.3	3928	0.2	0.0-0.4
45-59	956	0.2	0.0-0.5	770	0.3	0.0-0.9	1726	0.2	0.0-0.5
60-69	341	0.0	0.0-0.0	275	0.0	0.0-0.0	616	0.0	0.0-0.0
18-69	3802	0.2	0.0-0.3	4118	0.1	0.0-0.2	7920	0.1	0.0-0.2

Drinking at intermediate level among all respondents (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)									
Age Group (years)	Men			Women			Both Sexes		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	703	0.5	0.0-1.3	947	0.4	0.0-1.0	1650	0.5	0.0-0.9
30-44	1802	0.5	0.1-1.0	2126	1.0	0.4-1.5	3928	0.8	0.4-1.1
45-59	956	0.1	0.0-0.4	770	0.5	0.0-1.1	1726	0.3	0.0-0.5
60-69	341	0.0	0.0-0.0	275	0.2	0.0-0.5	616	0.1	0.0-0.2
18-69	3802	0.4	0.1-0.7	4118	0.7	0.4-1.0	7920	0.5	0.3-0.8

Drinking at lower-end level among all respondents (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)									
Age Group (years)	Men			Women			Both Sexes		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	703	1.7	0.4-3.1	947	----	----	1650	0.8	0.2-1.4
30-44	1802	2.4	1.5-3.4	2126	----	----	3928	1.2	0.7-1.6
45-59	956	2.6	1.2-4.0	770	----	----	1726	1.6	0.8-2.5
60-69	341	1.3	0.0-3.3	275	----	----	616	0.8	0.0-2.0
18-69	3802	2.3	1.6-3.0	4118	----	----	7920	1.1	0.8-1.5

Table 30: Percentage of current (past 30 days) drinkers with different drinking levels.

A standard drink contains approximately 10g of pure alcohol.

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Men							
Age Group (years)	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
18-29	13	1.6	0.0-5.1	22.5	0.0-52.6	75.9	45.7-100.0
30-44	38	7.3	0.0-16.7	15.9	3.6-28.3	76.7	60.3-93.2
45-59	19	6.7	0.0-16.6	4.4	0.0-12.6	89.0	76.6-100.0
60-69	3	0.0	0.0-0.0	0.0	0.0-0.0	100.0	100.0-100.0
18-69	73	5.9	0.1-11.8	13.6	4.5-22.7	80.5	69.1-91.8

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Women							
Age Group (years)	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
18-29	3	0.0	0.0-0.0	100.0	100.0-100.0	----	----
30-44	15	10.0	0.0-30.5	90.0	69.5-100.0	----	----
45-59	5	37.4	0.0-91.6	62.6	8.4-100.0	----	----
60-69	1	0.0	0.0-0.0	100.0	100.0-100.0	----	----
18-69	24	12.6	0.0-30.6	87.4	69.4-100.0	----	----

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Age Group (years)	Both sexes						
	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
18-29	16	1.3	0.0-4.0	38.3	9.5-67.2	60.4	31.5-89.3
30-44	53	8.0	0.0-16.4	35.7	22.4-48.9	56.3	42.1-70.5
45-59	24	11.2	0.0-24.6	12.9	1.4-24.3	75.9	59.2-92.7
60-69	4	---	0.0-0.0	7.6	0.0-18.7	92.4	81.3-100.0
18-69	97	7.4	1.5-13.3	30.0	19.7-40.2	62.6	51.3-74.0

Table 31 : Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers.

Mean maximum number of standard drinks consumed on one occasion in the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
18-29	14.0	3.7	2.8-4.7	3	2.2	---	17	3.5	---
30-44	33.0	4.7	3.1-6.3	15	2.7	---	48	4.1	---
45-59	16.0	3.1	2.1-4.1	5	3.3	---	21	3.1	---
60-69	3.0	3.0	0.7-5.4	1	5.0	---	4	3.2	---
18-69	66.0	4.1	3.1-5.0	24	2.7	---	90	3.7	---

Table 32 : Percentage of respondents who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Six or more drinks on a single occasion at least once during the past 30 days among total population									
Age Group (years)	Men			Women			Both Sexes		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-29	707	2.1	0.1-4.1	950	0.4	0.0-1.0	1657	1.2	0.2-2.1
30-44	1817	2.7	1.6-3.7	2132	0.6	0.2-1.0	3949	1.6	1.0-2.1
45-59	960	1.6	0.6-2.7	772	0.6	0.0-1.4	1732	1.2	0.5-2.0
60-69	342	1.3	0.0-3.2	275	0.0	0.0-0.0	617	0.8	0.0-2.0
18-69	3826	2.2	1.4-3.0	4129	0.5	0.2-0.8	7955	1.4	1.0-1.8

Table33 : 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.

Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of times	95% CI	n	Mean number of times	95% CI	n	Mean number of times	95% CI
18-29	10	4.2	0.6-7.9	3	1.2	-- --	13	3.6	-- --
30-44	31	2.2	1.0-3.3	9	1.7	-- --	40	2.1	-- --
45-59	13	1.2	0.9-1.5	3	1.5	-- --	16	1.2	-- --
60-69	3	1.2	0.8-1.6	0	0.0	-- --	3	1.2	-- --
18-69	57	2.4	1.2-3.6	15	1.5	-- --	72	2.2	-- --

Table 34 : Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers.

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Men										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	13	6.4	0.0-19.4	0.0	0.0-0.0	0.0	0.0-0.0	82.0	55.9-100.0	11.6	0.0-34.5
30-44	34	5.3	0.0-14.2	0.4	0.0-1.3	4.4	0.0-12.6	78.9	63.1-94.7	11.0	0.0-23.7
45-59	18	30.2	2.0-58.3	0.0	0.0-0.0	4.7	0.0-14.0	56.7	27.8-85.6	8.4	0.0-24.9
60-69	2	0.0	0.0-0.0	18.4	0.0-61.2	0.0	0.0-0.0	0.0	0.0-0.0	81.6	38.9-100.0
18-69	67	11.5	2.0-21.1	0.7	0.0-1.8	3.2	0.0-7.9	72.0	56.9-87.2	12.5	1.4-23.6

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Women										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	4	0.0	0.0-0.0	0.0	0.0-0.0	---	---	100.0	100.0-100.0	0.0	0.0-0.0
30-44	10	1.8	0.0-5.7	0.0	0.0-0.0	---	---	84.8	55.2-100.0	13.4	0.0-42.8
45-59	3	0.0	0.0-0.0	0.0	0.0-0.0	---	---	61.1	0.0-100.0	38.9	0.0-100.0
60-69	1	0.0	0.0-0.0	100.0	100.0-100.0	---	---	0.0	0.0-0.0	0.0	0.0-0.0
18-69	18	1.1	0.0-3.5	1.2	0.0-3.8	---	---	85.0	63.5-100.0	12.7	0.0-33.9

Frequency of alcohol consumption in the past 7 days											
Both Sexes											
Age Group (years)	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	17	5.3	0.0-15.5	0.0	0.0-0.0	0.0	0.0-0.0	85.0	64.3-100.0	9.6	0.0-28.4
30-44	44	4.6	0.0-11.6	0.3	0.0-1.0	3.5	0.0-10.1	80.1	66.6-93.6	11.5	0.3-22.8
45-59	21	27.5	1.7-53.3	0.0	0.0-0.0	4.3	0.0-12.8	57.1	30.3-83.9	11.1	0.0-27.3
60-69	3	0.0	0.0-0.0	24.9	0.0-71.7	0.0	0.0-0.0	0.0	0.0-0.0	75.1	28.3-100.0
18-69	85	9.8	1.9-17.7	0.8	0.0-1.8	2.7	0.0-6.5	74.2	61.3-87.1	12.6	2.9-22.2

Table 35: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers.

Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
18-29	13	0.4	0.2-0.6	4	0.3	---	17	0.4	---
30-44	34	0.3	0.2-0.4	10	0.3	---	44	0.3	---
45-59	18	0.7	0.3-1.1	3	0.1	---	21	0.6	---
60-69	2	0.2	0.0-0.5	1	0.9	---	3	0.2	---
18-69	67	0.4	0.3-0.5	18	0.3	---	85	0.4	---

Table 36 : Percentage of respondents that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers.

Consumption of unrecorded alcohol									
Age Group (years)	Men			Women			Both Sexes		
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
18-29	16	66.0	34.6-97.4	6	24.2	0.0-60.5	22	55.9	28.1-83.6
30-44	50	52.3	37.2-67.5	20	57.0	31.5-82.5	70	53.6	40.1-67.0
45-59	22	71.0	49.1-92.9	6	19.7	0.0-52.4	28	60.9	40.1-81.6
60-69	3	39.5	0.0-100.0	1	100.0	100.0-100.0	4	47.0	0.0-100.0
18-69	91	59.4	47.5-71.3	33	43.7	22.7-64.7	124	55.6	44.9-66.2

Table 37: Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current (past 30 days) drinkers.

Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
18-29	10	0.3	---	2	0.2	---	12	0.3	---
30-44	20	0.2	---	7	0.3	---	27	0.2	---
45-59	12	0.4	---	1	0.1	---	13	0.4	---
60-69	2	0.2	---	1	0.1	---	3	0.2	---
18-69	44	0.3	---	11	0.3	---	55	0.3	---

Table 38: Percentage of each type of unrecorded alcohol of all unrecorded alcohol consumed in the past 7 days among current (past 30 days) drinkers.

Unrecorded alcohol consumption during the past 7 days by type						
Men						
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surro-gate alcohol	% other
18-29	21	8.5	21.8	29.7	0.0	47.1
30-44	43	15.5	36.6	34.1	8.7	37.9
45-59	22	13.9	69.5%	61.4	0.8	28.7
60-69	3	0.0	82.6%	17.4	0.0	0.0
18-69	89	12.9	43.1%	39.4	4.4	36.3

Unrecorded alcohol consumption during the past 7 days by type						
Women						
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surro-gate alcohol	% other
18-29	2	0.0	0.0	100.0	0.0	0.0
30-44	16	0.0	82.8	3.5	11.3	13.8
45-59	2	87.7	12.3	0.0	0.0	0.0
60-69	0	0.0	0.0	100.0	0.0	0.0
18-69	20	6.8	66.2	16.2	8.9	10.9

Unrecorded alcohol consumption during the past 7 days by type						
Age Group (years)	Both Sexes					
	n	% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surro-gate alcohol	% other
18-29	23	7.60	19.5	37.1	0.0	42.1
30-44	58	11.30	49.0	25.9	9.4	31.4
45-59	24	18.63	65.8	57.5	0.8	26.9
60-69	3	0.00	76.3	23.7	0.0	0.0
18-69	109	7.60	47.3	35.1	5.2	31.7

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Table 39: Mean number of day's fruit and vegetables consumed.

