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World Health Organization

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN AZERBAIJAN REPUBLIC 2017

Azerbaijan 2019

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GLOSSARY

AZN Azerbaijani Manat
BMI Body Mass Index
CI Confidence Interval
CVD Cardio Vascular Diseases
DBP Diastolic Blood Pressure
DHS Demographic and Health Survey
DM Diabetes Mellitus
GYTS Global Youth Tobacco Survey
HBP High Blood Pressure
HDL High Density Lipoprotein
IFG Impaired Fasting Glucose
IGT Impaired Glucose Tolerance
mmol/L millimoles per liter
M&E Monitoring and Evaluation
MOH Ministry of Health
NCD Non-Communicable Diseases
PDA Personal Digital Assistant
PSU Primary Sampling Unit
SBP Systolic Blood Pressure
SSC State Statistical Committee
WHO World Health Organization
WHO FCTC WHO Framework Convention on Tobacco Control

ACKNOWLEDGEMENTS

On behalf of the national research team at Public Health and Reforms Center of Ministry of Health, we would like to thank Dr. Zakiyya Mustafayeva and whole team of Ministry of Health and all the doctors and nurses in the regions of Azerbaijan that worked very hard to help us reach out to respondents, perform all necessary measurements and raise awareness about NCDs among the populations throughout the survey.

We are grateful Dr. Joao Breda and Dr. Bente Mikkelsenfrom WHO Regional Office for Europe for their trust in us to initiate and successfully complete the STEPS survey in Azerbaijan, to Dr. KamranGaraxanov and his wonderful WHO/Azerbaijan office team for their tremendous support that enabled us to achieve all the objectives of this interesting STEPS survey to study risk factors of NCDs in Azerbaijan.

Our special thanks to Dr. Ivo Rakovac,Dr. Enrique Loyola, Martin W. Weber, Stefan Savin and whole team of WHO office in Russian Federation for the help and cooperation and for sharing their experience and best practices that have helped us to successfully organize STEPS survey in Azerbaijan.

By determining the prevalence of NCD risk factors with this survey, evidence-based data is now provided for setting the priorities and planning necessary interventions and actions to engrain healthy attitudes of our people in the coming years. Furthermore, it reiterates again the necessity to raise public awareness of healthy lifestyle and to develop and activate integrated policy of urban planning and nutrition, to expand international co-operation to learn best practices for tackling NCDs, to promote training and education for healthcare workers at all levels but with focus on primary healthcare and to distribute the sectorial funding efficiently for non-communicable disease prevention and control.

We would like to use this opportunity and invite all of you to read through the results of this important report and think deeply of the way you as an individual and we as a team, as an organization and as a community should lead the research and work in protecting and promoting population health.

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EXECUTIVE SUMMARY

The Ministry of Health underthe technical and financial support of the World Health Organization (WHO)and other partners conducted the Stepwise approach to surveillance (STEPS) survey in 2017. The WHOSTEPS approach focuses on obtaining core data on the established risk factors that determine the major non-communicable disease burden. This approach to chronic disease risk factor surveillance provides an entry point for the country to get started on chronic disease surveillance activities.

There are three different levels of "steps" of risk factor assessment. These steps are - questionnaire (step 1); physical measurements (step 2) andbiochemical measurements (step 3). Step 1 covers questions on demographic information, and behavioral measurements focusing on tobacco use, alcohol consumption, diet, physical activity, history of raised blood pressure, history of diabetes, history of raised total cholesterol, history of cardiovascular disease, lifestyle advice and cervical cancer screening for women. Step 2 covers blood pressure measurement, height, weight, waist circumference and heart rate. Step 3 focuses on blood glucose and lipids measurement.

- The prevalence of tobacco use, both smoked and smokeless combined, was 24.0%. Overall, 48.8 % of men were estimated to be current smokers, with 47.2% being daily smokers and 1.6% non-daily smokers. Only 0.2% of women reported smoking at the time of the interview. The percentage of current smokers among men was higher in the younger age group (49.3%), as compared to the elder age group (47.8%). The survey revealed a slight difference in the percentage of current male smokers in urban (49.2%) and rural (48.3%) areas by place of residence. The survey showed that men started smoking from 18.7 years, with almost no difference between male age groups: 18-34and 45-69 years (18.3 vs. 19.4 years respectively). Mean duration of smoking among daily smokers of men was 20.4 years. Mean duration of smoking for older respondents was higher than younger group (33.9 vs. 13.1 respectively). 95.1% among daily smokers reported usage of manufactured cigarettes. The mean number of manufactured cigarettes smoked per day by daily smokers was 18.9 for all age groups. Among currently smoking male respondents about 49.5% had tried to stop smoking during the last year. Nearly quarter respondents (24.9%) at home and about one in five (18.3%) of respondents at the workplace were exposed to second-hand smoke during the 30 days preceding the survey.
- Approximately 29.7% of all respondents reported ever consuming an alcoholic drink in their lives with the remaining 70.3% being lifetime abstainers. Current drinking (“past 30-days drinkers”) was almost exclusively occurring among males 27.6% and as

opposed to 0.8% among females. 11.0% of men reported consumption of six or more drinks (“heavy episodic drinking”) at least once during the last 30 days. Current drinker men consumed on average 3.6 drinks per drinking occasion in the past 30 days.

- As far as diet was concerned the respondents consumed on average fruits and vegetables generally low: fruits 5.1 days and vegetables 5.9 days during a typical week. Consumption of both fruits and vegetables was more frequent in older age groups.WHO recommends that an adult should consume five or more servings of fruitsand/or vegetables a day. However, only 24.1% of respondents consumed the recommended 5 servings of fruits and/or vegetables in a day. Women respondents and urban citizens consumed fruits and vegetables more than menand respondents living in rural areas. About 26% of the respondents reported that they always add salt before or when eating. On average Azerbaijan citizens consume 10 grams of salt per day, almost double the WHO recommendedlevel of 5g/day, with significant gender difference mean salt intake: 11.4 g/day of men versus 8.6 g/day of women.
- Almost one in 5 individuals (19%) did not meet WHO recommendations on physical activity for health. There was no noticeable difference between the age groups and the male and female sex, but there was a visible difference between the place of residence, where urban population less meet WHO recommendation than rural citizens. Median duration of all physical activity carried out daily recorded by all respondents was 129 minutes; 146 minutes for men and 120 minutes for women. About 91% of women is not engaging in vigorous physical activity (men – almost 72%).
- Only about one in ten (11%) women aged 30–49 years have ever had a screening test for cervical cancer.
- More than half of respondents reported receiving healthy lifestyle advice from a doctor or a healthworker during the past three years.
- Mean BMI of the study populationwas 26.0, mean BMI for women (26.4) was higher than for men (25.5). Mean BMI was higher in the older age group of respondents and among rural citizens. According to BMI risk assessment, almost 34.8% of the population was overweight (BMI 25.0–29.9), and 20.6% was obese (BMI ≥30.0).The prevalence of overweight and obesity tended to increase with age.The proportion of overweight or obese women in all age groups was higher compared to their male counterparts. Mean waist circumference among men was higher than women, excluding pregnant - 92.3 versus 88.2.
- Mean systolic blood pressure among the survey population was 125.9 mmHg, with the higher values found in men (127.0 mmHg). Mean DBP was 81.2 mmHg, with slightly differences between the sexes. Almost 33% of respondents reported that their blood pressure had never been measured. The prevalence of arterial hypertension (systolic

blood pressure >140 mmHg and/or diastolic blood pressure >90 mmHg or included those currently using medication) among the entire sample was almost 30%. About 65.4% of respondents with increased blood pressure were not taking any medication, with the proportion of men (72.0%) being higher than that of women (59.2%).

- Around 72% of respondents had never had their blood glucose measured. The prevalence of diabetes within the preceding 12 months was 4.2% (men 3.1%, women 5.3%) and 0.5% diagnosed, but not within past 12 months. Mean fasting blood glucose was 4.6 mmol/L, with no differences between men and women. The prevalence of impaired fasting glycaemia (IFG) (≥5.6 mmol/L and <6.1 mmol/L) was 5.0% (men 5.0%, women 4.9%). Levels of IFG in urban area for all respondents was more than in rural area almost twice. The prevalence of diabetes mellitus, (fasting blood glucose ≥ 6.1 mmol/L or taking antidiabetic medication), for all respondents was 6.5% (women significantly more than men - 7.9% vs. 5.2% respectively).
- It was also established that about one in ten individuals (12.5%) had a raised total cholesterol level (≥ 5 mmol/L or taking medication for hypercholesterolemia), with the proportion of women (13.3%) being higher than that of men (11.9%).
- The percentage of those aged 40-69 years with a 10-year cardiovascular risk of greater than 30% or with existing cardiovascular disease (CVD) was 12.6% being 13.3% for males and 12.0% for females.
- The survey showed that about every third person (32.5%) had three or more risk factors for noncommunicable diseases, and this increased proportionally with age. Men were more affected (40.0%) than women (24.9%). A total of 61.7% of respondents had 1–2 risk factors, and only 5.8% of the population studied had none of the five risk factors for noncommunicable diseases.
- The percentage of drivers or passengers of a motor vehicle who did not always use a seat belt during the past 30 days was 53.0%. This indicator was higher for women (67.1%) compared to men (40.8%).

BACKGROUND

Noncommunicable disease (NCDs) worldwide

Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioral factors.NCDs are a group of conditions that cover cardiovascular diseases, cancer, mental health problems, diabetes mellitus, and chronic respiratory disease.

These diseases are driven by forces that include rapid unplanned urbanization, globalization of unhealthy lifestyles and population ageing. Unhealthy diets and a lack of physical activity may show up in people as raised blood pressure, increased blood glucose, elevated blood lipids and obesity. These are called metabolic risk factors that can lead to cardiovascular disease, the leading NCD in terms of premature deaths. For the first time in history, more people are dying of noncommunicable diseases, such as heart disease and diabetes, than infectious diseases. Seven in 10 deaths globally every year are from NCDs, and according to WHO reports, the main contributors here are tobacco use, harmful use of alcohol, unhealthy diets, and physical inactivity.

Currently, NCDs present 43% of global morbidity, and more than 60% of all deaths worldwide. In 2015, an estimated 40 million deaths occurred due to NCDs, accounting for 70% of the total 56 million deaths. The majority of such deaths were caused by the four main NCDs, namely: cardiovascular disease, 17.7 million deaths (accounting for 45% of all NCD deaths); cancer, 8.8 million deaths (22%); chronic respiratory disease, 3.9 million deaths (10%); and diabetes, 1.6 million deaths (4%).

NCDs represent a leading threat to human health and economic development. The burden of NCDs is rapidly increasing, especially in developing countries, and their social, economic and health consequences will be significant. Over 80% of deaths resulting from CVDs and diabetes, almost 90% of deaths from chronic obstructive pulmonary disease and more than two thirds of deaths from cancer occur in low- and middle-income countries.

Many lives can be saved from NCDs through early diagnosis and improved access to quality and affordable treatment, as well as a whole-of-government approach to reduce the main risk factors. Some investigations proved that when NCD risk factors are recognized, understood and prevented, the stroke rate can be reduced by 80 percent and cancer rate by 40 percent, while type-2 diabetes can be totally prevented. An estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.

Tobacco is a leading cause of morbidity and mortality globally. Tobacco – including both tobacco use and second-hand smoke – is responsible for more than 6 million deaths annually. Smoking is estimated to cause about 71% of lung cancer, 42% of chronic respiratory disease and 10% of CVD. In 2015, more than 1.1 billion people smoked tobacco, with far more males than females currently engaging in this behavior. The WHO Framework Convention on Tobacco Control has now been ratified by 180 Parties representing 90% of the global population.

About 4.5% of the global burden of disease and injury is attributable to alcohol. Alcohol contributes to traumatic outcomes that kill or disable people at a relatively young age, resulting in the loss of many years of life, as well as disability and deaths. Harmful use of alcohol causes about 3.8% of all deaths each year. More than half of these deaths occur from NCDs, including liver cirrhosis, cancer and CVD. Harmful use of alcohol is the leading risk factor for death in men aged 15–59 years. The worldwide level of alcohol consumption in 2016 was 6.4 liters of pure alcohol per person aged 15 years or older, with considerable variation between WHO regions.

Low consumption of fruit and vegetables is associated with higher risk for CVDs, and stomach and colorectal cancers. High salt consumption is an important determinant of high blood pressure and CVD risk. High consumption of saturated fat and trans-fat is associated with increased risk for heart disease and stroke.

Physically inactive people have a 20–30% increased risk for all-cause mortality. Raised body mass index (BMI) increases the risk for heart disease, strokes, diabetes and certain cancers.

Raised blood pressure is the leading risk factor for global disease burden. It is estimated to cause 9.4 million deaths every year – more than half of the estimated 17 million annual deaths from all CVDs. Raised blood cholesterol is estimated to cause 2.6 million deaths annually. Both are major risk factors for CVD and stroke.

NCDs in AzerbaijanRepublic

Several studies have been conducted recently by the Ministry of Health of Azerbaijan Republic on NCDs: “Situational Analysis of NCD in Azerbaijan” (2008), “Economic Impact of NCD in Azerbaijan” (2009), the “Global Youth Tobacco Survey” (GYTS-2011), the “Global Youth Tobacco Survey” (GYTS-2017), the “National Survey on NCD Risk Factors” (2011), “Research of NCD Risk Factors in Azerbaijan”(2016) and a comparative analysis to evaluate the relevance of the Azerbaijan legislation on tobacco control to requirements of the WHO Framework Convention on Tobacco Control (conducted in 2015, updated in 2016). Besides, some figures

related to NCD diseases, have been obtained during Azerbaijan Demographic and Health Surveys, which took place in 2006 and 2011 years.

According to the information collected, as in most countries, NCDs are a major cause of deaths and morbidity in Azerbaijan. Moreover, there is a high prevalence of risk factors such as smoking, overweight and unhealthy diet, which are responsible for the vast majority of NCD cases. Regarding “National Survey on NCD Risk Factors” (2011), 62.7% of the adult population has at least 1–2 risk factors for developing an NCD, whereas 32.4% has three or more. According to the State Statistical Committee of Azerbaijan, as of the end of 2016, the following diseases were the leading six causes of deaths in Azerbaijan:

1. Diseases of Cardiovascular system – 34 093 (60%)
2. Neoplasms / Cancers – 8 252 (15%)
3. Diseases of the digestive system – 2 794 (5%)
4. Injury, poisoning and certain other consequences of external causes – 2 731 (5%)
5. Diseases of endocrine system, including diabetes, and malnutrition – 1 433 (2.5%)
6. Diseases of the respiratory system – 1 815 (3.2%)

Most of these diseases are attributed to common preventable risk factors such as tobacco use, excessive alcohol consumption, unhealthy diet, and physical inactivity.

In Azerbaijan now is implementing “National Strategy of Azerbaijan Republic on Prevention and Control of Non-Communicable Diseases 2015-2020”, signed by the President of Azerbaijan in December, 2015.The main goal of the National NCD Strategy, to be based on “European Strategy on NCDs Prevention and Control” and “Action Plan of Global Strategy on NCDs Prevention and Control” is by prevention of premature death and by declining burden of the NCDs to improve quality of life and prolong life-expectancy of local population, to strengthen labor resources and economic potential of the country. Implementation of the NCDs Strategy is one of the prioritized tasks included in the “Azerbaijan2020: Look into the future” concept of development, which was approved bythe President of the Republic of Azerbaijan on 2012.

As a continuation of efforts in reducing risk factors, the new Law of Azerbaijan Republic "On restriction of tobacco use" was approved by the President of Azerbaijan on December, 2017. The new Law includes broader issues of tobacco control, including those related to creating smoke-free public places, tobacco advertising, promotion and sponsorship ban, and others. The adoption of such comprehensive bill will raise effective tobacco control in Azerbaijan, including measures necessary to protect people from exposure to second-hand tobacco smoke. Moreover, it is expected that after adoption of new bill the positive changes will affect to all related tobacco control Laws in Azerbaijan.

Prevalence of NCD risk factors in AzerbaijanRepublic

Smoking is still a problem for the Azerbaijan society. In Azerbaijan, men smoke extensively, while women and children are mostly exposed to second hand smoke. The Azerbaijan State Statistical Committee data reported 35.5% prevalence of smoking among men (15+).

Azerbaijan has conducted several national surveys to monitor progress on tobacco control. Findings from NCD 2011 Survey (18 years and above) in Azerbaijan show that the total prevalence of smoking was overall 22.9%. This prevalence was higher for men (48.7%) than for women (0.5%), the possibility on underreporting among female respondents cannot be excluded. The greatest smoke exposure was found at workplaces for men (55.0%) and at homes for women (40.2%).

Data from GYTS – 2016 (13-15 years) indicated that over 10% students had ever smoked cigarettes, with significantly higher rates among boys. Current tobacco use rates were lower - 7.3%. Close to three in 10 students live in homes where others smoke, and 40.8% of students are exposed to smoke in enclosed public places (27.3% in 2011).

Regarding NCD 2011 Survey 14.3% of adults are regular alcohol users in Azerbaijan. Results in DHS 2006 show that 40% of men age 15-59 consumed at least one alcoholic beverage in the month prior to the interview.

Although Azerbaijan is known for its rich vegetables and fruits, more than 40%of people do not consume these products daily. Majority of the population (84.9%) consume less vegetable and fruit than the recommended daily intake by the WHO with no significant differences between the age and gender groups.

According to results of National Survey of risk factors for chronic noncommunicable diseases in Azerbaijan (2011) the mean body mass index (BMI) was 27.0 with women having higher BMI than men (27.6 vs. 26.5 respectively). The proportion of the respondents classified as overweight and obese was 35.8% and 21.9% respectively. The obesity was substantially more prevalent among women than men (27.2% vs. 16.4%).

According to survey data the other widely spread risk factor in Azerbaijan is high blood pressure. This is one of the most important modifiable risk factors for cardiovascular diseases such as heart attack, myocardial infarction, acute coronary syndrome, congestive heart failure, strokes, kidney disease, and peripheral vascular disease. Overall, 872 out of 2000 respondents had raised blood pressure or were taking medicines for hypertension. Of them, 7.5% were on medication and had their blood pressure controlled, 34.6% were taking drugs for raised blood

pressure but did not have it controlled, and, finally, 57.9% were not taking any anti-hypertensive medicines and did not have their blood pressure under control. Around half of women were on medication, whereas only slightly about the third of men were on treatment. Taking into account prevalence and rising input of these risk factors on burden of diseases in the country there is need to analyze their national and regional level trends.

SURVEY GOAL AND OBJECTIVES

Survey goal

The goal of the second national survey was to provide up-to-date information using WHO-approved methods by assessing the prevalence, current situation and future tendencies of NCD causes and risk factors among the Azerbaijani population.

Survey objectives

The objectives of the survey were:

- ★ To obtain the current levels of risk factors and the prevalence of behavioral risk factors for NCDs in the population aged 18 to 69 years in Azerbaijan
- ★ To determine the difference in the prevalence of risk factors between sexes, areas of residence and across age groups.
- ★ To assess the progress in implementation of the national and global action plans
- ★ To track the direction and magnitude of trends in NCD risk factors
- ★ To support the planning and evaluation of NCD strategy, policy and programinterventions

Rationale for the survey

In AzerbaijanRepublic there is no permanent monitoring system to monitor risk factors, and existing statistic data from State Statistic Committee of Azerbaijan Republic (SSC)are fragmentary and unsystematic.In order to obtain relevant data, the first nationwide WHO STEPS survey in Azerbaijan republic was conducted in 2011. The findings of this national survey provided the evidences for developing of the National Strategy on NCDI, and the NCDI surveillance system in country. In 2016 Ministry of Health of Azerbaijan republic conducted "Research of NCD Risk Factors in Azerbaijan" in line with implementation plan of NCD Strategy. This survey partially used STEPS methodology.

The nationwide WHO STEPS 2017 survey was the second one of conducted in Azerbaijan with use of the WHO STEPS methodology. This survey provided the opportunity to compare results and determine changes, if any, in the prevalence of behavioral risk factors of NCDs and in policies associated with them.

The survey was conducted in accordance with WHO methodology that provides comparable information on the prevalence of risk factors for NCDs in different countries across the world.

SURVEY METHODOLOGY

The STEPs Approach

The survey used STEPS approach recommended by WHO for surveillance of NCDs and associated risk factors. It is based on the three sequential steps of data collection on NCD risk factors.

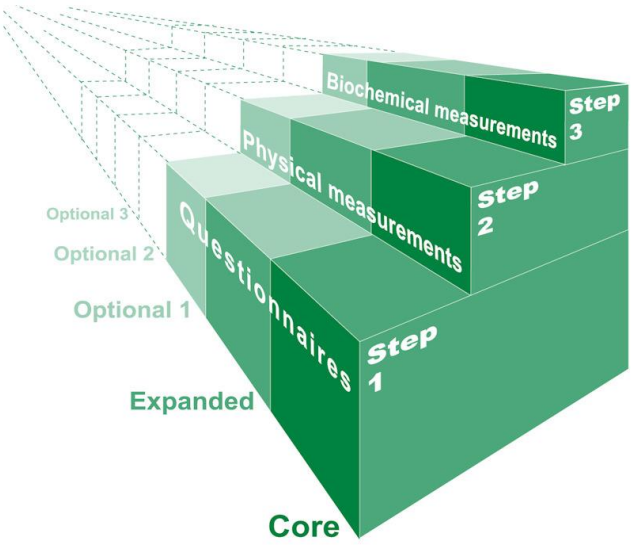
Each step focused on a particular set of data which is subdivided into three main categories: core items, expanded items and optional items. Data on core items should be collected in any country setting. Expanded items and optional items are subjects of human resource, logistics and financial limitations.

The step one core items include information on basic demographic data, tobacco use, alcohol consumption, fruit and vegetable consumption, consumption of salt, physical activity, history of raised blood pressure diabetes, raised total cholesterol and cardiovascular diseases, lifestyle advice and cervical cancer screening.

The step two core items include the following physical measurements: blood pressure, height and weight and waist circumference.

The step three core items include the following biochemical measurements: fasting blood sugar, total cholesterol and urinary sodium andcreatinine.

Concept of WHO STEPwise approach



WHO STEPS also contain eSTEPS a software package and set of specific tools to enter data in electronic format. This method brings several important advantages: no paper forms needed,

built-in range checks and determined flow of data collection, simpler preparation of dataset for analyses.

It is recommended to conduct STEPS survey once in five years taking into account resource limitations thus establishing surveillance system on determined risk factors.

Sampling procedure

Overall 2880 individuals participated in the study. The age groups of the STEPS survey were based on the Global Burden of Disease (GBD) age groups. There were 2 age groups 18-44 and 45-69 years per gender. (1)

The sample size has been calculated using the formula:

n = $Z^2 \frac{P(1-P)}{e^2}$

Z - probability value for 95% confidence interval (1.96)

P - estimated prevalence of the risk factors (0.5)

e – margin of error (0.05)

The calculation resulted in the sample size n = 384.

Then the sample size was adjusted for the design effect with the recommended value of 1.5 for majority of complex STEPS studies. n = 384 * 1.5 = 576

In addition the sample size was adjusted for the four age-sex groups used in the STEPS survey simply by multiplying sample size by their number. n = 576 * 4 = 2304

Also, the sample size was adjusted for the anticipated non response by dividing sample size to the recommended anticipated response rate of 80% thus obtaining the final sample size. n = 2304 / 0.8 = 2880

The study used stratified three-stage cluster design. The primary sampling units (clusters) were proportionally selected among all economic regions of Azerbaijan excluding Nakhchivan Autonomous Republic and occupied territories. The STEPS survey used database of the Central Election Commission.

On the first stage, based on the resource availability 240 clusters were selected with probability proportional to cluster size from the database. 135 clusters represented urban areas and 105 one's rural areas.

On the second stage secondary selection units (households) were selected in each cluster using simple random sampling approach. The number of households selected within each cluster was 12.

On the third stage the tertiary selection units (individuals) were selected in each household using simple random sampling approach. There was selected just one individual within each household.

The sample allocation structure is presented below:

240 clusters x 12 households x 1 individual = 2880 individuals

To increase the quality of survey results the data were weighted to adjust for the probability of selection (sample weight) and differences between the sample population and target population (population weight).

STEPS sample by economic region

S/N	Economic Region	# Households (thsd.)	# Clusters	# Households in sample
1	Baku	517.4	64	768
2	Absheron	120.9	17	204
3	Ganja-Qazakh	261.7	35	420
4	Shaki-Zaqatala	132.3	16	192
5	Lankaran	164	24	288
6	Quba-Khachmaz	110.5	14	168
7	Aran	389.7	55	660
8	Yukhari-Karabakh	95.1	7	84
9	Daglilg-Shirvan	60.1	8	96
Total:		**1851.7**	**240**	**2880**

The survey was conducted from May 2017 to March 2018. The data were collected during two months 24 August 2017 – 24 October 2017. The response rate was 97.3% (2801 respondents).

Instrument and data collection

WHO STEPS Instrument for Noncommunicable Disease Risk Factor Surveillance was used for data collection. The STEP1 included all core as well as expanded items. The STEP2 also included all core as well as expanded items. The STEP3 included all core measurements as well as measurement of triglycerides.In addition “Tobacco Policy”, “Violence and Injury” and “Mental health/Suicide” optional modules were added into survey: Translation was made into Azerbaijan language.

The STEP1 collected demographic information and behavioral measurements. The corresponding questionnaire included data on tobacco use, alcohol consumption, diet, dietary salt, physical activity, history of raised blood pressure, history of diabetes, history of raised total

cholesterol, history of cardiovascular diseases, lifestyle advice and cervical cancer screening (for women only).

The STEP2 collected physical measurements. They included blood pressure, height and weight, waist, hip circumference and heart rate.

The STEP3 collected biochemical measurements. They included blood glucose, blood lipids, urinary sodium and creatinine and triglycerides.

Interviewers used show cards adapted to local context while asking questions about tobacco use, alcohol consumption and diet. There were developed six show cards describing typical local tobacco products, three show cards describing common portions of alcohol and six show cards with examples of fruits, vegetables and juices.

Information for STEP1 and STEP2 was collected within household setting. Regional executive power authorities allocated personnel that assisted survey teams in locating household and establishment of initial contact. During the visit interviewers also provided instructions on taking urine sample together with urine container to the survey participant. The STEP3 biochemical measurements except urinary sodium and creatinine were made in the specifically allocated medical facility which survey participants visited in the next morning. In case of distant villages, the survey team visited participant again in the next morning to take biochemical measurements except urinary sodium and creatinine within household setting. The results of biochemical analyses except urinary sodium and creatinine were recorded into tablet. Urine samples were analyzed centrally by EuroLab company. As per signed contract the company was responsible for delivery of urine samples and their analyses. EuroLab company recorded results of analyses of urine samples into separate database. This database was merger to survey database after all analyses of urine were completed. The merging was made on QR code which was unique to every participant.

Every survey team had tablet SAMSUNG Galaxy Tab 4 OS8 which was equipped with STEPS software package provided by WHO. The software had built-in range checks as well as skip patterns and was used for recording survey data. QR code was assigned to every participant in order to uniquely identify him/her within the database. The survey data were accumulated on the distant server provided by WHO.

