**Non-communicable Disease Risk Factor Survey (STEPS).**

**DATA BOOK FOR UAE 2017-2018**

**Statistic and Research Center**

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**WHO-STEPS**

**Non-communicable Disease**

**Risk Factor Survey**

**DATA BOOK FOR**

**UAE 2017-2018**

**Statistics & Research Center (SARC)**

#### **preface**

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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:

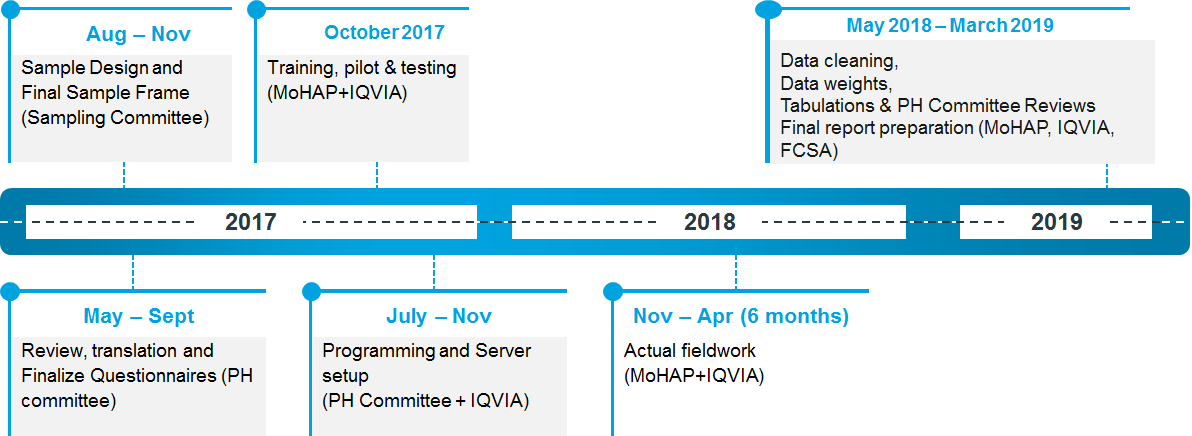
1. Adult questionnaire which included the STEPS 1 & 2,
2. Physical and Biochemical measurements questionnaire which included the STEP 3.
3. **The marketing committee** – constituted for the review and coordination with civic, religious and law enforcement authorities to ensure smooth conduct of field 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:

* 1. Consultation and on-boarding of government bodies - at Emirate & Federal level.
  2. Public relations campaign using all channels - print and electronic
  3. Different approaches successfully employed:
     1. SMS campaigns.
     2. Toll free number set-up by MOHAP team in close working with the police to answer any question from general public about the survey
     3. Banners and hoardings on UAE STEPS at prominent public locations.
     4. Announcements in mosques during prayer times.
     5. Social media: Using social networking sites such as Facebook and Twitter.
     6. Radio announcements.
     7. 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):
   1. Emirati households
   2. Non-Emirati households
2. Institutional population:
   1. Emirati and non-Emirati population living in institutions (e.g., army barracks, hospitals, dormitories, prisons)
   2. 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
   3. 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:

1. Adult questionnaire which included, STEPS 1 & 2, health states description, Chronic Conditions and Health Services Coverage, Health Care Utilization and expenditures
2. 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 adultaged 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: • Are overweight and obese • Have raised blood pressure |
| 3 | Receiving participant's blood samples for biochemical testing | To test for  • 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

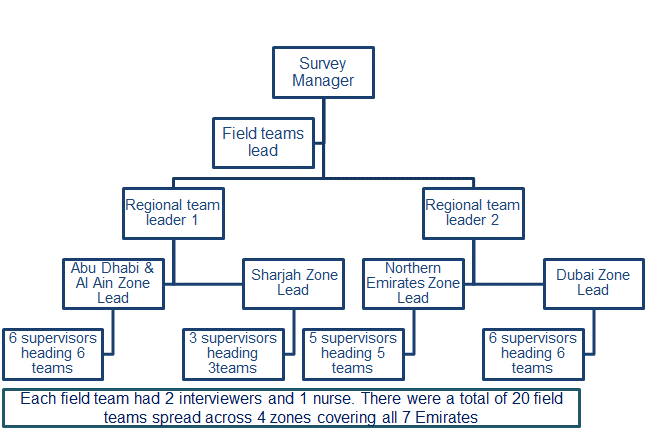
1. 2 Interviewers – both male and females of mixed ethnic and culture background and with prior experience in health surveys.
2. 1 Nurse – all females and trained in point-of-care testing to accompany the interviewers for the collecting data on physical and biochemical parameters.
3. 1 Field supervisor 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:**

1. Questionnaires were programmed on the CAPI tool in a manner that significantly minimized the chances of erroneous data entry
2. 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
3. Quality assurance in CAPI design:
   1. Arabic translation and validation by a certified Arabic translating agency.
   2. Scripting and programming including randomization algorithm and branching.
   3. Define logic, range, skip and consistency checks.
   4. Most responses were close-ended and pre-coded.
   5. Minimum free text entries.
   6. Modular construction and navigation rules between sections.
   7. User interface for data collection team.
   8. Full functionality testing and user acceptance testing.
   9. Pilot testing and further refinement of the CAPI.
4. Final release for main survey and ongoing vigil for any bugs or functional issues.