Mean number of days fruit consumed in a typical week									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29	695	5.1	4.9-5.3	940	5.3	5.2-5.5	1635	5.2	5.1-5.4
30-44	1776	5.2	5.1-5.3	2106	5.5	5.4-5.6	3882	5.3	5.2-5.4
45-59	950	5.3	5.2-5.5	753	5.7	5.5-5.8	1703	5.5	5.3-5.6
60-69	332	5.7	5.4-5.9	268	5.8	5.6-6.1	600	5.7	5.5-5.9
18-69	3753	5.2	5.1-5.3	4067	5.5	5.4-5.6	7820	5.4	5.3-5.4

Mean number of days vegetables consumed in a typical week									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-29	694	5.6	5.4-5.7	936	5.7	5.5-5.8	1630	5.6	5.5-5.7
30-44	1787	5.7	5.6-5.8	2110	5.9	5.8-6.0	3897	5.8	5.7-5.9
45-59	951	5.9	5.7-6.0	763	6.0	5.9-6.2	1714	5.9	5.8-6.0
60-69	330	6.0	5.7-6.3	269	6.1	5.7-6.4	599	6.1	5.8-6.3
18-69	3762	5.7	5.6-5.8	4078	5.9	5.8-5.9	7840	5.8	5.7-5.8

Table 40: Mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day.

Mean number of servings of fruit on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	678	1.4	1.3-1.6	924	1.5	1.4-1.6	1602	1.5	1.4-1.6
30-44	1750	1.5	1.4-1.6	2070	1.7	1.6-1.8	3820	1.6	1.5-1.7
45-59	929	1.6	1.5-1.8	741	1.8	1.6-2.0	1670	1.7	1.5-1.9
60-69	323	1.7	1.4-1.9	263	1.6	1.3-1.9	586	1.6	1.4-1.8
18-69	3680	1.5	1.5-1.6	3998	1.7	1.6-1.7	7678	1.6	1.5-1.7

Mean number of servings of vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	671	1.7	1.5-1.9	916	1.8	1.7-1.9	1587	1.8	1.7-1.9
30-44	1745	1.8	1.7-1.9	2080	2.1	2.0-2.2	3825	2.0	1.8-2.1
45-59	932	2.0	1.8-2.3	756	2.0	1.9-2.2	1688	2.0	1.9-2.2
60-69	321	1.9	1.7-2.2	266	1.8	1.4-2.1	587	1.9	1.7-2.1
18-69	3669	1.9	1.7-2.0	4018	2.0	1.9-2.1	7687	1.9	1.8-2.0

Mean number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-29	691	3.1	2.8-3.4	936	3.3	3.1-3.5	1627	3.2	3.0-3.4
30-44	1780	3.3	3.1-3.5	2105	3.7	3.5-4.0	3885	3.5	3.3-3.7
45-59	947	3.6	3.3-4.0	758	3.8	3.5-4.2	1705	3.7	3.4-4.0
60-69	329	3.5	3.1-4.0	267	3.3	2.7-3.9	596	3.4	3.1-3.8
18-69	3747	3.3	3.1-3.5	4066	3.6	3.4-3.8	7813	3.5	3.3-3.6

Table 41: Frequency of fruit and/or vegetable consumption.

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	691	7.7	5.5-9.9	57.0	51.9-62.0	20.9	16.8-25.0	14.4	10.7-18.2
30-44	1780	8.1	6.0-10.2	52.0	48.6-55.4	24.6	21.9-27.3	15.3	12.8-17.9
45-59	947	4.4	1.8-6.9	53.1	48.3-57.9	23.8	19.6-28.0	18.8	14.8-22.7
60-69	329	4.4	1.6-7.3	51.6	44.0-59.2	25.4	19.1-31.8	18.6	13.0-24.1
18-69	3747	6.8	5.5-8.2	53.4	50.8-55.9	23.6	21.5-25.6	16.2	14.1-18.3

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Women								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	936	7.1	5.1-9.1	49.0	44.5-53.4	29.0	24.5-33.5	15.0	12.0-17.9
30-44	2105	4.3	3.4-5.3	46.0	43.0-49.0	30.7	27.7-33.7	18.9	16.4-21.5
45-59	758	3.7	2.1-5.3	48.0	42.9-53.1	26.0	21.2-30.8	22.3	18.2-26.4
60-69	267	5.2	1.2-9.2	57.8	49.1-66.5	19.9	12.6-27.2	17.1	10.1-24.2
18-69	4066	5.1	4.3-5.9	47.7	45.2-50.2	29.0	26.6-31.5	18.2	16.3-20.1

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Both Sexes								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	1627	7.3	5.8-8.9	52.4	49.0-55.9	25.5	22.2-28.8	14.7	12.4-17.1
30-44	3885	6.2	5.0-7.4	48.9	46.5-51.3	27.8	25.5-30.0	17.2	15.1-19.3
45-59	1705	4.1	2.4-5.8	51.2	47.3-55.0	24.6	21.3-27.9	20.1	16.9-23.3
60-69	596	4.7	2.4-7.1	54.1	48.3-59.9	23.2	18.5-27.9	18.0	13.5-22.4
18-69	7813	6.0	5.2-6.8	50.5	48.5-52.6	26.3	24.5-28.1	17.2	15.5-18.9

Table 42: Percentage of those eating less than five servings of fruit and/or vegetables on average per day.

Less than five servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-29	691	85.6	81.8-89.3	936	85.0	82.1-88.0	1627	85.3	82.9-87.6
30-44	1780	84.7	82.1-87.2	2105	81.1	78.5-83.6	3885	82.8	80.7-84.9
45-59	947	81.2	77.3-85.2	758	77.7	73.6-81.8	1705	79.9	76.7-83.1
60-69	329	81.4	75.9-87.0	267	82.9	75.8-89.9	596	82.0	77.6-86.5
18-69	3747	83.8	81.7-85.9	4066	81.8	79.9-83.7	7813	82.8	81.1-84.5

Table 43: Percentage of all respondents who always or often add salt or salty sauce to their food before eating or as they are eating.

Add salt always or often before eating or when eating									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	551	47.4	41.4-53.5	786	46.9	42.5-51.4	1337	47.2	43.3-51.0
30-44	1510	50.1	46.4-53.8	1785	51.9	48.5-55.2	3295	51.0	48.2-53.9
45-59	784	44.9	40.0-49.9	617	44.2	38.3-50.1	1401	44.7	40.6-48.7
60-69	249	41.4	33.1-49.7	174	41.8	29.7-53.9	423	41.5	34.5-48.5
18-69	3094	47.7	44.7-50.7	3362	48.9	46.2-51.6	6456	48.3	45.9-50.7

Table 44: Percentage of all respondents who always or often add salt to their food when cooking or preparing foods at home.

Add salt always or often when cooking or preparing food at home									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	713	48.5	43.3-53.6	962	53.9	49.5-58.3	1675	51.6	48.1-55.1
30-44	1821	59.6	56.4-62.8	2147	58.6	55.6-61.6	3968	59.1	56.7-61.5
45-59	962	55.8	51.2-60.4	773	51.3	46.3-56.2	1735	54.1	50.4-57.7
60-69	342	37.0	29.7-44.2	275	44.4	34.8-54.1	617	39.9	34.1-45.7
18-69	3838	54.8	52.2-57.4	4157	55.5	53.0-57.9	7995	55.1	53.1-57.2

Table 45: Percentage of all respondents who always or often eat processed foods high in salt.

Always or often consume processed food high in salt									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	540	27.0	21.6-32.5	746	24.0	20.2-27.9	1286	25.3	22.1-28.6
30-44	1385	18.1	15.3-20.8	1639	17.1	14.4-19.7	3024	17.5	15.5-19.6
45-59	703	19.1	15.0-23.2	561	18.0	13.5-22.4	1264	18.7	15.7-21.6
60-69	204	16.1	9.6-22.7	128	21.6	9.7-33.5	332	18.0	12.0-24.0
18-69	2832	20.3	18.0-22.6	3074	19.4	17.4-21.4	5906	19.9	18.2-21.5

Table 46: Percentage of all respondents who think they consume far too much or too much salt.

Think they consume far too much or too much salt									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	707	9.6	6.3-13.0	957	10.5	7.6-13.4	1664	10.1	7.9-12.4
30-44	1812	10.1	7.8-12.5	2139	7.6	5.9-9.4	3951	8.9	7.2-10.5
45-59	958	8.1	5.5-10.7	776	6.4	4.0-8.7	1734	7.4	5.4-9.4
60-69	344	4.6	0.0-9.2	275	6.4	1.2-11.7	619	5.3	1.9-8.8
18-69	3821	9.2	7.4-11.0	4147	8.3	6.7-9.8	7968	8.7	7.4-10.1

Self-reported quantity of salt consumed											
Age Group (years)	Men										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	707	4.0	1.3-6.7	5.7	3.5-7.8	77.3	72.9-81.7	10.5	7.5-13.5	2.6	1.2-4.0
30-44	1812	7.0	4.6-9.3	3.2	2.2-4.1	78.6	75.8-81.3	10.2	8.4-12.0	1.1	0.5-1.6
45-59	958	4.5	2.3-6.8	3.5	2.0-5.0	74.3	70.2-78.4	13.7	10.4-17.0	4.0	2.4-5.5
60-69	344	3.5	0.0-8.0	1.2	0.0-2.4	67.7	60.5-75.0	22.5	16.7-28.4	5.1	1.7-8.5
18-69	3821	5.5	3.8-7.2	3.7	2.9-4.5	76.5	74.4-78.7	11.9	10.4-13.4	2.4	1.8-3.0

Self-reported quantity of salt consumed											
Age Group (years)	Women										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	957	4.8	2.7-6.9	5.7	3.7-7.7	77.0	73.2-80.7	11.4	8.9-13.9	1.1	0.4-1.8
30-44	2139	3.4	2.2-4.6	4.3	3.0-5.5	80.1	77.7-82.4	11.0	9.2-12.7	1.3	0.8-1.9
45-59	776	3.8	1.8-5.8	2.5	1.2-3.9	76.9	72.9-80.8	14.4	11.2-17.5	2.4	1.0-3.8
60-69	275	4.1	0.0-8.6	2.3	0.0-5.3	61.0	51.8-70.2	25.7	18.3-33.1	6.9	2.4-11.4
18-69	4147	3.9	2.8-5.1	4.3	3.4-5.2	77.8	75.9-79.8	12.2	10.9-13.6	1.7	1.2-2.1

Self-reported quantity of salt consumed											
Age Group (years)	Both Sexes										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	1664	4.5	2.7-6.2	5.7	4.2-7.1	77.1	74.2-80.0	11.0	9.1-13.0	1.7	1.0-2.5
30-44	3951	5.1	3.6-6.6	3.7	3.0-4.5	79.3	77.3-81.4	10.6	9.3-11.9	1.2	0.8-1.6
45-59	1734	4.3	2.5-6.1	3.1	2.1-4.2	75.3	72.2-78.4	13.9	11.5-16.4	3.4	2.3-4.5
60-69	619	3.7	0.5-6.9	1.6	0.2-3.0	65.1	59.5-70.7	23.8	19.1-28.5	5.8	3.2-8.5
18-69	7968	4.7	3.5-5.9	4.0	3.4-4.6	77.2	75.6-78.8	12.1	11.0-13.1	2.0	1.6-2.4

Table 47: Percentage of respondents who think lowering salt in diet is very, somewhat or not at all important.

