

Non-communicable Diseases Risk-factor STEPS Survey, Georgia, 2016

Executive summary

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WHO's STEPwise approach to noncommunicable disease (NCDs) risk factor surveillance is the most common instrument for the surveillance of Non-Communicable Diseases risk-factors.

Conducting first STEPS Survey in Georgia in 2010 was made possible through the financial support of European Union and the technical and financial support of World Health Organization. STEPS survey gave us possibility to collect basic information on prevalence of NCDs and its biological and behavioral risk-factors in the country.

The second STEPS survey was conducted in Georgia in 2016 through the technical and financial support of World Health Organization and the National Center of Disease Control and Public Health of Georgia.

Survey was carried out from June to September 2016. Both surveys have nationwide representation and were implemented by the National Center of Disease Control and Public Health. In order to plan and successfully implement STEPS survey in the country, STEPS coordinating committee has been formed which is chaired by the Deputy Minister of Health, Labor and Social Affairs, Dr. Nino Berdzuli.

STEPS Instrument covers three different levels of "steps" of risk factor assessment. These steps are:

- I. Socio-demographic and behavioural information
- II. Physical measurements such as height, weight, waist and hip circumference, blood pressure, pulse
- III. Biochemical measurements to assess blood glucose, cholesterol and high density lipoproteins (HDL); urinary salt and cotinine

The target population of STEPS survey was adults aged 18-69. The population-based survey using a multi-stage, clustered sample design was conducted simultaneously both in the East and the West Part of Georgia. A total of 5,554 adults participated in the survey. The overall response rate was 75.7 %.

It is worth noting, that Georgia is the only country in the European Region carried out the second STEPS survey. This gives us possibility to get evidence based information about trends of NCDs and its biological and behavioral risk factors in the country. This is an important resource to plan important public health decisions and interventions, which from its end, will support to improve the health of the Georgia's population.

Conducting STEPS survey in the Country is recommended for 2021.

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Georgia STEPS Survey 2016 Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Georgia was carried out from June 2016 to September 2016. Georgia carried out Step 1, Step 2 and Step 3. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69. A Multi-stage cluster sampling design was used to produce representative data for that age range in Georgia. A total of 5554 adults participated in the survey. The overall response rate was 75.7%. A repeat survey is planned for 2021 if funds permit.

| Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary) | Both Sexes | Males | Females |
|---|-------------------------|-------------------------|-------------------------|
| Step 1 Tobacco Use | | | |
| Percentage who currently smoke tobacco | 31.0% (28.9 – 33.0) | 57.0% (53.6 – 60.3) | 7.0% (5.8 – 8.2) |
| Percentage who currently smoke tobacco daily | 28.0% (26.0 – 30.0) | 51.5% (48.1 – 55.0) | 6.2% (5.1 – 7.4) |
| <i>For those who smoke tobacco daily</i> | | | |
| Average age started smoking (years) among current daily smokers | 18.3 - | 17.8 - | 22.4 - |
| Average age started smoking (years) among current smokers | 18.4 - | 17.9 - | 22.6 - |
| Percentage of daily smokers smoking manufactured cigarettes | 98.6% (97.7 – 99.5) | 98.4% (97.5 – 99.4) | 100.0% - |
| Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes) | 21.3 - | 22.2 - | 14.4 - |
| Step 1 Alcohol Consumption | | | |
| Percentage who are lifetime abstainers | 10.4% (8.9 – 12.0) | 3.9% (2.6 – 5.3) | 16.4% (14.1 – 18.8) |
| Percentage who are past 12 month abstainers | 20.1% (18.5 – 21.7) | 11.4% (9.5 – 13.3) | 28.1% (25.8 – 30.4) |
| Percentage who currently drink (drank alcohol in the past 30 days) | 39.1% (36.6 – 41.5) | 58.9% (55.2 – 62.5) | 20.8% (18.6 – 22.9) |
| Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days) | 18.3% (16.1 – 20.6) | 35.3% (31.2 – 39.4) | 2.6% (1.7 – 3.5) |
| Step 1 Diet | | | |
| Mean number of days fruit consumed in a typical week | 5.3 (5.2 – 5.4) | 5.1 (4.9 – 5.3) | 5.4 (5.3 – 5.6) |
| Mean number of servings of fruit consumed on average per day | 2.0 (1.9 – 2.1) | 2.0 (1.8 – 2.1) | 2.1 (1.9 – 2.2) |
| Mean number of days vegetables consumed in a typical week | 6.0 (5.9 – 6.1) | 5.9 (5.8 – 6.0) | 6.1 (5.9 – 6.2) |
| Mean number of servings of vegetables consumed on average per day | 2.4 (2.3 – 2.5) | 2.4 (2.3 – 2.6) | 2.4 (2.3 – 2.5) |
| Percentage who ate less than 5 servings of fruit and/or vegetables on average per day | 63.0% (60.1 – 66.0) | 63.8% (59.6 – 67.9) | 62.4% (59.5 – 65.3) |
| Percentage who always or often add salt or salty sauce to their food before eating or as they are eating | 26.7% (24.7 – 28.8) | 33.4% (29.4 – 37.3) | 20.6% (18.6 – 22.7) |
| Percentage who always or often eat processed foods high in salt | 14.3% (12.4 – 16.2) | 18.9% (15.3 – 22.5) | 10.1% (8.7 – 11.5) |
| Step 1 Physical Activity | | | |
| Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)* | 17.4% (15.6 – 19.2) | 16.2% (13.6 – 18.9) | 18.4% (16.3 – 20.4) |
| Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range) | 137.1 (40.0 – 300.0) | 158.6 (55.7 – 342.9) | 173.8 (30.0 – 270.0) |
| Percentage not engaging in vigorous activity | 82.4% (80.3 – 84.6) | 72.2% (68.5 – 75.9) | 91.8% (90.1 – 93.4) |
| Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary) | Both Sexes | Males | Females |
| Step 1 Cervical Cancer Screening | | | |

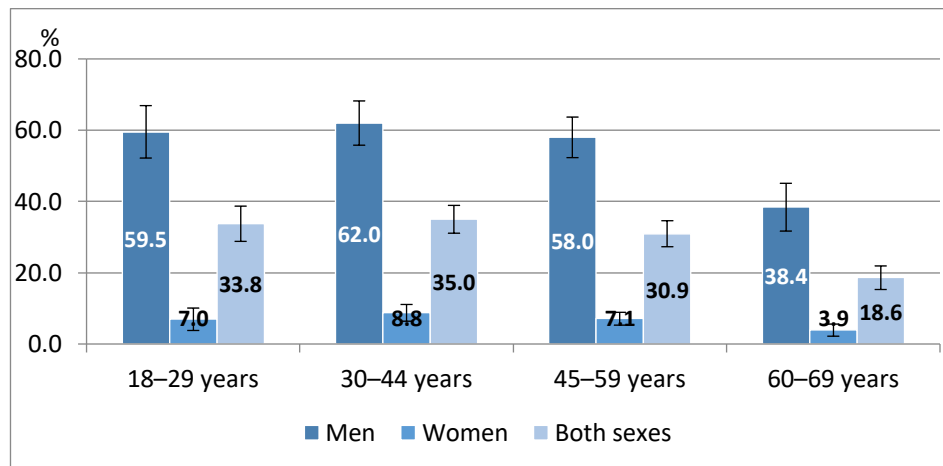
| | | | |
|---|--------------------------|--------------------------|--------------------------|
| Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer | | | 23.9% (20.6 - 27.3) |
| Step 2 Physical Measurements | | | |
| Mean body mass index - BMI (kg/m ²) | 28.1 (27.8 - 28.4) | 27.9 (27.5 - 28.3) | 28.3 (28.0 - 28.6) |
| Percentage who are overweight (BMI ≥ 25 kg/m ²) | 64.6% (62.3 - 67.0) | 65.5% (61.4 - 69.7) | 63.8% (61.4 - 66.3) |
| Percentage who are obese (BMI ≥ 30 kg/m ²) | 33.2% (31.3 - 35.2) | 30.2% (26.9 - 33.6) | 36.0% (33.7 - 38.2) |
| Average waist circumference (cm) | | 95.7 (94.3 - 97.2) | 89.6 (88.7 - 90.5) |
| Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP | 129.4 (128.4 - 130.4) | 132.6 (131.3 - 134.0) | 126.5 (125.4 - 127.6) |
| Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP | 82.2 (81.6 - 82.8) | 83.0 (82.1 - 84.0) | 81.4 (80.7 - 82.1) |
| Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) | 37.7% (35.5 - 40.0) | 38.6% (35.1 - 42.2) | 36.9% (34.7 - 39.1) |
| Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP | 55.4% (52.1 - 58.8) | 64.2% (59.3 - 69.0) | 47.2% (43.4 - 50.9) |
| Step 3 Biochemical Measurement | | | |
| Mean fasting blood glucose, including those currently on medication for raised blood glucose [mmol/L] | 4.4 (4.3 - 4.5) | 4.4 (4.3 - 4.5) | 4.4 (4.3 - 4.5) |
| Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L and <7.0 mmol/L | 2.0% (1.4 - 2.5) | 2.0% (1.0 - 3.0) | 1.9% (1.4 - 2.4) |
| Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L | 4.5% (3.7 - 5.3) | 4.7% (3.5 - 6.0) | 4.3% (3.4 - 5.2) |
| Mean total blood cholesterol, including those currently on medication for raised cholesterol [mmol/L] | 4.3 (4.3 - 4.4) | 4.1 (4.0 - 4.3) | 4.5 (4.4 - 4.6) |
| Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol) | 27.7% (25.5 - 29.9) | 21.9% (18.6 - 25.2) | 33.0% (30.4 - 35.6) |
| Mean intake of salt per day (in grams) | 8.5 (8.3 - 8.6) | 9.7 (9.4 - 9.9) | 7.4 - |
| Cardiovascular disease (CVD) risk | | | |
| Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD ¹ | 28.8% (25.9 - 31.7) | 30.8% (25.9-35.7) | 27.1% (24.3 - 29.9) |
| Summary of combined risk factors | | | |
| <ul style="list-style-type: none"> 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 | 7.6% (6.0 - 9.2) | 5.7% (3.4 - 8.0) | 9.3% (7.7 - 11.0) |
| Percentage with three or more of the above risk factors, aged 18 to 44 years | 25.2% (22.1 - 28.3) | 37.9% (32.5 - 43.3) | 12.5% (10.2 - 14.8) |
| Percentage with three or more of the above risk factors, aged 45 to 69 years | 48.6% (45.7 - 51.5) | 55.1% (50.4 - 59.8) | 43.4% (40.2 - 46.5) |
| Percentage with three or more of the above risk factors, aged 18 to 69 years | 36.1% (33.8 - 38.4) | 45.4% (41.7 - 49.2) | 27.6% (25.5 - 29.8) |

¹ 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).

Tobacco

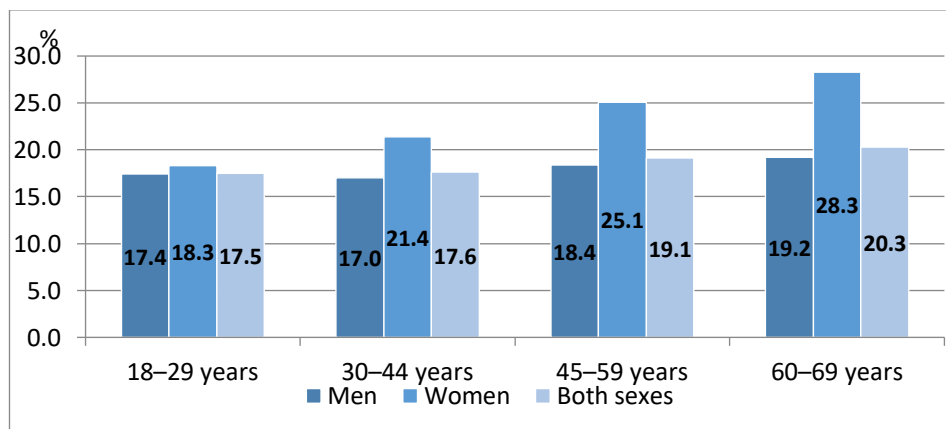
Almost one third of Georgia's population (31%) are smokers; 57% of male - current smokers, among them 90.5 % - daily smokers; 7% of female noted that, they are current smokers; in fact, according to cotinine test, smoking prevalence in female is 12.2%.

Picture #1. Current smokers (%) by age and sex



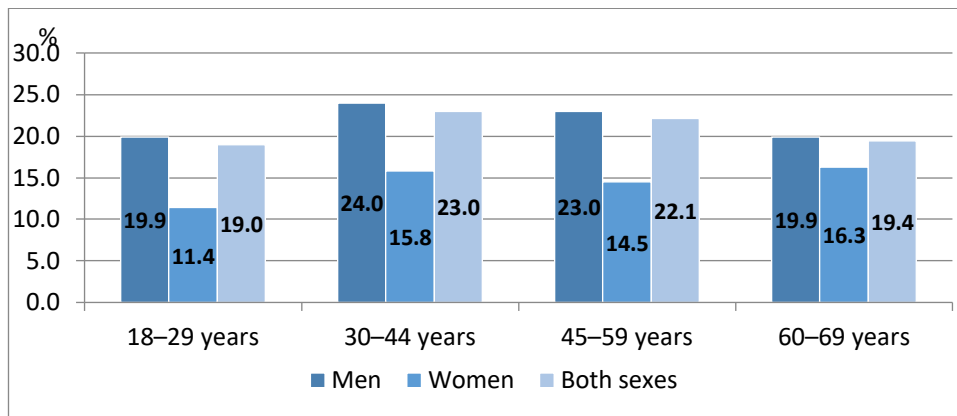
Mean age of starting smoking in male - 17.7 years and in female - 22.4 years.

Picture #2. Mean age of starting smoking by age and sex



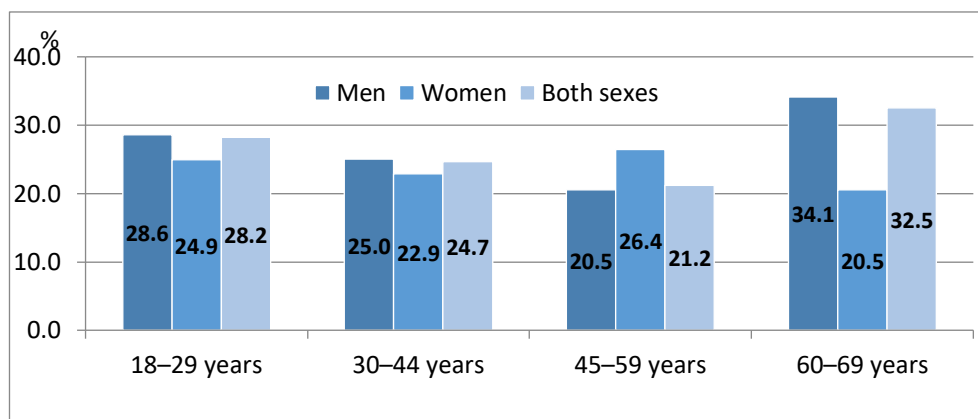
The absolute majority of smokers (98.6%) smoke manufactured cigarettes. Mean number of manufactured cigarettes smoked per day by daily smokers is 21.3 cigarettes (male - 22.2 cigarettes, female - 14.4 cigarettes).

Picture #3. Mean number of manufactured cigarettes smoked per day by daily smokers by age and sex



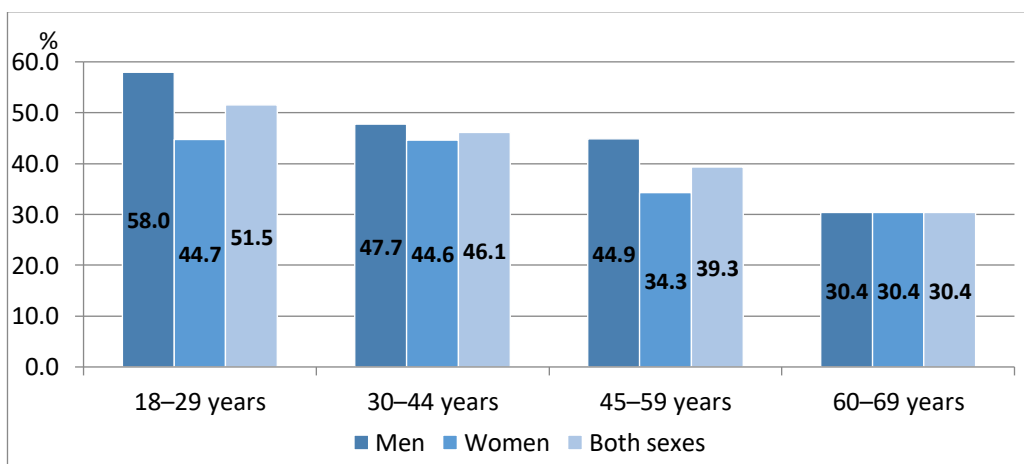
25.3 % of current smokers (male 25.5%, female 24.2%) tried to quit smoking during the past 1 year. Those who have tried to quit smoking used the following: consultation on a primary healthcare level - 11.0%; electronic cigarettes - 9.4%; nicotine replacement therapy - 0.3%; pharmacotherapy (Tabex, Bypropion) - 0.4%; none of them referred to Quit-line service.

Picture #4. Current smokers, who tried to quit smoking during the past one year (%) by age and sex

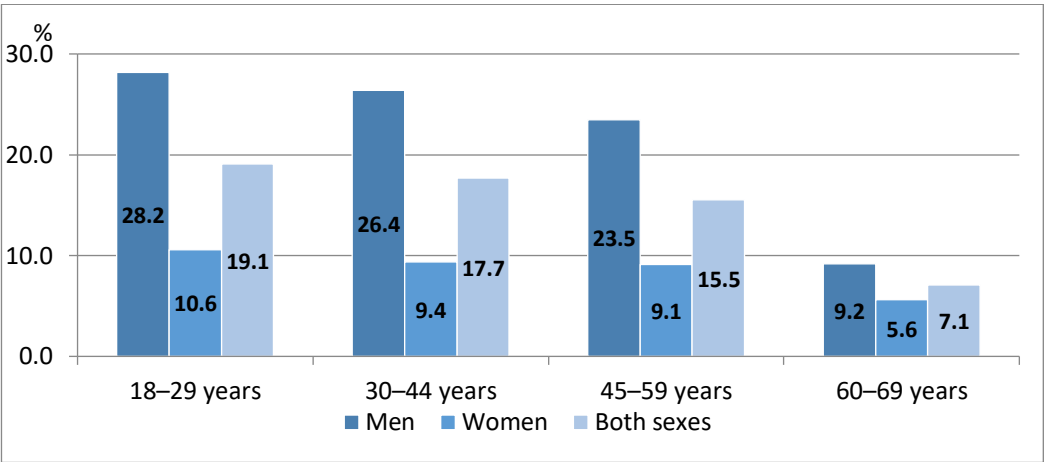


39.3% of male and 30.4% of female current smokers received doctor's/health worker's advice to quit smoking. 43% of respondents are exposed to secondhand smoke at home and 15.8 % at their workplaces.

Picture #5. Secondhand smoke exposure at home during the past 30 days (%) by age and sex



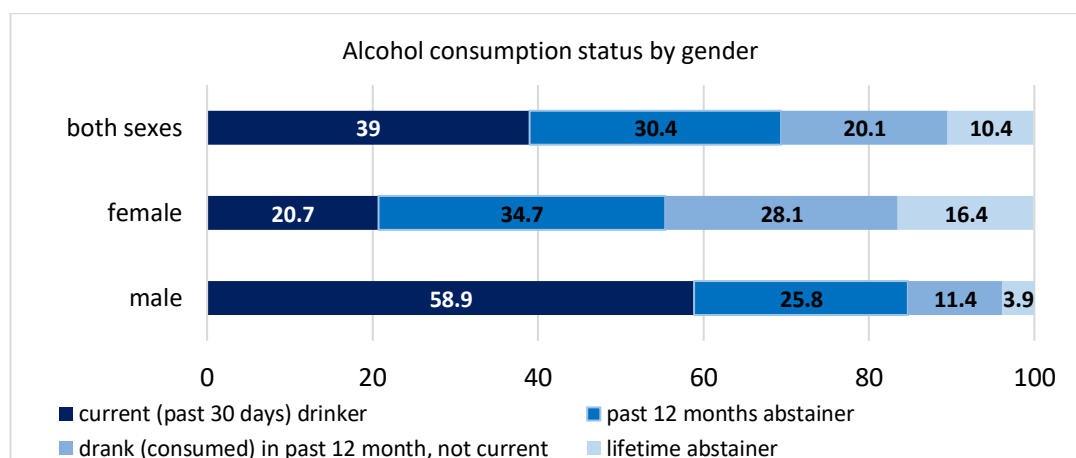
Picture #6. Secondhand smoke exposure at workplaces during the past 30 days (%) by age and sex



Alcohol

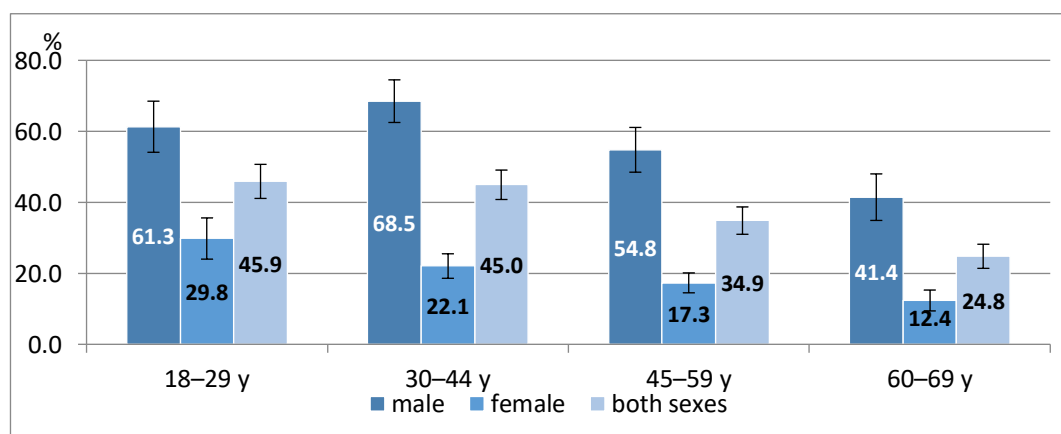
89.6% of respondents (male 96.1%, female 83.6%) consumed any type of alcohol at least once in a lifetime.

Picture #7. Alcohol consumption (%) by sex



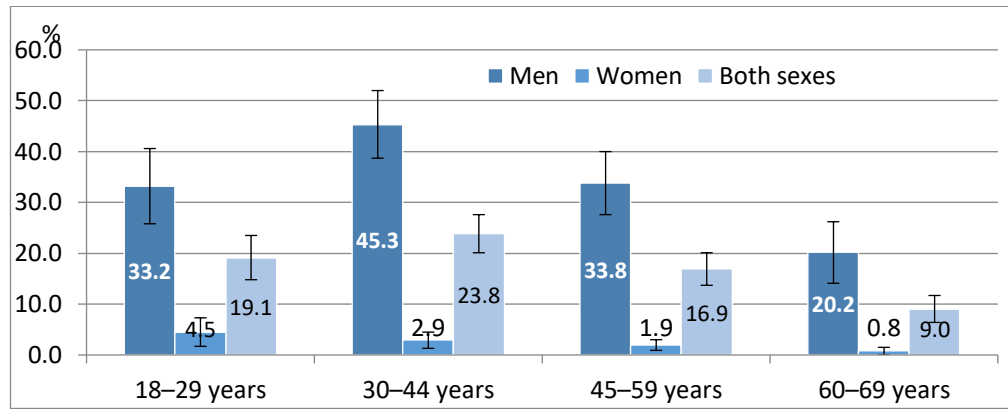
Current (during the past 30 days) alcohol consumption prevalence is 39% (male 58.9%, female 20.7%).

Picture #8. Past 30 days alcohol consumption (%) by age and sex



Number of drinking occasions on average is 2 times higher in male than in female respondents (5.7 vs. 2.5 occasions, accordingly). Average number of standard drinks is almost 3 times higher in man than in women (5.7 vs. 2.0, accordingly). Heavy drinking occasion (6 or more standard drinks on a single occasion) prevalence is 18.3%; it's almost 14-times higher in man than in women (35.3% vs. 2.6%). Quit alcohol drinking because of medical problem or per doctor's/health worker's advice among the abstainers during the past 12 months accounts to 21.6% (male 42.4%, female 13.8%). 38.8% of current drinkers (male 43.6%, female 26%) consumed unregistered alcohol during the past 7 days.

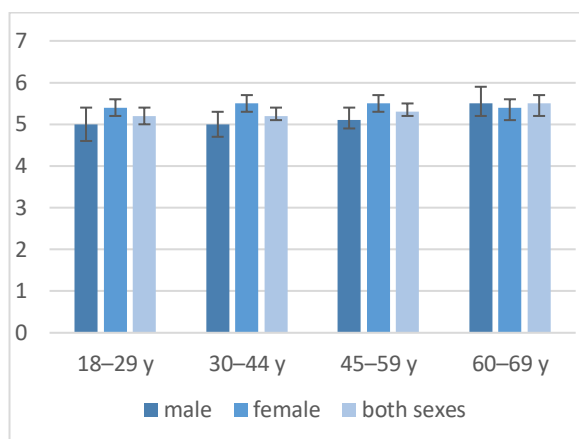
Picture #9. Consumption of 6 or more standard alcohol drinks at least once during the past 30 days (%) by age and sex



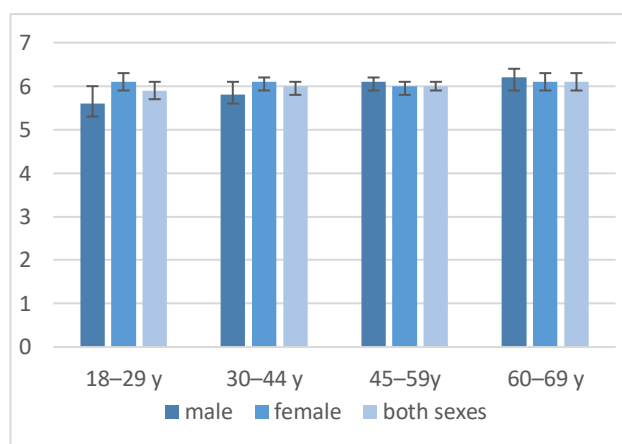
Diet

On average, respondents consumed fruits 5.3 days a week and vegetables 6 days a week.

Picture #10. Fruits consumption, mean number of days in a typical week by age and sex

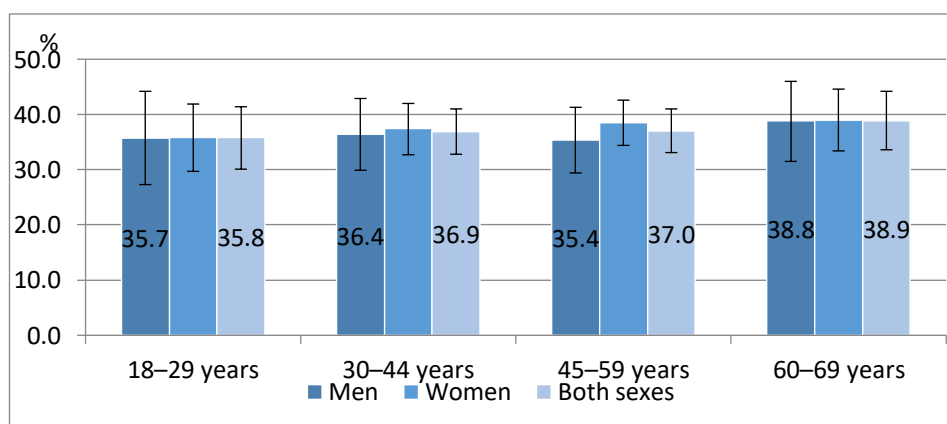


Picture #11. Vegetables consumption, mean number of days in a typical week by age and sex



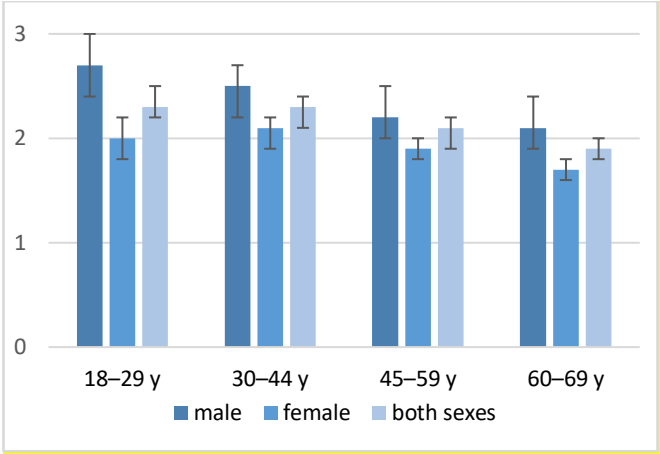
On average 2 servings of fruits and 2.4 servings of vegetables are consumed per day. Less than 5 servings of fruits and vegetables per day are consumed by 63.8% of male and 62.4 % of female respondents. Fruits and vegetables are not consumed at all by 6% of male and 4% of female respondents.

Picture #12. Consumption of 5 or more serving of fruit and vegetables (%) by age and sex

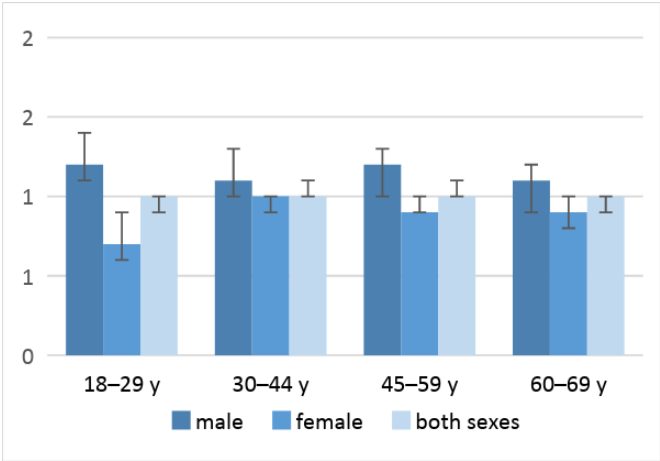


On average, meat and meat products were consumed on 2.2 days a week; fish and sea-products are consumed on 1 day a week; milk and dairy products are consumed on 5.5 days a week; bread products – 6.7 days a week; sweets or sugar products – 1.5 days a week. 51.2% respondents eat three times a day; about 32% - four times a day; 14% of respondents eat more than 4-times a day ; 0.1% of the population does not eat everyday.

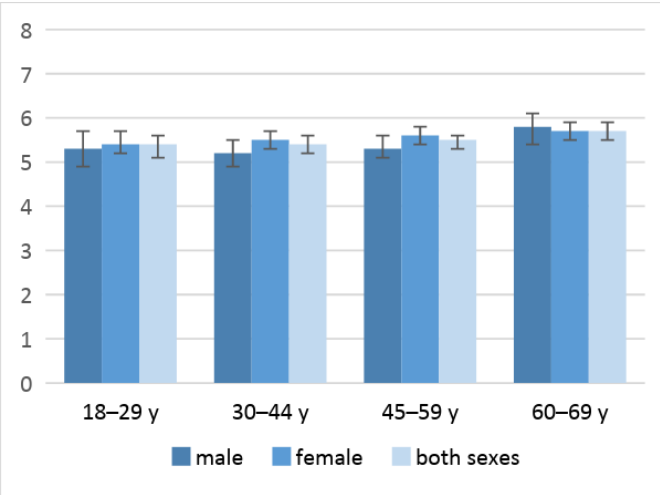
Picture #13. Mean number of days by age and sex when meat and meat products were consumed



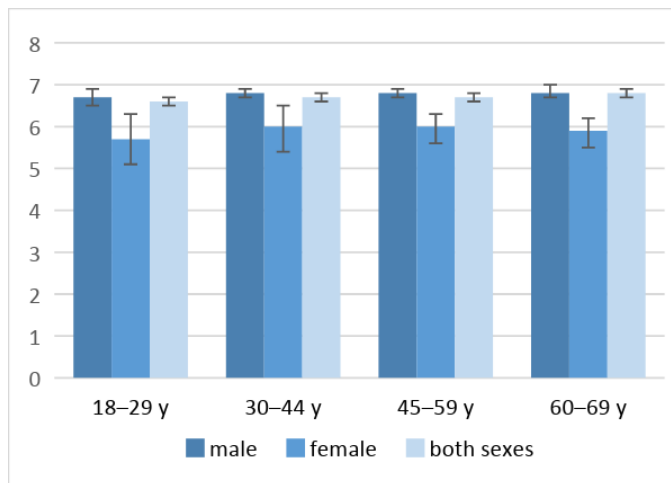
Picture #14. Mean number of days by age and sex when fish and fish products were consumed



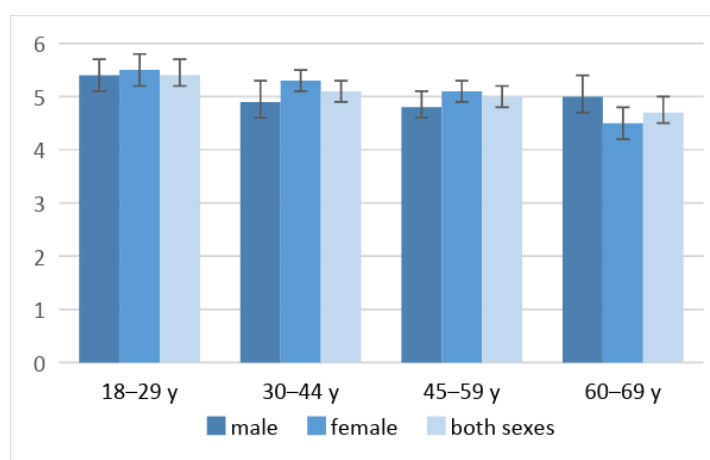
Picture #15. Mean number of days by age and sex when milk and dairy products were consumed



Picture #16. Mean number of days by age and sex when bread and bread products were consumed



Picture #17. Mean number of days by age and sex when sweets were consumed

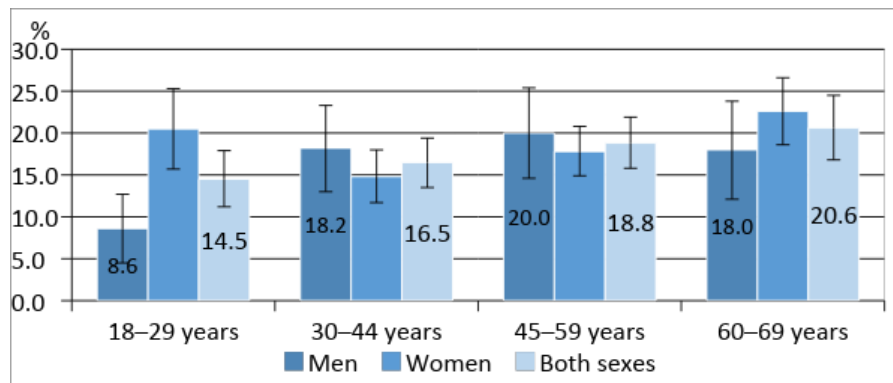


Mean daily consumption of salt is 8.5 gr. (male 9.7 gr; female 7.4 gr).

Physical Activity

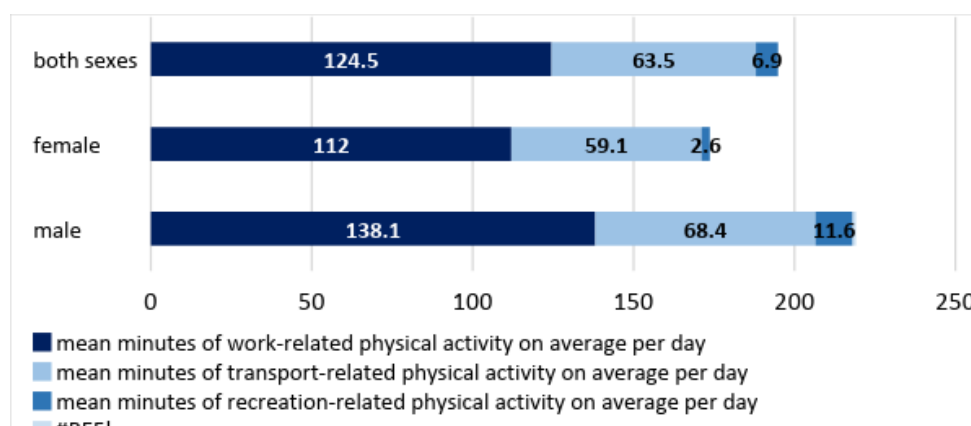
Level of physical activity in 17.4% of respondents (male 16.2%, female 18.4%) does not meet WHO recommendations on physical activity. Younger men (18-29 years) are more physically active.

Picture #18. Proportion of respondents not meeting WHO recommendations on physical activity (%), by age and sex



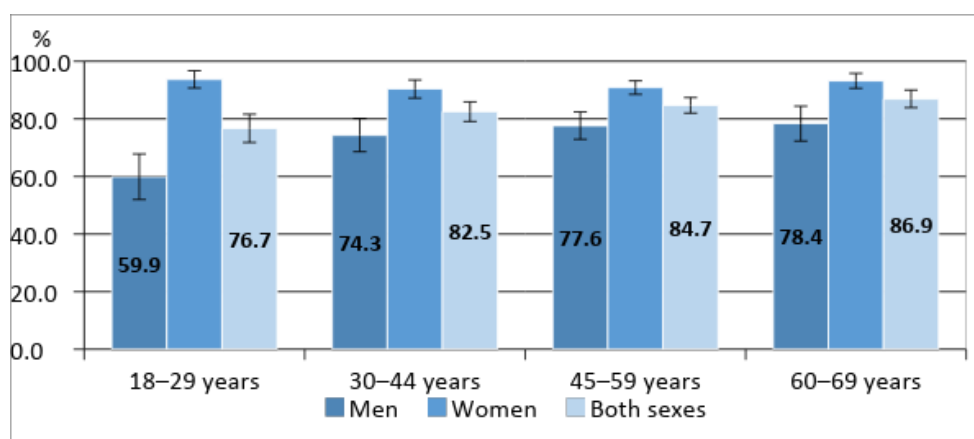
Mean length of general physical activity per day is 194.9 minutes (male 218.1 minutes, female 173.8 minutes). Recreational physical activity is 3.5% out of total physical activity (male 5.3%, female 1.5%).

Picture #19. Average length of a physical activity (minutes) by age and type of physical activity by age and sex



82.4% of respondents (male 72.2%, female 91.8%) are not involved in a vigorous physical activity.

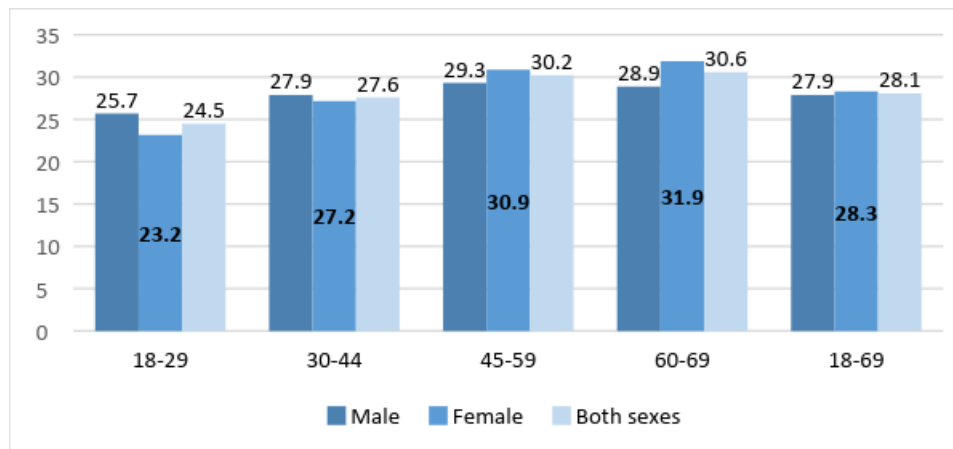
Picture #20. Proportion of respondents, not participating in a vigorous physical activity by age and sex



Anthropometry

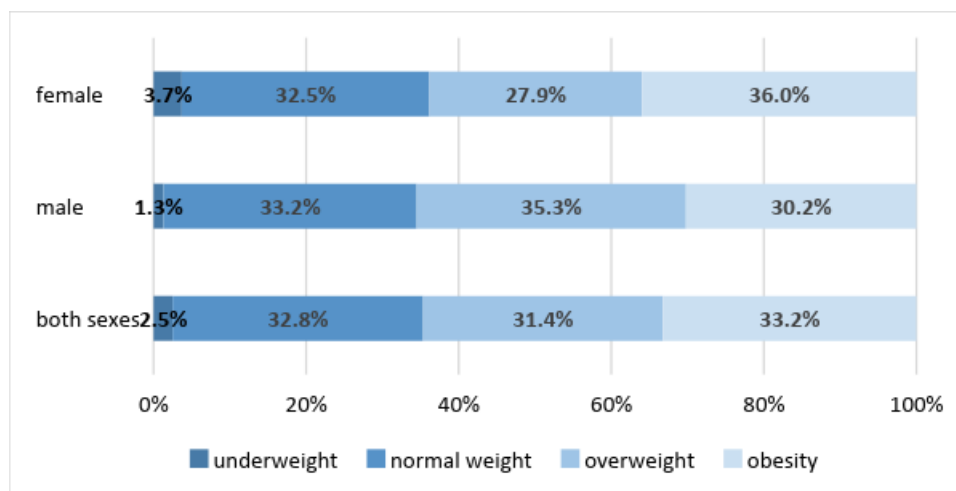
Mean height in male is 173.8 cm and average male weight is 84.4 kg. Mean height in female is 161.2 cm and average female weight is 73.6 kg. Body Mass Index (Mean BMI) is 28.1; 27.9 in male and 28.3 in female. Body Mass Index increases with age.

Picture #21. Body Mass Index by age and sex

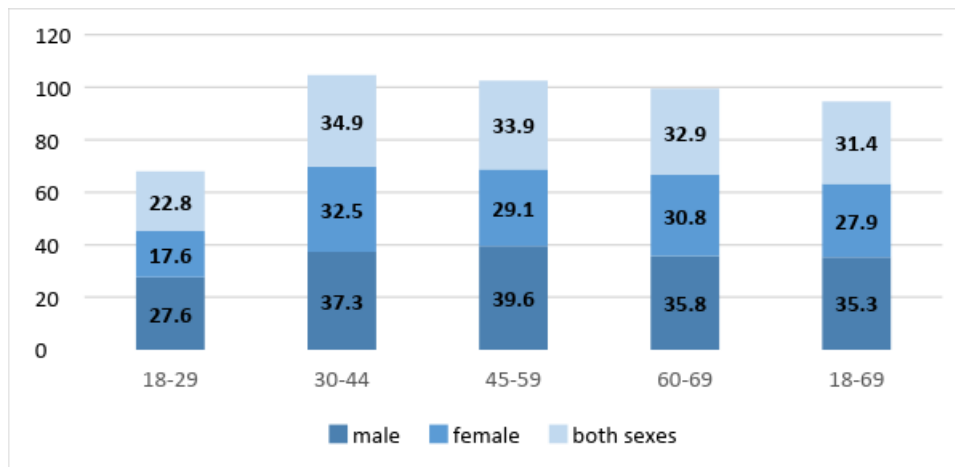


64.6% of respondents are overweight or obese (BMI ≥ 25), 32.8% of respondents have normal weight and 2.5% are underweight. The prevalence of overweight is higher in male (35.3% and 27.9% accordingly), while the prevalence of obesity is higher in female (36.0% and 30.2% accordingly)

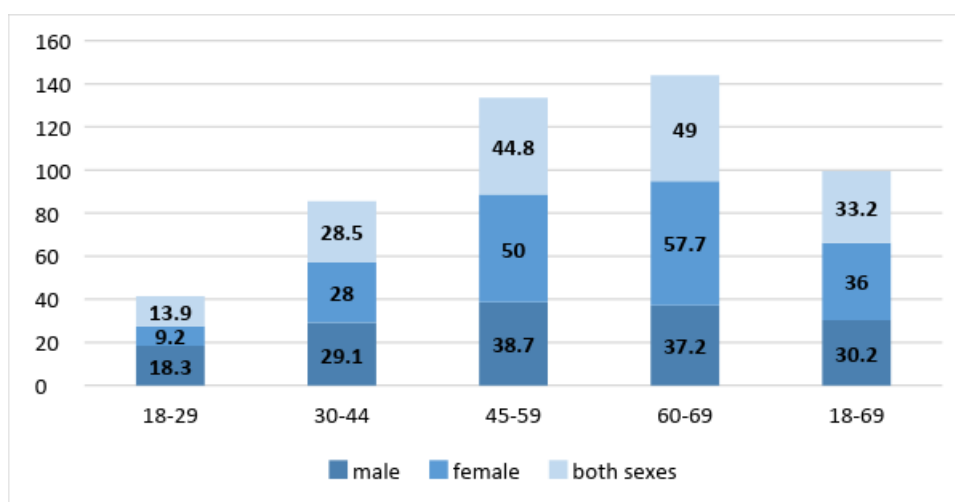
Picture #22. Body Mass Index categories by sex



Picture #23. Overweight by age and sex



Picture #24. Obesity by age and sex

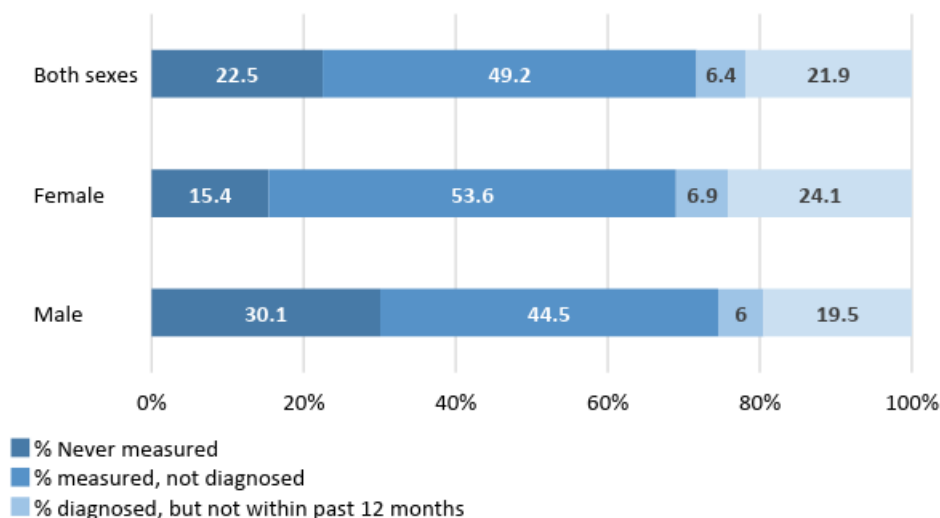


Waist-to-hip ratio is 1.0 among men and 0.9 in women. Both indexes are higher than the indexes according to WHO definition of obesity (male > 0.9 and female > 0.86).