**Team level:**

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

**Database level:**

1. 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.
2. 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
   1. Server is accepting data only by means of the electronic mechanism, i.e. through devices only
   2. Consumption of data through secured channels only.
   3. Data at the server end is accessed only by the Authentic Users based on the access rights.
   4. Data check points/logic at multiple layers at application server layer as well as data base layer.
   5. Data is maintained in a structured manner on the server.
   6. Full audit-ready systems:
      1. Server logs are maintained for possible system failures
      2. Server resources (CPU, Memory, Storage, network Etc.) are under observation and optimized regularly.
      3. Server capacity is designed to support concurrent users.
      4. Database level logs are maintained so to ensure who updated what
      5. Regular back-up of the data on the server to prevent any data-loss
      6. 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| STEPSlogoS **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**  **(-- - --)\*** |
| *\* Total number of respondents are very low = 46* | | | | | | |
| **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/m2) | | **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/m2) | | **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/m2) | | **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   * 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   * 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 ≥ 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** | | | | | | |
| * current daily smokers * less than 5 servings of fruits & vegetables per day * insufficient physical activity | * overweight (BMI ≥ 25 kg/m2) * raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) | | | | | |
| 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 ≥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%**  **(8.4-10.1)"** | **"15.9%**  **(14.4-17.4)"** | **"2.5%**  **(1.9-3.1)"** |
| Current daily tobacco users | **"8.1%**  **(7.3-8.9)"** | **"14.1%**  **(12.6-15.6)"** | **"2.0%**  **(1.5-2.6)"** |
| **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)** |
| **Current non-users** (smoked and/or smokeless)1 | | | |
| Former tobacco users3 | NA | NA | NA |
| Former tobacco smokers4 | **"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]** | | |
| Average amount spent on 20 manufactured cigarettes [AED] | **60.1**  **(43.7-76.6)** | | |
| Average monthly expenditure on manufactured cigarettes [AED] | **882.8**  **(575.7-1189.9)** | | |
| Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2016]6 | **4.4**  **(3.2-5.5)** | | |

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. 8188 individuals (weighted numbers) responded to the adult questionnaire. The following tables and sections describe the key characteristics of these respondents.

#### **SUMMARY DEMOHRAPHICS 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%** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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%** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | |
| 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** | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | |
| 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** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| 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** | | | | | | |
| Age Group  (years) | **Women** | | | | | |
| 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** | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | |
| 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** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 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** | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | |
| 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 resons |
| 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** | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | |
| 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** | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | |
| 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 resons |
| 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** | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | |
| 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** | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | |
| 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 resons |
| 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** | |

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| 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** | |

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| **Smoking status** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Current smoker | | | | Non-smokers | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 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** |

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| **Smoking status** | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | |
| n | Current smoker | | | | Non-smokers | | | | |
| % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | | 95% CI |
| 18-29 | 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** | |

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| 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** | |

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| 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** | |

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| **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 |

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| 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 | | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured cigarette smoker | 95% CI |  | n | % Manu-factured 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** |

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| **Manufactured cigarette smokers among current smokers** | | | | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | | **Women** | | | | |  | | **Both Sexes** | | |
| n | % Manu-factured cigarette smoker | 95% CI | |  | | n | % Manu-factured cigarette smoker | 95% CI |  | | n | | % Manu-factured cigarette smoker | 95% CI |
| 18-29 | 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** |

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| 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.

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| **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

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| **Mean amount of tobacco used by daily smokers by type** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | Mean # of cigars, cheerots, cigarillos | 95% CI | n | Mean # of shisha sessions | 95% CI | n | Mean # of 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** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| n | Mean # of manufactured cig. | 95% CI | n | Mean # of hand-rolled cig. | 95% CI | n | Mean # of pipes of tobacco | 95% CI |
| 18-29 | 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** | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | |
| 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** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| 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** |

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| **Percentage of current smokers smoking each of the following products** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Manuf. cigs. | 95% CI | % Hand-rolled cigs. | 95% CI | % Pipes of tobacco | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Percentage of current smokers smoking each of the following products** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % Manuf. cigs. | 95% CI | % Hand-rolled cigs. | 95% CI | % Pipes of tobacco | 95% CI |
| 18-29 | 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  (years) | **Both Sexes** | | | | | | |
| 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** |