Importance of lowering salt in diet							
Men							
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	701	51.5	46.4-56.7	40.0	35.0-45.1	8.4	5.8-11.1
30-44	1808	49.7	46.1-53.3	40.3	36.8-43.8	10.0	7.9-12.2
45-59	954	51.2	46.4-55.9	40.7	36.3-45.2	8.1	5.8-10.4
60-69	341	57.3	49.8-64.8	35.5	28.4-42.6	7.2	2.9-11.5
18-69	3804	50.9	48.1-53.7	40.0	37.5-42.6	9.0	7.6-10.4

Importance of lowering salt in diet							
Women							
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	959	48.6	44.5-52.8	44.9	40.8-48.9	6.5	4.3-8.7
30-44	2127	43.3	40.2-46.3	47.0	44.0-50.1	9.7	7.6-11.7
45-59	766	52.5	47.7-57.4	38.9	34.0-43.8	8.6	5.7-11.5
60-69	271	67.3	57.9-76.7	26.2	17.5-34.9	6.5	1.7-11.4
18-69	4123	47.3	45.0-49.6	44.3	42.0-46.5	8.4	7.0-9.8

Importance of lowering salt in diet							
Age Group (years)	Both Sexes						
	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-29	1660	49.9	46.4-53.3	42.8	39.4-46.1	7.3	5.6-9.0
30-44	3935	46.4	43.8-49.0	43.8	41.2-46.3	9.8	8.2-11.4
45-59	1720	51.7	48.1-55.2	40.0	36.7-43.4	8.3	6.5-10.1
60-69	612	61.2	55.4-67.1	31.8	26.4-37.3	6.9	3.7-10.1
18-69	7927	49.1	47.1-51.2	42.1	40.2-44.1	8.7	7.6-9.8

Table 48: Percentage of respondents who think consuming too much salt could cause a serious health problem.

Think consuming too much salt could cause serious health problem									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	72.1	67.5-76.7	965	64.3	59.9-68.6	1684	67.7	64.3-71.0
30-44	1839	70.3	67.1-73.5	2153	64.9	61.7-68.2	3992	67.6	65.1-70.1
45-59	975	71.6	67.2-76.0	778	68.7	64.3-73.2	1753	70.5	67.2-73.8
60-69	344	76.8	70.4-83.1	276	78.5	70.2-86.8	620	77.5	72.2-82.7
18-69	3877	71.4	69.1-73.7	4172	65.9	63.4-68.4	8049	68.7	66.8-70.6

Table 49: Percentage of respondents who take specific action on a regular basis to control salt intake.

Limit consumption of processed foods									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	61.5	56.0-66.9	965	65.3	61.3-69.3	1684	63.7	60.3-67.0
30-44	1839	68.9	65.9-72.0	2153	64.2	61.1-67.3	3992	66.5	64.0-69.0
45-59	975	67.7	63.2-72.3	778	68.2	63.6-72.7	1753	67.9	64.5-71.3
60-69	344	69.7	62.9-76.5	276	78.8	71.4-86.3	620	73.3	68.0-78.6
18-69	3877	67.0	64.6-69.4	4172	65.7	63.4-68.1	8049	66.4	64.4-68.3

Look at the salt or sodium content on food labels									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	35.5	30.6-40.5	965	43.6	39.4-47.9	1684	40.1	36.7-43.6
30-44	1839	42.6	39.3-45.9	2153	44.0	40.8-47.2	3992	43.3	40.9-45.7
45-59	975	41.6	36.6-46.5	778	44.0	38.9-49.1	1753	42.5	38.6-46.4
60-69	344	45.2	37.9-52.6	276	48.5	38.8-58.2	620	46.5	40.7-52.4
18-69	3877	40.9	38.3-43.5	4172	44.1	41.7-46.4	8049	42.5	40.5-44.5

Buy low salt/sodium alternatives									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	31.7	27.0-36.5	965	37.8	33.6-41.9	1684	35.2	31.9-38.4
30-44	1839	40.0	36.6-43.4	2153	38.3	35.3-41.4	3992	39.1	36.5-41.7
45-59	975	39.9	35.2-44.5	778	38.5	33.7-43.3	1753	39.4	35.8-43.0
60-69	344	38.3	30.5-46.1	276	51.3	41.7-60.9	620	43.5	37.5-49.4
18-69	3877	38.0	35.4-40.6	4172	38.7	36.4-41.0	8049	38.3	36.3-40.4

Use spices other than salt when cooking									
Age Group	Men			Women			Both Sexes		
(years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	70.0	65.2-74.8	965	76.9	73.6-80.3	1684	73.9	71.0-76.9
30-44	1839	75.3	72.7-77.8	2153	76.5	74.0-79.0	3992	75.9	74.0-77.8
45-59	975	74.6	70.5-78.6	778	75.5	71.4-79.6	1753	74.9	71.8-78.0
60-69	344	67.9	60.9-74.8	276	77.2	70.6-83.8	620	71.6	66.5-76.6
18-69	3877	73.5	71.3-75.6	4172	76.5	74.5-78.5	8049	75.0	73.3-76.6

Avoid eating foods prepared outside of a home									
Age Group	Men			Women			Both Sexes		
(years)	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	719	49.7	44.8-54.6	965	56.7	52.5-60.9	1684	53.7	50.4-56.9
30-44	1839	59.4	56.0-62.8	2153	57.4	54.3-60.5	3992	58.4	55.9-60.8
45-59	975	64.5	60.2-68.8	778	60.7	55.7-65.7	1753	63.0	59.6-66.5
60-69	344	66.4	59.6-73.2	276	79.2	72.3-86.0	620	71.5	66.5-76.4
18-69	3877	58.9	56.4-61.4	4172	58.6	56.2-60.9	8049	58.8	56.8-60.7

PHYSICAL ACTIVITY

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

Table 50:

Not meeting WHO recommendations on physical activity for health									
Age Group (years)	Men			Women			Both Sexes		
	n	% not meeting recommendations	95% CI	n	% not meeting recommendations	95% CI	n	% not meeting recommendations	95% CI
18-29	631	61.5	56.1-66.9	920	75.0	70.4-79.6	1551	69.4	65.9-72.9
30-44	1721	67.2	64.2-70.3	2073	74.6	71.8-77.3	3794	71.1	68.8-73.3
45-59	904	67.9	63.4-72.3	730	70.8	66.3-75.2	1634	69.0	65.6-72.4
60-69	327	77.4	71.1-83.8	263	91.4	85.9-96.9	590	82.9	78.4-87.4
18-69	3583	66.8	64.5-69.1	3986	74.8	72.5-77.1	7569	70.8	69.0-72.6

Table 51: Percentage of respondents classified into three categories of total physical activity according to former recommendations.

Level of total physical activity according to former recommendations							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	631	67.5	62.3-72.7	15.3	11.0-19.6	17.2	13.4-20.9
30-44	1721	71.2	68.2-74.1	15.4	12.8-18.0	13.4	11.2-15.6
45-59	904	71.2	66.7-75.7	20.0	15.9-24.0	8.9	6.4-11.3
60-69	327	80.4	74.4-86.4	15.2	9.6-20.9	4.4	1.6-7.1
18-69	3583	71.0	68.7-73.3	16.6	14.5-18.6	12.5	11.0-13.9

Level of total physical activity according to former recommendations							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	920	78.1	73.6-82.6	16.2	12.2-20.3	5.7	3.5-7.8
30-44	2073	77.8	75.0-80.5	16.9	14.3-19.5	5.3	3.8-6.8
45-59	730	73.1	68.6-77.6	18.1	14.1-22.0	8.9	6.0-11.7
60-69	263	93.4	88.7-98.2	4.6	0.2-9.0	2.0	0.2-3.8
18-69	3986	77.8	75.5-80.1	16.4	14.4-18.4	5.8	4.7-7.0

Level of total physical activity according to former recommendations							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	1551	73.7	70.3-77.2	15.9	12.8-18.9	10.4	8.5-12.4
30-44	3794	74.6	72.4-76.8	16.2	14.3-18.1	9.2	7.8-10.5
45-59	1634	71.9	68.4-75.4	19.2	16.3-22.2	8.9	6.9-10.9
60-69	590	85.5	81.4-89.7	11.0	7.1-15.0	3.4	1.6-5.2
18-69	7569	74.4	72.6-76.2	16.5	15.0-17.9	9.1	8.2-10.1

Table 52: Mean minutes of total physical activity on average per day.

Mean minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	631	54.8	42.2-67.3	920	17.4	13.0-21.8	1551	32.9	27.2-38.6
30-44	1721	39.0	32.9-45.1	2073	18.3	15.7-20.9	3794	28.2	24.8-31.6
45-59	904	36.6	28.4-44.9	730	20.8	16.8-24.9	1634	30.7	25.2-36.1
60-69	327	18.2	11.1-25.3	263	7.6	2.8-12.4	590	14.0	9.3-18.7
18-69	3583	40.5	35.6-45.3	3986	18.0	15.9-20.0	7569	29.2	26.5-31.9

Table 53: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day.

Mean minutes of work-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	631	27.7	17.2-38.2	920	4.4	0.9-7.8	1551	14.0	9.2-18.9
30-44	1721	16.4	12.3-20.5	2073	4.2	2.8-5.5	3794	10.0	7.9-12.1
45-59	904	19.0	11.8-26.2	730	2.9	1.5-4.3	1634	13.0	8.4-17.5
60-69	327	1.7	0.5-2.8	263	2.8	0.0-5.7	590	2.1	0.8-3.4
18-69	3583	18.6	14.7-22.5	3986	4.0	2.7-5.3	7569	11.3	9.2-13.3

Mean minutes of transport-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	631	14.1	9.7-18.4	920	8.9	7.2-10.6	1551	11.1	9.0-13.1
30-44	1721	12.5	10.6-14.5	2073	10.5	8.7-12.2	3794	11.4	10.1-12.8
45-59	904	12.4	9.6-15.1	730	12.5	9.4-15.6	1634	12.4	10.2-14.6
60-69	327	10.6	6.4-14.8	263	2.9	1.3-4.6	590	7.6	4.9-10.2
18-69	3583	12.7	11.1-14.3	3986	10.0	8.8-11.2	7569	11.3	10.3-12.4

Mean minutes of recreation-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18-29	631	13.0	9.3-16.7	920	4.1	2.6-5.6	1551	7.8	6.1-9.5
30-44	1721	10.1	6.9-13.3	2073	3.7	2.5-4.9	3794	6.7	5.1-8.4
45-59	904	5.2	3.4-7.0	730	5.4	3.5-7.4	1634	5.3	4.0-6.6
60-69	327	5.9	1.1-10.7	263	1.8	0.0-3.7	590	4.3	1.3-7.3
18-69	3583	9.2	7.4-11.0	3986	4.0	3.2-4.8	7569	6.6	5.6-7.6

Table 54: Percentage of respondents classified as doing no work-, transport- or recreational-related physical activity.