Arterial Hypertension

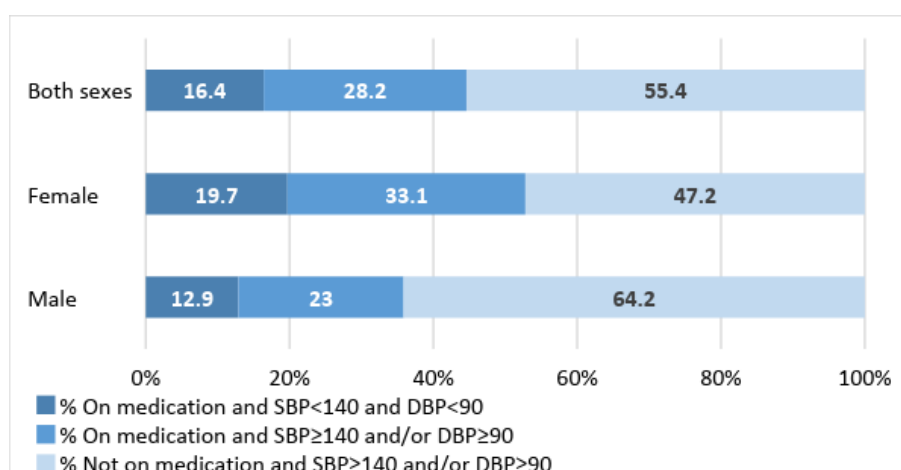
24.5% of respondents have never had blood pressure measured by a doctor or other health worker. Among those who have ever been told that they have raised blood pressure or hypertension, 53.5% (47.5% male, 58.1% female) were taking some drugs (medication) for raised blood pressure prescribed by a doctor or other health worker.

Picture #25. Blood pressure measurement and diagnosis by sex



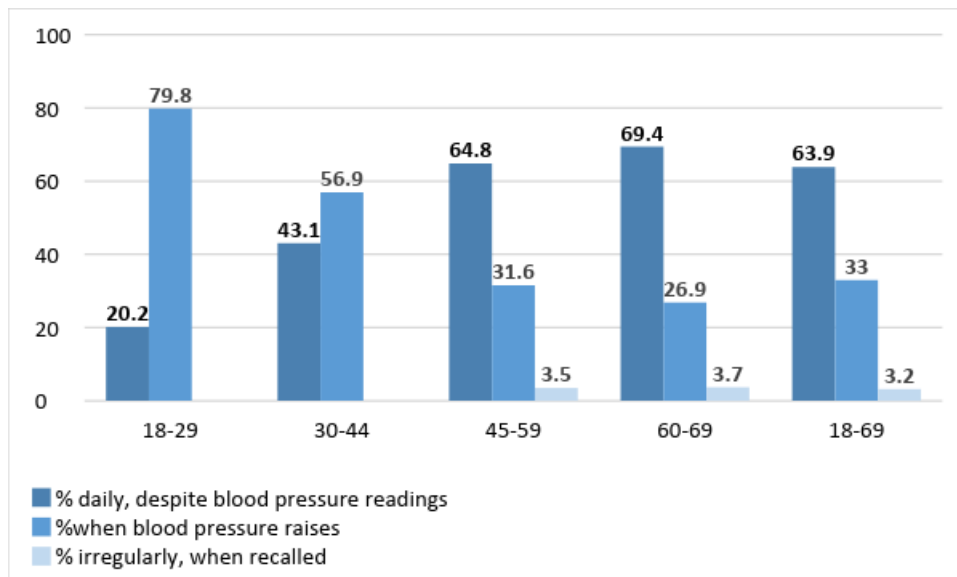
37.7% (male 38.6%, female 36.9%) of respondents have high blood pressure ($\geq 140/100$ mmHg). Prevalence of stage II hypertension ($\geq 160/100$ mmHg) is 24.0% (male 22.8%, female 25.2%). Among those who had high blood pressure during the research and currently are not receiving medication for raised blood pressure, 25.1% (male 28.7%, female 21.6%) have elevated blood pressure. Among those who currently are on medication for raised blood pressure, 16.4% (male-12.9% and female-19.7%) have normal blood pressure – controlled hypertension; 28.2% are on medication but still have raised blood pressure; 55.4% (male 64.2%, female 47.2%) were not receiving medication for raised blood pressure and also have high blood pressure. 53.5% of people with diagnosed arterial hypertension are currently on medication for raised blood pressure.

Picture #26. Antihypertensive treatment and blood pressure by sex



4.7% are currently taking Aspirin and 1.5% Statins for CVD prevention and treatment. Among those who past 2 weeks were taking medication for raised blood pressure, 30% were taking medication only when the blood pressure raises and 3.2% - irregularly, when recalled.

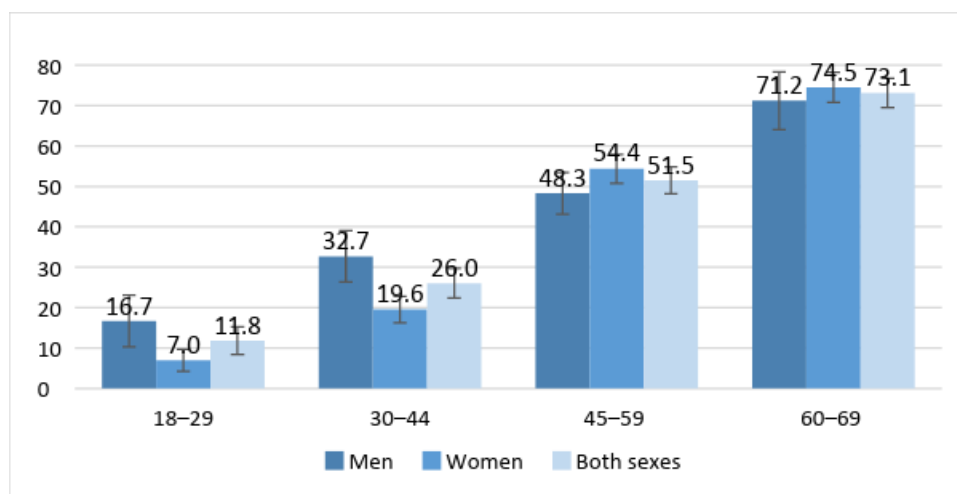
Picture #27. Regimen of taking medication for raised blood pressure by age and sex



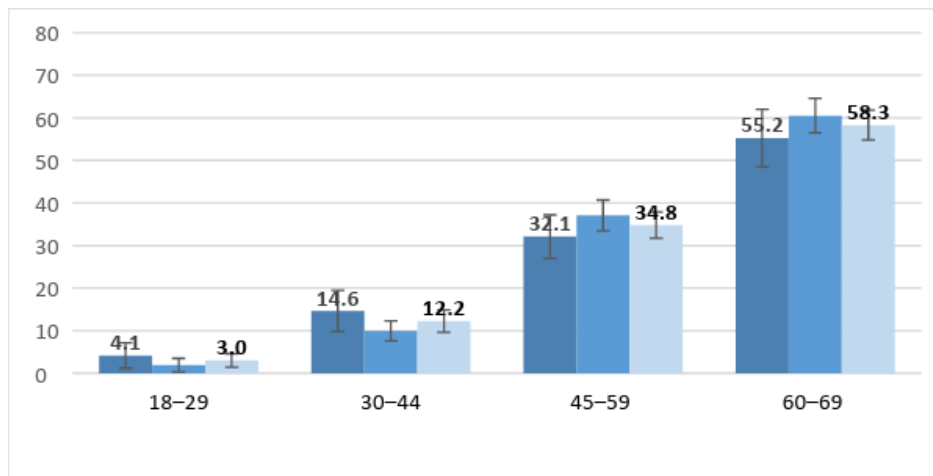
8.3% of medication recommended by the medical doctor (according respondents) to control blood pressure does not belong to the antihypertensive medicines. 5% of respondents have anamnesis of atrial fibrillation or arrhythmia and 11.3% - varicose veins disease; 5.5% are currently taking anticoagulants.

Mean systolic blood pressure was 129.4 mmHg (male 132.6, female 126.5) and mean diastolic blood pressure - 82.2 mmHg (male 83.0, female 81.4); mean heart rate was 79.2 (male 79.3, female 79.1).

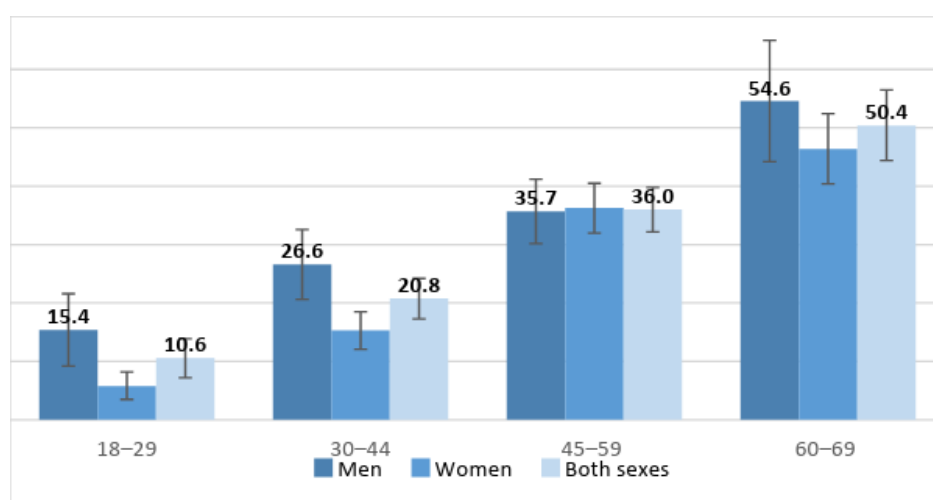
Picture #28. SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure (%) by age and sex



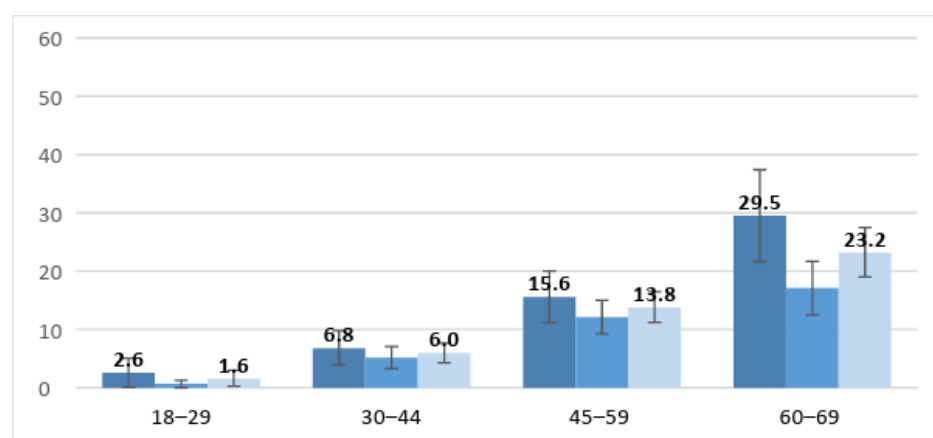
Picture #29. SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure (%) by age and sex



Picture #30. SBP ≥ 140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure (%) by age and sex



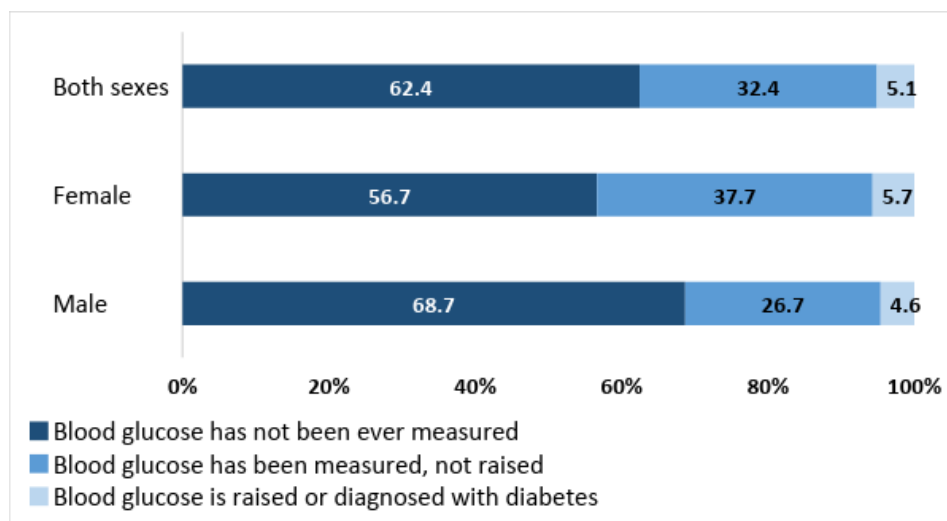
Picture #31. SBP ≥ 160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure (%) by age and sex



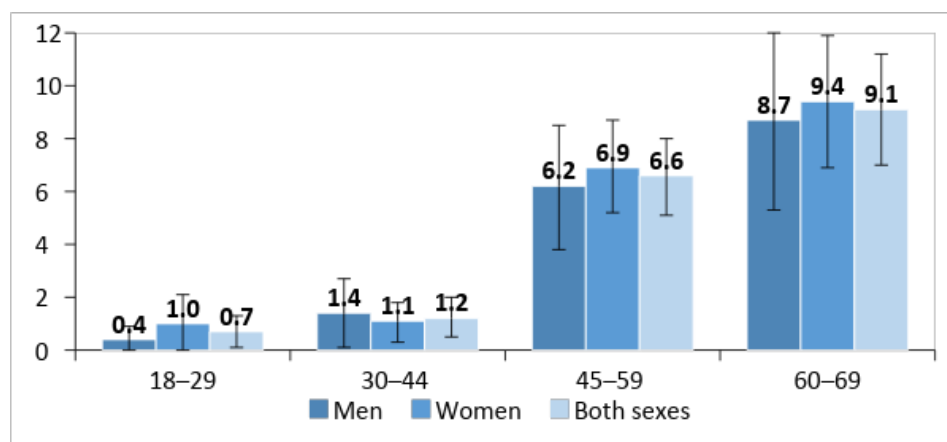
Diabetes

62.4 % of respondents have never measured blood glucose. 5.1% of respondents (5.7% female and 4.6% male) mentioned that they have high blood glucose or are diagnosed with diabetes. Almost 60% of respondents with high blood glucose or those diagnosed with diabetes are on medication regardless of the gender. Among those who take drugs, 21.9% of male and 14.3% of female respondents are insulin dependant .

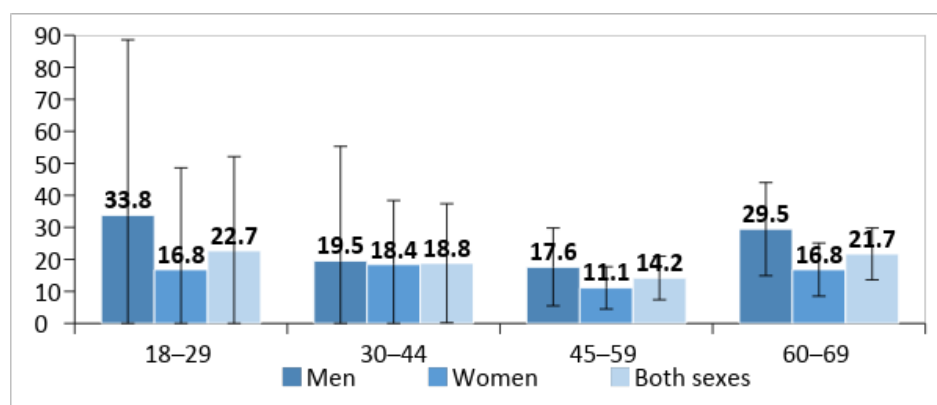
Picture #32. Measurement of blood glucose level and diagnoses (%) by sex



Picture #33. Raised blood glucose level or diagnosed with diabetes during the past 12 months (%) by age and sex

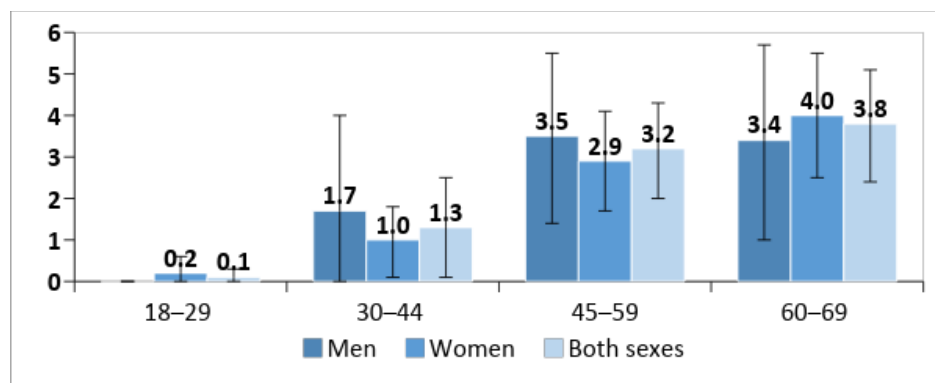


Picture #34. Insulin users among persons with high blood glucose or with diabetes (%) by age and sex

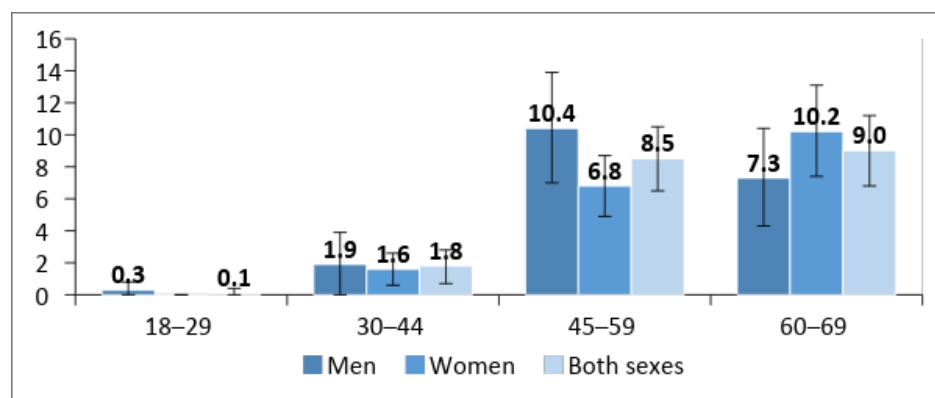


Mean fasting glucose was 4.4 mmol/l. Pre-diabetes condition was 2%. 3.3% of respondents were on anti-diabetic medication; rate increases with aging.

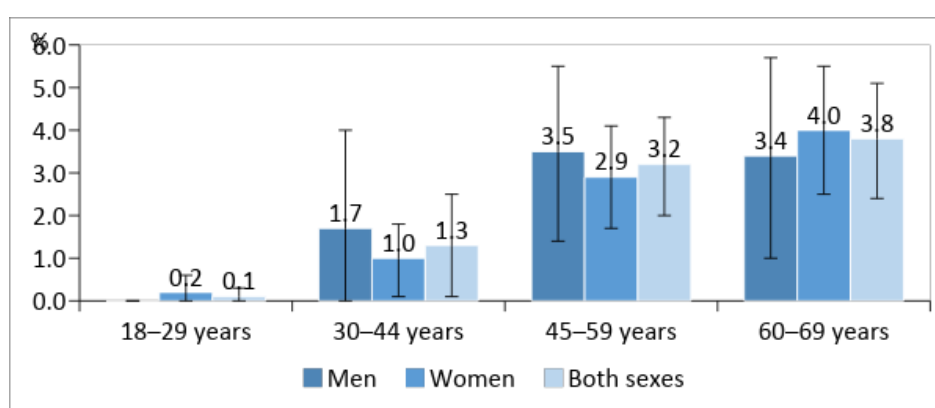
Picture #35. Impaired fasting glycemia (%) by age and sex



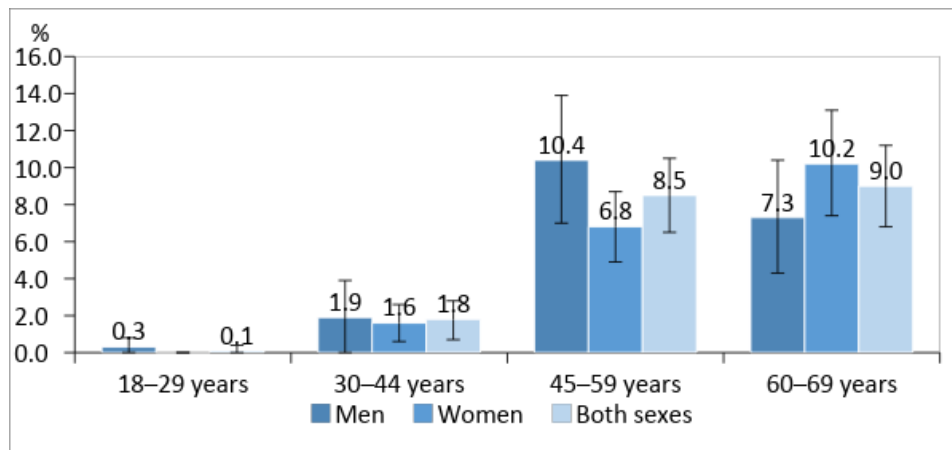
Picture #36. Raised blood glucose (>6.1 mmol/l) or currently on medication for diabetes (%) by age and sex



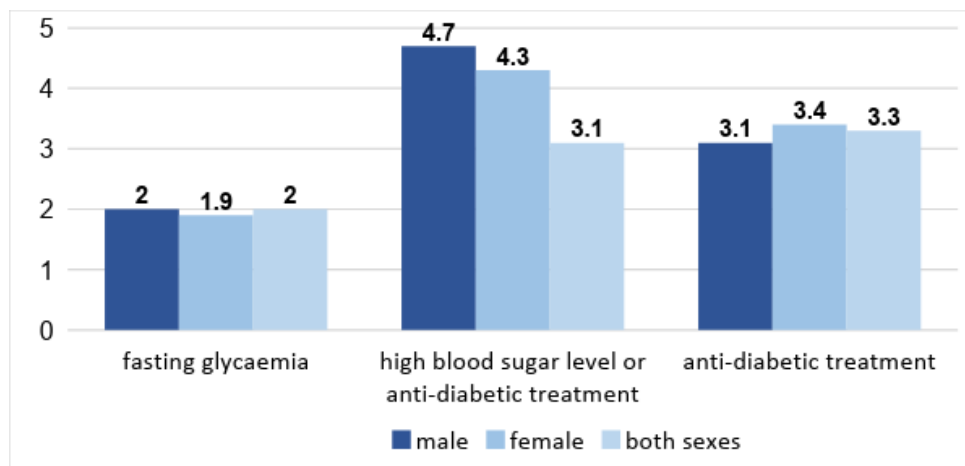
Picture #37. Fasting Blood sugar (%) by age and sex



Picture #38. Respondents with high blood sugar or on anti-diabetic treatment (%) by age and sex



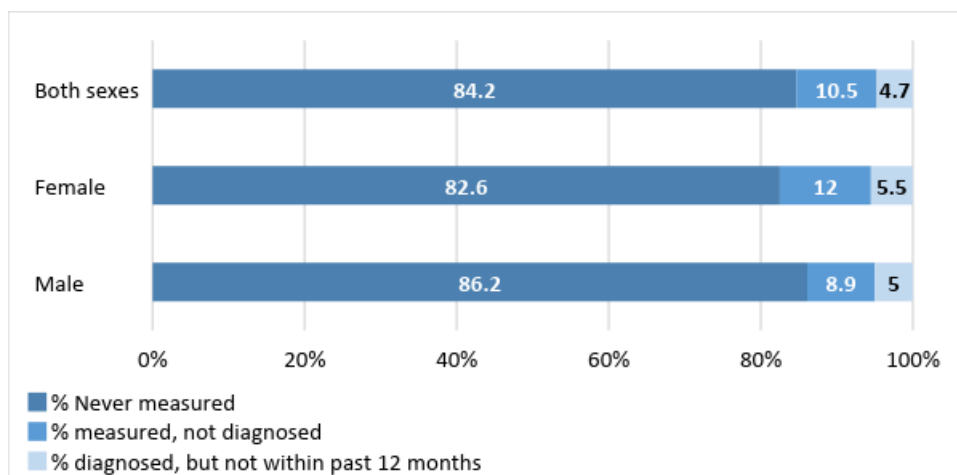
Picture #39. Blood sugar concentration (%) by age and sex



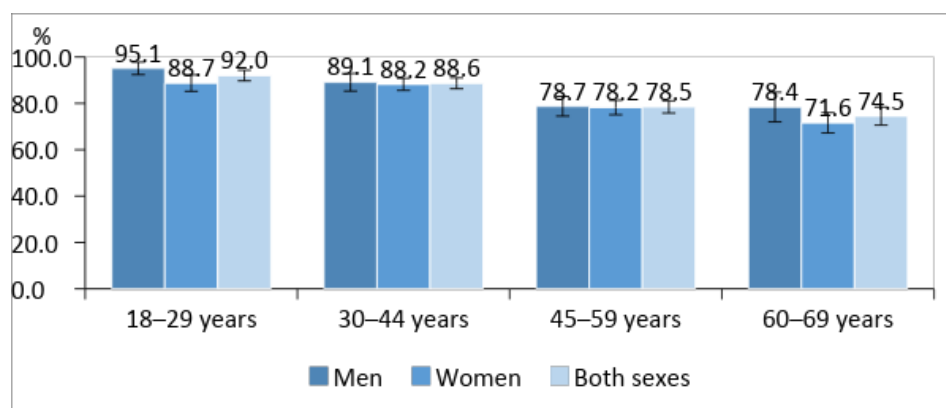
Cholesterol

84.2% of respondents have never measured blood cholesterol. Only one third of people with high cholesterol are taking oral medication for raised blood cholesterol.

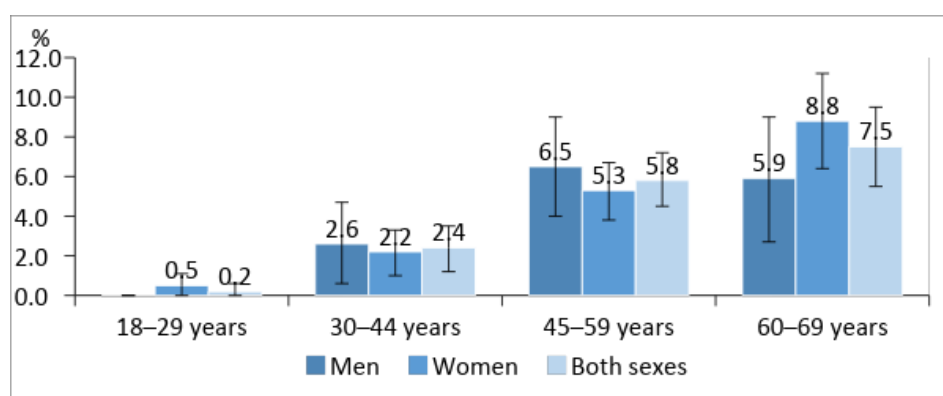
Picture #40. Total cholesterol measurement and diagnosis during the lifetime (%) by age and sex



Picture #41. Respondents who have never measured blood cholesterol (%) by age and sex



Picture #42. Respondents with high blood cholesterol diagnosed within past 12 months (%) by age and sex

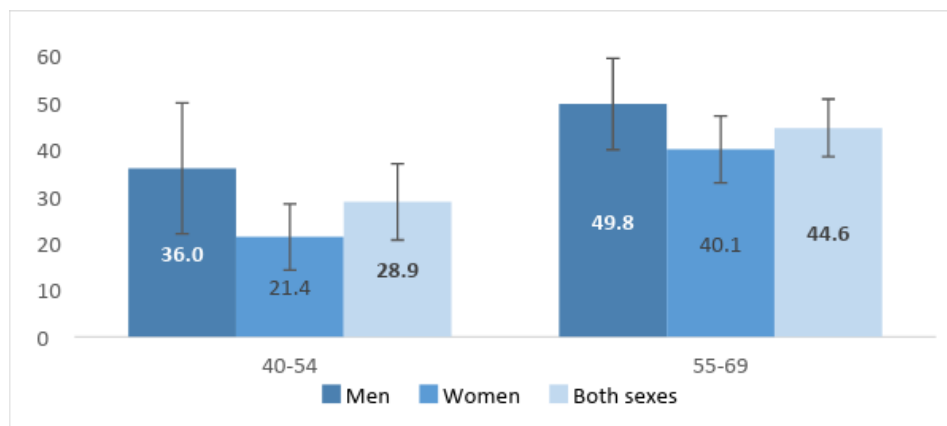


Mean total cholesterol was 4.3 mmol/l. 27.7% of respondents have total cholesterol level ≥ 5.0 mmol/l or are currently on medication for raised cholesterol and 8.7% have total cholesterol level ≥ 6.2 mmol/l or are currently on medication for raised cholesterol. Mean high density lipoprotein (HDL) was 1 mmol/l. 76.1% of male population has HDL < 1.03 mmol/l and 76.3% of female has HDL < 1.29 mmol/l.

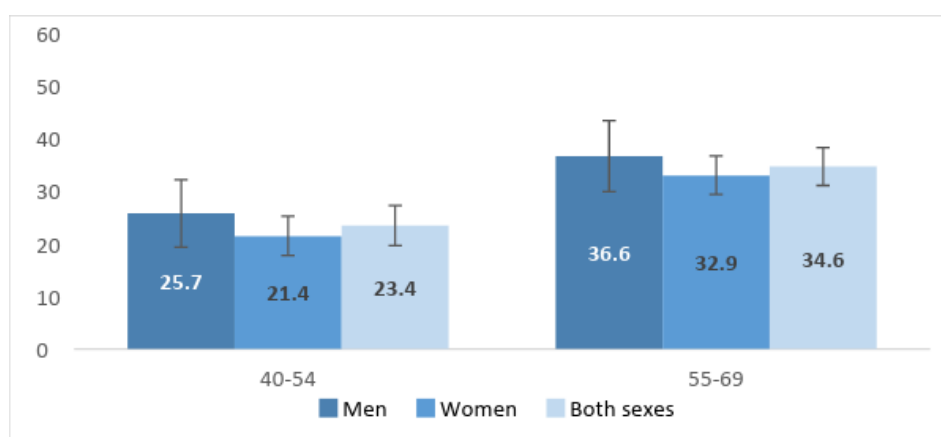
10-year cardiovascular (CVD) risk

28.8% of respondents between 40-69 years of age have 10-year cardiovascular disease (CVD) risk of $\geq 30\%$ or existing CVD. 28% of them are receiving drug therapy and consultations to prevent heart attacks and strokes.

Picture #43. People receiving drug therapy and consultation among those with a 10-year CVD risk of $\geq 30\%$, including those with existing CVD (%) by age and sex



Picture #44. Respondents with a 10-year CVD risk of $\geq 30\%$ or with existing CVD (%) by age and sex



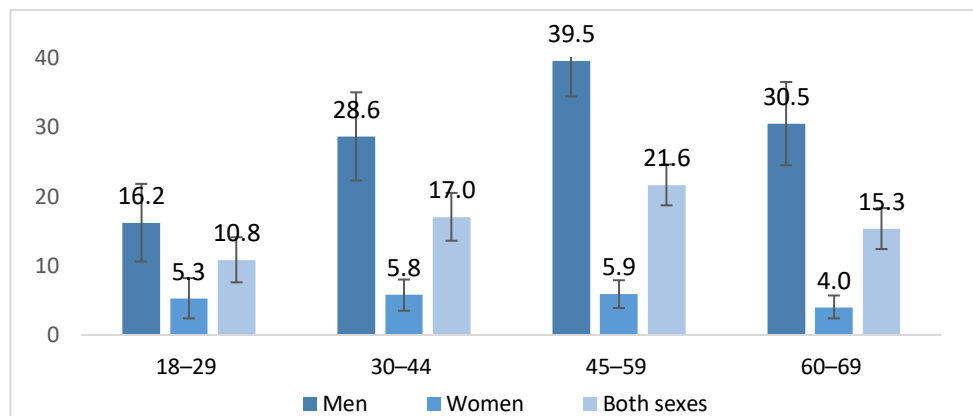
Combined risk-factors

92.4% of respondents (male 94.3%, female 90.7%) have one or more risk-factors and 36.1% (male 45.4%, female 27.6%) have 3 and more risk-factors.

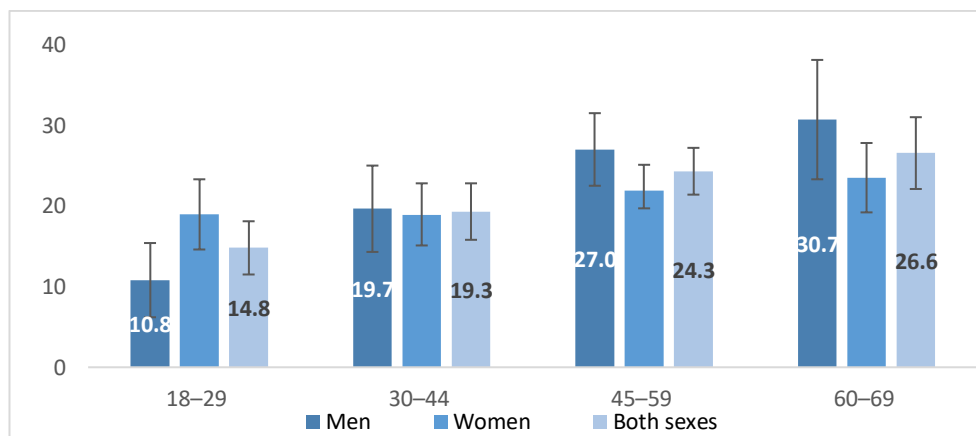
Healthy lifestyle advice from doctors/medical professionals

Only one fifth of respondents have been advised by a doctor or other health worker regarding the healthy lifestyle components (tobacco, alcohol, nutrition, physical activity, maintenance of healthy weight, restriction of salt and fat). 16.6% have been advised to not to start smoking or to quit; 19.1% to decrease salt consumption; 20.8% to eat more than 5 servings of fruits and vegetables daily; 22.4% to optimize physical activity and 21.1% to maintain healthy weight or to loose weight.

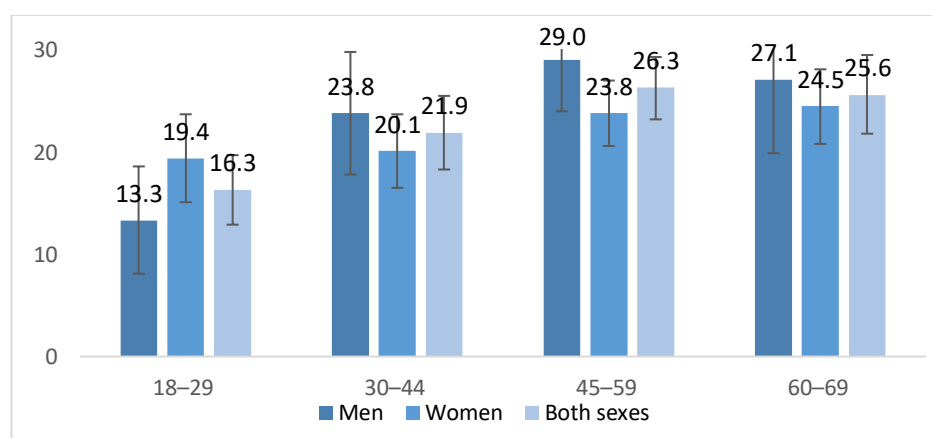
Picture #45. Advised not to start or to to quit smoking (%) by age and sex



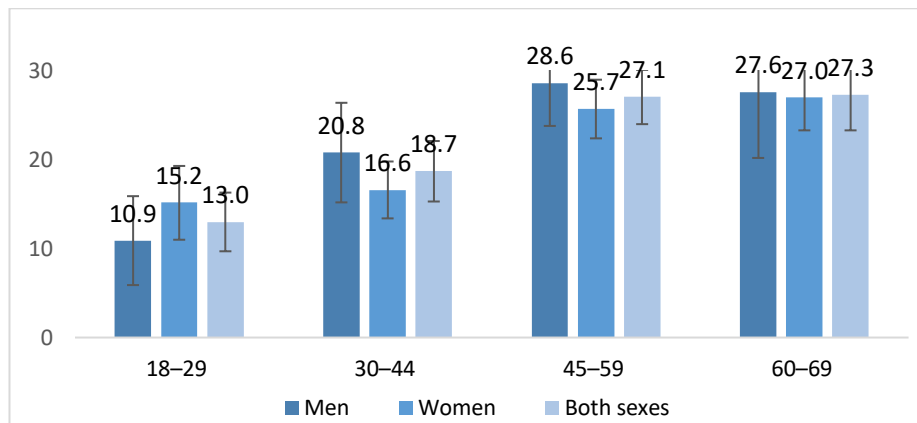
Picture #46. Advised to eat ≥ 5 servings of fruit and vegetables daily (%) by age and sex



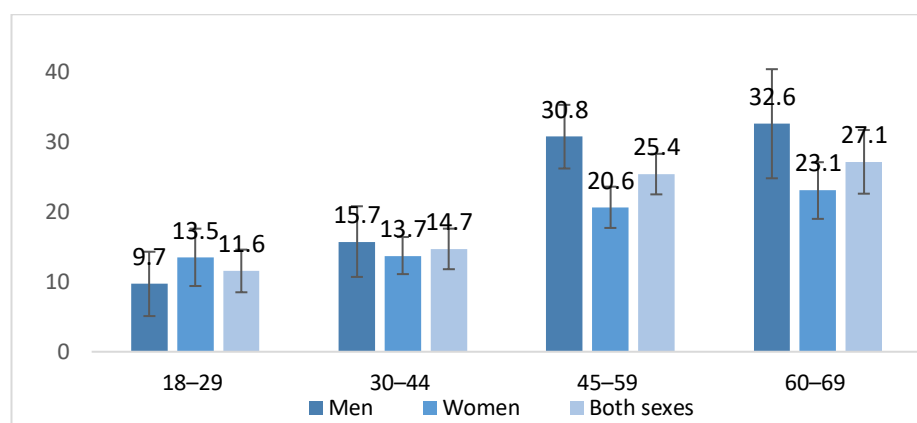
Picture #47. Advised to optimize physical activity (%) by age and sex



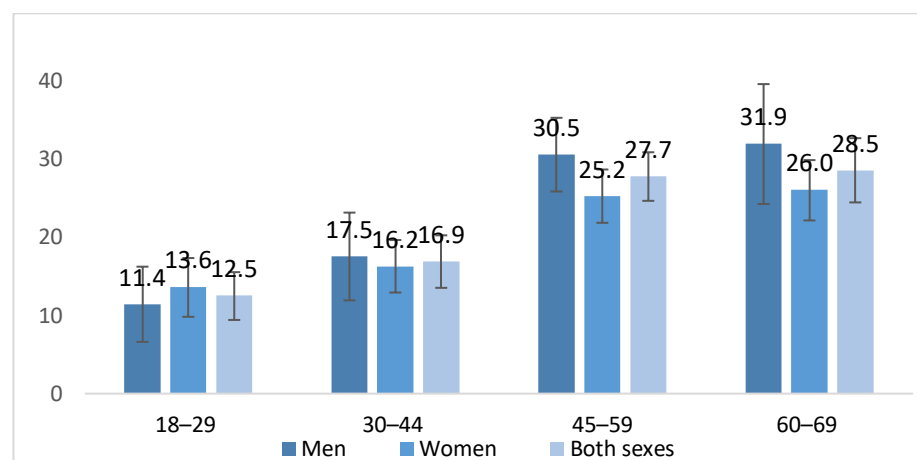
Picture #48. Advised to maintain healthy weight or to loose weight (%) by age and sex



Picture #49. Advised to reduce salt consumption (%) by age and sex



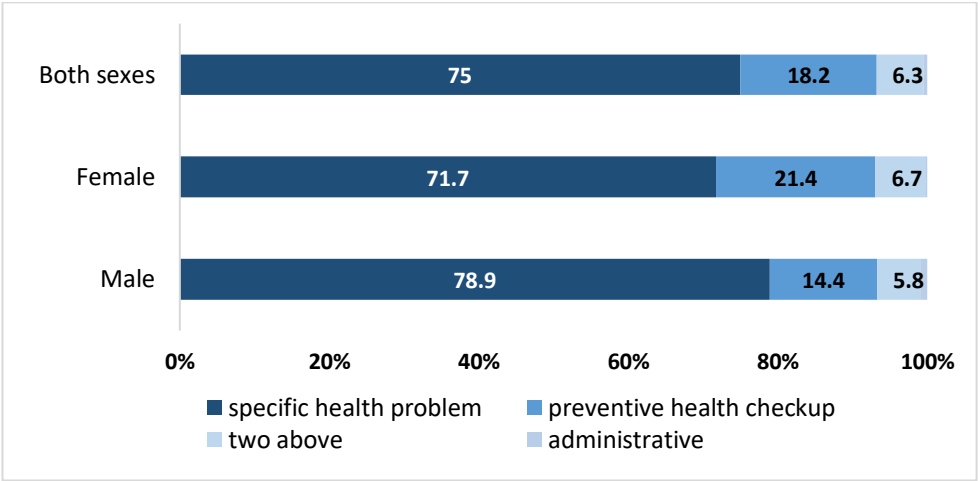
Picture #50. Advised to reduce fat in the diet (%) by age and sex



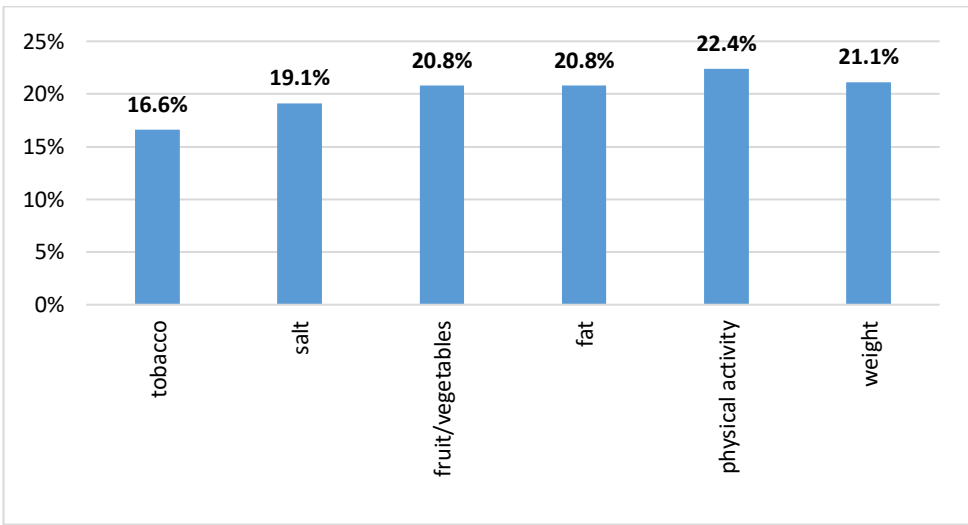
Visit to doctors

46.3% of respondents have visited doctor or medical personnel during last 12 months. In 75% of cases the main reason of last visit to doctor was specific health problem and in just 18.2% - preventive health checkup.

Picture #51. Reasons of last visit to doctor or medical personnel (%) by sex



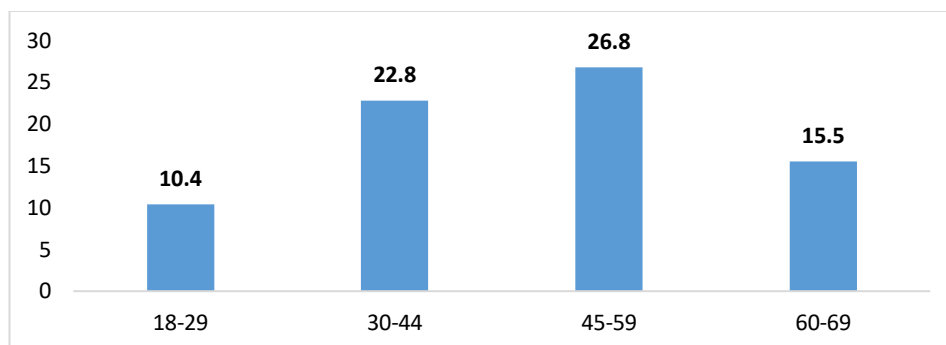
Picture #52. Recommendations from health professionals (%)



Cervical Cancer Screening

19.9% of women have ever had screening test for cervical cancer; in 30-49 years old women this rate is 23.9%.

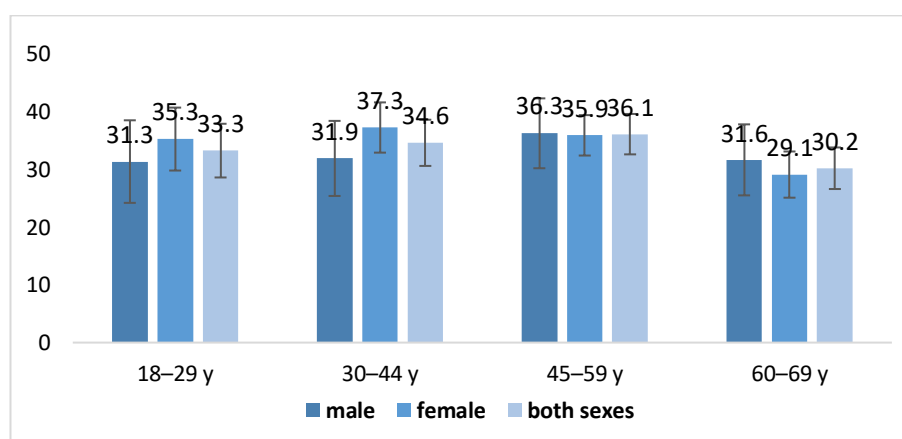
Picture #53. Cervical cancer screening (%) by age



Oral health

60.9% of respondents reported having more than 20 natural teeth; 4.3% of respondents do not have any teeth. 86.2 % of respondents reported they clean their teeth once a day and 35.3% - clean their teeth twice a day. 34 % of respondents have experienced pain or discomfort caused by their teeth or mouth during the past 12 months.

Picture #54. Pain or discomfort in mouth during the past 12 months (%) by age and sex



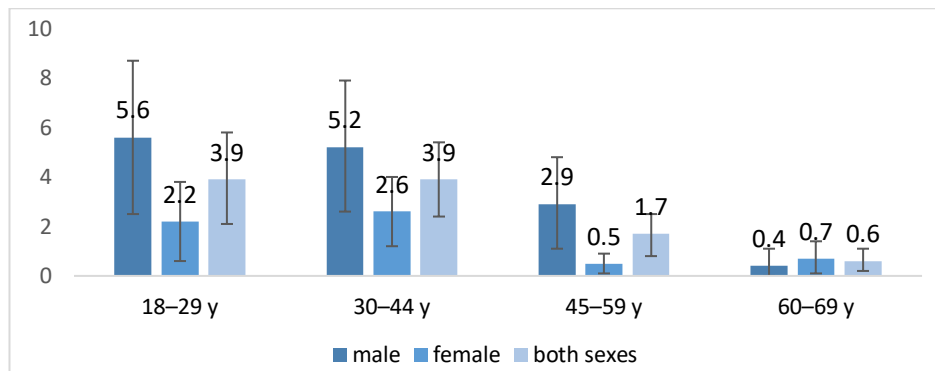
Mental health / Suicide

During the past 12 months 1.5% have seriously considered attempting suicide during the past 12 months, among which 16% made a plan about how to attempt suicide during the past 12 months. 0.9% have ever attempted suicide.

Injury

2.7% of respondents were involved in a road traffic accidents during the past 12 months.