Four supervisors were assigned for the monitoring of the field work and facilitation of data collection process. The data collection process was monitored on constant base. The geolocation means allowed realizing monitoring up to particular household address. Information on the course of the field work was shared with all interested organizations.

Data downloading and analyses

WHO expert conducted training on data analyses for the team of Center of Public Health and Reforms responsible for data analyses and reporting. The training took place on 12-16 December 2017

The data cleaning was done in accordance with WHO recommendations. Mainly it was focused on the exclusion of duplicate records. This problem was caused with unstable internet in rural areas.

After database had been approved by WHO expert it was exported in Excel format. There were three separated excel files each representing data for particular STEP. All three files were merged together to comprise final database for analyses. The results were calculated as means or percentages with corresponding 95% confidence intervals.

The analyses were done using Epi Info version 3.5.3 software package.

Ethical consideration

Interviewer had to obtain informed consent from the survey participants before data collection. There were two consent forms to be signed by participants. One is for STEP1 and 2 and the other is for STEP3. All signed forms are stored in the archive of the Center of Public Health and Reforms. The access to archive is restricted to the authorized personnel only.

SURVEY RESULTS

Demographic indicators

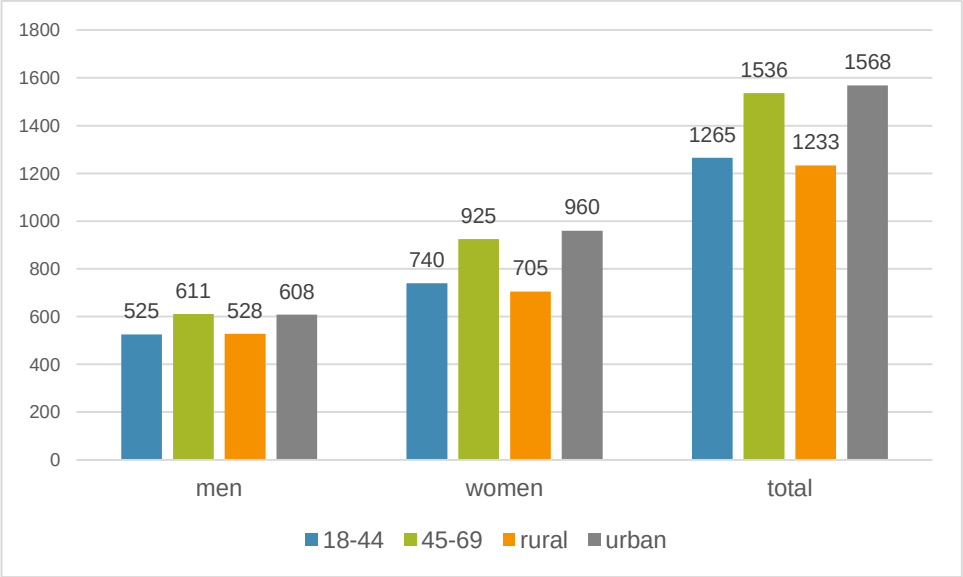
This chapter of the study report presents the findings and data analysis results of the information gathered on demographic indicators such as age, gender, education, marital status, ethnicity, occupation, household income of survey respondents.

Table 1 presents the distribution of the study participants by gender and age groups. Survey populationconsisted of 2801 respondents aged 18–69 years represented all administrative units in the Azerbaijan Republic. The Nakhichevan districts and occupied territories did not participate in the survey. Overall, the share of female respondents was higher than male (59.4% and 40.6% respectively). Of the 2801 respondents, 1136 were menand 1665 were women. By age group, 45% were in the 18–44 years age group (1265 individuals)and 55% wereaged 45–69 years (1536individuals). In terms of residence, 1568 people were from urban areas (56%) and 1233 from rural areas (44%) (Figure 1).

TABLE 1. DISTRIBUTION OF RESPONDENTS, BY AGE AND SEX

Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-44	525	41.5	740	58.5	1265	100
45-69	611	39.8	925	60.2	1536	100
18-69	**1136**	**40.6**	**1665**	**59.4**	**2801**	**100**

FIGURE 1. DISTRIBUTION OF RESPONDENTS, BY AGE,SEX AND AREA OF RESIDENCE



Of all the survey respondents, 92.8% were Azerbaijani, 3.1% were Talish, 2.1% Lezgi,and 2.0% were from other ethnic groups.

A total of 73.5% of the study population were married, 13.3% had never been married,9.4% were widowed, 2.0% were divorced, 0.3% were cohabitating and 1.5% were separated. Theprevalence of respondents that had never been married was higher among men (16.2%) than women (11.3%).The proportion of people divorced was almost 3.6 times higher among women (2.9%) than among men (0.8%), and the proportion of people widowed was four times higher among women (13.5%) thanamong men (3.4%).

TABLE 2. MARITAL STATUS OF RESPONDENTS, BY AGE AND SEX

Sex	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
Men	1120	16.2	78.7	0.7	0.8	3.4	0.3
Women	1639	11.3	69.9	2.0	2.9	13.5	0.3
Both sexes	**2759**	**13.3**	**73.5**	**1.5**	**2.0**	**9.4**	**0.3**

The mean number of years spent in education was 11.6 years with schooling years longer in men than in women (12.1 and 11.2 respectively) (Table 3). Younger agegroup (18-44) tended to have slightly more years of schooling in comparison with older age group (45-69) (11.7 and 11.4 respectively).

TABLE 3. MEAN NUMBER OF YEARS OF EDUCATION, BY AGE AND SEX

Age Group (years)	Men		Women		Both Sexes	
	n	Mean	n	Mean	n	Mean
18-44	525	12.0	740	11.5	1265	11.7
45-69	611	12.1	923	11.0	1534	11.4
18-69	**1136**	**12.1**	**1663**	**11.2**	**2799**	**11.6**

42.8% of respondents reported to have completed College/University. The proportion of female respondents who did not attend any formal school was greater in comparison to male respondents (0.8% vs. 0.4% respectively). Comparison of education level by sex denoted that men were more likely to have completed a university or postgraduate degree, while women were more likely to have completed high school or secondary school. Interestingly, the greatest proportion of College/University educated people was observed in 45-69 years age group, and this finding was consistent for both sexes (see Annex 4).

TABLE 4. HIGHEST LEVEL OF EDUCATION, BY SEX

Sex	n	% No formal schooling	% Less than primary school	%Primary school completed	%Secondary school completed	%High school completed	%College/ University completed	% Post graduate degree completed
Men	1136	0.4	0.1	0.8	8.8	38.8	49.2	1.8
Women	1663	0.8	0.8	3.1	12.3	43.4	38.4	1.2
Both sexes	**2799**	**0.7**	**0.5**	**2.2**	**10.9**	**41.5**	**42.8**	**1.5**

The survey results show that less than half (42.5%) were employed. There were almost twice as many the number of working men as more than women (60.9% vs.29.9% respectively).

Only 22.1% of respondents weregovernment employees, 13.9% were not government employees and 6.5% were self-employed. Around 42% of the female respondents were housewives.

TABLE 5. EMPLOYMENT STATUS, BY SEX

Sex	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
Men	1128	21.5	25.6	13.8	39.1
Women	1651	22.6	5.8	1.5	70.1
18-69	**2779**	**22.1**	**13.9**	**6.5**	**57.5**

One in every six respondents was unemployed despite being able to work. The share of such persons was two times greater among men than among women (23.0% vs. 11.4%) and was decreasing with age (See Annex.4).

There were 57.5% retired and 13.9% students among unpaid work and unemployed respondents.

TABLE 6. UNPAID WORK AND UNEMPLOYED, BY SEX

Sex	n	% Non-paid	% Student	%Home-maker	% Retired
Men	1128	21.5	25.6	13.8	39.1
Women	1651	22.6	5.8	1.5	70.1
18-69	**2779**	**22.1**	**13.9**	**6.5**	**57.5**

Out of 2 801 respondents, 2246 (80.1%) responded to the household incomequestion. The average per capita annual income was 1800 Azerbaijani manat.

TABLE 7. MEAN ANNUAL PER CAPITA INCOME

n	Mean
2246	**1800**

Tobacco use

Tobacco use was measured by asking respondents separate sets of questions to gather information on smoke and smokeless tobacco use. Respondents were grouped into current smokers and non-smokers.

Current smokers were respondents who smoked any tobacco products (e.g. cigarettes, cigarsor hand-rolled tobacco) in the past 30 days. Current smokers were composed of daily smokers and non-daily smokers. Daily smokers were those who smoke tobacco products every day; and non-daily smokers those current smokers who smoke tobacco products on non-daily basis.Non-smokers consisted of those who never smoked and former smokers; never smokedreferred to those who had never smoked tobacco products, whereas former smokers were thosewho had quit smoking. Categorization of smoking status in such groups actually facilitates the addictive characteristics of tobacco.

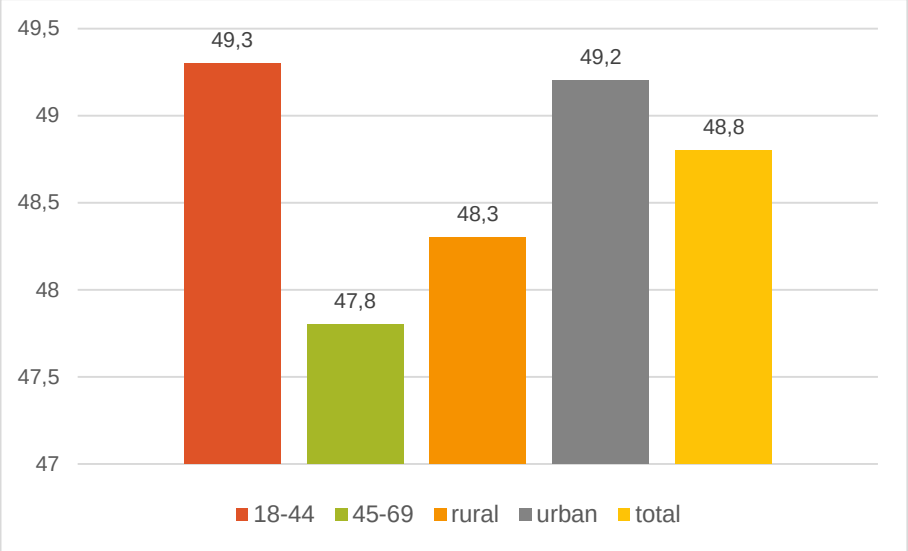
The percentage of current smokers of all tobacco products amongall respondents was 24.0% (95% CI: 21.9–26.1). One in every two men was a current smoker, whereas only 0.2% of women (4 individuals) reported smoking at the time of the interview. Considering very low prevalence of smoking among female respondents, hereinafter, more detailed information related to smoking was presented to men only.The percentage of current smokers among men was higher in the younger age group (49.3%, 95% CI: 44.3-54.3) vs. in the elder age group (47.8%, 95% CI: 43.3-52.3)(Table 8).

TABLE 8. PERCENTAGE OF CURRENT SMOKERS, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18-44	275	49.3	44.3-54.3	740	0.2	0.0-0.4	1265	24.8	22.0-27.6
45-69	282	47.8	43.3-52.3	925	0.3	0.0-0.7	1536	22.7	20.1-25.3
18-69	**557**	**48.8**	**45.1-52.5**	**1665**	**0.2**	**0.0-0.4**	**2801**	**24.0**	**21.9-26.1**

The Figure 2 showsa slight difference in the percentage of current male smokers in urban and rural areas by place of residence (49.2%, 95% CI: 44.1–54.4 vs 48.3%, 95% CI: 42.8–53.8).

FIGURE 2. PERCENTAGE OF CURRENT TOBACCO USERS AMONG MEN, BY AGE AND AREA OF RESIDENCE (%)



Overall, 48.8 % (95% CI: 45.1-52.5) of men were estimated to be current smokers, with 47.2% (95% CI: 43.5-50.9) being daily smokersand 1.6% (95% CI: 0.8-2.4) non-daily smokers. It was also estimated that 41.4% (95% CI: 37.6-45.2) had never smoked and 9.8% (95% CI: 7.9-11.8) wereformer smokers.The number of former smokers was substantially different among age groups (Table 9).

TABLE 9. SMOKING STATUS OF MEN, BY AGE

	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	525	47.6	42.6-52.6	1.7	0.6-2.9	6.4	4.2-8.6	44.3	39.2-49.4
45-69	611	46.4	41.9-51.0	1.4	0.4-2.3	16.0	12.7-19.3	36.1	31.6-40.7
18-69	**1136**	**47.2**	**43.5-50.9**	**1.6**	**0.8-2.4**	**9.8**	**7.9-11.8**	**41.4**	**37.6-45.2**

The survey showed that men started smoking from 18.7 (95% CI: 18.3-19.2) years. There was almost no difference between male age groups (18-44 and 45-69) in terms of the mean age of starting smoking (18.3 vs. 19.4 respectively) (Table 10).

TABLE 10. MEAN AGE STARTED SMOKING, BY AGE AND SEX

Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-44	261	18.3	17.8-18.9	2	21.0		263	18,3	17,8-18.9
45-69	267	19.4	18.6-20.3	2	15.6		269	19,4	18,6-20.2
18-69	**528**	**18.7**	**18.3-19.2**	**4**	**18.4**		**532**	**18,7**	**18,3-19.2**

As shown in Table 11, mean duration of smoking among men daily smokers is 20.4 (95% CI: 19,1-21.7) years. Mean duration for older respondents is higher than younger group (33.9 vs 13.1 respectively).

TABLE 11. MEAN DURATION OF SMOKING, BY AGE AND SEX

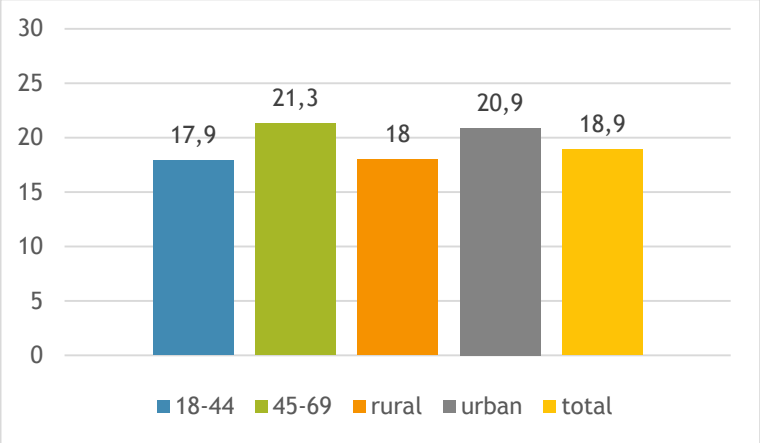
Age Group (years)	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-44	261	13,1	12,0-14.2	2	3.8		263	13,1	12,0-14.1
45-69	267	33,9	32,8-34.9	2	34.1		269	33,9	32,8-34.9
18-69	**528**	**20,4**	**19,1-21.7**	**4**	**18.3**		**532**	**20,4**	**19,1-21.7**

95.1% (95% CI: 91,3-98,9) of daily smoker'smen reported using manufactured cigarettes.

Percentage of current smoker men using different products distributed as follows: manufactured cigarettes – 94.9%, cigars – 5.6%, shisha – 4.8%, hand-rolled cigarettes – 1.8%, pipes of tobacco – 1.8% and others – 1.3%.

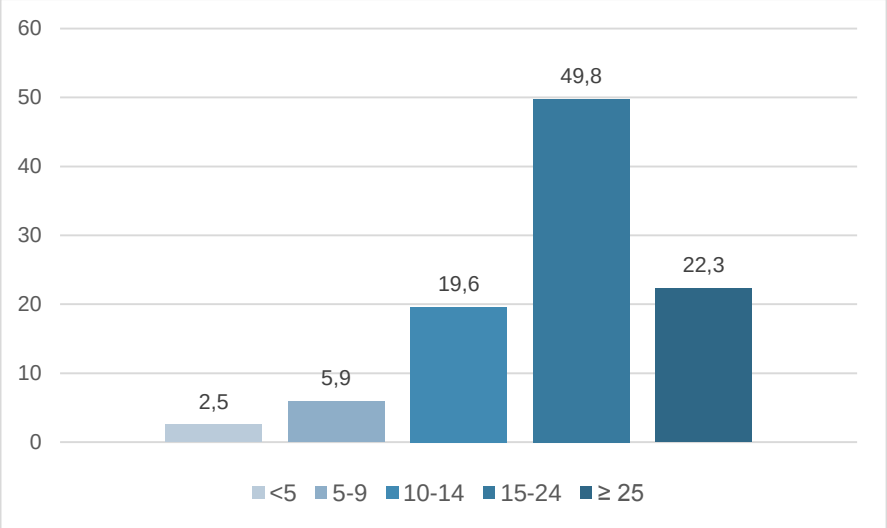
The mean number of manufactured cigarettes smoked per day by daily smokers was 18.9 (95% CI: 17.6–20.2) for all age groups. The highest number of cigarettes smoked per day among men was found in the age group 45–69 years in comparison with age group 18-44(21.3 vs. 17.9 respectively)(Figure3).

FIGURE 3. MEAN NUMBER OF MANUFACTURED CIGS AMONG MEN, BY AGE AND AREA OF RESIDENCE



The majority of daily smoker's men (49.8%) smoked 15-24 cigarettes per day(Fig. 4). Almost third (31.1%) of men in age group 45-69 smoked 25 and more cigarettes daily.

FIGURE 4.PERCENTAGE OF DAILY MEN SMOKERS SMOKING MANUFACTURED OR HAND-ROLLED CIGARETTES PER DAY (%)



About half (49.5%, 95% CI: 43.9–55.1) of currently smoking male respondents tried to stop smoking during the last year.

The survey found that only31.2% of male respondents among those smokers who had visited a doctor or other health worker in the past 12 months had been advised to stop smoke (Table 12).

TABLE 12. CURRENT SMOKERS WHO HAVE BEEN ADVISED BY DOCTOR TO STOP SMOKING, BY AGE AND SEX

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
18-44	160	22,8	14,4-31,1	1	100,0	100.0-100.0	161	23,0	14,7-31,4
45-69	172	46,2	35.0-57,4	2	72,8	36,5-100.0	174	46,5	35,3-57,7
18-69	**332**	**31,2**	**24,1-38,3**	**3**	**82,8**	**45.0-100.0**	**335**	**31,5**	**24,3-38,7**

Among all male respondents, only 0.2% (95% CI: 0.0-0,5) were current users of smokeless tobacco.

Approximately24.9% of all respondents were exposed to second-hand smoke athome. Surprisingly, men were more exposed than women (26.5% vs 23.3%). The overall rate of exposure to second-hand smoke at home for both sexes was higher in the young age group than older (26.6% vs 22.1)(Table 13).

TABLE 13. EXPOSED TO SECOND-HAND SMOKE AT HOME DURING THE PAST 30 DAYS, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	N	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-44	525	29,2	23,6-34,8	740	24,0	19,3-28,6	1265	26,6	22,4-30,8
45-69	611	21,8	17,7-25,8	925	22,4	18,4-26,4	1536	22,1	18,9-25,3
18-69	**1136**	**26,5**	**22,3-30,7**	**1665**	**23,3**	**19,6-27,1**	**2801**	**24,9**	**21,6-28,2**

But in the workplace, only 18.3%(95% CI:15.0-21,6) respondents from both sexes were exposed to second-hand smoke. As expected, men were more exposed than women (28.4% vs.7.7% respectively). Differences between age groups(18-44 and 45-69) for all respondents is notable (19.7% vs 16.0% respectively) (Table14).

TABLE 14. EXPOSED TO SECOND-HAND SMOKE IN THE WORKPLACE DURING THE PAST 30 DAYS, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
18-44	396	29,9	22,8-37.0	519	8,4	5,5-11,2	915	19,7	15,4-23,9
45-69	464	25,7	19,9-31,6	686	6,7	3,8-9,6	1150	16,0	12,3-19,6
18-69	**860**	**28,4**	**23.0-33,9**	**1205**	**7,7**	**5,5-9,9**	**2065**	**18,3**	**15.0-21,6**

Tobacco Policy

The tobacco policy was assessed as optional modules. Participants were asked whether they had seen any information on the dangers of smoking cigarettes or that encouraged quitting smoking in print (newspapers or magazines) and electronic media (TV and radio).

During the past 30 days before the survey, 31.9% (95% CI: 27.8-36.0) of respondents noticed information aboutthe dangers of smoking or information that encouraged quitting in newspapers or magazines;66.6% (95% CI: 61.9-71.3) noticed such information on television; and 33.6% 95% CI: 29.0-38.1) noticed such information on the radio. Differences between age groups (18-44 and 45-69) were not notable, but they wereslightly significant between gender groups of the respondents with regard to all mass media sources. Men noticed these warning messages more than women.

Among the current smokers, 89.4% (95% CI: 85.7-93.1) respondents noticed health warnings on cigarette packages duringthe 30 days preceding the survey. Of this group, 41.4% (95% CI: 35.7-47.1) had thought about quitting influenced by thehealth warnings they saw on cigarette packages.

The figure below shows the percentage of all respondents who noticedcigarette promotion during the past 30 days (Figure 5).

FIGURE 5. PERCENTAGE OF RESPONSE ABOUT TYPES OF CIGARETTE PROMOTION, BY SEX (%)

Alcohol consumption

The respondents were asked to indicate their alcohol consumption status, that is, if they consumed alcohol and if so, the frequency and quantity of the alcohol consumed.

Approximately 29.7% of all respondents reported ever consuming an alcoholic drink in their live with the remaining 70.3% being lifetime abstainers. The proportion of lifetime abstainers was two times greater as among women than men - 94.5% (95% CI: 40,3-50,1) vs. 45.2%(95% CI: 92,8-96,2) respectively.

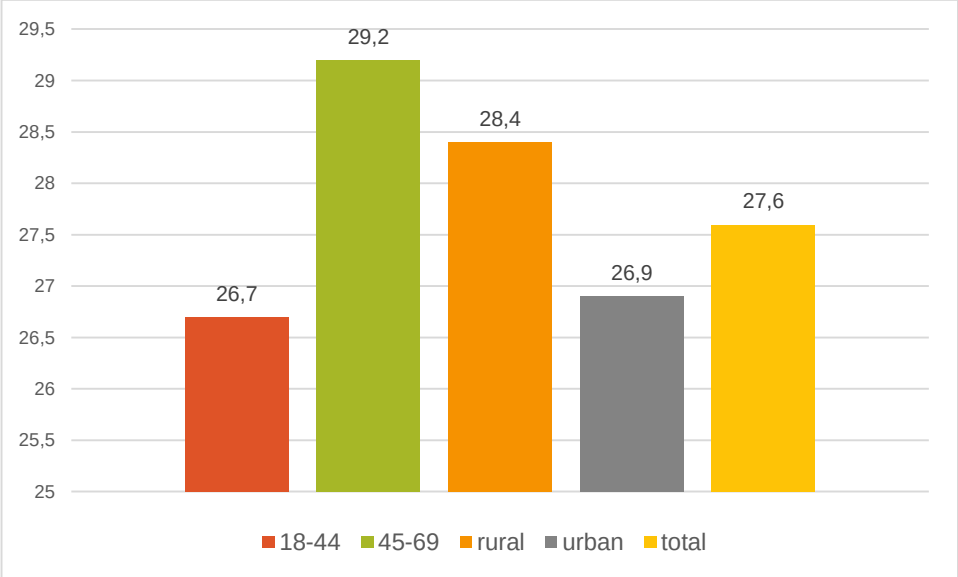
Respondents who reported having consumed alcohol within the past 30 days were defined in the survey as current drinkers, and they were 13.9% (95% CI: 12.1–15.8)among all respondents.Current drinking was almost exclusively occurring among males 27.6% (95% CI: 23.9–31.3)as opposed to 0.8% (95% CI: 0.4–1.3) among females. Due to the low number of women consuming alcohol within the past year the results for women were omitted from some of the tables below.Differences between age groups (18-44 and 45-69) are notable (26.7 vs 29.2 respectively) (Table 15).

TABLE 15. ALCOHOL CONSUMPTION STATUS AMONG MEN, BY AGE

	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
18-44	525	26,7	22.0-31,4	12,8	8,9-16,8	10,3	7,4-13,2	50,2	44,4-56.0
45-69	611	29,2	25.0-33,5	13,9	10,6-17,2	20,6	16,5-24,7	36,2	31.0-41,5
18-69	**1136**	**27,6**	**23,9-31,3**	**13,2**	**10,4-16,1**	**14,0**	**11,4-16,6**	**45,2**	**40,3-50,1**

The survey observed a slightly greater percentage of current drinkers in rural areas among men that had consumed alcohol in the past 30 days - 28.4% (95% CI: 23.2–33.7), while in urban areas this figure was 26.9% (95% CI: 21.6–32.0) (Figure 6).

FIGURE 6. PERCENTAGE OF ALCOHOL CONSUMPTION STATUS AMONG MEN, BY AGE AND AREA OF RESIDENCE (%)



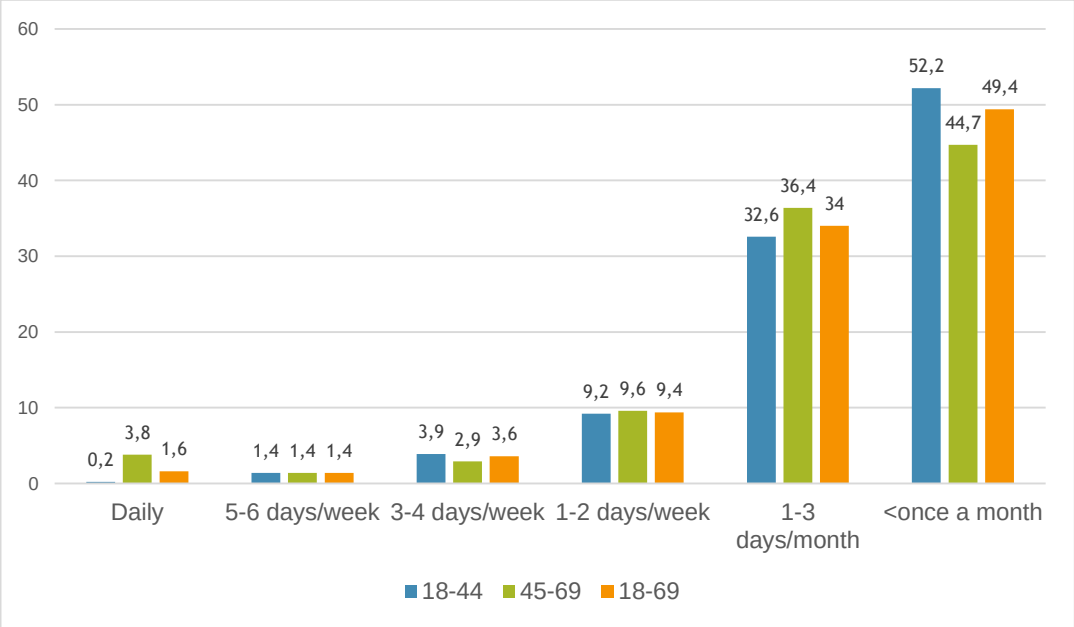
Percentage of former drinkers (those who did not drink during the past 12 months), who stopped drinking due to health reasons, such as a negative impact of drinking on their health or as per advice of a doctor among men, was 41.2% (95% CI: 31.4–50.9), among women was 18.5 (95% CI: 4,1-32,8). The proportion with this indicator among men was found to increase from 36.8% (95% CI: 22.8–50.8) in the age group 18–44 years to 45.1% (95% CI: 34.1–56.1) in those aged 45–69 years (Table 16).