No work-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-29	631	86.3	82.8-89.8	920	94.9	92.7-97.2	1551	91.4	89.4-93.3
30-44	1721	89.8	87.9-91.7	2073	94.0	92.6-95.5	3794	92.0	90.8-93.2
45-59	904	91.4	89.0-93.7	730	92.8	90.0-95.6	1634	91.9	90.1-93.7
60-69	327	97.2	95.0-99.5	263	95.4	91.4-99.4	590	96.5	94.4-98.6
18-69	3583	89.9	88.6-91.3	3986	94.2	93.0-95.4	7569	92.1	91.1-93.0

No transport-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI
18-29	631	67.7	62.3-73.0	920	73.7	69.3-78.2	1551	71.2	67.7-74.7
30-44	1721	67.0	63.7-70.3	2073	69.9	67.0-72.9	3794	68.5	66.2-70.9
45-59	904	65.2	60.2-70.3	730	67.7	62.8-72.7	1634	66.2	62.3-70.1
60-69	327	73.2	66.2-80.1	263	89.3	83.3-95.3	590	79.5	74.5-84.5
18-69	3583	67.1	64.3-69.9	3986	71.5	69.2-73.9	7569	69.3	67.3-71.3

No recreation-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI
18-29	631	79.3	75.0-83.6	920	90.4	86.8-94.0	1551	85.8	83.2-88.4
30-44	1721	85.0	82.8-87.1	2073	92.7	91.2-94.2	3794	89.0	87.6-90.4
45-59	904	89.1	86.4-91.7	730	89.5	86.5-92.6	1634	89.2	87.3-91.2
60-69	327	92.9	89.4-96.5	263	95.1	90.7-99.6	590	93.8	91.0-96.6
18-69	3583	85.3	83.7-86.9	3986	91.6	90.1-93.1	7569	88.5	87.4-89.6

Table 55: Percentage of work, transport and recreational activity contributing to total activity.

Composition of total physical activity							
Age Group (years)	Men						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	274	23.1	16.9-29.3	48.4	41.0-55.7	28.5	22.1-34.9
30-44	676	18.5	15.3-21.6	59.2	54.7-63.8	22.3	18.8-25.8
45-59	331	17.0	12.2-21.8	67.2	61.5-73.0	15.8	11.9-19.6
60-69	93	8.0	1.5-14.4	76.8	67.7-85.8	15.3	7.5-23.1
18-69	1374	18.7	16.1-21.2	59.6	56.2-63.0	21.8	19.2-24.3

Composition of total physical activity							
Women							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	266	11.3	6.6-16.1	68.5	62.2-74.9	20.1	14.3-25.9
30-44	654	13.2	9.9-16.6	73.4	69.1-77.7	13.3	10.6-16.0
45-59	219	12.8	7.5-18.0	69.5	62.4-76.6	17.7	12.4-23.0
60-69	37	17.4	3.7-31.1	57.3	35.0-79.6	25.3	2.1-48.6
18-69	1176	12.7	10.1-15.3	71.1	67.7-74.5	16.3	13.7-18.8

Composition of total physical activity							
Both Sexes							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	540	17.1	13.2-21.1	58.6	53.7-63.5	24.2	20.0-28.5
30-44	1330	15.9	13.5-18.4	66.1	62.9-69.3	18.0	15.7-20.2
45-59	550	15.5	11.9-19.1	68.1	63.7-72.4	16.5	13.5-19.5
60-69	130	10.2	4.3-16.1	72.1	63.0-81.2	17.7	9.3-26.0
18-69	2550	15.9	14.1-17.8	64.8	62.4-67.3	19.2	17.4-21.1

Table 56: Percentage of respondents not engaging in vigorous physical activity.

No vigorous physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29	631	81.8	77.9-85.7	920	93.7	91.7-95.7	1551	88.8	86.8-90.7
30-44	1721	86.8	84.7-88.9	2073	93.7	92.1-95.3	3794	90.4	89.0-91.7
45-59	904	91.0	88.6-93.4	730	92.2	89.7-94.8	1634	91.5	89.7-93.3
60-69	327	95.5	92.8-98.2	263	96.7	93.4-99.9	590	96.0	93.9-98.0
18-69	3583	87.3	85.9-88.8	3986	93.6	92.4-94.8	7569	90.5	89.5-91.4

Table 57: Minutes spent in sedentary activities on a typical day.

Minutes spent in sedentary activities on average per day					
Age Group (years)	Men				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	436	260.1	237.0-283.1	240	120 - 360
30-44	1160	288.1	274.0-302.2	240	120 - 420
45-59	633	285.2	263.3-307.0	240	120 - 420
60-69	217	270.3	234.9-305.7	240	120 - 360
18-69	2446	280.3	269.3-291.3	240	120 - 420

Minutes spent in sedentary activities on average per day					
Women					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	657	301.5	281.6-321.4	300	179 - 420
30-44	1431	293.1	279.4-306.7	240	179 - 420
45-59	531	288.6	264.0-313.1	240	123 - 420
60-69	150	289.1	241.2-337.1	240	120 - 360
18-69	2769	294.7	283.2-306.2	240	150 - 420

Minutes spent in sedentary activities on average per day					
Both Sexes					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-29	1093	284.7	269.2-300.3	240	120 - 420
30-44	2591	290.8	280.2-301.3	240	150 - 420
45-59	1164	286.5	269.6-303.5	240	120 - 420
60-69	367	277.3	248.6-306.1	240	120 - 360
18-69	5215	287.7	278.8-296.6	240	121 - 420

HISTORY OF RAISED BLOOD PRESSURE

Table 68: Blood pressure measurement and diagnosis among all respondents.

Blood pressure measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	719	45.4	40.5-50.3	52.2	47.2-57.1	0.6	0.0-1.1	1.9	0.5-3.2
30-44	1839	40.4	37.1-43.7	52.7	49.4-56.0	1.4	0.8-2.0	5.5	4.2-6.8
45-59	975	31.6	27.0-36.1	50.7	46.0-55.4	5.1	3.4-6.8	12.7	9.9-15.4
60-69	344	26.2	18.8-33.6	42.5	34.9-50.0	10.2	6.2-14.2	21.1	15.3-27.0
18-69	3877	38.4	35.8-41.0	51.5	48.9-54.0	2.7	2.1-3.3	7.4	6.4-8.5

Blood pressure measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	965	42.3	38.0-46.5	55.1	50.9-59.3	1.0	0.3-1.7	1.6	0.7-2.6
30-44	2153	34.4	31.2-37.7	61.6	58.3-65.0	1.3	0.7-1.9	2.6	1.7-3.6
45-59	778	28.1	23.5-32.7	53.4	48.4-58.5	4.6	2.4-6.9	13.8	10.6-17.0
60-69	276	19.5	10.8-28.1	44.2	34.8-53.6	8.6	4.7-12.5	27.7	20.3-35.0
18-69	4172	35.2	32.7-37.7	57.7	55.1-60.2	2.0	1.5-2.6	5.1	4.3-5.9

Blood pressure measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1684	43.6	40.2-47.0	53.8	50.5-57.2	0.8	0.3-1.3	1.7	1.0-2.5
30-44	3992	37.3	34.7-40.0	57.3	54.7-59.9	1.3	0.9-1.8	4.0	3.2-4.8
45-59	1753	30.3	26.7-33.8	51.7	48.1-55.4	4.9	3.6-6.3	13.1	11.0-15.2
60-69	620	23.6	17.9-29.2	43.2	37.2-49.1	9.6	6.7-12.4	23.7	19.2-28.3
18-69	8049	36.8	34.7-38.9	54.5	52.5-56.6	2.4	2.0-2.8	6.3	5.6-6.9

Table 59: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure.

Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	17	46.9	16.5-77.3	29	44.0	21.5-66.5	46	45.2	27.0-63.4
30-44	131	74.3	65.1-83.6	103	63.7	48.9-78.5	234	70.3	62.0-78.6
45-59	202	84.0	77.7-90.4	159	80.9	71.2-90.6	361	82.8	77.4-88.2
60-69	125	93.8	88.7-99.0	137	89.1	79.5-98.7	262	91.8	86.7-96.9
18-69	475	80.8	76.2-85.4	428	73.7	66.8-80.7	903	77.9	74.0-81.8

Table 60: Percentage of respondents who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure.

Seen a traditional healer among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	17	3.5	0.0-10.4	29	17.1	0.0-34.7	46	11.4	0.2-22.6
30-44	131	18.6	9.0-28.3	103	16.6	6.9-26.2	234	17.9	11.0-24.7
45-59	202	11.5	5.5-17.4	159	9.7	4.3-15.2	361	10.8	6.7-14.9
60-69	125	9.1	2.4-15.7	137	19.5	8.7-30.3	262	13.5	7.4-19.7
18-69	475	12.8	8.5-17.1	428	14.4	9.9-19.0	903	13.5	10.3-16.6

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	17	3.5	0.0-10.4	29	3.8	0.0-9.7	46	3.7	0.0-8.1
30-44	131	17.9	8.4-27.4	103	13.4	4.1-22.8	234	16.2	9.5-22.9
45-59	202	7.1	3.6-10.6	159	9.0	3.9-14.1	361	7.8	4.9-10.8
60-69	125	13.0	5.2-20.9	137	10.9	3.7-18.2	262	12.1	6.7-17.6
18-69	475	11.4	7.5-15.2	428	10.1	6.4-13.7	903	10.8	8.1-13.5

HISTORY OF DIABETES

Table 61: Blood sugar measurement and diagnosis among all respondents.

