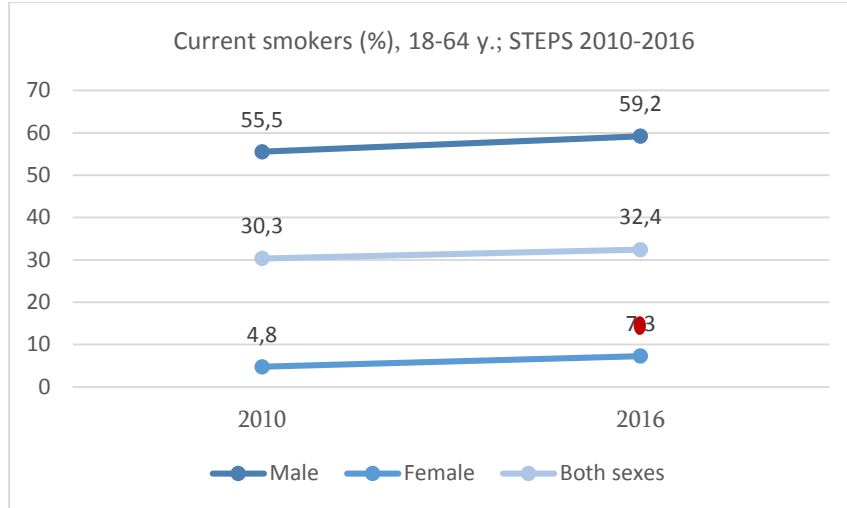


STEPS Noncommunicable Disease Risk Factors Survey, Georgia 2016

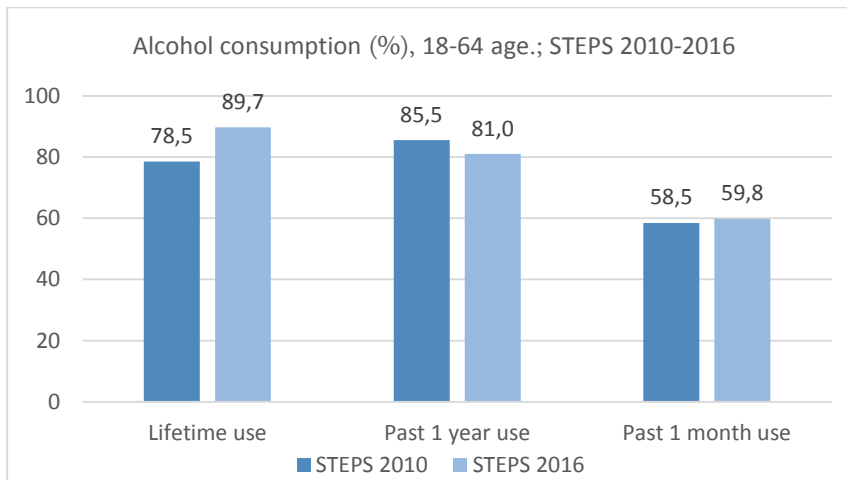
Tobacco Consumption

- Percentage of current smokers increased both in male (from 55% to 59.2%) and in female (from 4.8% to 7.3%) respondents. According to Urine Cotinine test smoking prevalence in women is - 12.2%
- Average age started smoking decreased from 18.6 (2010) to 18.2 (2016).
- The mean number of cigarette sticks consumed by daily smokers increased from 19.5 (2010) to 21.4 (2016)



Alcohol Consumption

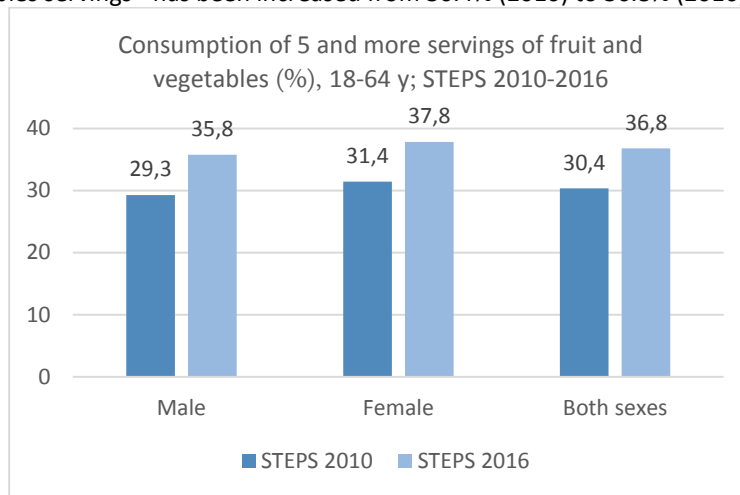
- Alcohol consumption during the lifetime - increased from 78.5% (2010) to 89.7% (2016)
- Alcohol consumption during the past 1 year – reduced from 85.5% (2010) to 81% (2016)
- Alcohol consumption during the past 30 days - increased by - 1.3%