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| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| **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** |

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| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| 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** |

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| 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** |

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| 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** | |

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| **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** |

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| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| 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** |

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| 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**

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| Table 24: | | | Alcohol consumption status of all respondents. | | | | | | | |
| **Alcohol consumption status** | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | | |
| n | | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | | | 95% CI |
| 18-29 | 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** | |

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| **Alcohol consumption status** | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | |
| n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | | 95% CI |
| 18-29 | 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | |

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| Table25 : | | 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** | |

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| 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** |

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| **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** |

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| **Frequency of alcohol consumption in the past 12 months** | | | | | | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | | | | | | |
| 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** | |
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| 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** | ……… | |

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| 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** | | ……… |

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| 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 (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)** | | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | |  | **Women** | | |  | **Both Sexes** | | | |
| n | | % ≥60g | 95% CI |  | n | % ≥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** |

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| **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** |

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| **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** |

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| 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** | | | | | | | | | |
| Age Group  (years) | | **Men** | | | | | | | |
| 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** | |

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| **High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| 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** | ---- | ---- |

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| **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** |

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| 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** | | -- -- |

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| 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** | |

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| 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** | | -- -- |

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| 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** | |

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| **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** |

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| **Frequency of alcohol consumption in the past 7 days** | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | |
| 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** |

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| 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** | -- -- | |

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| 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** | |

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| 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** | -- -- | |

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| 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** | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | |
| 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** | |

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| --- | --- | --- | --- | --- | --- | --- |
| **Unrecorded alcohol consumption during the past 7 days by type** | | | | | | |
| Age Group  (years) | **Women** | | | | | |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- |
| **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** |

#### **Diet**

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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** | |

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| **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** |

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| 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** |

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| **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** |

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| **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** |

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| 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** |

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| **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** |

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| **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** |

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| 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** |

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| 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** | |

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| 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** | |

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| 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** | |

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| 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** |

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| **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** |

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| **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** |

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| **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** |

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| 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** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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** | |

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| **Importance of lowering salt in diet** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % Very important | 95% CI | %  Somewhat important | 95% CI | %  Not at all important | 95% CI |
| 18-29 | 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** |

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| **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** |

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| 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** | |

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| 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** | |

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| **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** |

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| **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** |

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| **Use spices other than salt when cooking** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 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** |

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| **Avoid eating foods prepared outside of a home** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 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**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 50: | | 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). | | | | | | | | | |
| **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** |

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| 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** | |

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| **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** |

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| **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** |

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| 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** |

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| 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** |

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| **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** |

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| **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** | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| **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** |

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| 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** | |

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| **Composition of total physical activity** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Composition of total physical activity** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| 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** |

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| 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** |

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| 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 | |

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| **Minutes spent in sedentary activities on average per day** | | | | | |
| Age Group  (years) | **Women** | | | | |
| n | Mean minutes | 95% CI | Median minutes | Inter-quartile range  (P25-P75) |
| 18-29 | 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 |

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| --- | --- | --- | --- | --- | --- |
| **Minutes spent in sedentary activities on average per day** | | | | | |
| Age Group  (years) | **Both Sexes** | | | | |
| n | Mean minutes | 95% CI | Median minutes | Inter-quartile range  (P25-P75) |
| 18-29 | 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**

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| Table 68: | | Blood pressure measurement and diagnosis among all respondents. | | | | | | | |
| **Blood pressure measurement and diagnosis** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | |
| n | | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | | 95% CI |
| 18-29 | 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** |

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| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 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** |

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| **Blood pressure measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | |
| n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 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** |

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| 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** | |

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| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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**

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| Table 61: | | Blood sugar measurement and diagnosis among all respondents. | | | | | | | |
| **Blood sugar measurement and diagnosis** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | |
| n | | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | |
| n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Blood sugar measurement and diagnosis** | | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | | |
| n | % Never measured | | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| Table 63: | Percentage of respondents who are 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | | |
| n | % Never measured | 95% CI | % measured, not diagnosed | | 95% CI | % diagnosed, but not within past 12 months | | 95% CI | % diagnosed within past 12 months | | 95% CI |
| 18-29 | 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** | | | | | | | | | |
| Age Group  (years) | **Both sexes** | | | | | | | | |
| n | % Never measured | 95% CI | % measured, not diagnosed | 95% CI | % diagnosed, but not within past 12 months | 95% CI | % diagnosed within past 12 months | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 66: | Percentage of respondents who are 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | |

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| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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**

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| --- | --- | --- | --- | --- |
| 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** | |

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| 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| Table 73: | | Percentage of respondents with raised blood pressure. | | | | | | | | | | |
| **SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure** | | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | |  | **Women** | | |  | **Both Sexes** | | | |
| n | | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI | |
| 18-29 | 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 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** |