Blood sugar measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	719	51.5	46.6-56.4	44.5	39.6-49.4	1.0	0.1-1.8	3.0	1.4-4.6
30-44	1839	44.0	40.8-47.3	48.2	45.1-51.4	2.5	1.7-3.2	5.3	3.8-6.8
45-59	975	36.1	31.4-40.8	44.9	40.3-49.4	6.5	4.7-8.3	12.5	9.8-15.2
60-69	344	19.2	13.9-24.4	40.2	33.1-47.3	12.6	8.1-17.1	28.0	21.3-34.8
18-69	3877	42.2	39.7-44.7	46.1	43.7-48.5	3.8	3.1-4.5	8.0	6.9-9.1

Blood sugar measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	965	46.2	42.0-50.4	49.4	45.3-53.6	1.6	0.6-2.5	2.8	1.6-4.1
30-44	2153	40.6	37.3-43.9	53.2	49.9-56.6	2.4	1.5-3.2	3.8	2.8-4.8
45-59	778	30.6	25.6-35.6	48.9	43.7-54.1	7.5	4.7-10.4	13.0	9.8-16.2
60-69	276	19.4	12.0-26.8	39.2	30.2-48.1	14.0	8.3-19.6	27.5	19.4-35.5
18-69	4172	39.8	37.3-42.3	50.8	48.3-53.3	3.4	2.6-4.2	5.9	5.0-6.9

Blood sugar measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1684	48.5	45.2-51.8	47.3	44.0-50.6	1.3	0.7-2.0	2.9	1.9-3.9
30-44	3992	42.3	39.7-44.8	50.8	48.3-53.3	2.4	1.8-3.0	4.5	3.6-5.5
45-59	1753	34.0	30.4-37.7	46.4	42.8-50.0	6.9	5.3-8.5	12.7	10.6-14.7
60-69	620	19.3	15.0-23.5	39.8	34.4-45.2	13.1	9.7-16.6	27.8	22.8-32.9
18-69	8049	41.0	39.1-43.0	48.4	46.5-50.3	3.6	3.0-4.2	7.0	6.2-7.7

Table 62: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes.

Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	32	12.8	0.0-27.0	52	15.3	4.0-26.7	84	14.3	5.4-23.2
30-44	149	20.7	12.7-28.7	161	19.4	11.9-26.8	310	20.1	14.4-25.8
45-59	219	24.8	17.4-32.2	175	28.7	19.0-38.5	394	26.4	20.5-32.2
60-69	151	38.8	27.3-50.3	133	41.8	28.4-55.3	284	40.0	31.3-48.8
18-69	551	25.6	20.6-30.6	521	26.1	20.9-31.2	1072	25.8	22.0-29.6

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	32	25.7	5.7-45.7	52	31.3	14.9-47.7	84	29.0	16.6-41.4
30-44	149	62.4	52.3-72.5	161	59.4	49.1-69.7	310	61.0	53.5-68.5
45-59	219	75.4	66.2-84.6	175	75.0	65.9-84.1	394	75.2	68.6-81.9
60-69	151	73.8	61.6-86.1	133	81.3	70.3-92.3	284	76.8	68.1-85.5
18-69	551	67.3	61.5-73.2	521	64.8	58.6-70.9	1072	66.2	61.7-70.7

Table 63: Percentage of respondents who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed.

Seen a traditional healer for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	32	22.6	0.6-44.7	52	0.6	0.0-1.8	84	9.6	0.0-19.6
30-44	149	14.4	7.7-21.0	161	14.8	7.3-22.3	310	14.6	9.2-19.9
45-59	219	9.9	5.1-14.7	175	22.6	13.1-32.2	394	14.9	9.8-20.1
60-69	151	11.2	4.3-18.0	133	15.8	5.3-26.4	284	13.0	7.1-19.0
18-69	551	12.5	8.8-16.2	521	15.7	11.1-20.3	1072	13.9	10.9-16.9

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	32	17.1	0.0-38.0	52	6.8	0.0-16.1	84	11.0	0.5-21.5
30-44	149	8.8	3.3-14.3	161	7.5	2.1-12.9	310	8.2	3.9-12.5
45-59	219	7.1	2.8-11.4	175	14.1	5.9-22.3	394	9.9	5.4-14.4
60-69	151	12.3	4.7-19.8	133	14.7	3.8-25.6	284	13.2	7.0-19.5
18-69	551	9.5	6.1-12.9	521	11.0	6.8-15.2	1072	10.1	7.4-12.9

HISTORY OF RAISED TOTAL CHOLESTEROL

Table 64: Total cholesterol measurement and diagnosis among all respondents.

Total cholesterol measurement and diagnosis									
Age Group (years)	Men								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	719	58.7	54.0-63.5	38.8	34.0-43.6	0.6	0.0-1.4	1.9	0.5-3.3
30-44	1839	52.3	49.0-55.6	40.2	37.1-43.4	2.4	1.5-3.3	5.1	3.9-6.3
45-59	975	45.6	40.9-50.4	40.1	35.5-44.7	4.3	2.6-5.9	10.0	7.5-12.5
60-69	344	35.7	29.0-42.4	42.9	36.1-49.6	8.8	3.7-14.0	12.6	8.5-16.7
18-69	3877	51.1	48.5-53.6	40.0	37.6-42.5	2.9	2.2-3.5	6.1	5.1-7.1

Total cholesterol measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	965	58.8	54.7-62.9	40.6	36.5-44.7	0.2	0.0-0.5	0.4	0.0-0.7
30-44	2153	50.2	46.9-53.5	46.9	43.7-50.2	0.8	0.4-1.2	2.1	1.4-2.7
45-59	778	38.4	33.2-43.6	49.5	44.2-54.8	2.9	1.6-4.2	9.2	6.7-11.7
60-69	276	35.0	25.7-44.4	36.0	26.8-45.1	9.5	4.6-14.4	19.5	13.0-26.0
18-69	4172	50.3	47.8-52.8	45.0	42.5-47.5	1.3	0.9-1.7	3.4	2.8-4.0

Total cholesterol measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1684	58.8	55.5-62.0	39.8	36.6-43.1	0.4	0.0-0.8	1.0	0.4-1.7
30-44	3992	51.2	48.7-53.8	43.7	41.2-46.2	1.6	1.1-2.0	3.5	2.8-4.2
45-59	1753	42.9	39.0-46.8	43.6	39.9-47.4	3.8	2.6-4.9	9.7	7.8-11.6
60-69	620	35.4	29.9-41.0	40.1	34.7-45.6	9.1	5.5-12.7	15.3	11.8-18.9
18-69	8049	50.7	48.6-52.7	42.5	40.5-44.5	2.1	1.7-2.5	4.7	4.2-5.3

Table 65: Cholesterol treatment results among those previously diagnosed with raised cholesterol.

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	11	33.0	0.0-66.0	9	50.9	13.0-88.7	20	37.2	10.5-64.0
30-44	133	53.1	42.9-63.2	82	54.3	39.8-68.7	215	53.4	44.9-61.9
45-59	153	75.2	66.1-84.2	123	80.0	70.1-90.0	276	76.8	69.9-83.8
60-69	83	90.5	84.4-96.6	101	83.6	70.2-97.0	184	87.3	80.1-94.4
18-69	380	66.3	59.9-72.6	315	72.0	64.7-79.3	695	68.2	63.3-73.1

Table 66: Percentage of respondents who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed.

Seen a traditional healer for raised cholesterol among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	11	33.2	1.2-65.3	9	21.4	0.0-49.3	20	30.4	5.0-55.8
30-44	133	13.7	5.3-22.0	82	13.1	4.8-21.4	215	13.5	6.8-20.3
45-59	153	17.7	7.1-28.3	123	9.0	3.4-14.6	276	14.7	7.3-22.2
60-69	83	8.9	2.5-15.4	101	15.2	4.2-26.1	184	11.9	5.6-18.1
18-69	380	15.8	10.0-21.7	315	12.3	7.8-16.8	695	14.6	10.4-18.9

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	11	9.3	0.0-27.0	9	0.0	0.0-0.0	20	7.1	0.0-20.6
30-44	133	11.7	4.0-19.5	82	20.1	8.4-31.8	215	14.1	7.4-20.8
45-59	153	13.1	3.1-23.2	123	12.1	4.5-19.7	276	12.8	5.7-19.9
60-69	83	11.1	2.6-19.7	101	15.0	6.1-24.0	184	13.0	6.7-19.2
18-69	380	12.1	6.6-17.5	315	14.8	9.5-20.1	695	13.0	8.8-17.2

HISTORY OF CARDIOVASCULAR DISEASES

Table 67: Percentage of respondents who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents.

Having ever had a heart attack or chest pain from heart disease or a stroke									
Age Group (years)	Men			Women			Both Sexes		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	719	1.3	0.4-2.2	965	1.6	0.7-2.5	1684	1.5	0.8-2.1
30-44	1839	1.9	1.2-2.7	2153	1.2	0.7-1.7	3992	1.6	1.1-2.0
45-59	975	1.9	0.9-2.9	778	1.7	0.7-2.7	1753	1.8	1.1-2.6
60-69	344	7.8	4.3-11.4	276	4.4	1.7-7.1	620	6.5	4.1-8.9
18-69	3877	2.2	1.6-2.7	4172	1.5	1.1-2.0	8049	1.9	1.5-2.2

Table 68: Percentage of respondents who are currently taking aspirin or statins regularly to prevent or treat heart disease.

Currently taking aspirin regularly to prevent or treat heart disease									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29	8	0.0	0.0-0.0	19	11.7	0.0-28.1	27	7.3	0.0-17.7
30-44	36	25.3	8.4-42.2	31	16.3	0.0-32.8	67	21.7	9.8-33.5
45-59	29	61.5	37.3-85.6	18	29.2	4.1-54.3	47	50.4	30.9-69.9
60-69	33	69.9	50.2-89.6	18	74.8	51.5-98.0	51	71.2	55.3-87.1
18-69	106	40.1	29.3-50.8	86	23.8	12.9-34.6	192	33.3	25.2-41.5

Currently taking statins regularly to prevent or treat heart disease									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29	8	0.0	0.0-0.0	19	17.5	0.0-35.2	27	11.0	0.0-22.5
30-44	36	38.2	18.1-58.3	31	46.0	24.3-67.6	67	41.3	26.7-56.0
45-59	29	64.5	42.1-86.8	18	28.4	7.0-49.8	47	52.1	32.5-71.6
60-69	33	51.5	27.6-75.4	18	69.0	43.3-94.7	51	56.2	37.0-75.3
18-69	106	42.1	30.1-54.1	86	36.6	24.3-48.8	192	39.8	30.9-48.8

LIFESTYLE ADVICE

Table 69: Percentage of respondents who received lifestyle advice from a doctor or health worker during the past three years among all respondents.