TABLE 16. STOPPING DRINKING DUE TO HEALTH REASONS, BY AGE AND SEX

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
18-44	61	36,8	22,8-50,8	27	20,1	0,7-39,5	88	32,9	88
45-69	129	45,1	34,1-56,1	31	16,1	2,4-29,8	160	40,7	160
18-69	**190**	**41,2**	**31,4-50,9**	**58**	**18,5**	**4,1-32,8**	**248**	**36,8**	**248**

The study population responded to the question about frequency of alcohol consumption in the past 12 months.Among those respondents who drank in the last 12 months1.7% (95% CI: 0,5-2,8) of men drank alcohol every day. 49,4% (95% CI: 43.4-55.4) of respondents for both sexes were consumed alcohol less than once a month. Only 37 women answered this question and among them 92.8% (95% CI: 86,6-98,9) drunk alcohol less than once a month. No any visible differences in the proportion of all respondentswho drank alcohol on 5-6 days or on 1–2 days per weekwere among age groups (Figure 7).

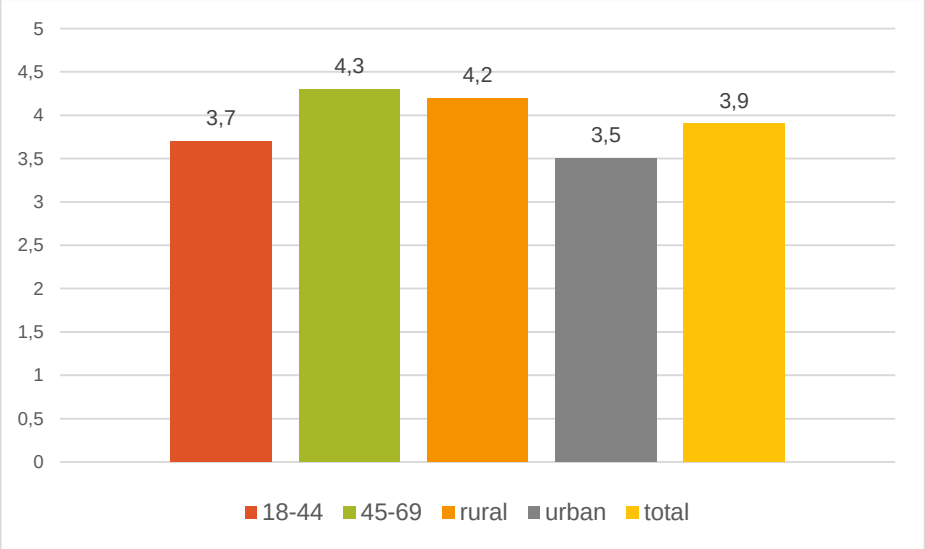
FIGURE 7. FREQUENCY OF ALCOHOL CONSUMPTION IN THE PAST 12 MONTHS BOTH SEXES, BY AGE (%)



In the past 30 days current alcohol drinkers among men had consumed 3.9 occasionswith at least one drink (95% CI: 3.3–4.5) and this figure among women was1.8 occasions (95% CI: 1.0–2.5). The highest average number of drinking occasions for both sexes was registered in the age group 45–69 years ascompared with 18-44 (4.3 vs 3.7 respectively).

The survey found that that the mean number of drinking occasions among rural population was higher than among the urban one (4.2, 95% CI: 3.4–5.0 vs 3.5 (95% CI: 2.8–4.3) (Figure 8)

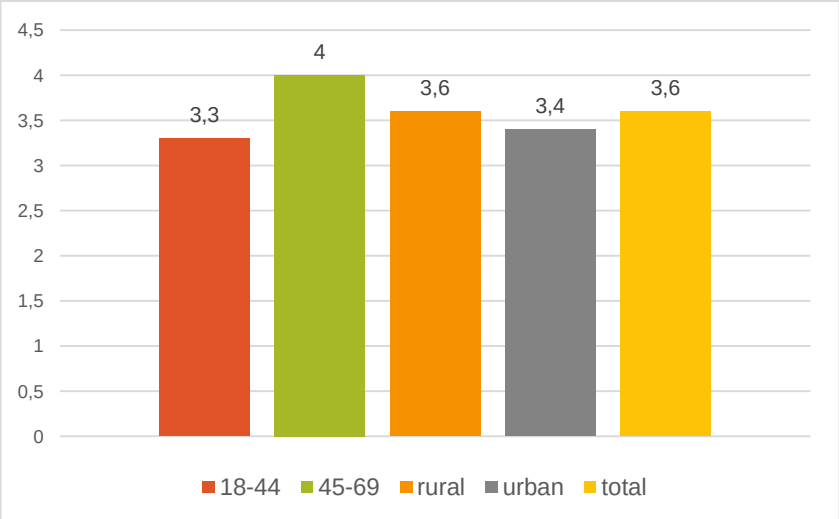
FIGURE 8. MEAN NUMBER OF DRINKING OCCASIONS IN THE PAST 30 DAYS AMONG CURRENT (PAST 30 DAYS) DRINKERS FOR BOTH SEXES, BY AGE AND AREA OF RESIDENCE



Current drinkers (past 30 days) were asked about the mean number of standard drinks consumed on a drinking occasion. Current drinkers consumed on average 3.5 drinks per drinking occasion for both sexes (95% CI: 3.2–3.9), with men consuming 3.6 drinks (95% CI: 3.2–3.9). In 45-69 age group, men consumed almost three times more mean number of standard drinks per drinking occasion than women.

As shown in Figure 9, the mean number of standard drinks per drinking occasion was slightly higher among the rural population 3.6 drinks (95% CI: 3.1–4.1) as opposed to 3.4 drinks (95% CI: 2.9–3.9) for urban residents.

FIGURE 9. MEAN NUMBER OF STANDARD DRINKS CONSUMED ON A DRINKING OCCASION AMONG CURRENT (PAST 30 DAYS) DRINKERS FOR BOTH SEXES, BY AGE AND AREA OF RESIDENCE



As shown in Table 17, 70.5% of all current drinkers (95% CI: 64.0–77.0) had a low risk associated with alcohol consumption; 13.3% of men (95% CI: 8.6–17.9) and 11.4% of women (95% CI: 0.0–29.1) had a medium risk; and 16.3% of men (95% CI: 11.3–21.3) and 15.3% of women (95% CI: 0.0–46.1) had a high risk. The differences between the age groups were not significant in both sexes groups.

TABLE 17. PERCENTAGE OF CURRENT (PAST 30 DAYS) DRINKERS WITH DIFFERENT DRINKING LEVELS, BY SEX

	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
Men	292	16,3	11,3-21,3	13,3	8,6-17,9	70,4	63,8-77,1
Women	14	15,3	0.0-46,1	11,4	0.0-29,1	73,4	40,6-100.0
Both sexes	306	16,3	11,3-21,2	13,2	8,6-17,8	70,5	64.0-77.0

Mean maximum number of standard drinks consumed on one occasion in the past 30 days among male respondents was 4.4 (95% CI: 3.9–4.8), among women it was – 1.4 (95% CI: 1.0–1.7) (Table 18).

TABLE 18. MEAN MAXIMUM NUMBER OF STANDARD DRINKS CONSUMED ON ONE OCCASION IN THE PAST 30 DAYS, BY AGE AND SEX

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
18-44	119	4.0	3.4-4.6	8	1.4	0.9-1.8	127	3.9	3.4-4.4
45-69	160	4.9	4.2-5.6	6	1.3	0.9-1.8	166	4.8	4.1-5.5
18-69	**279**	**4.4**	**3.9-4.8**	**14**	**1.4**	**1.0-1.7**	**293**	**4.3**	**3.8-4.7**

About 11% of men (95% CI: 8.4–13.6) and only 0.2% of women (95% CI: 0.0–0.4) reported having consumed six or more drinks (“heavy episodic drinking”) at least once during the last 30 days among the survey population.

Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers for both sexes was 1.3 (95% CI: 0.0–0.2)

Table 19 shows frequency of alcohol consumption in the past 7 days for both sexes of respondents. 24.9% (95% CI: 18.7-31.1) of respondents among current drinkers reported no consumed alcohol in the past 7 days.

TABLE 19. FREQUENCY OF ALCOHOL CONSUMPTION IN THE PAST 7 DAYS, BY SEX

	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
Men	313	1,9	0,4-3,3	1,4	0,1-2,7	15,8	10,1-21,5	56,9	49,9-64.0	24,1	17,8-30,3
Women	14					15,3	0.0-46,1	34,0	0,9-67,1	50,7	17,1-84,4
Both sexes	327	1,8	0,4-3,2	1,3	0,1-2,6	15,8	10,2-21,4	56,2	49,3-63,1	24,9	18,7-31,1

Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers was only 0.2 (95% CI:0.1-0.3).

Percentage of male 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 was 5.3% (95% CI: 2.4–8.3).

Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days for both sexes was only 0.1 (95% CI:0-0.3)

Percentage of male respondents who never had a needfor a first drink in the morning to get going after a heavy drinking session during the past 12 months among past 12-month drinkers was 96.2% (95% CI: 94.2–98.1).

95.0% (95% CI: 93.7–96.3) of all respondents were never having any problems with family or partner due to someone else's drinking in the past 12 months.

Diet

Fruit and vegetable consumption of the survey population was assessed using indicators of"frequency of fruit and vegetable consumption per week" and "average daily consumption "stratified by gender, age and locations of residency.

The mean number of days per week on which fruit and vegetables were consumed was 5.1(95% CI: 5.0–5.2) and 5.9 (95% CI: 5.8–6.0) (for fruit and vegetables respectively).

Women more frequent consumed fruits, 5.2 days per week (95% CI: 5.0–5.3) than men, 5.0 days per week (95% CI:4.8–5.2).

Men consumed vegetables on average 5.8 (95% CI:5.7–6.0) days per week and women 5.9 (95% CI:5.8–6.1) days per week.

Consumption of both fruit and vegetables was a little more frequent in older age group (Table 20 and Table 21).

TABLE 20. MEAN NUMBER OF DAYS FRUIT CONSUMED IN A TYPICAL WEEK, BY AGE AND SEX

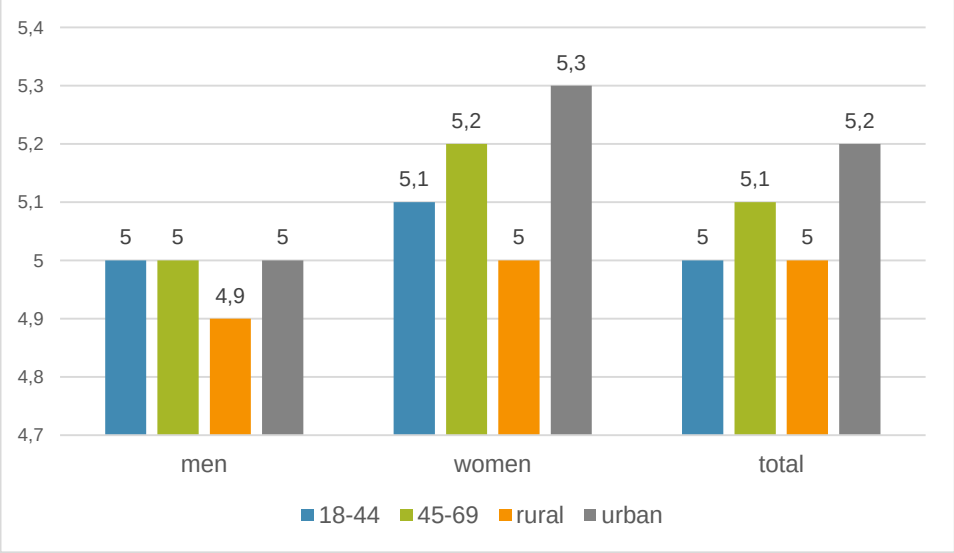
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
18-44	519	5.0	4.7-5.2	735	5.1	4.9-5.3	1254	5,0	4,9-5,2
45-69	603	5.0	4.9-5.2	920	5.2	5.0-5.4	1523	5,1	5.0-5,3
18-69	**1122**	**5.0**	**4.8-5.2**	**1655**	**5.2**	**5.0-5.3**	**2777**	5,1	5.0-5,2

TABLE 21. 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
18-44	515	5,7	5,5-5,9	730	5,9	5,7-6,1	1245	5,8	5,7-6.0
45-69	598	5,9	5,8-6,1	912	6,0	5,9-6,1	1510	6,0	5,9-6,1
18-69	**1113**	**5,8**	**5,7-6.0**	**1642**	**5,9**	**5,8-6,1**	**2755**	**5,9**	**5,8-6.0**

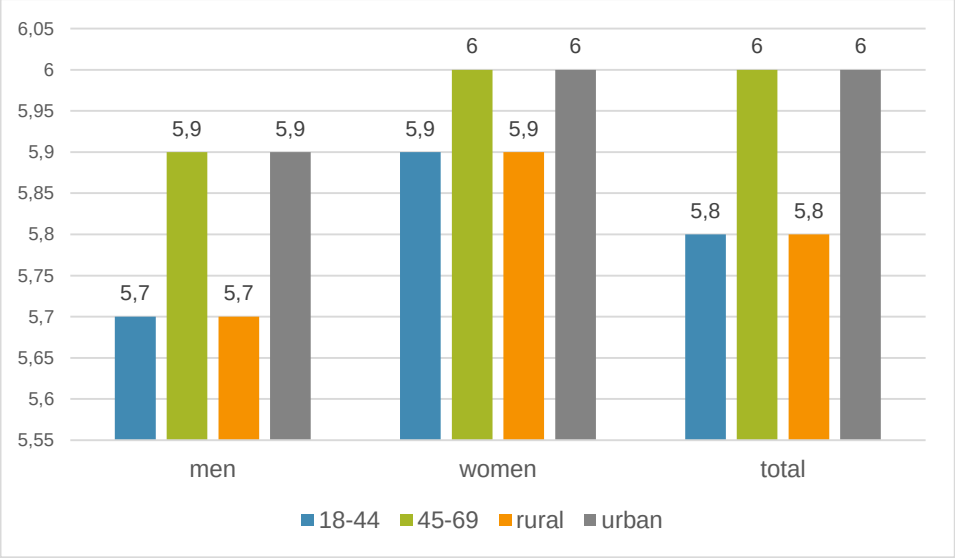
The frequency of fruit consumption was found to be higher among urban populations - 5.2 days per week (95% CI of 5.0–5.3) than among rural populations - 5.0 days (95% CI: 4.8–5.2)(Figure10).

FIGURE 10. MEAN NUMBER OF DAYS FRUIT CONSUMED IN A TYPICAL WEEK BY AGE, SEX AND AREA OF RESIDENCE



Same, the urban population consumed vegetables more frequently - 6 days per week (95% CI 5.8-6.1) than those in rural areas - 5.8 days per week (95% CI 5.6-6.0) (Figure 11).

FIGURE 11. MEAN NUMBER OF DAYS VEGETABLE CONSUMED IN A TYPICAL WEEK BY AGE, SEX AND AREA OF RESIDENCE



Women of the 45-69 age group and urban citizens consumed more fruits and vegetable than other groups of respondents.

The majority of respondents (43.6%, 95% CI: 40.0-47.2) of both sexes consumed 1-2 servings of fruit and/orvegetables per day 43.7% (95% CI:39.0-48.3) of men and 43.5% (95% CI: 39,7-47,3) of women. About 6.6% (95% CI: 5.0-8,1) of all respondents reported not consuming fruit or vegetables at all - 7.5% (95% CI: 5.2-9.8)of men and 5.6% (95% CI: 4.1-7.2) of women. But on the other hand, in groups who consumed 5 or more servings of fruit and/or vegetables per day men consumed more servings than women (25.6% vs. 22.7% respectively) (Table 22).

Differences between age groups (18-44 and 45-69) are almost not notable.

TABLE 22. NUMBER OF SERVINGS OF FRUIT AND/OR VEGETABLES ON AVERAGE PER DAY, BY SEX

Sexes	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
men	7,5	5,2-9,8	43,7	39.0-48,3	23,2	20,2-26,3	25,6	21,7-29,5
women	5,6	4,1-7,2	43,5	39,7-47,3	28,1	25,1-31,1	22,7	19,2-26,2
Both sexes	**6,6**	**5.0-8,1**	**43,6**	**40.0-47,2**	**25,7**	**23,4-28,1**	**24,1**	**21.0-27,2**

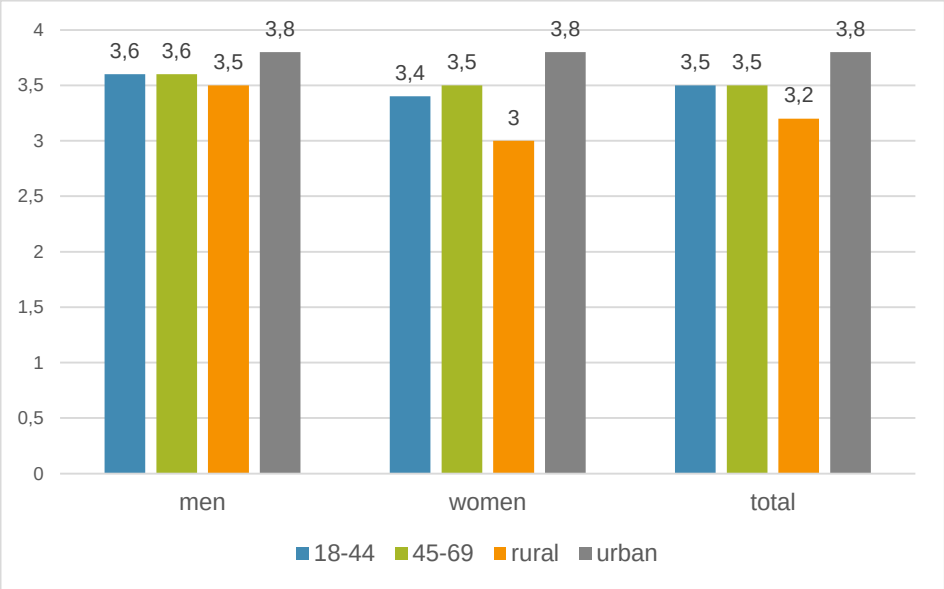
As shown in Table 23, mean number of servings of fruit and/or vegetables consumed on average per day for both sex was 3.5 (95% CI: 3.3.-3.7).

TABLE 23. MEAN NUMBER OF SERVINGS OF FRUIT AND/OR VEGETABLES ON AVERAGE PER DAY, BY AGE AND SEX

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
18-44	520	3,6	3.3-4,0	735	3,4	3.2-3,6	1255	3,5	3.3-3,7
45-69	604	3,6	3.3-3,9	920	3,5	3.3-3,7	1524	3,5	3.3-3,8
18-69	**1124**	**3,6**	**3.3-3,9**	**1655**	**3,4**	**3.2-3,6**	**2779**	**3,5**	**3.3-3,7**

The number of servings of fruit and vegetables consumed per day was found more among the urban citizens (3.8 servings, 95% CI: 3.5–4.1) than in rural population (3.2 servings, 95% CI: 3.0–3.5) (Figure 12).

FIGURE 12. MEAN NUMBER OF SERVINGS OF FRUIT AND/OR VEGETABLES ON AVERAGE PER DAY, BY AGE, SEX AND AREA OF RESIDENCE



Percentage of those eating less than five servings of fruit and/or vegetables on average per day for all respondents was 75.9 (95%CI:72.8-79.0) (Table 24).

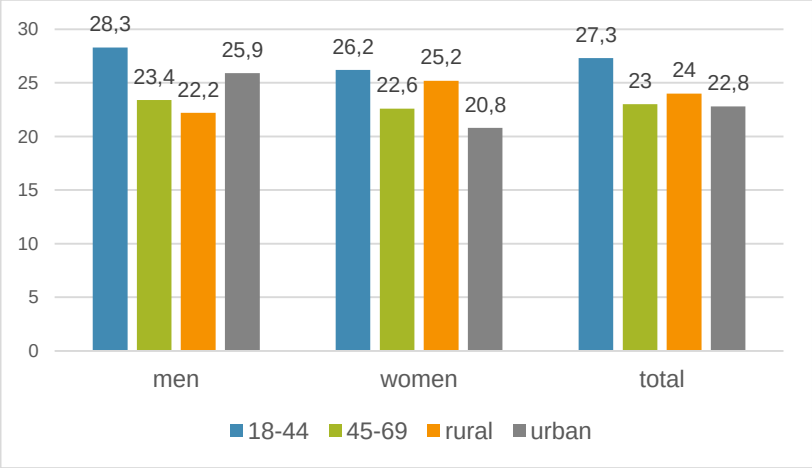
TABLE 24. LESS THAN FIVE SERVINGS OF FRUIT AND/OR VEGETABLES ON AVERAGE PER DAY, BY AGE AND SEX

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
18-44	520	74,1	69,3-79.0	735	78,5	74,2-82,8	1255	76,3	72,8-79,9
45-69	604	74,9	70,5-79,3	920	75,3	71,4-79,3	1524	75,1	71,5-78,7
18-69	**1124**	**74,4**	**70,5-78,3**	**1655**	**77,3**	**73,8-80,8**	**2779**	**75,9**	**72,8-79.0**

The knowledge, attitude and behavior of Azerbaijani adults towards dietary salt consumptionwere assessed using structured questions.The survey found that percentage of all respondents who always or often add salt or salty sauce to their food before eating or as they are eating for both sexes was 25.7% (95%CI: 22.8-28.6) with 26.6% (95% CI: 22.6-30.5) for men and 24.8% (95% CI: 21.7-28.0) for women.

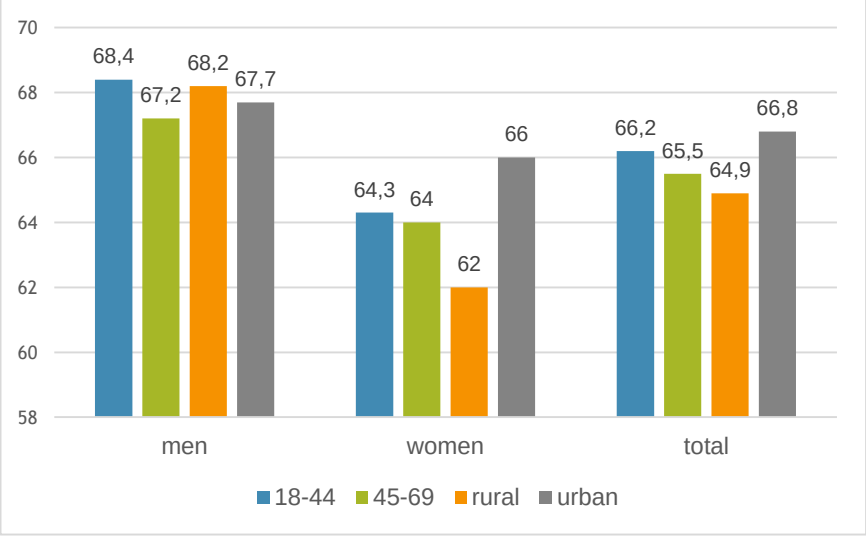
As shown in Figure13, there were visible differences between age groups (18-44 and 45-69), sex groups and area of residence.

FIGURE 13. ADD SALT ALWAYS OR OFTEN BEFORE EATING OR WHEN EATING,BY AGE, SEX AND AREA OF RESIDENCE (%)



Percentage of all respondents who always or often add salt to their food when cooking or preparing foods at home for both sexes was65.9% (95% CI: 61.2-70.6). There are slightly significant differences among ages, respondents from men group more often added salt to their food 67.9% (95% CI: 62.6-73.2) than women population 64.2% (95% CI: 59.1-69.3). Urban citizens a little often added salt to their food than rural citizens (Figure14).

FIGURE 14. ADD SALT ALWAYS OR OFTEN WHEN COOKING OR PREPARING FOOD AT HOME,BY AGE, SEX AND AREA OF RESIDENCE (%)



Respondents were asked if they often consumed processed food high in salt. Prevalence among all surveyparticipants was 26.6% (95% CI: 23.7–29.6). The percentage of men (29.6%, 95% CI: 25.6–33.5) who reported eating processed food high in salt was higher than that of women (23.8%, 95% CI: 20.5–27.1) (Table. 25).

TABLE 25. ALWAYS OR OFTEN CONSUME PROCESSED FOOD HIGH IN SALT, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	524	32,2	26,9-37,5	740	28,1	23,5-32,8	1264	30,2	26,2-34,1
45-69	610	24,8	20,5-29,1	924	16,9	13,9-19,8	1534	20,6	17,7-23,6
18-69	**1134**	**29,6**	**25,6-33,5**	**1664**	**23,8**	**20,5-27,1**	**2798**	**26,6**	**23,7-29,6**

The proportion of respondents eating such foods decreased with age and this difference was statistically significant. Also, the survey foundsuch significant difference between rural and urban residents, with higher prevalence for the latter (21.5%, 95% CI: 17.0–26.0 vs.30.9%, 95% CI: 27.1–34.8) respectively.

Almost 21.9% of all respondents think that they consume too much or far too much salt. The percentageof men with this opinion was a little more than that of women. No significant differences among age groups was revealed (Table 26).

TABLE 26. THINK THEY CONSUME FAR TOO MUCH OR TOO MUCH SALT, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	515	21,8	17,4-26,2	732	23,0	19,5-26,4	1247	22,4	19,5-25,3
45-69	603	23,3	19,3-27,2	918	19,1	15,9-22,3	1521	21,1	18,3-23,9
18-69	**1118**	**22,3**	**19.0-25,7**	**1650**	**21,5**	**18,8-24,1**	**2768**	**21,9**	**19,6-24,2**

The proportion of men who thought they consume too little or far too little is higher (13.5%) than that of women (10.6%).

The percentagesof all respondents who things to be using (by their opinion) “just the right amount”was 66.1% (95% CI:63.4-68.8).

The majority of respondents think that they are consuming too much salt which could cause serious health problems (73.1%, 95% CI: 68.8–77.5). The prevalence of women (75.1%, 95% CI: 70.6–79.6) with this belief was higher than that of men (71.0%, 95% CI: 66.0–76.0). Differences between age groups for both sexes (18-44 and 45-69) are notable (69.7% vs. 78.9% respectively) (Table 27).

TABLE 27. THINK CONSUMING TOO MUCH SALT COULD CAUSE SERIOUS HEALTH PROBLEM, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	N	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	525	67,6	61,8-73,3	740	71,8	66,4-77,1	1265	69,7	64,8-74,5
45-69	611	77,2	71,4-83.0	925	80,5	76.0-85.0	1536	78,9	74,3-83,5
18-69	**1136**	**71,0**	**66.0-76.0**	**1665**	**75,1**	**70,6-79,6**	**2801**	**73,1**	**68,8-77,5**

In spite of a high percentage of respondents were aware that salt can cause serious health problems, 18.7% of them considered lowering salt in diet to be not at all important.
37.0% thought this was very important; and 44.3% thought it was somewhat important. The proportion of women who considered lowering salt in their diet to be very or somewhat important was higher (84.1%) than that of men (78.4%) (Table 28).