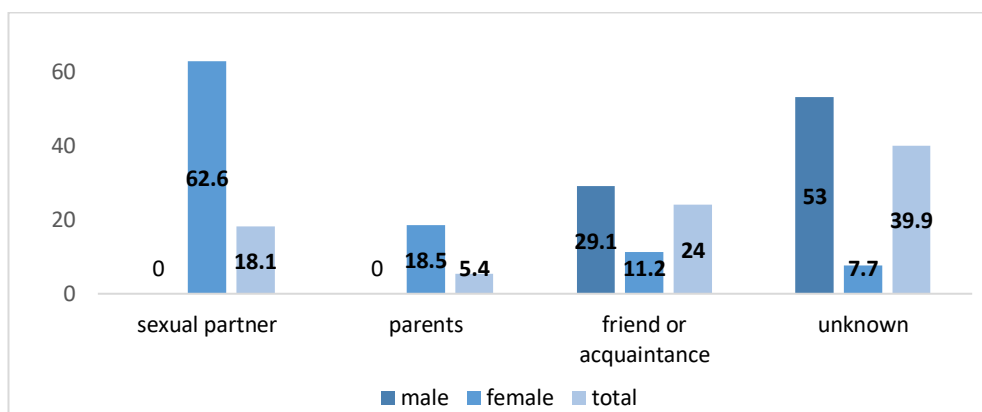
Picture #55. Road-traffic accidents during the past 12 months (%) by age and sex



Violence

0.6% of respondents were involved in a violent incident during the past 12 months at least once. In 66.9% of cases violent incidence was done without a weapon and in 33.1% with weapon (other than a firearm).

Picture #56. Relationship with a person who caused the injury (%) by age and sex



Sexual health

91.1% of respondents (male 96.7%, female 86.2%) have had a sexual intercourse during a lifetime. Average Age Index of first sexual intercourse was 19.8 year (male 17.9, female 21.5). First sexual intercourse before age of 15 was detected in 3.4% (male 6.3%, female 0.9%) of respondents. 25% has the past sexual intercourse during the past 1 week/past 1 moth period. 76.9% did not report any use of contraception during the past sexual intercourse. During the last sexual intercourse usage of contraceptives was: condom in 32.6% (male 39.5%, female 22.6%), oral contraception in 2.5% and other methods in 3.6% of cases.

Conclusions

- According to the research results, 31.0% of the adult population in Georgia are smokers; 28% are current daily smokers; At this point, the highest smoking prevalence among both sexes was seen in the most productive period, among 30-44 age groups;
- 39.0% of the population consumes alcohol. 18.3% consumes alcohol excessively;
- 63.0% of the population in Georgia consumes less than 5 standard servings of fruits and/or vegetables per day; More than one fourth of the population (26.7%) always or often adds salt or salty sauce to the dish before or after trying it;
- Physical activity level among 17.4% of the population does not comply with WHO recommendations; 64.6% is overweight; 33.2% is obese.
- 37.7% has hypertension or currently is receiving treatment for hypertension; Among those who currently are not receiving treatment for hypertension, 25.1% has high blood pressure;
- 4.5% of the population in Georgia has high blood glucose levels (≥ 6.1 mmol/l) or is receiving treatment medications; 8.7% of the population has hypercholesterinemia;
- Only 20% of the woman population has had cervical cancer screening. Proportion of such women is highest among 30-59 age groups. But, even in this age group less than one third of the women had been screened;
- Majority of the population (92.4%) is under the influence of 1 or more risk factors for non-communicable diseases. 36.1% is under the influence of 3-5 risk factors. Men are influenced twice as much as women. Almost half of the population of 45 years of age and older (48.6%) has high risk of non-communicable diseases;
- Research results clearly highlight immediate need to implement effective system for non-communicable diseases prevention and control.

Recommendations

- Research results clearly highlight immediate need to implement effective system for non-communicable diseases prevention and control;
- It is crucial to use research results as an evidence to raise awareness, encourage healthy lifestyle and decrease non-communicable disease risk factors;
- It is essential to develop, plan and implement interventions tailored to decrease risk factors for non-communicable diseases taking into account the best buys for premature death caused by NCDs, which represent the best interventions;
- It is appropriate to disseminate results among all interested organisations and parties, including mass media sources, to raise awareness among population regarding NCD risks and health promotion;
- It is appropriate to share results with insurance companies and other governmental or non-governmental, national and international organisations working on health issues in order to accomplish in depth analyses which will be focused on win-win decisions, offered possibilities by insurance companies to manage NCDs and increase coverage;
- It is important to develop simplified informational, educational and communication materials for diverse groups of the population, which will ensure accessibility of health literacy;
- It is crucial to improve competencies among primary healthcare workers on NCD prevention and control and health promotion. It is vital to increase accessibility of preventive check-ups and essential medications for NCDs; This especially concerns hypertension.
- It is advised to develop and strengthen mechanisms for monitoring health status and surveillance;
- It is important to review NCD strategy and action plan, various laws and normative acts.

Annex 1.

STEPS 2016 Coordination Council

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31. Nato Kopaleishvili

Annex 2.

STEPS 2016 Survey personnel

| | |
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| | Lela Shengelia MD MPH |
| | Dali Trapaidze MD |

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Nino Buadze
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Tea Bokuchava
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Nino Chekurishvili
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Eka Jorjoliani
Eka Nodia
Mikheil Gelovani
Levan Bakuradze
Tamar Kvatadze
Lela Sabadze
Mariam Kakauridze
Tamar Kutaladze
Nino Chiqovani
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Tedo Dumbadze
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Lela Shashikasvili
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Qetevan Rukhadze
Nana Tsaguria
Tatiana Kutubidze
Khatuna Zoidze
Shorena Gedenidze
Maia Chubinidze
Iza Rokva
Nana Kishmareia

Annex 3.

Data Book

Demographic Information Results

Age group by sex Description: Summary information by age group and sex of the respondents.

Instrument question:

Sex

What is your date of birth?

| Age group and sex of respondents | | | | | | |
|----------------------------------|-------------|------------|-------------|------------|-------------|------------|
| Age Group (years) | Men | | Women | | Both Sexes | |
| | n | % | n | % | n | % |
| 18-29 | 218 | 17 | 391 | 13 | 609 | 14 |
| 30-44 | 327 | 26 | 723 | 25 | 1050 | 25 |
| 45-59 | 449 | 35 | 1063 | 36 | 1512 | 36 |
| 60-69 | 277 | 22 | 756 | 26 | 1033 | 25 |
| 18-69 | 1271 | 100 | 2933 | 100 | 4204 | 100 |

Analysis Information:

Questions used: C1, C2, C3

Epi Info program name: Cagesex (unweighted)

Education Description: Mean number of years of education among respondents.

Instrument question:

In total, how many years have you spent at school or in full-time study (excluding pre-school)?

| Mean number of years of education | | | | | | |
|-----------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Age Group (years) | Men | | Women | | Both Sexes | |
| | n | Mean | N | Mean | n | Mean |
| 18-29 | 218 | 12.4 | 391 | 12.4 | 609 | 12.4 |
| 30-44 | 327 | 12.5 | 723 | 12.6 | 1050 | 12.5 |
| 45-59 | 449 | 12.6 | 1063 | 12.3 | 1512 | 12.4 |
| 60-69 | 276 | 12.5 | 755 | 11.8 | 1031 | 12.0 |
| 18-69 | 1270 | 12.5 | 2932 | 12.2 | 4202 | 12.3 |

Analysis Information:

Questions used: C4

Epi Info program name: Ceduyears (unweighted)

Highest level of education Description: Highest level of education achieved by the survey respondents.
Instrument question:
What is the highest level of education you have completed?

| 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 | 208 | 0.0 | 1.4 | 1.0 | 13.5 | 51.0 | 6.7 | 26.4 |
| 30-44 | 306 | 0.7 | 0.7 | 2.0 | 18.6 | 23.9 | 20.3 | 34.0 |
| 45-59 | 420 | 0.0 | 0.5 | 0.2 | 20.5 | 17.6 | 33.1 | 28.1 |
| 60-69 | 257 | 0.0 | 0.4 | 0.0 | 26.1 | 12.1 | 36.6 | 24.9 |
| 18-69 | 1191 | 0.2 | 0.7 | 0.8 | 20.0 | 23.8 | 25.9 | 28.6 |

| 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 | 379 | 0.5 | 1.1 | 1.8 | 9.2 | 48.3 | 18.5 | 20.6 |
| 30-44 | 679 | 0.1 | 0.6 | 1.8 | 19.3 | 23.9 | 21.9 | 32.4 |
| 45-59 | 997 | 0.1 | 0.5 | 1.2 | 25.7 | 10.9 | 34.9 | 26.7 |
| 60-69 | 729 | 0.1 | 1.0 | 2.1 | 28.8 | 14.5 | 32.5 | 21.0 |
| 18-69 | 2784 | 0.2 | 0.7 | 1.7 | 22.7 | 20.1 | 28.9 | 25.8 |

| 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 | 587 | 0.3 | 1.2 | 1.5 | 10.7 | 49.2 | 14.3 | 22.7 |
| 30-44 | 985 | 0.3 | 0.6 | 1.8 | 19.1 | 23.9 | 21.4 | 32.9 |
| 45-59 | 1417 | 0.1 | 0.5 | 0.9 | 24.1 | 12.9 | 34.4 | 27.1 |
| 60-69 | 986 | 0.1 | 0.8 | 1.5 | 28.1 | 13.9 | 33.6 | 22.0 |
| 18-69 | 3975 | 0.2 | 0.7 | 1.4 | 21.9 | 21.2 | 28.0 | 26.6 |

Analysis Information:

Questions used: C5

Epi Info program name: Ceduhigh (unweighted)

Ethnicity Description: Summary results for the ethnicity of the respondents.

Instrument Question:

- What is your [insert relevant ethnic group/racial group/cultural subgroup/others] background?

| Ethnic group of respondents | | | | | | | |
|-----------------------------|-------------|----------------|--------------|---------------|------------|-------------|------------|
| Age Group (years) | N | Both Sexes | | | | | |
| | | % Georgian(=1) | % Abkhaz(=2) | % Osetian(=3) | % Azer(=4) | % Armen(=5) | % Rus(=6) |
| 18-29 | 609 | 87.7 | 5.3 | 4.9 | 0.2 | 0.3 | 1.6 |
| 30-44 | 1050 | 85.2 | 5.5 | 6.6 | 0.3 | 0.9 | 1.5 |
| 45-59 | 1512 | 86.8 | 4.4 | 5.7 | 0.9 | 0.9 | 1.3 |
| 60-69 | 1033 | 85.0 | 5.6 | 5.3 | 0.4 | 1.4 | 2.3 |
| 18-69 | 4204 | 86.1 | 5.1 | 5.7 | 0.5 | 0.9 | 1.7 |

Analysis Information:

Questions used: C6

Epi Info program name: Cethnic (unweighted)

Marital status Description: Marital status of survey respondents.

Instrument question:

What is your marital status?

| Marital status | | | | | | | |
|-------------------|-------------|-----------------|---------------------|-------------|------------|------------|--------------|
| Age Group (years) | Men | | | | | | |
| | N | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 218 | 66.1 | 33.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 30-44 | 325 | 23.4 | 72.3 | 0.9 | 3.1 | 0.0 | 0.3 |
| 45-59 | 448 | 8.7 | 84.6 | 0.2 | 4.9 | 1.3 | 0.2 |
| 60-69 | 277 | 3.6 | 86.6 | 1.1 | 1.8 | 6.9 | 0.0 |
| 18-69 | 1268 | 21.2 | 73.2 | 0.6 | 2.9 | 2.0 | 0.2 |

| Marital status | | | | | | | |
|-------------------|-------------|-----------------|---------------------|-------------|------------|-------------|--------------|
| Age Group (years) | Women | | | | | | |
| | N | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 391 | 35.0 | 62.1 | 0.8 | 1.5 | 0.3 | 0.3 |
| 30-44 | 722 | 7.2 | 82.5 | 0.8 | 6.1 | 3.2 | 0.1 |
| 45-59 | 1061 | 7.7 | 72.2 | 0.8 | 5.0 | 14.1 | 0.1 |
| 60-69 | 756 | 6.6 | 54.9 | 0.4 | 2.9 | 35.2 | 0.0 |
| 18-69 | 2930 | 11.0 | 68.9 | 0.7 | 4.3 | 15.0 | 0.1 |

| Marital status | | | | | | | |
|-------------------|-------------|-----------------|---------------------|-------------|------------|-------------|--------------|
| Age Group (years) | Both Sexes | | | | | | |
| | N | % Never married | % Currently married | % Separated | % Divorced | % Widowed | % Cohabiting |
| 18-29 | 609 | 46.1 | 52.1 | 0.5 | 1.0 | 0.2 | 0.2 |
| 30-44 | 1047 | 12.2 | 79.4 | 0.9 | 5.2 | 2.2 | 0.2 |
| 45-59 | 1509 | 8.0 | 75.9 | 0.7 | 5.0 | 10.3 | 0.1 |
| 60-69 | 1033 | 5.8 | 63.4 | 0.6 | 2.6 | 27.6 | 0.0 |
| 18-69 | 4198 | 14.1 | 70.2 | 0.7 | 3.9 | 11.1 | 0.1 |

Analysis Information:

Questions used: C7

Epi Info program name: Cmaritalstatus (unweighted)

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

Instrument question:

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

| Employment status | | | | | |
|-------------------|-------------|-----------------------|---------------------------|-----------------|-------------|
| Men | | | | | |
| Age Group (years) | n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 218 | 5.5 | 18.8 | 21.1 | 54.6 |
| 30-44 | 326 | 12.3 | 16.6 | 30.1 | 41.1 |
| 45-59 | 447 | 11.4 | 10.1 | 30.2 | 48.3 |
| 60-69 | 275 | 5.5 | 7.3 | 13.8 | 73.5 |
| 18-69 | 1266 | 9.3 | 12.6 | 25.0 | 53.0 |

| Employment status | | | | | |
|-------------------|-------------|-----------------------|---------------------------|-----------------|-------------|
| Women | | | | | |
| Age Group (years) | n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 391 | 4.6 | 9.5 | 4.6 | 81.3 |
| 30-44 | 723 | 14.7 | 11.6 | 6.9 | 66.8 |
| 45-59 | 1062 | 16.4 | 9.3 | 8.0 | 66.3 |
| 60-69 | 756 | 9.7 | 2.2 | 2.9 | 85.2 |
| 18-69 | 2932 | 12.7 | 8.1 | 6.0 | 73.3 |

| Employment status | | | | | |
|-------------------|-------------|-----------------------|---------------------------|-----------------|-------------|
| Both Sexes | | | | | |
| Age Group (years) | n | % Government employee | % Non-government employee | % Self-employed | % Unpaid |
| 18-29 | 609 | 4.9 | 12.8 | 10.5 | 71.8 |
| 30-44 | 1049 | 13.9 | 13.2 | 14.1 | 58.8 |
| 45-59 | 1509 | 14.9 | 9.5 | 14.6 | 61.0 |
| 60-69 | 1031 | 8.5 | 3.6 | 5.8 | 82.1 |
| 18-69 | 4198 | 11.6 | 9.5 | 11.7 | 67.2 |

Analysis Information:

Questions used: C8

Epi Info program name: Cworkpaid (unweighted)

Unpaid work and unemployed Description: Proportion of respondents in unpaid work.

Instrument question:
Which of the following best describes your main work status over the past 12 months?

| Unpaid work and unemployed | | | | | | | |
|----------------------------|------------|------------|------------|--------------|-------------|----------------|--------------------|
| Age Group (years) | Men | | | | | | |
| | n | % Non-paid | % Student | % Home-maker | % Retired | Unemployed | |
| | | | | | | % Able to work | % Not able to work |
| 18-29 | 119 | 2.5 | 33.6 | 0.0 | 0.8 | 61.3 | 1.7 |
| 30-44 | 134 | 0.7 | 0.0 | 0.0 | 0.0 | 91.0 | 8.2 |
| 45-59 | 216 | 0.5 | 0.0 | 0.9 | 10.6 | 76.9 | 11.1 |
| 60-69 | 202 | 0.0 | 0.0 | 0.0 | 61.4 | 35.1 | 3.5 |
| 18-69 | 671 | 0.7 | 6.0 | 0.3 | 22.1 | 64.4 | 6.6 |

| Unpaid work and unemployed | | | | | | | |
|----------------------------|-------------|------------|------------|--------------|-------------|----------------|--------------------|
| Age Group (years) | Women | | | | | | |
| | n | % Non-paid | % Student | % Home-maker | % Retired | Unemployed | |
| | | | | | | % Able to work | % Not able to work |
| 18-29 | 318 | 1.6 | 21.1 | 45.0 | 0.3 | 31.4 | 0.6 |
| 30-44 | 483 | 0.8 | 0.6 | 66.9 | 1.0 | 30.0 | 0.6 |
| 45-59 | 704 | 0.6 | 0.0 | 69.3 | 3.1 | 25.7 | 1.3 |
| 60-69 | 644 | 0.2 | 0.2 | 10.6 | 85.6 | 3.3 | 0.3 |
| 18-69 | 2149 | 0.7 | 3.3 | 47.6 | 26.9 | 20.8 | 0.7 |

| Unpaid work and unemployed | | | | | | | |
|----------------------------|-------------|------------|------------|--------------|-------------|----------------|--------------------|
| Age Group (years) | Both Sexes | | | | | | |
| | n | % Non-paid | % Student | % Home-maker | % Retired | Unemployed | |
| | | | | | | % Able to work | % Not able to work |
| 18-29 | 437 | 1.8 | 24.5 | 32.7 | 0.5 | 39.6 | 0.9 |
| 30-44 | 617 | 0.8 | 0.5 | 52.4 | 0.8 | 43.3 | 2.3 |
| 45-59 | 920 | 0.5 | 0.0 | 53.3 | 4.9 | 37.7 | 3.6 |
| 60-69 | 846 | 0.1 | 0.1 | 8.0 | 79.8 | 10.9 | 1.1 |
| 18-69 | 2820 | 0.7 | 3.9 | 36.3 | 25.8 | 31.2 | 2.1 |

Analysis Information:

Questions used: C8

Epi Info program name: Cworknotpaid (unweighted)

Per capita annual income Description: Mean reported per capita annual income of respondents in local currency.

Instrument questions:

How many people older than 18 years, including yourself, live in your household?

Taking the past year, can you tell me what the average earning of the household has been?

| Mean annual per capita income | | |
|-------------------------------|---------|-----------|
| n | Mean | Std Dev |
| 2949 | 3069.23 | 9243.6847 |

Analysis Information:

Questions used: C9, C10a-c

Epi Info program name: Cmeanincome (unweighted)

Estimated household earnings

Description: summary of participant household earnings by quintile.

Instrument question:

If you don't know the amount, can you give an estimate of the annual household income if I read some options to you?

| Estimated household earnings | | | | | |
|------------------------------|--|--|--|------|-----------|
| n | Quintile 1 (25 th percentile) | Quintile 2 (50 th percentile) | Quintile 2 (75 th percentile) | Min | Max |
| 2949 | 1200.00 | 2100.00 | 3200.00 | 6.00 | 464400.00 |

Analysis Information:

Questions used: C11

Epi Info program name: Quintile (unweighted)

Tobacco Use**Current smoking**

Description: Current smokers among all respondents.

Instrument question:

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

| 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 | 218 | 59.5 | 52.2-66.9 | | 391 | 7.0 | 3.8-10.1 | | 609 | 33.8 | 28.8-38.7 |
| 30-44 | 327 | 62.0 | 55.8-68.2 | | 723 | 8.8 | 6.4-11.1 | | 1050 | 35.0 | 31.1-38.9 |
| 45-59 | 449 | 58.0 | 52.3-63.7 | | 1063 | 7.1 | 5.3-8.9 | | 1512 | 30.9 | 27.3-34.6 |
| 60-69 | 277 | 38.4 | 31.7-45.1 | | 756 | 3.9 | 2.2-5.6 | | 1033 | 18.6 | 15.3-21.9 |
| 18-69 | 1271 | 57.0 | 53.6-60.3 | | 2933 | 7.0 | 5.8-8.2 | | 4204 | 31.0 | 28.9-33.0 |

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

Smoking Status

Description: Smoking status of all respondents.

Instrument questions:

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

| Smoking status | | | | | | | | | |
|-------------------|----------------|-------------|------------------|-------------|----------------|-----------------|------------------|----------------|------------------|
| Age Group (years) | Men | | | | | | | | |
| | Current smoker | | | | | Non-smokers | | | |
| | N | % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 218 | 53.1 | 45.6-60.7 | 6.4 | 2.3-10.5 | 7.7 | 3.5-11.9 | 32.8 | 25.7-39.8 |
| 30-44 | 327 | 55.4 | 49.1-61.7 | 6.6 | 3.0-10.2 | 17.4 | 12.7-22.1 | 20.6 | 15.2-25.9 |
| 45-59 | 449 | 54.7 | 48.9-60.6 | 3.2 | 1.5-5.0 | 23.4 | 18.8-28.0 | 18.6 | 14.3-22.9 |
| 60-69 | 277 | 32.9 | 26.2-39.5 | 5.5 | 2.6-8.4 | 34.9 | 28.4-41.3 | 26.7 | 20.1-33.3 |
| 18-69 | 1271 | 51.5 | 48.1-55.0 | 5.4 | 3.6-7.2 | 19.0 | 16.5-21.5 | 24.0 | 21.0-27.1 |

| Smoking status | | | | | | | | | |
|-------------------|----------------|------------|----------------|-------------|----------------|-----------------|----------------|----------------|------------------|
| Age Group (years) | Women | | | | | | | | |
| | Current smoker | | | | | Non-smokers | | | |
| | N | % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 391 | 6.5 | 3.4-9.6 | 0.5 | 0.0-1.0 | 1.9 | 0.6-3.2 | 91.1 | 87.8-94.4 |
| 30-44 | 723 | 8.0 | 5.7-10.2 | 0.8 | 0.0-1.6 | 3.8 | 2.0-5.6 | 87.4 | 84.5-90.3 |
| 45-59 | 1063 | 5.9 | 4.2-7.6 | 1.2 | 0.5-1.9 | 2.9 | 1.8-4.1 | 89.9 | 87.9-92.0 |
| 60-69 | 756 | 3.4 | 1.9-4.9 | 0.5 | 0.0-1.0 | 1.9 | 1.0-2.9 | 94.2 | 92.2-96.1 |
| 18-69 | 2933 | 6.2 | 5.1-7.4 | 0.8 | 0.4-1.1 | 2.8 | 2.1-3.5 | 90.2 | 88.8-91.6 |

| Smoking status | | | | | | | | | |
|-------------------|----------------|-------------|------------------|-------------|----------------|-----------------|-----------------|----------------|------------------|
| Age Group (years) | Both Sexes | | | | | | | | |
| | Current smoker | | | | | Non-smokers | | | |
| | N | % Daily | 95% CI | % Non-daily | 95% CI | % Former smoker | 95% CI | % Never smoker | 95% CI |
| 18-29 | 609 | 30.3 | 25.4-35.2 | 3.5 | 1.4-5.6 | 4.9 | 2.6-7.1 | 61.4 | 56.4-66.4 |
| 30-44 | 1050 | 31.4 | 27.5-35.2 | 3.7 | 1.8-5.5 | 10.5 | 8.1-13.0 | 54.5 | 50.4-58.5 |
| 45-59 | 1512 | 28.8 | 25.2-32.4 | 2.2 | 1.2-3.1 | 12.5 | 10.3-14.8 | 56.5 | 52.9-60.2 |
| 60-69 | 1033 | 16.0 | 12.8-19.2 | 2.6 | 1.3-3.9 | 16.0 | 12.8-19.2 | 65.4 | 61.3-69.5 |
| 18-69 | 4204 | 28.0 | 26.0-30.0 | 3.0 | 2.1-3.9 | 10.6 | 9.3-11.8 | 58.4 | 56.3-60.6 |

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

Daily smoking

Description: Percentage of current daily smokers among smokers.

Instrument questions:

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

- Do you currently smoke tobacco products daily?

| 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 | 130 | 89.3 | 82.6-96.0 | | 26 | 93.5 | 85.3-100.0 | | 156 | 89.7 | 83.6-95.8 |
| 30-44 | 209 | 89.3 | 83.7-95.0 | | 69 | 90.8 | 82.2-99.5 | | 278 | 89.5 | 84.5-94.6 |
| 45-59 | 257 | 94.4 | 91.3-97.5 | | 78 | 83.2 | 73.8-92.6 | | 335 | 93.0 | 90.0-96.0 |
| 60-69 | 113 | 85.6 | 78.3-93.0 | | 34 | 87.7 | 77.0-98.4 | | 147 | 85.9 | 79.3-92.5 |
| 18-69 | 709 | 90.5 | 87.4-93.6 | | 207 | 88.8 | 83.9-93.7 | | 916 | 90.3 | 87.5-93.1 |

Analysis Information:

- Questions used: T1, T2
- Epi Info program name: Tsmokefreq (unweighted); TsmokefreqWT (weighted)

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

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- How old were you when you first started smoking?
- Do you remember how long ago it was?

| 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 | 114 | 17.4 | | | 22 | 18.3 | | | 136 | 17.5 | |
| 30-44 | 190 | 17.0 | | | 62 | 21.4 | | | 252 | 17.6 | |
| 45-59 | 240 | 18.4 | | | 66 | 25.1 | | | 306 | 19.1 | |
| 60-69 | 95 | 19.2 | | | 29 | 28.3 | | | 124 | 20.3 | |
| 18-69 | 639 | 17.7 | | | 179 | 22.4 | | | 818 | 18.3 | |

| 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 | 114 | 7.8 | | | 22 | 5.3 | | | 136 | 7.6 | |
| 30-44 | 190 | 20.5 | | | 62 | 16.7 | | | 252 | 20.0 | |
| 45-59 | 240 | 33.6 | | | 66 | 28.1 | | | 306 | 33.0 | |
| 60-69 | 95 | 43.8 | | | 29 | 36.4 | | | 124 | 42.9 | |
| 18-69 | 639 | 23.4 | | | 179 | 19.160 | | | 818 | 22.9 | |

Analysis Information:

- Questions used: T1, T2, T3, T4a-c
- Epi Info program name: Tsmokeagetime (unweighted); TsmokeagetimeWT (weighted)

Manufactured cigarette smokers

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

Instrument questions:

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

- On average, how many of the following products do you smoke each day?

| Manufactured cigarette smokers among daily smokers | | | | | | | | | |
|--|------------|---------------------------------|------------------|--|------------|---------------------------------|--------------------|------------|---------------------------------|
| Age Group (years) | Men | | | | Women | | | Both Sexes | |
| | n | % Manufactured cigarette smoker | 95% CI | | n | % Manufactured cigarette smoker | 95% CI | n | % Manufactured cigarette smoker |
| 18-29 | 117 | 100.0 | 100.0-100.0 | | 23 | 100.0 | 100.0-100.0 | 140 | 100.0 |
| 30-44 | 190 | 98.4 | 96.7-100.0 | | 61 | 100.0 | 100.0-100.0 | 251 | 98.6 |
| 45-59 | 240 | 97.3 | 94.8-99.7 | | 65 | 100.0 | 100.0-100.0 | 305 | 97.6 |
| 60-69 | 94 | 97.8 | 94.8-100.0 | | 28 | 100.0 | 100.0-100.0 | 122 | 98.1 |
| 18-69 | 641 | 98.4 | 97.4-99.4 | | 177 | 100.0 | 100.0-100.0 | 818 | 98.6 |

| Manufactured cigarette smokers among current smokers | | | | | | | | | |
|--|------------|---------------------------------|------------------|--|------------|---------------------------------|------------------|------------|---------------------------------|
| Age Group (years) | Men | | | | Women | | | Both Sexes | |
| | n | % Manufactured cigarette smoker | 95% CI | | n | % Manufactured cigarette smoker | 95% CI | n | % Manufactured cigarette smoker |
| 18-29 | 130 | 98.6 | 97.0-100.0 | | 26 | 98.4 | 95.3-100.0 | 156 | 98.6 |
| 30-44 | 208 | 96.7 | 94.1-99.4 | | 68 | 95.7 | 89.4-100.0 | 276 | 96.6 |
| 45-59 | 257 | 96.2 | 93.5-98.9 | | 77 | 95.4 | 89.7-100.0 | 334 | 96.1 |
| 60-69 | 109 | 93.2 | 88.5-98.0 | | 32 | 94.9 | 88.2-100.0 | 141 | 93.4 |
| 18-69 | 704 | 96.8 | 95.3-98.3 | | 203 | 96.2 | 93.1-99.2 | 907 | 96.7 |

Analysis Information:

- Questions used: T1, T2, T5a, T5aw
- Epi Info program name: Tsmokeman (unweighted); TsmokemanWT (weighted)

Amount of tobacco used among daily smokers by type

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

Instrument questions:

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

| Mean amount of tobacco used by daily smokers by type | | | | | | | | | |
|--|------------|------------------------------|--------|------------|----------------------------|--------|------------|----------------------------|--------|
| Age Group | Men | | | | | | | | |
| | n | Mean # of manufacture d cig. | 95% CI | n | Mean # of hand-rolled cig. | 95% CI | n | Mean # of pipes of tobacco | 95% CI |
| 18-29 | 117 | 19.9 | | 117 | 0.0 | | 117 | 0.0 | |
| 30-44 | 190 | 24.0 | | 188 | 0.4 | | 189 | 0.0 | |
| 45-59 | 240 | 23.0 | | 239 | 0.5 | | 240 | 0.0 | |
| 60-69 | 94 | 19.9 | | 93 | 0.2 | | 94 | 0.0 | |
| 18-69 | 641 | 22.2 | | 637 | 0.3 | | 640 | 0.0 | |

| `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 other type of tobacco | 95% CI |
| 18-29 | 117 | 0.1 | | 116 | 0.0 | | 115 | 0.0 | |
| 30-44 | 189 | 0.0 | | 189 | 0.0 | | 189 | 0.0 | |
| 45-59 | 240 | 0.0 | | 240 | 0.0 | | 240 | 0.1 | |
| 60-69 | 95 | 0.1 | | 95 | 0.0 | | 94 | 0.0 | |
| 18-69 | 641 | 0.1 | | 640 | 0.0 | | 638 | 0.0 | |

| 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 | 23 | 11.4 | | 23 | 0.0 | | 23 | 0.0 | |
| 30-44 | 61 | 15.8 | | 61 | 0.0 | | 62 | 0.0 | |
| 45-59 | 65 | 14.5 | | 66 | 0.2 | | 66 | 0.0 | |
| 60-69 | 28 | 16.3 | | 29 | 0.7 | | 29 | 0.0 | |
| 18-69 | 177 | 14.4 | | 179 | 0.1 | | 180 | 0.0 | |

| 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 other type of tobacco | 95% CI |
| 18-29 | 23 | 0.0 | | 23 | 0.0 | | 23 | 0.0 | |
| 30-44 | 62 | 0.0 | | 62 | 0.1 | | 62 | 0.0 | |
| 45-59 | 66 | 0.0 | | 66 | 0.0 | | 66 | 0.0 | |
| 60-69 | 29 | 0.0 | | 29 | 0.0 | | 29 | 0.0 | |
| 18-69 | 180 | 0.0 | | 180 | 0.0 | | 180 | 0.0 | |

| 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 | 140 | 19.0 | | 140 | 0.0 | | 140 | 0.0 | |
| 30-44 | 251 | 23.0 | | 249 | 0.4 | | 251 | 0.0 | |
| 45-59 | 305 | 22.1 | | 305 | 0.5 | | 306 | 0.0 | |
| 60-69 | 122 | 19.4 | | 122 | 0.3 | | 123 | 0.0 | |
| 18-69 | 818 | 21.3 | | 816 | 0.3 | | 820 | 0.0 | |

| 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 other type of tobacco | 95% CI |
| 18-29 | 140 | 0.1 | | 139 | 0.0 | | 138 | 0.0 | |
| 30-44 | 251 | 0.0 | | 251 | 0.0 | | 251 | 0.0 | |
| 45-59 | 306 | 0.0 | | 306 | 0.0 | | 306 | 0.0 | |
| 60-69 | 124 | 0.1 | | 124 | 0.0 | | 123 | 0.0 | |
| 18-69 | 821 | 0.0 | | 820 | 0.0 | | 818 | 0.0 | |

Analysis Information:

- Questions used: T1, T2, T5a-T5f
- Epi Info program name: Tsmoketype (unweighted); TsmoketypeWT (weighted)

Smoked tobacco consumption

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

Instrument questions:

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

| 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 | 130 | 98.6 | 97.0-100.0 | 1.1 | 0.0-3.4 | 0.5 | 0.0-1.3 |
| 30-44 | 209 | 96.2 | 93.3-99.1 | 4.2 | 1.5-6.9 | 0.3 | 0.0-0.8 |
| 45-59 | 257 | 96.2 | 93.5-98.9 | 4.6 | 1.7-7.6 | 0.8 | 0.0-1.6 |
| 60-69 | 113 | 90.4 | 84.6-96.2 | 2.4 | 0.0-5.1 | 0.6 | 0.0-1.7 |
| 18-69 | 709 | 96.3 | 94.8-97.9 | 3.3 | 1.8-4.8 | 0.5 | 0.2-0.9 |

| Percentage of current smokers smoking each of the following products | | | | | | | |
|--|------------|--------------------------------|----------------|------------|----------------|------------|----------------|
| Age Group (years) | Men | | | | | | |
| | n | % Cigars, cheroots, cigarillos | 95% CI | % Shisha | 95% CI | % Other | 95% CI |
| 18-29 | 130 | 2.2 | 0.0-5.3 | 2.1 | 0.0-4.5 | 2.2 | 0.0-6.1 |
| 30-44 | 209 | 1.3 | 0.0-2.7 | 0.0 | 0.0-0.0 | 0.5 | 0.0-1.4 |
| 45-59 | 257 | 0.4 | 0.0-1.0 | 0.2 | 0.0-0.6 | 0.8 | 0.0-2.0 |
| 60-69 | 113 | 1.1 | 0.0-2.6 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 18-69 | 709 | 1.3 | 0.3-2.3 | 0.6 | 0.0-1.3 | 1.0 | 0.0-2.2 |

| 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 | 26 | 98.4 | 95.3-100.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 30-44 | 69 | 94.8 | 88.3-100.0 | 0.9 | 0.0-2.8 | 0.0 | 0.0-0.0 |
| 45-59 | 78 | 94.0 | 87.7-100.0 | 1.0 | 0.0-3.1 | 0.0 | 0.0-0.0 |
| 60-69 | 34 | 90.4 | 81.5-99.3 | 6.2 | 0.0-14.9 | 2.5 | 0.0-7.0 |
| 18-69 | 207 | 95.0 | 91.7-98.2 | 1.2 | 0.0-2.5 | 0.2 | 0.0-0.7 |

| Percentage of current smokers smoking each of the following products | | | | | | | |
|--|------------|--------------------------------|----------------|------------|----------------|------------|----------------|
| Age Group (years) | Women | | | | | | |
| | n | % Cigars, cheroots, cigarillos | 95% CI | % Shisha | 95% CI | % Other | 95% CI |
| 18-29 | 26 | 2.8 | 0.0-8.4 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 30-44 | 69 | 0.0 | 0.0-0.0 | 1.0 | 0.0-3.1 | 0.0 | 0.0-0.0 |
| 45-59 | 78 | 1.5 | 0.0-3.7 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 60-69 | 34 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 18-69 | 207 | 1.1 | 0.0-2.6 | 0.4 | 0.0-1.1 | 0.0 | 0.0-0.0 |

| 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 | 156 | 98.6 | 97.1-100.0 | 1.0 | 0.0-3.1 | 0.5 | 0.0-1.1 |
| 30-44 | 278 | 96.0 | 93.4-98.7 | 3.8 | 1.4-6.2 | 0.2 | 0.0-0.7 |
| 45-59 | 335 | 95.9 | 93.4-98.4 | 4.2 | 1.6-6.8 | 0.7 | 0.0-1.4 |
| 60-69 | 147 | 90.4 | 85.1-95.7 | 2.8 | 0.2-5.4 | 0.8 | 0.0-2.0 |
| 18-69 | 916 | 96.2 | 94.7-97.6 | 3.1 | 1.7-4.5 | 0.5 | 0.2-0.8 |

| Percentage of current smokers smoking each of the following products | | | | | | | |
|--|------------|--------------------------------|----------------|------------|----------------|------------|----------------|
| Age Group (years) | Both Sexes | | | | | | |
| | n | % Cigars, cheroots, cigarillos | 95% CI | % Shisha | 95% CI | % Other | 95% CI |
| 18-29 | 156 | 2.3 | 0.0-5.1 | 1.9 | 0.0-4.1 | 2.0 | 0.0-5.4 |
| 30-44 | 278 | 1.1 | 0.0-2.3 | 0.1 | 0.0-0.4 | 0.4 | 0.0-1.2 |
| 45-59 | 335 | 0.6 | 0.0-1.2 | 0.2 | 0.0-0.5 | 0.7 | 0.0-1.8 |
| 60-69 | 147 | 0.9 | 0.0-2.3 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 18-69 | 916 | 1.3 | 0.4-2.1 | 0.6 | 0.0-1.2 | 0.9 | 0.0-1.9 |

Analysis Information:

- Questions used: T1, T2, T5a-T5fw
- Epi Info program name: Tsmoketypeprev (unweighted); TsmoketypeprevWT (weighted)

Frequency of daily

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

**cigarette
smoking**

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- On average, how many of the following products do you smoke each 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 | 116 | 2.5 | 0.0-5.7 | 7.2 | 0.8-13.7 | 8.3 | 3.0-13.6 | 63.5 | 53.1-73.9 | 18.5 | 10.9-26.0 |
| 30-44 | 187 | 1.5 | 0.0-3.1 | 2.7 | 0.4-5.1 | 8.2 | 3.9-12.5 | 52.6 | 43.6-61.7 | 34.9 | 25.6-44.2 |
| 45-59 | 236 | 1.7 | 0.0-3.6 | 2.7 | 0.3-5.0 | 10.3 | 5.6-14.9 | 49.7 | 40.2-59.2 | 35.7 | 26.4-44.9 |
| 60-69 | 90 | 1.2 | 0.0-3.5 | 1.6 | 0.0-4.0 | 11.7 | 3.9-19.5 | 68.9 | 56.0-81.8 | 16.6 | 7.1-26.0 |
| 18-69 | 629 | 1.8 | 0.6-3.1 | 3.8 | 1.7-5.9 | 9.2 | 6.6-11.8 | 56.0 | 51.5-60.6 | 29.1 | 24.9-33.3 |

| 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 | 22 | 15.3 | 3.3-27.4 | 14.2 | 0.0-31.3 | 26.0 | 6.6-45.4 | 44.5 | 19.1-69.9 | 0.0 | 0.0-0.0 |
| 30-44 | 60 | 7.3 | 0.0-16.0 | 10.7 | 1.6-19.9 | 16.9 | 7.6-26.3 | 58.2 | 44.7-71.7 | 6.8 | 0.0-14.4 |
| 45-59 | 65 | 4.4 | 0.0-9.5 | 11.9 | 4.5-19.2 | 33.0 | 21.5-44.4 | 43.0 | 29.7-56.4 | 7.7 | 0.0-16.8 |
| 60-69 | 28 | 3.1 | 0.0-9.1 | 13.9 | 0.3-27.4 | 27.2 | 7.9-46.5 | 30.6 | 16.6-44.6 | 25.3 | 9.3-41.2 |
| 18-69 | 175 | 8.0 | 3.4-12.6 | 12.2 | 5.4-19.0 | 24.8 | 17.9-31.6 | 47.9 | 39.2-56.6 | 7.2 | 2.6-11.7 |

| 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 | 138 | 3.8 | 0.3-7.4 | 7.9 | 1.9-13.9 | 10.1 | 4.9-15.3 | 61.5 | 51.9-71.1 | 16.6 | 9.7-23.4 |
| 30-44 | 247 | 2.3 | 0.5-4.0 | 3.8 | 1.4-6.1 | 9.3 | 5.4-13.3 | 53.3 | 45.3-61.4 | 31.3 | 22.9-39.8 |
| 45-59 | 301 | 2.0 | 0.3-3.8 | 3.7 | 1.4-5.9 | 12.7 | 8.4-17.1 | 49.0 | 40.3-57.6 | 32.6 | 24.3-40.9 |
| 60-69 | 118 | 1.4 | 0.0-3.6 | 3.1 | 0.3-5.9 | 13.6 | 6.3-21.0 | 64.2 | 52.0-76.4 | 17.6 | 8.9-26.3 |
| 18-69 | 804 | 2.5 | 1.2-3.8 | 4.8 | 2.8-6.8 | 11.0 | 8.5-13.4 | 55.1 | 50.9-59.3 | 26.6 | 22.8-30.4 |

Analysis Information:

- Questions used: T1, T2, T5a, T5b
- Epi Info program name: Tcig (unweighted); TcigWT (weighted)

**Former
daily
smokers
and former
smokers**

Description: Percentage of former daily smokers among all respondents and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking.

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- In the past did you ever smoke any tobacco products?
- In the past, did you ever smoke daily?
- How old were you when you stopped smoking?

Former daily smokers 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 | 218 | 6.2 | 2.7-9.8 | 391 | 0.9 | 0.0-1.9 | 609 | 3.6 | 1.7-5.5 |
| 30-44 | 327 | 17.4 | 12.6-22.2 | 723 | 1.4 | 0.5-2.4 | 1050 | 9.3 | 6.8-11.8 |
| 45-59 | 449 | 21.3 | 16.9-25.8 | 1063 | 1.4 | 0.6-2.2 | 1512 | 10.8 | 8.6-12.9 |
| 60-69 | 277 | 33.6 | 25.8-41.3 | 756 | 1.2 | 0.5-1.9 | 1033 | 15.0 | 11.5-18.5 |
| 18-69 | 1271 | 17.9 | 15.2-20.5 | 2933 | 1.3 | 0.8-1.7 | 4204 | 9.2 | 7.9-10.5 |

| Former daily smokers 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 | 132 | 10.5 | 4.6-16.4 | 27 | 12.0 | 0.0-25.1 | 159 | 10.7 | 5.3-16.1 |
| 30-44 | 243 | 23.9 | 17.6-30.2 | 73 | 15.3 | 6.0-24.6 | 316 | 22.9 | 17.2-28.5 |
| 45-59 | 346 | 28.0 | 22.3-33.8 | 83 | 19.5 | 9.6-29.3 | 429 | 27.2 | 21.9-32.4 |
| 60-69 | 188 | 50.5 | 40.6-60.4 | 40 | 25.9 | 11.9-40.0 | 228 | 48.4 | 39.3-57.5 |
| 18-69 | 909 | 25.7 | 22.0-29.4 | 223 | 16.9 | 11.2-22.6 | 1132 | 24.8 | 21.5-28.1 |

| Mean years since cessation | | | | | | | | | |
|----------------------------|------------|---------------|-----------------|-----------|---------------|------------------|------------|---------------|-----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | Mean years | 95% CI | n | Mean years | 95% CI | n | Mean years | 95% CI |
| 18-29 | 17 | 3.7 | 1.7-5.7 | 10 | 2.6 | 1.0-4.2 | 27 | 3.4 | 1.9-4.9 |
| 30-44 | 50 | 6.4 | 4.4-8.5 | 19 | 13.6 | 10.6-16.6 | 69 | 7.7 | 5.8-9.6 |
| 45-59 | 105 | 11.1 | 9.0-13.1 | 30 | 15.7 | 11.4-19.9 | 135 | 11.6 | 9.6-13.5 |
| 60-69 | 89 | 18.1 | 14.6-21.5 | 17 | 20.5 | 13.7-27.3 | 106 | 18.2 | 14.9-21.5 |
| 18-69 | 261 | 11.0 | 9.4-12.5 | 76 | 13.2 | 10.7-15.7 | 337 | 11.3 | 9.9-12.7 |

Analysis Information:

- Questions used: T1, T2, T8, T9, T10, T11a-c
- Epi Info program name: Tsmokeexdaily (unweighted); TsmokeexdailyWT (weighted)

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

Instrument questions:

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

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 | 130 | 28.6 | 19.0-38.2 | | 26 | 24.9 | 5.1-44.7 | | 156 | 28.2 | 19.5-36.9 |
| 30-44 | 209 | 25.0 | 17.7-32.3 | | 69 | 22.9 | 11.7-34.0 | | 278 | 24.7 | 18.1-31.3 |
| 45-59 | 257 | 20.5 | 14.8-26.1 | | 78 | 26.4 | 15.0-37.7 | | 335 | 21.2 | 16.0-26.4 |
| 60-69 | 113 | 34.1 | 24.5-43.8 | | 34 | 20.5 | 6.7-34.4 | | 147 | 32.5 | 23.6-41.4 |
| 18-69 | 709 | 25.5 | 21.3-29.6 | | 207 | 24.2 | 16.8-31.7 | | 916 | 25.3 | 21.6-29.1 |

Analysis Information:

- Questions used: T1, T2, T6
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

**Advice to
stop
smoking**

Description: Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among those smokers who have had a visit to a doctor or other health worker in the past 12 months.

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?

| Current smokers who have been advised by doctor to stop smoking | | | | | | | | | | | |
|---|-----|------------------------------------|-----------|--|-------|------------------------------------|-----------|--|------------|------------------------------------|-----------|
| Age Group (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 | 89 | 28.5 | 17.8-39.1 | | 17 | 4.2 | 0.0-12.6 | | 106 | 26.0 | 16.2-35.9 |
| 30-44 | 140 | 40.6 | 31.2-50.1 | | 47 | 34.9 | 19.2-50.5 | | 187 | 39.9 | 31.4-48.4 |
| 45-59 | 185 | 45.2 | 36.1-54.3 | | 61 | 42.3 | 27.5-57.0 | | 246 | 44.8 | 36.7-53.0 |
| 60-69 | 82 | 46.6 | 34.4-58.8 | | 29 | 31.7 | 11.5-51.9 | | 111 | 44.4 | 33.4-55.4 |
| 18-69 | 496 | 39.3 | 33.7-44.9 | | 154 | 30.4 | 21.7-39.0 | | 650 | 38.2 | 33.2-43.2 |

Analysis Information:

- Questions used: T1, T2, T7
- Epi Info program name: Tcessation (unweighted); TcessationWT (weighted)

**Current
users of
smokeless
tobacco**

Description: Percentage of current users of smokeless tobacco among all respondents.

Instrument question:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

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 | 218 | 0.8 | 0.0-1.9 | 391 | 0.0 | 0.0-0.0 | 609 | 0.4 | 0.0-1.0 |
| 30-44 | 327 | 1.1 | 0.0-2.6 | 723 | 0.0 | 0.0-0.0 | 1050 | 0.6 | 0.0-1.3 |
| 45-59 | 449 | 0.0 | 0.0-0.0 | 1063 | 0.3 | 0.0-1.0 | 1512 | 0.2 | 0.0-0.5 |
| 60-69 | 277 | 0.0 | 0.0-0.0 | 756 | 0.0 | 0.0-0.0 | 1033 | 0.0 | 0.0-0.0 |
| 18-69 | 1271 | 0.5 | 0.0-1.1 | 2933 | 0.1 | 0.0-0.3 | 4204 | 0.3 | 0.0-0.6 |

Analysis Information:

- Questions used: T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

Status of smokeless tobacco use

Description: Status of using smokeless tobacco among all respondents.