Advised by doctor or health worker to quit using tobacco or don't start									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	30.3	25.5-35.1	965	25.1	21.6-28.6	1684	27.4	24.4-30.3
30-44	1839	33.5	30.2-36.8	2153	23.9	21.3-26.5	3992	28.6	26.2-31.0
45-59	975	32.1	27.8-36.4	778	20.9	17.0-24.9	1753	27.9	24.5-31.2
60-69	344	35.2	27.7-42.7	276	40.4	30.4-50.4	620	37.2	31.0-43.4
18-69	3877	32.5	30.0-35.1	4172	24.5	22.4-26.5	8049	28.5	26.7-30.4

Advised by doctor or health worker to reduce salt in the diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	39.4	34.5-44.2	965	37.4	33.6-41.2	1684	38.2	35.1-41.3
30-44	1839	43.8	40.4-47.2	2153	38.2	35.3-41.1	3992	40.9	38.5-43.4
45-59	975	47.6	42.9-52.4	778	41.8	37.0-46.6	1753	45.4	41.8-49.1
60-69	344	59.0	52.1-65.9	276	65.7	56.6-74.7	620	61.6	55.9-67.3
18-69	3877	44.7	42.0-47.4	4172	39.6	37.4-41.9	8049	42.2	40.2-44.2

Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	47.9	43.0-52.8	965	45.6	41.4-49.7	1684	46.6	43.3-49.9
30-44	1839	51.8	48.4-55.1	2153	46.3	43.2-49.4	3992	49.0	46.4-51.6
45-59	975	51.5	46.7-56.3	778	47.8	42.8-52.9	1753	50.1	46.5-53.7
60-69	344	63.9	56.8-70.9	276	71.1	62.3-79.9	620	66.7	61.1-72.4
18-69	3877	51.6	48.9-54.3	4172	47.3	44.9-49.8	8049	49.5	47.4-51.6

Advised by doctor or health worker to reduce fat in the diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	46.2	41.2-51.2	965	46.3	42.2-50.5	1684	46.3	43.0-49.6
30-44	1839	51.7	48.3-55.1	2153	47.2	44.1-50.2	3992	49.4	46.8-51.9
45-59	975	52.5	47.8-57.2	778	52.4	47.4-57.4	1753	52.5	48.8-56.1
60-69	344	59.9	53.0-66.9	276	72.1	63.3-80.8	620	64.7	59.2-70.2
18-69	3877	51.2	48.5-53.9	4172	48.8	46.4-51.1	8049	50.0	47.9-52.0

Advised by doctor or health worker to start or do more physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	47.1	42.1-52.0	965	45.8	41.4-50.3	1684	46.4	43.0-49.8
30-44	1839	53.0	49.6-56.4	2153	48.5	45.4-51.6	3992	50.7	48.1-53.3
45-59	975	49.9	45.2-54.6	778	47.6	43.0-52.3	1753	49.0	45.6-52.5
60-69	344	56.5	49.2-63.9	276	57.6	48.3-66.8	620	56.9	51.2-62.7
18-69	3877	51.1	48.5-53.7	4172	47.9	45.5-50.4	8049	49.5	47.5-51.6

Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	719	45.9	41.1-50.7	965	48.8	44.5-53.1	1684	47.5	44.3-50.8
30-44	1839	55.8	52.4-59.1	2153	52.4	49.3-55.5	3992	54.0	51.5-56.6
45-59	975	53.7	49.0-58.4	778	53.3	48.4-58.2	1753	53.5	49.9-57.1
60-69	344	61.1	54.3-67.9	276	69.6	61.2-77.9	620	64.5	59.1-69.8
18-69	3877	53.4	50.7-56.0	4172	52.2	49.8-54.6	8049	52.8	50.7-54.8

Advised by doctor or health worker to reduce sugary beverages in diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	N	% advised	95% CI
18-29	719	42.4	37.5-47.3	965	40.6	36.3-45.0	1684	41.4	38.0-44.8
30-44	1839	44.5	40.9-48.0	2153	35.5	32.7-38.3	3992	39.9	37.3-42.4
45-59	975	41.4	36.7-46.2	778	38.9	34.1-43.7	1753	40.5	36.8-44.2
60-69	344	49.2	41.8-56.6	276	53.4	44.4-62.4	620	50.9	45.1-56.6
18-69	3877	43.5	40.7-46.4	4172	38.3	35.9-40.7	8049	40.9	38.8-43.1

CERVICAL CANCER SCREENING

Table 70: Percentage of female respondents who have ever had a screening test for cervical cancer among all female respondents.

Age Group (years)	Women		
	n	% ever tested	95% CI
18-29	597	11.0	8.1-13.9
30-44	1763	13.3	11.4-15.3
45-59	624	24.0	19.1-28.8
60-69	144	24.4	13.9-34.8
18-69	3128	14.8	13.1-16.5

Table 71: Percentage of female respondents aged 30-49 years who have ever had a screening test for cervical cancer among all female respondents aged 30-49 years.

Age Group (years)	Women		
	n	% ever tested	95% CI
30-49	2123	14.6	12.6-16.6

PHYSICAL MEASUREMENTS

Table 72: Mean blood pressure among all respondents, including those currently on medication for raised blood pressure.

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	370	122.2	120.5-123.9	563	110.1	108.9-111.4	933	115.2	114.1-116.4
30-44	1096	125.3	124.4-126.3	1284	114.7	113.6-115.7	2380	120.0	119.2-120.7
45-59	519	131.9	129.9-134.0	429	125.5	123.4-127.5	948	129.4	127.9-130.9
60-69	187	138.3	133.9-142.7	159	132.8	127.8-137.9	346	136.1	132.8-139.5
18-69	2172	127.1	126.2-127.9	2435	115.8	114.9-116.7	4607	121.5	120.8-122.2

Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	370	79.6	78.3-80.9	563	76.7	75.5-77.8	933	77.9	77.0-78.8
30-44	1096	84.9	84.0-85.7	1284	79.4	78.6-80.2	2380	82.1	81.5-82.7
45-59	519	87.8	86.5-89.1	429	83.3	82.1-84.5	948	86.0	85.1-87.0
60-69	187	86.2	84.0-88.4	159	80.0	76.9-83.0	346	83.7	81.8-85.6
18-69	2172	84.5	83.9-85.2	2435	79.2	78.6-79.8	4607	81.9	81.4-82.4

Table 73: Percentage of respondents with raised blood pressure.

SBP \geq140 and/or DBP \geq 90 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	366	17.3	12.0-22.6	559	8.4	5.6-11.2	925	12.1	9.2-15.0
30-44	1030	32.5	28.7-36.4	1246	13.7	11.3-16.2	2276	22.9	20.7-25.2
45-59	405	39.2	33.6-44.8	344	26.4	20.8-31.9	749	34.3	30.2-38.4
60-69	114	54.3	42.2-66.4	79	28.9	15.9-41.9	193	44.2	34.6-53.8
18-69	1915	31.3	28.5-34.1	2228	14.1	12.3-15.9	4143	22.7	20.9-24.4

SBP \geq140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	370	18.3	12.9-23.7	563	9.0	6.2-11.9	933	13.0	10.0-15.9
30-44	1096	36.4	32.6-40.3	1284	15.9	13.2-18.5	2380	26.1	23.8-28.5
45-59	519	49.9	44.6-55.2	429	41.5	35.5-47.6	948	46.6	42.6-50.6
60-69	187	70.5	62.0-78.9	159	55.0	43.7-66.3	346	64.2	57.2-71.3
18-69	2172	37.8	35.1-40.6	2435	19.5	17.5-21.6	4607	28.8	27.0-30.6

SBP \geq160 and/or DBP \geq 100 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	366	2.3	0.5-4.2	559	2.5	0.8-4.2	925	2.4	1.2-3.7
30-44	1030	8.4	6.5-10.4	1246	3.7	2.5-5.0	2276	6.0	4.8-7.2
45-59	405	12.9	8.8-17.0	344	6.4	3.1-9.6	749	10.4	7.6-13.2
60-69	114	17.6	8.2-27.0	79	16.3	4.0-28.6	193	17.1	9.6-24.6
18-69	1915	8.4	6.9-9.8	2228	4.1	3.0-5.1	4143	6.2	5.3-7.1

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	370	3.5	1.3-5.8	563	3.2	1.3-5.1	933	3.4	1.9-4.8
30-44	1096	13.8	11.3-16.2	1284	6.1	4.5-7.8	2380	9.9	8.3-11.6
45-59	519	28.2	23.2-33.3	429	25.6	19.7-31.6	948	27.2	23.3-31.1
60-69	187	46.8	36.6-56.9	159	47.0	35.9-58.1	346	46.9	39.3-54.5
18-69	2172	17.1	15.1-19.0	2435	10.1	8.5-11.7	4607	13.6	12.3-15.0

Table 74: Percentage of respondents 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.

Respondents with treated and/or controlled raised blood pressure							
Men							
Age Group (years)	n	% On medication and SBP<140 and DBP<90		% On medication and SBP≥140 and/or DBP≥90		% Not on medication and SBP≥140 and/or DBP≥90	
		%	95% CI	%	95% CI	%	95% CI
18-29	63	6.8	0.0-14.3	0.0	0.0-0.0	93.2	85.7-100.0
30-44	388	7.1	4.1-10.1	8.8	5.4-12.2	84.1	79.8-88.4
45-59	283	14.9	9.9-19.9	20.4	14.6-26.3	64.7	57.7-71.6
60-69	124	26.8	17.0-36.5	23.5	13.9-33.1	49.8	37.5-62.1
18-69	858	11.8	9.3-14.3	13.3	10.5-16.1	74.9	71.2-78.6

Respondents with treated and/or controlled raised blood pressure							
Women							
Age Group (years)	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
18-29	49	1.1	0.0-3.3	7.2	0.0-17.4	91.7	81.4-100.0
30-44	218	6.0	2.5-9.4	9.7	4.0-15.3	84.4	77.7-91.0
45-59	171	30.1	19.6-40.5	19.5	12.5-26.4	50.5	40.5-60.5
60-69	107	29.9	18.0-41.7	36.8	22.0-51.6	33.3	18.4-48.2
18-69	545	16.4	11.9-20.8	15.8	11.7-20.0	67.8	62.4-73.3

Respondents with treated and/or controlled raised blood pressure							
Both Sexes							
Age Group (years)	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
18-29	112	4.5	0.0-9.0	2.9	0.0-7.1	92.6	86.5-98.7
30-44	606	6.8	4.5-9.1	9.1	6.2-12.0	84.2	80.5-87.9
45-59	454	20.2	15.0-25.3	20.1	15.7-24.4	59.7	54.0-65.5
60-69	231	27.8	20.3-35.4	28.1	19.8-36.3	44.1	34.3-53.9
18-69	1403	13.3	11.0-15.7	14.1	11.8-16.5	72.5	69.4-75.7

Table 75: Mean heart rate (beats per minute).

Mean heart rate (beats per minute)									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	370	78.2	76.8-79.7	563	82.7	81.5-84.0	933	80.8	79.9-81.8
30-44	1096	78.8	78.0-79.7	1284	80.9	80.2-81.6	2380	79.9	79.3-80.4
45-59	519	79.2	78.1-80.3	429	80.6	78.9-82.2	948	79.7	78.8-80.7
60-69	187	76.6	73.9-79.4	159	78.6	76.0-81.2	346	77.4	75.5-79.3
18-69	2172	78.7	78.0-79.3	2435	81.3	80.7-81.9	4607	80.0	79.5-80.4

Table 76: Mean height, weight, and body mass index among all respondents (excluding pregnant women).