TABLE 28. IMPORTANCE OF LOWERING SALT IN DIET, BY SEX

	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
Men	1079	34,5	29,9-39,1	43,9	39,5-48,3	21,6	17,7-25,5
Women	1607	39,3	35,1-43,4	44,8	41.0-48,5	16,0	12,5-19,4
Both sexes	**2686**	**37,0**	**33,1-40,8**	**44,3**	**40,9-47,8**	**18,7**	**15,5-21,9**

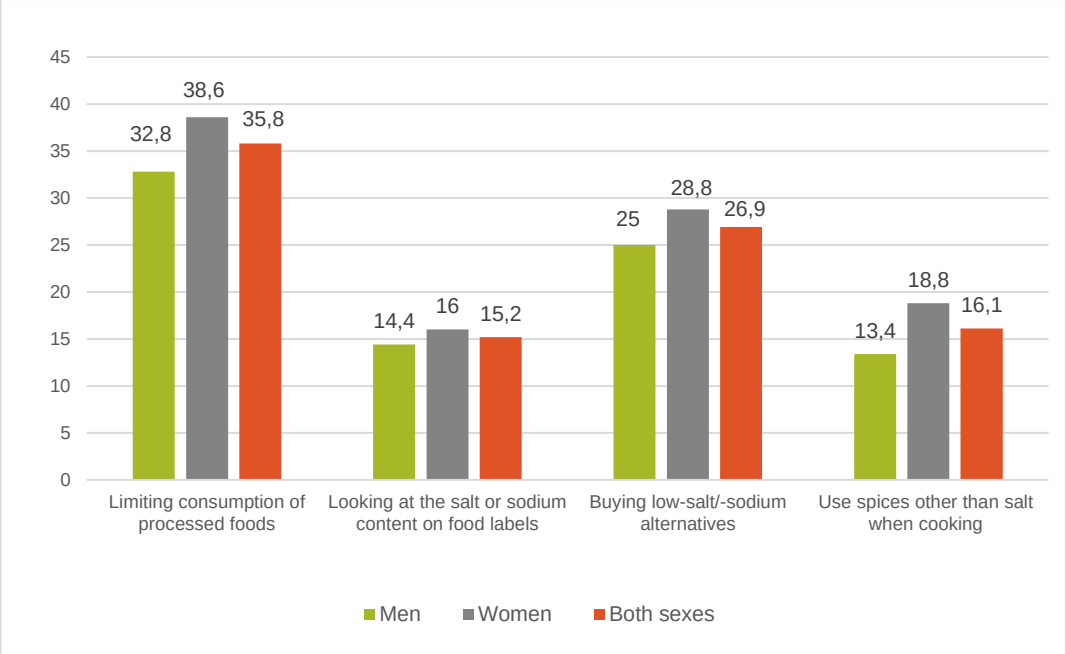
Significant age difference was identified for the answers to this question. In total for both sexes, there are no differences among urban and rural residents in the answer to the question about lowering salt in dietto be very important, but there is difference among respond of sexes group. For example, among men group 35.7% of urban people think that it is very important, in contrary with 33% of rural residents, but women in rural believe in importance of low salt diet more than in urban - 40,4% vs. 38.4% respectively.

Respondents were asked about what actions they took to control salt intake on a regular basis.

To control salt intake on a regular basis,less than half (35.8% 95% CI: 31.3–40.3) of the study population limited consumption of processed foods.

About 16.1% of respondents of both sexes (95% CI: 12.6–19.6) responded replacing salt with spices during cooking and almost 15.2% (95% CI: 12.0–18.4) of respondents said that they looked at thesalt or sodium content on food labels. 26.9%(95% CI: 23.0–30.8) of the study population reported that they bought low-salt/sodium alternatives (Figure 15).

FIGURE 15. PERCENTAGE OF RESPONDENTS WHO TAKE SPECIFIC ACTION ON A REGULAR BASIS TO CONTROL SALT INTAKE, BY SEX (%)



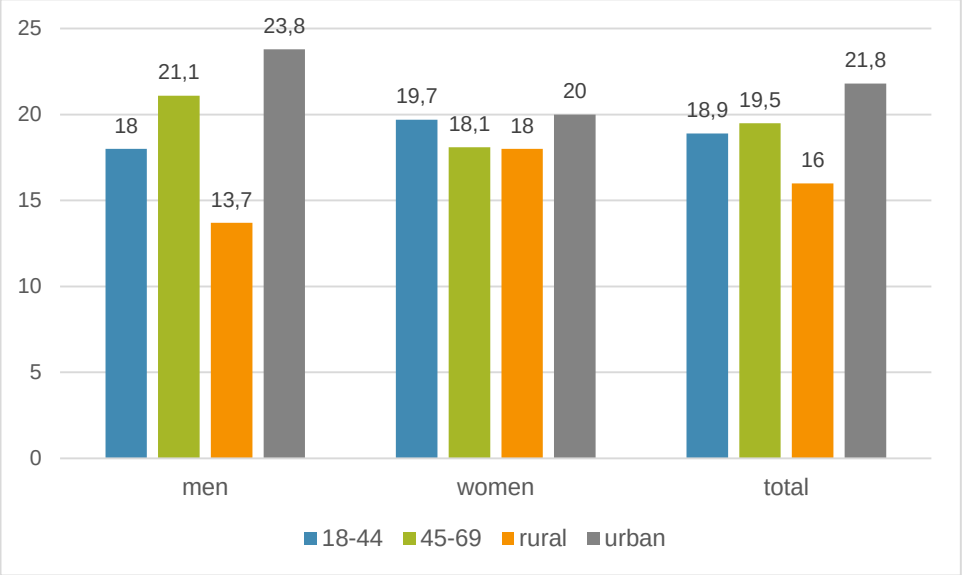
Physical Activity

Physical activity of the survey population was assessed by evaluating the intensity and durationof activities undertaken during work, travel and recreation. According to the WHO physical activity recommendations for health, adults should do at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity. Physical activity of respondents was assessed based on how the WHO physical activity recommendations for health were met.

The survey results showed that only one in 5 individuals in the study population (19.1%,95% CI: 15.9–22.3) did not meet WHO recommendations on physical activity for health. Physical activity of both sexes was 19.1%, for men (95% CI: 15.3–22.9) and women (95%CI: 15.5–22.6).

As shown inFigure 16, differences between age groups (18-44 and 45-69) are slightly notable (18.9% vs. 19.5% respectively), but differences were more visible between the country's urban and rural populations, with a higher prevalence in urban areas.

FIGURE 16. NOT MEETING WHO RECOMMENDATIONS ON PHYSICAL ACTIVITY FOR HEALTH BY SEX, AGE AND AREA OF RESIDENCE (%)



Overall, 56.3% of the respondents were reported as having high level of physical activity. A little difference was detected between men (60.3%, 95% CI: 55.9–64.7) and women (52.5%, 95%CI: 48.0–57.0).

A total of 20.8% of the respondents had moderate level and 22.9% had low level of physical activity. Women had more moderate and low level of activity than men (23.0% and 24.5% vs. 18.5% and 21.3% respectively). When examined by age groups, the level of physical activity tended to decline with age (Table 29).

TABLE 29. LEVEL OF TOTAL PHYSICAL ACTIVITY ACCORDING TO FORMER RECOMMENDATIONS, BY SEX

Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
Men	1121	21,3	17,3-25,2	18,5	15,4-21,5	60,3	55,9-64,7
Women	1650	24,5	20,6-28,4	23,0	20,1-25,9	52,5	48.0-57.0
Both sexes	**2771**	**22,9**	**19,5-26,3**	**20,8**	**18,5-23.0**	**56,3**	**52,6-60,1**

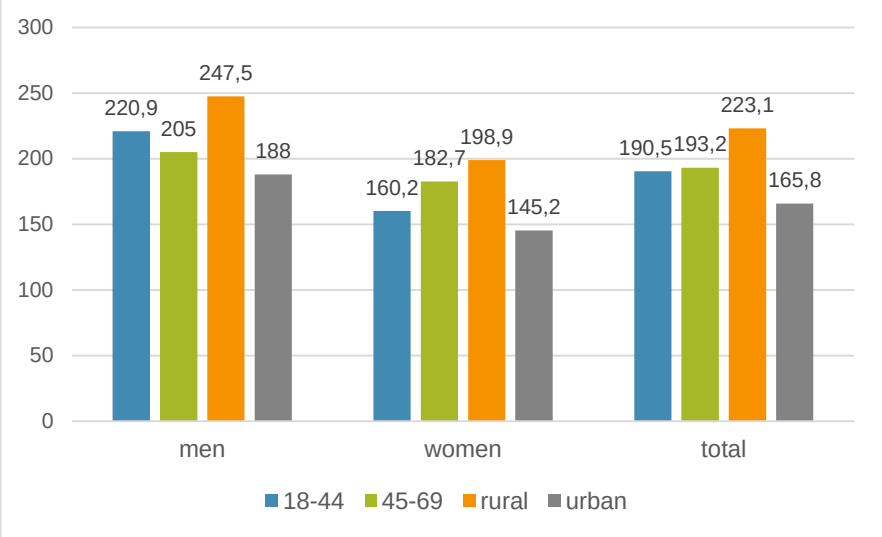
Total physical activity per day included work-related, transport-related and recreation-related activities.

Respondents aged 18–69 years carried out an average of 191.5 minutes of physical activity per day, with a statistically significant difference between men (215.2 minutes, 95% CI: 192.7–237.7) and women (168.9 minutes, 95% CI: 149.9–187.8).

No significant difference was recorded between age groups of the same sex. The survey showed that individuals in rural areas were more exposed to physical activity, amongboth men

and women. The highest mean difference was discovered in men, with an average of247.5 minutes (95% CI: 216.0–279.0) among the rural population, compared with 188.0 minutes(95% CI: 156.6–220.0) among men in urban areas (Figure 17).

FIGURE 17. MEAN MINUTES OF TOTAL PHYSICAL ACTIVITY ON AVERAGE PER DAY BY SEX, AGE AND AREA OF RESIDENCE



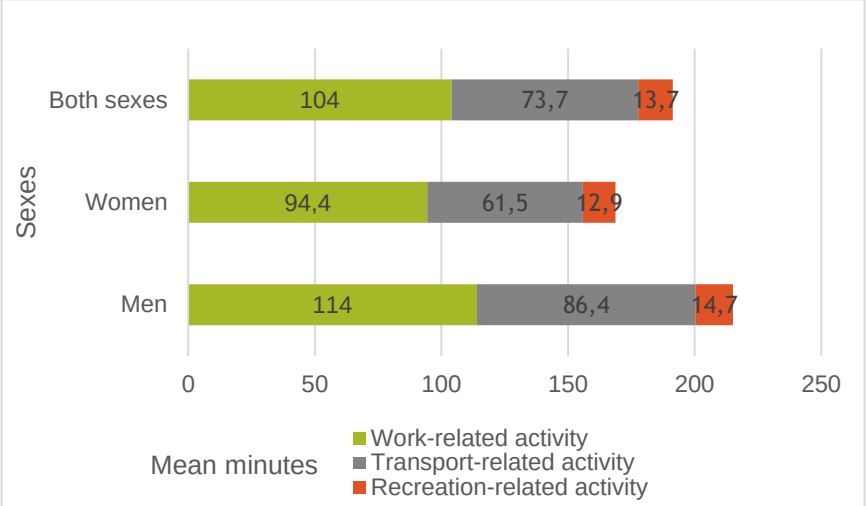
The physical activity levels are possible to measure with the mediantime spent performing physical activity.Median duration of all physical activity carried out dailyrecorded by all respondents was 128.6 (95% CI: 37.1-300.0) minutes; 145.7 (95% CI: 41.4-145.7) minutes for men and 120 (95% CI: 31.4-250.7) minutes forwomen. As shown in Table 30, the intensity of physical activity was inversely related to age among men group, but this relationship was not observed in women group.The median time spent carrying out physical activity was lower than themean time.

TABLE 30. MEDIAN MINUTES OF TOTAL PHYSICAL ACTIVITY ON AVERAGE PER DAY, BY AGE AND SEX

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)
18-44	516	153.6	51.4-347.1	734	120.0	30.0-240.0	1250	128.6	38.6-300.0
45-69	605	128.6	30.0-317.1	916	124.3	34.3-270.0	1521	124.3	34.3-300.0
18-69	**1121**	**145.7**	**41.4-145.7**	**1650**	**120.0**	**31.4-250.7**	**2771**	**128.6**	**37.1-300.0**

Figure 18 shows the distribution of the mean minutes of total physical activity by type of activity. In this figure we can notice the greatest differences between sexes in work-related and transport-related physical activities.

FIGURE 18. MEAN MINUTES SPENT IN WORK-, TRANSPORT- AND RECREATION-RELATED PHYSICAL ACTIVITY ON AVERAGE PER DAY, BY SEX



As for sedentary activities on average per day men spent 203.6 minutes (95% CI: 191.8-215.4), but women only 189 minutes (95% CI: 177.7-200.4).

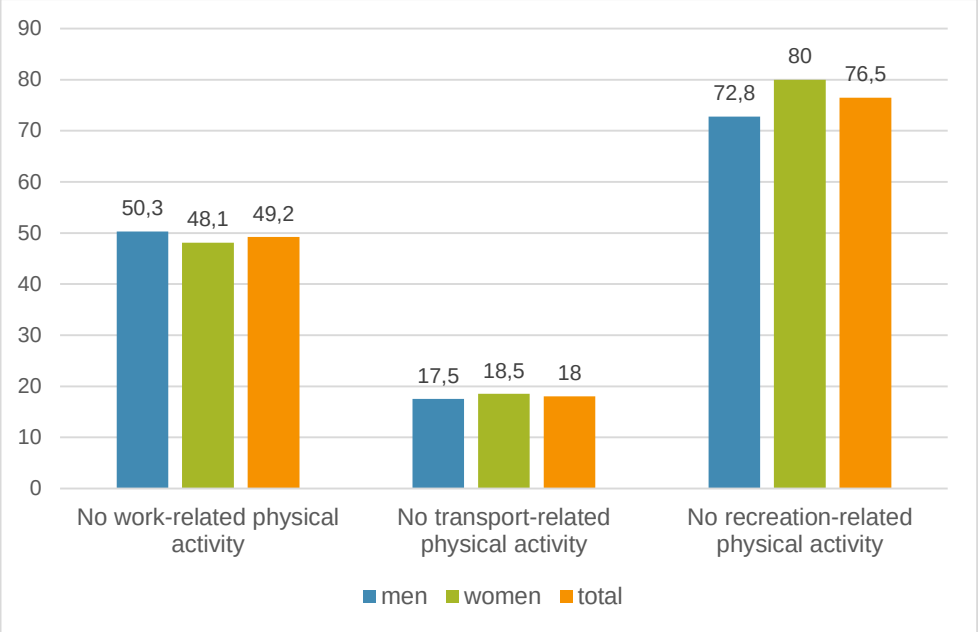
91.4% of women (95% CI: 89,3-93,5) wasnot engaging in vigorous physical activity (men – 71.9%, 95%CI: 68.0-75,8) (Table 31).

TABLE 31. NO VIGOROUS PHYSICAL ACTIVITY, BY AGE AND SEX

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
18-44	516	68,1	62,7-73,6	734	91,9	89,4-94,4	1250	80,0	76,9-83,2
45-69	605	78,6	74,3-83.0	916	90,6	87,5-93,6	1521	84,9	82.0-87,9
18-69	**1121**	**71,9**	**68.0-75,8**	**1650**	**91,4**	**89,3-93,5**	**2771**	**81,9**	**79,5-84,3**

As shown on Figure 19, almost 50% of all respondents were not engaged to work activity 49,2%(95% CI: 45.0-53,4), and 76,5% (95% CI:73,3-79,6) - to leisure time. Differences between age groups (18-44 and 45-69) are slightly notable only in no recreation-related physical activity (72.9% vs. 82.5% respectively).

FIGURE 19.PERCENTAGE OF RESPONDENTS CLASSIFIED AS DOING NO WORK-, TRANSPORT- OR RECREATIONAL-RELATED PHYSICAL ACTIVITY, BY SEX (%)



History of raised blood pressure

The current health status of the study population related to highblood pressure was assessed by asking respondents about the history of blood pressure andtheir treatment history.

Among all study populations 33.1% (95% CI: 29,1-37,1) reported that their blood pressure had never been measured; 45.2% (95% CI: 41,8-48,6) had undergone blood pressure measurement but had not been diagnosed with hypertension; 5.2% (95% CI: 4,1-6,4) had been diagnosed with high blood pressure more than a year before; and 16.4% (95% CI: 14,6-18,3) had been diagnosed with hypertension within the 12 months prior to the interview.

As the prevalence of high blood pressure is usually greater in elderly people, it follows that younger age groups answered more frequently that they were never checked or diagnosed with hypertension, while the older age groups more frequently answered that they were checked and diagnosed with blood pressure problems more often.

Some statistically significant differences emerged in terms of raised blood pressure history between the sexes. A total of 38.4% of men (95% CI: 33.8–43.0) had never had their blood pressure measured, compared with 28% of women (95% CI: 23.8–32.2).

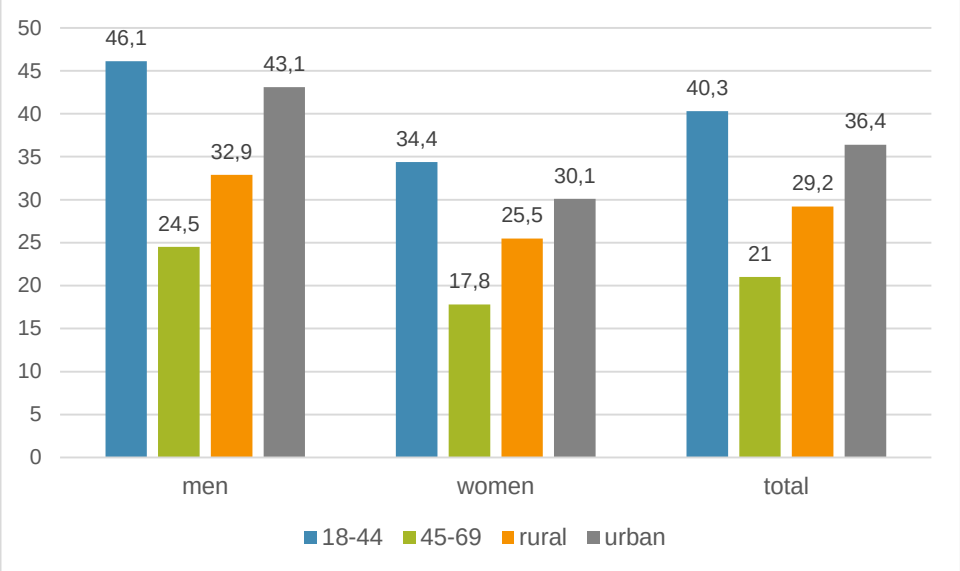
The percentage of women diagnosed with high blood pressure within past 12 months washigher (18.9.6%, 95% CI: 16.4–21.3) than that of men (13.9%, 95% CI: 11.6–16.3) (Table 32).

TABLE 32.BLOOD PRESSURE MEASUREMENT AND DIAGNOSIS, BY SEX

	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
Men	1136	38,4	33,8-43.0	42,5	38,4-46,6	5,2	3,5-6,9	13,9	11,6-16,3
Women	1665	28,0	23,8-32,2	47,8	43,9-51,7	5,3	4.0-6,7	18,9	16,4-21,3
Both sexes	**2801**	**33,1**	**29,1-37,1**	**45,2**	**41,8-48,6**	**5,2**	**4,1-6,4**	**16,4**	**14,6-18,3**

Group of women of 45-69 years and group of respondents who living in rural areas measured blood pressure more than other groups of respondents (Figure 20).

FIGURE 20.PREVALENCE OF NEVER MEASURED BLOOD PRESSURE, BY SEX, AGE AND AREA OF RESIDENCE (%)



Among those who had raised blood pressure or arterial hypertension, 47.9% (95% CI: 42,5-53,3) of all respondents,42.1% (95% CI: 34,2-49,9) of men, and 52.3% (95% CI: 46,4-58,3) of women responded that they currently taking medication for raised blood pressure prescribed by doctor or health worker. The percentage of men who have not taken any medication for raised blood pressure was significantly higher compared to that of women.

When analyzed by locality, there was no significant difference detected in medication use for arterial hypertension between the urban and rural population. Only we can attend to one fact, that women living in urban area more taken medicaments than women of rural residence (48.9% vs. 46.8%). The age group difference was statistically significant, with an increase in

the proportion of those taking medication from 29.1% (95% CI: 20.1–38.1) among the age group 18–29 years to 57.5% (95% CI: 52.4–62.5) in the age group 45–69 years (Table 33).

TABLE 33. CURRENTLY TAKING DRUGS (MEDICATION) FOR RAISED BLOOD PRESSURE PRESCRIBED BY DOCTOR OR HEALTH WORKER AMONG THOSE DIAGNOSED, BY SEX AND AGE

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-44	58	22,7	10,1-35,3	98	35,0	23,2-46,9	156	29,1	20,1-38,1
45-69	219	53,8	45,2-62,4	422	60,0	54.0-66.0	641	57,5	52,4-62,5
18-69	**277**	**42,1**	**34,2-49,9**	**520**	**52,3**	**46,4-58,3**	**797**	**47,9**	**42,5-53,3**

A total of 13.6% (95% CI: 10.0–17.3) of respondents of both sexes among those previously diagnosed with raised blood pressure have sought advice from a traditional healer.

A total of 21.8% (95% CI: 17.6–25.9) of respondents of both sexes among those previously diagnosed with raised blood pressure have taken herbal or traditional remedy from a traditional healer.

History of diabetes

History of diabetes and compliance to diabetes treatment was also analysed during the survey.

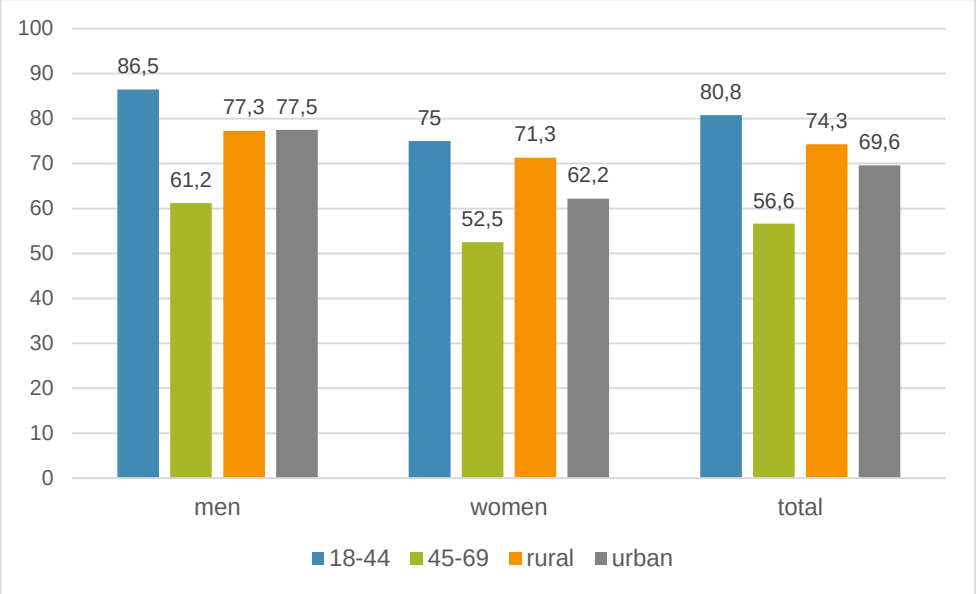
Among survey population, 71.8% (95% CI: 69.0-74,6) have never had their blood sugar measured, 23.5% (95% CI: 20,9-26,1) were measured but were not diagnosed with raised blood sugar or diabetes, and 0.5% were diagnosed with raised blood sugar or diabetes but not within the past 12 months. Only 4.2%(95% CI: 3,5-5.0) respondents were diagnosed with raised blood sugar or diabetes within the past 12 months. Significantly more respondents aged 45–69 years (9.8%,95% CI: 8,2-11,5) were diagnosed with raised blood sugar or diabetes than respondents aged 18–44 years (0.9%, 95% CI: 0,4-1,4). As seen in Table 34, the rate of respondents who answered that their blood sugar had never been measured was significantly higher among males than women (77.4% vs. 66.3% respectively) and this difference was detected in all age groups.

TABLE 34. BLOOD SUGAR MEASUREMENT AND DIAGNOSIS

Sex	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
Men	1136	77,4	74,2-80,7	19,1	16.0-22,2	0,4	0,1-0,8	3,1	2,1-4.0
Women	1665	66,3	62,8-69,9	27,8	24,5-31.0	0,6	0,2-1.0	5,3	4,2-6,4
Both sexes	**2801**	**71,8**	**69.0-74,6**	**23,5**	**20,9-26,1**	**0,5**	**0,2-0,8**	**4,2**	**3,5-5.0**

As shown in Figure 21,there was a slight difference in quantity of all respondents who answered that their blood sugar had never been measured by place of residence with 74.3% (95% CI: 70.3-78.3) in rural and 69.6% in urban (95% CI:65.7-73.5).

FIGURE 21.PREVALENCE OF NEVER MEASURED BLOOD SUGAR BY SEX, AGE AND RESIDENCE (%)



During survey respondents previously diagnosed with raised blood sugar or diabetes were asked whether they had been prescribed any medication for diabetes by a health worker during the previous two weeks, or whether they were taking insulin for diabetes prescribed by a doctor or other health worker.

Some differences were identified between the sexes, with 72.9% of men (95% CI: 59.7–86.2)and 77.8% of women (95% CI: 69.7–85.9) taking any medication for diabetes prescribed by a doctoror a health worker (Table 35). More difference was found for those taking insulin, with 17.7% of men (95% CI: 7.2–28.3) and 24.2% of women (95% CI: 16.1–32.3) taking insulin recommended by a doctor or a health worker (Table 36).

TABLE 35. CURRENTLY TAKING MEDICATION PRESCRIBED FOR DIABETES AMONG THOSE PREVIOUSLY DIAGNOSED, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-44	2	55,7	0.0-100.0	17	66,5	40,6-92,4	19	65,1	40,9-89,3
45-69	64	73,8	60,4-87,2	126	80,3	72.0-88,7	190	77,7	70,2-85,3
18-69	**66**	**72,9**	**59,7-86,2**	**143**	**77,8**	**69,7-85,9**	**209**	**76,0**	**68,6-83,4**

TABLE 36. CURRENTLY TAKING INSULIN PRESCRIBED FOR DIABETES AMONG THOSE PREVIOUSLY DIAGNOSED, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-44	2	0,0	0.0-0.0	17	37,8	10,1-65,5	19	32,9	7,9-58.0
45-69	64	18,7	7,7-29,6	126	21,1	13,2-29,1	190	20,2	13,6-26,7
18-69	**66**	**17,7**	**7,2-28,3**	**143**	**24,2**	**16,1-32,3**	**209**	**21,9**	**15,3-28,5**

In rural areas residents previously diagnosed with raised blood sugar or diabetes in compare with urban respondents more taken medicaments 79.7%(95% CI: 68.9-90.5) vs. 74.5 (95% CI: 65.1-83.9) respectively, and less insulin 15.3 (95% CI: 5.5-25.2) vs. 24.6 (95% CI: 16.2-33.1) respectively.