Instrument questions:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

| Smokeless tobacco use | | | | | | | | | |
|-----------------------|-------------|--------------|----------------|-------------|----------------|-------------|----------------|--------------|------------------|
| Age Group | Men | | | | | | | | |
| | n | Current user | | | | Non user | | | |
| | | % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI |
| 18-29 | 218 | 0.0 | 0.0-0.0 | 0.8 | 0.0-1.9 | 0.6 | 0.0-1.5 | 98.6 | 97.1-100.0 |
| 30-44 | 327 | 0.2 | 0.0-0.7 | 0.9 | 0.0-2.3 | 0.0 | 0.0-0.0 | 98.9 | 97.4-100.0 |
| 45-59 | 449 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.4 | 0.0-1.0 | 99.6 | 99.0-100.0 |
| 60-69 | 277 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 100.0 | 100.0-100.0 |
| 18-69 | 1271 | 0.1 | 0.0-0.2 | 0.5 | 0.0-1.0 | 0.3 | 0.0-0.6 | 99.2 | 98.5-99.8 |

| Smokeless tobacco use | | | | | | | | | |
|-----------------------|-------------|--------------|----------------|-------------|----------------|-------------|----------------|--------------|-------------------|
| Age Group | Women | | | | | | | | |
| | n | Current user | | | | Non user | | | |
| | | % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI |
| 18-29 | 391 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 100.0 | 100.0-100.0 |
| 30-44 | 723 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.1 | 0.0-0.2 | 99.9 | 99.8-100.0 |
| 45-59 | 1063 | 0.0 | 0.0-1.0 | 0.3 | 0.0-1.0 | 0.2 | 0.0-0.5 | 99.5 | 98.8-100.0 |
| 60-69 | 756 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 100.0 | 100.0-100.0 |
| 18-69 | 2933 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.3 | 0.1 | 0.0-0.2 | 99.8 | 99.6-100.0 |

| Smokeless tobacco use | | | | | | | | | |
|-----------------------|-------------|--------------|----------------|-------------|----------------|-------------|----------------|--------------|------------------|
| Both Sexes | | | | | | | | | |
| Age Group (years) | n | Current user | | | | Non user | | | |
| | | % Daily | 95% CI | % Non-daily | 95% CI | % Past user | 95% CI | % Never used | 95% CI |
| 18-29 | 609 | 0.0 | 0.0-0.0 | 0.4 | 0.0-1.0 | 0.3 | 0.0-0.8 | 99.3 | 98.5-100.0 |
| 30-44 | 1050 | 0.1 | 0.0-0.4 | 0.4 | 0.0-1.1 | 0.0 | 0.0-0.1 | 99.4 | 98.7-100.0 |
| 45-59 | 1512 | 0.0 | 0.0-0.0 | 0.2 | 0.0-0.5 | 0.3 | 0.0-0.6 | 99.5 | 99.1-100.0 |
| 60-69 | 1033 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 100.0 | 100.0-100.0 |
| 18-69 | 4204 | 0.0 | 0.0-0.1 | 0.3 | 0.0-0.6 | 0.2 | 0.0-0.3 | 99.5 | 99.2-99.8 |

Analysis Information:

- Questions used: T12, T13, T15
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

Current tobacco users

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

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?

| 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 | 218 | 59.7 | 52.4-67.1 | | 391 | 7.0 | 3.8-10.1 | | 609 | 33.9 | 28.9-38.8 |
| 30-44 | 327 | 62.2 | 56.0-68.4 | | 723 | 8.8 | 6.4-11.1 | | 1050 | 35.1 | 31.2-39.0 |
| 45-59 | 449 | 58.0 | 52.3-63.7 | | 1063 | 7.4 | 5.5-9.4 | | 1512 | 31.1 | 27.5-34.8 |
| 60-69 | 277 | 38.4 | 31.7-45.1 | | 756 | 3.9 | 2.2-5.6 | | 1033 | 18.6 | 15.3-21.9 |
| 18-69 | 1271 | 57.0 | 53.7-60.4 | | 2933 | 7.1 | 5.9-8.4 | | 4204 | 31.1 | 29.0-33.1 |

| Daily tobacco users | | | | | | | | | | | |
|----------------------|------|---------------------|-----------|--|-------|------------------|----------|--|------------|---------------------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % Daily users | 95% CI | | n | % Daily users | 95% CI | | n | % Daily users | 95% CI |
| 18-29 | 218 | 53.1 | 45.6-60.7 | | 391 | 6.5 | 3.4-9.6 | | 609 | 30.3 | 25.4-35.2 |
| 30-44 | 327 | 55.4 | 49.1-61.7 | | 723 | 8.0 | 5.7-10.2 | | 1050 | 31.4 | 27.5-35.2 |
| 45-59 | 449 | 54.7 | 48.9-60.6 | | 1063 | 5.9 | 4.2-7.6 | | 1512 | 28.8 | 25.2-32.4 |
| 60-69 | 277 | 32.9 | 26.2-39.5 | | 756 | 3.4 | 1.9-4.9 | | 1033 | 16.0 | 12.8-19.2 |
| 18-69 | 1271 | 51.5 | 48.1-55.0 | | 2933 | 6.2 | 5.1-7.4 | | 4204 | 28.0 | 26.0-30.0 |

Analysis Information:

- Questions used: T1, T2, T12, T13
- Epi Info program name: Tdailyuser (unweighted); TdailyuserWT (weighted)

Exposure to second-hand smoke in home in past 30 days

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

Instrument question:

- In the past 30 days, did someone smoke in your home?

| Exposed to second-hand smoke in home during the past 30 days | | | | | | | | | | |
|--|-------------|--------------|------------------|--|-------------|--------------|------------------|-------------|--------------|------------------|
| Age Group (years) | Men | | | | Women | | | Both Sexes | | |
| | n | % Exposed | 95% CI | | n | % Exposed | 95% CI | n | % Exposed | 95% CI |
| 18-29 | 218 | 58.0 | 50.6-65.5 | | 391 | 44.7 | 37.6-51.9 | 609 | 51.5 | 46.3-56.7 |
| 30-44 | 327 | 47.7 | 41.3-54.1 | | 723 | 44.6 | 39.9-49.3 | 1050 | 46.1 | 42.0-50.3 |
| 45-59 | 449 | 44.9 | 38.8-50.9 | | 1063 | 34.3 | 30.9-37.8 | 1512 | 39.3 | 35.7-42.8 |
| 60-69 | 277 | 30.4 | 24.7-36.1 | | 756 | 30.4 | 26.0-34.9 | 1033 | 30.4 | 26.7-34.1 |
| 18-69 | 1271 | 47.2 | 43.7-50.7 | | 2933 | 39.1 | 36.4-41.8 | 4204 | 43.0 | 40.7-45.3 |

Analysis Information:

- Questions used: T17
- Epi Info program name: Tetshome (unweighted); TetshomeWT (weighted)

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

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

Instrument question:

- During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)?

| Exposed to second-hand smoke in the workplace during the past 30 days | | | | | | | | | | | |
|---|-----|--------------|-----------|--|-------|--------------|----------|--|------------|--------------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % Exposed | 95% CI | | n | % Exposed | 95% CI | | n | % Exposed | 95% CI |
| 18-29 | 157 | 28.2 | 19.7-36.7 | | 301 | 10.6 | 6.5-14.8 | | 458 | 19.1 | 14.5-23.8 |
| 30-44 | 239 | 26.4 | 20.2-32.7 | | 540 | 9.4 | 6.6-12.3 | | 779 | 17.7 | 14.3-21.2 |
| 45-59 | 308 | 23.5 | 17.6-29.3 | | 797 | 9.1 | 6.6-11.6 | | 1105 | 15.5 | 12.4-18.6 |
| 60-69 | 188 | 9.2 | 4.9-13.5 | | 513 | 5.6 | 3.3-7.9 | | 701 | 7.1 | 4.9-9.4 |
| 18-69 | 892 | 23.7 | 20.0-27.4 | | 2151 | 9.0 | 7.3-10.7 | | 3043 | 15.8 | 13.7-17.9 |

Analysis Information:

- Questions used: T18
- Epi Info program name: Tetswork (unweighted); TetsworkWT (weighted)

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

Instrument questions:

- Have you ever consumed any alcohol such as ...?
- Have you consumed any alcohol in the past 12 months?
- Have you consumed any alcohol in the past 30 days?

| Alcohol consumption status | | | | | | | | | |
|----------------------------|-------------|----------------------------------|------------------|--|------------------|----------------------------|-----------------|----------------------|----------------|
| Men | | | | | | | | | |
| Age Group (years) | n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 218 | 61.3 | 54.1-68.5 | 24.0 | 17.4-30.6 | 10.4 | 6.2-14.6 | 4.3 | 1.5-7.1 |
| 30-44 | 327 | 68.5 | 62.5-74.5 | 22.7 | 17.1-28.2 | 6.1 | 3.5-8.8 | 2.7 | 1.0-4.5 |
| 45-59 | 449 | 54.8 | 48.5-61.1 | 25.8 | 19.8-30.8 | 14.4 | 10.8-17.9 | 5.0 | 2.5-7.6 |
| 60-69 | 277 | 41.4 | 34.9-48.0 | 36.0 | 29.7-42.3 | 18.9 | 13.9-23.8 | 3.7 | 1.4-6.1 |
| 18-69 | 1271 | 58.9 | 55.2-62.6 | 25.8 | 21.6-28.9 | 11.4 | 9.5-13.3 | 3.9 | 2.6-5.3 |

| Alcohol consumption status | | | | | | | | | |
|----------------------------|-------------|----------------------------------|------------------|--|------------------|----------------------------|------------------|----------------------|------------------|
| Women | | | | | | | | | |
| Age Group (years) | n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 391 | 29.8 | 24.0-35.6 | 36.9 | 30.7-43.2 | 18.4 | 13.9-22.9 | 14.9 | 10.7-19.1 |
| 30-44 | 723 | 22.1 | 18.6-25.5 | 41.1 | 36.8-45.4 | 23.3 | 19.6-27.0 | 13.5 | 10.2-16.8 |
| 45-59 | 1063 | 17.3 | 14.5-20.1 | 32.7 | 29.1-36.3 | 32.0 | 28.7-35.4 | 18.0 | 14.8-21.1 |
| 60-69 | 756 | 12.4 | 9.4-15.3 | 24.4 | 20.7-28.1 | 42.4 | 38.0-46.8 | 20.8 | 17.0-24.7 |
| 18-69 | 2933 | 20.7 | 18.6-22.9 | 34.7 | 32.2-37.3 | 28.1 | 25.8-30.4 | 16.4 | 14.1-18.8 |

| Alcohol consumption status | | | | | | | | | |
|----------------------------|-------------|----------------------------------|------------------|--|------------------|----------------------------|------------------|----------------------|-----------------|
| Both Sexes | | | | | | | | | |
| Age Group (years) | n | % Current drinker (past 30 days) | 95% CI | % Drank in past 12 months, not current | 95% CI | % Past 12 months abstainer | 95% CI | % Lifetime abstainer | 95% CI |
| 18-29 | 609 | 45.9 | 41.1-50.7 | 30.3 | 25.9-34.8 | 14.3 | 11.3-17.3 | 9.5 | 6.8-12.2 |
| 30-44 | 1050 | 45.0 | 40.8-49.1 | 32.0 | 28.4-35.6 | 14.9 | 12.4-17.3 | 8.2 | 6.1-10.3 |
| 45-59 | 1512 | 34.9 | 31.0-38.7 | 29.5 | 26.2-32.7 | 23.8 | 21.2-26.3 | 11.9 | 9.6-14.3 |
| 60-69 | 1033 | 24.8 | 21.4-28.2 | 29.4 | 25.8-32.9 | 32.3 | 29.1-35.6 | 13.5 | 11.0-16.1 |
| 18-69 | 4204 | 39.0 | 36.6-41.5 | 30.4 | 28.3-32.6 | 20.1 | 18.5-21.7 | 10.4 | 8.9-12.0 |

Analysis Information:

- Questions used: A1, A2, A5
- Epi Info program name: Aconsumption (unweighted); AconsumptionWT (weighted)

Stopping drinking due to

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health

health reasons 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.

Instrument questions:

- Have you consumed any alcohol in the past 12 months?
- Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker?

| Stopping drinking due to health reasons | | | | | | | | | |
|---|------------|----------------------------------|------------------|------------|----------------------------------|------------------|-------------|----------------------------------|------------------|
| Age Group (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 | 27 | 14.0 | 0.0-30.3 | 71 | 7.9 | 0.0-16.4 | 98 | 10.1 | 2.4-17.9 |
| 30-44 | 25 | 39.8 | 17.9-61.8 | 171 | 10.4 | 5.4-15.5 | 196 | 16.4 | 10.2-22.6 |
| 45-59 | 74 | 55.6 | 42.6-68.7 | 359 | 16.8 | 12.4-21.2 | 433 | 27.8 | 22.6-33.0 |
| 60-69 | 58 | 52.2 | 35.2-69.2 | 326 | 16.5 | 11.8-21.2 | 384 | 25.4 | 19.6-31.1 |
| 18-69 | 184 | 42.4 | 33.6-51.1 | 927 | 13.8 | 11.0-16.6 | 1111 | 21.6 | 18.2-24.9 |

Analysis Information:

- Questions used: A1, A2, A3
- Epi Info program name: Astopdrink (unweighted); AstopdrinkWT (weighted)

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

Instrument question:

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

| Frequency of alcohol consumption in the past 12 months | | | | | | | | | | | | | |
|--|------------|------------|----------------|-----------------|----------------|-----------------|----------------|-----------------|------------------|------------------|------------------|------------------|------------|
| Age Group (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 | 92 | 2.7 | 0.2-5.2 | 0.2 | 0.0-0.6 | 4.7 | 1.1-8.3 | 15.8 | 9.2-22.3 | 23.1 | 16.1-30.0 | 92 | 2.7 |
| 30-44 | 145 | 1.1 | 0.0-2.6 | 0.5 | 0.0-1.2 | 3.8 | 1.5-6.0 | 13.8 | 9.1-18.4 | 28.4 | 22.5-34.2 | 145 | 1.1 |
| 45-59 | 183 | 5.9 | 0.7-11.1 | 1.3 | 0.0-2.7 | 4.9 | 2.5-7.2 | 12.6 | 9.1-16.2 | 24.4 | 19.3-29.5 | 183 | 5.9 |
| 60-69 | 128 | 2.7 | 0.2-5.3 | 3.5 | 0.6-6.4 | 2.4 | 0.1-4.6 | 5.5 | 1.4-9.7 | 24.6 | 18.2-31.1 | 128 | 2.7 |
| 18-69 | 548 | 3.1 | 1.4-4.8 | 1.0 | 0.5-1.6 | 4.1 | 2.6-5.7 | 12.9 | 10.1-15.8 | 25.4 | 22.1-28.7 | 548 | 3.1 |

| Frequency of alcohol consumption in the past 12 months | | | | | | | | | | | | | |
|--|-------------|------------|----------------|------------------|----------------|------------------|----------------|------------------|----------------|-------------------|----------------|------------------|------------|
| Age Group (years) | Women | | | | | | | | | | | | |
| | n | % Daily | 95% CI | % 5-6 days/ week | 95% CI | % 3-4 days/ week | 95% CI | % 1-2 days/ week | 95% CI | % 1-3 days/ month | 95% CI | % < once a month | 95% CI |
| 18-29 | 230 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.6 | 0.0-1.5 | 2.1 | 0.0-4.8 | 8.6 | 4.5-12.7 | 230 | 0.0 |
| 30-44 | 409 | 0.3 | 0.0-0.8 | 0.0 | 0.0-0.0 | 0.4 | 0.0-0.9 | 0.5 | 0.0-1.2 | 8.7 | 5.5-11.9 | 409 | 0.3 |
| 45-59 | 470 | 0.4 | 0.0-0.9 | 0.1 | 0.0-0.3 | 0.7 | 0.0-1.6 | 0.5 | 0.0-1.1 | 5.0 | 2.7-7.3 | 470 | 0.4 |
| 60-69 | 253 | 0.9 | 0.0-2.6 | 0.0 | 0.0-0.0 | 0.5 | 0.0-1.4 | 2.5 | 0.2-4.8 | 1.9 | 0.3-3.5 | 253 | 0.9 |
| 18-69 | 1362 | 0.3 | 0.0-0.6 | 0.0 | 0.0-0.1 | 0.5 | 0.1-0.9 | 1.2 | 0.4-2.0 | 6.9 | 5.2-8.6 | 1362 | 0.3 |

| 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 | 322 | 1.5 | 0.1-3.0 | 0.1 | 0.0-0.4 | 2.9 | 0.9-5.0 | 9.9 | 5.7-14.1 | 16.9 | 12.6-21.2 | 322 | 1.5 |
| 30-44 | 554 | 0.8 | 0.0-1.6 | 0.3 | 0.0-0.7 | 2.4 | 1.1-3.7 | 8.3 | 5.5-11.0 | 20.2 | 16.5-23.9 | 554 | 0.8 |
| 45-59 | 653 | 3.6 | 0.5-6.8 | 0.8 | 0.0-1.6 | 3.1 | 1.7-4.6 | 7.6 | 5.5-9.8 | 16.4 | 13.1-19.6 | 653 | 3.6 |
| 60-69 | 381 | 2.0 | 0.3-3.7 | 2.1 | 0.3-3.9 | 1.6 | 0.1-3.2 | 4.4 | 1.7-7.0 | 15.8 | 11.7-19.9 | 381 | 2.0 |
| 18-69 | 1910 | 1.9 | 0.9-2.9 | 0.6 | 0.3-1.0 | 2.6 | 1.7-3.5 | 8.1 | 6.3-9.8 | 17.7 | 15.6-19.8 | 1910 | 1.9 |

Analysis Information:

- Questions used: A1, A2, A4
- Epi Info program name: Afrequency (unweighted); AfrequencyWT (weighted)

Drinking occasions in the past 30 days

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

Instrument question:

- During the past 30 days, on how many occasions did you have at least one alcoholic drink?

| Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers | | | | | | | | | | |
|---|------------|------------|----------------|------------|------------|----------------|-------------|------------|----------------|--|
| Age Group (years) | Men | | | Women | | | Both Sexes | | | |
| | n | Mean | 95% CI | n | Mean | 95% CI | n | Mean | 95% CI | |
| 18-29 | 127 | 5.1 | 3.8-6.4 | 107 | 3.0 | 1.9-4.0 | 234 | 4.4 | 3.5-5.3 | |
| 30-44 | 206 | 5.3 | 4.4-6.2 | 159 | 2.0 | 1.6-2.4 | 365 | 4.5 | 3.8-5.2 | |
| 45-59 | 223 | 6.6 | 4.7-8.6 | 173 | 2.4 | 1.8-3.1 | 396 | 5.5 | 4.0-7.1 | |
| 60-69 | 114 | 6.0 | 4.2-7.8 | 83 | 2.5 | 1.1-4.0 | 197 | 5.0 | 3.6-6.3 | |
| 18-69 | 670 | 5.7 | 5.0-6.4 | 522 | 2.5 | 2.1-2.9 | 1192 | 4.8 | 4.3-5.3 | |

Analysis Information:

- Questions used: A1, A2, A5, A6
- Epi Info program name: Aoccasions (unweighted); AoccasionsWT (weighted)

Standard drinks per drinking occasion

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

Instrument question:

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

| Mean number of standard drinks per drinking occasion among current (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 | 123 | 4.5 | 3.7-5.2 | 107 | 2.5 | 1.6-3.3 | 230 | 3.8 | 3.2-4.4 |
| 30-44 | 198 | 6.7 | 5.8-7.5 | 159 | 2.0 | 1.6-2.3 | 357 | 5.4 | 4.8-6.1 |
| 45-59 | 216 | 5.8 | 5.1-6.6 | 173 | 1.8 | 1.5-2.0 | 389 | 4.7 | 4.2-5.3 |
| 60-69 | 114 | 5.3 | 4.2-6.5 | 83 | 1.5 | 1.3-1.7 | 197 | 4.2 | 3.4-5.0 |
| 18-69 | 651 | 5.7 | 5.2-6.2 | 522 | 2.0 | 1.7-2.4 | 1173 | 4.7 | 4.3-5.0 |

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: Anumdrinkperday (unweighted); AnumdrinkperdayWT (weighted)

Average volume drinking levels among all respondents

Description: Percentage of respondents with different drinking levels.
A standard drink contains approximately 10g of pure alcohol.

Instrument questions:

- During the past 30 days, on how many occasions did you have at least one alcoholic drink?
- During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

| Drinking at high-end level among 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 | 207 | 15.7 | 10.1-21.3 | 391 | 4.0 | 1.7-6.3 | 598 | 9.8 | 6.8-12.9 |
| 30-44 | 312 | 29.6 | 23.8-35.4 | 722 | 2.5 | 1.2-3.9 | 1034 | 15.6 | 12.3-18.8 |
| 45-59 | 436 | 23.2 | 17.5-28.9 | 1060 | 1.1 | 0.3-1.9 | 1496 | 11.3 | 8.4-14.2 |
| 60-69 | 271 | 12.0 | 7.5-16.5 | 755 | 0.3 | 0.0-0.9 | 1026 | 5.3 | 3.3-7.2 |
| 18-69 | 1226 | 21.7 | 18.2-25.1 | 2928 | 2.1 | 1.4-2.8 | 4154 | 11.3 | 9.5-13.1 |

| 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 | 207 | 14.4 | 9.0-19.8 | 391 | 11.1 | 7.5-14.6 | 598 | 12.7 | 9.4-16.0 |
| 30-44 | 312 | 15.4 | 9.2-21.7 | 722 | 7.3 | 5.3-9.3 | 1034 | 11.2 | 7.9-14.5 |
| 45-59 | 436 | 10.8 | 6.1-15.5 | 1060 | 5.8 | 4.1-7.5 | 1496 | 8.1 | 5.7-10.5 |
| 60-69 | 271 | 7.5 | 4.2-10.7 | 755 | 4.0 | 2.2-5.7 | 1026 | 5.4 | 3.7-7.2 |
| 18-69 | 1226 | 12.7 | 9.5-15.8 | 2928 | 7.1 | 5.9-8.4 | 4154 | 9.7 | 8.1-11.4 |

| 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 | 207 | 29.6 | 22.4-36.9 | 391 | 14.8 | 9.3-20.3 | 598 | 22.2 | 17.7-26.7 |
| 30-44 | 312 | 21.8 | 16.5-27.1 | 722 | 11.9 | 9.1-14.7 | 1034 | 16.7 | 13.8-19.6 |
| 45-59 | 436 | 19.4 | 14.9-23.9 | 1060 | 10.1 | 7.9-12.2 | 1496 | 14.4 | 11.9-16.9 |
| 60-69 | 271 | 20.7 | 15.1-26.4 | 755 | 7.9 | 5.5-10.4 | 1026 | 13.3 | 10.4-16.2 |
| 18-69 | 1226 | 23.0 | 20.1-25.9 | 2928 | 11.3 | 9.5-13.2 | 4154 | 16.8 | 15.2-18.5 |

Analysis Information:

- Questions used: A1, A2, A5, A6, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

Average volume drinking levels among current (past 30 days) drinkers

Description: Percentage of current (past 30 days) drinkers with different drinking levels. A standard drink contains approximately 10g of pure alcohol.

Instrument questions:

- During the past 30 days, on how many occasions did you have at least one alcoholic drink?
- During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

| High-end, intermediate, and lower-end level drinking among current (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 | 123 | 26.3 | 17.3-35.3 | 24.1 | 15.7-32.4 | 49.6 | 39.3-60.0 |
| 30-44 | 198 | 44.3 | 36.5-52.1 | 23.1 | 14.4-31.8 | 32.6 | 24.8-40.4 |
| 45-59 | 216 | 43.4 | 34.1-52.8 | 20.2 | 12.0-28.4 | 36.4 | 28.9-43.9 |
| 60-69 | 114 | 29.9 | 20.0-39.7 | 18.6 | 10.9-26.3 | 51.6 | 39.9-63.2 |
| 18-69 | 651 | 37.8 | 32.3-43.2 | 22.1 | 17.0-27.2 | 40.1 | 35.4-44.8 |

| 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 | 107 | 13.3 | 5.9-20.7 | 37.1 | 25.4-48.8 | 49.6 | 36.5-62.7 |
| 30-44 | 159 | 11.7 | 5.6-17.8 | 33.4 | 25.3-41.5 | 54.9 | 45.8-64.0 |
| 45-59 | 173 | 6.5 | 1.8-11.3 | 34.2 | 26.2-42.2 | 59.2 | 50.8-67.7 |
| 60-69 | 83 | 2.8 | 0.0-7.0 | 32.4 | 20.2-44.7 | 64.8 | 52.1-77.5 |
| 18-69 | 522 | 10.0 | 6.7-13.4 | 34.8 | 29.3-40.2 | 55.2 | 49.2-61.2 |

| 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 | 230 | 22.0 | 15.3-28.6 | 28.4 | 21.8-35.0 | 49.6 | 41.5-57.8 |
| 30-44 | 357 | 35.9 | 29.7-42.0 | 25.8 | 19.0-32.5 | 38.4 | 31.6-45.1 |
| 45-59 | 389 | 33.5 | 26.2-40.8 | 24.0 | 17.7-30.3 | 42.5 | 36.1-48.9 |
| 60-69 | 197 | 21.9 | 14.7-29.1 | 22.6 | 15.9-29.4 | 55.4 | 46.1-64.8 |
| 18-69 | 1173 | 29.8 | 25.6-34.0 | 25.7 | 22.1-29.3 | 44.4 | 40.6-48.3 |

Analysis Information:

- Questions used: A1, A2, A5, A6, A7
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

Largest number of drinks in the past 30 days

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

Instrument question:

- During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

| Mean maximum number of standard drinks consumed on one occasion in the past 30 days | | | | | | | | | | | |
|---|-----|---------------------------|----------|--|-------|---------------------------|---------|--|------------|---------------------------|---------|
| Age Group (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 | 122 | 6.3 | 5.4-7.2 | | 107 | 2.9 | 1.9-3.9 | | 229 | 5.1 | 4.4-5.9 |
| 30-44 | 195 | 9.3 | 8.1-10.5 | | 158 | 2.3 | 1.9-2.7 | | 353 | 7.5 | 6.6-8.4 |
| 45-59 | 208 | 7.7 | 6.7-8.7 | | 173 | 2.0 | 1.7-2.4 | | 381 | 6.1 | 5.4-6.9 |
| 60-69 | 111 | 6.7 | 5.5-8.0 | | 82 | 1.6 | 1.4-1.8 | | 193 | 5.2 | 4.3-6.1 |
| 18-69 | 636 | 7.8 | 7.1-8.5 | | 520 | 2.4 | 2.0-2.7 | | 1156 | 6.2 | 5.7-6.8 |

Analysis Information:

- Questions used: A1, A2, A5, A8
- Epi Info program name: Alargestnum (unweighted); AlargestnumWT (weighted)

Six or more drinks on a single occasion

Description: 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.

Instrument question:

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

| Six or more drinks on a single occasion at least once during the past 30 days among total population | | | | | | | | | | | |
|--|-------------|-----------------|------------------|--|-------------|-----------------|----------------|--|-------------|-----------------|------------------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % ≥ 6 drinks | 95% CI | | n | % ≥ 6 drinks | 95% CI | | n | % ≥ 6 drinks | 95% CI |
| 18-29 | 218 | 33.2 | 25.8-40.6 | | 391 | 4.5 | 1.7-7.3 | | 609 | 19.1 | 14.8-23.5 |
| 30-44 | 327 | 45.3 | 38.7-52.0 | | 723 | 2.9 | 1.3-4.5 | | 1050 | 23.8 | 20.1-27.6 |
| 45-59 | 449 | 33.8 | 27.6-40.0 | | 1063 | 1.9 | 0.9-3.0 | | 1512 | 16.9 | 13.7-20.1 |
| 60-69 | 277 | 20.2 | 14.1-26.2 | | 756 | 0.8 | 0.0-1.5 | | 1033 | 9.0 | 6.4-11.7 |
| 18-69 | 1271 | 35.3 | 31.2-39.4 | | 2933 | 2.6 | 1.7-3.5 | | 4204 | 18.3 | 16.1-20.5 |

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

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

Instrument question:

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

| Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers | | | | | | | | | | | |
|--|-----|----------------------------|---------|--|-------|----------------------------|---------|--|------------|----------------------------|---------|
| Age Group (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 | 122 | 2.0 | 1.3-2.7 | | 106 | 0.7 | 0.0-1.6 | | 228 | 1.6 | 1.0-2.1 |
| 30-44 | 200 | 2.9 | 2.0-3.7 | | 156 | 0.3 | 0.0-0.7 | | 356 | 2.2 | 1.6-2.9 |
| 45-59 | 216 | 2.3 | 1.8-2.8 | | 171 | 0.1 | 0.1-0.2 | | 387 | 1.7 | 1.3-2.1 |
| 60-69 | 110 | 2.2 | 1.2-3.2 | | 84 | 0.1 | 0.0-0.1 | | 194 | 1.6 | 0.9-2.2 |
| 18-69 | 648 | 2.4 | 2.0-2.9 | | 517 | 0.4 | 0.1-0.7 | | 1165 | 1.8 | 1.5-2.2 |

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: Aepisodic (unweighted); AepisodicWT (weighted)

Frequency of alcohol consumption past 7 days drinking

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

Instrument question:

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

| Frequency of alcohol consumption in the past 7 days | | | | | | | | | | | |
|---|------------|------------|----------------|------------|----------------|------------|----------------|-------------|------------------|-------------|------------------|
| Age Group (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 | 133 | 2.2 | 0.0-4.8 | 3.7 | 0.1-7.3 | 4.3 | 1.1-7.6 | 54.4 | 43.6-65.3 | 35.3 | 25.0-45.5 |
| 30-44 | 211 | 2.5 | 0.4-4.6 | 1.8 | 0.1-3.6 | 7.0 | 3.5-10.4 | 56.1 | 47.6-64.6 | 32.6 | 23.8-41.4 |
| 45-59 | 223 | 9.5 | 2.0-17.1 | 1.3 | 0.0-2.6 | 11.0 | 6.4-15.6 | 50.6 | 41.1-60.2 | 27.6 | 20.9-34.3 |
| 60-69 | 118 | 4.8 | 0.0-10.0 | 4.5 | 0.0-9.7 | 2.6 | 0.0-5.7 | 60.6 | 50.1-71.1 | 27.4 | 19.2-35.6 |
| 18-69 | 685 | 4.6 | 2.3-6.9 | 2.5 | 0.9-4.0 | 6.9 | 4.9-9.0 | 54.6 | 49.3-59.9 | 31.5 | 27.0-36.0 |

| 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 | 107 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.9 | 0.0-2.7 | 53.1 | 40.2-66.0 | 46.0 | 33.1-58.9 |
| 30-44 | 160 | 0.4 | 0.0-1.3 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 52.3 | 43.1-61.4 | 47.3 | 38.2-56.4 |
| 45-59 | 176 | 1.0 | 0.0-2.5 | 1.1 | 0.0-2.7 | 2.5 | 0.0-5.5 | 48.3 | 39.7-56.9 | 47.1 | 38.8-55.4 |
| 60-69 | 84 | 2.6 | 0.0-7.5 | 0.0 | 0.0-0.0 | 1.3 | 0.0-3.2 | 50.4 | 37.0-63.9 | 45.7 | 33.0-58.3 |
| 18-69 | 527 | 0.7 | 0.0-1.3 | 0.3 | 0.0-0.7 | 1.1 | 0.1-2.1 | 51.3 | 45.2-57.5 | 46.7 | 40.6-52.7 |

| 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 | 240 | 1.5 | 0.0-3.3 | 2.5 | 0.1-5.0 | 3.2 | 1.0-5.5 | 54.0 | 45.7-62.3 | 38.7 | 30.7-46.7 |
| 30-44 | 371 | 2.0 | 0.4-3.6 | 1.4 | 0.1-2.7 | 5.2 | 2.6-7.8 | 55.1 | 48.3-61.9 | 36.3 | 29.2-43.3 |
| 45-59 | 399 | 7.2 | 1.6-12.9 | 1.2 | 0.2-2.3 | 8.7 | 5.2-12.2 | 50.0 | 42.5-57.5 | 32.8 | 27.1-38.6 |
| 60-69 | 202 | 4.2 | 0.2-8.2 | 3.2 | 0.0-7.0 | 2.3 | 0.0-4.5 | 57.7 | 49.0-66.4 | 32.7 | 25.3-40.0 |
| 18-69 | 1212 | 3.5 | 1.8-5.1 | 1.8 | 0.7-3.0 | 5.3 | 3.8-6.8 | 53.7 | 49.8-57.6 | 35.7 | 32.0-39.4 |

Analysis Information:

- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted)

Standard drinks per day in the past 7 days

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

Instrument question:

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

| Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers | | | | | | | | | | | |
|--|-----|----------------|---------|--|-------|----------------|---------|--|------------|----------------|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Mean number | 95% CI | | n | Mean number | 95% CI | | n | Mean number | 95% CI |
| 18-29 | 133 | 0.7 | 0.5-0.9 | | 107 | 0.2 | 0.1-0.3 | | 240 | 0.6 | 0.4-0.7 |
| 30-44 | 211 | 1.0 | 0.8-1.3 | | 160 | 0.1 | 0.1-0.2 | | 371 | 0.8 | 0.7-1.0 |
| 45-59 | 223 | 1.3 | 1.0-1.6 | | 176 | 0.2 | 0.1-0.2 | | 399 | 1.0 | 0.7-1.2 |
| 60-69 | 118 | 0.9 | 0.7-1.1 | | 84 | 0.2 | 0.1-0.3 | | 202 | 0.7 | 0.5-0.9 |
| 18-69 | 685 | 1.0 | 0.9-1.1 | | 527 | 0.2 | 0.1-0.2 | | 1212 | 0.8 | 0.7-0.9 |

Analysis Information:

- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: Apastweek (unweighted); ApastweekWT (weighted)

Consumption of unrecorded alcohol

Description: 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.

Instrument questions:

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

| Consumption of unrecorded alcohol | | | | | | | | | | | |
|-----------------------------------|-----|--------------------------------|-----------|--|-------|--------------------------------|-----------|--|------------|--------------------------------|-----------|
| Age Group (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 | 129 | 29.5 | 19.7-39.2 | | 103 | 16.7 | 8.6-24.7 | | 232 | 25.4 | 18.0-32.8 |
| 30-44 | 204 | 45.5 | 37.7-53.4 | | 152 | 22.9 | 15.1-30.6 | | 356 | 39.8 | 33.3-46.2 |
| 45-59 | 220 | 52.2 | 44.6-59.9 | | 161 | 39.3 | 30.1-48.5 | | 381 | 49.0 | 42.5-55.4 |
| 60-69 | 115 | 52.1 | 41.0-63.2 | | 78 | 35.5 | 22.8-48.2 | | 193 | 47.4 | 38.0-56.7 |
| 18-69 | 668 | 43.6 | 38.9-48.4 | | 494 | 26.1 | 20.9-31.3 | | 1162 | 38.8 | 34.7-42.9 |

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11
- Epi Info program name: Aunrecorded (unweighted); AunrecordedWT (weighted)

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

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

Instrument question:

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

| Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers | | | | | | | | | | | |
|--|-----|-------------|---------|--|-------|-------------|--------|--|------------|-------------|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Mean number | 95% CI | | n | Mean number | 95% CI | | n | Mean number | 95% CI |
| 18-29 | 29 | 1.1 | 0.7-1.5 | | 18 | 0.5 | | | 47 | 1.0 | 0.7-1.3 |
| 30-44 | 71 | 1.3 | 1.1-1.6 | | 28 | 0.3 | | | 99 | 1.2 | 0.9-1.4 |
| 45-59 | 92 | 1.2 | 1.0-1.4 | | 61 | 0.3 | | | 153 | 1.0 | 0.9-1.2 |
| 60-69 | 50 | 1.2 | 0.9-1.5 | | 27 | 0.2 | | | 77 | 1.0 | 0.7-1.2 |
| 18-69 | 242 | 1.2 | 1.1-1.4 | | 134 | 0.3 | | | 376 | 1.0 | 0.9-1.2 |

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: Ameanunrecorded (unweighted); AmeanunrecordedWT (weighted)

Percent of unrecorded alcohol from all alcohol consumed

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

Instrument questions:

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

| Percentage of unrecorded alcohol from all alcohol consumed during past 7 days | | | | | | | | |
|---|-----|-------------------------------------|--|-------|-------------------------------------|--|------------|-------------------------------------|
| Age Group | Men | | | Women | | | Both Sexes | |
| (years) | n | % unrecorded alcohol of all alcohol | | n | % unrecorded alcohol of all alcohol | | n | % unrecorded alcohol of all alcohol |
| 18-29 | 83 | 38,4% | | 60 | 32,1% | | 178 | 3,4% |
| 30-44 | 135 | 45,8% | | 81 | 36,1% | | 446 | 5,3% |
| 45-59 | 148 | 46,9% | | 94 | 57,9% | | 501 | 6,0% |
| 60-69 | 72 | 57,6% | | 44 | 33,9% | | 185 | 2,9% |
| 18-69 | 438 | 45,6% | | 279 | 39,5% | | 1310 | 4,9% |

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: Please contact the STEPS team.

Types of unrecorded alcohol

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

Instrument questions:

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

| Unrecorded alcohol consumption during the past 7 days by type | | | | | | |
|---|------------|-----------------------|-------------------------|-----------------------|---------------------|-------------|
| Age Group | Men | | | | | |
| (years) | n | % home-brewed spirits | % home-brewed beer/wine | % brought over border | % surrogate alcohol | % other |
| 18-29 | 29 | 19,2% | 80,0% | 0,8% | 0,0% | 0,0% |
| 30-44 | 71 | 9,9% | 84,3% | 4,6% | 0,0% | 1,2% |
| 45-59 | 91 | 19,0% | 79,5% | 1,6% | 0,0% | 0,0% |
| 60-69 | 48 | 19,8% | 80,2% | 0,0% | 0,0% | 0,0% |
| 18-69 | 239 | 15,7% | 81,4% | 2,4% | 0,0% | 0,4% |

| Unrecorded alcohol consumption during the past 7 days by type | | | | | | |
|---|------------|-----------------------|-------------------------|-----------------------|---------------------|-------------|
| Age Group | Women | | | | | |
| (years) | n | % home-brewed spirits | % home-brewed beer/wine | % brought over border | % surrogate alcohol | % other |
| 18-29 | 18 | 24,6% | 55,4% | 20,0% | 0,0% | 0,0% |
| 30-44 | 28 | 34,2% | 61,9% | 3,8% | 0,0% | 0,0% |
| 45-59 | 61 | 24,4% | 72,0% | 2,3% | 1,3% | 0,0% |
| 60-69 | 27 | 17,3% | 81,1% | 1,6% | 0,0% | 0,0% |
| 18-69 | 134 | 26,0% | 65,0% | 8,5% | 0,5% | 0,0% |

| Unrecorded alcohol consumption during the past 7 days by type | | | | | | |
|---|------------|-----------------------|-------------------------|-----------------------|---------------------|-------------|
| Age Group | Both Sexes | | | | | |
| (years) | n | % home-brewed spirits | % home-brewed beer/wine | % brought over border | % surrogate alcohol | % other |
| 18-29 | 47 | 19,8% | 77,4% | 2,8% | 0,0% | 0,0% |
| 30-44 | 99 | 10,8% | 83,5% | 4,6% | 0,0% | 1,1% |
| 45-59 | 152 | 19,3% | 79,1% | 1,6% | 0,1% | 0,0% |
| 60-69 | 75 | 19,7% | 80,3% | 0,1% | 0,0% | 0,0% |
| 18-69 | 373 | 16,3% | 80,5% | 2,7% | 0,0% | 0,4% |

Analysis Information:

- Questions used: A1, A2, A5, A11, A12a-e
- Epi Info program name: Please contact the STEPS team.

Frequency of impaired control over drinking

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

Instrument questions:

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

| Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers | | | | | | | |
|--|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Men | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 179 | 1.0 | 0.0-2.4 | 3.5 | 1.1-5.9 | 95.5 | 92.7-98.3 |
| 30-44 | 291 | 2.0 | 0.5-3.5 | 5.4 | 2.7-8.1 | 92.6 | 89.5-95.6 |
| 45-59 | 351 | 5.8 | 0.7-11.0 | 8.1 | 4.9-11.2 | 86.1 | 80.4-91.8 |
| 60-69 | 207 | 0.5 | 0.0-1.5 | 2.3 | 0.3-4.2 | 97.2 | 95.1-99.4 |
| 18-69 | 1028 | 2.6 | 1.1-4.2 | 5.2 | 3.8-6.7 | 92.1 | 90.1-94.1 |

| Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers | | | | | | | |
|--|-------------|------------------------------|----------------|---------------------|------------------|-------------|------------|
| Age Group (years) | Women | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 257 | 0.2 | 0.0-0.5 | 99.8 | 99.5-100.0 | 257 | 0.2 |
| 30-44 | 445 | 0.5 | 0.0-1.2 | 99.5 | 98.8-100.0 | 445 | 0.5 |
| 45-59 | 501 | 0.2 | 0.0-0.5 | 99.8 | 99.5-100.0 | 501 | 0.2 |
| 60-69 | 266 | 0.2 | 0.0-0.6 | 99.8 | 99.4-100.0 | 266 | 0.2 |
| 18-69 | 1469 | 0.3 | 0.1-0.6 | 99.7 | 99.4-99.9 | 1469 | 0.3 |

| Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers | | | | | | | |
|--|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Both Sexes | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 0.6 | 0.0-1.4 | 2.1 | 0.7-3.4 | 97.4 | 95.8-98.9 |
| 30-44 | 736 | 1.2 | 0.3-2.1 | 3.4 | 1.7-5.0 | 95.4 | 93.6-97.3 |
| 45-59 | 852 | 3.4 | 0.3-6.5 | 4.8 | 2.9-6.7 | 91.8 | 88.2-95.3 |
| 60-69 | 473 | 0.3 | 0.0-0.9 | 1.5 | 0.3-2.7 | 98.2 | 96.9-99.6 |
| 18-69 | 2497 | 1.5 | 0.6-2.5 | 3.2 | 2.3-4.1 | 95.3 | 94.0-96.5 |

Analysis Information:

- Questions used: A1, A2, A13
- Epi Info program name: Anotabletostop (unweighted); AnotabletostopWT (weighted)

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

Description: Frequency of failing to do what was normally expected from you because of drinking during the past 12 months among past 12 month drinkers.

Instrument questions:

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

| Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Men | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 179 | 1.0 | 0.0-2.4 | 3.5 | 1.1-5.9 | 95.5 | 92.7-98.3 |
| 30-44 | 291 | 2.0 | 0.5-3.5 | 5.4 | 2.7-8.1 | 92.6 | 89.5-95.6 |
| 45-59 | 351 | 5.8 | 0.7-11.0 | 8.1 | 4.9-11.2 | 86.1 | 80.4-91.8 |
| 60-69 | 207 | 0.5 | 0.0-1.5 | 2.3 | 0.3-4.2 | 97.2 | 95.1-99.4 |
| 18-69 | 1028 | 2.6 | 1.1-4.2 | 5.2 | 3.8-6.7 | 92.1 | 90.1-94.1 |

| Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|------------------|-------------|------------|
| Age Group (years) | Women | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 257 | 0.2 | 0.0-0.5 | 99.8 | 99.5-100.0 | 257 | 0.2 |
| 30-44 | 445 | 0.5 | 0.0-1.2 | 99.5 | 98.8-100.0 | 445 | 0.5 |
| 45-59 | 501 | 0.2 | 0.0-0.5 | 99.8 | 99.5-100.0 | 501 | 0.2 |
| 60-69 | 266 | 0.2 | 0.0-0.6 | 99.8 | 99.4-100.0 | 266 | 0.2 |
| 18-69 | 1469 | 0.3 | 0.1-0.6 | 99.7 | 99.4-99.9 | 1469 | 0.3 |

| Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Both Sexes | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 0.6 | 0.0-1.4 | 2.1 | 0.7-3.4 | 97.4 | 95.8-98.9 |
| 30-44 | 736 | 1.2 | 0.3-2.1 | 3.4 | 1.7-5.0 | 95.4 | 93.6-97.3 |
| 45-59 | 852 | 3.4 | 0.3-6.5 | 4.8 | 2.9-6.7 | 91.8 | 88.2-95.3 |
| 60-69 | 473 | 0.3 | 0.0-0.9 | 1.5 | 0.3-2.7 | 98.2 | 96.9-99.6 |
| 18-69 | 2497 | 1.5 | 0.6-2.5 | 3.2 | 2.3-4.1 | 95.3 | 94.0-96.5 |

Analysis Information:

- Questions used: A1, A2, A14
- Epi Info program name: Afailexpected (unweighted); AfailexpectedWT (weighted)

Frequency of morning drinking

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

Instrument questions:

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

| Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|-----------------|-------------|------------------|
| Age Group (years) | Men | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 179 | 3.7 | 0.7-6.6 | 13.6 | 7.5-19.7 | 82.8 | 76.3-89.3 |
| 30-44 | 291 | 6.6 | 3.6-9.6 | 11.5 | 7.2-15.8 | 81.9 | 76.8-87.0 |
| 45-59 | 351 | 9.7 | 4.4-15.1 | 13.4 | 9.0-17.7 | 76.9 | 70.8-83.0 |
| 60-69 | 207 | 0.5 | 0.0-1.4 | 3.9 | 1.1-6.7 | 95.6 | 92.7-98.5 |
| 18-69 | 1028 | 5.9 | 4.0-7.9 | 11.6 | 8.9-14.3 | 82.5 | 79.5-85.4 |

| Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Women | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 257 | 0.0 | 0.0-0.0 | 1.0 | 0.0-2.3 | 99.0 | 97.7-100.0 |
| 30-44 | 445 | 0.0 | 0.0-0.0 | 0.6 | 0.0-1.3 | 99.4 | 98.7-100.0 |
| 45-59 | 501 | 0.1 | 0.0-0.3 | 0.7 | 0.0-1.4 | 99.2 | 98.4-100.0 |
| 60-69 | 266 | 0.0 | 0.0-0.0 | 0.2 | 0.0-0.6 | 99.8 | 99.4-100.0 |
| 18-69 | 1469 | 0.0 | 0.0-0.1 | 0.7 | 0.2-1.2 | 99.3 | 98.8-99.7 |

| Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Age Group (years) | Both Sexes | | | | | | |
| | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 2.1 | 0.4-3.8 | 8.2 | 4.6-11.7 | 89.7 | 85.9-93.5 |
| 30-44 | 736 | 3.9 | 2.1-5.6 | 7.0 | 4.4-9.6 | 89.2 | 86.1-92.3 |
| 45-59 | 852 | 5.8 | 2.5-9.1 | 8.1 | 5.4-10.8 | 86.1 | 82.1-90.1 |
| 60-69 | 473 | 0.3 | 0.0-0.9 | 2.5 | 0.8-4.2 | 97.2 | 95.4-99.0 |
| 18-69 | 2497 | 3.5 | 2.3-4.6 | 7.1 | 5.5-8.7 | 89.4 | 87.6-91.3 |

Analysis Information:

- Questions used: A1, A2, A15
- Epi Info program name: Amorningdrink (unweighted); AmorningdrinkWT (weighted)

Frequency of problems with

Description: Frequency of having had problems with family or partner due to someone else's drinking in the past 12 months among all respondents.