Mean height (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	368	172.8	171.8-173.8	514	159.6	158.8-160.4
30-44	1084	171.4	170.7-172.0	1234	159.5	158.8-160.1
45-59	513	170.2	169.3-171.1	426	158.1	157.2-159.1
60-69	184	168.1	166.5-169.6	150	153.6	152.1-155.2
18-69	2149	171.2	170.7-171.7	2324	159.0	158.6-159.5

Mean weight (kg)							
Age Group (years)	Men			Women			
	n	Mean	95% CI	n	Mean	95% CI	
18-29	368	80.3	78.3-82.4	514	66.1	64.4-67.7	
30-44	1084	82.3	81.1-83.5	1234	72.1	71.2-73.1	
45-59	513	82.8	81.0-84.5	426	74.0	72.4-75.6	
60-69	184	79.6	76.4-82.9	150	73.2	69.4-77.0	
18-69	2149	81.8	80.9-82.7	2324	70.7	69.9-71.5	

Mean BMI (kg/m ²)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	367	26.9	26.3-27.5	512	25.7	25.2-26.3	879	26.3	25.9-26.7
30-44	1078	27.8	27.5-28.2	1228	28.3	27.9-28.7	2306	28.1	27.8-28.3
45-59	510	28.4	27.9-29.0	425	29.5	28.8-30.1	935	28.8	28.4-29.2
60-69	183	28.0	27.1-28.8	150	31.1	29.4-32.8	333	29.2	28.3-30.0
18-69	2138	27.8	27.5-28.1	2315	27.9	27.5-28.2	4453	27.8	27.6-28.0

Table 77: Percentage of respondents (excluding pregnant women) in each BMI category.

BMI classifications									
Men									
Age Group (years)	n	% Under-weight	95% CI	% Normal weight	95% CI	% BMI	95% CI	% Obese	95% CI
		<18.5		18.5-24.9		25.0-29.9		≥30.0	
18-29	367	4.3	2.1-6.5	35.5	29.5-41.6	36.7	30.4-43.0	23.5	18.4-28.5
30-44	1078	0.4	0.0-0.9	28.2	24.5-31.8	45.8	41.8-49.9	25.6	22.4-28.9
45-59	510	0.5	0.0-1.3	21.3	16.6-26.0	52.6	47.1-58.2	25.6	20.8-30.4
60-69	183	1.3	0.0-2.7	25.1	16.1-34.0	48.0	38.0-57.9	25.6	17.5-33.7
18-69	2138	1.3	0.7-1.9	27.9	25.3-30.5	45.6	42.7-48.5	25.1	22.8-27.4

BMI classifications									
Women									
Age Group (years)	n	% Under-weight	95% CI	% Normal weight	95% CI	% BMI	95% CI	% Obese	95% CI
		<18.5		18.5-24.9		25.0-29.9		≥30.0	
18-29	512	3.8	1.8-5.7	47.3	41.9-52.8	29.8	24.9-34.7	19.1	15.0-23.2
30-44	1228	1.3	0.5-2.1	30.1	26.9-33.3	36.8	33.3-40.3	31.8	28.5-35.0
45-59	425	0.3	0.0-1.0	21.6	16.2-26.9	37.4	30.8-43.9	40.8	34.7-46.8
60-69	150	0.8	0.0-2.5	18.6	8.3-28.9	24.6	14.2-34.9	56.0	44.5-67.5
18-69	2315	1.9	1.1-2.6	33.3	30.6-35.9	34.3	31.7-37.0	30.6	28.1-33.0

BMI classifications									
Age Group (years)	Both Sexes								
	n	% Under-weight	95% CI	% Normal weight	95% CI	% BMI	95% CI	% Obese	95% CI
		<18.5	18.5-24.9	25.0-29.9	≥30.0				
18-29	879	4.0	2.5-5.5	42.1	38.0-46.2	32.9	29.1-36.7	21.0	17.8-24.2
30-44	2306	0.9	0.4-1.3	29.1	26.7-31.6	41.3	38.6-44.1	28.7	26.4-31.0
45-59	935	0.4	0.0-1.0	21.4	18.0-24.9	46.7	42.4-51.0	31.5	27.7-35.4
60-69	333	1.1	0.1-2.2	22.5	15.7-29.3	38.8	31.5-46.0	37.6	30.7-44.5
18-69	4453	1.6	1.1-2.0	30.5	28.6-32.4	40.1	38.2-42.1	27.8	26.1-29.4

Table 78: Percentage of respondents (excluding pregnant women) classified as overweight (BMI≥25).

BMI≥25									
Age Group (years)	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
18-29	367	60.2	54.1-66.3	512	48.9	43.4-54.4	879	53.9	49.8-58.0
30-44	1078	71.5	67.8-75.1	1228	68.6	65.4-71.8	2306	70.0	67.5-72.5
45-59	510	78.2	73.5-83.0	425	78.1	72.8-83.5	935	78.2	74.7-81.7
60-69	183	73.6	64.7-82.5	150	80.6	70.2-90.9	333	76.3	69.5-83.1
18-69	2138	70.8	68.1-73.4	2315	64.9	62.2-67.6	4453	67.9	66.0-69.8

Table 79: Mean waist circumference among all respondents (excluding pregnant women).

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	367	93.1	91.3-94.8	510	84.7	83.3-86.1
30-44	1079	97.1	96.1-98.2	1225	91.3	90.4-92.2
45-59	514	99.6	98.2-101.0	424	96.0	94.5-97.5
60-69	183	103.1	100.2-105.9	152	99.2	96.0-102.4
18-69	2143	97.2	96.4-98.0	2311	90.5	89.7-91.2

Table 80: Mean hip circumference among all respondents (excluding pregnant women).

Hip circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	367	103.1	101.5-104.6	510	100.1	98.9-101.2
30-44	1074	103.2	102.4-103.9	1223	104.4	103.6-105.2
45-59	514	103.4	102.1-104.6	422	106.7	105.3-108.0
60-69	183	103.9	101.3-106.4	152	109.6	106.4-112.8
18-69	2138	103.2	102.6-103.9	2307	103.7	103.1-104.4

Table 81: Mean waist-to-hip ratio among all respondents (excluding pregnant women).

Mean waist / hip ratio						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	366	0.9	0.9-0.9	510	0.8	0.8-0.9
30-44	1074	0.9	0.9-0.9	1223	0.9	0.9-0.9
45-59	514	1.0	1.0-1.0	422	0.9	0.9-0.9
60-69	183	1.0	1.0-1.0	152	0.9	0.9-0.9
18-69	2137	0.9	0.9-0.9	2307	0.9	0.9-0.9

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Table 82: Mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded).

Mean fasting blood glucose (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	226	5.2	5.1-5.4	351	5.2	5.0-5.3	577	5.2	5.1-5.3
30-44	717	5.8	5.6-5.9	858	5.5	5.4-5.6	1575	5.6	5.5-5.7
45-59	361	6.5	6.2-6.7	288	6.7	6.1-7.2	649	6.5	6.3-6.8
60-69	124	6.9	5.7-8.2	98	6.6	6.0-7.1	222	6.8	6.0-7.6
18-69	1428	5.9	5.8-6.0	1595	5.6	5.5-5.8	3023	5.8	5.7-5.9

Mean fasting blood glucose (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	226	93.9	91.1-96.7	351	92.9	90.6-95.2	577	93.3	91.5-95.1
30-44	717	104.0	101.1-106.9	858	99.3	97.2-101.3	1575	101.6	99.8-103.4
45-59	361	116.3	111.6-121.0	288	120.1	110.2-130.0	649	117.8	112.8-122.7
60-69	124	125.0	102.9-147.1	98	118.1	107.6-128.6	222	122.2	108.2-136.2
18-69	1428	106.1	103.6-108.6	1595	101.4	99.3-103.6	3023	103.8	102.1-105.4

Table 83: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded).

Impaired Fasting Glycaemia*									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	226	6.0	1.8-10.2	351	6.7	3.2-10.3	577	6.4	3.6-9.3
30-44	719	13.5	10.1-16.9	858	9.1	6.6-11.6	1577	11.3	9.0-13.6
45-59	363	20.5	15.1-25.9	290	16.2	11.0-21.5	653	18.8	14.9-22.7
60-69	125	13.6	5.7-21.5	98	13.5	3.0-24.1	223	13.5	7.2-19.9
18-69	1433	13.6	11.3-15.9	1597	9.7	7.8-11.6	3030	11.7	10.0-13.3

Raised blood glucose or currently on medication for diabetes**									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	226	4.9	1.5-8.2	351	2.9	0.6-5.2	577	3.7	1.8-5.6
30-44	719	8.8	6.2-11.5	858	8.8	6.3-11.3	1577	8.8	7.0-10.7
45-59	363	24.4	19.3-29.4	290	24.6	17.7-31.6	653	24.5	20.2-28.8
60-69	125	33.7	21.8-45.6	98	27.2	15.2-39.3	223	31.1	22.5-39.7
18-69	1433	13.3	11.2-15.4	1597	10.3	8.4-12.2	3030	11.8	10.3-13.3

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	234	1.9	0.2-3.7	357	1.8	0.3-3.3	591	1.9	0.7-3.0
30-44	727	8.3	5.9-10.6	870	5.8	3.8-7.9	1597	7.0	5.5-8.6
45-59	372	20.0	15.3-24.7	296	25.2	18.9-31.6	668	22.1	18.2-25.9
60-69	127	40.4	28.9-51.8	99	39.3	25.9-52.6	226	39.9	31.2-48.6
18-69	1460	11.7	9.7-13.7	1622	9.1	7.4-10.9	3082	10.4	9.1-11.8

* Impaired fasting glycaemia is defined as either

- plasma venous value: ≥ 6.1 mmol/L (110mg/dl) and < 7.0 mmol/L (126mg/dl)
- capillary whole blood value: ≥ 5.6 mmol/L (100mg/dl) and < 6.1 mmol/L (110mg/dl)

** Raised blood glucose is defined as either

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

Table 84: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.

Mean total cholesterol (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	232	4.3	4.2-4.5	353	4.5	4.3-4.6	585	4.4	4.3-4.5
30-44	722	4.9	4.8-5.0	867	4.8	4.7-4.9	1589	4.8	4.7-4.9
45-59	369	4.8	4.6-4.9	295	5.1	4.9-5.4	664	4.9	4.8-5.0
60-69	126	4.3	4.0-4.6	99	4.9	4.5-5.2	225	4.5	4.3-4.7
18-69	1449	4.7	4.6-4.8	1614	4.7	4.7-4.8	3063	4.7	4.7-4.8

Mean total cholesterol (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	232	168.0	162.8-173.1	353	172.3	168.0-176.6	585	170.5	167.1-173.9
30-44	722	187.7	183.7-191.8	867	185.2	181.0-189.4	1589	186.5	183.3-189.6
45-59	369	184.0	178.1-189.9	295	198.5	189.0-208.0	664	189.7	184.3-195.1
60-69	126	164.8	153.4-176.2	99	188.6	175.2-202.0	225	174.3	165.4-183.2
18-69	1449	181.1	178.3-184.0	1614	183.5	180.3-186.7	3063	182.3	180.0-184.6

Table 85: Percentage of respondents with raised total cholesterol.