A total of 7.9% (95% CI: 3.7–12.1) of respondents of both sexes among those previously diagnosed with diabetes have sought advice from a traditional healer.

A total of 17.2% (95% CI: 10.5–24.0) of respondents of both sexes among those previously diagnosed with diabetes have taken herbal or traditional treatment from a traditional healer.

History of raised cholesterol

The results indicate that overall 89.9% (95% CI: 88,2-91,5) of respondents of all ages answered that they never had their blood cholesterol measured within a healthcare facility, while 7.5%(95% CI: 6.0-9.0) had undergone a test for blood cholesterol level but had not been diagnosed with raised cholesterol. Only 0.9% 95% (CI: 0,6-1,2) of the study population had been diagnosed with a high level of cholesterol more than 12 months before the interview, and 1.7% (95% CI: 1,2-2,3) within the past year.

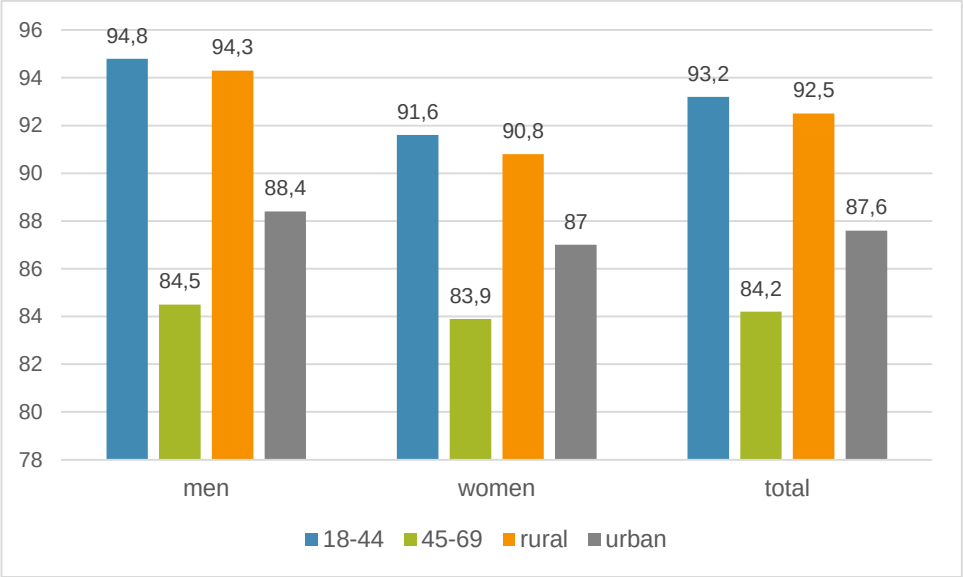
Collating by age revealed a statistically significant difference between age groups in this indicator: older respondents diagnosed with a high level of blood cholesterol in comparison to younger respondents. There was no substantial difference between the sexes in terms of cholesterol measurement and diagnosis history (Table 37).

TABLE 37. TOTAL CHOLESTEROLMEASUREMENT 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
18-44	1265	93,2	91,6-94,8	6,0	4,4-7,6	0,2	0.0-0,4	0,6	0,2-1.0
45-69	1536	84,2	81,5-87.0	10,1	8.0-12,1	2,0	1,2-2,9	3,7	2,5-4,9
18-69	**2801**	**89,9**	**88,2-91,5**	**7,5**	**6.0-9.0**	**0,9**	**0,6-1,2**	**1,7**	**1,2-2,3**

Respondents with ages 45-69 years and respondents living in urban area more measure total cholesterol level than other groups of respondents (Figure 22).

FIGURE 22. NO TOTAL CHOLESTEROL MEASUREMENT AND DIAGNOSIS, BY SEX, BY AGE AND AREA OF RESIDENCE (%)



Among those diagnosed with a high level of total blood cholesterol, 26.8% (95% CI: 14.9-38.6) had taken oral medication during the previous two weeks based on a prescription by a doctor or health worker. Of these respondents, 25.4% were men (95% CI: 8.6–42.2) and 27.8% were women (95% CI: 12.8–42.8). In urban area, men had taken oral medication twice more than women.

The overall of 10.1% (95% CI: 3.7–16.5) of respondents of both sexes among those previously diagnosed for raised cholesterol have sought advice from a traditional healer.

A total of 12.4% (95% CI: 5.3–19.5) of respondents of both sexes among those previously diagnosed with raised cholesterol have taken herbal or traditional treatment from a traditional healer.

CVD history

The results indicate that overall6.4% (95% CI: 5.1-7.8) reported having ever had a heart attack or chest pain from heartdisease (angina) or stroke.

Clearly, that significant difference was observed between age groups: 3.0% (95% CI: 1.8–4.2) in the age group 18–44 years to 12.3% (95% CI: 9.9–14.7) in the age group 45–69 years.

No significant difference was detected between men (6.0%, 95% CI: 4.6-7.4) and women (6.9%, 95% CI: 5.0-8.7). Also, no difference was observed in rural and urban residence for both sexes – 6.7% vs. 6.2% respectively.

The percentage of all respondents reported regularly taking aspirin was 4.6% (95% CI: 3,7-5,5) and 1.7% (95% CI: 1.0-2,3) of them also took statins to prevent or treat heart disease. The proportion of women that reported using aspirin for prevention or treatment of CVDs was almost the same that of men: 5.0% for males (95% CI:3.8–6.3) and 4.2% for females (95% CI: 3.2–5.2). Same trend in proportions was observed among both sex groups in using statins.

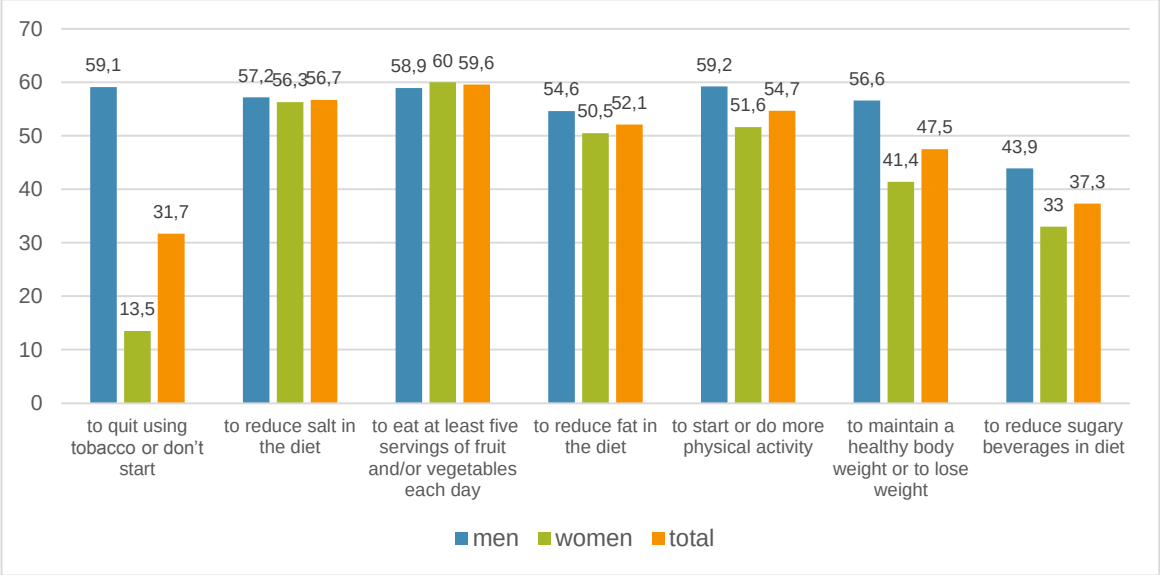
Lifestyle advice

Figure 23 shows the distribution of responses about receiving different types of lifestyle advice from a doctor or a health worker during the past three years.

- 31.7% (95% CI: 27.8-35.6) of respondents had been advised to stop smoking or not to start: 59.1% among men (95% CI: 52.2–65.9) and 13.5% among women (95% CI: 9.6–17.4).
- 56.7% (95% CI: 52.1-61.3) of respondents had been advised to reduce salt in their diet: 57.2% among men (95% CI: 50.3–64.0) and 56.3% among women (95% CI: 50.7–61.9).
- 59.6% (95% CI: 54.6-64.6) of respondents had been advised to eat at least five servings of fruit and/or vegetable seach day: 58.9% among men (95% CI: 51.6–66.2) and 60.0% among women (95% CI: 54.2-65.9).

- 52.1% (95% CI: 47.2-57.0) of respondents had been advised to reduce fat in their diet: 54.6% among men (95% CI:47.4-61.9) and 50.5% among women (95% CI: 44.8-56.1).
- 54.7% (95% CI: 50.3-59.1) of respondents had been advised to start or to do more physical activity: 59.2% among men (95% CI: 53.1-65.4) and 51.6% among women (95% CI: 46.2-57.1).
- 47.5% (95% CI: 42.9-52.0) of respondents had been advised to maintain a healthy body weight or to lose weight: 56.6% among men (95% CI: 50.2–62.9) and 41.4% among women (95% CI: 36.0-46.7).
- 37.3% (95% CI: 32.9-41.8) of respondents had been advised to reduce sugary beverages: 43.9% among men (95% CI: 37.5–50.2) and 33.0% among women (95% CI: 27.9-38.1).

FIGURE 23.PERCENTAGE OF RESPONDENTS, WHICH ADVISED BY DOCTOR OR HEALTH WORKER, BY SEX(%)



It is easy to see that useful advice on health by doctor or health worker was more given to men than to women. Actually, in all advices there was significant difference between age groups. Younger people receive advice less frequent.

Cervical cancer screening

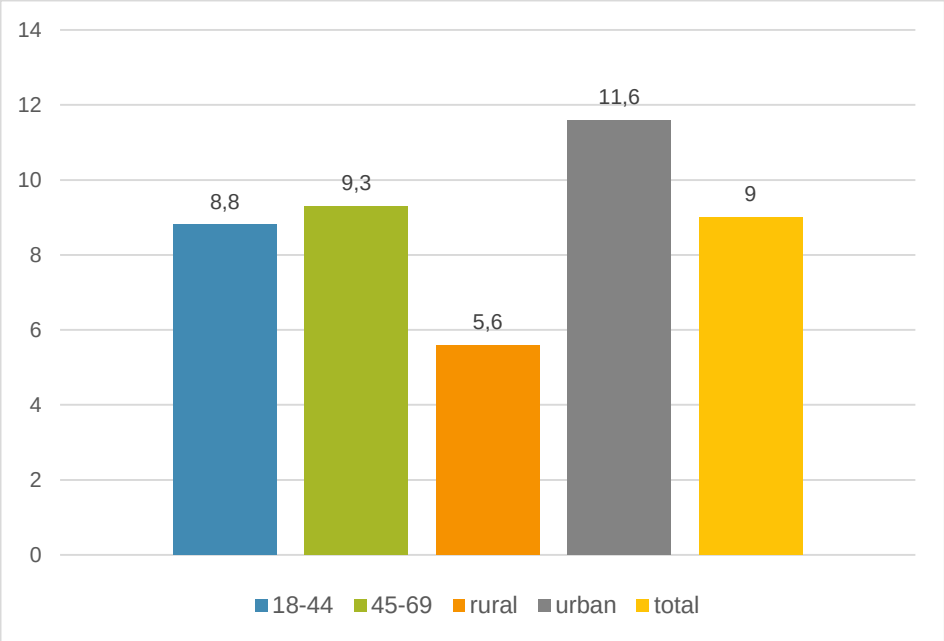
Next question was only for women respondents whether they had ever had a screening test for cervical cancer.

The percentage of all the women aged 18–69 years participating in the study who reported ever having undergone a screening test for cervical cancer was only 9.0% (95% CI: 6.7-11.4).

No significant difference was observed between both age groups (8.8 vs. 9.3 respectively).11.3% (95% CI: 8.2-14.3) women respondents aged 30–49 years had ever had a screening test for cervical cancer.

Women aged 18–69 in urban areas reported twice more frequently having ever undergone cervical cancer screening than the rural female population (11.6% vs. 5.6%), in aged 30-49 this proportion was more (15.1% vs. 6.1%)(Figure24).

FIGURE 24. THE PERCENTAGE OF FEMALE RESPONDENTS 30-49 YEARS WHO HAVE EVER HAD A SCREENING TEST FOR CERVICAL CANCER,BY AGE AND AREA OF RESIDENCE (%)



Physical measurements

Hypertension as a risk factor for NCD was assessed by means of blood pressure measurement.

Mean systolic blood pressure (SBP) among all respondents, including those currently onmedication for raised blood pressure, was 125.9 mmHg (95% CI: 124,0-127.0); 127.0 mmHg for men (95% CI:125.6-128.4) and 124.8 mmHg (95% CI: 123.4-126.2) for women.

Mean diastolic blood pressure (DBP) among them, including those currently on medication for raised blood pressure, was 81.2 mmHg (95%CI: 80.4–82.0); 81.5 mmHg (95% CI: 80.5–82.6) for men and 80.9 mmHg (95%CI: 80.1-81.8) for women.

Mean systolic and diastolic blood pressures were higher for older respondents aged 45–69 years than their younger counterparts aged 18-44. If the SBP in theage group 45–69 years was approximately 14% higher than in the age group 18–44 years, the difference in DBP between the same age groups was onlyabout 9%. Examining rural-urban residence groups revealed similar proportions (Figures 25-26).

FIGURE 25. MEAN SBP (MMHG), BY SEX, AGE AND AREA OF RESIDENCE

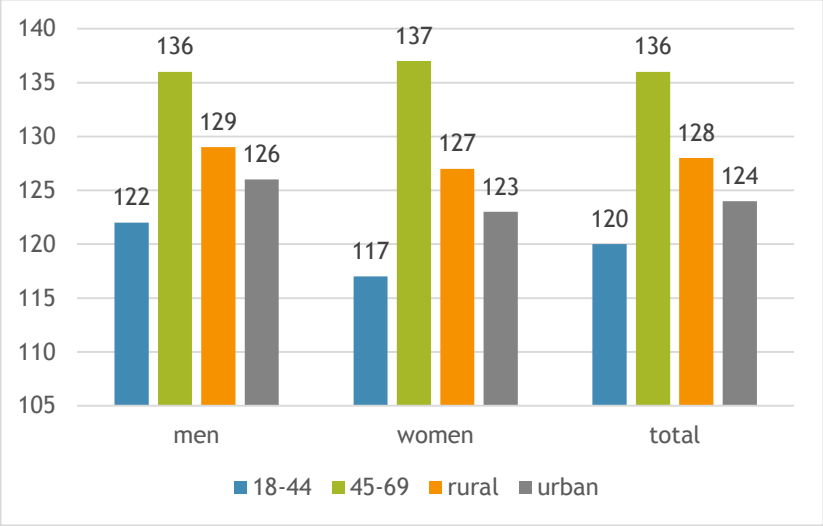
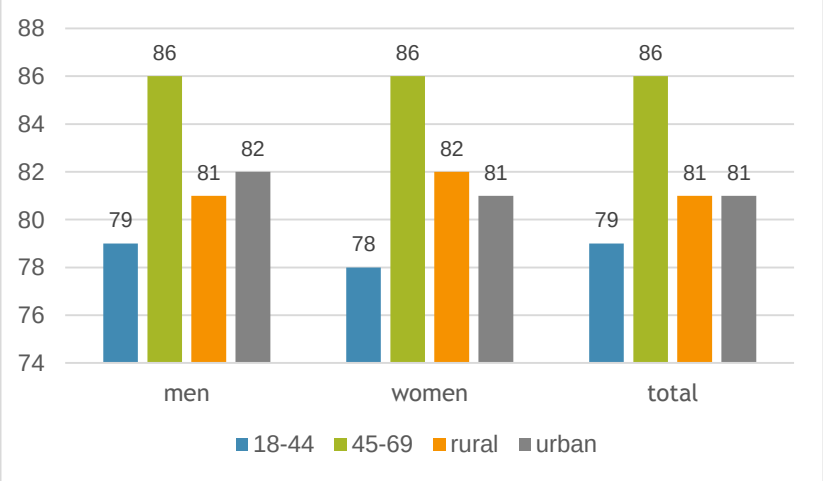


FIGURE 26. MEAN DBP (MMHG), BY SEX, AGE GROUP AND AREA OF RESIDENCE



All respondents have been divided into two groups, first - with an SBP ≥140 and/or DBP ≥ 90 mmHg, second - with an SBP of ≥160 mmHg and/or a DBP of ≥100 mmHg.

In the first group the percentage of those with an SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure was 21.6 (95% CI: 19.0–24.3);22.9% (95% CI: 19.0–26.9) for men and 20.3% (95% CI: 17.7–22.9) for women (Table 38).

TABLE 38. SBP ≥140 AND/OR DBP ≥ 90 MMHG, EXCLUDING THOSE ON MEDICATION FOR RAISED BLOOD PRESSURE, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	16,2	11,4-21.0	678	10,0	7,3-12,6	1178	13,1	10,2-16.0
45-69	462	37,8	32,7-43.0	646	41,7	36,7-46,6	1108	39,8	35,7-43,8
18-69	**962**	**22,9**	**19.0-26,9**	**1324**	**20,3**	**17,7-22,9**	**2286**	**21,6**	**19.0-24,3**

The percentage of those with an SBP of SBP ≥140 and/or DBP ≥ 90 mmHg or taking medication for raised blood pressure was 29.7% (95% CI: 27.2–32.1); 29.3% (95% CI: 25.6–33.0) for men and 30.1% (95% CI: 27.5–32.7) for women (Table 39).

TABLE 39. SBP ≥140 AND/OR DBP ≥ 90 MMHG OR CURRENTLY ON MEDICATION FOR RAISED BLOOD PRESSURE, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	510	17,7	13.0-22,5	707	12,9	10.0-15,8	1217	15,3	12,5-18,2
45-69	593	50,0	45,4-54,6	898	57,0	52,9-61,1	1491	53,7	50,3-57,1
18-69	**1103**	**29,3**	**25,6-33.0**	**1605**	**30,1**	**27,5-32,7**	**2708**	**29,7**	**27,2-32,1**

In second group the percentage of those with an SBP of ≥160 mmHg and/or a DBP of ≥100 mmHg, excluding those on medication for raised blood pressure was 6.9% (95% CI: 5.6–8.2); 6.1% (95% CI: 4.4–7.8) for men and 7.7% (95% CI: 6.1–9.3) for women (Table 40).

TABLE 40. SBP ≥160 AND/OR DBP ≥ 100 MMHG, EXCLUDING THOSE ON MEDICATION FOR RAISED BLOOD PRESSURE, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	3,4	1,6-5,3	678	2,8	1,4-4,1	1178	3,1	1,9-4,4
45-69	462	12,0	8,7-15,3	646	17,8	14,3-21,3	1108	15,0	12,4-17,5
18-69	**962**	**6,1**	**4,4-7,8**	**1324**	**7,7**	**6,1-9,3**	**2286**	**6,9**	**5,6-8,2**

The percentage of those with an SBP of ≥160 mmHg and/or a DBP of ≥100 mmHg or taking medication for raised blood pressure was 16.5% (95% CI: 14.7–18.2); 13.8% (95% CI: 11.5–16.1) for men and 19.0% (95% CI: 16.9–21.1) for women (Table 41).

TABLE 41. SBP ≥160 AND/OR DBP ≥ 100 MMHG OR CURRENTLY ON MEDICATION FOR RAISED BLOOD PRESSURE, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	510	5,3	3.0-7,5	707	6,0	4.0-8.0	1217	5,6	4.0-7,2
45-69	593	29,2	25,1-33,4	898	39,5	35,8-43,2	1491	34,6	31,7-37,6
18-69	**1103**	**13,8**	**11,5-16,1**	**1605**	**19,0**	**16,9-21,1**	**2708**	**16,5**	**14,7-18,2**

Clearly, that there was a statistically significant difference between ages groups.The percentage of respondents with controlled blood pressure was higher among the urban population (12.5%, 95% CI: 9.0–16.0) than among those in rural areas (7.2%, 95% CI: 4.4–10.0). Also, theurban population comprised a higher proportion of individuals with hypertension and taking medication in contrary with respondents living in rural area.

Respondents answered the question: “During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?” Of all respondents aged 18–69 years 10.1%(95% CI: 7.8–12.3) did not have raised blood pressure because of taking medicaments, 24.5% (95% CI: 20.8–28.2) were taking medication but still had increased blood pressure (SBP ≥140 mmHg and/or DBP ≥90 mmHg), and 65.4% (95% CI: 60.9–70.0) were not taking medication but had increased blood pressure.

The proportion of women who were taking medication with SPB <140 mmHg and DBP <90 mmHg but that still had high blood pressure was twice that of men(Table 42).

TABLE 42. RESPONDENTS WITH TREATED AND/OR CONTROLLED RAISED BLOOD PRESSURE

Sexes	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/orDBP≥90	95% CI	% Not on medication and SBP≥140 and/orDBP≥90	95% CI
Men	401	6,4	3,9-9.0	21,6	16,4-26,7	72,0	66.0-78.0
Women	638	13,5	10,2-16,8	27,3	22,9-31,7	59,2	53,9-64,5
Both sexes	**1039**	**10,1**	**7,8-12,3**	**24,5**	**20,8-28,2**	**65,4**	**60,9-70.0**

The mean heart rate (beats per minute or bpm) of respondents was 77.2 beats per minute. As seen in Table 43, no significant difference in mean number of heart rate was detected between males and females and between both ages group.

TABLE 43. MEAN HEART RATE (BEATS PER MINUTE), BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-44	523	76,6	75,7-77,6	737	78,3	77,3-79,3	1260	77,5	76,7-78,3
45-69	610	75,9	74,9-76,8	919	77,4	76,5-78,2	1529	76,6	76.0-77,3
18-69	1133	76,4	75,6-77,1	1656	77,9	77,1-78,7	2789	77,2	76,5-77,8

In frame of STEP 2, anthropometric measurements such as height, weight, and waist and hip circumference were provided to calculate BMI and mean WHR. The prevalence of overweight and obesity inthe study population (excluding pregnant women) by age, sex and area of residence were calculated based on these measurements.

Male respondents were on average 172.3 cm tall (95% CI: 171.8–172.9) and weighted on average 77.1 kg (95% CI: 76.2–78.0), and females were on average 161.1 cm tall (95% CI: 160.5–161.7) and weighted on average 69.8 kg (95% CI: 68.8–70.7). No significant difference in mean height and mean weight between rural and urban residents were detected (Figures 27-28).

These measurements show that men were substantially taller and heavier than women.

FIGURE 27. MEAN HEIGHT (CM), BY SEX, AGE AND AREA OF RESIDENCE

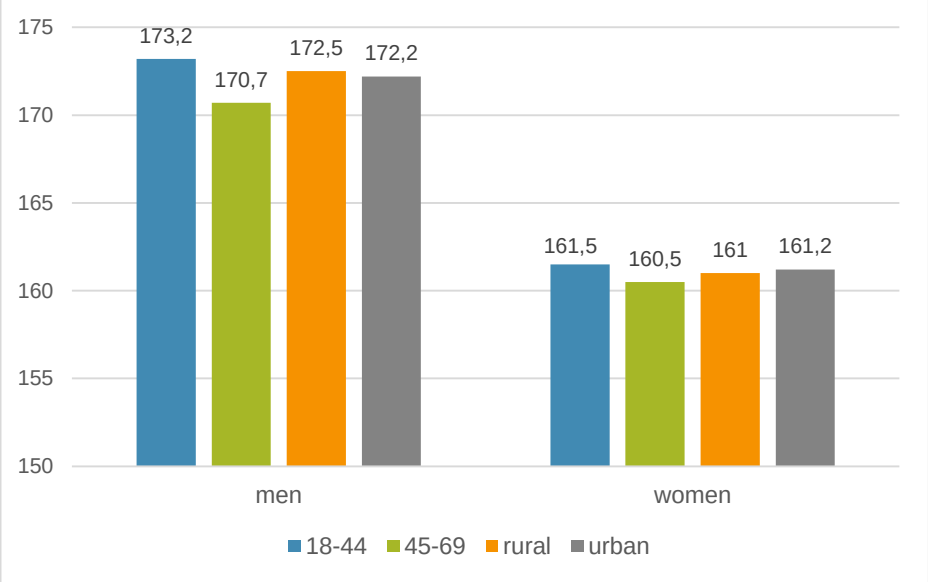
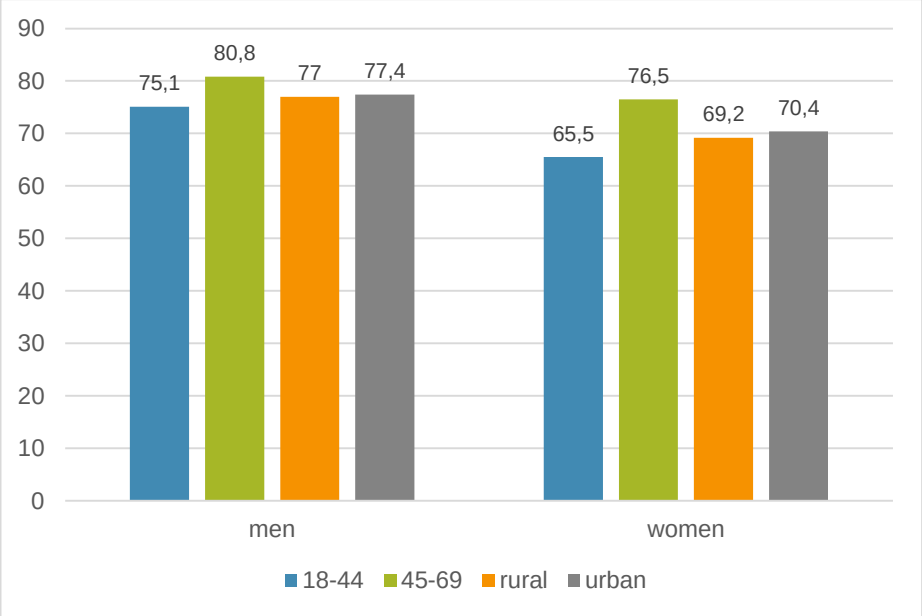


FIGURE 28.MEAN WEIGHT (KG), BY SEX, AGE AND AREA OF RESIDENCE



Mean BMI for all respondents was 26.0 (95% CI: 25.7–26.2). Mean BMI for women 26.4 (95% CI: 26.0–26.9) was higher than that for men 25.5 (95% CI: 25.2–25.8).