**family/ partner
due to someone
else's drinking**

Instrument question:

- Have you had family problems or problems with your partner due to someone else's drinking within the past 12 months?

| Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|-----------------|-------------|------------------|
| Men | | | | | | | |
| Age Group (years) | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 179 | 3.7 | 0.7-6.6 | 13.6 | 7.5-19.7 | 82.8 | 76.3-89.3 |
| 30-44 | 291 | 6.6 | 3.6-9.6 | 11.5 | 7.2-15.8 | 81.9 | 76.8-87.0 |
| 45-59 | 351 | 9.7 | 4.4-15.1 | 13.4 | 9.0-17.7 | 76.9 | 70.8-83.0 |
| 60-69 | 207 | 0.5 | 0.0-1.4 | 3.9 | 1.1-6.7 | 95.6 | 92.7-98.5 |
| 18-69 | 1028 | 5.9 | 4.0-7.9 | 11.6 | 8.9-14.3 | 82.5 | 79.5-85.4 |

| Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Women | | | | | | | |
| Age Group (years) | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 257 | 0.0 | 0.0-0.0 | 1.0 | 0.0-2.3 | 99.0 | 97.7-100.0 |
| 30-44 | 445 | 0.0 | 0.0-0.0 | 0.6 | 0.0-1.3 | 99.4 | 98.7-100.0 |
| 45-59 | 501 | 0.1 | 0.0-0.3 | 0.7 | 0.0-1.4 | 99.2 | 98.4-100.0 |
| 60-69 | 266 | 0.0 | 0.0-0.0 | 0.2 | 0.0-0.6 | 99.8 | 99.4-100.0 |
| 18-69 | 1469 | 0.0 | 0.0-0.1 | 0.7 | 0.2-1.2 | 99.3 | 98.8-99.7 |

| Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents | | | | | | | |
|---|-------------|------------------------------|----------------|---------------------|----------------|-------------|------------------|
| Both Sexes | | | | | | | |
| Age Group (years) | n | % monthly or more frequently | 95% CI | % less than monthly | 95% CI | % never | 95% CI |
| 18-29 | 436 | 2.1 | 0.4-3.8 | 8.2 | 4.6-11.7 | 89.7 | 85.9-93.5 |
| 30-44 | 736 | 3.9 | 2.1-5.6 | 7.0 | 4.4-9.6 | 89.2 | 86.1-92.3 |
| 45-59 | 852 | 5.8 | 2.5-9.1 | 8.1 | 5.4-10.8 | 86.1 | 82.1-90.1 |
| 60-69 | 473 | 0.3 | 0.0-0.9 | 2.5 | 0.8-4.2 | 97.2 | 95.4-99.0 |
| 18-69 | 2497 | 3.5 | 2.3-4.6 | 7.1 | 5.5-8.7 | 89.4 | 87.6-91.3 |

Analysis Information:

- Questions used: A16
- Epi Info program name: Afamproblem (unweighted); AfamproblemWT (weighted)

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:

In a typical week, on how many days do you eat fruit?

In a typical week, on how many days do you eat vegetables?

| 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 | 217 | 5.0 | 4.6-5.4 | | 391 | 5.4 | 5.2-5.6 | | 608 | 5.2 | 5.0-5.4 |
| 30-44 | 325 | 5.0 | 4.7-5.3 | | 721 | 5.5 | 5.3-5.7 | | 1046 | 5.2 | 5.1-5.4 |
| 45-59 | 446 | 5.1 | 4.9-5.4 | | 1060 | 5.5 | 5.3-5.7 | | 1506 | 5.3 | 5.2-5.5 |
| 60-69 | 276 | 5.5 | 5.2-5.9 | | 752 | 5.4 | 5.1-5.6 | | 1028 | 5.5 | 5.2-5.7 |
| 18-69 | 1264 | 5.1 | 4.9-5.3 | | 2924 | 5.4 | 5.3-5.6 | | 4188 | 5.3 | 5.2-5.4 |

| Mean number of days vegetables consumed in a typical week | | | | | | | | | | | |
|---|------|---------------------------|---------|--|-------|---------------------------|---------|--|------------|---------------------------|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Mean number of days | 95% CI | | n | Mean number of days | 95% CI | | n | Mean number of days | 95% CI |
| 18-29 | 217 | 5.6 | 5.3-6.0 | | 390 | 6.1 | 5.9-6.3 | | 607 | 5.9 | 5.7-6.1 |
| 30-44 | 326 | 5.8 | 5.6-6.1 | | 722 | 6.1 | 5.9-6.2 | | 1048 | 6.0 | 5.8-6.1 |
| 45-59 | 447 | 6.1 | 5.9-6.2 | | 1059 | 6.0 | 5.8-6.1 | | 1506 | 6.0 | 5.9-6.1 |
| 60-69 | 276 | 6.2 | 5.9-6.4 | | 754 | 6.1 | 5.9-6.3 | | 1030 | 6.1 | 5.9-6.3 |
| 18-69 | 1266 | 5.9 | 5.8-6.0 | | 2925 | 6.0 | 5.9-6.2 | | 4191 | 6.0 | 5.9-6.1 |

Analysis Information:

Questions used: D1, D3

Epi Info program name: Ddays (unweighted); DdaysWT (weighted)

Mean number of servings of fruit and vegetable consumption

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

Instrument questions:

In a typical week, on how many days do you eat fruit?

How many servings of fruit do you eat on one of those days?

In a typical week, on how many days do you eat vegetables?

How many servings of vegetables do you eat on one of those days?

| 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 | 217 | 2.0 | 1.7-2.3 | | 390 | 2.0 | 1.8-2.2 | | 607 | 2.0 | 1.8-2.2 |
| 30-44 | 323 | 1.9 | 1.7-2.1 | | 720 | 2.0 | 1.9-2.2 | | 1043 | 1.9 | 1.8-2.1 |
| 45-59 | 446 | 2.0 | 1.7-2.2 | | 1058 | 2.2 | 2.0-2.3 | | 1504 | 2.1 | 1.9-2.2 |
| 60-69 | 274 | 2.2 | 1.9-2.4 | | 751 | 1.9 | 1.8-2.1 | | 1025 | 2.0 | 1.9-2.2 |
| 18-69 | 1260 | 2.0 | 1.8-2.1 | | 2919 | 2.1 | 1.9-2.2 | | 4179 | 2.0 | 1.9-2.1 |

| 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 | 217 | 2.4 | 2.0-2.7 | | 390 | 2.3 | 2.1-2.5 | | 607 | 2.3 | 2.1-2.6 |
| 30-44 | 323 | 2.4 | 2.2-2.6 | | 721 | 2.4 | 2.3-2.6 | | 1044 | 2.4 | 2.3-2.5 |
| 45-59 | 447 | 2.4 | 2.2-2.7 | | 1055 | 2.4 | 2.2-2.5 | | 1502 | 2.4 | 2.3-2.6 |
| 60-69 | 275 | 2.6 | 2.3-2.8 | | 751 | 2.4 | 2.2-2.5 | | 1026 | 2.5 | 2.3-2.6 |
| 18-69 | 1262 | 2.4 | 2.3-2.6 | | 2917 | 2.4 | 2.3-2.5 | | 4179 | 2.4 | 2.3-2.5 |

| 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 | 217 | 4.4 | 3.8-5.0 | | 391 | 4.3 | 4.0-4.7 | | 608 | 4.4 | 4.0-4.7 |
| 30-44 | 325 | 4.2 | 3.9-4.6 | | 723 | 4.4 | 4.2-4.7 | | 1048 | 4.3 | 4.1-4.6 |
| 45-59 | 449 | 4.4 | 4.0-4.8 | | 1059 | 4.5 | 4.3-4.8 | | 1508 | 4.5 | 4.2-4.7 |
| 60-69 | 276 | 4.7 | 4.2-5.2 | | 753 | 4.3 | 4.0-4.6 | | 1029 | 4.5 | 4.2-4.8 |
| 18-69 | 1267 | 4.4 | 4.1-4.7 | | 2926 | 4.4 | 4.2-4.6 | | 4193 | 4.4 | 4.2-4.6 |

Analysis Information:

Questions used: D1, D2 , D3, D4

Epi Info program name: Dservings (unweighted); DservingsWT (weighted)

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:

In a typical week, on how many days do you eat fruit?

How many servings of fruit do you eat on one of those days?

In a typical week, on how many days do you eat vegetables?

How many servings of vegetables do you eat on one of those days?

| Number of servings of fruit and/or vegetables on average per day | | | | | | | | | |
|--|-------------|------------------------------|----------------|----------------|------------------|----------------|------------------|---------------|------------------|
| Age Group (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 | 217 | 6.1 | 1.4-10.8 | 31.0 | 24.0-38.0 | 27.2 | 20.0-34.5 | 35.7 | 27.3-44.2 |
| 30-44 | 325 | 6.8 | 3.4-10.2 | 33.0 | 27.3-38.8 | 23.8 | 17.6-30.0 | 36.4 | 29.9-42.9 |
| 45-59 | 449 | 5.6 | 3.1-8.1 | 28.9 | 23.5-34.3 | 30.1 | 25.7-34.5 | 35.4 | 29.4-41.3 |
| 60-69 | 276 | 3.9 | 1.3-6.5 | 22.9 | 16.6-29.3 | 34.4 | 28.0-40.7 | 38.8 | 31.5-46.0 |
| 18-69 | 1267 | 5.9 | 4.0-7.8 | 29.9 | 26.6-33.2 | 28.0 | 24.7-31.3 | 36.3 | 32.1-40.4 |

| 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 | 391 | 3.3 | 0.7-5.9 | 30.9 | 25.1-36.7 | 30.0 | 24.8-35.2 | 35.8 | 29.7-41.9 |
| 30-44 | 723 | 3.6 | 2.0-5.2 | 24.9 | 21.0-28.8 | 34.2 | 30.0-38.4 | 37.4 | 32.7-42.0 |
| 45-59 | 1059 | 4.9 | 3.3-6.5 | 26.4 | 22.9-29.9 | 30.3 | 27.0-33.5 | 38.5 | 34.4-42.6 |
| 60-69 | 753 | 4.0 | 2.2-5.8 | 28.6 | 23.8-33.4 | 28.4 | 24.5-32.3 | 39.0 | 33.4-44.6 |
| 18-69 | 2926 | 4.0 | 3.0-5.0 | 27.4 | 24.9-29.8 | 31.0 | 28.8-33.3 | 37.6 | 34.7-40.6 |

| 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 | 608 | 4.7 | 2.0-7.4 | 30.9 | 26.3-35.6 | 28.6 | 24.1-33.1 | 35.8 | 30.1-41.4 |
| 30-44 | 1048 | 5.2 | 3.3-7.0 | 28.9 | 25.2-32.6 | 29.1 | 25.3-32.8 | 36.9 | 32.8-41.0 |
| 45-59 | 1508 | 5.2 | 3.7-6.8 | 27.6 | 24.2-30.9 | 30.2 | 27.4-33.0 | 37.0 | 33.1-41.0 |
| 60-69 | 1029 | 4.0 | 2.1-5.9 | 26.2 | 21.7-30.7 | 30.9 | 27.5-34.4 | 38.9 | 33.6-44.2 |
| 18-69 | 4193 | 4.9 | 3.8-6.0 | 28.6 | 26.3-30.9 | 29.6 | 27.5-31.7 | 37.0 | 34.0-39.9 |

Analysis Information:

Questions used: D1, D2 , D3, D4

Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Fruit and vegetable consumption per day

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

Instrument questions:

In a typical week, on how many days do you eat fruit?

How many servings of fruit do you eat on one of those days?

In a typical week, on how many days do you eat vegetables?

How many servings of vegetables do you eat on one of those days?

| Less than five servings of fruit and/or vegetables on average per day | | | | | | | | | |
|---|-------------|---------------------------|------------------|-------------|---------------------------|------------------|-------------|---------------------------|------------------|
| Age Group (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 | 217 | 64.3 | 55.8-72.7 | 391 | 64.2 | 58.1-70.3 | 608 | 64.2 | 58.6-69.9 |
| 30-44 | 325 | 63.6 | 57.1-70.1 | 723 | 62.6 | 58.0-67.3 | 1048 | 63.1 | 59.0-67.2 |
| 45-59 | 449 | 64.6 | 58.7-70.6 | 1059 | 61.5 | 57.4-65.6 | 1508 | 63.0 | 59.0-66.9 |
| 60-69 | 276 | 61.2 | 54.0-68.5 | 753 | 61.0 | 55.4-66.6 | 1029 | 61.1 | 55.9-66.4 |
| 18-69 | 1267 | 63.8 | 59.6-67.9 | 2926 | 62.4 | 59.5-65.3 | 4193 | 63.0 | 60.1-66.0 |

Analysis Information:

Questions used: D1, D2 , D3, D4

Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Adding salt at meal

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

Instrument question:

- How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?

| Add salt always or often before eating or when eating | | | | | | | | | | | |
|---|------|------|-----------|--|-------|------|-----------|--|------------|------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 215 | 29.2 | 22.6-35.8 | | 390 | 22.3 | 17.6-27.1 | | 605 | 25.8 | 21.8-29.9 |
| 30-44 | 325 | 34.0 | 27.0-41.0 | | 721 | 22.5 | 18.8-26.2 | | 1046 | 28.2 | 24.0-32.3 |
| 45-59 | 449 | 35.6 | 30.4-40.9 | | 1058 | 21.3 | 18.2-24.5 | | 1507 | 28.0 | 25.0-31.0 |
| 60-69 | 276 | 34.9 | 27.8-42.0 | | 754 | 13.9 | 11.0-16.9 | | 1030 | 22.9 | 19.5-26.3 |
| 18-69 | 1265 | 33.4 | 29.4-37.3 | | 2923 | 20.6 | 18.6-22.7 | | 4188 | 26.7 | 24.7-28.8 |

Analysis Information:

- Question used: D5
- Epi Info program name: Deating (unweighted); DeatingWT (weighted)

Adding salt when cooking

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

Instrument question:

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

| 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 | 206 | 72.6 | 65.6-79.5 | | 388 | 69.9 | 63.2-76.6 | | 594 | 71.2 | 66.3-76.2 |
| 30-44 | 320 | 75.8 | 70.3-81.3 | | 722 | 72.5 | 68.1-77.0 | | 1042 | 74.1 | 70.3-78.0 |
| 45-59 | 439 | 71.5 | 66.2-76.8 | | 1061 | 74.1 | 70.3-77.9 | | 1500 | 72.9 | 69.3-76.5 |
| 60-69 | 272 | 72.9 | 66.9-79.0 | | 754 | 68.2 | 63.3-73.2 | | 1026 | 70.2 | 66.0-74.4 |
| 18-69 | 1237 | 73.3 | 69.9-76.8 | | 2925 | 71.7 | 68.4-75.0 | | 4162 | 72.5 | 69.8-75.1 |

Analysis Information:

- Question used: D6
- Epi Info program name: Dcooking (unweighted); DcookingWT (weighted)

Salty processed food consumption

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

Instrument question:

- How often do you eat processed food 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 | 217 | 20.3 | 14.1-26.5 | | 388 | 11.2 | 7.7-14.6 | | 605 | 15.8 | 12.2-19.5 |
| 30-44 | 326 | 21.9 | 15.6-28.1 | | 718 | 12.9 | 10.0-15.7 | | 1044 | 17.3 | 13.9-20.7 |
| 45-59 | 447 | 15.5 | 10.7-20.4 | | 1058 | 8.3 | 6.3-10.2 | | 1505 | 11.7 | 9.1-14.2 |
| 60-69 | 274 | 16.8 | 11.4-22.1 | | 749 | 7.1 | 4.9-9.2 | | 1023 | 11.2 | 8.5-13.9 |
| 18-69 | 1264 | 18.9 | 15.3-22.5 | | 2913 | 10.1 | 8.7-11.5 | | 4177 | 14.3 | 12.4-16.2 |

Analysis Information:

- Question used: D7
- Epi Info program name: Dprocessed (unweighted); DprocessedWT (weighted)

Salt consumption

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

Instrument question:

- How much salt or salty sauce do you think you consume?

| 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 | 212 | 22.6 | 16.4-28.8 | | 386 | 18.1 | 13.4-22.7 | 598 | 20.4 | 16.5-24.2 |
| 30-44 | 322 | 26.8 | 20.2-33.4 | | 708 | 20.9 | 17.2-24.7 | 1030 | 23.8 | 20.1-27.5 |
| 45-59 | 439 | 28.8 | 23.4-34.2 | | 1045 | 18.2 | 15.4-21.0 | 1484 | 23.1 | 20.2-26.1 |
| 60-69 | 270 | 26.8 | 20.7-32.8 | | 742 | 13.5 | 10.6-16.4 | 1012 | 19.1 | 16.2-22.1 |
| 18-69 | 1243 | 26.3 | 22.8-29.8 | | 2881 | 18.2 | 16.2-20.1 | 4124 | 22.1 | 20.2-23.9 |

| Self-reported quantity of salt consumed | | | | | | | | | | | |
|---|-------------|----------------|----------------|-------------|------------------|-------------------------|------------------|--------------|------------------|------------------|----------------|
| Age Group | 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 | 212 | 3.1 | 0.6-5.7 | 19.4 | 13.5-25.4 | 52.1 | 44.5-59.8 | 21.0 | 14.8-27.3 | 4.2 | 1.3-7.2 |
| 30-44 | 322 | 5.2 | 2.3-8.1 | 21.6 | 15.3-27.9 | 48.3 | 41.6-55.0 | 19.2 | 13.7-24.6 | 5.7 | 2.9-8.5 |
| 45-59 | 439 | 6.1 | 3.6-8.6 | 22.7 | 17.5-27.9 | 47.7 | 42.1-53.2 | 20.0 | 15.9-24.0 | 3.6 | 1.8-5.3 |
| 60-69 | 270 | 2.9 | 0.9-4.9 | 23.8 | 17.7-29.9 | 48.8 | 42.0-55.6 | 20.4 | 14.6-26.2 | 4.0 | 1.7-6.4 |
| 18-69 | 1243 | 4.6 | 3.2-6.0 | 21.7 | 18.2-25.1 | 49.2 | 45.6-52.8 | 20.1 | 17.2-22.9 | 4.5 | 3.2-5.8 |

| 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 | 386 | 2.2 | 0.8-3.7 | 15.8 | 11.3-20.3 | 55.1 | 48.9-61.2 | 21.7 | 16.8-26.5 | 5.2 | 2.7-7.7 |
| 30-44 | 708 | 2.1 | 0.9-3.2 | 18.9 | 15.2-22.5 | 50.8 | 46.6-55.0 | 22.1 | 18.4-25.7 | 6.2 | 4.0-8.5 |
| 45-59 | 1045 | 2.8 | 1.7-3.9 | 15.4 | 12.7-18.1 | 49.8 | 46.1-53.5 | 27.2 | 23.8-30.5 | 4.9 | 3.4-6.4 |
| 60-69 | 742 | 2.5 | 1.2-3.7 | 11.0 | 8.4-13.7 | 50.8 | 46.9-54.8 | 27.4 | 23.9-30.9 | 8.3 | 5.6-11.0 |
| 18-69 | 2881 | 2.4 | 1.7-3.0 | 15.8 | 13.9-17.6 | 51.5 | 49.0-54.0 | 24.4 | 22.3-26.6 | 5.9 | 4.8-7.0 |

| 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 | 598 | 2.7 | 1.2-4.2 | 17.7 | 13.9-21.4 | 53.6 | 48.6-58.6 | 21.4 | 17.2-25.6 | 4.7 | 2.8-6.6 |
| 30-44 | 1030 | 3.6 | 2.1-5.1 | 20.2 | 16.6-23.9 | 49.6 | 45.7-53.5 | 20.6 | 17.2-24.0 | 6.0 | 4.3-7.7 |
| 45-59 | 1484 | 4.3 | 3.0-5.6 | 18.8 | 16.0-21.6 | 48.8 | 45.4-52.2 | 23.8 | 21.2-26.4 | 4.3 | 3.1-5.5 |
| 60-69 | 1012 | 2.7 | 1.6-3.7 | 16.5 | 13.5-19.4 | 50.0 | 46.1-53.8 | 24.4 | 21.5-27.4 | 6.5 | 4.4-8.5 |
| 18-69 | 4124 | 3.5 | 2.6-4.3 | 18.6 | 16.8-20.4 | 50.4 | 48.1-52.6 | 22.3 | 20.5-24.2 | 5.2 | 4.3-6.2 |

Analysis Information:

- Question used: D8
- Epi Info program name: Dsaltquantity (unweighted); DsaltquantityWT (weighted)

Lowering salt

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

Instrument question:

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

| 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 | 182 | 64.4 | 55.7-73.0 | 26.6 | 18.7-34.5 | 9.1 | 3.6-14.5 |
| 30-44 | 279 | 63.3 | 55.6-70.9 | 31.0 | 23.4-38.6 | 5.7 | 2.9-8.5 |
| 45-59 | 399 | 62.4 | 55.9-68.9 | 31.4 | 25.3-37.5 | 6.2 | 3.3-9.1 |
| 60-69 | 250 | 68.3 | 61.0-75.7 | 26.7 | 19.5-33.9 | 5.0 | 2.0-8.0 |
| 18-69 | 1110 | 64.0 | 59.3-68.7 | 29.4 | 24.8-33.9 | 6.6 | 4.5-8.7 |

| 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 | 353 | 68.3 | 61.5-75.2 | 27.0 | 20.3-33.7 | 4.7 | 2.0-7.3 |
| 30-44 | 659 | 70.0 | 65.3-74.6 | 26.2 | 21.8-30.5 | 3.8 | 2.1-5.6 |
| 45-59 | 969 | 74.2 | 70.5-78.0 | 23.1 | 19.4-26.7 | 2.7 | 1.6-3.8 |
| 60-69 | 687 | 74.9 | 69.4-80.4 | 22.8 | 17.3-28.3 | 2.3 | 1.1-3.5 |
| 18-69 | 2668 | 71.7 | 68.4-75.0 | 24.9 | 21.7-28.0 | 3.4 | 2.4-4.4 |

| 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 | 535 | 66.4 | 60.5-72.2 | 26.8 | 21.3-32.3 | 6.8 | 3.8-9.9 |
| 30-44 | 938 | 66.8 | 62.3-71.3 | 28.5 | 24.0-32.9 | 4.7 | 3.2-6.3 |
| 45-59 | 1368 | 68.7 | 64.9-72.6 | 26.9 | 23.4-30.5 | 4.3 | 2.8-5.8 |
| 60-69 | 937 | 72.1 | 67.1-77.2 | 24.4 | 19.3-29.6 | 3.4 | 2.0-4.9 |
| 18-69 | 3778 | 68.1 | 64.7-71.6 | 27.0 | 23.6-30.4 | 4.9 | 3.7-6.1 |

Analysis Information:

- Question used: D9
- Epi Info program name: Dlower (unweighted); DlowerWT (weighted)

Salt knowledge Description: Percentage of respondents who think consuming too much salt could cause a serious health problem.

Instrument question:

- Do you think that too much salt or salty sauce in your diet could cause a health problem?

| Think consuming too much salt could cause serious health problem | | | | | | | | | | | |
|--|------|------|-----------|--|-------|------|-----------|--|------------|------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 218 | 71.2 | 64.4-78.1 | | 391 | 83.2 | 78.7-87.7 | | 609 | 77.1 | 72.7-81.4 |
| 30-44 | 327 | 72.7 | 66.1-79.2 | | 723 | 83.0 | 79.5-86.5 | | 1050 | 77.9 | 74.1-81.7 |
| 45-59 | 449 | 72.7 | 67.3-78.1 | | 1063 | 82.8 | 79.4-86.1 | | 1512 | 78.1 | 74.7-81.4 |
| 60-69 | 277 | 77.3 | 70.9-83.6 | | 756 | 82.5 | 77.9-87.1 | | 1033 | 80.3 | 76.1-84.4 |
| 18-69 | 1271 | 72.9 | 69.1-76.8 | | 2933 | 82.9 | 80.5-85.3 | | 4204 | 78.1 | 75.5-80.7 |

Analysis Information:

- Question used: D10
- Epi Info program name: Dhealth (unweighted); DhealthWT (weighted)

Controlling salt intake

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

Instrument question:

- Do you do any of the following on a regular basis to control your 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 | 218 | 9.6 | 4.8-14.4 | | 391 | 17.8 | 13.2-22.4 | | 609 | 13.6 | 10.0-17.2 |
| 30-44 | 327 | 11.3 | 6.6-16.0 | | 723 | 14.1 | 10.7-17.6 | | 1050 | 12.7 | 9.7-15.8 |
| 45-59 | 449 | 10.0 | 6.7-13.4 | | 1063 | 14.0 | 11.1-16.8 | | 1512 | 12.1 | 9.9-14.4 |
| 60-69 | 277 | 7.2 | 3.6-10.7 | | 756 | 14.3 | 11.0-17.6 | | 1033 | 11.2 | 8.6-13.9 |
| 18-69 | 1271 | 9.9 | 7.5-12.3 | | 2933 | 15.0 | 12.7-17.2 | | 4204 | 12.5 | 10.7-14.4 |

| 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 | 218 | 3.6 | 0.7-6.5 | | 391 | 5.9 | 3.1-8.7 | | 609 | 4.7 | 2.6-6.8 |
| 30-44 | 327 | 2.6 | 0.0-5.3 | | 723 | 5.8 | 3.6-8.0 | | 1050 | 4.2 | 2.4-6.1 |
| 45-59 | 449 | 3.6 | 1.4-5.8 | | 1063 | 5.9 | 3.9-7.8 | | 1512 | 4.8 | 3.2-6.4 |
| 60-69 | 277 | 3.6 | 1.4-5.8 | | 756 | 4.5 | 2.5-6.5 | | 1033 | 4.1 | 2.5-5.7 |
| 18-69 | 1271 | 3.3 | 1.7-4.9 | | 2933 | 5.6 | 4.2-7.0 | | 4204 | 4.5 | 3.2-5.8 |

| Buy low salt/sodium alternatives | | | | | | | | | | | |
|----------------------------------|-------------|------------|----------------|--|-------------|------------|-----------------|--|-------------|------------|----------------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 218 | 7.3 | 3.3-11.4 | | 391 | 6.2 | 3.4-9.0 | | 609 | 6.8 | 4.2-9.4 |
| 30-44 | 327 | 4.4 | 1.2-7.6 | | 723 | 10.3 | 7.3-13.3 | | 1050 | 7.4 | 5.1-9.7 |
| 45-59 | 449 | 5.8 | 3.1-8.4 | | 1063 | 8.2 | 5.9-10.5 | | 1512 | 7.1 | 5.2-9.0 |
| 60-69 | 277 | 6.8 | 3.6-10.0 | | 756 | 10.8 | 7.8-13.7 | | 1033 | 9.1 | 6.7-11.4 |
| 18-69 | 1271 | 5.9 | 3.8-8.0 | | 2933 | 8.8 | 7.0-10.6 | | 4204 | 7.4 | 5.8-9.0 |

| 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 | 218 | 9.6 | 4.7-14.5 | | 391 | 8.7 | 4.9-12.6 | | 609 | 9.2 | 5.9-12.4 |
| 30-44 | 327 | 6.9 | 3.3-10.5 | | 723 | 10.9 | 8.1-13.8 | | 1050 | 9.0 | 6.6-11.4 |
| 45-59 | 449 | 8.3 | 5.0-11.7 | | 1063 | 10.9 | 8.3-13.5 | | 1512 | 9.7 | 7.3-12.1 |
| 60-69 | 277 | 9.1 | 5.0-13.3 | | 756 | 11.9 | 8.7-15.1 | | 1033 | 10.7 | 7.9-13.5 |
| 18-69 | 1271 | 8.3 | 5.9-10.8 | | 2933 | 10.6 | 8.7-12.5 | | 4204 | 9.5 | 7.7-11.3 |

| 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 | 218 | 11.3 | 6.0-16.5 | | 391 | 13.7 | 9.2-18.3 | | 609 | 12.5 | 9.0-16.0 |
| 30-44 | 327 | 9.2 | 5.1-13.4 | | 723 | 15.6 | 11.9-19.3 | | 1050 | 12.5 | 9.5-15.4 |
| 45-59 | 449 | 8.9 | 6.0-11.9 | | 1063 | 16.8 | 13.7-19.8 | | 1512 | 13.1 | 10.7-15.5 |
| 60-69 | 277 | 15.5 | 10.2-20.7 | | 756 | 18.1 | 14.6-21.5 | | 1033 | 17.0 | 13.6-20.3 |
| 18-69 | 1271 | 10.5 | 8.0-13.1 | | 2933 | 15.9 | 13.5-18.3 | | 4204 | 13.4 | 11.4-15.3 |

| Do other things specifically to control your salt intake | | | | | | | | | | | |
|--|------|-----|---------|--|-------|-----|---------|--|------------|-----|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 218 | 2.9 | 0.0-5.9 | | 391 | 3.3 | 1.3-5.3 | | 609 | 3.1 | 1.1-5.1 |
| 30-44 | 327 | 2.8 | 0.2-5.5 | | 723 | 3.6 | 1.7-5.4 | | 1050 | 3.2 | 1.4-5.0 |
| 45-59 | 449 | 3.7 | 1.6-5.8 | | 1063 | 5.3 | 3.2-7.4 | | 1512 | 4.5 | 2.9-6.2 |
| 60-69 | 277 | 4.7 | 0.8-8.6 | | 756 | 4.9 | 2.8-6.9 | | 1033 | 4.8 | 2.7-6.9 |
| 18-69 | 1271 | 3.4 | 1.7-5.0 | | 2933 | 4.2 | 2.8-5.7 | | 4204 | 3.8 | 2.5-5.2 |

Analysis Information:

- Questions used: D11a-f
- Epi Info program name: Dcontrol (unweighted); DcontrolWT (weighted)

Type of oil used most frequently

Description: Type of oil or fat most often used for meal preparation in households (presented only for both sexes because results are for the household not individuals).

Instrument question:

What type of oil or fat is most often used for meal preparation in your household?

| Type of oil or fat most often used for meal preparation in household | | | | | | | | |
|--|-----------------|------------------|------------|----------------|------------|----------------|------------|----------------|
| n (households) | % Vegetable oil | 95% CI | % Lard | 95% CI | % Butter | 95% CI | % Other | 95% CI |
| 4169 | 92.9 | 91.3-94.5 | 0.1 | 0.0-0.4 | 6.5 | 5.0-8.1 | 0.3 | 0.1-0.5 |

| Type of oil or fat most often used for meal preparation in household | | |
|--|----------------------|----------------|
| n (households) | % none in particular | 95% CI |
| 4169 | 0.1 | 0.0-0.1 |

Analysis Information:

Question used: D12

Epi Info program name: Doil (unweighted); DoilWT (weighted)

Eating outside home

Description: Mean number of meals per week eaten outside a home.

Instrument question:

On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.

| Mean number of meals eaten outside a home | | | | | | | | | | | |
|---|------|------|---------|--|-------|------|---------|--|------------|------|---------|
| Age Group | Men | | | | Women | | | | Both Sexes | | |
| | n | mean | 95% CI | | n | mean | 95% CI | | n | mean | 95% CI |
| 18-29 | 214 | 2.1 | 1.7-2.5 | | 388 | 1.0 | 0.8-1.2 | | 602 | 1.5 | 1.3-1.8 |
| 30-44 | 326 | 1.8 | 1.6-2.1 | | 718 | 0.6 | 0.5-0.8 | | 1044 | 1.2 | 1.1-1.4 |
| 45-59 | 446 | 1.4 | 1.2-1.7 | | 1055 | 0.5 | 0.4-0.6 | | 1501 | 0.9 | 0.8-1.1 |
| 60-69 | 273 | 0.5 | 0.4-0.7 | | 753 | 0.2 | 0.1-0.3 | | 1026 | 0.4 | 0.3-0.4 |
| 18-69 | 1259 | 1.6 | 1.4-1.8 | | 2914 | 0.6 | 0.5-0.7 | | 4173 | 1.1 | 1.0-1.2 |

Analysis Information:

Question used: D13

Epi Info program name: Dmealsout (unweighted); DmealsoutWT (weighted)

Physical Activity

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

- (1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and
- (2) to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.

When analyzing GPAQ data, both continuous as well as categorical indicators are used.

Metabolic Equivalent (MET) METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities, and are also used for the analysis of GPAQ data.

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

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

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

WHO global recommendations on physical activity for health For the calculation of the categorical indicator on the recommended amount of physical activity for health, the total time spent in physical activity during a typical week and the intensity of the physical activity are taken into account.

Throughout a week, including activity for work, during transport and leisure time, adults should do at least

- 150 minutes of moderate-intensity physical activity OR
- 75 minutes of vigorous-intensity physical activity OR

- An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.
-

Former recommendations for comparison purposes

For comparison purposes, tables presenting cut-offs from former recommendations are also included in GPAQ data analysis.

The three levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are shown below.

- **High**

A person reaching any of the following criteria is classified in this category:

- Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR
- 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.

- **Moderate**

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:

- 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
- 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.

- **Low**

A person not meeting any of the above mentioned criteria falls in this category.

Not meeting WHO recommendations on physical activity for health

Description: 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).

Instrument questions
 activity at work
 travel to and from places
 recreational activities

Not meeting WHO recommendations on physical activity for health

| Age Group (years) | Men | | | Women | | | Both Sexes | | |
|----------------------|-------------|--------------------------|------------------|-------------|--------------------------|------------------|-------------|--------------------------|------------------|
| | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI |
| 18-29 | 210 | 8.6 | 4.5-12.7 | 383 | 20.5 | 15.7-25.3 | 593 | 14.5 | 11.2-17.9 |
| 30-44 | 318 | 18.2 | 13.0-23.3 | 715 | 14.8 | 11.7-18.0 | 1033 | 16.5 | 13.5-19.4 |
| 45-59 | 439 | 20.0 | 14.6-25.4 | 1049 | 17.8 | 14.9-20.8 | 1488 | 18.8 | 15.8-21.9 |
| 60-69 | 273 | 18.0 | 12.1-23.8 | 748 | 22.6 | 18.6-26.6 | 1021 | 20.6 | 16.8-24.5 |
| 18-69 | 1240 | 16.2 | 13.6-18.9 | 2895 | 18.4 | 16.3-20.4 | 4135 | 17.4 | 15.6-19.2 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Pnotmeetingrecs (unweighted); PnotmeetingrecsWT (weighted)

Levels of total physical activity according to former recommendations

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

Instrument questions:
 activity at work
 travel to and from places
 recreational activities

| 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 | 210 | 11.6 | 6.9-16.2 | 17.6 | 11.5-23.7 | 70.8 | 63.4-78.3 |
| 30-44 | 318 | 21.1 | 15.6-26.6 | 21.3 | 15.1-27.6 | 57.6 | 50.8-64.4 |
| 45-59 | 439 | 24.1 | 18.5-29.7 | 20.6 | 15.9-25.2 | 55.3 | 49.3-61.4 |
| 60-69 | 273 | 21.9 | 15.2-28.6 | 19.4 | 13.5-25.3 | 58.7 | 50.3-67.1 |
| 18-69 | 1240 | 19.6 | 16.7-22.5 | 19.9 | 17.1-22.6 | 60.5 | 56.6-64.3 |

| 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 | 383 | 23.0 | 18.1-28.0 | 29.5 | 24.0-35.1 | 47.5 | 41.2-53.7 |
| 30-44 | 715 | 18.0 | 14.6-21.3 | 25.8 | 22.0-29.5 | 56.3 | 51.7-60.9 |
| 45-59 | 1049 | 21.1 | 17.9-24.3 | 25.1 | 21.8-28.5 | 53.8 | 49.5-58.1 |
| 60-69 | 748 | 25.5 | 21.2-29.7 | 25.2 | 21.1-29.3 | 49.3 | 43.2-55.5 |
| 18-69 | 2895 | 21.4 | 19.2-23.6 | 26.3 | 24.1-28.6 | 52.3 | 49.3-55.3 |

| 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 | 593 | 17.3 | 13.6-20.9 | 23.5 | 19.4-27.6 | 59.2 | 54.1-64.4 |
| 30-44 | 1033 | 19.5 | 16.3-22.7 | 23.6 | 20.0-27.2 | 56.9 | 52.7-61.1 |
| 45-59 | 1488 | 22.5 | 19.3-25.7 | 23.0 | 20.1-25.9 | 54.5 | 50.4-58.6 |
| 60-69 | 1021 | 24.0 | 19.6-28.3 | 22.7 | 18.8-26.7 | 53.3 | 47.1-59.5 |
| 18-69 | 4135 | 20.5 | 18.6-22.5 | 23.3 | 21.5-25.1 | 56.2 | 53.5-58.9 |

Analysis Information:

Questions used: P1-P15b

Total physical activity-mean Description: Mean minutes of total physical activity on average per day.
Instrument questions
activity at work
travel to and from places
recreational activities

| 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 | 210 | 239.4 | 208.8-270.0 | | 383 | 146.7 | 128.9-164.5 | | 593 | 193.4 | 173.6-213.2 |
| 30-44 | 318 | 226.6 | 197.2-256.1 | | 715 | 181.4 | 166.2-196.5 | | 1033 | 203.5 | 186.8-220.2 |
| 45-59 | 439 | 203.5 | 176.4-230.7 | | 1049 | 191.3 | 175.3-207.3 | | 1488 | 197.0 | 180.5-213.5 |
| 60-69 | 273 | 190.7 | 167.7-213.6 | | 748 | 165.6 | 145.4-185.7 | | 1021 | 176.2 | 159.7-192.7 |
| 18-69 | 1240 | 218.1 | 202.0-234.1 | | 2895 | 173.8 | 163.4-184.1 | | 4135 | 194.9 | 184.6-205.1 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Ptotal (unweighted); PtotalWT (weighted)

Total physical activity-median Description: Median minutes of total physical activity on average per day.
Instrument questions
activity at work
travel to and from places
recreational activities

| Median minutes of total physical activity on average per day | | | | | | | | | | | |
|--|------|-------------------|---|--|-------|-------------------|--|--|------------|-------------------|---|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Median minutes | Inter- quartile range (P25- P75) | | n | Median minutes | Inter- quartile range (P25-P75) | | n | Median minutes | Inter- quartile range (P25- P75) |
| 18-29 | 210 | 188.6 | 80.0-351.4 | | 383 | 105.0 | 30.0-210.0 | | 593 | 150.0 | 50.0-300.0 |
| 30-44 | 318 | 154.3 | 40.0-360.0 | | 715 | 132.9 | 47.1-297.1 | | 1033 | 147.1 | 42.9-317.1 |
| 45-59 | 439 | 120.0 | 34.3-317.1 | | 1049 | 128.6 | 30.0-300.0 | | 1488 | 128.6 | 30.0-300.0 |
| 60-69 | 273 | 135.0 | 42.9-312.9 | | 748 | 120.0 | 25.7-270.0 | | 1021 | 120.0 | 30.0-300.0 |
| 18-69 | 1240 | 158.6 | 55.7-342.9 | | 2895 | 120.0 | 30.0-270.0 | | 4135 | 137.1 | 40.0-300.0 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Ptotal (unweighted); PtotalmedianWT (weighted)

Domain-specific physical activity-mean Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day.
Instrument questions:
activity at work
travel to and from places
recreational activities

| 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 | 210 | 133.4 | 107.4-159.4 | | 383 | 82.7 | 66.6-98.8 | | 593 | 108.2 | 91.9-124.6 |
| 30-44 | 318 | 156.4 | 129.9-182.9 | | 715 | 117.1 | 103.9-130.4 | | 1033 | 136.3 | 121.2-151.4 |
| 45-59 | 439 | 133.5 | 109.2-157.8 | | 1049 | 129.9 | 116.5-143.3 | | 1488 | 131.6 | 117.0-146.2 |
| 60-69 | 273 | 116.1 | 96.9-135.3 | | 748 | 110.7 | 93.8-127.6 | | 1021 | 113.0 | 99.4-126.5 |
| 18-69 | 1240 | 138.1 | 123.9-152.4 | | 2895 | 112.0 | 103.1-120.9 | | 4135 | 124.5 | 115.4-133.5 |

| 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 | 210 | 75.2 | 64.9-85.6 | | 383 | 58.1 | 50.5-65.8 | | 593 | 66.7 | 60.0-73.5 |
| 30-44 | 318 | 64.5 | 54.5-74.5 | | 715 | 62.0 | 55.5-68.4 | | 1033 | 63.2 | 57.3-69.2 |
| 45-59 | 439 | 66.3 | 55.9-76.6 | | 1049 | 59.8 | 54.3-65.2 | | 1488 | 62.8 | 56.9-68.7 |
| 60-69 | 273 | 69.1 | 56.6-81.5 | | 748 | 54.1 | 47.1-61.1 | | 1021 | 60.4 | 53.3-67.6 |
| 18-69 | 1240 | 68.4 | 62.7-74.1 | | 2895 | 59.1 | 55.0-63.1 | | 4135 | 63.5 | 59.8-67.2 |

| 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 | 210 | 30.8 | 18.9-42.7 | | 383 | 5.9 | 3.2-8.5 | | 593 | 18.4 | 12.2-24.7 |
| 30-44 | 318 | 5.7 | 2.9-8.6 | | 715 | 2.2 | 1.2-3.3 | | 1033 | 4.0 | 2.5-5.5 |
| 45-59 | 439 | 3.8 | 0.0-8.1 | | 1049 | 1.7 | 0.9-2.4 | | 1488 | 2.6 | 0.6-4.7 |
| 60-69 | 273 | 5.5 | 2.0-9.1 | | 748 | 0.8 | 0.0-1.6 | | 1021 | 2.8 | 1.2-4.4 |
| 18-69 | 1240 | 11.6 | 7.8-15.3 | | 2895 | 2.6 | 1.9-3.4 | | 4135 | 6.9 | 5.1-8.7 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Psetspecific (unweighted); PsetspecificWT (weighted)

Domain-specific physical activity - median

Description: Median minutes spent on average per day in work-, transport- and recreation-related physical activity.

Instrument questions:
activity at work
travel to and from places

| Median minutes of work-related physical activity on average per day | | | | | | | | | | | |
|---|------|-------------------|---|--|-------|-------------------|--|--|------------|-------------------|---|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Median minutes | Inter- quartile range (P25- P75) | | n | Median minutes | Inter- quartile range (P25-P75) | | n | Median minutes | Inter- quartile range (P25- P75) |
| 18-29 | 210 | 51.4 | 0.0-240.0 | | 383 | 0.0 | 0.0-120.0 | | 593 | 17.1 | 0.0-180.0 |
| 30-44 | 318 | 65.7 | 0.0-291.4 | | 715 | 60.0 | 0.0-205.7 | | 1033 | 60.0 | 0.0-240.0 |
| 45-59 | 439 | 34.3 | 0.0-227.1 | | 1049 | 60.0 | 0.0-240.0 | | 1488 | 51.4 | 0.0-235.7 |
| 60-69 | 273 | 60.0 | 0.0-210.0 | | 748 | 20.0 | 0.0-180.0 | | 1021 | 34.3 | 0.0-180.0 |
| 18-69 | 1240 | 51.4 | 0.0-240.0 | | 2895 | 32.1 | 0.0-180.0 | | 4135 | 42.9 | 0.0-214.3 |

| Median minutes of transport-related physical activity on average per day | | | | | | | | | | | |
|--|------|-------------------|---|--|-------|-------------------|--|--|------------|-------------------|---|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Median minutes | Inter- quartile range (P25- P75) | | n | Median minutes | Inter- quartile range (P25-P75) | | n | Median minutes | Inter- quartile range (P25- P75) |
| 18-29 | 210 | 60.0 | 30.0-120.0 | | 383 | 30.0 | 12.9-68.6 | | 593 | 42.9 | 17.1-111.4 |
| 30-44 | 318 | 34.3 | 11.4-102.9 | | 715 | 42.9 | 17.9-77.1 | | 1033 | 40.0 | 15.0-90.0 |
| 45-59 | 439 | 42.9 | 15.0-90.0 | | 1049 | 32.1 | 14.3-85.7 | | 1488 | 40.0 | 14.3-85.7 |
| 60-69 | 273 | 60.0 | 15.0-120.0 | | 748 | 30.0 | 10.0-60.0 | | 1021 | 34.3 | 11.4-85.7 |
| 18-69 | 1240 | 50.0 | 15.0-120.0 | | 2895 | 32.1 | 14.3-75.0 | | 4135 | 40.0 | 15.0-90.0 |

| Median minutes of recreation-related physical activity on average per day | | | | | | | | | | | |
|---|------|-------------------|---|--|-------|-------------------|--|--|------------|-------------------|---|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Median minutes | Inter- quartile range (P25- P75) | | n | Median minutes | Inter- quartile range (P25-P75) | | n | Median minutes | Inter- quartile range (P25- P75) |
| 18-29 | 210 | 0.0 | 0.0-42.9 | | 383 | 0.0 | 0.0-0.0 | | 593 | 0.0 | 0.0-0.0 |
| 30-44 | 318 | 0.0 | 0.0-0.0 | | 715 | 0.0 | 0.0-0.0 | | 1033 | 0.0 | 0.0-0.0 |
| 45-59 | 439 | 0.0 | 0.0-0.0 | | 1049 | 0.0 | 0.0-0.0 | | 1488 | 0.0 | 0.0-0.0 |
| 60-69 | 273 | 0.0 | 0.0-0.0 | | 748 | 0.0 | 0.0-0.0 | | 1021 | 0.0 | 0.0-0.0 |
| 18-69 | 1240 | 0.0 | 0.0-0.0 | | 2895 | 0.0 | 0.0-0.0 | | 4135 | 0.0 | 0.0-0.0 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Psetspecific (unweighted); PsetspecificmedianWT (weighted)

**No
physical**

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

activity by domain Instrument questions:
activity at work
travel to and from places
recreational activities

| 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 | 210 | 43.8 | 35.9-51.7 | 383 | 54.3 | 46.6-62.0 | 593 | 49.0 | 43.3-54.7 |
| 30-44 | 318 | 44.3 | 37.6-51.0 | 715 | 42.3 | 37.6-47.0 | 1033 | 43.3 | 39.0-47.6 |
| 45-59 | 439 | 46.8 | 40.0-53.7 | 1049 | 42.5 | 38.1-46.9 | 1488 | 44.5 | 40.1-48.9 |
| 60-69 | 273 | 45.8 | 37.0-54.6 | 748 | 48.2 | 43.0-53.5 | 1021 | 47.2 | 41.5-52.8 |
| 18-69 | 1240 | 45.1 | 41.1-49.2 | 2895 | 46.1 | 42.5-49.7 | 4135 | 45.7 | 42.7-48.6 |

| 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 | 210 | 13.2 | 7.8-18.6 | 383 | 12.8 | 8.6-17.1 | 593 | 13.0 | 9.4-16.6 |
| 30-44 | 318 | 20.8 | 15.3-26.2 | 715 | 13.7 | 10.6-16.9 | 1033 | 17.2 | 14.0-20.4 |
| 45-59 | 439 | 16.9 | 12.6-21.2 | 1049 | 18.1 | 14.7-21.5 | 1488 | 17.6 | 14.6-20.5 |
| 60-69 | 273 | 18.4 | 12.2-24.5 | 748 | 19.3 | 15.3-23.4 | 1021 | 18.9 | 15.1-22.7 |
| 18-69 | 1240 | 17.4 | 14.4-20.3 | 2895 | 15.8 | 13.5-18.1 | 4135 | 16.6 | 14.4-18.7 |

| 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 | 210 | 65.2 | 57.5-72.9 | 383 | 88.5 | 84.7-92.3 | 593 | 76.7 | 72.1-81.4 |
| 30-44 | 318 | 88.7 | 84.6-92.8 | 715 | 93.5 | 91.2-95.7 | 1033 | 91.1 | 88.8-93.5 |
| 45-59 | 439 | 94.1 | 91.7-96.5 | 1049 | 95.6 | 94.2-97.1 | 1488 | 94.9 | 93.6-96.3 |
| 60-69 | 273 | 91.5 | 87.8-95.2 | 748 | 98.1 | 97.1-99.2 | 1021 | 95.3 | 93.6-97.1 |
| 18-69 | 1240 | 84.7 | 81.7-87.6 | 2895 | 93.8 | 92.5-95.1 | 4135 | 89.4 | 87.8-91.1 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Pnoactivitybyset (unweighted); PnoactivitybysetWT (weighted)

Composition of total physical activity Description: Percentage of work, transport and recreational activity contributing to total activity.