- Excessive alcohol use has been relatively low in 2016 compared to 2010 - (13.4% less men and 7.4% less women consumed excessive alcohol)

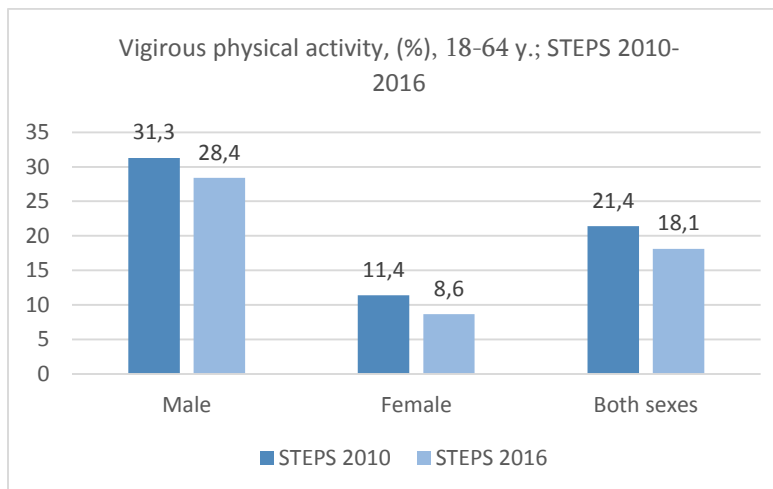
Diet

- Number of days fruits/vegetables consumed as well as amount of servings consumed per day has been increased
- ≥ 5 fruit and/or vegetables servings - has been increased from 30.4% (2010) to 36.8% (2016)



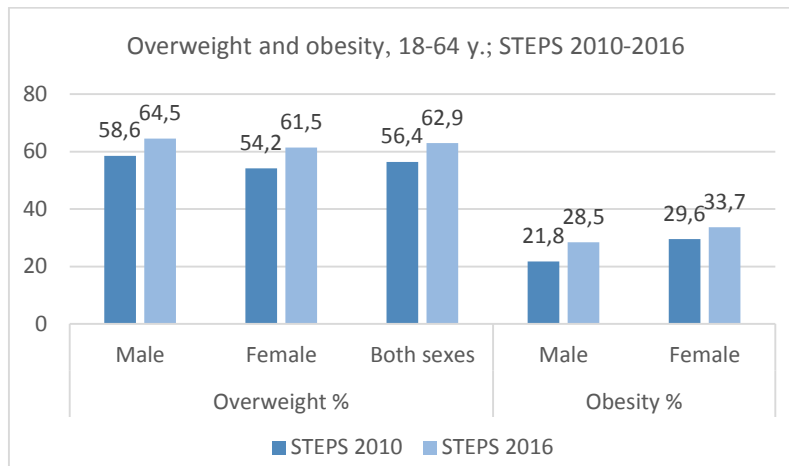
Physical Activity

- Mean minutes of physical activity has been reduced by 5 minutes per day
- Work-related physical activity has been reduced by 14.9 minutes
- Transport-related physical activity has been increased by 10.4 minutes
- Recreation physical activity has been increased 1.1. minutes 1.1
- Percentage of people who participate in vigorous physical activity has been reduced by 3%