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| 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** | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | |
| 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 | 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** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| 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** |

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| **Respondents with treated and/or controlled raised blood pressure** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % On medication and SBP<140 and DBP<90 | 95% CI | % On medication and SBP≥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** |

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| 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** | |

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| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean BMI (kg/m2)** | | | | | | | | | | | |
| 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** |

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| Table 77: | | Percentage of respondents (excluding pregnant women) in each BMI category. | | | | | | | | | | |
| **BMI classifications** | | | | | | | | | | | | | | |
| Age Group  (years) | **Men** | | | | | | | | | | | | | |
| n | | % Under-weight  <18.5 | 95% CI | % Normal weight  18.5-24.9 | | 95% CI | % BMI  25.0-29.9 | | 95% CI | % Obese  ≥30.0 | | | 95% CI |
| 18-29 | 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** | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | | | | |
| Age Group  (years) | **Women** | | | | | | | | | | | |
| n | % Under-weight  <18.5 | 95% CI | % Normal weight  18.5-24.9 | | 95% CI | % BMI  25.0-29.9 | | 95% CI | % Obese  ≥30.0 | | 95% CI |
| 18-29 | 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI classifications** | | | | | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | | | | | |
| n | % Under-weight  <18.5 | 95% CI | % Normal weight  18.5-24.9 | 95% CI | % BMI  25.0-29.9 | | 95% CI | % Obese  ≥30.0 | | 95% CI |
| 18-29 | 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** | |

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| 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |

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| 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** |

#### **Biochemical Measurements**

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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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| 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** | |

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| **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** |

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

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| 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** | |

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| **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** |

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| Table 85: | Percentage of respondents with raised total cholesterol. | | | | | | | | | | |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 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 ≥ 6.2 mmol/L or ≥ 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** |

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| Table 86: | Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol. | | | | | | | | | | | |
| **Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol** | | | | | | | | | | | | | |
| Age Group  (years) | | **Men** | | |  | **Women** | | |  | **Both Sexes** | | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI | |
| 18-29 | | 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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol** | | | | | | | | | | | |
| Age Group  (years) | **Men** | | |  | **Women** | | |  | **Both Sexes** | | |
| n | % | 95% CI |  | n | % | 95% CI |  | n | % | 95% CI |
| 18-29 | 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** |

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |

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#### **Cardiovascular disease risk**

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

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 ≥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**

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| --- | --- |
| 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 ≥ 25 kg/m2) * Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP). |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Summary of Combined Risk Factors** | | | | | | | |
| Age Group  (years) | **Men** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 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** | | | | | | | |
| Age Group  (years) | **Women** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 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** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Summary of Combined Risk Factors** | | | | | | | |
| Age Group  (years) | **Both Sexes** | | | | | | |
| n | % with 0 risk factors | 95% CI | % with 1-2 risk factors | 95% CI | % with 3-5 risk factors | 95% CI |
| 18-44 | 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 women15-49 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>

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| **Framework Element** | **Target** | **Indicator** | |
| MORTALITY AND MORBIDITY | | | |
| Premature mortality from noncommunicable disease | 1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases | 1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases | |
| Additional indicator | | 2. Cancer incidence, by type of cancer, per 100 000 population | |
| BEHAVIOURAL RISK FACTORS | | | |
| Harmful use of alcohol | 2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context | 3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context  ***4. Age-standardized prevalence of heavy episodic drinking among*** adolescents and ***adults***, as appropriate, within the national context  5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context | |
| Physical inactivity | 3. A 10% relative reduction in prevalence of insufficient physical activity | 6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily  ***7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)*** | |
| Salt/sodium intake | 4. A 30% relative reduction in mean population intake of salt/sodium | ***8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years*** | |
| Tobacco use | 5. A 30% relative reduction in prevalence of current tobacco use | 9. Prevalence of current tobacco use among adolescents  ***10. Age-standardized prevalence of current tobacco use among persons aged 18+ years*** | |
| BIOLOGICAL RISK FACTORS | | | |
| Raised blood pressure | 6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances | ***11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure*** | |
| Diabetes and obesity | 7. Halt the rise in diabetes & obesity | ***12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose)***  13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex)  ***14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)*** | |
| Additional indicators | | 15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years  ***16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day***  ***17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration*** | |
| NATIONAL SYSTEMS RESPONSE | | | |
| Drug therapy to prevent heart attacks and strokes | 8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes | | ***18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk ≥30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes*** |
| Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases | 9. An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major noncommunicable diseases in both public and private facilities | | 19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities |
| Additional indicators | | | 20. Access to palliative care assessed by morphine-equivalent  21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes  22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies  23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt  24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants  *25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies* |