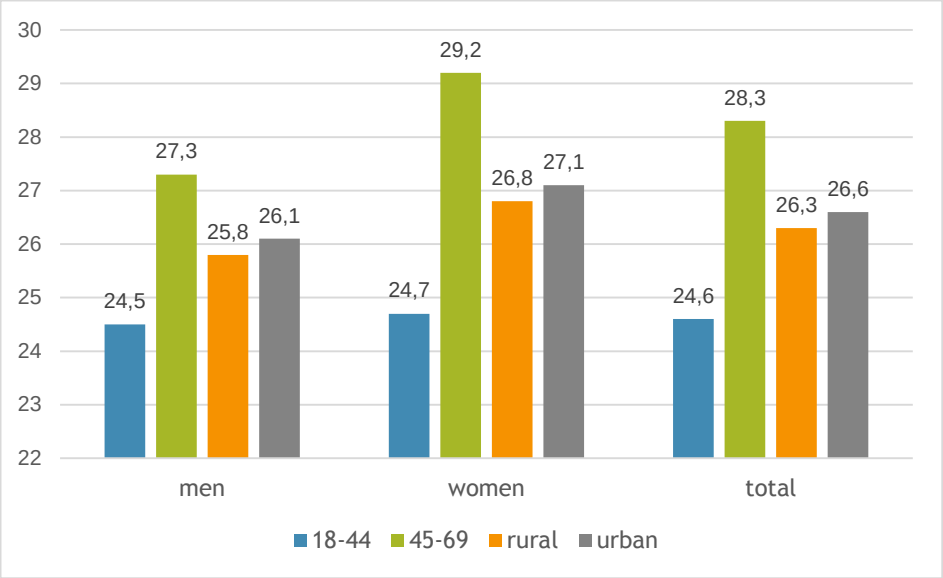
Among all respondents mean BMI was higher in the older age group as compared to the young age group 28.3 (95% CI: 28.0-28,6) and 24.6 (95% CI: 24,3-24,9) respectively.

TABLE 44. MEAN BMI (KG/M^2), BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	517	24,5	24,1-24,8	695	24,7	24,1-25,2	1212	24,6	24,3-24,9
45-69	600	27,3	26,8-27,7	880	29,2	28,8-29,7	1480	28,3	28.0-28,6
18-69	**1117**	**25,5**	**25,2-25,8**	**1575**	**26,4**	**26.0-26,9**	**2692**	**26,0**	**25,7-26,2**

There was slightly marked difference in the mean BMI among males and females according to the place of residence. Mean BMI was higher in urban area than in rural for men 26.1 (95% CI: 25.7-26.5) vs. 25.8 (95% CI: 25.5-26.2) and women 27.1 (95% CI:26.5-27.7) vs. 26.8% (95%CI:26.1-27.4) respectively (Figure 29).

FIGURE 29.MEAN BMI, BY SEX, AGE AND AREA OF RESIDENCE



All respondentswere grouped into four BMI categories: underweight (BMI <18.5), normal weight(BMI 18.5–24.9), overweight (BMI 25.0–29.9) and obese (BMI ≥30.0). Of all respondents, 2.8% were underweight (BMI <18.5), 41.7% showed normal weight (BMI 18.5–24.9), 34.8% were overweight (BMI 25.0–29.9), and 20.6% were obese (BMI >30.0) (Table 45).

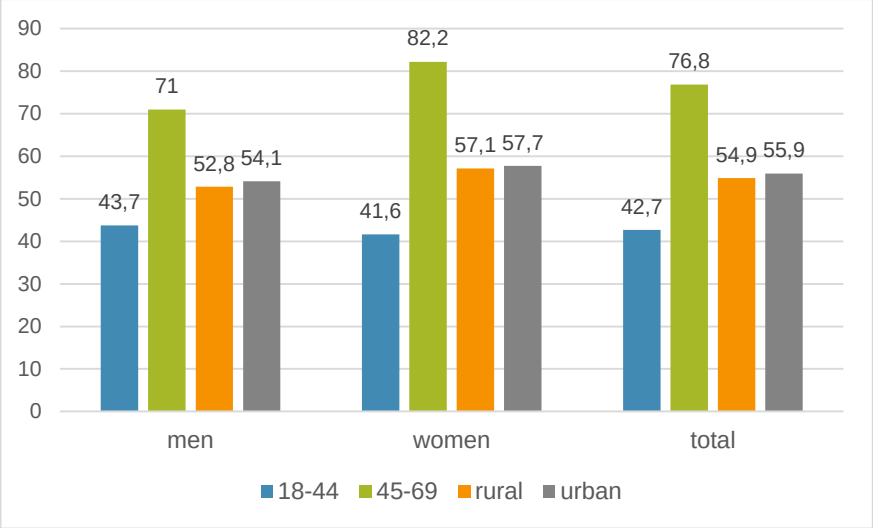
TABLE 45.BMI CLASSIFICATIONS, BY AGE AND SEX

	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
Men	1117	2.2	1.0-3.4	44.3	40.5-48.1	38.8	34.9-42.7	14.7	12.4-17.1
Women	1575	3.5	2.1-4.9	39.1	35.9-42.2	30.9	27.9-33.9	26.5	23.5-29.5
Both sexes	**2692**	**2.8**	**1.9-3.7**	**41.7**	**39.2-44.2**	**34.8**	**32.4-37.3**	**20.6**	**18.5-22.7**

Women respondents had a higher prevalence of BMI ≥30.0 (26.5%, 95% CI: 23.5–29.5) than men respondents (14.7%, 95% CI: 12.4–17.1).

The prevalence of BMI≥25 was higher in women than in men (57.4% vs 53.7%) and in urban areas in comparison with rural settings (55.9% vs 54.9%). The prevalence of obesity was higher in women than in men (26.5% vs. 14.7%). The overall rate of respondents with BMI≥25 for both sexes was higher in the older age group than in younger (76.8% vs. 42.7%) (Figure 30).

FIGURE 30. PERCENTAGE OF RESPONDENTS (EXCLUDING PREGNANT WOMEN) WITH BMI≥25, BY AGE, SEX AND AREA OF RESIDENCE



Mean waist circumference among men was higher than among women excluding pregnant ones - 92.3 (95% CI: 91.1–93.5) versus 88.2 (95% CI: 87.1–89.4).

But mean hip circumference among men was less than among women excluding pregnant ones - 99.1 (95% CI: 98.0–100.2) versus 103.4 (95% CI: 102.1–104.8).

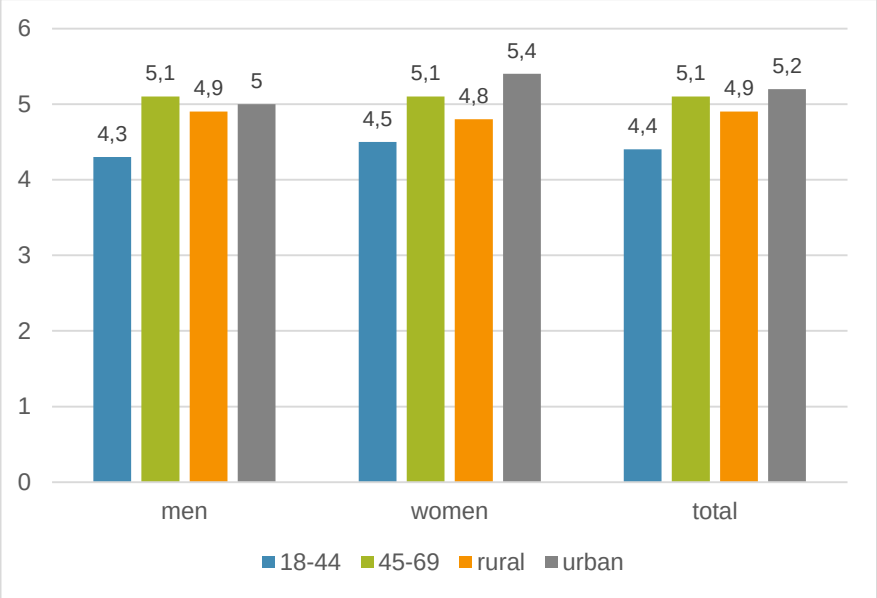
Biochemical Measurements

All respondents were asked if they currently receive any of the treatments for diabetes (prescribed by a doctor or other health worker), insulin or oral drug (medication) that they have taken in the last 2 weeks.

Mean fasting blood glucose level was found to be 4.6 mmol/L (95% CI: 4.5–4.8) in the total studypopulation, including those currently taking medication for diabetes; 4.6 mmol/L (95% CI: 4.4–4.7) in men and 4.7 mmol/L (95% CI: 4.6–4.8) in women.

Among all respondents' level of mean fasting blood glucose were lower in the younger group (4.4 mmol/L, 95% CI: 4.2–4.5) as compared to the elder group (5.1 mmol/L, 95% CI: 4.9–5.2). As seen on Figure 31. there was no significant difference in mean fasting blood glucose between rural and urban respondents.

FIGURE 31.MEAN FASTING BLOOD GLUCOSE, BY SEX, AGE AND AREA OF RESIDENCE



Impaired fasting glycaemia (IFG) was defined as plasma venous value: ≥6.1mmol/L (110mg/dl) and <7.0mmol/L (126mg/dl). IFG was detected in5.0% of all respondents. Someslight difference was observed between men 5.0% (95% CI: 3.5–6.5) and women 4.9% (95% CI: 3.8–6.1). Levels of IFG for older age group were almost three times higher than younger age group (Table 46).

TABLE 46. IMPAIRED FASTING GLYCAEMIA, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	19	3.6	1.8-5.5	17	2.3	1.1-3.6	36	3.0	1.8-4.1
45-69	47	7.5	4.8-10.2	81	9.1	6.9-11.2	128	8.3	6.6-10.0
18-69	**66**	**5.0**	**3.5-6.5**	**98**	**4.9**	**3.8-6.1**	**164**	**5.0**	**4.0-5.9**

Levels of IFG in urban area for all respondents were more than in rural area 6.1% (95% CI: 4.7-7.5) vs 3.6% (95% CI: 4.7-7.5) respectively.

Raised blood glucose was defined as plasma venous value: ≥ 7.0 mmol/L (126 mg/dl). The overall prevalence of raised blood glucose was 6.5% (95% CI: 5.4–7.6), with 5.2% (95%CI: 3.8-6.5) in men and 7.9% (95% CI:6.4-9.4) in women. Figures for raised blood glucose values in the age group 18–44 years were 3.6 mmol/L (95% CI: 2.4–4.8) and in the age group 44-69 years were 11.5 mmol/L (95% CI: 9.5-13.5) (Table 47).

TABLE 47. RAISED BLOOD GLUCOSE OR CURRENTLY ON MEDICATION FOR DIABETES, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	497	2.3	0.9-3.8	695	4.9	3.3-6.5	1192	3.6	2.4-4.8
45-69	582	10.2	7.5-13.0	891	12.6	9.8-15.3	1473	11.5	9.5-13.5
18-69	1079	5.2	3.8-6.5	1586	7.9	6.4-9.4	2665	6.5	5.4-7.6

In urban area level of raised blood glucose was more than twice higher than in rural one - 8.7% (95% CI: 7-10.5) vs. 4.0% (95% CI: 2.7-5.2) respectively.

All respondents with diabetes and currently on medication had level of glucose 4.1 mmol/L (95% CI: 3.3–4.9). Level of glucose in blood of those respondents was twice higher in women than in men (5.4 mmol/L (95% CI: 4.2–6.6) and 2.7 mmol/L (95% CI: 1.9-3.5) respectively. Differences between age groups (18-44 and 45-69) are very significant (1.0% vs 9.2% respectively).Also, this proportion was more than twice higher in urban areas than that in rural ones - 5.3 (95%CI: 4.0-6.6) vs. 2.6% (95% CI:1.7-3.5) respectively.

Blood cholesterol level was checkedamong all respondents, including participants receiving cholesterol-lowering medication.

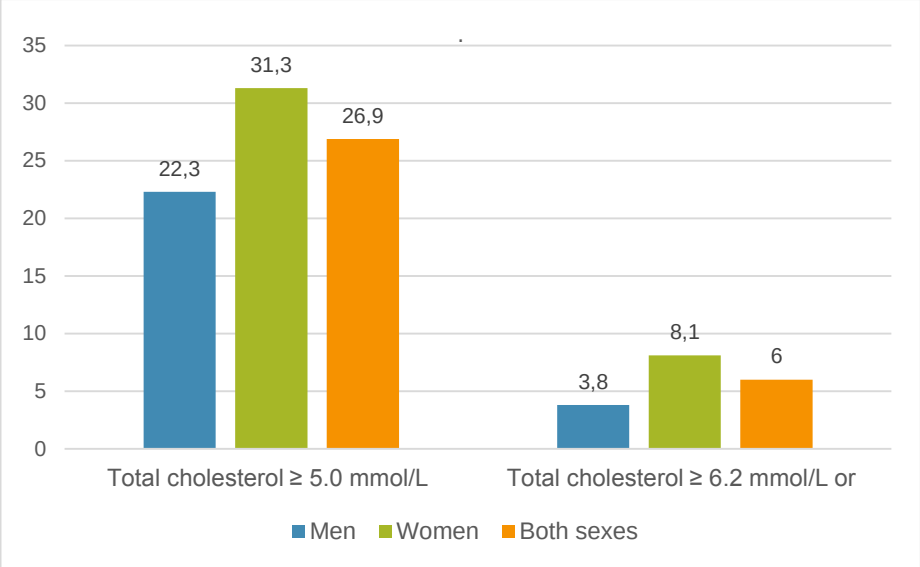
Mean total blood cholesterol level was found to be 4.4 mmol/L (95% CI: 4.3–4.5) in the total studypopulation, 4.3 (95% CI: 4.2–4.4) in men and 4.5 mmol/L (95% CI: 4.5–4.6) in women. These figures show that no significant difference in mean total blood cholesterol level was found between males and females.Mean total blood cholesterol level was slightly higher in the older age group (Table 48). No significant difference in level of mean total cholesterol was detected between rural and urban residents.

TABLE 48. MEAN TOTAL CHOLESTEROL (MMOL/L), BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	500	4.1	4.0-4.2	700	4.3	4.2-4.4	1200	4.2	4.1-4.3
45-69	588	4.6	4.5-4.7	895	4.9	4.8-5.0	1483	4.8	4.7-4.9
18-69	**1088**	**4.3**	**4.2-4.4**	**1595**	**4.5**	**4.5-4.6**	**2683**	**4.4**	**4.3-4.5**

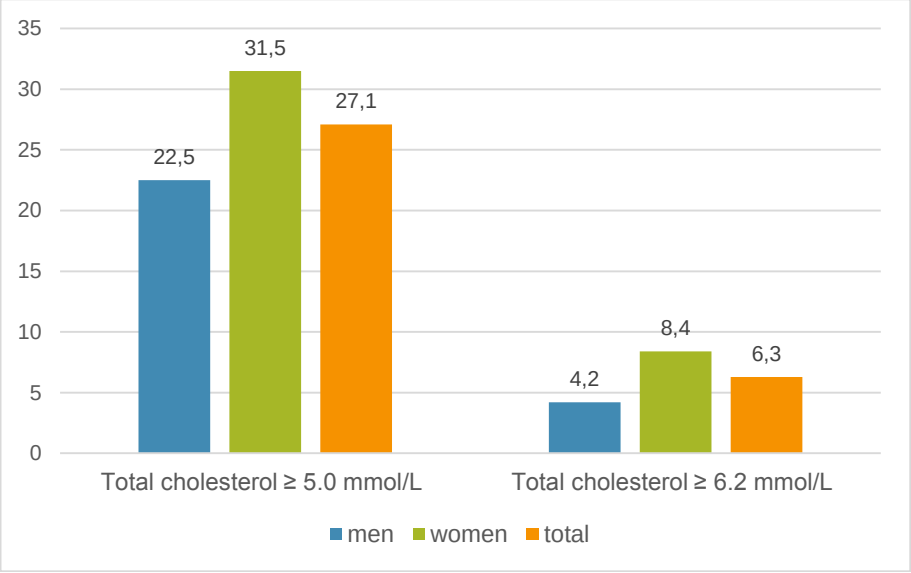
A total of 26.9% of the study population had a blood cholesterol level of ≥ 5 mmol/L (95% CI: 24.4-29.4), and 6.0% (95% CI: 4.9-7.1) had a blood cholesterol level of ≥ 6.2 mmol/L. Substantial difference between sexes was found for percentage of total cholesterol levels: for a blood cholesterol level of ≥ 5 mmol/L: men - 22.3% (95% CI: 19.0-25.6), women - 31.3% 95% CI: 28.1-34.5); and for a blood cholesterol level of ≥ 6.2 mmol/L: men - 3.8% (95% CI: 2.7-5.0), women - 8.1% (95% CI: 6.4-9.8) (Figure 32).

FIGURE 32. PERCENTAGE OF RESPONDENTS WITH RAISED TOTAL CHOLESTEROL, BY SEX (%)



As shown in Figure 33, the percentage of women respondents that had raised total cholesterol of ≥ 5.0 mmol/Land those with a blood cholesterol level of ≥ 6.2 mmol/L and that were currently taking medication for raised cholesterol more than among men respondents.

FIGURE 33. PERCENTAGE OF RESPONDENTS WITH RAISED TOTAL CHOLESTEROL AND CURRENTLY TAKING MEDICATION FOR RAISED CHOLESTEROL, BY SEX



The mean level of HDL cholesterol in bloodamong all respondentswas 1.1 mmol/L (95% CI: 1.1–1.1).

No significant difference in the mean level of HDL between males and females and among both age groups was detected. Among men, 51.7% (95% CI: 47.0–56.3) had an HDL level of less than 1.03 mmol/L (Table 49). Among women, 68.8% (95% CI: 65.4–72.3) had an HDL level of

less than 1.29 mmol/L (Table 50). Differences between age groups (18-44 and 45-69) are almost not notable.

TABLE 49. PERCENTAGE OF RESPONDENTS WITH HDL <1.03MMOL/L, BY AGE

Age Group (years)	Men		
	n	%	95% CI
18-44	500	50.9	44.8-57.1
45-69	588	53.0	48.0-57.9
18-69	**1088**	**51.7**	**47.0-56.3**

TABLE 50. PERCENTAGE OF RESPONDENTS WITH HDL <1.29MMOL/L, BY AGE

Age Group (years)	Women		
	n	%	95% CI
18-44	700	68.9	64.3-73.4
45-69	895	68.8	65.1-72.5
18-69	**1595**	**68.8**	**65.4-72.3**

Level of mean intake of salt in grams per day among all respondents was examined.

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

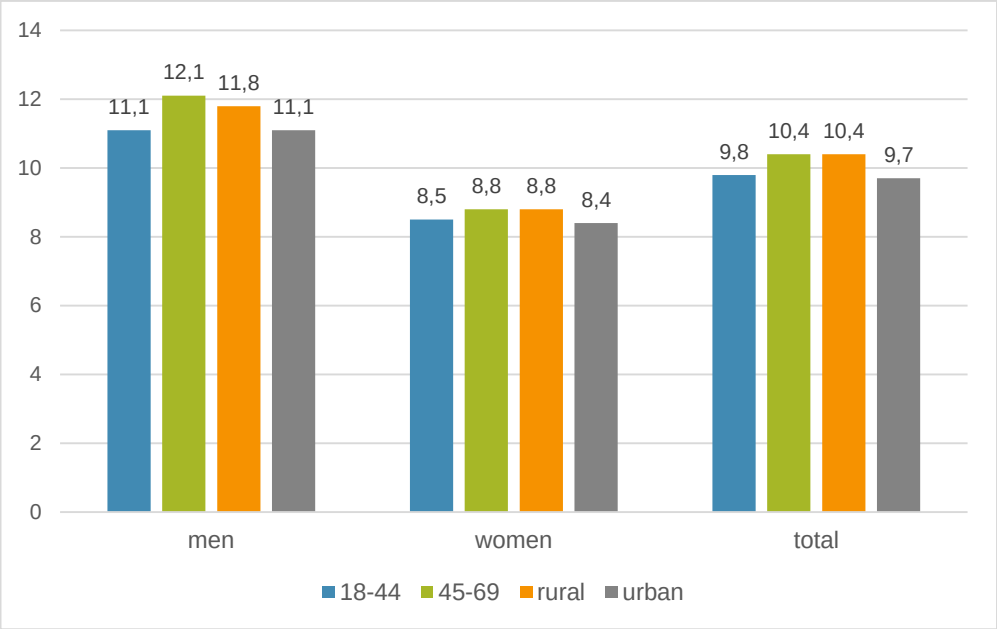
Mean salt intake in the study population was 10.0 g/day (95% CI: 9,9-10.2). Differences between age groups (18-44 and 45-69) were almost not notable (9.8g/day vs 10.4g/day respectively). There was a significant gender difference in the mean salt intake: where 11.4 g/day (95% CI: 11.2-11.6) among men versus 8.6g/day (95% CI: 8.5-8.8) among women (Table 51).

TABLE 51. MEAN SALT INTAKE (G/DAY), BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	472	11.1	10.8-11.3	637	8.5	8.3-8.7	1109	9.8	9.6-10.0
45-69	554	12.1	11.9-12.3	824	8.8	8.7-9.0	1378	10.4	10.2-10.5
18-69	**1026**	**11.4**	**11.2-11.6**	**1461**	**8.6**	**8.5-8.8**	**2487**	**10.0**	**9.9-10.2**

As seen in Figure 34, respondents living in rural area take more salt per day than urban citizens.

FIGURE 34. MEAN SALT INTAKE BY SEX, AGE AND AREA OF RESIDENCE



Cardiovascular disease risk (CVD)

Group of respondents with a 10-year CVD risk of ≥30%, and those with existing CVD was selectedfrom all respondents.

Instrument questions were combined from Step1, 2 and 3. Criteria for selecting group were as follows: a 10-year CVD risk of ≥30% was defined according to age, sex, blood pressure, smoking status (current smokers or individuals who stopped smoking less than one year before the assessment), total cholesterol and diabetes (previously diagnosed or with a fasting plasma glucose concentration of >7.0 mmol/L).

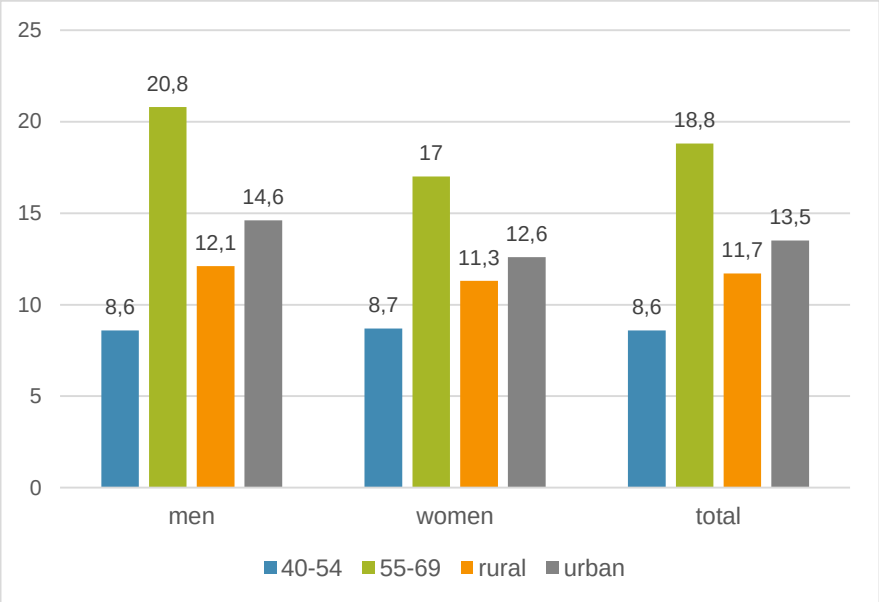
Percentage of respondents with a 10-year CVD risk ≥30% or with existing CVD was 12.6% (95% CI: 10.4–14.8). The percentage of men was higher than women (13.3% vs. 12.0% respectively). But the levels ofthis indicator were differentamong newly created age groups, with a prevalence among people aged 55–69 years of more than two times higher than among those aged 40–54 years (18.8% vs 8.6% respectively) (Table 52).

TABLE 52.PERCENTAGE OF RESPONDENTS WITH A 10-YEAR CVD RISK ≥30% OR WITH EXISTING CVD, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	323	8.6	5.1-12.0	511	8.7	5.8-11.6	834	8.6	6.3-11.0
55-69	342	20.8	15.5-26.1	498	17.0	13.1-21.0	840	18.8	15.3-22.3
40-69	**665**	**13.3**	**10.3-16.3**	**1009**	**12.0**	**9.4-14.6**	**1674**	**12.6**	**10.4-14.8**

As shown in Figure 35, respondentsliving in the urban area are a more risk of CVD than respondents from rural area of residence.

FIGURE 35. PERCENTAGE OF RESPONDENTS WITH A 10-YEAR CVD RISK ≥30% OR WITH EXISTING CVD, BY SEX AND RESIDENCE



From group of respondents (40–69 years old, with a 10-year CVD risk of ≥30%,including those with existing CVD), more than half - 51.7% (95% CI: 44.0–59.5) were receiving drug therapy andcounseling (including glycemic control) to prevent heart attacks and strokes.

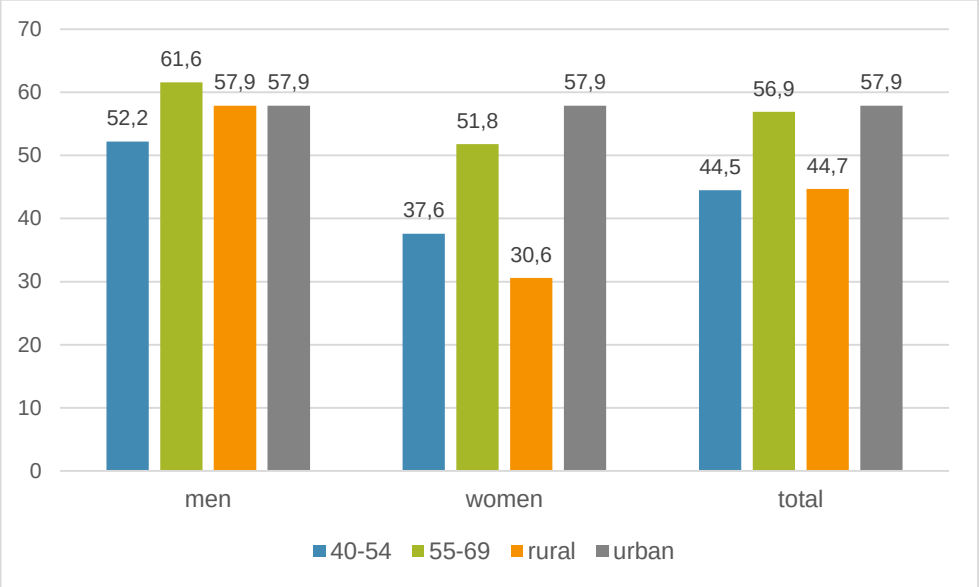
There were the following types of counseling, receiving advice from doctor: stop smoking or not to start; reduce salt in diet; eat at least five servings of fruit and/or vegetables per day; reduce fat in diet; start or do more physical activity; maintain a healthy body weight or to lose weight. Slight differences were observed between the age groups. Percentage of men in this group of respondents were more than women (57.9% vs. 45.6% respectively) (Table 53).

TABLE 53. PERCENTAGE OF ELIGIBLE PERSONS RECEIVING DRUG THERAPY AND COUNSELING TO PREVENT HEART ATTACKS AND STROKES, BY AGE AND SEX

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	27	52.2	29.9-74.5	53	37.6	22.5-52.8	80	44.5	31.1-57.9
55-69	71	61.6	48.8-74.4	93	51.8	39.9-63.8	164	56.9	47.8-66.1
40-69	**98**	**57.9**	**46.1-69.6**	**146**	**45.6**	**36.1-55.1**	**244**	**51.7**	**44.0-59.5**

Percentage of women receiving drug therapy and counseling to prevent heart attacks and strokes in urban area was almost twice more than women in rural residences (Figure 36).