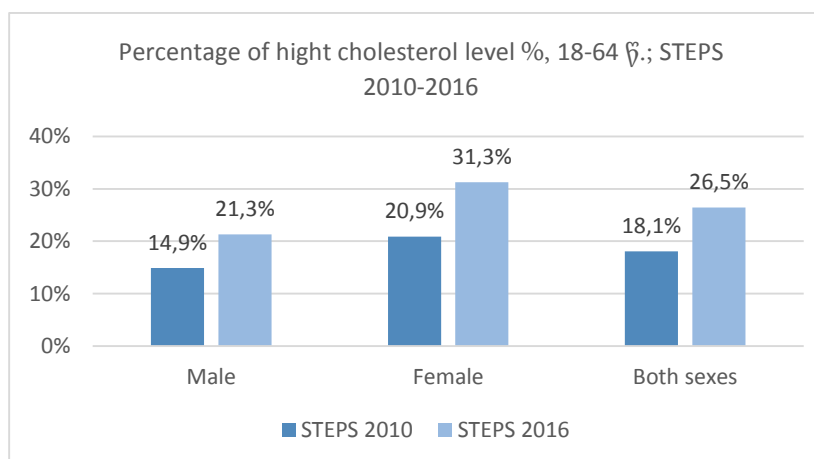
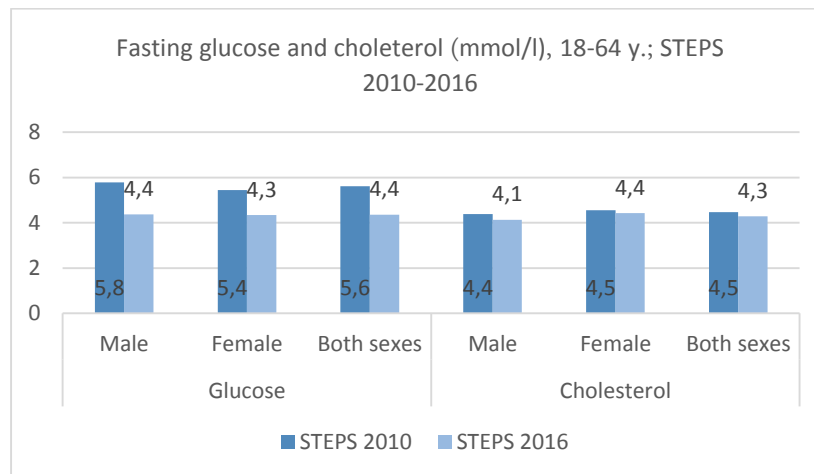
Anthropometry

- Mean Body Mass Index has been increased from 26.7 (2010) to 27.9 (2016)
- Significantly increased overweight (from 56.4 % to 62.9) and obesity (from 25.1% to 31.7%) indexes.



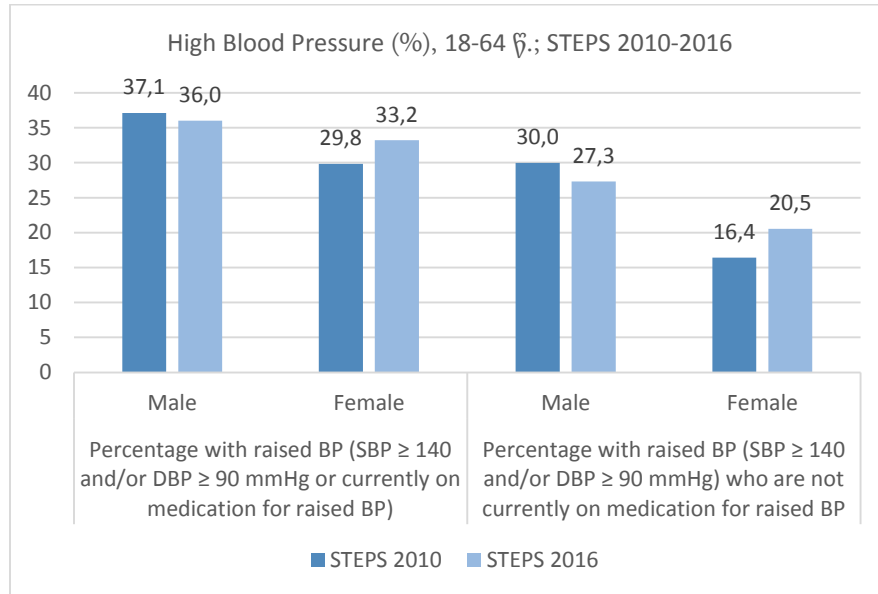
Biochemical indicators

- Mean fasting blood glucose reduced by 1.3.mmol/l
- Mean fasting Cholesterol reduced by 0.2 mmol/l
- Percentage of those with total cholesterol 5.0. mmol/l or more or those who are on anti-lipid treatment has been increased almost 1.5. times. The raise is more visible in women.



Arterial Hypertension

- Systolic and diastolic blood pressure levels have been slightly changed - systolic (from 129.3 mmHg to 128 mmHg.) and diastolic blood pressure (from 81.3 to 81.9 mmHg).
- Percentage of those with raised blood pressure or currently on medication has been increased by 1.2 %. Prevalence of high blood pressure in men has been reduced by 1.1%, while increased by 3.4 % in women.
- Percentage of those with raised blood pressure but not on anti-hypertension medication has been increased by 0.5%. Prevalence of high blood pressure in men has been reduced by 2,6 % while increased by 4.1% in women.



Cardiovascular disease (CVD) risk

- Percentage of those with at least one risk-factor for CVDs reduced by 1.6%
- Percentage of those with 3-5 of above risk-factors tendency is reduced both in men and women as well as both in 18-44 and 45-64 age groups.
- Percentage of those with 3-5 of above risk-factors in 18-64 age group has been reduced from 35.2% (2010) to 34.6%.