Instrument questions:
activity at work

travel to and from places
recreational activities

| 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 | 197 | 38.8 | 32.6-45.0 | 45.6 | 39.8-51.5 | 15.6 | 11.1-20.1 |
| 30-44 | 280 | 47.5 | 41.6-53.4 | 48.7 | 42.9-54.6 | 3.8 | 2.0-5.6 |
| 45-59 | 399 | 43.9 | 38.1-49.7 | 54.6 | 48.8-60.5 | 1.5 | 0.5-2.4 |
| 60-69 | 237 | 44.4 | 38.6-50.1 | 52.1 | 46.4-57.8 | 3.5 | 1.3-5.8 |
| 18-69 | 1113 | 43.7 | 40.1-47.2 | 50.1 | 46.6-53.6 | 6.2 | 4.7-7.8 |

| 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 | 342 | 36.5 | 30.7-42.4 | 59.3 | 53.6-65.0 | 4.1 | 2.4-5.9 |
| 30-44 | 659 | 45.8 | 42.0-49.6 | 52.4 | 48.7-56.2 | 1.7 | 1.0-2.5 |
| 45-59 | 946 | 48.1 | 44.6-51.7 | 50.2 | 46.7-53.7 | 1.7 | 0.9-2.5 |
| 60-69 | 647 | 45.3 | 41.0-49.7 | 53.9 | 49.6-58.2 | 0.7 | 0.2-1.3 |
| 18-69 | 2594 | 44.3 | 41.5-47.1 | 53.6 | 50.9-56.3 | 2.1 | 1.6-2.7 |

| 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 | 539 | 37.7 | 33.4-42.0 | 52.3 | 48.1-56.5 | 10.0 | 7.4-12.6 |
| 30-44 | 939 | 46.6 | 43.0-50.2 | 50.7 | 47.1-54.2 | 2.7 | 1.8-3.7 |
| 45-59 | 1345 | 46.1 | 42.5-49.8 | 52.3 | 48.6-55.9 | 1.6 | 1.0-2.2 |
| 60-69 | 884 | 44.9 | 41.0-48.8 | 53.1 | 49.3-56.9 | 1.9 | 0.9-3.0 |
| 18-69 | 3707 | 44.0 | 41.7-46.4 | 51.9 | 49.6-54.3 | 4.1 | 3.3-4.9 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Pcomposition(unweighted); PcompositionWT (weighted)

No vigorous physical activity

Description: Percentage of respondents not engaging in vigorous physical activity.

Instrument questions:
activity at work
recreational activities

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 | 210 | 59.9 | 52.0-67.8 | | 383 | 93.7 | 90.7-96.7 | | 593 | 76.7 | 71.8-81.6 |
| 30-44 | 318 | 74.3 | 68.6-80.1 | | 715 | 90.4 | 87.2-93.5 | | 1033 | 82.5 | 79.1-85.9 |
| 45-59 | 439 | 77.6 | 72.9-82.4 | | 1049 | 90.9 | 88.5-93.2 | | 1488 | 84.7 | 82.0-87.4 |
| 60-69 | 273 | 78.4 | 72.3-84.4 | | 748 | 93.2 | 90.6-95.8 | | 1021 | 86.9 | 83.9-90.0 |
| 18-69 | 1240 | 72.2 | 68.5-75.9 | | 2895 | 91.8 | 90.1-93.4 | | 4135 | 82.4 | 80.3-84.6 |

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Pnovigorous(unweighted); PnovigorousWT (weighted)

Sedentary Description: Minutes spent in sedentary activities on a typical day.

Instrument question:
sedentary behaviour

| 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 | 218 | 208.2 | 189.0-227.5 | 180.0 | 120.0-300.0 |
| 30-44 | 327 | 221.4 | 202.8-240.1 | 180.0 | 120.0-300.0 |
| 45-59 | 449 | 238.1 | 218.4-257.8 | 180.0 | 120.0-300.0 |
| 60-69 | 277 | 239.8 | 214.9-264.8 | 180.0 | 120.0-300.0 |
| 18-69 | 1271 | 225.4 | 213.3-237.5 | 180.0 | 120.0-300.0 |

| 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 | 391 | 190.0 | 170.6-209.4 | 180.0 | 90.0-270.0 |
| 30-44 | 723 | 178.5 | 167.4-189.6 | 150.0 | 120.0-240.0 |
| 45-59 | 1063 | 193.5 | 181.5-205.4 | 180.0 | 120.0-240.0 |
| 60-69 | 756 | 210.9 | 197.4-224.4 | 180.0 | 120.0-300.0 |
| 18-69 | 2933 | 191.2 | 182.4-200.1 | 180.0 | 120.0-240.0 |

| 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 | 609 | 199.3 | 185.0-213.6 | 180.0 | 120.0-300.0 |
| 30-44 | 1050 | 199.7 | 187.9-211.4 | 180.0 | 120.0-270.0 |
| 45-59 | 1512 | 214.4 | 201.7-227.0 | 180.0 | 120.0-300.0 |
| 60-69 | 1033 | 223.3 | 208.4-238.1 | 180.0 | 120.0-300.0 |
| 18-69 | 4204 | 207.6 | 199.1-216.2 | 180.0 | 120.0-300.0 |

Analysis Information:

Question used : P16a-b

Epi Info program name: Psedentary (unweighted); PsedentaryWT and PsedentarymedianWT (weighted)

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents.

Instrument questions:

Have you ever had your blood pressure measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

Have you been told in the past 12 months?

| 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 | 218 | 54.7 | 47.0-62.3 | 37.8 | 30.7-44.9 | 4.0 | 1.0-6.9 | 3.6 | 1.1-6.1 |
| 30-44 | 327 | 29.3 | 23.0-35.6 | 52.9 | 46.5-59.4 | 4.8 | 2.4-7.2 | 12.9 | 8.6-17.2 |
| 45-59 | 449 | 18.4 | 13.5-23.3 | 44.0 | 38.6-49.4 | 8.7 | 5.7-11.8 | 28.9 | 24.2-33.6 |
| 60-69 | 277 | 10.0 | 6.1-13.8 | 38.9 | 31.7-46.1 | 6.4 | 3.4-9.4 | 44.7 | 38.0-51.5 |
| 18-69 | 1271 | 30.1 | 26.9-33.3 | 44.5 | 41.3-47.6 | 6.0 | 4.4-7.5 | 19.5 | 17.1-21.9 |

| 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 | 391 | 23.9 | 18.5-29.2 | 65.1 | 59.4-70.8 | 5.1 | 2.7-7.6 | 5.9 | 3.3-8.5 |
| 30-44 | 723 | 15.4 | 12.4-18.4 | 68.2 | 64.1-72.2 | 4.4 | 2.9-6.0 | 12.0 | 9.4-14.7 |
| 45-59 | 1063 | 13.7 | 11.2-16.3 | 45.6 | 41.9-49.3 | 7.4 | 5.5-9.3 | 33.2 | 29.7-36.7 |
| 60-69 | 756 | 7.1 | 5.0-9.2 | 27.2 | 23.2-31.1 | 12.5 | 9.3-15.6 | 53.3 | 49.3-57.2 |
| 18-69 | 2933 | 15.4 | 13.6-17.3 | 53.6 | 51.2-56.1 | 6.9 | 5.8-7.9 | 24.1 | 22.3-25.9 |

| 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 | 609 | 39.6 | 34.3-44.8 | 51.2 | 46.2-56.2 | 4.5 | 2.7-6.4 | 4.7 | 2.9-6.5 |
| 30-44 | 1050 | 22.3 | 18.7-25.9 | 60.7 | 56.8-64.5 | 4.6 | 3.2-6.0 | 12.4 | 9.9-15.0 |
| 45-59 | 1512 | 15.9 | 13.2-18.6 | 44.9 | 41.5-48.2 | 8.0 | 6.3-9.8 | 31.2 | 28.1-34.3 |
| 60-69 | 1033 | 8.3 | 6.2-10.5 | 32.2 | 28.5-35.8 | 9.9 | 7.7-12.1 | 49.6 | 45.9-53.3 |
| 18-69 | 4204 | 22.5 | 20.4-24.5 | 49.2 | 47.1-51.3 | 6.4 | 5.5-7.4 | 21.9 | 20.3-23.5 |

Analysis Information:

Questions used: H1, H2a, H2b

Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

| | | |
|---|---|--|
| Blood pressure treatment among those diagnosed | Description: | Raised blood pressure treatment results among those previously diagnosed with raised blood pressure. |
| | Instrument questions: | |
| | Have you ever had your blood pressure measured by a doctor or other health worker? | |
| | Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension? | |
| | In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker? | |

| Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed | | | | | | | | | |
|---|------------|---------------|------------------|-------------|---------------|------------------|-------------|---------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % taking meds | 95% CI | n | % taking meds | 95% CI | n | % taking meds | 95% CI |
| 18-29 | 19 | 10.2 | 0.0-23.2 | 42 | 10.1 | 1.1-19.1 | 61 | 10.1 | 2.6-17.7 |
| 30-44 | 62 | 38.1 | 23.2-53.0 | 124 | 25.0 | 16.5-33.5 | 186 | 31.7 | 23.1-40.4 |
| 45-59 | 166 | 45.9 | 37.0-54.8 | 446 | 63.4 | 58.1-68.8 | 612 | 55.6 | 50.6-60.5 |
| 60-69 | 143 | 67.8 | 58.6-77.1 | 487 | 77.4 | 73.1-81.6 | 630 | 73.9 | 69.6-78.2 |
| 18-69 | 390 | 47.5 | 41.3-53.7 | 1099 | 58.1 | 54.4-61.8 | 1489 | 53.5 | 50.1-56.9 |

Analysis Information:

Questions used: H1, H2a, H3

Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

Blood pressure advice by a traditional healer

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

Instrument questions:

Have you ever had your blood pressure measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

Have you ever seen a traditional healer for raised blood pressure?

Are you currently taking any herbal or traditional remedy for your high 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 | 19 | 2.9 | 0.0-8.8 | | 42 | 7.3 | 0.0-21.0 | | 186 | 4.0 | 0.8-7.2 |
| 30-44 | 62 | 2.2 | 0.0-6.4 | | 124 | 5.9 | 1.1-10.6 | | 612 | 6.3 | 3.6-8.9 |
| 45-59 | 166 | 7.5 | 2.5-12.5 | | 446 | 5.2 | 2.9-7.6 | | 630 | 6.6 | 4.0-9.1 |
| 60-69 | 143 | 7.4 | 2.5-12.3 | | 487 | 6.1 | 3.7-8.4 | | 1489 | 5.9 | 4.1-7.6 |
| 18-69 | 390 | 6.0 | 3.2-8.8 | | 1099 | 5.8 | 3.9-7.7 | | 186 | 4.0 | 0.8-7.2 |

| 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 | 19 | 0.0 | 0.0-0.0 | | 42 | 7.3 | 0.0-21.0 | | 61 | 5.5 | 0.0-13.9 |
| 30-44 | 62 | 1.6 | 0.0-4.7 | | 124 | 5.9 | 1.1-10.6 | | 186 | 4.0 | 0.8-7.2 |
| 45-59 | 166 | 1.7 | 0.0-4.4 | | 446 | 5.2 | 2.9-7.6 | | 612 | 6.3 | 3.6-8.9 |
| 60-69 | 143 | 7.9 | 2.4-13.5 | | 487 | 6.1 | 3.7-8.4 | | 630 | 6.6 | 4.0-9.1 |
| 18-69 | 390 | 3.2 | 1.2-5.3 | | 1099 | 5.8 | 3.9-7.7 | | 1489 | 5.9 | 4.1-7.6 |

Analysis Information:

Questions used: H1, H2a, H4, H5

Epi Info program name: Hraisedbptrad (unweighted); HraisedbptradWT (weighted)

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all respondents.

Instrument questions:

Have you ever had your blood sugar measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

Have you been told in the past 12 months?

| 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 | 218 | 81.3 | 75.2-87.3 | 18.1 | 12.1-24.2 | 0.2 | 0.0-0.7 | 0.4 | 0.0-0.9 |
| 30-44 | 327 | 74.5 | 69.1-80.0 | 24.1 | 18.6-29.5 | 0.0 | 0.0-0.0 | 1.4 | 0.1-2.7 |
| 45-59 | 449 | 58.7 | 53.6-63.8 | 32.3 | 27.0-37.5 | 2.8 | 1.0-4.7 | 6.2 | 3.8-8.5 |
| 60-69 | 277 | 52.7 | 45.7-59.6 | 37.3 | 31.0-43.7 | 1.3 | 0.0-2.8 | 8.7 | 5.3-12.0 |
| 18-69 | 1271 | 68.7 | 65.6-71.7 | 26.7 | 23.7-29.8 | 1.1 | 0.5-1.7 | 3.5 | 2.6-4.5 |

| 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 | 391 | 66.0 | 60.7-71.4 | 32.8 | 27.5-38.1 | 0.1 | 0.0-0.4 | 1.0 | 0.0-2.1 |
| 30-44 | 723 | 60.8 | 56.5-65.2 | 36.9 | 32.6-41.3 | 1.2 | 0.3-2.1 | 1.1 | 0.3-1.8 |
| 45-59 | 1063 | 53.8 | 49.9-57.6 | 37.3 | 33.7-40.9 | 2.0 | 0.8-3.1 | 6.9 | 5.2-8.7 |
| 60-69 | 756 | 41.9 | 37.8-45.9 | 46.2 | 41.9-50.5 | 2.5 | 1.2-3.9 | 9.4 | 6.9-11.9 |
| 18-69 | 2933 | 56.7 | 54.2-59.1 | 37.7 | 35.3-40.1 | 1.4 | 0.9-1.9 | 4.3 | 3.5-5.1 |

| 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 | 609 | 73.8 | 69.6-78.1 | 25.3 | 21.1-29.5 | 0.2 | 0.0-0.4 | 0.7 | 0.1-1.3 |
| 30-44 | 1050 | 67.6 | 63.9-71.3 | 30.6 | 27.0-34.2 | 0.6 | 0.1-1.0 | 1.2 | 0.5-2.0 |
| 45-59 | 1512 | 56.1 | 52.8-59.4 | 35.0 | 31.7-38.3 | 2.4 | 1.3-3.5 | 6.6 | 5.1-8.0 |
| 60-69 | 1033 | 46.5 | 42.6-50.3 | 42.4 | 38.8-46.0 | 2.0 | 1.0-3.0 | 9.1 | 7.0-11.2 |
| 18-69 | 4204 | 62.4 | 60.3-64.5 | 32.4 | 30.4-34.4 | 1.2 | 0.9-1.6 | 3.9 | 3.3-4.5 |

Analysis Information:

Questions used: H6, H7a, H7b

Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

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

Instrument questions:

Have you ever had your blood sugar measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

| Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed | | | | | | | | | |
|--|-----------|---------------|------------------|------------|---------------|------------------|------------|---------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % taking meds | 95% CI | n | % taking meds | 95% CI | n | % taking meds | 95% CI |
| 18-29 | 3 | 62.3 | 4.9-100.0 | 6 | 16.8 | 0.0-48.6 | 9 | 32.5 | 0.0-66.0 |
| 30-44 | 5 | 28.9 | 0.0-68.6 | 18 | 30.3 | 6.3-54.2 | 23 | 29.7 | 8.2-51.3 |
| 45-59 | 44 | 61.1 | 42.8-79.5 | 98 | 56.3 | 43.8-68.9 | 142 | 58.6 | 47.9-69.3 |
| 60-69 | 37 | 68.7 | 51.7-85.7 | 94 | 74.6 | 64.4-84.8 | 131 | 72.3 | 62.3-82.4 |
| 18-69 | 89 | 60.4 | 47.0-73.8 | 216 | 57.9 | 49.3-66.6 | 305 | 59.0 | 51.2-66.8 |

| Currently taking insulin 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 | 3 | 33.8 | 0.0-88.6 | 6 | 16.8 | 0.0-48.6 | 9 | 22.7 | 0.0-52.1 |
| 30-44 | 5 | 19.5 | 0.0-55.3 | 18 | 18.4 | 0.0-38.4 | 23 | 18.8 | 0.2-37.4 |
| 45-59 | 44 | 17.6 | 5.5-29.8 | 98 | 11.1 | 4.5-17.7 | 142 | 14.2 | 7.4-21.0 |
| 60-69 | 37 | 29.5 | 14.9-44.0 | 94 | 16.8 | 8.5-25.1 | 131 | 21.7 | 13.6-29.8 |
| 18-69 | 89 | 21.9 | 12.8-31.0 | 216 | 14.3 | 8.9-19.6 | 305 | 17.5 | 12.6-22.4 |

Analysis Information:

Questions used: H6, H7a, H8, H9

Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

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

Instrument questions:

Have you ever had your blood sugar measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

Have you ever seen a traditional healer for diabetes or raised blood sugar?

Are you currently taking any herbal or traditional remedy for your diabetes?

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 | 3 | 0.0 | 0.0-0.0 | 6 | 0.0 | 0.0-0.0 | 9 | 0.0 | 0.0-0.0 |
| 30-44 | 5 | 0.0 | 0.0-0.0 | 18 | 8.9 | 0.0-25.4 | 23 | 5.5 | 0.0-16.1 |
| 45-59 | 44 | 6.6 | 0.0-14.6 | 98 | 3.3 | 0.0-6.7 | 142 | 4.9 | 0.8-9.0 |
| 60-69 | 37 | 3.0 | 0.0-9.1 | 94 | 12.5 | 4.8-20.2 | 131 | 8.9 | 3.6-14.1 |
| 18-69 | 89 | 4.7 | 0.0-9.7 | 216 | 7.1 | 3.3-10.9 | 305 | 6.1 | 3.1-9.1 |

| 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 | 3 | 0.0 | 0.0-0.0 | 6 | 0.0 | 0.0-0.0 | 9 | 0.0 | 0.0-0.0 |
| 30-44 | 5 | 0.0 | 0.0-0.0 | 18 | 0.0 | 0.0-0.0 | 23 | 0.0 | 0.0-0.0 |
| 45-59 | 44 | 9.5 | 0.0-19.4 | 98 | 4.8 | 0.3-9.4 | 142 | 7.0 | 1.8-12.3 |
| 60-69 | 37 | 1.8 | 0.0-5.3 | 94 | 3.9 | 0.5-7.4 | 131 | 3.1 | 0.7-5.5 |
| 18-69 | 89 | 6.0 | 0.0-11.9 | 216 | 3.7 | 1.2-6.2 | 305 | 4.7 | 1.8-7.6 |

Analysis Information:

Questions used: H6, H7a, H10, H11

Epi Info program name: Hdiabetestrad (unweighted); HdiabetestradWT (weighted)

History of Raised Total Cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all respondents.

Instrument questions:

Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised cholesterol?

Have you been told in the past 12 months?

| 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 | 218 | 95.1 | 92.4-97.8 | 4.7 | 2.0-7.3 | 0.2 | 0.0-0.7 | 0.0 | 0.0-0.0 |
| 30-44 | 327 | 89.1 | 85.3-92.9 | 7.9 | 4.6-11.2 | 0.4 | 0.0-1.0 | 2.6 | 0.6-4.7 |
| 45-59 | 449 | 78.7 | 74.5-83.0 | 12.0 | 8.8-15.1 | 2.8 | 1.1-4.6 | 6.5 | 4.0-9.0 |
| 60-69 | 277 | 78.4 | 72.0-84.8 | 12.4 | 7.4-17.3 | 3.3 | 0.8-5.9 | 5.9 | 2.7-9.0 |
| 18-69 | 1271 | 86.2 | 84.0-88.3 | 8.9 | 7.1-10.6 | 1.5 | 0.8-2.1 | 3.5 | 2.4-4.6 |

| 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 | 391 | 88.7 | 85.2-92.3 | 10.5 | 7.0-13.9 | 0.3 | 0.0-0.9 | 0.5 | 0.0-1.1 |
| 30-44 | 723 | 88.2 | 85.6-90.8 | 8.9 | 6.5-11.2 | 0.8 | 0.3-1.3 | 2.2 | 1.0-3.3 |
| 45-59 | 1063 | 78.2 | 75.1-81.3 | 13.7 | 11.3-16.1 | 2.8 | 1.6-4.0 | 5.3 | 3.8-6.7 |
| 60-69 | 756 | 71.6 | 67.2-76.0 | 16.2 | 12.8-19.5 | 3.5 | 2.1-4.8 | 8.8 | 6.4-11.2 |
| 18-69 | 2933 | 82.5 | 80.6-84.3 | 12.0 | 10.4-13.5 | 1.7 | 1.3-2.2 | 3.8 | 3.1-4.6 |

| 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 | 609 | 92.0 | 89.7-94.3 | 7.5 | 5.2-9.8 | 0.3 | 0.0-0.6 | 0.2 | 0.0-0.6 |
| 30-44 | 1050 | 88.6 | 86.3-91.0 | 8.4 | 6.3-10.5 | 0.6 | 0.2-1.0 | 2.4 | 1.2-3.5 |
| 45-59 | 1512 | 78.5 | 75.8-81.1 | 12.9 | 10.8-15.0 | 2.8 | 1.8-3.8 | 5.8 | 4.5-7.2 |
| 60-69 | 1033 | 74.5 | 70.6-78.4 | 14.5 | 11.6-17.5 | 3.4 | 2.1-4.7 | 7.5 | 5.5-9.5 |
| 18-69 | 4204 | 84.2 | 82.7-85.8 | 10.5 | 9.2-11.8 | 1.6 | 1.2-2.0 | 3.7 | 3.1-4.3 |

Analysis Information:

Questions used: H12, H13a, H13b

Epi Info program name: Hchol (unweighted); HcholWT (weighted)

| | | |
|--|---|---|
| Cholesterol treatment among those diagnosed | Description: | Cholesterol treatment results among those previously diagnosed with raised cholesterol. |
| | Instrument questions: | |
| | Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker? | |
| | Have you ever been told by a doctor or other health worker that you have raised cholesterol? | |
| | In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker? | |

| 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 | 1 | 0.0 | 0.0-0.0 | | 3 | 25.3 | 0.0-71.1 | | 4 | 19.5 | 0.0-55.2 |
| 30-44 | 10 | 0.0 | 0.0-0.0 | | 25 | 14.1 | 0.0-28.2 | | 35 | 7.1 | 0.0-14.7 |
| 45-59 | 44 | 44.8 | 27.8-61.9 | | 85 | 32.0 | 20.3-43.7 | | 129 | 38.5 | 27.7-49.2 |
| 60-69 | 28 | 30.6 | 7.9-53.4 | | 99 | 26.8 | 17.6-35.9 | | 127 | 28.1 | 18.1-38.1 |
| 18-69 | 83 | 32.3 | 20.4-44.3 | | 212 | 27.1 | 20.3-33.8 | | 295 | 29.4 | 22.8-36.0 |

Analysis Information:

Questions used: H12, H13a, H14

Epi Info program name: Hchol (unweighted); HcholWT (weighted)

Cholesterol advice by traditional healer

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

Instrument questions:

Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

Have you ever been told by a doctor or other health worker that you have raised cholesterol?

Have you ever seen a traditional healer for raised cholesterol?

Are you currently taking any herbal or traditional remedy for your raised cholesterol?

| Seen a traditional healer for raised cholesterol among those previously diagnosed | | | | | | | | | | | |
|---|-----|---------------------------|---------|--|-------|------------------------------|----------|--|------------|---------------------------|---------|
| Age Group (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 | 1 | 0.0 | 0.0-0.0 | | 3 | 0.0 | 0.0-0.0 | | 4 | 0.0 | 0.0-0.0 |
| 30-44 | 10 | 0.0 | 0.0-0.0 | | 25 | 2.7 | 0.0-8.0 | | 35 | 1.3 | 0.0-4.0 |
| 45-59 | 44 | 1.9 | 0.0-5.6 | | 85 | 6.0 | 0.3-11.6 | | 129 | 3.9 | 0.5-7.3 |
| 60-69 | 28 | 0.0 | 0.0-0.0 | | 99 | 1.5 | 0.0-3.5 | | 127 | 0.9 | 0.0-2.3 |
| 18-69 | 83 | 1.0 | 0.0-3.0 | | 212 | 3.6 | 0.9-6.3 | | 295 | 2.4 | 0.7-4.2 |

| 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 | 1 | 0.0 | 0.0-0.0 | | 3 | 0.0 | 0.0-0.0 | | 4 | 0.0 | 0.0-0.0 |
| 30-44 | 10 | 0.0 | 0.0-0.0 | | 25 | 5.9 | 0.0-17.2 | | 35 | 3.0 | 0.0-8.8 |
| 45-59 | 44 | 3.9 | 0.0-11.5 | | 85 | 0.0 | 0.0-0.0 | | 129 | 2.0 | 0.0-5.8 |
| 60-69 | 28 | 6.0 | 0.0-17.4 | | 99 | 4.4 | 0.0-9.0 | | 127 | 5.0 | 0.0-10.0 |
| 18-69 | 83 | 3.6 | 0.0-8.8 | | 212 | 2.6 | 0.1-5.0 | | 295 | 3.0 | 0.4-5.7 |

Analysis Information:

Questions used: H12, H13a, H15, H16

Epi Info program name: Hcholtrad (unweighted); HcholtradWT (weighted)

History of Cardiovascular Diseases

History of cardio-vascular diseases

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

Instrument questions:

Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?

| Having ever had a heart attack or chest pain from heart disease or a stroke | | | | | | | | | |
|---|-------------|---------------|------------------|-------------|---------------|------------------|-------------|---------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % CVD history | 95% CI | n | % CVD history | 95% CI | n | % CVD history | 95% CI |
| 18-29 | 218 | 7.5 | 3.7-11.4 | 391 | 11.3 | 7.6-15.0 | 609 | 9.4 | 6.6-12.2 |
| 30-44 | 327 | 16.5 | 11.7-21.3 | 723 | 17.3 | 13.9-20.7 | 1050 | 16.9 | 14.0-19.8 |
| 45-59 | 449 | 26.6 | 21.9-31.4 | 1063 | 24.1 | 20.8-27.4 | 1512 | 25.3 | 22.2-28.3 |
| 60-69 | 277 | 33.3 | 27.2-39.4 | 756 | 35.2 | 30.9-39.5 | 1033 | 34.4 | 30.7-38.0 |
| 18-69 | 1271 | 19.4 | 16.8-22.1 | 2933 | 21.0 | 18.9-23.1 | 4204 | 20.3 | 18.4-22.1 |

Analysis Information:

Question used: H17

Epi Info program name: Hcvd (unweighted); HcvdWT (weighted)

Prevention and treatment of heart disease

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

Instrument questions:

Are you currently taking aspirin regularly to prevent or treat heart disease?

Are you currently taking statins (Lovostatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

| Currently taking aspirin regularly to prevent or treat heart disease | | | | | | | | | |
|--|-------------|------------------|----------------|-------------|------------------|----------------|-------------|------------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % taking aspirin | 95% CI | n | % taking aspirin | 95% CI | n | % taking aspirin | 95% CI |
| 18-29 | 218 | 0.0 | 0.0-0.0 | 391 | 0.5 | 0.0-1.2 | 609 | 0.3 | 0.0-0.6 |
| 30-44 | 327 | 2.4 | 0.6-4.2 | 723 | 1.4 | 0.5-2.3 | 1050 | 1.9 | 0.8-3.0 |
| 45-59 | 449 | 8.6 | 5.7-11.5 | 1063 | 6.6 | 4.8-8.5 | 1512 | 7.6 | 5.9-9.2 |
| 60-69 | 277 | 12.4 | 7.9-16.9 | 756 | 11.6 | 8.9-14.4 | 1033 | 12.0 | 9.3-14.7 |
| 18-69 | 1271 | 5.0 | 3.7-6.2 | 2933 | 4.5 | 3.7-5.4 | 4204 | 4.7 | 4.0-5.5 |

| 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 | 218 | 0.0 | 0.0-0.0 | 391 | 0.5 | 0.0-1.3 | 609 | 0.3 | 0.0-0.6 |
| 30-44 | 327 | 0.3 | 0.0-0.6 | 723 | 0.2 | 0.0-0.4 | 1050 | 0.2 | 0.0-0.4 |
| 45-59 | 449 | 3.4 | 1.6-5.1 | 1063 | 1.7 | 0.7-2.7 | 1512 | 2.5 | 1.5-3.5 |
| 60-69 | 277 | 4.9 | 2.0-7.8 | 756 | 3.8 | 2.0-5.6 | 1033 | 4.3 | 2.6-5.9 |
| 18-69 | 1271 | 1.7 | 1.0-2.4 | 2933 | 1.3 | 0.8-1.8 | 4204 | 1.5 | 1.1-2.0 |

Analysis Information:

Questions used: H18, H19

Epi Info program name: Hcvdmeds (unweighted); HcvdmedsWT (weighted)

Lifestyle Advice

Lifestyle advice

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

Instrument question:

During the past three years, has a doctor or other health worker advised you to do any of the following?

| 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 | 218 | 16.2 | 10.6-21.8 | 391 | 5.3 | 2.4-8.2 | 609 | 10.8 | 7.6-14.1 |
| 30-44 | 327 | 28.6 | 22.3-35.0 | 723 | 5.8 | 3.5-8.0 | 1050 | 17.0 | 13.6-20.5 |
| 45-59 | 449 | 39.5 | 34.4-44.7 | 1063 | 5.9 | 3.9-7.9 | 1512 | 21.6 | 18.7-24.6 |
| 60-69 | 277 | 30.5 | 24.5-36.5 | 756 | 4.0 | 2.4-5.7 | 1033 | 15.3 | 12.4-18.3 |
| 18-69 | 1271 | 28.8 | 25.6-32.0 | 2933 | 5.4 | 4.0-6.8 | 4204 | 16.6 | 14.7-18.6 |

| 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 | 218 | 9.7 | 5.1-14.3 | 391 | 13.5 | 9.4-17.6 | 609 | 11.6 | 8.5-14.6 |
| 30-44 | 327 | 15.7 | 10.7-20.8 | 723 | 13.7 | 11.1-16.4 | 1050 | 14.7 | 11.8-17.6 |
| 45-59 | 449 | 30.8 | 26.2-35.3 | 1063 | 20.6 | 17.7-23.6 | 1512 | 25.4 | 22.5-28.3 |
| 60-69 | 277 | 32.6 | 24.8-40.4 | 756 | 23.1 | 19.0-27.1 | 1033 | 27.1 | 22.6-31.7 |
| 18-69 | 1271 | 20.9 | 18.2-23.5 | 2933 | 17.4 | 15.5-19.3 | 4204 | 19.1 | 17.2-20.9 |

| 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 | 218 | 10.8 | 6.2-15.4 | 391 | 19.0 | 14.6-23.3 | 609 | 14.8 | 11.5-18.1 |
| 30-44 | 327 | 19.7 | 14.3-25.0 | 723 | 18.9 | 15.1-22.8 | 1050 | 19.3 | 15.8-22.8 |
| 45-59 | 449 | 27.0 | 22.5-31.5 | 1063 | 21.9 | 18.7-25.1 | 1512 | 24.3 | 21.4-27.2 |
| 60-69 | 277 | 30.7 | 23.3-38.1 | 756 | 23.5 | 19.2-27.8 | 1033 | 26.6 | 22.1-31.0 |
| 18-69 | 1271 | 21.0 | 18.2-23.8 | 2933 | 20.6 | 18.3-22.9 | 4204 | 20.8 | 18.7-22.9 |

| 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 | 218 | 11.4 | 6.6-16.2 | 391 | 13.6 | 9.8-17.3 | 609 | 12.5 | 9.4-15.5 |
| 30-44 | 327 | 17.5 | 11.9-23.1 | 723 | 16.2 | 12.9-19.6 | 1050 | 16.9 | 13.5-20.2 |
| 45-59 | 449 | 30.5 | 25.8-35.2 | 1063 | 25.2 | 21.8-28.6 | 1512 | 27.7 | 24.6-30.8 |
| 60-69 | 277 | 31.9 | 24.2-39.5 | 756 | 26.0 | 22.1-29.8 | 1033 | 28.5 | 24.4-32.6 |
| 18-69 | 1271 | 21.7 | 18.8-24.6 | 2933 | 20.0 | 17.9-22.2 | 4204 | 20.8 | 18.8-22.8 |

| 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 | 218 | 13.3 | 8.1-18.6 | 391 | 19.4 | 15.1-23.7 | 609 | 16.3 | 12.9-19.7 |
| 30-44 | 327 | 23.8 | 17.8-29.8 | 723 | 20.1 | 16.5-23.7 | 1050 | 21.9 | 18.3-25.5 |
| 45-59 | 449 | 29.0 | 24.0-34.0 | 1063 | 23.8 | 20.6-27.0 | 1512 | 26.3 | 23.2-29.3 |
| 60-69 | 277 | 27.1 | 19.9-34.4 | 756 | 24.5 | 20.8-28.1 | 1033 | 25.6 | 21.8-29.5 |
| 18-69 | 1271 | 23.1 | 20.1-26.1 | 2933 | 21.8 | 19.6-24.0 | 4204 | 22.4 | 20.4-24.5 |

| 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 | 218 | 10.9 | 5.9-15.9 | 391 | 15.2 | 11.0-19.3 | 609 | 13.0 | 9.7-16.3 |
| 30-44 | 327 | 20.8 | 15.2-26.4 | 723 | 16.6 | 13.4-19.8 | 1050 | 18.7 | 15.3-22.1 |
| 45-59 | 449 | 28.6 | 23.8-33.4 | 1063 | 25.7 | 22.4-29.0 | 1512 | 27.1 | 24.0-30.1 |
| 60-69 | 277 | 27.6 | 20.2-35.0 | 756 | 27.0 | 23.3-30.7 | 1033 | 27.3 | 23.3-31.3 |
| 18-69 | 1271 | 21.4 | 18.6-24.3 | 2933 | 20.8 | 18.7-22.9 | 4204 | 21.1 | 19.2-23.1 |

Analysis Information:

Questions used: H20a-f

Epi Info program name: Hlifestyle (unweighted); HlifestyleWT (weighted)

Cervical Cancer Screening

Cervical cancer screening

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

Instrument question:

Have you ever had a screening test for cervical cancer, using any of these methods described above?

| Age Group (years) | Women | | |
|----------------------|-------------|------------------|------------------|
| | n | % ever tested | 95% CI |
| 18-29 | 387 | 10.4 | 7.0-13.9 |
| 30-44 | 710 | 22.8 | 19.0-26.5 |
| 45-59 | 1049 | 26.8 | 23.5-30.1 |
| 60-69 | 751 | 15.5 | 12.2-18.7 |
| 18-69 | 2897 | 19.9 | 18.0-21.8 |

Analysis Information:

Question used: CX1

Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Cervical cancer

Description: 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.

**screening
among
women aged
30-49 years**

Instrument question:
Have you ever had a screening test for cervical cancer, using any of these methods described above?

| Age Group (years) | Women | | |
|----------------------|-------|---------------|-----------|
| | n | % ever tested | 95% CI |
| 30-49 | 1000 | 23.9 | 20.6-27.2 |

Analysis Information:

Question used: CX1

Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Physical Measurements

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

Instrument question:
Reading 1-3 systolic and diastolic 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 | 202 | 124.7 | 122.9-126.6 | 374 | 112.1 | 110.7-113.6 | 576 | 118.4 | 116.9-119.9 |
| 30-44 | 303 | 128.9 | 126.7-131.2 | 689 | 119.0 | 117.5-120.4 | 992 | 123.9 | 122.4-125.3 |
| 45-59 | 419 | 136.5 | 134.0-138.9 | 1029 | 135.0 | 133.4-136.6 | 1448 | 135.7 | 134.2-137.1 |
| 60-69 | 264 | 147.0 | 143.0-150.9 | 736 | 143.2 | 141.1-145.4 | 1000 | 144.8 | 142.8-146.9 |
| 18-69 | 1188 | 132.6 | 131.3-134.0 | 2828 | 126.5 | 125.4-127.6 | 4016 | 129.4 | 128.4-130.4 |

| 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 | 202 | 77.4 | 75.7-79.1 | 374 | 74.0 | 72.7-75.3 | 576 | 75.7 | 74.6-76.8 |
| 30-44 | 303 | 83.2 | 81.5-84.8 | 689 | 78.9 | 77.9-79.9 | 992 | 81.0 | 80.0-82.0 |
| 45-59 | 419 | 86.4 | 84.9-87.9 | 1029 | 86.2 | 85.2-87.2 | 1448 | 86.3 | 85.4-87.2 |
| 60-69 | 264 | 85.8 | 84.0-87.6 | 736 | 86.9 | 85.8-88.0 | 1000 | 86.4 | 85.4-87.4 |
| 18-69 | 1188 | 83.0 | 82.1-84.0 | 2828 | 81.4 | 80.7-82.1 | 4016 | 82.2 | 81.5-82.8 |

Analysis Information:

Questions used: M4a, M4b, M5a, M5b, M6a, M6b

Epi Info program name: Mbloodpressure (unweighted); MbloodpressureWT (weighted)

Raised blood pressure

Description: Percentage of respondents with raised blood pressure.

Instrument question:

Reading 1-3 systolic and diastolic blood pressure

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

| SBP \geq 140 and/or DBP \geq 90 mmHg, excluding those on medication for raised blood pressure | | | | | | | | | |
|---|------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 198 | 15.4 | 9.2-21.6 | 371 | 5.8 | 3.5-8.2 | 569 | 10.6 | 7.2-13.9 |
| 30-44 | 279 | 26.6 | 20.6-32.6 | 648 | 15.3 | 12.1-18.5 | 927 | 20.8 | 17.3-24.2 |
| 45-59 | 333 | 35.7 | 30.2-41.2 | 737 | 36.3 | 32.0-40.5 | 1070 | 36.0 | 32.2-39.8 |
| 60-69 | 168 | 54.6 | 44.2-65.0 | 348 | 46.4 | 40.4-52.4 | 516 | 50.4 | 44.4-56.5 |
| 18-69 | 978 | 28.7 | 25.2-32.3 | 2104 | 21.6 | 19.4-23.8 | 3082 | 25.1 | 22.8-27.3 |

| SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure | | | | | | | | | |
|---|-------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 202 | 16.7 | 10.3-23.1 | 374 | 7.0 | 4.3-9.7 | 576 | 11.8 | 8.4-15.3 |
| 30-44 | 303 | 32.7 | 26.4-39.1 | 689 | 19.6 | 16.3-22.8 | 992 | 26.0 | 22.4-29.7 |
| 45-59 | 419 | 48.3 | 43.1-53.4 | 1030 | 54.4 | 50.8-57.9 | 1449 | 51.5 | 48.2-54.8 |
| 60-69 | 265 | 71.2 | 64.0-78.3 | 737 | 74.5 | 70.8-78.2 | 1002 | 73.1 | 69.5-76.7 |
| 18-69 | 1189 | 38.6 | 35.1-42.2 | 2830 | 36.9 | 34.7-39.1 | 4019 | 37.7 | 35.5-39.9 |

| SBP \geq 160 and/or DBP \geq 100 mmHg, excluding those on medication for raised blood pressure | | | | | | | | | |
|--|------------|-------------|-----------------|-------------|------------|----------------|-------------|------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 198 | 2.6 | 0.1-5.1 | 371 | 0.7 | 0.0-1.3 | 569 | 1.6 | 0.3-3.0 |
| 30-44 | 279 | 6.8 | 3.9-9.8 | 648 | 5.2 | 3.3-7.1 | 927 | 6.0 | 4.3-7.7 |
| 45-59 | 333 | 15.6 | 11.2-20.0 | 737 | 12.1 | 9.3-15.0 | 1070 | 13.8 | 11.2-16.5 |
| 60-69 | 168 | 29.5 | 21.6-37.4 | 348 | 17.1 | 12.5-21.7 | 516 | 23.2 | 19.0-27.5 |
| 18-69 | 978 | 10.4 | 8.3-12.4 | 2104 | 7.0 | 5.8-8.2 | 3082 | 8.7 | 7.5-9.8 |

| SBP \geq 160 and/or DBP \geq 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 | 202 | 4.1 | 1.2-7.1 | 374 | 1.9 | 0.3-3.5 | 576 | 3.0 | 1.4-4.6 |
| 30-44 | 303 | 14.6 | 9.8-19.5 | 689 | 9.9 | 7.6-12.3 | 992 | 12.2 | 9.6-14.9 |
| 45-59 | 419 | 32.1 | 27.0-37.2 | 1030 | 37.1 | 33.5-40.7 | 1449 | 34.8 | 31.7-37.9 |
| 60-69 | 265 | 55.2 | 48.5-62.0 | 737 | 60.5 | 56.5-64.6 | 1002 | 58.3 | 54.8-61.8 |
| 18-69 | 1189 | 22.8 | 20.1-25.5 | 2830 | 25.2 | 23.4-27.0 | 4019 | 24.0 | 22.4-25.7 |

Analysis Information:

Questions used: M4a, M4b, M5a, M5b, M6a, M6b, M7

Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

Percentage of respondents with raised blood pressure, or currently taking medication for raised blood pressure, by sex

Treatment and control of

Description: Percentage of respondents with treated and/or controlled of raised blood pressure among those with raised blood pressure (SBP \geq 140 and/or DBP \geq 90 mmHg) or currently on medication for raised blood pressure.

raised blood pressure

Instrument questions:

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Reading 1-3 systolic and diastolic blood pressure

| Respondents with treated and/or controlled raised blood pressure | | | | | | | |
|--|------------|--|-----------------|---|------------------|---|------------------|
| Men | | | | | | | |
| Age Group (years) | n | % On medication and SBP<140 and DBP<90 | 95% CI | % On medication and SBP≥140 and/or DBP≥90 | 95% CI | % Not on medication and SBP≥140 and/or DBP≥90 | 95% CI |
| 18-29 | 31 | 6.5 | 0.0-14.2 | 2.9 | 0.0-8.6 | 90.6 | 81.4-99.8 |
| 30-44 | 106 | 9.4 | 1.7-17.0 | 16.2 | 6.8-25.7 | 74.4 | 63.4-85.4 |
| 45-59 | 212 | 13.7 | 8.6-18.8 | 26.8 | 19.8-33.8 | 59.5 | 51.9-67.1 |
| 60-69 | 183 | 18.0 | 9.8-26.3 | 33.0 | 25.6-40.4 | 49.0 | 40.3-57.6 |
| 18-69 | 532 | 12.9 | 9.3-16.4 | 23.0 | 18.8-27.1 | 64.2 | 59.3-69.0 |

| Respondents with treated and/or controlled raised blood pressure | | | | | | | |
|--|-------------|--|------------------|---|------------------|---|------------------|
| Women | | | | | | | |
| Age Group (years) | n | % On medication and SBP<140 and DBP<90 | 95% CI | % On medication and SBP≥140 and/or DBP≥90 | 95% CI | % Not on medication and SBP≥140 and/or DBP≥90 | 95% CI |
| 18-29 | 32 | 9.3 | 0.0-22.2 | 8.2 | 0.0-23.2 | 82.6 | 64.1-100.0 |
| 30-44 | 154 | 12.8 | 7.1-18.5 | 12.8 | 6.2-19.4 | 74.4 | 66.1-82.7 |
| 45-59 | 552 | 18.3 | 14.2-22.4 | 33.8 | 29.1-38.5 | 47.9 | 42.4-53.3 |
| 60-69 | 548 | 25.9 | 20.7-31.2 | 44.3 | 38.3-50.2 | 29.8 | 25.5-34.0 |
| 18-69 | 1286 | 19.7 | 16.6-22.8 | 33.1 | 29.9-36.3 | 47.2 | 43.4-50.9 |

| Respondents with treated and/or controlled raised blood pressure | | | | | | | |
|--|-------------|--|------------------|---|------------------|---|------------------|
| Both Sexes | | | | | | | |
| Age Group (years) | n | % On medication and SBP<140 and DBP<90 | 95% CI | % On medication and SBP≥140 and/or DBP≥90 | 95% CI | % Not on medication and SBP≥140 and/or DBP≥90 | 95% CI |
| 18-29 | 63 | 7.3 | 0.6-14.0 | 4.5 | 0.0-10.5 | 88.2 | 79.5-96.9 |
| 30-44 | 260 | 10.7 | 5.5-15.8 | 14.9 | 8.3-21.5 | 74.4 | 66.8-82.0 |
| 45-59 | 764 | 16.3 | 13.1-19.6 | 30.8 | 26.5-35.1 | 52.9 | 48.1-57.7 |
| 60-69 | 731 | 22.7 | 18.6-26.8 | 39.7 | 34.8-44.5 | 37.6 | 32.9-42.4 |
| 18-69 | 1818 | 16.4 | 14.0-18.8 | 28.2 | 25.4-31.0 | 55.4 | 52.1-58.8 |

Analysis Information:

Questions used: M4a, M4b, M5a, M5b, M6a, M6b, M7

Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

Mean heart rate

Description: Mean heart rate (beats per minute).

Instrument question:

Reading 1-3 heart rate

| 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 | 203 | 79.5 | 77.6-81.4 | | 374 | 80.5 | 79.3-81.7 | | 577 | 80.0 | 78.9-81.1 |
| 30-44 | 304 | 79.6 | 77.9-81.3 | | 692 | 79.1 | 78.2-79.9 | | 996 | 79.3 | 78.4-80.3 |
| 45-59 | 420 | 79.8 | 77.9-81.7 | | 1030 | 78.5 | 77.7-79.2 | | 1450 | 79.1 | 78.1-80.1 |
| 60-69 | 266 | 77.1 | 75.7-78.4 | | 739 | 78.5 | 77.5-79.5 | | 1005 | 77.9 | 77.1-78.7 |
| 18-69 | 1193 | 79.3 | 78.3-80.3 | | 2835 | 79.1 | 78.6-79.6 | | 4028 | 79.2 | 78.6-79.8 |

Analysis Information:

Questions used: M16a, M16b, M16c

Epi Info program name: Mheartrate (unweighted); MheartrateWT (weighted)

Height, weight and BMI

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

Instrument questions:

For women: Are you pregnant?

Height

Weight

| Mean height (cm) | | | | | | | |
|----------------------|-------------|--------------|--------------------|--|-------------|--------------|--------------------|
| Age Group (years) | Men | | | | Women | | |
| | n | Mean | 95% CI | | n | Mean | 95% CI |
| 18-29 | 204 | 175.3 | 174.1-176.5 | | 352 | 161.9 | 161.0-162.9 |
| 30-44 | 302 | 174.6 | 173.5-175.8 | | 675 | 162.9 | 162.3-163.6 |
| 45-59 | 419 | 172.8 | 171.9-173.8 | | 1028 | 160.7 | 160.2-161.3 |
| 60-69 | 264 | 171.1 | 170.0-172.2 | | 734 | 158.3 | 157.6-159.0 |
| 18-69 | 1189 | 173.8 | 173.2-174.4 | | 2789 | 161.2 | 160.8-161.6 |

| Mean weight (kg) | | | | | | | |
|----------------------|-------------|-------------|------------------|--|-------------|-------------|------------------|
| Age Group (years) | Men | | | | Women | | |
| | n | Mean | 95% CI | | n | Mean | 95% CI |
| 18-29 | 205 | 78.8 | 76.2-81.3 | | 352 | 61.3 | 59.4-63.3 |
| 30-44 | 304 | 85.1 | 83.0-87.2 | | 673 | 72.2 | 70.7-73.6 |
| 45-59 | 420 | 88.5 | 86.2-90.8 | | 1029 | 80.1 | 78.8-81.4 |
| 60-69 | 264 | 84.5 | 82.2-86.8 | | 735 | 79.8 | 78.3-81.2 |
| 18-69 | 1193 | 84.4 | 83.1-85.7 | | 2789 | 73.6 | 72.7-74.5 |

| 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 | 204 | 25.7 | 24.9-26.5 | | 351 | 23.2 | 22.7-23.8 | | 555 | 24.5 | 24.0-25.0 |
| 30-44 | 302 | 27.9 | 27.3-28.6 | | 673 | 27.2 | 26.7-27.7 | | 975 | 27.6 | 27.1-28.0 |
| 45-59 | 416 | 29.3 | 28.7-30.0 | | 1024 | 30.9 | 30.4-31.3 | | 1440 | 30.2 | 29.8-30.6 |
| 60-69 | 264 | 28.9 | 28.0-29.8 | | 733 | 31.9 | 31.3-32.4 | | 997 | 30.6 | 30.1-31.1 |
| 18-69 | 1186 | 27.9 | 27.5-28.3 | | 2781 | 28.3 | 28.0-28.6 | | 3967 | 28.1 | 27.8-28.4 |

Analysis Information:

Questions used: M8, M11, M12

Epi Info program name: Mbmi (unweighted); MbmiWT (weighted)

BMI categories

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

Instrument questions:

For women: Are you pregnant?