FIGURE 36. PERCENTAGE OF ELIGIBLE PERSONS RECEIVING DRUG THERAPY AND COUNSELING TO PREVENT HEART ATTACKS AND STROKES, BY AGE, SEX AND AREA OF RESIDENCE



Summary of combined risk factors

For the purpose of exploring combined risk factors, responses were grouped into three categoriesaccording to the presence of the five major risk factors based on principal component analysis.

The first category was ‘no risk factors’; the second ‘one or two risk factors’, and the third ‘three to five risk factors’. The five major risk factors were:

1) current daily smokers
2) less than five servings of fruit and vegetables per day
3) low level of activity (<600 MET-minutes)
4) overweight or obese (BMI ≥ 25 kg/m2)
5) raised blood pressure (SBP ≥ 140 mmHg and/or DBP ≥ 90 mmHg or currently on medicationfor raised blood pressure)

The percentage of respondents with 0, 1–2 or 3–5 risk factors by age group and sex are presented in Table 54. Only 5.8 % (95% CI: 59.7–63.7 4.5-7.1) of all respondents did not have any risk factor for NCDs, whereas 61.7% (95% CI: 59.7–63.7 59.2-64.2) had 1-2 risk factors and the remaining 32.5% (95% CI: 59.7–63.7 29.9-35.0) had a combination of 3-5 risk factors.

Percentage ofall respondents with 3–5 combined risk factors was higher in the older age group 49.9% (95% CI: 46.7–53.2), than younger group 22% (95% CI: 18.7–25.3), while proportion of those who havehad 1–2 risk factors was higher in the younger group (70.1%, 95% CI: 66.6–73.5) than older group (47.8%, 95% CI: 44.7–50.8).

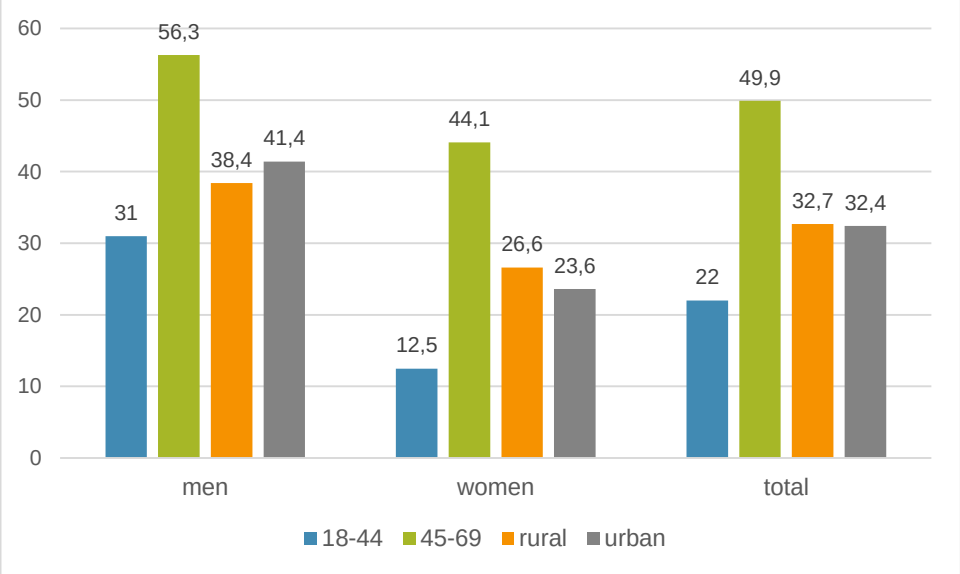
The proportion of men with combination of 3–5 risk factors 40.0% (95% CI: 36.0–44.0) was more than among women 24.9% (95% CI: 22.1–27.7). No significant difference in group with no risk factors between males and females was detected (Table 54).

TABLE 54. SUMMARY OF COMBINED RISK FACTORS BY SEX

	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
Men	1069	5.4	3.6-7.3	54.6	50.5-58.6	40.0	36.0-44.0
Women	1515	6.2	4.4-8.0	68.9	65.9-71.9	24.9	22.1-27.7
Both sexes	**2584**	**5.8**	**4.5-7.1**	**61.7**	**59.2-64.2**	**32.5**	**29.9-35.0**

As shown in Figure 37,the percentage of respondents with 3-5 risk factors are more among men 45-69 age and who areliving in urban area.

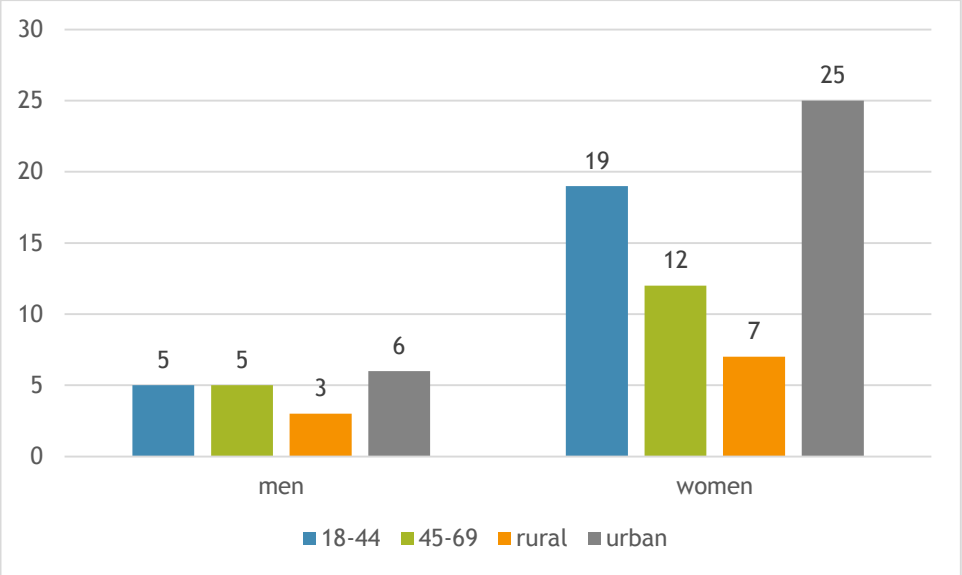
FIGURE 37.PERCENTAGE OF 3-5 RISK FACTORS BY SEX, AGE AND AREA OF RESIDENCE



Mental Health

Of all respondents 1.5% had seriously considered attempting suicide in the preceding 12 months. The percentage of women who seriously considered attempting suicide in the last 12 months was significantly higher (1.1%) than their male counterparts (0.4%). As shown in Figure 38, significant difference was observed in depends of the residence place as well.

FIGURE 38. NUMBER OF INDIVIDUALS WHO SERIOUSLY CONSIDERED ATTEMPTING SUICIDE IN THE PRECEDING12 MONTHS

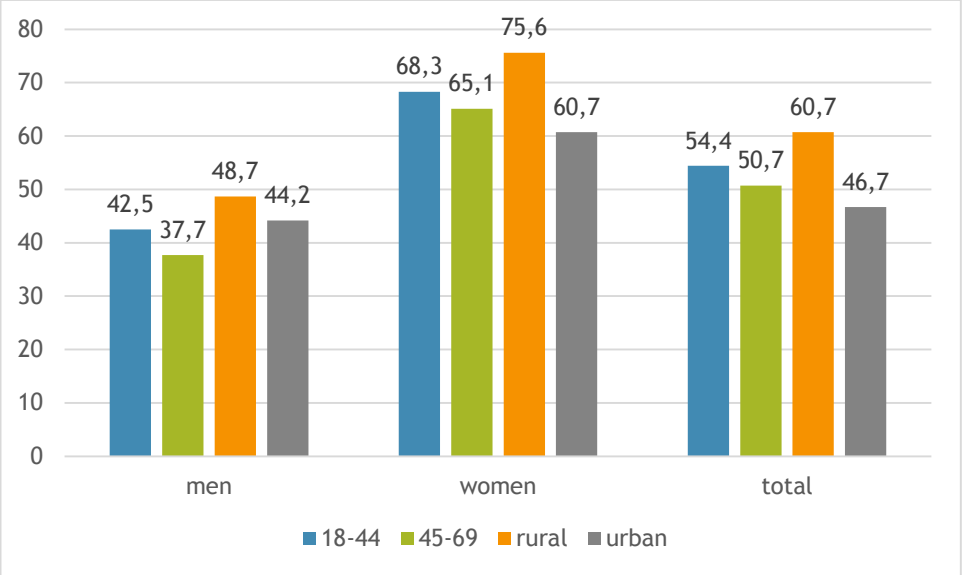


Of these, only 25.0% (8 women) sought for professional help.0.4% of study population had made a plan about suicide in the preceding 12 months. Significantly more women (12 individuals) had such a plan than men (only 1 individual). About 1.0 % of the respondents had ever attempted suicide, of whom 30.0% attempted in the past 12 months. About 32.0% of this category of respondents reported that they used poisoning with medication or drugs and 26.0% reported to use razor, knife or other sharp instrument. About 0.7 % of the respondents reported that they had ever had anyone in their close family attempting suicide and 0.4% actually reported that they had ever had someone in their close family who died from suicide.

Violence and Injury

The percentage of drivers or passengers of a motor vehicle who did not always use a seat belt during the past 30 days was 53.0%. This indicator was higher for women (67.1%) compared to men (40.8%). Collated by age groups, the percentage of 18-44 year-old respondents who reported not always use helmet was a little higher compared to older age groups. Analyzed by locality, seat belt use was lower among the urban population compared to their rural counterparts (Figure 39).

FIGURE 39. PERCENTAGE OF DRIVERS OR PASSENGERS WHO DO NOT USE A SEATBELT, BY AGE, SEX AND AREA OF RESIDENCE



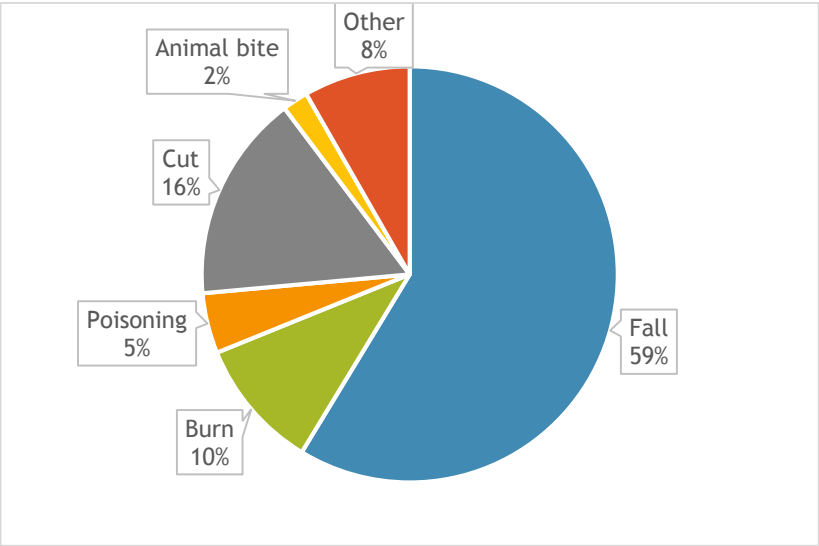
The survey results also indicated that the majority (88.3%) of respondents who use motorcycle and scooter did not wear a helmet (86.2% were men and 92.2% were women). Only 5.2% of respondents always used helmet while riding bike (6.7% were men and 3.3% were women). Collated by age groups, the percentage of 18-44 year-old respondents who reported not always use helmet was a little higher compared to older age groups.

The percentage of respondents who had been involved in a road traffic crash during the past 12 months was 2.8% and 30.0% of them had serious injuries requiring medical attention.

The percentage of respondents who drove or was a passenger in a motorized vehicle droved by driver after having two or more alcoholic drinks in the past 30 days was 1.8 % (35 men and 5 women). Overall 4.4% reported that they had taken a ride on a motorized vehicle where the driver had consumed two or more alcoholic drinks before driving.

Those who've got injuries due to non-road traffic related accident that required medical attention were 4.4%. A breakdown of the different types of injury causes revealed that the most common causes of serious injuries other than road traffic accidents that required medical attention were falls (58.8%), cuts (16.2%) and burns (10.2%) (Figure 40).

FIGURE 40. PERCENTAGE OF TOTAL RESPONDENTS OF THE DIFFERENT TYPES OF INJURY CAUSES



Among those injured in a non-road traffic related accident, 48.2%got domestic injuries at home, 12.3% at their work placeor school, 16.5% outdoors on the street, and 10.2% at sports/athletic area.

About 2.5% of respondents were involved in a violent incident during the past 12 months resulting in an injury that required medical attention (3.5% were men and 1.6% were women). Majority of respondents who reported being frightened (5.8% of all study population), claimed that it was done by someone within the family (55.1%), stranger (26.9%) and friend or acquaintance (15.0%).

The prevalence of those being physically abused during childhood by a parent or other adult in the household was 36.1% among the respondents.

A total 1.0% of respondents reported to have been sexually abused during childhood, about 0.9% of men and 1.1% of women respondents. About 0.4% of respondents reported being sexually abused during adulthood, 0.47% of men (4 individuals) and 0.49% of women (8 individuals).

DISCUSSION

Tobacco

The prevalence of tobacco use, both smoked and smokeless combined, was 24.0%. One in every two men was a current smoker (48.8%), whereas only 0.2% of women reported smoking at the time of the interview. There could be underreporting among women because of local customs. In comparison with the data obtained as a result of the STEPs study in Azerbaijan in 2011, the number of current smokers among men decreased slightly from 49.5% to 48.8%. According to the Demographic and Health survey, conducted in 2006 in Azerbaijan Republic, smoking was common among men of age 15-59 with about half reporting that they were smokers (49.8%). In 2015 data from State Statistical Committee of Azerbaijan Republic showed that 35.9% of men above 15-year-old reportedof being smokers.

Regarding new STEPS survey, the percentage of current smokers among men was higher in the younger age group (49.3%) as compared to the elder age group (47.8%).The survey revealed a slight difference in the percentage of current male smokersby place of residence: in urban (49.2%) and rural (48.3%) areas. The survey showed that men started smoking from 18.7 years, with a little difference between male age groups:18-44 and 45-69 years(18.3 vs 19.4 respectively). Mean duration of smoking among daily men smokers was20.4 years. In current survey, mean duration for older respondents washigher than for younger group (33.9 vs. 13.1 respectively). 95.1 % among daily smokers reported usageof manufactured cigarettes. The mean number of manufactured cigarettes smoked per day by daily smokers was 18.9 for all age groups.

Findings in DHS-2006 survey showed that among current smokers, over 90% reported that they smoked 10 or more cigarettes during the past 24 hours. The likelihood that a man smoked increased with age.Regarding 2011 STEPS survey men smoked on average 20 cigarettes.The mean age of starting tobacco smoking fordaily smokers was around 19 yearsoverall, the mean duration of smoking was 21.5 years.

Among currently smoking male respondents about 49.5% had tried to stop smoking during the last year. Nearly quarter of respondents (24.9%) at home and more than one in five (18.3%) of respondents at the workplace had been exposed to second-hand smoke during the 30 days preceding the survey.The greatest smoke exposure was found at workplaces for men (28.4%) and at homes for women (23.3%). In STEPS 2011 - the greatest exposure was found at public places for men (76.6%) and at homes for women (41.2%). These figures showed that smoke exposure significantly decreased from 2011 to 2017 years. During current survey, a low percentage of men also reported the use of Shisha and smokeless tobacco.

Alcohol

Current drinking was almost exclusively occurring among males: 27.6% of men and only 0.8% women reported current drinking alcohol.In this survey proportion of lifetime abstainer was 70.3%, and it wasmore than reported in 2011 Steps survey - 65.7%. Results in DHS 2006 showed that 40% of men age 15-59 consumed at least one alcoholic beverage in the month prior to the interview. All these figures show a positive trend in decreasing level of alcohol consumption in Azerbaijan.

Regarding place of residence, men in rural areas are more likely to consume alcohol than men in urban areas (28.4% vs. 26.9% respectively). About 1.7% of men in the study population drank alcohol every day. These findings correspond to the results of STEPS-2011 survey, which reported daily alcohol consumption for 1.8% of men. But if we compare figures of male, who consumed alcohol less than once a month, in STEPS-2011 survey this figure was 40.4%, whereasin the current survey this indicator increased - 46.8%. Consumption of alcohol in the past 30 days among current drinkers was 3.9 occasions for men (in STEPS-2011 survey it was – 3.0) and 1.8 occasions for women.

Diet

The average number of days per week on which fruit and vegetables were consumed was 5.1 and 5.9 (for fruit and vegetables respectively). In contrary with results of previous STEPS-2011 survey, consumption of fruits and vegetables increased (in 2011 it was 4.0 and 5.0 respectively).The majority of respondents - 43.6%of both sexes consumed 1-2 servings of fruits and/orvegetables per day. About 6.6% of all respondents reported not consuming fruit or vegetables at all 7.5% of men and 5.6% of women.

When examined by age groups, older respondents tended to have more fruits and/or vegetables in comparison to younger respondents. Vegetable consumption was relatively greater than fruit one. The quantity of intake was measured by servings, WHO recommends that an adult should consume five or more servings of fruit or vegetables a day. Almost 60% of respondents were advised by a doctor or health worker to eat more fruits and vegetables. However, only 24.1% of respondents had the recommended 5 or more servings of fruits and/or vegetables in a day. There is a big difference between the proportion of respondents who know about the benefits of eating fruits and vegetables, and who actually consumes them. Percentage of those eating less than five servings of fruit and/or vegetables on average per day for all respondents was 75.9 (in 2011 STEPS survey it was – 78.6).

Hereby, in spite of the fact, that Azerbaijan has good climate favorable for agriculture, and even exported some seasonal fruits and vegetables abroad, consumption of these products locally was low. Interesting finding was, that consumed of fruits and vegetables by urban population

exceed that by rural population. This can be explained with the fact that the population in the rural area is relatively poorer as compared to the urbanone.

Dietary salt

Azerbaijan citizens consume 10 grams of salt per day, almost double the WHO recommendedlevel of 5g/day, with significant gender difference mean salt intake, where 11.4g/day of men versus 8.6g/day of women. Almost every fourth person (25.7%) reported adding salt while eating, with a higher prevalenceamong men (26.6%) than among women (24.8%) and, of these respondents, a slightly more prevalence was in rural areas (24.0%) than urban ones (22.8%).

26.6% of the population often consumed processed food high in salt, with more men (29.6%) reporting this behavior than women (23.8%) and with a higher prevalence in urban areas (30.9%) than the rural ones (21.5%). Almost 73.1% of the study population agreed that high salt consumption has adverse health effects, but 24.9% of women and 29% of men thought differently.

Physical activity

Sufficient physical activity, defined as more than two and half hours of moderate-intensity activity per week, is needed to reduce the risk of developing chronic non-communicable diseases. The survey results showed that about only one in 5 individuals in the study population did not meet WHO recommendations on physical activity for health.

There is no noticeable difference between the age groups and the male and female sex, but there is a visible difference between the place of residence, where urban population less meet WHO recommendation than rural citizens.

Overall, 56.3% of the respondents were reported as having high level of physical activity (men-60.3%, women – 52.5%).But in STEPS-2011 survey 44.1% of the respondents reported as having high level of physical activity with greater proportion of men having high physical activity than women (50.9% vs. 38.3% respectively). All respondents carried out an average of 191.5 minutes of physical activity per day, with a statistically significant difference between men 215.2 minutes and women 168.9 minutes. Results obtained during STEPS-2011 survey (men-212, women-139, both sexes - 172)werea bit worse comparing with current investigation. Thus, it can be concluded that the level of activity over the last 7 years has slightly increased.

Mean duration of all physical activity carried out daily reported by all respondents was 128.6 minutes; 145.7 minutes among men and 120 minutes among women.The median time spent carrying out physical activity was lower than the mean time.The intensity of physical activity was inversely related to age among men, but this relationship not observed in women.91.4% of

women were not engaged in vigorous physical activity and men – 71.9%. Based on these findings, there is need in adviceto adult population and women to be engaged more intensively in physical activity.

Cervical cancer screening

Access to cervical cancer screening is necessary for the prevention and control of one of the leadingcancers in Azerbaijan.Only about one in ten (11.3%) women aged 30–49 years have ever had a screening test for cervical cancer. Women aged 18–69 in urban areas reported twice more frequently having ever undergone cervical cancer screening than the rural female population.

Overweight and obesity

In frame of STEP 2, anthropometric measurements such as height, weight, and waist and hip circumference were provided to calculate BMI and mean WHR. Height and weight measurements show that men were substantially taller and heavier than women. Same trend was observed among men and women during STEPS-2011 survey. Mean BMI for all respondents was 26.0. Mean BMI for women (26.4) was higher than that for men (25.5). Mean BMI was higher in the older age group. Of all respondents, 2.8% were underweight, 41.7% showed normal weight, 34.8% were overweight, and 20.6% were obese. However, the prevalence of obesity was substantially higher among women (26.5%) than men (14.7%)(more than 1.8 times) (in STEPS-2011 this proportion was – 1.7 times). Regarding the DHS -2011, the mean BMI for women age 15-49 was 25.2, and the percentage of obese women in same age group was 18.6%. Thus, the results of both researches tend to overlap and prove that the overweight and obesity are essential problems for women in Azerbaijan and this highlights that the situation worsens in the absence of concrete policy actions to address these issues.

Raised blood pressure (hypertension)

Mean SBP among the survey population was 125.9 mmHg, with the higher values found inmen (127.0 mmHg). Mean DBP was 81.2 mmHg, with slightly differences between the sexes. Compared with data received from STEPS-2011 (137 mmHg and 84 mmHg respectively) these figures have decreased.

The mean heart rate of respondents was 77.2 beats per minute, women more than men 77.9 vs. 76.4 respectively). Same trend was observed in STEPS-2011 survey: mean heart rate of women had higher rate than that of men (84 vs. 81 respectively).

Among all study populations 33.1% reported that their blood pressure had never been measured. Compared to the previous STEPS-2011 survey result for this indicator has increased almost twice (17%).A total of 38.4% of men had never had their blood pressure

measured, compared with 28% of women. The percentage of women diagnosed with high blood pressure within past 12 months washigher (18.9%) than that of men (13.9%).

According of the both DHS surveys (2006 and 2011 year), prevalence of hypertension among women has decreased from 16.4% in 2006 to 13% in 2011.

The percentage of men who have not taken any medication for raised blood pressure was significantly higher compared to that of women.The survey revealed that the prevalence of hypertension (systolic blood pressure >140 mmHg and/or diastolic blood pressure >90 mmHg, excluding those on medication for raised blood pressure) among the entire sample was 21.6%.

This figure rose to 29.7% when those currently using medication were included. There was no significant difference in hypertension prevalence between men and women (29.3 % vs.30.1%). The percentage of respondents with controlled blood pressure was higher among the urban population (12.5%), than among those in rural areas (7.2%).

About 65.4% of respondents with increased blood pressure were not taking any medication, with the proportion of men (72.0%) being higher than that of women (59.2%). Percentage of respondents which currently taking medication for raised blood pressure prescribed by doctor or health worker among those diagnosed increased with age of respondents which reflected the natural history of hypertension (from 29.1% among the age group 18–44 years to 57.5% in the age group 45–69 years.)

The awareness of respondents about lifestyle modifications to address raised blood pressure was also not adequate. In particular, 47.5% of them received advice to lose weight, 52.1% of respondents had been advised to reduce fat in their diet, 54.7% of respondents had been advised to start or to do more physical activity and only 31.7% of respondents had been advised to stop smoking or not to start. These findings revealed that awareness raising efforts to modify lifestyle factors contributing to hypertension were generally insufficient.

Raised blood glucose (diabetes mellitus)

Around 71.8% of respondents had never had their blood glucose measured. This figure has increased in compare with the data received during previous STEPS-2011 report where number of all respondents who answered that their blood sugar had never been measured was 62.3%. The prevalence ofdiabetes diagnosed within the preceding 12 months was 4.2% (men 3.1%, women 5.3%) and 0.5% diagnosed, but not within past 12 months. Among thosewith diabetes, 21.9% were receiving insulin and 76.0% were taking oral drugs for diabetes. Some differences were identified between the sexes, with 72.9% of men and 77.8% of women taking any medication for diabetes. More difference was found for those taking insulin, with 17.7% of men and 24.2% of women. The prevalence of impaired fasting glycaemia (IFG) was 5.0% (men

5.0%, women 4.9%). Levels of IFG in urban area for all respondents was almost two times higher than in rural area.

The prevalence of diabetes mellitus, including those on medication, for all respondents was 6.5% (women significantly more than men - 7.9 vs. 5.2% respectively). Again, the proportion on urbanlevel was more than twice - 5.3% vs. 2.6%.The prevalence of self-reported diabeteswas a little lower (4.7%), than prevalence of raised blood glucose or currently on medication for diabetes (6.5%) and these findings indicate to insufficient screening efforts todetect elevated blood glucose levels.

Abnormal lipids

The prevalence of raised total cholesterol (≥ 5.0 mmol/L) including those currently on medication was 26.9% (men 22.6%, women 31.5%).

Cardiovascular disease (CVD) risk and history of cardiovascular diseases

The percentage of those aged 40-69 years with a 10-year cardiovascular risk of greater than 30% or with existing CVD was 12.6% being 13.3% for males and 12.0% for females. Within this group prevalence of people aged 55–69 years was more than two times higher than of those aged 40–54 years (18.8% vs 8.6% respectively). From this group of respondents more than half - 51.7% were receiving drug therapy and counseling (including glycemic control) to prevent heart attacks and strokes. Percentage of men in this group of respondents was more than women (57.9% vs 45.6 respectively). Percentage of all respondents who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents was 6.4%, and only 4.6% from them were taking aspirin and 1.7% were taking statins to prevent or treat heart disease.

Combined risk factors

Only 5.8 % of all respondents did not have any risk factor for NCDs, whereas 61.7% had 1-2 risk factors and the remaining 32.5% had a combination of 3-5 risk factors. In STEPS-2011 survey prevalence of respondents whichdid not have any risk factor was 3.6%, while percentage of respondents with combination of 3-5 risk factors was 43.9%. It is obviously, that percentage of all respondents with 3–5 combined risk factors was higher in the older age group (49.9%) than younger group (22%).

The proportion of men with combination of 3–5 risk factors was more than that of women 40.0% versus 24.9% respectively.These results showed that the current high prevalence of NCDI risk factors among men have negative impacts on life expectancy and the quality of life of Azerbaijani men.

Injuries

Regular use of seat belts is one of the important measures in mitigating the potential negative impacts of traffic accidents. Another dangerous cause of accidents is driver drunkenness. Despite the fact that according to the State Statistics Committee of Azerbaijan, the number of traffic accidents was decreasing from year to year, 760 people died in 2016 year as a result of traffic accidents and about 40 road accident cases were associated with drunk driving. According to data, obtained during current STEPs survey, more than half of drivers or passengers of a motor vehicle did not always use a seat belt during the past 30 days, with more women than men. Overall 4.4% respondents reported that they had taken a ride on a motorized vehicle where the driver had consumed two or more alcoholic drinks before driving.The lower rate of seatbelt use by women compared to that of men could be explained by significantly more men currently driving than women andcorrelatively, women were less informed about road traffic safety issues. Similar to the seat belt use,the rate of helmet use by motorcycle or bicycle riders was low.