Total cholesterol \geq 5.0 mmol/L or \geq 190 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	232	24.8	17.9-31.8	353	29.1	23.4-34.8	585	27.3	22.7-31.9
30-44	722	45.8	41.5-50.0	867	41.4	37.1-45.8	1589	43.6	40.5-46.7
45-59	369	42.0	35.2-48.8	295	54.7	48.1-61.3	664	47.0	42.0-51.9
60-69	126	27.4	16.2-38.6	99	47.8	33.9-61.6	225	35.6	26.7-44.4
18-69	1449	39.1	35.9-42.4	1614	40.1	37.0-43.2	3063	39.6	37.3-41.9

Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	232	3.7	1.1-6.2	353	3.5	1.5-5.6	585	3.6	2.0-5.2
30-44	722	11.5	8.5-14.6	867	8.9	6.0-11.8	1589	10.2	8.0-12.4
45-59	369	10.2	6.0-14.5	295	15.2	9.2-21.1	664	12.2	8.5-15.8
60-69	126	7.3	1.2-13.5	99	15.2	4.4-26.0	225	10.5	4.7-16.3
18-69	1449	9.2	7.2-11.2	1614	8.5	6.6-10.5	3063	8.9	7.3-10.5

Table 86: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol.

Total cholesterol \geq 5.0 mmol/L or \geq 190 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	232	25.9	18.8-33.0	353	29.1	23.4-34.8	585	27.7	23.1-32.3
30-44	722	49.3	45.1-53.5	867	42.1	37.7-46.4	1589	45.7	42.5-48.9
45-59	369	50.0	43.1-56.8	295	65.3	58.8-71.8	664	56.0	51.1-60.9
60-69	126	50.2	38.3-62.2	99	67.3	53.9-80.8	225	57.1	48.0-66.1
18-69	1449	44.4	41.2-47.6	1614	42.9	39.8-46.1	3063	43.7	41.3-46.0

Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	232	4.7	1.7-7.7	353	3.8	1.7-5.9	585	4.2	2.4-5.9
30-44	722	16.4	12.7-20.0	867	10.2	7.1-13.3	1589	13.2	10.7-15.8
45-59	369	19.8	14.5-25.1	295	27.5	20.5-34.5	664	22.8	18.5-27.1
60-69	126	30.2	19.3-41.0	99	46.7	33.0-60.4	225	36.8	28.2-45.4
18-69	1449	15.5	13.0-18.0	1614	12.5	10.3-14.8	3063	14.0	12.2-15.9

Table 87: Mean HDL among all respondents and percentage of respondents with low HDL.

Mean HDL (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	232	1.1	1.0-1.1	350	1.4	1.3-1.4	582	1.2	1.2-1.3
30-44	721	1.0	1.0-1.1	864	1.3	1.3-1.3	1585	1.2	1.1-1.2
45-59	369	1.0	1.0-1.1	294	1.3	1.2-1.4	663	1.2	1.1-1.2
60-69	126	1.0	1.0-1.1	99	1.3	1.2-1.4	225	1.1	1.1-1.2
18-69	1448	1.0	1.0-1.1	1607	1.3	1.3-1.4	3055	1.2	1.2-1.2

Mean HDL (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	232	41.7	39.6-43.9	350	52.2	50.0-54.5	582	47.8	46.1-49.5
30-44	721	39.8	38.6-41.0	864	50.7	49.3-52.2	1585	45.3	44.3-46.3
45-59	369	40.6	39.1-42.0	294	50.9	48.0-53.8	663	44.6	43.1-46.2
60-69	126	39.8	37.5-42.1	99	50.3	46.1-54.5	225	44.0	41.7-46.3
18-69	1448	40.4	39.6-41.3	1607	51.2	50.2-52.2	3055	45.7	45.0-46.5

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
18-29	232	53.9	45.4-62.4
30-44	721	58.5	54.1-62.8
45-59	369	54.9	48.6-61.1
60-69	126	55.7	44.3-67.0
18-69	1448	56.4	53.0-59.8

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
18-29	350	49.3	42.7-55.9
30-44	864	53.3	48.9-57.8
45-59	294	52.8	45.5-60.1
60-69	99	55.0	41.6-68.4
18-69	1607	52.1	49.0-55.1

Table 88: Mean fasting triglycerides among all respondents and percentage of respondents with raised fasting triglycerides (non-fasting recipients excluded).

Mean fasting triglycerides (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	226	1.6	1.4-1.7	345	1.2	1.1-1.3	571	1.4	1.3-1.5
30-44	713	1.9	1.8-2.0	853	1.5	1.4-1.6	1566	1.7	1.6-1.8
45-59	358	1.9	1.8-2.1	286	1.7	1.5-1.8	644	1.8	1.7-1.9
60-69	123	1.8	1.5-2.0	98	1.9	1.6-2.2	221	1.8	1.6-2.0
18-69	1420	1.8	1.8-1.9	1582	1.5	1.4-1.5	3002	1.6	1.6-1.7

Mean fasting triglycerides (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	226	138.4	125.9-150.9	345	109.5	101.6-117.4	571	121.7	114.6-128.8
30-44	713	169.7	160.3-179.1	853	132.2	126.3-138.2	1566	150.9	145.1-156.6
45-59	358	170.4	159.0-181.9	286	149.7	135.8-163.6	644	162.3	153.5-171.2
60-69	123	155.0	134.3-175.8	98	167.0	139.1-194.8	221	159.8	143.0-176.6
18-69	1420	162.2	156.0-168.3	1582	129.5	124.6-134.5	3002	146.0	141.9-150.1

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	226	31.8	24.3-39.2	345	14.7	10.3-19.2	571	21.9	17.6-26.2
30-44	713	45.8	40.9-50.7	853	29.7	25.9-33.5	1566	37.7	34.5-41.0
45-59	358	45.6	39.3-51.8	286	36.3	28.6-44.0	644	41.9	37.3-46.6
60-69	123	42.4	29.9-55.0	98	45.8	31.5-60.1	221	43.8	34.3-53.3
18-69	1420	42.5	39.1-45.9	1582	26.8	24.0-29.7	3002	34.7	32.4-37.1

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	226	23.6	16.9-30.4	345	9.1	5.6-12.7	571	15.2	11.7-18.8
30-44	713	33.9	29.4-38.4	853	17.5	14.2-20.7	1566	25.6	22.7-28.6
45-59	358	36.6	30.2-43.0	286	23.6	17.3-29.9	644	31.5	26.9-36.1
60-69	123	29.2	17.1-41.3	98	30.5	17.3-43.7	221	29.7	20.8-38.7
18-69	1420	32.0	29.0-35.1	1582	16.4	14.1-18.8	3002	24.3	22.3-26.3

CARDIOVASCULAR DISEASE RISK

Table 89: Percentage of respondents aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 30\%$ or with existing CVD

Percentage of respondents with a 10-year CVD risk $\geq 30\%$ or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	500	2.0	0.6-3.4	468	1.3	0.2-2.4	968	1.7	0.8-2.6
55-69	139	8.6	3.0-14.2	122	3.0	0.7-5.3	261	5.9	2.8-9.1
40-69	639	3.6	1.9-5.2	590	1.7	0.7-2.7	1229	2.7	1.7-3.7

Table 90: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* $\geq 30\%$, including those with existing CVD) receiving drug therapy and counseling** (including glycaemic control) to prevent heart attacks and strokes.

Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	11	53.1	10.8-95.5	7	41.2	8.9-73.6	18	48.4	18.3-78.5
55-69	13	79.6	56.0-100.0	10	73.1	45.8-100.0	23	78.0	60.1-95.9
40-69	24	67.7	42.9-92.5	17	53.0	24.2-81.7	41	63.0	43.7-82.2

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

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

SUMMARY OF COMBINED RISK FACTORS

Table 91: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors:

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

Summary of Combined Risk Factors							
Men							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1324	2.1	1.0-3.2	43.5	40.0-46.9	54.4	50.9-58.0
45-69	567	1.0	0.1-1.9	35.7	30.7-40.7	63.3	58.2-68.4
18-69	1891	1.8	0.9-2.6	41.1	38.4-43.9	57.1	54.2-60.0

Summary of Combined Risk Factors							
Women							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1642	1.2	0.5-1.8	53.8	50.7-56.8	45.1	42.0-48.2
45-69	484	1.1	0.0-2.1	39.6	33.9-45.4	59.3	53.6-65.1
18-69	2126	1.1	0.6-1.7	51.0	48.4-53.6	47.9	45.3-50.6

Summary of Combined Risk Factors							
Both Sexes							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	2966	1.6	0.9-2.3	48.9	46.6-51.3	49.5	47.1-51.9
45-69	1051	1.0	0.3-1.7	37.2	33.5-41.0	61.7	58.0-65.5
18-69	4017	1.5	0.9-2.0	46.0	44.0-48.0	52.5	50.5-54.6

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APPENDIX

1. UAE World Health-Household Survey, Household Questionnaire, 2017-2018.
2. UAE World Health-Household Survey, Questionnaire for Persons 18 years and over, 2017-2018.
3. UAE World Health-Household Survey, Questionnaire Physical and Biochemical measurements, 2017-2018.
4. UAE World Health-Household Survey, Questionnaire for Ever-married women 15-49 years, 2017-2018.

For survey related Questionnaires, kindly refer to UAE Ministry of Health and Prevention open data website on the following link:

<http://www.mohap.gov.ae/en/OpenData/Pages/default.aspx>

Framework Element	Target	Indicator
MORTALITY AND MORBIDITY		
Premature mortality from noncommunicable disease	1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases	1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases
Additional indicator		2. Cancer incidence, by type of cancer, per 100 000 population
BEHAVIOURAL RISK FACTORS		
Harmful use of alcohol	2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context	3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context 4. <i>Age-standardized prevalence of heavy episodic drinking among adolescents and adults</i> , 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. <i>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)</i>
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	8. <i>Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years</i>
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents

		<i>10. Age-standardized prevalence of current tobacco use among persons aged 18+ years</i>
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	<i>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</i>
Diabetes and obesity	7. Halt the rise in diabetes & obesity	<p><i>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)</i></p> <p><i>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)</i></p> <p><i>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)</i></p>
Additional indicators		<p><i>15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years</i></p> <p><i>16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day</i></p> <p><i>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</i></p>
NATIONAL SYSTEMS RESPONSE		

<p>Drug therapy to prevent heart attacks and strokes</p>	<p>8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes</p>	<p>18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk $\geq 30\%$, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes</p>
<p>Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases</p>	<p>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</p>	<p>19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities</p>
<p>Additional indicators</p>	<p>20. Access to palliative care assessed by morphine-equivalent</p> <p>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</p> <p>22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies</p> <p>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</p> <p>24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants</p> <p>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</p>	