Height

Weight

| 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 | 204 | 3.4 | 0.4-6.4 | 50.7 | 42.6-58.8 | 27.6 | 20.4-34.9 | 18.3 | 11.9-24.6 |
| 30-44 | 302 | 0.7 | 0.0-1.6 | 33.0 | 25.9-40.1 | 37.3 | 30.4-44.2 | 29.1 | 23.1-35.1 |
| 45-59 | 416 | 0.6 | 0.0-1.3 | 21.1 | 15.6-26.7 | 39.6 | 34.2-45.0 | 38.7 | 33.0-44.4 |
| 60-69 | 264 | 0.0 | 0.0-0.0 | 27.0 | 19.5-34.6 | 35.8 | 28.9-42.7 | 37.2 | 28.7-45.6 |
| 18-69 | 1186 | 1.3 | 0.4-2.1 | 33.2 | 29.1-37.4 | 35.3 | 32.0-38.5 | 30.2 | 26.9-33.6 |

| 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 | 351 | 10.6 | 6.6-14.7 | 62.5 | 56.9-68.2 | 17.6 | 12.7-22.6 | 9.2 | 5.2-13.1 |
| 30-44 | 673 | 2.6 | 1.2-4.1 | 36.9 | 32.3-41.4 | 32.5 | 28.3-36.8 | 28.0 | 24.0-31.9 |
| 45-59 | 1024 | 1.5 | 0.6-2.4 | 19.4 | 16.5-22.3 | 29.1 | 26.0-32.2 | 50.0 | 46.3-53.8 |
| 60-69 | 733 | 0.7 | 0.0-1.4 | 10.8 | 7.9-13.8 | 30.8 | 26.7-34.8 | 57.7 | 53.4-62.0 |
| 18-69 | 2781 | 3.7 | 2.6-4.8 | 32.5 | 30.1-34.8 | 27.9 | 25.8-29.9 | 36.0 | 33.7-38.2 |

| 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 | 555 | 6.9 | 4.4-9.5 | 56.4 | 51.5-61.3 | 22.8 | 18.4-27.2 | 13.9 | 10.0-17.7 |
| 30-44 | 975 | 1.7 | 0.8-2.5 | 34.9 | 30.8-39.0 | 34.9 | 30.9-38.9 | 28.5 | 25.0-32.1 |
| 45-59 | 1440 | 1.1 | 0.5-1.7 | 20.2 | 17.3-23.1 | 33.9 | 30.8-37.0 | 44.8 | 41.4-48.2 |
| 60-69 | 997 | 0.4 | 0.0-0.8 | 17.7 | 14.4-21.0 | 32.9 | 29.1-36.7 | 49.0 | 44.4-53.7 |
| 18-69 | 3967 | 2.5 | 1.9-3.2 | 32.8 | 30.5-35.2 | 31.4 | 29.5-33.3 | 33.2 | 31.2-35.2 |

Analysis Information:

Questions used: M8, M11, M12

Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

BMI ≥25

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

Instrument questions:

For women: Are you pregnant?

Height

Weight

| 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 | 204 | 45.9 | 37.8-54.0 | | 351 | 26.8 | 21.5-32.1 | | 555 | 36.6 | 31.7-41.6 |
| 30-44 | 302 | 66.3 | 59.3-73.4 | | 673 | 60.5 | 55.8-65.2 | | 975 | 63.4 | 59.2-67.5 |
| 45-59 | 416 | 78.3 | 72.7-83.8 | | 1024 | 79.1 | 76.1-82.1 | | 1440 | 78.7 | 75.8-81.7 |
| 60-69 | 264 | 73.0 | 65.4-80.5 | | 733 | 88.5 | 85.5-91.4 | | 997 | 81.9 | 78.6-85.2 |
| 18-69 | 1186 | 65.5 | 61.4-69.7 | | 2781 | 63.8 | 61.4-66.3 | | 3967 | 64.6 | 62.3-67.0 |

Analysis Information:

Questions used: M8, M11, M12

Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

Waist circumference

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

Instrument questions:

For women: Are you pregnant?

Waist circumference measurement

| Waist circumference (cm) | | | | | | | |
|--------------------------|------|-------|------------|--|-------|------|------------|
| Age Group (years) | Men | | | | Women | | |
| | n | Mean | 95% CI | | n | Mean | 95% CI |
| 18-29 | 199 | 87.5 | 85.3-89.8 | | 352 | 75.9 | 74.3-77.5 |
| 30-44 | 294 | 95.6 | 93.4-97.7 | | 671 | 86.9 | 85.5-88.3 |
| 45-59 | 402 | 100.9 | 98.5-103.3 | | 1020 | 96.1 | 94.9-97.2 |
| 60-69 | 252 | 100.8 | 98.4-103.2 | | 731 | 99.9 | 98.5-101.3 |
| 18-69 | 1147 | 95.7 | 94.3-97.1 | | 2774 | 89.6 | 88.7-90.5 |

Analysis Information:

Questions used: M8, M14

Epi Info program name: Mwaist (unweighted); MwaistWT (weighted)

Hip circumference

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

Instrument questions:

For women: Are you pregnant?

Hip circumference measurement

| Hip circumference (cm) | | | | | | |
|------------------------|-------------|--------------|-------------------|-------------|--------------|--------------------|
| Age Group (years) | Men | | | Women | | |
| | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 197 | 96.7 | 94.4-98.9 | 352 | 91.6 | 89.7-93.5 |
| 30-44 | 294 | 99.9 | 97.9-102.0 | 671 | 102.6 | 101.0-104.1 |
| 45-59 | 402 | 103.4 | 101.2-105.6 | 1019 | 111.3 | 110.1-112.5 |
| 60-69 | 251 | 103.2 | 101.0-105.3 | 731 | 113.3 | 111.9-114.7 |
| 18-69 | 1144 | 100.6 | 99.2-102.0 | 2773 | 104.8 | 103.8-105.7 |

Analysis Information:

Questions used: M8, M15

Epi Info program name: Mhip (unweighted); MhipWT (weighted)

Waist / hip ratio

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

Instrument questions:

For women: Are you pregnant?

Waist circumference measurement

Hip circumference measurement

| Mean waist / hip ratio | | | | | | |
|------------------------|-------------|------------|----------------|-------------|------------|----------------|
| Age Group (years) | Men | | | Women | | |
| | n | Mean | 95% CI | n | Mean | 95% CI |
| 18-29 | 197 | 0.9 | 0.9-0.9 | 352 | 0.8 | 0.8-0.8 |
| 30-44 | 294 | 1.0 | 0.9-1.0 | 671 | 0.8 | 0.8-0.9 |
| 45-59 | 402 | 1.0 | 1.0-1.0 | 1019 | 0.9 | 0.9-0.9 |
| 60-69 | 251 | 1.0 | 1.0-1.0 | 731 | 0.9 | 0.9-0.9 |
| 18-69 | 1144 | 1.0 | 0.9-1.0 | 2773 | 0.9 | 0.9-0.9 |

Analysis Information:

Questions used: M8, M14, M15

Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted)

Biochemical Measurements

Mean fasting blood glucose

Description: mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded).

Instrument questions:

During the last 12 hours have you had anything to eat or drink, other than water?

Blood glucose measurement

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 | 123 | 3.9 | 3.7-4.0 | | 259 | 3.9 | 3.8-4.0 | | 382 | 3.9 | 3.8-4.0 |
| 30-44 | 216 | 4.1 | 3.9-4.3 | | 553 | 4.2 | 4.1-4.2 | | 769 | 4.1 | 4.0-4.3 |
| 45-59 | 325 | 5.0 | 4.7-5.2 | | 873 | 4.7 | 4.5-4.8 | | 1198 | 4.8 | 4.7-4.9 |
| 60-69 | 235 | 4.8 | 4.5-5.0 | | 631 | 5.2 | 5.0-5.4 | | 866 | 5.0 | 4.8-5.2 |
| 18-69 | 899 | 4.4 | 4.3-4.5 | | 2316 | 4.4 | 4.3-4.5 | | 3215 | 4.4 | 4.3-4.5 |

Analysis Information:

Questions used: B1, B5

Epi Info program name:

measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)

measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Raised blood glucose

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

Instrument questions:

In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

During the last 12 hours have you had anything to eat or drink, other than water?

Blood glucose measurement

Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

| Impaired Fasting Glycaemia* | | | | | | | | | | | |
|-----------------------------|-----|-----|---------|--|-------|-----|---------|--|------------|-----|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 123 | 0.0 | 0.0-0.0 | | 259 | 0.2 | 0.0-0.6 | | 382 | 0.1 | 0.0-0.3 |
| 30-44 | 217 | 1.7 | 0.0-4.0 | | 553 | 1.0 | 0.1-1.8 | | 770 | 1.3 | 0.1-2.5 |
| 45-59 | 325 | 3.5 | 1.4-5.5 | | 874 | 2.9 | 1.7-4.1 | | 1199 | 3.2 | 2.0-4.3 |
| 60-69 | 235 | 3.4 | 1.0-5.7 | | 632 | 4.0 | 2.5-5.5 | | 867 | 3.8 | 2.4-5.1 |
| 18-69 | 900 | 2.0 | 1.0-3.0 | | 2318 | 1.9 | 1.4-2.4 | | 3218 | 2.0 | 1.4-2.5 |

| 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 | 123 | 0.3 | 0.0-0.8 | | 259 | 0.0 | 0.0-0.0 | | 382 | 0.1 | 0.0-0.4 |
| 30-44 | 217 | 1.9 | 0.0-3.9 | | 553 | 1.6 | 0.6-2.6 | | 770 | 1.8 | 0.7-2.8 |
| 45-59 | 325 | 10.4 | 7.0-13.9 | | 874 | 6.8 | 4.9-8.7 | | 1199 | 8.5 | 6.5-10.5 |
| 60-69 | 235 | 7.3 | 4.3-10.4 | | 632 | 10.2 | 7.4-13.1 | | 867 | 9.0 | 6.8-11.2 |
| 18-69 | 900 | 4.7 | 3.5-6.0 | | 2318 | 4.3 | 3.4-5.2 | | 3218 | 4.5 | 3.7-5.3 |

| Currently on medication for diabetes | | | | | | | | | | | |
|--------------------------------------|-----|-----|----------|--|-------|-----|----------|--|------------|-----|----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 126 | 0.0 | 0.0-0.0 | | 266 | 0.0 | 0.0-0.0 | | 392 | 0.0 | 0.0-0.0 |
| 30-44 | 218 | 0.4 | 0.0-1.2 | | 556 | 0.7 | 0.0-1.4 | | 774 | 0.5 | 0.0-1.1 |
| 45-59 | 327 | 6.7 | 3.7-9.7 | | 877 | 5.6 | 3.9-7.3 | | 1204 | 6.1 | 4.4-7.9 |
| 60-69 | 238 | 7.5 | 4.2-10.7 | | 635 | 8.8 | 6.0-11.6 | | 873 | 8.2 | 6.0-10.4 |
| 18-69 | 909 | 3.1 | 2.1-4.1 | | 2334 | 3.4 | 2.6-4.2 | | 3243 | 3.3 | 2.6-3.9 |

* Impaired fasting glycaemia is defined as either

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

** Raised blood glucose is defined as either

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

Analysis Information:

Questions used: H8, H9, B1, B5, B6

Epi Info program name:

measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)

measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Total cholesterol Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.

Instrument question:

Total cholesterol measurement

| 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 | 124 | 3.6 | 3.4-3.8 | | 264 | 3.6 | 3.5-3.8 | | 388 | 3.6 | 3.5-3.7 |
| 30-44 | 216 | 4.2 | 4.0-4.4 | | 556 | 4.3 | 4.2-4.4 | | 772 | 4.2 | 4.1-4.3 |
| 45-59 | 326 | 4.5 | 4.4-4.7 | | 876 | 4.9 | 4.8-5.0 | | 1202 | 4.7 | 4.6-4.8 |
| 60-69 | 237 | 4.2 | 4.1-4.4 | | 634 | 5.2 | 5.0-5.3 | | 871 | 4.8 | 4.7-4.9 |
| 18-69 | 903 | 4.1 | 4.0-4.3 | | 2330 | 4.5 | 4.4-4.6 | | 3233 | 4.3 | 4.2-4.4 |

Analysis Information:

Questions used: B8

Epi Info program name:

measurement in mmol/L: Btotalipids (unweighted); BtotalipidsWT (weighted)

measurement in mg/dl: BtotalipidsMg (unweighted); BtotalipidsMgWT (weighted)

Raised total cholesterol Description: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol.

Instrument questions:

Total cholesterol measurement

During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?

Total cholesterol ≥ 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 | 124 | 8.4 | 2.7-14.1 | | 264 | 9.9 | 5.8-14.1 | | 388 | 9.1 | 5.7-12.6 |
| 30-44 | 216 | 22.9 | 16.2-29.5 | | 556 | 23.9 | 19.6-28.2 | | 772 | 23.4 | 19.5-27.3 |
| 45-59 | 326 | 30.6 | 24.8-36.4 | | 876 | 46.9 | 42.9-50.8 | | 1202 | 39.3 | 35.7-42.9 |
| 60-69 | 237 | 26.5 | 20.2-32.7 | | 634 | 55.0 | 50.1-59.9 | | 871 | 42.8 | 39.0-46.6 |
| 18-69 | 903 | 21.9 | 18.6-25.2 | | 2330 | 33.0 | 30.4-35.6 | | 3233 | 27.7 | 25.5-29.9 |

| Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl or currently on medication for raised cholesterol | | | | | | | | | | | |
|---|------------|------------|----------------|--|-------------|-------------|-----------------|--|-------------|------------|----------------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % | 95% CI | | n | % | 95% CI | | n | % | 95% CI |
| 18-29 | 124 | 1.4 | 0.0-3.3 | | 264 | 1.9 | 0.4-3.5 | | 388 | 1.7 | 0.4-2.9 |
| 30-44 | 216 | 6.7 | 2.9-10.5 | | 556 | 5.1 | 3.1-7.2 | | 772 | 5.9 | 3.7-8.1 |
| 45-59 | 326 | 11.6 | 7.9-15.4 | | 876 | 15.5 | 12.6-18.5 | | 1202 | 13.7 | 11.2-16.2 |
| 60-69 | 237 | 8.8 | 4.6-13.0 | | 634 | 20.5 | 16.9-24.0 | | 871 | 15.5 | 12.8-18.1 |
| 18-69 | 903 | 7.1 | 5.3-8.8 | | 2330 | 10.2 | 8.7-11.6 | | 3233 | 8.7 | 7.4-9.9 |

Analysis Information:

Questions used: B8, B9

Epi Info program name:

measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted)

measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

Introduction to intake of salt per day

Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate population 24 hour salt intake, using the INTERSALT equation:

Estimated 24 hour sodium (Na) intake in mmol for males: $23.51 + 0.45 \times \text{spot Na concentration (mmol/L)} - 3.09 \times \text{spot creatinine concentration (mmol/L)} + 4.16 \times \text{BMI} + 0.22 \times \text{Age}$

Estimated 24 hour sodium (Na) intake in mmol for females: $3.74 + 0.33 \times \text{spot Na concentration (mmol/L)} - 2.44 \times \text{spot creatinine concentration (mmol/L)} + 2.42 \times \text{BMI} + 2.34 \times \text{Age} - 0.03 \times \text{Age}^2$

The 24 hour sodium values in mmol are divided by 17.1 in order to get grams of salt.

WHO recommendation

The WHO recommendation is less than 5 grams of salt or 2 grams of sodium per person per day.

Intake of salt per day

Description: Mean intake of salt in grams per day among all respondents

Instrument question:

Are you pregnant?

Had you been fasting prior to urine collection?

Urinary sodium measurement

Urinary creatinine measurement

| Mean salt intake (g/day) | | | | | | | | | | | |
|--------------------------|-----|------|----------|--|-------|------|--------|--|------------|------|---------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Mean | 95% CI | | n | Mean | 95% CI | | n | Mean | 95% CI |
| 18-29 | 42 | 8.9 | 8.2-9.6 | | 93 | 6.6 | | | 135 | 7.8 | 7.3-8.3 |
| 30-44 | 91 | 9.4 | 9.0-9.9 | | 199 | 7.5 | | | 290 | 8.5 | 8.2-8.8 |
| 45-59 | 113 | 10.2 | 9.8-10.6 | | 358 | 7.8 | | | 471 | 8.8 | 8.5-9.1 |
| 60-69 | 106 | 10.4 | 9.9-11.0 | | 250 | 7.1 | | | 356 | 8.5 | 8.1-8.9 |
| 18-69 | 352 | 9.7 | 9.4-9.9 | | 900 | 7.4 | | | 1252 | 8.5 | 8.3-8.6 |

Analysis Information:

Questions used: M8, B10, B14, B15

Epi Info program name: Bsalt (unweighted); BsaltWT (weighted)

High density lipoprotein (HDL)

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

Instrument question:

HDL cholesterol measurement

| 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 | 124 | 0.8 | 0.7-0.9 | | 264 | 1.1 | 1.0-1.1 | | 388 | 0.9 | 0.9-1.0 |
| 30-44 | 216 | 0.8 | 0.8-0.9 | | 556 | 1.1 | 1.1-1.1 | | 772 | 1.0 | 0.9-1.0 |
| 45-59 | 326 | 0.9 | 0.8-0.9 | | 876 | 1.1 | 1.1-1.1 | | 1202 | 1.0 | 1.0-1.0 |
| 60-69 | 237 | 0.9 | 0.8-0.9 | | 634 | 1.1 | 1.1-1.1 | | 871 | 1.0 | 1.0-1.0 |
| 18-69 | 903 | 0.8 | 0.8-0.9 | | 2330 | 1.1 | 1.1-1.1 | | 3233 | 1.0 | 1.0-1.0 |

| Percentage of respondents with HDL <1.03mmol/L | | | | |
|--|------------|-------------|------------------|--|
| Age Group (years) | Men | | | |
| | n | % | 95% CI | |
| 18-29 | 124 | 77.4 | 68.6-86.2 | |
| 30-44 | 216 | 76.5 | 70.4-82.6 | |
| 45-59 | 326 | 75.9 | 70.5-81.3 | |
| 60-69 | 237 | 73.0 | 65.8-80.2 | |
| 18-69 | 903 | 76.1 | 72.4-79.7 | |

| Percentage of respondents with HDL <1.29mmol/L | | | | |
|--|-------------|-------------|------------------|--|
| Age Group (years) | Women | | | |
| | n | % | 95% CI | |
| 18-29 | 264 | 79.2 | 72.9-85.6 | |
| 30-44 | 556 | 74.9 | 70.5-79.2 | |
| 45-59 | 876 | 74.9 | 71.4-78.4 | |
| 60-69 | 634 | 77.2 | 73.3-81.1 | |
| 18-69 | 2330 | 76.3 | 74.0-78.5 | |

Analysis Information:

Questions used: B16

Epi Info program name:

measurement in mmol/L: Bhdlipids (unweighted); BhdlipidsWT (weighted)

measurement in mg/dl: BhdlipidsMg (unweighted); BhdlipidsMgWT (weighted)

CVD risk of $\geq 30\%$ or existing CVD

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

Instrument questions: combined from Step 1, 2 and 3

- Gender, age
- Current and former smoking
- History of diabetes, CVD
- Systolic blood pressure measurements
- Fasting status, glucose and total cholesterol measurements.

| Percentage of respondents with a 10-year CVD risk $\geq 30\%$ or with existing CVD | | | | | | | | | |
|--|------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 40-54 | 271 | 25.7 | 19.3-32.1 | 736 | 21.4 | 17.7-25.2 | 1007 | 23.4 | 19.6-27.2 |
| 55-69 | 349 | 36.6 | 29.8-43.3 | 950 | 32.9 | 29.3-36.6 | 1299 | 34.6 | 31.0-38.2 |
| 40-69 | 620 | 30.8 | 25.9-35.7 | 1686 | 27.1 | 24.3-29.9 | 2306 | 28.8 | 25.9-31.7 |

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

Analysis Information:

Questions used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B5, B8
Epi Info program name: CVDrisk (unweighted); CVDriskWT (weighted)

Drug therapy and counseling for those with CVD risk $\geq 30\%$ or existing CVD

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

Instrument questions: combined from Step 1, 2 and 3

- Gender, age
- Current and former smoking
- History of diabetes, CVD
- Lifestyle advice
- Systolic blood pressure measurements
- Fasting status, glucose and total cholesterol measurements.

| Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes | | | | | | | | | |
|---|------------|-------------|------------------|------------|-------------|------------------|------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 40-54 | 66 | 36.0 | 22.0-50.0 | 165 | 21.4 | 14.3-28.4 | 231 | 28.9 | 20.7-37.0 |
| 55-69 | 125 | 49.8 | 40.0-59.5 | 317 | 40.1 | 32.9-47.2 | 439 | 44.6 | 38.5-50.8 |
| 40-69 | 191 | 43.7 | 35.8-51.6 | 482 | 32.5 | 27.2-37.9 | 670 | 38.0 | 32.9-43.1 |

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

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

Analysis Information:

Questions used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H8, H9, H13a, H14, H17, H18, H19, H20a-f, M4a, M5a, M6a, M7, B1, B5, B8

Epi Info program name: CVDrisk (unweighted); CVDriskWT (weighted)

Summary of Combined Risk Factors**Summary of Combined Risk Factors**

Description: 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).

Instrument questions: combined from Step 1 and Step 2

| 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 | 488 | 8.7 | 4.8-12.5 | 53.4 | 47.8-59.1 | 37.9 | 32.5-43.3 |
| 45-69 | 664 | 1.8 | 0.6-3.1 | 43.1 | 38.4-47.7 | 55.1 | 50.4-59.8 |
| 18-69 | 1152 | 5.7 | 3.4-8.0 | 48.9 | 45.3-52.5 | 45.4 | 41.7-49.2 |

| 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 | 1000 | 13.9 | 11.1-16.7 | 73.6 | 70.1-77.1 | 12.5 | 10.2-14.8 |
| 45-69 | 1726 | 4.6 | 3.3-5.9 | 52.0 | 48.9-55.2 | 43.4 | 40.2-46.5 |
| 18-69 | 2726 | 9.3 | 7.7-11.0 | 63.0 | 60.7-65.4 | 27.6 | 25.5-29.8 |

| 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 | 1488 | 11.3 | 8.7-13.9 | 63.5 | 60.0-67.0 | 25.2 | 22.1-28.3 |
| 45-69 | 2390 | 3.4 | 2.4-4.3 | 48.0 | 45.3-50.8 | 48.6 | 45.7-51.5 |
| 18-69 | 3878 | 7.6 | 6.0-9.2 | 56.3 | 54.1-58.6 | 36.1 | 33.8-38.4 |

Analysis Information:

Questions used: T1, T2, D1-D4, P1-P15b, M4a-M6b, M7, M8, M11, M12

Epi Info program name: Raisedrisk (unweighted); RaisedriskWT (weighted)

| Ethnic group of respondents | | | | | | | | |
|-----------------------------|-------------|----------------|----------------|-----------------|--------------|--------------|----------------------|------------|
| Age Group (years) | n | Both Sexes | | | | | | |
| | | % Orthodox(=1) | % Catholic(=2) | % Gregorian(=3) | % Muslim(=4) | % Hebrew(=5) | % Not religious (=6) | Other (=7) |
| 18-29 | 609 | 88.3 | 0.5 | 3.3 | 6.5 | 0.0 | 0.8 | 0.5 |
| 30-44 | 1050 | 84.2 | 0.5 | 4.1 | 10.2 | 0.0 | 0.9 | 0.2 |
| 45-59 | 1512 | 85.6 | 0.3 | 3.2 | 9.1 | 0.0 | 0.9 | 0.9 |
| 60-69 | 1033 | 86.9 | 0.5 | 3.5 | 7.8 | 0.0 | 0.8 | 0.5 |
| 18-69 | 4204 | 86.0 | 0.4 | 3.5 | 8.7 | 0.0 | 0.9 | 0.6 |

Analysis Information:

Questions used: X1

Epi Info program name: Creligion (unweighted)

| Mean number of days meat or meat products 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 | 214 | 2.7 | 2.4-3.0 | | 386 | 2.0 | 1.8-2.2 | | 600 | 2.3 | 2.2-2.5 |
| 30-44 | 321 | 2.5 | 2.2-2.7 | | 715 | 2.1 | 1.9-2.2 | | 1036 | 2.3 | 2.1-2.4 |
| 45-59 | 446 | 2.2 | 2.0-2.5 | | 1041 | 1.9 | 1.8-2.0 | | 1487 | 2.1 | 1.9-2.2 |
| 60-69 | 272 | 2.1 | 1.9-2.4 | | 747 | 1.7 | 1.6-1.8 | | 1019 | 1.9 | 1.8-2.0 |
| 18-69 | 1253 | 2.4 | 2.3-2.6 | | 2889 | 1.9 | 1.8-2.0 | | 4142 | 2.2 | 2.1-2.3 |

| Mean number of days fish or sea products consumed in a typical week | | | | | | | | | | | |
|---|------|-------------------------------|---------|--|-------|---------------------------|---------|--|------------|-------------------------------|----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | Mean numb er of days | 95% CI | | n | Mean number of days | 95% CI | | n | Mean numb er of days | 95% CI |
| 18-29 | 207 | 1.2 | 1.1-1.4 | | 377 | 0.7 | 0.6-0.9 | | 584 | 1.0 | 0.9-1.1. |
| 30-44 | 314 | 1.1 | 1.0-1.3 | | 700 | 1.0 | 0.9-1.0 | | 1014 | 1.0 | 1.0-1.1 |
| 45-59 | 431 | 1.2 | 1.0-1.3 | | 1016 | 0.9 | 0.9-1.0 | | 1447 | 1.0 | 1.0-1.1 |
| 60-69 | 263 | 1.1 | 0.9-1.2 | | 732 | 0.9 | 0.8-1.0 | | 995 | 1.0 | 0.9-1.0 |
| 18-69 | 1215 | 1.2 | 1.1-1.3 | | 2825 | 0.9 | 0.8-0.9 | | 4040 | 1.0 | 1.0-1.1 |

| Mean number of days fish or sea products consumed in a typical week | | | | | | | | | |
|---|--|--|-------|--|--|------------|--|--|--|
| Men | | | Women | | | Both Sexes | | | |

| 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 | 207 | 1.2 | 1.1-1.4 | 377 | 0.7 | 0.6-0.9 | 584 | 1.0 | 0.9-1.1 |
| 30-44 | 314 | 1.1 | 1.0-1.3 | 700 | 1.0 | 0.9-1.0 | 1014 | 1.0 | 1.0-1.1 |
| 45-59 | 431 | 1.2 | 1.0-1.3 | 1016 | 0.9 | 0.9-1.0 | 1447 | 1.0 | 1.0-1.1 |
| 60-69 | 263 | 1.1 | 0.9-1.2 | 732 | 0.9 | 0.8-1.0 | 995 | 1.0 | 0.9-1.0 |
| 18-69 | 1215 | 1.2 | 1.1-1.3 | 2825 | 0.9 | 0.8-0.9 | 4040 | 1.0 | 1.0-1.1 |

| Mean number of days milk or milk products 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 | 217 | 5.3 | 4.9-5.7 | 390 | 5.4 | 5.2-5.7 | 607 | 5.4 | 5.1-5.6 |
| 30-44 | 326 | 5.2 | 4.9-5.5 | 719 | 5.5 | 5.3-5.7 | 1045 | 5.4 | 5.2-5.6 |
| 45-59 | 449 | 5.3 | 5.1-5.6 | 1055 | 5.6 | 5.4-5.8 | 1504 | 5.5 | 5.3-5.6 |
| 60-69 | 227 | 5.8 | 5.4-6.1 | 754 | 5.7 | 5.5-5.9 | 1031 | 5.7 | 5.5-5.9 |
| 18-69 | 1269 | 5.4 | 5.2-5.5 | 2918 | 5.6 | 5.4-5.7 | 4187 | 5.5 | 5.3-5.6 |

| Mean number of days bread or bread products 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 | 217 | 6.7 | 6.5-6.9 | 391 | 5.7 | 5.1-6.3 | 608 | 6.6 | 6.5-6.7 |
| 30-44 | 325 | 6.8 | 6.7-6.9 | 721 | 6.0 | 5.4-6.5 | 1046 | 6.7 | 6.6-6.8 |
| 45-59 | 449 | 6.8 | 6.7-6.9 | 1060 | 6.0 | 5.6-6.3 | 1509 | 6.7 | 6.6-6.8 |
| 60-69 | 277 | 6.8 | 6.7-7.0 | 756 | 5.9 | 5.5-6.2 | 1033 | 6.8 | 6.7-6.9 |
| 18-69 | 1268 | 6.8 | 6.7-6.9 | 2928 | 5.9 | 5.6-6.1 | 4196 | 6.7 | 6.6-6.8 |

Mean number of days sweets or sugar-containing products 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 | 216 | 5.4 | 5.1-5.7 | 389 | 5.5 | 5.2-5.8 | 605 | 5.4 | 5.2-5.7 |
| 30-44 | 325 | 4.9 | 4.6-5.3 | 718 | 5.3 | 5.1-5.5 | 1043 | 5.1 | 4.9-5.3 |
| 45-59 | 447 | 4.8 | 4.6-5.1 | 1054 | 5.1 | 4.9-5.3 | 1501 | 5.0 | 4.8-5.2 |
| 60-69 | 275 | 5.0 | 4.7-5.4 | 752 | 4.5 | 4.2-4.8 | 1027 | 4.7 | 4.5-5.0 |
| 18-69 | 1263 | 5.0 | 4.8-5.2 | 2913 | 5.1 | 5.0-5.3 | 4176 | 5.1 | 5.0-5.2 |

Analysis Information:

Questions used: X3, X4, X5, X6, X7

Epi Info program name: DdaysExtraQuestWT (weighted)

Number of meals on average per day

| Number of meals on average per day | | | | | | | | | |
|------------------------------------|-------------|-----------------------------|---------|------------|----------------|-------------|------------------|-------------|------------------|
| Age Group (yy) | Men | | | | | | | | |
| | n | % do not eat every day (=1) | 95% CI | % once(=2) | 95% CI | % twice(=3) | 95% CI | % three(=4) | 95% CI |
| 18-29 | 217 | - | - | 3.0 | 0.5-5.5 | 26.5 | 19.8-33.1 | 49.2 | 41.6-56.9 |
| 30-44 | 326 | 0.4 | 0.0-1.0 | 5.7 | 2.8-8.5 | 31.6 | 25.7-37.5 | 51.2 | 44.9-57.5 |
| 45-59 | 449 | 0.3 | 0.0-0.9 | 2.0 | 0.9-3.1 | 32.1 | 26.7-37.4 | 50.1 | 44.0-56.1 |
| 60-69 | 277 | - | - | 2.1 | 0.3-3.8 | 28.7 | 21.6-35.8 | 57.1 | 48.6-65.5 |
| 18-69 | 1269 | 0.2 | | 3.4 | 2.2-4.6 | 30.0 | 26.9-33.1 | 51.2 | 47.4-54.9 |

| Number of meals on average per day | | | | | |
|------------------------------------|-------------|-------------|------------------|-------------|----------------|
| Age Group (years) | Men | | | | |
| | n | % four (=5) | 95% CI | % >four(=6) | 95% CI |
| 18-29 | 217 | 17.2 | 11.3-23.2 | 4.1 | 1.0-7.1 |
| 30-44 | 326 | 8.5 | 5.3-11.7 | 2.7 | 0.9-4.6 |
| 45-59 | 449 | 13.9 | 10.2-17.5 | 1.7 | 0.6-2.9 |
| 60-69 | 277 | 10.0 | 5.4-14.6 | 2.2 | 0.3-4.0 |
| 18-69 | 1269 | 12.6 | 10.1-15.0 | 2.7 | 1.6-3.8 |

| Number of meals on average per day | | | | | | | | | |
|------------------------------------|-------------|-----------------------------|----------------|------------|----------------|-------------|------------------|-------------|------------------|
| Age Group (yy) | Women | | | | | | | | |
| | n | % do not eat every day (=1) | 95% CI | % once(=2) | 95% CI | % twice(=3) | 95% CI | % three(=4) | 95% CI |
| 18-29 | 391 | 0.3 | 0.0-0.7 | 3.7 | 1.7-5.7 | 34.5 | 28.7-40.2 | 51.2 | 45.5-56.9 |
| 30-44 | 721 | - | | 3.0 | 1.8-4.3 | 34.8 | 30.5-39.1 | 48.3 | 43.8-52.7 |
| 45-59 | 1060 | - | | 2.8 | 1.5-4.0 | 32.7 | 29.4-36.0 | 51.3 | 47.7-55.0 |
| 60-69 | 753 | 0.2 | 0.0-0.8 | 1.8 | 0.7-2.9 | 27.5 | 23.2-31.8 | 56.7 | 51.3-62.1 |
| 18-69 | 2925 | 0.1 | 0.0-0.2 | 2.9 | 2.2-3.6 | 32.8 | 30.5-35.2 | 51.3 | 48.8-53.8 |

| Number of meals on average per day | | | | | |
|------------------------------------|-------------|-------------|------------------|-------------|----------------|
| Age Group (yy) | Women | | | | |
| | n | % four (=5) | 95% CI | % >four(=6) | 95% CI |
| 18-29 | 391 | 9.7 | 6.1-13.2 | 0.7 | 0.1-1.4 |
| 30-44 | 721 | 12.5 | 9.5-15.5 | 1.4 | 0.5-2.3 |
| 45-59 | 1060 | 12.0 | 9.2-14.7 | 1.2 | 0.6-1.9 |
| 60-69 | 753 | 12.9 | 9.8-16.0 | 1.0 | 0.3-1.6 |
| 18-69 | 2925 | 11.7 | 10.1-13.4 | 1.1 | 0.7-1.5 |

| Number of meals on average per day | | | | | | | | | |
|------------------------------------|-------------|-----------------------------|----------------|------------|----------------|-------------|------------------|-------------|------------------|
| Age Group (yy) | Both Sexes | | | | | | | | |
| | n | % do not eat every day (=1) | 95% CI | % once(=2) | 95% CI | % twice(=3) | 95% CI | % three(=4) | 95% CI |
| 18-29 | 608 | 0.1 | 0.0-0.4 | 3.3 | 1.7-4.9 | 30.4 | 26.0-34.9 | 50.2 | 45.5-54.9 |
| 30-44 | 1047 | 0.2 | 0.0-0.5 | 4.3 | 2.8-5.9 | 33.2 | 29.4-37.0 | 49.7 | 45.5-53.9 |
| 45-59 | 1509 | 0.1 | 0.0-0.4 | 2.4 | 1.6-3.2 | 32.4 | 29.1-35.7 | 50.8 | 47.1-54.4 |
| 60-69 | 1030 | 0.1 | 0.0-0.4 | 1.9 | 0.9-2.9 | 28.0 | 23.6-32.4 | 56.8 | 51.2-62.5 |
| 18-69 | 4194 | 0.1 | 0.0-0.3 | 3.1 | 2.4-3.8 | 31.5 | 29.4-33.6 | 51.2 | 48.7-53.7 |

| Number of meals on average per day | | | | | |
|------------------------------------|-------------|-------------|------------------|-------------|----------------|
| Age Group (years) | Both Sexes | | | | |
| | n | % four (=5) | 95% CI | % >four(=6) | 95% CI |
| 18-29 | 608 | 13.5 | 10.0-17.0 | 2.4 | 0.8-4.0 |
| 30-44 | 1047 | 10.5 | 8.3-12.7 | 2.1 | 1.1-3.1 |
| 45-59 | 1509 | 12.8 | 10.3-15.4 | 1.5 | 0.8-2.1 |
| 60-69 | 1030 | 11.6 | 8.8-14.5 | 1.5 | 0.6-2.4 |
| 18-69 | 4194 | 12.1 | 10.5-13.8 | 1.9 | 1.3-2.5 |

Analysis Information:

- Questions used: X8
- Epi Info program name: DdaysEatWT (weighted)

| Medication regimen | | | | | | | |
|--------------------|------------|---|------------------|----------------------------------|------------------|-----------------------------------|-----------------|
| Men | | | | | | | |
| Age Group (years) | n | % daily, despite blood pressure readings (=1) | 95% CI | %when blood pressure raises (=2) | 95% CI | % irregularly, when recalled (=3) | 95% CI |
| 18-29 | 3 | 23.9 | 0.0-69.7 | 76.1 | 30.3-100.0 | 0.0 | 0.0-0.0 |
| 30-44 | 22 | 39.7 | 15.6-63.7 | 60.3 | 36.3-84.4 | 0.0 | 0.0-0.0 |
| 45-59 | 81 | 73.5 | 62.4-84.6 | 21.8 | 11.6-32.1 | 4.7 | 0.0-9.9 |
| 60-69 | 95 | 71.3 | 58.7-83.8 | 20.5 | 11.6-29.4 | 8.3 | 0.0-19.9 |
| 18-69 | 201 | 65.9 | 56.7-75.1 | 28.9 | 20.5-37.4 | 5.2 | 0.1-10.3 |

| Medication regimen | | | | | | | |
|--------------------|------------|---|------------------|----------------------------------|------------------|-----------------------------------|----------------|
| Women | | | | | | | |
| Age Group (years) | n | % daily, despite blood pressure readings (=1) | 95% CI | %when blood pressure raises (=2) | 95% CI | % irregularly, when recalled (=3) | 95% CI |
| 18-29 | 5 | 17.5 | 0.0-49.8 | 82.5 | 50.2-100.0 | 0.0 | 0.0-0.0 |
| 30-44 | 35 | 48.7 | 31.5-65.9 | 51.3 | 34.1-68.5 | 0.0 | 0.0-0.0 |
| 45-59 | 282 | 59.6 | 52.5-66.8 | 37.5 | 30.5-44.5 | 2.9 | 0.6-5.1 |
| 60-69 | 379 | 68.5 | 63.0-74.1 | 30.0 | 24.6-35.5 | 1.4 | 0.2-2.6 |
| 18-69 | 701 | 62.6 | 58.1-67.0 | 35.5 | 31.1-39.9 | 1.9 | 0.8-3.1 |

| Medication regimen | | | | | | | |
|--------------------|------------|---|------------------|----------------------------------|------------------|-----------------------------------|----------------|
| Both Sexes | | | | | | | |
| Age Group (years) | n | % daily, despite blood pressure readings (=1) | 95% CI | %when blood pressure raises (=2) | 95% CI | % irregularly, when recalled (=3) | 95% CI |
| 18-29 | 8 | 20.2 | 0.0-46.7 | 79.8 | 53.3-100.0 | 0.0 | 0.0-0.0 |
| 30-44 | 57 | 43.1 | 27.1-59.1 | 56.9 | 40.9-72.9 | 0.0 | 0.0-0.0 |
| 45-59 | 363 | 64.8 | 58.6-71.0 | 31.6 | 25.7-37.6 | 3.5 | 1.2-5.9 |
| 60-69 | 474 | 69.4 | 63.3-75.6 | 26.9 | 22.0-31.7 | 3.7 | 0.0-7.6 |
| 18-69 | 902 | 63.9 | 59.5-68.2 | 33.0 | 28.8-37.1 | 3.2 | 1.2-5.2 |

Analysis Information:

- Questions used: X9
- Epi Info program name: MedicationRegimeWT (weighted)

Questions asked about cardiovascular diseases by doctor

| Ever asked by doctor about atrial fibrillation or heartbeat (arrhythmia) | | | | | | | | | |
|--|-------------|------------|----------------|-------------|------------|----------------|-------------|------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 218 | 0.9 | 0.0-2.6 | 391 | 1.0 | 0.0-2.1 | 609 | 0.9 | 0.0-2.0 |
| 30-44 | 327 | 3.0 | 0.5-5.5 | 723 | 3.2 | 1.7-4.7 | 1050 | 3.1 | 1.7-4.5 |
| 45-59 | 449 | 6.6 | 4.0-9.2 | 1063 | 5.7 | 3.9-7.4 | 1512 | 6.1 | 4.6-7.7 |
| 60-69 | 277 | 12.0 | 7.7-16.4 | 756 | 12.7 | 9.4-16.0 | 1033 | 12.4 | 9.6-15.2 |
| 18-69 | 1271 | 4.7 | 3.4-6.1 | 2933 | 5.1 | 4.1-6.1 | 4204 | 4.9 | 4.1-5.7 |

| Ever diagnosed by doctor about varicose veins or thrombosis or veins chronic disease of legs | | | | | | | | | |
|--|-------------|------------|----------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 218 | 4.0 | 1.0-7.0 | 391 | 4.3 | 2.1-6.5 | 609 | 4.1 | 2.3-6.0 |
| 30-44 | 327 | 1.3 | 0.0-2.8 | 723 | 11.2 | 8.7-13.8 | 1050 | 6.3 | 4.8-7.9 |
| 45-59 | 449 | 10.6 | 7.6-13.7 | 1063 | 19.8 | 16.9-22.6 | 1512 | 15.5 | 13.3-17.7 |
| 60-69 | 277 | 15.1 | 10.2-19.9 | 756 | 30.6 | 26.8-34.5 | 1033 | 24.0 | 20.7-27.3 |
| 18-69 | 1271 | 6.6 | 5.2-8.1 | 2933 | 15.5 | 13.9-17.2 | 4204 | 11.3 | 10.1-12.4 |

| Currently taking anticoagulants by advise of doctor or other medical personnel | | | | | | | | | |
|--|-------------|------------|----------------|-------------|------------|----------------|-------------|------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 218 | 0.0 | 0.0-0.0 | 391 | 1.3 | 0.3-2.2 | 609 | 0.6 | 0.1-1.1 |
| 30-44 | 327 | 2.8 | 0.6-5.0 | 723 | 2.5 | 1.2-3.8 | 1050 | 2.7 | 1.3-4.0 |
| 45-59 | 449 | 7.4 | 4.6-10.2 | 1063 | 8.5 | 6.7-10.3 | 1512 | 8.0 | 6.3-9.7 |
| 60-69 | 277 | 12.4 | 7.1-17.8 | 756 | 15.2 | 12.0-18.3 | 1033 | 14.0 | 11.3-16.7 |
| 18-69 | 1271 | 4.7 | 3.4-6.1 | 2933 | 6.2 | 5.2-7.2 | 4204 | 5.5 | 4.7-6.3 |

Analysis Information:

- Questions used: X11, X12, X13
- Epi Info program name: DoctorCVDQuestionsWT (weighted)

Visit to doctor or medical personnel during the last 12 months

| Percentage visiting doctor or medical personnel during last 12 months | | | | | | | | | |
|---|-------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 213 | 38.5 | 31.1-46.0 | 391 | 45.6 | 40.1-51.2 | 604 | 42.1 | 37.4-46.8 |
| 30-44 | 326 | 37.2 | 30.6-43.8 | 720 | 46.6 | 42.1-51.2 | 1046 | 42.0 | 37.9-46.1 |
| 45-59 | 448 | 50.1 | 44.6-55.7 | 1061 | 47.7 | 43.9-51.5 | 1509 | 48.8 | 45.4-52.3 |
| 60-69 | 276 | 56.8 | 47.2-66.4 | 756 | 55.8 | 50.2-61.5 | 1032 | 56.2 | 49.9-62.5 |
| 18-69 | 1263 | 44.0 | 40.2-47.9 | 2928 | 48.3 | 45.5-51.0 | 4191 | 46.3 | 43.7-48.8 |

Analysis Information:

- Questions used: X14
- Epi Info program name: DoctorVisit12MonthsWT (weighted)

Most corresponding/relevant reasons of last visit

| Percentage of visits by reasons | | | | | | | | | |
|---------------------------------|------------|----------------------------|------------------|-----------------------------|------------------|-------------|----------------|--------------------------------------|----------------|
| Men | | | | | | | | | |
| Age Group (yy) | n | % specific health problems | 95% CI | % preventive health checkup | 95% CI | % two above | 95% CI | % administrative (non-medical) issue | 95% CI |
| 18-29 | 78 | 71.9 | 61.0-82.9 | 24.0 | 13.5-34.5 | 4.0 | 0.0-8.5 | 0.0 | 0.0-0.0 |
| 30-44 | 130 | 79.5 | 71.7-87.2 | 15.2 | 8.4-22.0 | 3.3 | 0.4-6.1 | 2.0 | 0.0-5.1 |
| 45-59 | 224 | 83.0 | 77.3-88.7 | 9.0 | 5.3-12.7 | 7.0 | 2.9-11.1 | 1.0 | 0.0-2.3 |
| 60-69 | 168 | 79.3 | 70.7-88.0 | 11.2 | 5.8-16.6 | 9.4 | 2.9-16.0 | 0.0 | 0.0-0.0 |
| 18-69 | 600 | 78.9 | 74.8-83.0 | 14.4 | 11.1-17.8 | 5.8 | 3.5-8.1 | 0.9 | 0.0-1.8 |

| Percentage of visits by reasons | | | | | | | | | |
|---------------------------------|-------------|----------------------------|------------------|-----------------------------|------------------|-------------|----------------|--------------------------------------|----------------|
| Women | | | | | | | | | |
| Age Group (yy) | n | % specific health problems | 95% CI | % preventive health checkup | 95% CI | % two above | 95% CI | % administrative (non-medical) issue | 95% CI |
| 18-29 | 185 | 62.7 | 54.9-70.6 | 28.7 | 21.1-36.2 | 8.1 | 3.6-12.6 | 0.5 | 0.0-1.5 |
| 30-44 | 317 | 67.4 | 60.9-73.9 | 26.6 | 20.6-32.5 | 6.1 | 2.3-9.8 | 0.0 | 0.0-0.0 |
| 45-59 | 518 | 77.6 | 73.5-81.7 | 15.9 | 12.5-19.3 | 6.4 | 3.6-9.2 | 0.1 | 0.0-0.4 |
| 60-69 | 440 | 78.5 | 73.9-83.2 | 14.4 | 10.6-18.2 | 6.9 | 4.1-9.6 | 0.2 | 0.0-0.6 |
| 18-69 | 1460 | 71.7 | 68.4-74.9 | 21.4 | 18.5-24.3 | 6.8 | 4.7-8.8 | 0.2 | 0.0-0.4 |

| Percentage of visits by reasons | | | | | | | | | |
|---------------------------------|-------------|----------------------------|------------------|-----------------------------|------------------|-------------|----------------|--------------------------------------|----------------|
| Both sexes | | | | | | | | | |
| Age Group (y) | n | % specific health problems | 95% CI | % preventive health checkup | 95% CI | % two above | 95% CI | % administrative (non-medical) issue | 95% CI |
| 18-29 | 263 | 67.0 | 60.6-73.5 | 26.5 | 20.2-32.8 | 6.2 | 2.8-9.6 | 0.3 | 0.0-0.8 |
| 30-44 | 447 | 72.7 | 67.7-77.6 | 21.6 | 17.2-26.1 | 4.8 | 2.3-7.3 | 0.9 | 0.0-2.2 |
| 45-59 | 742 | 80.2 | 76.5-83.8 | 12.6 | 10.0-15.3 | 6.7 | 4.1-9.2 | 0.5 | 0.0-1.2 |
| 60-69 | 608 | 78.9 | 74.4-83.4 | 13.0 | 9.8-16.2 | 8.0 | 4.6-11.3 | 0.1 | 0.0-0.3 |
| 18-69 | 2060 | 75.0 | 72.2-77.8 | 18.2 | 15.8-20.6 | 6.3 | 4.6-8.0 | 0.5 | 0.1-0.9 |

Analysis Information:

- Questions used: X15

- Epi Info program name: DoctorVisitReason12MonthsWT (weighted)

Cotinin

| Percentage of positive for cotinin | | | | | | | | | |
|------------------------------------|------------|--------------------|------------------|-------------|--------------------|-----------------|-------------|--------------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % positive cotinin | 95% CI | n | % positive cotinin | 95% CI | n | % positive cotinin | 95% CI |
| 18-29 | 71 | 61.3 | 48.3-74.4 | 146 | 14.0 | 7.7-20.3 | 217 | 38.7 | 29.8-47.6 |
| 30-44 | 132 | 56.7 | 46.7-66.7 | 324 | 14.3 | 9.9-18.8 | 456 | 36.0 | 30.1-41.9 |
| 45-59 | 192 | 56.9 | 49.0-64.9 | 528 | 12.2 | 8.6-15.8 | 720 | 32.6 | 28.2-37.0 |
| 60-69 | 154 | 39.7 | 30.3-49.2 | 376 | 6.3 | 3.8-8.8 | 530 | 20.8 | 16.0-25.6 |
| 18-69 | 549 | 55.5 | 50.0-61.0 | 1374 | 12.2 | 9.9-14.5 | 1923 | 33.2 | 29.9-36.5 |

Analysis Information:

- Questions used: COT2
- Epi Info program name: Cotinin2WT (weighte

Smoking cessation method

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | | | |
|--|-----------|--|-----------------|-------------------------------------|----------------|--------------------------------------|----------------|-------------------------------|--------|
| Age Group (yy) | Men | | | | | | | | 95% CI |
| | n | % used consultation at primary health care level | 95% CI | % used nicotine replacement therapy | 95% CI | % used medication (bupropion, tabex) | 95% CI | % used telephone consultation | |
| 18-29 | 8 | 15.2 | 0.0-30.7 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | |
| 30-44 | 14 | 7.5 | 0.0-17.3 | 0.9 | 0.0-2.8 | 0.9 | 0.0-2.5 | | |
| 45-59 | 7 | 14.8 | 3.7-25.9 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | |
| 60-69 | 5 | 6.5 | 0.0-14.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | |
| 18-69 | 34 | 11.5 | 5.3-17.6 | 0.3 | 0.0-0.9 | 0.3 | 0.0-0.8 | | |

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | | | |
|--|-----------|-----------------------------|-----------------|---------------------|------------------|---------------------|------------------|--|--------|
| Age Group (years) | Men | | | | | | | | 95% CI |
| | n | % used electronic cigarette | 95% CI | % used other method | 95% CI | % refused to answer | 95% CI | | |
| 18-29 | 8 | 9.3 | 0.0-18.7 | 53.6 | 33.6-73.5 | 21.9 | 5.3-38.5 | | |
| 30-44 | 14 | 10.9 | 1.7-20.2 | 60.9 | 46.8-75.1 | 18.8 | 8.3-29.3 | | |
| 45-59 | 7 | 8.8 | 0.2-17.4 | 65.4 | 50.9-80.0 | 11.0 | 2.6-19.3 | | |
| 60-69 | 5 | 4.6 | 0.0-11.7 | 77.2 | 62.5-91.9 | 11.7 | 1.4-22.0 | | |
| 18-69 | 34 | 9.2 | 4.5-13.8 | 61.8 | 53.0-70.6 | 17.0 | 10.2-23.7 | | |

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | | | |
|--|-----------|--|-----------------|-------------------------------------|----------------|--------------------------------------|--------|-------------------------------|--------|
| Women | | | | | | | | | |
| Age Group (yy) | n | % used consultation at primary health care level | 95% CI | % used nicotine replacement therapy | 95% CI | % used medication (bupropion, tabex) | 95% CI | % used telephone consultation | 95% CI |
| 18-29 | 7 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | | | |
| 30-44 | 18 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | | | |
| 45-59 | 22 | 21.0 | 0.0-45.6 | 3.8 | 0.0-12.4 | | | | |
| 60-69 | 8 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | | | |
| 18-69 | 55 | 7.1 | 0.0-16.1 | 1.3 | 0.0-4.0 | | | | |

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | |
|--|-----------|-----------------------------|-----------------|---------------------|------------------|---------------------|-----------------|
| Women | | | | | | | |
| Age Group | n | % used electronic cigarette | 95% CI | % used other method | 95% CI | % refused to answer | 95% CI |
| 18-29 | 7 | 11.2 | 0.0-32.5 | 88.8 | 67.5-100.0 | 0.0 | 0.0-0.0 |
| 30-44 | 18 | 16.0 | 0.0-44.7 | 60.3 | 33.4-87.2 | 23.7 | 1.1-46.3 |
| 45-59 | 22 | 10.3 | 0.0-22.0 | 46.4 | 22.3-70.5 | 18.5 | 2.1-34.9 |
| 60-69 | 8 | 0.0 | 0.0-0.0 | 77.7 | 39.8-100.0 | 22.3 | 0.0-60.2 |
| 18-69 | 55 | 11.6 | 0.0-23.9 | 63.7 | 48.0-79.4 | 16.2 | 5.8-26.7 |

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | | | |
|--|------------|--|----------|-------------------------------------|---------|--------------------------------------|---------|-------------------------------|--------|
| Age Group | Both sexes | | | | | | | | |
| | n | % used consultation at primary health care level | 95% CI | % used nicotine replacement therapy | 95% CI | % used medication (bupropion, tabex) | 95% CI | % used telephone consultation | 95% CI |
| 18-29 | 41 | 13.8 | 0.0-28.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | |
| 30-44 | 71 | 6.7 | 0.0-15.3 | 0.8 | 0.0-2.5 | 0.8 | 0.0-2.2 | | |
| 45-59 | 78 | 15.7 | 5.7-25.8 | 0.0 | 0.0-0.0 | 0.6 | 0.0-1.8 | | |
| 60-69 | 43 | 6.0 | 0.0-12.9 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | | |
| 18-69 | 233 | 11.0 | 5.6-16.4 | 0.3 | 0.0-0.8 | 0.4 | 0.0-1.0 | | |

| Percentage of smoking cessation method (among those who think of any quit attempt during the past 12 months) | | | | | | | |
|--|------------|-----------------------------|-----------------|---------------------|------------------|---------------------|------------------|
| Age Group | Both sexes | | | | | | |
| | n | % used electronic cigarette | 95% CI | % used other method | 95% CI | % refused to answer | 95% CI |
| 18-29 | 41 | 9.5 | 0.8-18.2 | 56.7 | 38.3-75.2 | 19.9 | 4.8-35.1 |
| 30-44 | 71 | 11.5 | 2.6-20.4 | 60.9 | 47.9-73.8 | 19.4 | 9.9-28.8 |
| 45-59 | 78 | 9.0 | 1.4-16.7 | 62.6 | 49.5-75.6 | 12.1 | 4.3-20.0 |
| 60-69 | 43 | 4.3 | 0.0-10.8 | 77.2 | 63.4-91.0 | 12.5 | 2.4-22.6 |
| 18-69 | 233 | 9.4 | 5.1-13.8 | 62.0 | 54.1-69.9 | 16.9 | 10.7-23.1 |

Analysis Information:

- Questions used: T6, X21, X22, X23, X24, X25, X26, X27
- Epi Info program name: TcessationMethodsWT_All (weighted)

Smoking cessation methods (among those who used OTHER (X26) method of quitting during the past 12 month)

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|------------|------------|----------------|------------|----------------|--------------------------|----------------|----------------|-----------------|
| Age Group | Men | | | | | | | | |
| | n | % No | 95% CI | % None | 95% CI | % Non-smoker, just tried | 95% CI | % Health issue | 95% CI |
| 18-29 | 18 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 2.4 | 0.0-7.3 | 7.2 | 0.0-21.0 |
| 30-44 | 28 | 6.1 | 0.0-17.8 | 8.5 | 0.0-19.9 | 1.5 | 0.0-4.6 | 3.3 | 0.0-9.7 |
| 45-59 | 36 | 2.8 | 0.0-8.4 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 13.2 | 6.0-20.4 |
| 60-69 | 25 | 0.0 | 0.0-0.0 | 1.5 | 0.0-4.5 | 0.0 | 0.0-0.0 | 27.3 | 0.0-60.0 |
| 18-69 | 107 | 2.7 | 0.0-6.1 | 3.0 | 0.0-6.9 | 1.1 | 0.0-2.7 | 10.5 | 3.0-18.1 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|------------|---|----------------|------------|----------------|-------------------------|----------------|------------|----------------|
| Age Group | Men | | | | | | | | |
| | n | % Health issues, quitted for short period | 95% CI | % Fasting | 95% CI | % Family member request | 95% CI | % Various | 95% CI |
| 18-29 | 18 | 0.0 | 0.0-0.0 | 4.8 | 0.0-14.5 | 0.0 | 0.0-0.0 | 1.9 | 0.0-5.8 |
| 30-44 | 28 | 6.7 | 0.0-19.5 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 45-59 | 36 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 9.8 | 0.0-27.9 | 0.0 | 0.0-0.0 |
| 60-69 | 25 | 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 | 107 | 2.2 | 0.0-6.4 | 1.3 | 0.0-3.8 | 2.5 | 0.0-7.3 | 0.5 | 0.0-1.5 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | |
|--|------------|--------------|------------------|-------------------------------------|-----------------|
| Age Group (years) | Men | | | | |
| | n | % Own effort | 95% CI | % Own effort, quit for short period | 95% CI |
| 18-29 | 18 | 83.7 | 65.9-100.0 | 0.0 | 0.0-0.0 |
| 30-44 | 28 | 65.3 | 43.5-87.1 | 8.7 | 0.0-20.5 |
| 45-59 | 36 | 68.9 | 49.6-88.1 | 5.3 | 0.0-15.7 |
| 60-69 | 25 | 64.1 | 32.9-95.2 | 7.1 | 0.0-20.8 |
| 18-69 | 107 | 70.9 | 58.6-83.2 | 5.3 | 0.3-10.3 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|-----------|------------|----------------|--------------------------|----------------|----------------|-----------------|-------------------------|----------------|
| Age Group (years) | Women | | | | | | | | |
| | n | % Swimming | 95% CI | % Non-smoker, just tried | 95% CI | % Health issue | 95% CI | % Family member request | 95% CI |
| 18-29 | 6 | 0.0 | 0.0-0.0 | 7.1 | 0.0-21.4 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 30-44 | 11 | 5.9 | 0.0-18.2 | 0.0 | 0.0-0.0 | 6.3 | 0.0-19.7 | 9.1 | 0.0-25.1 |
| 45-59 | 9 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 16.5 | 0.0-38.4 | 0.0 | 0.0-0.0 |
| 60-69 | 7 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 42.8 | 3.6-82.1 | 0.0 | 0.0-0.0 |
| 18-69 | 33 | 1.9 | 0.0-5.9 | 2.3 | 0.0-7.2 | 10.3 | 1.6-19.0 | 3.0 | 0.0-8.9 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | |
|--|-----------|-------------|-----------------|---------------|----------------|--------------|------------------|
| Age Group | Women | | | | | | |
| | n | % Pregnancy | 95% CI | % Chewing gum | 95% CI | % Own effort | 95% CI |
| 18-29 | 6 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 92.9 | 78.6-100.0 |
| 30-44 | 11 | 31.3 | 0.0-68.5 | 0.0 | 0.0-0.0 | 47.4 | 16.0-78.8 |
| 45-59 | 9 | 0.0 | 0.0-0.0 | 6.2 | 0.0-18.9 | 77.3 | 53.6-100.0 |
| 60-69 | 7 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 57.2 | 17.9-96.4 |
| 18-69 | 33 | 10.3 | 0.0-24.6 | 1.5 | 0.0-4.7 | 70.7 | 54.5-86.9 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|------------|------------|----------------|------------|----------------|------------|----------------|--------------------------|------------|
| Age Group | Both sexes | | | | | | | | |
| | n | % No | 95% CI | % None | 95% CI | % Swimming | 95% CI | % Non-smoker, just tried | 95% CI |
| 18-29 | 24 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 3.1 | 24 |
| 30-44 | 39 | 5.4 | 0.0-15.7 | 7.5 | 0.0-17.7 | 0.7 | 0.0-2.1 | 1.3 | 39 |
| 45-59 | 45 | 2.5 | 0.0-7.4 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 45 |
| 60-69 | 32 | 0.0 | 0.0-0.0 | 1.4 | 0.0-4.1 | 0.0 | 0.0-0.0 | 0.0 | 32 |
| 18-69 | 140 | 2.4 | 0.0-5.4 | 2.7 | 0.0-6.2 | 0.2 | 0.0-0.7 | 1.3 | 140 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|------------|----------------|-----------------|---|----------------|------------|----------------|-------------------------|----------------|
| Age Group | Both sexes | | | | | | | | |
| | n | % Health issue | 95% CI | % Health issues, quitted for short period | 95% CI | % Fasting | 95% CI | % Family member request | 95% CI |
| 18-29 | 24 | 6.2 | 0.0-18.0 | 0.0 | 0.0-0.0 | 4.2 | 0.0-12.4 | 0.0 | 0.0-0.0 |
| 30-44 | 39 | 3.6 | 0.0-9.5 | 5.9 | 0.0-17.3 | 0.0 | 0.0-0.0 | 1.1 | 0.0-3.2 |
| 45-59 | 45 | 13.6 | 6.6-20.6 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 8.7 | 0.0-24.8 |
| 60-69 | 32 | 28.5 | 0.0-58.3 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 |
| 18-69 | 140 | 10.5 | 3.8-17.2 | 1.9 | 0.0-5.7 | 1.1 | 0.0-3.4 | 2.5 | 0.0-6.8 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | | | | | | | |
|--|------------|-------------|----------------|---------------|----------------|------------|----------------|--------------|------------------|
| Age Group | Both sexes | | | | | | | | |
| | n | % Pregnancy | 95% CI | % Chewing gum | 95% CI | % Various | 95% CI | % Own effort | 95% CI |
| 18-29 | 24 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 1.6 | 0.0-4.9 | 85.0 | 69.7-100.0 |
| 30-44 | 39 | 3.6 | 0.0-8.8 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 63.2 | 43.5-83.0 |
| 45-59 | 45 | 0.0 | 0.0-0.0 | 0.7 | 0.0-2.1 | 0.0 | 0.0-0.0 | 69.8 | 52.2-87.4 |
| 60-69 | 32 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 63.5 | 34.9-92.2 |
| 18-69 | 140 | 1.2 | 0.0-2.9 | 0.2 | 0.0-0.5 | 0.4 | 0.0-1.3 | 70.9 | 59.9-81.8 |

| Percentage of smoking cessation method (among those who used other method of quitting during past 12 months) | | | |
|--|------------|--|----------------|
| Age Group | Both sexes | | |
| | n | % Own effort, quitted for short period | 95% CI |
| 18-29 | 24 | 0.0 | 0.0-0.0 |
| 30-44 | 39 | 7.6 | 0.0-18.1 |
| 45-59 | 45 | 4.7 | 0.0-14.0 |
| 60-69 | 32 | 6.6 | 0.0-19.2 |
| 18-69 | 140 | 4.7 | 0.2-9.1 |

Analysis Information:

- Questions used: X26, x2otherADAPTED
- Epi Info program name: TcessationMethodsWT_Other (weighted)

Oral Health

Percentage of respondents having natural teeth

Description: Percentage of respondents who have no natural teeth, 1-9 natural teeth, 10-19 natural teeth, or 20 or more natural teeth.

Instrument question:

- How many natural teeth do you have?

| Percentage of respondents with natural teeth | | | | | | | | | |
|--|-------------|--------------------|----------------|-----------------------|-----------------|-------------------------|------------------|----------------------|------------------|
| Age Group (years) | Men | | | | | | | | |
| | n | % No natural teeth | 95% CI | % 1 - 9 natural teeth | 95% CI | % 10 - 19 natural teeth | 95% CI | % ≥ 20 natural teeth | 95% CI |
| 18-29 | 217 | 0.0 | 0.0-0.0 | 0.0 | 0.0-0.0 | 4.7 | 0.8-8.6 | 95.3 | 91.4-99.2 |
| 30-44 | 324 | 0.9 | 0.0-1.8 | 3.8 | 1.4-6.2 | 20.4 | 15.2-25.6 | 74.9 | 69.4-80.4 |
| 45-59 | 446 | 4.3 | 2.4-6.1 | 15.9 | 12.2-19.6 | 37.1 | 31.7-42.4 | 42.8 | 37.2-48.4 |
| 60-69 | 270 | 16.0 | 11.1-20.8 | 33.4 | 26.9-39.9 | 32.9 | 26.9-38.9 | 17.7 | 12.3-23.2 |
| 18-69 | 1257 | 3.7 | 2.7-4.6 | 10.4 | 8.5-12.2 | 22.9 | 20.2-25.6 | 63.1 | 59.7-66.4 |

| Percentage of respondents with natural teeth | | | | | | | | | |
|--|-------|--------------------|-----------|-----------------------|-----------|-------------------------|-----------|----------------------|-----------|
| Age Group (years) | Women | | | | | | | | |
| | n | % No natural teeth | 95% CI | % 1 - 9 natural teeth | 95% CI | % 10 - 19 natural teeth | 95% CI | % ≥ 20 natural teeth | 95% CI |
| 18-29 | 391 | 0.3 | 0.0-1.0 | 0.2 | 0.0-0.5 | 3.9 | 1.4-6.4 | 95.6 | 93.0-98.2 |
| 30-44 | 718 | 0.4 | 0.0-1.0 | 3.7 | 2.1-5.3 | 16.8 | 13.4-20.2 | 79.1 | 75.3-82.8 |
| 45-59 | 1050 | 5.0 | 3.2-6.9 | 22.9 | 19.7-26.1 | 35.7 | 32.5-39.0 | 36.3 | 33.0-39.7 |
| 60-69 | 745 | 18.3 | 13.5-23.2 | 30.2 | 25.6-34.8 | 37.7 | 33.6-41.9 | 13.8 | 10.8-16.8 |

| | | | | | | | | | |
|--------------|-------------|------------|----------------|-------------|------------------|-------------|------------------|-------------|------------------|
| 18-69 | 2904 | 4.8 | 3.7-5.9 | 13.2 | 11.7-14.7 | 23.1 | 21.1-25.1 | 58.9 | 56.6-61.2 |
|--------------|-------------|------------|----------------|-------------|------------------|-------------|------------------|-------------|------------------|

| Percentage of respondents with natural teeth | | | | | | | | | |
|--|-------------|--------------------|----------------|-----------------------|------------------|-------------------------|------------------|----------------------|------------------|
| Age Group (years) | Both Sexes | | | | | | | | |
| | n | % No natural teeth | 95% CI | % 1 - 9 natural teeth | 95% CI | % 10 - 19 natural teeth | 95% CI | % ≥ 20 natural teeth | 95% CI |
| 18-29 | 608 | 0.2 | 0.0-0.5 | 0.1 | 0.0-0.3 | 4.3 | 2.0-6.6 | 95.5 | 93.1-97.8 |
| 30-44 | 1042 | 0.6 | 0.1-1.2 | 3.8 | 2.3-5.2 | 18.6 | 15.4-21.8 | 77.0 | 73.8-80.3 |
| 45-59 | 1496 | 4.7 | 3.4-5.9 | 19.6 | 17.0-22.1 | 36.4 | 33.2-39.5 | 39.4 | 36.1-42.7 |
| 60-69 | 1015 | 17.3 | 13.4-21.3 | 31.5 | 27.8-35.3 | 35.7 | 32.2-39.2 | 15.5 | 12.3-18.6 |
| 18-69 | 4161 | 4.3 | 3.5-5.1 | 11.8 | 10.7-13.0 | 23.0 | 21.3-24.7 | 60.9 | 58.8-63.0 |

Analysis Information:

- Questions used: O1
- Epi Info program name: Onatural (unweighted); OnaturalWT (weighted)

Percentage of respondent s having oral pain or discomfort

Description: Percentage of respondents who have pain or discomfort caused by their teeth or mouth during the past 12 months.

Instrument question:

- During the past 12 months, did your teeth or mouth cause any pain or discomfort?

| Percentage having oral pain or discomfort | | | | | | | | | |
|---|-----|----------------------------------|--------|-------|----------------------------------|--------|------------|----------------------------------|--------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % Having oral pain or discomfort | 95% CI | n | % Having oral pain or discomfort | 95% CI | n | % Having oral pain or discomfort | 95% CI |

| | | | | | | | | | |
|--------------|-------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| 18-29 | 218 | 31.3 | 24.2-38.5 | 391 | 35.3 | 29.8-40.7 | 609 | 33.3 | 28.6-37.9 |
| 30-44 | 327 | 31.9 | 25.4-38.4 | 723 | 37.3 | 32.9-41.6 | 1050 | 34.6 | 30.6-38.6 |
| 45-59 | 449 | 36.3 | 30.2-42.3 | 1063 | 35.9 | 32.4-39.4 | 1512 | 36.1 | 32.6-39.6 |
| 60-69 | 277 | 31.6 | 25.5-37.8 | 756 | 29.1 | 25.1-33.1 | 1033 | 30.2 | 26.6-33.8 |
| 18-69 | 1271 | 33.0 | 29.2-36.7 | 2933 | 35.0 | 32.7-37.3 | 4204 | 34.0 | 31.8-36.3 |

Analysis Information:

- Questions used: O6
- Epi Info program name: Opain (unweighted); OpainWT (weighted)

Percentage
cleaning
teeth at
least once
/ at least
twice a day

Description: Percentage of respondents cleaning their teeth at least once / at least twice a day.

Instrument question:

- How often do you clean your teeth?

| Percentage of respondents cleaning their teeth at least once a day | | | | | | | | | |
|--|-------------|---------------------------------|------------------|-------------|---------------------------------|------------------|-------------|---------------------------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % cleaning teeth at least daily | 95% CI | n | % cleaning teeth at least daily | 95% CI | n | % cleaning teeth at least daily | 95% CI |
| 18-29 | 218 | 91.4 | 87.0-95.9 | 391 | 95.8 | 93.2-98.4 | 609 | 93.6 | 90.9-96.2 |
| 30-44 | 327 | 85.2 | 79.1-91.3 | 723 | 93.9 | 91.7-96.2 | 1050 | 89.6 | 86.3-93.0 |
| 45-59 | 449 | 77.6 | 72.4-82.9 | 1063 | 87.8 | 84.8-90.9 | 1512 | 83.1 | 79.9-86.3 |
| 60-69 | 277 | 67.9 | 61.2-74.6 | 756 | 77.8 | 72.7-83.0 | 1033 | 73.6 | 69.1-78.1 |
| 18-69 | 1271 | 82.2 | 78.4-86.1 | 2933 | 89.8 | 87.9-91.7 | 4204 | 86.2 | 83.7-88.7 |

| Percentage of respondents cleaning their teeth twice a day | | | | | | | | | |
|--|-----|------------------------------|-----------|-------|------------------------------|-----------|------------|------------------------------|-----------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % cleaning teeth twice a day | 95% CI | n | % cleaning teeth twice a day | 95% CI | n | % cleaning teeth twice a day | 95% CI |
| 18-29 | 218 | 46.4 | 38.5-54.2 | 391 | 59.1 | 52.6-65.7 | 609 | 52.6 | 47.3-58.0 |

| | | | | | | | | | |
|--------------|-------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| 30-44 | 327 | 27.3 | 21.4-33.1 | 723 | 49.6 | 44.6-54.6 | 1050 | 38.6 | 34.5-42.7 |
| 45-59 | 449 | 20.6 | 16.2-25.0 | 1063 | 33.1 | 29.2-37.1 | 1512 | 27.3 | 24.0-30.5 |
| 60-69 | 277 | 13.2 | 8.6-17.8 | 756 | 20.2 | 16.7-23.7 | 1033 | 17.2 | 14.5-20.0 |
| 18-69 | 1271 | 28.4 | 25.1-31.7 | 2933 | 41.8 | 38.7-44.9 | 4204 | 35.3 | 32.8-37.9 |

Analysis Information:

- Questions used: O9
- Epi Info program name: Ofreqclean (unweighted); OfreqcleanWT (weighted)

Sexual Health

Ever sexual intercourse

Description: Percentage of sexually active respondents

Instrument question:

- Have you ever had sexual intercourse?

| Percentage of sexually active respondents | | | | | | | | | | | |
|---|------|---------------------------------------|-------------|--|-------|---------------------------------------|-----------|--|------------|---------------------------------------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % having had sexual intercourse | 95% CI | | n | % having had sexual intercourse | 95% CI | | n | % having had sexual intercourse | 95% CI |
| 18-29 | 198 | 89.8 | 84.7-95.0 | | 384 | 61.2 | 55.6-66.8 | | 582 | 75.2 | 70.9-79.5 |
| 30-44 | 308 | 98.4 | 97.1-99.8 | | 701 | 92.9 | 90.5-95.2 | | 1009 | 95.6 | 94.2-97.0 |
| 45-59 | 414 | 99.2 | 98.0-100.0 | | 1014 | 94.6 | 93.1-96.0 | | 1428 | 96.7 | 95.7-97.7 |
| 60-69 | 256 | 100.0 | 100.0-100.0 | | 718 | 94.3 | 92.5-96.0 | | 974 | 96.7 | 95.7-97.8 |
| 18-69 | 1176 | 96.7 | 95.2-98.1 | | 2817 | 86.2 | 84.4-87.9 | | 3993 | 91.1 | 89.9-92.3 |

Early first sexual intercourse

Description: Age of first sexual intercourse.

Instrument question:

- How old were you when you first had sexual intercourse?

Median age of first sexual intercourse

| Age Group (years) | Men | | | Women | | | Both Sexes | | |
|----------------------|------------|------------|-----------------------------------|-------------|------------|-----------------------------------|-------------|------------|-----------------------------------|
| | n | Median Age | Inter-quartile range (P25-P75) | n | Median Age | Inter-quartile range (P25-P75) | n | Median Age | Inter-quartile range (P25-P75) |
| 18-29 | 153 | 17 | 16-18 | 251 | 19 | 17-22 | 404 | 18 | 16-20 |
| 30-44 | 253 | 17 | 16-19 | 647 | 20 | 18-25 | 900 | 19 | 16-22 |
| 45-59 | 357 | 18 | 16-20 | 931 | 21 | 18-24 | 1288 | 19 | 17-22 |
| 60-69 | 203 | 19 | 17-21 | 655 | 20 | 18-24 | 858 | 20 | 18-23 |
| 18-69 | 966 | 17 | 16-20 | 2484 | 20 | 18-24 | 3450 | 19 | 17-22 |

| Mean age of first sexual intercourse | | | | | | | | | |
|--------------------------------------|------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|------------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | Mean Age | 95% CI | n | Mean Age | 95% CI | n | Mean Age | 95% CI |
| 18-29 | 153 | 16.9 | 16.5-17.3 | 251 | 19.8 | 19.4-20.2 | 404 | 18.2 | 17.9-18.6 |
| 30-44 | 253 | 17.6 | 17.2-18.1 | 647 | 21.6 | 21.1-22.2 | 900 | 19.8 | 19.4-20.2 |
| 45-59 | 357 | 18.3 | 17.9-18.7 | 931 | 22.0 | 21.6-22.4 | 1288 | 20.4 | 20.1-20.7 |
| 60-69 | 203 | 19.4 | 19.0-19.9 | 655 | 21.7 | 21.3-22.2 | 858 | 20.8 | 20.4-21.2 |
| 18-69 | 966 | 28.2 | 17.7-18.2 | 2484 | 21.5 | 21.2-21.7 | 3450 | 19.8 | 19.6-20.1 |

| % Reporting first sexual intercourse before age 15 | | | | | | | | | |
|--|------------|---------------------------------------|----------------|-------------|---------------------------------------|----------------|-------------|---------------------------------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % reporting intercourse before age 15 | 95% CI | n | % reporting intercourse before age 15 | 95% CI | n | % reporting intercourse before age 15 | 95% CI |
| 18-29 | 153 | 8.9 | 3.9-13.8 | 251 | 0.8 | 0.0-1.8 | 404 | 5.2 | 2.4-7.9 |
| 30-44 | 253 | 7.4 | 4.1-10.7 | 647 | 1.0 | 0.2-1.9 | 900 | 4.0 | 2.4-5.6 |
| 45-59 | 357 | 5.2 | 2.3-8.2 | 931 | 0.7 | 0.0-1.4 | 1288 | 2.7 | 1.4-4.0 |
| 60-69 | 203 | 1.9 | 0.3-3.4 | 655 | 0.9 | 0.1-1.7 | 858 | 1.3 | 0.5-2.1 |
| 18-69 | 966 | 6.3 | 4.3-8.3 | 2484 | 0.9 | 0.4-1.4 | 3450 | 3.4 | 2.4-4.3 |

Analysis Information:

- Questions used: SH1, SH2

Epi Info programme name: SirstsexageWT (weighted)

Timing of last sexual intercourse

Description: Timing of last sexual intercourse.

Instrument questions:

- When did you last have sexual intercourse?

| Timing of last sexual intercourse | | | | | | | | | | | |
|-----------------------------------|------------|--------------------|------------------|----------------------------------|------------------|----------------------------------|------------------|------------------------|----------------|------------------|-----------------|
| Men | | | | | | | | | | | |
| Age Group (years) | n | % In the last week | 95% CI | % Between a week and a month ago | 95% CI | % Between a month and a year ago | 95% CI | % More than a year ago | 95% CI | % Don't Remember | 95% CI |
| 18-29 | 145 | 28.7 | 20.6-36.9 | 41.8 | 32.6-51.0 | 22.0 | 13.5-30.5 | 1.1 | 0.0-2.5 | 6.3 | 2.2-10.5 |
| 30-44 | 241 | 49.9 | 41.7-58.0 | 31.9 | 25.3-38.5 | 9.5 | 5.5-13.5 | 2.3 | 0.1-4.5 | 6.4 | 3.5-9.4 |
| 45-59 | 305 | 26.9 | 20.7-33.1 | 29.9 | 23.3-36.4 | 27.4 | 20.5-34.2 | 4.4 | 2.5-6.3 | 11.5 | 7.3-15.6 |
| 60-69 | 184 | 7.2 | 1.4-13.1 | 11.1 | 6.4-15.8 | 25.8 | 15.7-35.9 | 28.3 | 19.6-37.1 | 27.5 | 18.6-36.4 |
| 18-69 | 875 | 32.4 | 28.2-36.7 | 31.0 | 26.7-35.2 | 19.8 | 15.9-23.7 | 6.1 | 4.5-7.8 | 10.7 | 8.2-13.1 |

| Timing of last sexual intercourse | | | | | | | | | | | |
|-----------------------------------|-------------|--------------------|------------------|----------------------------------|------------------|----------------------------------|------------------|------------------------|------------------|------------------|------------------|
| Women | | | | | | | | | | | |
| Age Group (years) | n | % In the last week | 95% CI | % Between a week and a month ago | 95% CI | % Between a month and a year ago | 95% CI | % More than a year ago | 95% CI | % Don't Remember | 95% CI |
| 18-29 | 217 | 43.9 | 36.0-51.9 | 34.3 | 26.8-41.9 | 14.1 | 8.4-19.8 | 3.3 | 0.8-5.8 | 4.3 | 1.5-7.1 |
| 30-44 | 543 | 36.5 | 31.4-41.6 | 35.0 | 29.7-40.3 | 12.6 | 9.4-15.8 | 9.5 | 6.9-12.1 | 6.4 | 3.9-8.9 |
| 45-59 | 774 | 10.6 | 8.0-13.2 | 19.8 | 16.3-23.4 | 21.5 | 17.9-25.1 | 24.6 | 20.9-28.3 | 23.5 | 19.8-27.2 |
| 60-69 | 578 | 1.1 | 0.3-1.9 | 3.3 | 0.5-6.0 | 10.4 | 7.1-13.6 | 37.6 | 32.7-42.6 | 47.6 | 42.0-53.2 |
| 18-69 | 2112 | 22.8 | 20.4-25.2 | 24.1 | 21.4-26.8 | 15.4 | 13.4-17.4 | 18.5 | 16.5-20.6 | 19.2 | 17.2-21.3 |

| Timing of last sexual intercourse | | | | | | | | | | | |
|-----------------------------------|-----|--------------------|-----------|----------------------------------|-----------|----------------------------------|-----------|------------------------|---------|------------------|---------|
| Both Sexes | | | | | | | | | | | |
| Age Group (years) | n | % In the last week | 95% CI | % Between a week and a month ago | 95% CI | % Between a month and a year ago | 95% CI | % More than a year ago | 95% CI | % Don't Remember | 95% CI |
| 18-29 | 362 | 35.3 | 29.4-41.3 | 38.6 | 32.5-44.6 | 18.6 | 13.4-23.8 | 2.1 | 0.8-3.4 | 5.5 | 2.8-8.1 |

| | | | | | | | | | | | |
|--------------|-------------|-------------|------------------|-------------|------------------|-------------|------------------|-------------|------------------|-------------|------------------|
| 30-44 | 784 | 43.2 | 38.2-48.1 | 33.4 | 29.3-37.6 | 11.0 | 8.5-13.6 | 5.9 | 4.2-7.7 | 6.4 | 4.5-8.4 |
| 45-59 | 1079 | 17.8 | 14.4-21.2 | 24.3 | 20.8-27.8 | 24.1 | 20.4-27.8 | 15.6 | 13.2-18.0 | 18.1 | 15.2-21.1 |
| 60-69 | 762 | 3.6 | 1.2-6.0 | 6.4 | 4.4-8.5 | 16.6 | 11.7-21.4 | 33.9 | 29.1-38.7 | 39.5 | 33.8-45.2 |
| 18-69 | 2987 | 27.4 | 24.9-30.0 | 27.4 | 25.0-29.8 | 17.5 | 15.4-19.6 | 12.6 | 11.1-14.0 | 15.1 | 13.4-16.8 |

Percentage of respondents not reporting any protection during last sexual intercourse

Description: Percentage of respondents not reporting any use of protection against pregnancy and/or infection during last sexual intercourse.

Instrument questions:

- The last time you had sexual intercourse, did you use any kind of protection against pregnancy and/or infection?

| Percentage of respondents not using any form of protection during last intercourse | | | | | | | | | | | |
|--|-----|------------------------|------------|--|-------|------------------------|------------|--|------------|------------------------|-----------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | | |
| | n | % Not using protection | 95% CI | | n | % Not using protection | 95% CI | | n | % Not using protection | 95% CI |
| 18-29 | 137 | 54.9 | 45.5-64.3 | | 201 | 66.8 | 58.5-75.0 | | 338 | 60.1 | 53.8-66.4 |
| 30-44 | 214 | 70.0 | 62.9-77.1 | | 449 | 77.3 | 73.0-81.5 | | 663 | 73.5 | 69.1-77.8 |
| 45-59 | 247 | 90.9 | 86.9-95.0 | | 389 | 95.4 | 92.8-97.9 | | 636 | 92.9 | 90.4-95.3 |
| 60-69 | 82 | 97.5 | 94.3-100.0 | | 77 | 96.0 | 90.4-100.0 | | 159 | 97.0 | 94.1-99.9 |
| 18-69 | 680 | 74.0 | 69.5-78.6 | | 1116 | 80.4 | 77.4-83.4 | | 1796 | 76.9 | 73.9-79.9 |

Percentage of respondents reporting protection during last sexual intercourse

Description: Percentage of respondents reporting use of protection against pregnancy and/or infection during last sexual intercourse.

Instrument questions:

- The last time you had sexual intercourse, did you use any kind of protection against pregnancy and/or infection?

| Percentage of respondents reporting use of protection during last intercourse | | | | | | | | | | | |
|---|----|-----------------------------------|-----------|--|----|-----------------------------------|---------|--|----|--|---------|
| Men | | | | | | | | | | | |
| Age Group (years) | n | % reporting use of a condom | 95% CI | | n | % reporting use of the pill | 95% CI | | n | % reporting use of a different method | 95% CI |
| 18-29 | 94 | 52.5 | 40.0-65.0 | | 94 | 0.8 | 0.0-2.5 | | 94 | 1.2 | 0.0-3.4 |

| | | | | | | | | | |
|--------------|------------|-------------|------------------|------------|------------|----------------|------------|------------|----------------|
| 30-44 | 124 | 51.2 | 40.5-61.9 | 124 | 0.4 | 0.0-1.2 | 124 | 0.0 | 0.0-0.0 |
| 45-59 | 123 | 18.0 | 9.5-26.4 | 123 | 0.0 | 0.0-0.0 | 123 | 2.0 | 0.0-5.2 |
| 60-69 | 63 | 3.9 | 0.0-8.7 | 63 | 0.0 | 0.0-0.0 | 63 | 0.0 | 0.0-0.0 |
| 18-69 | 404 | 39.5 | 32.8-46.3 | 404 | 0.4 | 0.0-1.0 | 404 | 0.8 | 0.0-1.9 |

| Percentage of respondents reporting use of protection during last intercourse | | | | | | | | | |
|---|------------|-----------------------------------|------------------|------------|-----------------------------------|----------------|------------|--|-----------------|
| Women | | | | | | | | | |
| Age Group (years) | n | % reporting use of a condom | 95% CI | n | % reporting use of the pill | 95% CI | n | % reporting use of a different method | 95% CI |
| 18-29 | 95 | 37.2 | 24.9-49.4 | 95 | 8.0 | 1.3-14.6 | 95 | 14.7 | 5.8-23.6 |
| 30-44 | 213 | 26.1 | 18.8-33.3 | 213 | 8.3 | 4.2-12.4 | 213 | 9.8 | 5.1-14.4 |
| 45-59 | 181 | 10.3 | 4.6-15.9 | 181 | 0.4 | 0.0-1.2 | 181 | 0.0 | 0.0-0.0 |
| 60-69 | 82 | 3.4 | 0.0-8.9 | 82 | 0.0 | 0.0-0.0 | 82 | 0.0 | 0.0-0.0 |
| 18-69 | 571 | 22.6 | 17.7-27.5 | 571 | 5.4 | 3.1-7.8 | 571 | 7.6 | 4.2-10.9 |

| Percentage of respondents reporting use of protection during last intercourse | | | | | | | | | |
|---|------------|-----------------------------------|------------------|------------|-----------------------------------|----------------|------------|--|----------------|
| Both Sexes | | | | | | | | | |
| Age Group (years) | n | % reporting use of a condom | 95% CI | n | % reporting use of the pill | 95% CI | n | % reporting use of a different method | 95% CI |
| 18-29 | 189 | 47.3 | 37.9-56.7 | 189 | 3.2 | 0.7-5.8 | 189 | 5.7 | 2.0-9.4 |
| 30-44 | 337 | 39.9 | 32.4-47.5 | 337 | 3.9 | 2.0-5.9 | 337 | 4.4 | 2.2-6.6 |
| 45-59 | 304 | 14.7 | 9.3-20.1 | 304 | 0.2 | 0.0-0.5 | 304 | 1.1 | 0.0-3.0 |
| 60-69 | 145 | 3.7 | 0.1-7.3 | 145 | 0.0 | 0.0-0.0 | 145 | 0.0 | 0.0-0.0 |
| 18-69 | 975 | 32.6 | 27.8-37.4 | 975 | 2.5 | 1.4-3.5 | 975 | 3.6 | 1.9-5.2 |

Mental health / Suicide

Population having considered attempting suicide in past 12 months

Description: Percentage of respondents who seriously considered attempting suicide in the last 12 months among all respondents.

Instrument question:

- During the past 12 months, have you seriously considered attempting suicide?

Percentage having considered attempting suicide in the last 12 months

| Age Group (years) | Men | | | Women | | | Both Sexes | | |
|----------------------|-------------|--|----------------|-------------|--|----------------|-------------|--|----------------|
| | n | % considered attempting suicide | 95% CI | n | % considered attempting suicide | 95% CI | n | % considered attempting suicide | 95% CI |
| 18-29 | 216 | 1.0 | 0.0-2.3 | 389 | 2.4 | 0.9-3.9 | 605 | 1.7 | 0.7-2.7 |
| 30-44 | 324 | 2.0 | 0.4-3.7 | 716 | 2.1 | 1.0-3.3 | 1040 | 2.1 | 1.0-3.1 |
| 45-59 | 443 | 1.7 | 0.4-3.0 | 1054 | 2.6 | 1.5-3.8 | 1497 | 2.2 | 1.3-3.1 |
| 60-69 | 275 | 0.6 | 0.0-1.4 | 754 | 1.3 | 0.5-2.0 | 1029 | 1.0 | 0.4-1.5 |
| 18-69 | 1258 | 1.5 | 0.7-2.2 | 2913 | 2.2 | 1.6-2.8 | 4171 | 1.8 | 1.4-2.3 |

Analysis Information:

- Questions used: MH1
- Epi Info program name: MHconsidered (unweighted); MHconsideredWT (weighted)

**Population
having
planned
how to
attempt
suicide**

Description: Percentage of respondents who made a plan about how to attempt suicide in the past 12 months.

Instrument question:

- During the past 12 months, have you made a plan about how you would attempt suicide?

| Percentage having sought professional help | | | | | | | | | |
|--|-----------|--|-----------------|-----------|--|-----------------|------------|--|-----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % planned how to attempt suicide | 95% CI | n | % planned how to attempt suicide | 95% CI | n | % planned how to attempt suicide | 95% CI |
| 18-29 | 3 | 43.1 | 0.0-100.0 | 11 | 19.0 | 0.0-43.7 | 14 | 26.0 | 0.0-53.1 |
| 30-44 | 7 | 24.6 | 12.9-36.3 | 17 | 11.8 | 0.0-29.0 | 24 | 17.6 | 0.0-38.9 |
| 45-59 | 9 | 10.7 | 0.0-33.5 | 29 | 10.3 | 0.0-20.7 | 38 | 10.5 | 0.0-20.9 |
| 60-69 | 3 | 0.0 | 0.0-0.0 | 13 | 8.4 | 0.0-24.7 | 16 | 5.5 | 0.0-16.4 |
| 18-69 | 22 | 20.8 | 3.3-38.3 | 70 | 12.8 | 3.5-22.2 | 92 | 16.0 | 5.7-26.2 |

Analysis Information:

- Questions used: MH3
- Epi Info program name: MHplan (unweighted); MHplanWT (weighted)

Population having ever attempted suicide Description: Percentage of respondents who have ever attempted suicide among all respondents.

Instrument question:

- Have you ever attempted suicide?

| Percentage having ever attempted suicide | | | | | | | | | |
|--|-------------|---------------------|----------------|-------------|---------------------|----------------|-------------|---------------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % attempted suicide | 95% CI | n | % attempted suicide | 95% CI | n | % attempted suicide | 95% CI |
| 18-29 | 215 | 1.2 | 0.0-2.9 | 390 | 0.6 | 0.0-1.2 | 605 | 0.9 | 0.0-1.8 |
| 30-44 | 325 | 1.6 | 0.0-3.2 | 718 | 0.8 | 0.1-1.4 | 1043 | 1.2 | 0.3-2.0 |
| 45-59 | 444 | 0.8 | 0.0-1.7 | 1052 | 1.2 | 0.5-2.0 | 1496 | 1.0 | 0.4-1.6 |
| 60-69 | 276 | 0.2 | 0.0-0.6 | 752 | 0.4 | 0.0-0.7 | 1028 | 0.3 | 0.0-0.6 |
| 18-69 | 1260 | 1.1 | 0.4-1.8 | 2912 | 0.8 | 0.4-1.1 | 4172 | 0.9 | 0.5-1.3 |

Violence and Injury

Past 12 months involvement in a road traffic crash Description: Percentage of respondents who have been involved in a road traffic crash during the past 12 months.

Instrument question:

- In the past 12 months, have you been involved in a road traffic crash as a passenger, driver, or pedestrian?

| Percentage of respondents involved in a road traffic crash during the past 12 months | | | | | | | | | |
|--|-------------|------------------------------------|----------------|-------------|------------------------------------|----------------|-------------|------------------------------------|----------------|
| Age Group (years) | Men | | | Women | | | Both Sexes | | |
| | n | % Involved in road traffic crashes | 95% CI | n | % Involved in road traffic crashes | 95% CI | n | % Involved in road traffic crashes | 95% CI |
| 18-29 | 217 | 5.6 | 2.5-8.7 | 391 | 2.2 | 0.6-3.8 | 608 | 3.9 | 2.1-5.8 |
| 30-44 | 327 | 5.2 | 2.6-7.9 | 721 | 2.6 | 1.2-4.0 | 1048 | 3.9 | 2.4-5.4 |
| 45-59 | 448 | 2.9 | 1.1-4.8 | 1062 | 0.5 | 0.1-0.9 | 1510 | 1.7 | 0.8-2.5 |
| 60-69 | 276 | 0.4 | 0.0-1.1 | 754 | 0.7 | 0.1-1.4 | 1030 | 0.6 | 0.2-1.1 |
| 18-69 | 1268 | 4.0 | 2.7-5.3 | 2928 | 1.5 | 0.9-2.1 | 4196 | 2.7 | 2.0-3.4 |

Percentage of serious accidental injuries Description: Percentage of respondents injured in a non-road traffic related accident that required medical attention.

Instrument question:

- In the past 12 months, were you injured accidentally, other than the road traffic crash, which required medical attention?

| Percentage of respondents seriously injured in a non-road traffic accident | | | | | | | | | | |
|--|------|---------------------|------------|--|-------|---------------------|-----------|--|------------|-----------------------------------|
| Age Group (years) | Men | | | | Women | | | | Both Sexes | |
| | n | % Seriously injured | 95% CI | | n | % Seriously injured | 95% CI | | n | % Seriously injured 95% CI |
| 18-29 | 216 | 95.9 | 92.8-99.1 | | 391 | 97.8 | 96.1-99.6 | | 607 | 96.9 95.1-98.7 |
| 30-44 | 327 | 98.4 | 97.0-99.7 | | 721 | 98.3 | 97.1-99.5 | | 1048 | 98.3 97.5-99.2 |
| 45-59 | 449 | 98.1 | 96.7-99.6 | | 1062 | 96.9 | 95.6-98.2 | | 1511 | 97.5 96.5-98.4 |
| 60-69 | 276 | 99.1 | 98.1-100.0 | | 756 | 95.9 | 92.8-99.0 | | 1032 | 97.3 95.5-99.0 |
| 18-69 | 1268 | 97.8 | 96.7-98.8 | | 2930 | 97.4 | 96.5-98.2 | | 4198 | 97.6 96.9-98.2 |

Annex 4
Questionnaire