RECOMMENDATIONS

Main findings of the second NCD risk factor survey in Azerbaijan:

Overall, tobacco use was relatively low, but very high among the men. Alcohol consumption was high among males. Other lifestyle factors such as overweight and obesity were noted to be generally high especially among females. The prevalence of both diagnosed and undiagnosed hypertension and diabetes mellitus were found to be high. Also, the prevalence of abnormal lipids was noted to be significant. Almost all of the survey respondents had at least one of these major risk factors.

Based on these findings, the following are the key recommendations:

- Based on the information generated by the survey, existing NCD policies and strategies should be adopted and tailored to effectively tackle the prevailing risk factors for NCDs in Azerbaijan, focusing on tobacco use, healthy diet, physical activity, prevention and control of hypertension and diabetes. For example, through actions such as increasing leisure time activity, raising rates of screening for blood pressure, glucose, cholesterol; addressing the dangers of second-hand smoke in the workplace and etc. There is an urgent need in effective implementation of these policies.
- It is necessary to ensure that the information obtained by this research reaches all stakeholders, especially policymakers, program managers and researchers in the design and implementation of interventions for the NCD prevention and control of the NCD risk factors.
- In order to promote interventions for prevention and control of NCDs, reduce the risks associated with them, a comprehensive approach is needed which will involve all sectors including Ministries of Health, Education, Youth and Sport, Trade, mass media,local NGOs, among others.
- Ascertaining integration of NCD prevention and control program into other primary health care services (reproductive health, school health, adolescence care and the elderly healthcare).
- Conducting national survey every three to five years to measure the trendsin risk factors over the time and to evaluate the NCD prevention and control programs with further expansion of risk factors and updating performing indicators.
- National health system should be equipped with adequate infrastructure, human resources, diagnostic tools, drugs and equipment to address NCD problems adequately at all levels.

- NCD screening/early detection services should be improved,integrated and strengthened at the primary health-care services. As an example, it is possible to implement a special tool such as the globally promoted WHO Package of Essential NCD (PEN) services in the primary health-care services to increase the coverage of NCD services. Facilities need to be equipped with basic diagnostic and management infrastructure. Essential NCD drugs could be made more available and accessible, especially for the poor. PHC health workers' competencies in counselingshould be improved. Training and upgrading the knowledge and skills of primary health-care providers on NCD risk factors and awareness of the population should be strengthened.
- Establish a multisectoral agency with large authorities and budget to oversee NCD prevention and control activities in Azerbaijanunder the direction of the Ministry of Health. Besides, there is the need for a comprehensive national surveillance and monitoring framework to measure progress towards the national goals and targets for prevention and control of NCDs. Monitoring and Evaluation system should comprise strategy assessment, detection and elimination of the problem, as well as provide the required information for the implementation of the appropriate action. Currently, however, there is no nationally representative data, or established systems for ongoing collection of data, to guide NCD-related policy and decision-making process. To develop and maintain such a system, research in public health should receive adequate funding, particularly on measures of cost-effectiveness and population-level interventions.
- Health workers should be encouraged to be role models for others and have the motivation to give healthy lifestyle advice to population because many respondents in this survey reported less than optimal exposure to advice on health and nutrition by health professionals at the level of health care.
- Several areas of knowledge about NCDs should be improved among population at individual level, including knowledge of body weight, blood pressure, etc. (“know your numbers”).
- There is need to brainstorm ways to enhance health education programs, including targeted use of mass media and new communication technologies.
- There are revolutionary changes in medical information technologies, including telemedicine, artificial intelligence, portable mobile devices, self-care devices, which in the near future will change the ways of preventing and treating diseases, including NCD. The national health system need to be prepared for these changes and adequately address them in prepare policies, self-care programs for elderly patients to improve diseases prophylaxis, monitoring and control.

- Also, there is need inuse of the new innovation technologies in communication media to provide adequate health education at the level of health care services, including social media, video channels, medical applications for smartphones, etc.
- Routine and regular physical examinations including measurements of arterial pressure, blood sugar, cholesterol, and weights should be promoted.
- According to both STEPS surveys, the prevalence of tobacco use didn't actually change between 2011 and 2017 and remain stayingat high level. An attempt should be made to enforce the existing tobacco law and prevention of second-hand smoking. For example, it is necessary to develop strong monitoring mechanisms to control law execution and to identify new challenges, e.g. electronic cigarettes, shisha, indoor smoking, measures targeting smoking among youth.
- Comprehensive alcohol control strategies should be developed, focusing on the reduction of alcohol consumption among young citizens. Comparison of the last two surveys shows a positive trend in decreasing level of alcohol consumption in Azerbaijan. However, men in urban areas are more likely to consume alcohol than men in rural areas, and therefore there is the need to target this category of a population during healthy lifetime agitation.
- Interventions should be introduced to increase the consumption of fruit and vegetable among the community, which is low, in spite of good climate favorable for agriculture. The national recommendations for diet, and physical activity, if available, should be advocated through the media and developed further. NCD prevention and control strategy should also design gender-sensitive programs to improve consumption of fruits and or vegetables, especially among females and rural population.
- Quite a lot of people do not know about the harm of salty foods, and there is need to intensify agitation work in this direction. Also, there is need to work out the comprehensive policies and develop structural interventions in all sectors to improve access to healthy foods for all people and make mandatory food labeling, ban on advertising of unhealthy foods in mass media, taxes on unhealthy foods, reformulation of standards of manufactured foods in terms of salt, sugar and fats.
- Action is required at the national level to develop community-based physical activity programs which match the needs of the health. Interventions in all sectors are also needed to promote physical activity in different settings, develop accessible infrastructure for that. Health education programs are helpful to raise awareness on healthy lifestyles and should target all population sub-groups. The school settingsare particularly important to empower healthy choices of the young generation. Azerbaijan is closer to the east countries, where exist powerful sanative and healing system as yoga, meditation, naturopathy, which cover many aspects of healthy lifestyle, behaviors

and food habits, and theyshould be promoted and integrated into the primary health care system.

- Pap smear screening program should be introduced on the government level as routine services in the healthcare settings. Also, it is necessary to increase knowledge among women about the importance of conducting this test.
- Results of traffic accidents demonstrate that education on behavioral change in this area needs to be improved and the appropriate actions and measures are required to be enforced.

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ANNEX 1. WHO STEPS SURVEY 2017 FACT SHEET

AZERBAIJAN STEPS Survey 2017

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Azerbaijan republic was carried out from May 2017 to March 2018. Azerbaijan republic implemented Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. 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 sample design was used to produce representative data for that age range in Azerbaijan republic. A total of 2801 adult participated in the survey. The overall response rate was 97%.

Results for adults aged 18-69 years (incl. 95% CI)	**Both Sexes**	**Males**	**Females**
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	**24.0% (21.9 - 26.1)**	**48.8% (45.0 – 52.5)**	**0.2% (0 – 0.4)**
Percentage who currently smoke tobacco daily	**23.2% (21.2 - 25.3)**	**47.2% (43.5 - 50.9)**	**0.2% (0 - 0.4)**
Average age started smoking (years)	**18.7 (18.3 - 19.2)**	**18.7 (18.3 - 19.2)**	**18.4 (-)**
Percentage of daily smokers smoking manufactured cigarettes	**95.1% (91.3 - 98.9)**	**95.1% (91.3 - 98.9)**	**100% (100-100)**
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	**18.9 (17.5-20.2)**	**18.9 (17.6-20.2)**	**12.7 (-)**
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	**70.3% (67.5-73.2)**	**45.2% (40.3-50.1)**	**94.5% (92.8-96.2)**
Percentage who are past 12-month abstainers	**8.5% (6.9-10.0)**	**14.0% (11.4-16.6)**	**3.2% (2.0-4.3)**
Percentage who currently drink (drank alcohol in the past 30 days)	**13.9% (12.1-15.8)**	**27.6% (23.9-31.3)**	**0.8% (0.4-1.3)**
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	**5.5% (4.3-6.7)**	**11.0% (8.4-13.6)**	**0.2% (0-0.4)**
Step 1 Diet			
Mean number of days fruit consumed in a typical week	**5.1 (5.0-5.2)**	**5.0 (4.8-5.2)**	**5.2 (5.0-5.3)**
Mean number of servings of fruit consumed on average per day	**1.6 (1.5-1.7)**	**1.7 (1.6-1.8)**	**1.6 (1.5-1.7)**
Mean number of days vegetables consumed in a typical week	**5.9 (5.8-6.0)**	**5.8 (5.7-6.0)**	**5.9 (5.8-6.1)**
Mean number of servings of vegetables consumed on average per day	**1.9 (1.8-2.0)**	**1.9 (1.8-2.1)**	**1.9 (1.8-2.0)**
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	**75.9% (72.8-79.0)**	**74.4% (70.5-78.3)**	**77.2% (73.8-80.8)**
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	**25.7% (22.8-28.6)**	**26.6% (22.6-30.5)**	**24.9% (21.7-28.0)**
Percentage who always or often eat processed foods high in salt	**26.6% (23.7-29.6)**	**29.6% (25.6-33.5)**	**23.8% (20.5-27.1)**
Step 1 Physical Activity			

Percentage with insufficient physical activity (defined as <150 minutes of moderate-intensity activity per week, or equivalent)*	**19.1%** (15.9-22.3)	**19.1%** (15.3-22.9	**19.1%** (15.5-22.6)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	**128.6** (37.1-300.0)	**145.7** (41.4-342.9)	**120.0** (31.4-250.7)
Percentage not engaging in vigorous activity	**81.9%** (79.5-84.3)	**71.9%** (68.0-75.8)	**91.4%** (89.3-93.5)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			**11.3%** (8.2-14.3)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m^2)	**26.5** (26.2-26.7)	**26.0** (25.7-26.2)	**26.9** (26.5-27.4)
Percentage who are overweight (BMI ≥ 25 kg/m^2)	**55.5%** (52.9-58.0)	**53.5%** (49.8-57.2)	**57.4%** (54.0-60.9)
Percentage who are obese (BMI ≥ 30 kg/m^2)	**20.6%** (18.5-22.7)	**14.7%** (12.4-17.1)	**26.5%** (23.6-29.5)
Average waist circumference (cm)		**92.3** (91.1-93.5)	**88.2** (87.1-89.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	**126.1** (125.0-127.2)	**127.3** (125.9-128.7)	**125.0** (123.6-126.4)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	**81.5** (80.7-82.2)	**81.8** (80.7-82.8)	**81.2** (80.3-82.0)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	**29.7%** (27.2-32.1)	**29.3%** (25.6-33.0)	**30.1%** (27.5-32.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	**21.6%** (19.0-24.3)	**23.0%** (19.0-26.9)	**20.3%** (17.7-22.9)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	**5.1** (5.0-5.2)	**5.0** (4.9-5.2)	**5.2** (5.0-5.3)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ⩾6.1mmol/L (110mg/dl) and <7.0mmol/L (126 mg/dl) • capillary whole blood value ⩾5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl)	**5.0%** (4.0-5.9)	**5.0%** (3.5-6.5)	**4.9%** (3.8-6.1)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	**4.1%** (3.3-4.9)	**2.7%** (1.9-3.6)	**5.4%** (4.2-6.6)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	**4.4** (4.4-4.5)	**4.3** (4.2-4.4)	**4.5** (4.5-4.6)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ⩾ 190 mg/dl or currently on medication for raised cholesterol)	**27.1%** (24.6-29.6)	**22.6%** (19.3-25.8)	**31.5%** (28.3-34.7)
Mean intake of salt per day (in grams)	**10.0** (9.9-10.2)	**11.4** (11.2-11.6)	**8.6** (8.5-8.8)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	**12.6%** (10.4-14.8)	**13.3%** (10.3-16.3)	**12.0%** (9.4-14.6)

Summary of combined risk factors • current daily smokers • less than 5 servings of fruits & vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m^2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors	**5.8%** **(4.5-7.1)**	**5.4%** **(3.6-7.3)**	**6.2%** **(4.4-8.0)**
Percentage with three or more of the above risk factors, aged 18 to 44 years	**22.0%** **(18.7-25.3)**	**31.0%** **(25.5-36.5)**	**12.5%** **(9.5-15.5)**
Percentage with three or more of the above risk factors, aged 45 to 69 years	**50%** **(46.7-53.2)**	**56.3%** **(51.8-60.8)**	**44.1%** **(40.0-48.3)**
Percentage with three or more of the above risk factors, aged 18 to 69 years	**32.5%** **(29.9-35.0)**	**40.0%** **(36.0-44.0)**	**24.9%** **(22.1-27.7)**

* For complete definitions of insufficient physical activity, refer to theGPAQ Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or to the WHO Global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html)

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

For additional information, please contact:

STEPS country focal point - Public Health & Reforms Center, office@isim.az

ANNEX 2. WHO STEPS SURVEY 2017TOBACCO FACT SHEET

AZERBAIJAN STEPS Survey 2017

Tobacco Fact Sheet

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)[1]			
Current tobacco users	24.0% (21.9 - 26.1)	48.8% (45.0 – 52.5)	0.2% (0 – 0.4)
Current daily tobacco users	23.3% (21.2 - 25.3)	47.4% (43.5 - 50.9)	0.2% (0 - 0.4)
Current tobacco smokers			
Current tobacco smokers	24.0% (21.9 - 26.1)	48.8% (45.0 – 52.5)	0.2% (0 – 0.4)
Current daily tobacco smokers	23.2% (21.2 - 25.3)	47.2% (43.5 - 50.9)	0.2% (0 - 0.4)
Current daily cigarette smokers among those who are tobacco smokers	95.1% (91.3 - 98.9)	95.1% (91.3 - 98.9)	100% (100-100)
Average age started tobacco smoking (years)	18.7 (18.3 - 19.2)	18.7 (18.3 - 19.2)	18.4 (-)
Average number of cigarettes smoked per day (among daily cigarette smokers)	18.9 (17.5-20.2)	18.9 (17.6-20.2)	12.7 (-)
Current non-users (smoked and/or smokeless)[1]			
Former tobacco smokers[4]	4.9 (3.9-5.9)	9.8 (7.9-11.8)	0.2 (0-0.3)
Never users	71.1 (68.9-73.2)	41.4 (37.6-45.2)	99.6 (99.3-99.9)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home*	24.9 (21.6-28.2)	26.5 (22.3-30.7)	23.3 (19.6-27.1)
Adults exposed to second-hand smoke in the closed areas in their workplace*	18.3 (15.0-21.6)	28.4 (23.0-33.9)	7.7 (5.5-9.9)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	49.7 (44.1-55.3)	49.5 (43.9-55.1)	100 (100-100)
Current smokers advised by a health care provider to stop smoking in past 12 months[5]	31.5 (24.3-38.7)	31.2 (24.1-38.3)	82.8 (45.0-100)
Health Warnings			
Current smokers who thought about quitting because of a warning label*	41.4 (35.7-47.1)	41.5 (35.8-47.2)	19.2 (0-100)
Adults who noticed anti-cigarette smoking information on the television or radio *	66.6 62.0-71.3	69.0 (64.0-74.2)	64.1 (58.8-69.4)
Adults who noticed anti-cigarette smoking information in newspapers or magazines*	31.9 (27.8-36.0)	34.4 (29.5-39.4)	29.3 (24.6-34.0)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold*	8.8 (6.3-11.3)	10.1 (7.1-13.1)	7.5 (4.7-10.2)
Adults who noticed any cigarette promotions*	8.4 (6.8-10.1)	12.5 (9.8-15.2)	3.7 (2.2-5.1)

ANNEX 3. WHO STEPS INSTRUMENT FOR CHRONIC DISEASE RISK FACTOR SURVEILLANCE

Survey Information		
LOCATION AND DATE	RESPONSE	CODE
CLUSTER/CENTRE/VILLAGE ID	⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	I1
CLUSTER/CENTRE/VILLAGE NAME		I2
INTERVIEWER ID	⌊_⌋⌊_⌋⌊_⌋	I3
DATE OF COMPLETION OF THE INSTRUMENT	⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋ DD MM YEAR	I4
CONSENT, INTERVIEW LANGUAGE AND NAME	RESPONSE	CODE
Consent has been read and obtained	Yes 1 No 2 **If NO, END**	I5
Interview Language *[Insert Language]*	English 1 *[Add others]* 2 *[Add others]* 3 *[Add others]* 4	I6
Time of interview (24 hour clock)	⌊_⌋⌊_⌋ : ⌊_⌋⌊_⌋ hrs mins	I7
Family Surname		I8
First Name		I9
Additional Information that may be helpful		
Contact phone number where possible		I10

Step 1 Demographic Information

CORE: Demographic Information

Question	Response	Code
Sex (*Record Male / Female as observed)*	Male 1 Female 2	C1
What is your date of birth? *Don't Know 77 77 7777*	⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋ *If Known, Go to C4* dd mm year	C2
How old are you?	Years ⌊_⌋⌊_⌋	C3
In total, how many years have you spent at school and in full-time study (excluding pre-school)?	Years ⌊_⌋⌊_⌋	C4

EXPANDED: Demographic Information

What is the **highest level of education** you have completed? *[INSERT COUNTRY-SPECIFIC CATEGORIES]*	No formal schooling 1 Less than primary school 2 Primary school completed 3 Secondary school completed 4 High school completed 5 College/University completed 6 Post graduate degree 7 Refused 88	C5
What is your *[insert relevant ethnic group / racial group / cultural subgroup / others]***background**?	[*Locally defined]* 1 [*Locally defined]* 2 [*Locally defined]* 3 Refused 88	C6
What is your **marital status**?	Never married 1 Currently married 2 Separated 3 Divorced 4 Widowed 5 Cohabitating 6 Refused 88	C7

Which of the following best describes your **mainwork** status over the past 12 months? *[INSERT COUNTRY-SPECIFIC CATEGORIES]*	Government employee	1	C8

(*USE SHOWCARD)*			
	Non-government employee	2	
	Self-employed	3	
	Non-paid	4	
	Student	5	
	Homemaker	6	
	Retired	7	
	Unemployed (able to work)	8	
	Unemployed (unable to work)	9	
	Refused	88	
How many people older than 18 years, including yourself, live in your household?	Number of people	⌊__⌋ *If Not Known, Go to C11*	C9

EXPANDED: Demographic Information, Continued		
Question	**Response**	**Code**
Taking **the past year**, can you tell me what the average earnings of the household have been? *(RECORD ONLY ONE, NOT ALL 3)*	Per week ⌊__⌋ *Go to T1*	C10a
	OR per month ⌊__⌋ *Go to T1*	C10b
	OR per year ⌊__⌋ *Go to T1*	C10c
	Refused 88	C10d
Can you give an **estimate** of the annual household income if I read some options to you? Is it *[INSERT QUINTILE VALUES IN LOCAL CURRENCY]* *(READ OPTIONS)*	≤ Quintile (Q) 1 1 More than Q 1, ≤ Q 2 2 More than Q 2, ≤ Q 3 3 More than Q 3, ≤ Q 4 4 More than Q 4 5 Don't Know 77 Refused 88	C11

Step 1 Behavioural Measurements

CORE: Tobacco Use		
Now I am going to ask you some questions about tobacco use.		
Question	**Response**	**Code**
Do you **currently** smoke any **tobacco** products, such as cigarettes, cigars or pipes? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T8*	T1
Do you currently smoke tobacco products **daily**?	Yes 1 No 2	T2
How old were you when you **first started** smoking?	Age (years) ⌊_⌋⌊_⌋ *If Known, go to T5a/T5aw* Don't know 77	T3
Do you remember how long ago it was? *(RECORD ONLY 1, NOT ALL 3)*	In Years ⌊_⌋⌊_⌋ *If Known, go to T5a/T5aw*	T4a
	OR in Months ⌊_⌋⌊_⌋ *If Known, go to T5a/T5aw*	T4b
	OR in Weeks ⌊_⌋⌊_⌋	T4c
On average, **how many** of the following products do you smoke **each day/week?** *(IF LESS THAN DAILY, RECORD WEEKLY)* *(RECORD FOR EACH TYPE, USE SHOWCARD)* *Don't Know 7777*	DAILY↓ WEEKLY↓	
	Manufactured cigarettes ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5a/T5aw
	Hand-rolled cigarettes ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5b/T5bw
	Pipes full of tobacco ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5c/T5cw
	Cigars, cheroots, cigarillos ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5d/T5dw
	Number of Shisha sessions ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5e/T5ew
	Other ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋ *If Other, go to T5other, else go to T6*	T5f/T5fw
	Other (please specify): ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	T5other/ T5otherw
During the past 12 months, have you tried to **stop smoking**?	Yes 1 No 2	T6

During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?	Yes 1 *If T2=Yes, go to T12; if T2=No, goto T9* No 2 *If T2=Yes, go to T12; if T2=No, go* No visit during the past 12 months 3 *If T2=Yes, go to T12; if T2=No, go to T9*	T7
In the past, did you **eversmoke** any tobacco products? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T12*	T8
In the past, did you **ever** smoke **daily**?	Yes 1 *If T1=Yes, go to T12, else go to T10* No 2*If T1=Yes, go to T12, else go to*	T9

EXPANDED: Tobacco Use		
Question	**Response**	**Code**
How old were you when you **stopped** smoking?	Age (years) Don't Know 77 ⌊_⌊_⌋ *If Known, go to T12*	T10
How **long ago** did you stop smoking? *(RECORD ONLY 1, NOT ALL 3)* *Don't Know 77*	Years ago ⌊_⌊_⌋ *If Known, go to T12*	T11a
	OR Months ago ⌊_⌊_⌋ *If Known, go to T12*	T11b
	OR Weeks ago ⌊_⌊_⌋	T11c
Do you **currently use** any **smokeless tobacco** products such as *[snuff, chewing tobacco, betel]*?*(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T15*	T12
Do you **currently usesmokeless tobacco** products **daily?**	Yes 1 No 2 *If No, go to T14aw*	T13
On average, how many **times a day/week** do you use …. *(IF LESS THAN DAILY, RECORD WEEKLY)* *(RECORD FOR EACH TYPE, USE SHOWCARD)* *Don't Know 7777*	DAILY↓ WEEKLY↓	
	Snuff, by mouth ⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14a/ T14aw
	Snuff, by nose ⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14b/ T14bw
	Chewing tobacco ⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14c/ T14cw
	Betel, quid ⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14d/ T14dw
	Other ⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋ *If Other, go to T14other, if T13=No, go to T16, else go to T17*	T14e/ T14ew
	Other (please specify): ⌊_⌊_⌊_⌊_⌊_⌊_⌋ *If T13=No, go to T16, else go to T17*	T14other/ T14otherw

In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]*?	Yes 1 No 2*If No, go to T17*	T15
In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]***daily**?	Yes 1 No 2	T16
During the past 30 days, did someone smoke **in your home**?	Yes 1 No 2	T17
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)?	Yes 1 No 2 Don't work in a closed area 3	T18

CORE: Alcohol Consumption

The next questions ask about the consumption of alcohol.

Question	Response	Code
Have you **ever** consumed any alcohol such as beer, wine, spirits or *[add other local examples]*? *(USE SHOWCARD OR SHOW EXAMPLES)*	Yes 1 No 2 *If No, go to A16*	A1
Have you consumed any alcohol within the **past 12 months**?	Yes 1 *If Yes, go to A4* No 2	A2
Have you stopped drinking due to health reasons, such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes 1 *If Yes, go to A16* No 2 *If No, go to A16*	A3
During the past 12 months, **how frequently** have you had at least one standard alcoholic drink? *(READ RESPONSES, USE SHOWCARD)*	Daily 1 5-6 days per week 2 3-4 days per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6 Never 7	A4
Have you consumed any alcohol within the **past 30 days**?	Yes 1 No 2 *If No, go to A13*	A5
During the past 30 days, on how many **occasions** did you have at least one standard alcoholic drink?	Number Don't know 77 ⌊_⌋⌊_⌋ *If Zero, go to A13*	A6
During the past 30 days, when you drank alcohol, how many **standarddrinks on average** did you have during one drinking occasion? *(USE SHOWCARD)*	Number Don't know 77 ⌊_⌋⌊_⌋	A7
During the past 30 days, what was the **largest number** of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number Don't Know 77 ⌊_⌋⌊_⌋	A8

During the past 30 days, how many times did you have **six or more** standard drinks in a single drinking occasion?	Number of times Don't Know 77 ⌊_⌋⌊_⌋	A9
During each of the **past 7 days**, how many standard drinks did you have each day? *(USE SHOWCARD)* *Don't Know 77*	Monday ⌊_⌋⌊_⌋	A10a
	Tuesday ⌊_⌋⌊_⌋	A10b
	Wednesday ⌊_⌋⌊_⌋	A10c
	Thursday ⌊_⌋⌊_⌋	A10d
	Friday ⌊_⌋⌊_⌋	A10e
	Saturday ⌊_⌋⌊_⌋	A10f
	Sunday ⌊_⌋⌊_⌋	A10g

CORE: Alcohol Consumption, continued

I have just asked you about your consumption of alcohol during the past 7 days. The questions were about alcohol in general, while the next questions refer to your consumption of homebrewed alcohol, alcohol brought over the border/from another country, any alcohol not intended for drinking or other untaxed alcohol. Please only think about these types of

Question	Response	Code
During the **past 7 days**, did you consume any **homebrewed** alcohol, any alcohol **brought over the border/from another country**, any alcohol **not intended for drinking** or other **untaxed** alcohol? *[AMEND ACCORDING TO LOCAL CONTEXT]*	Yes 1 No 2 *If No, go to A13*	A11
On average, **how many standard drinks** of the following did you consume **during the past 7 days**? *[INSERT COUNTRY-SPECIFIC EXAMPLES]* *(USE SHOWCARD)* *Don't Know 77*	Homebrewed spirits, e.g. moonshine ⌊_⌋⌊_⌋	A12a
	Homebrewed beer or wine, e.g. beer, palm or fruit wine ⌊_⌋⌊_⌋	A12b
	Alcohol brought over the border/from another country ⌊_⌋⌊_⌋	A12c
	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves ⌊_⌋⌊_⌋	A12d
	Other untaxed alcohol in the country ⌊_⌋⌊_⌋	A12e

EXPANDED: Alcohol Consumption

During the **past 12 months,** how often have you found that you were not able to stop drinking once you had started?	Daily or almost daily 1 Weekly 2 Monthly 3	A13

	Less than monthly 4 Never 5	
During the **past 12 months,** how often have you failed to do what was normally expected from you because of drinking?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A14
During the **past 12 months,** how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A15
During the **past 12 months**, have you had family problems or problems with your partner due to **someone else's** drinking?	Yes, more than monthly 1 Yes, monthly 2 Yes, several times but less than monthly 3 Yes, once or twice 4 No 5	A16

CORE: Diet

The next questions ask about the fruits and vegetables that you usually eat. I have a nutrition card here that shows you some examples of local fruits and vegetables. Each picture represents the size of a serving. As you answer these questions please think of a typical week in the last year.

Question	Response	Code
In a typical week, on how many days do you **eat fruit**? *(USE SHOWCARD)*	Number of days ⌊_⌋⌊_⌋ *If Zero days, go to D3* Don't Know 77	D1
How many **servings** of fruit do you eat on **one** of those days? (*USE SHOWCARD)*	Number of servings ⌊_⌋⌊_⌋ Don't Know 77	D2
In a typical week, on how many days do you **eat vegetables**?*(USE SHOWCARD)*	Number of days ⌊_⌋⌊_⌋ *If Zero days, go to D5* Don't Know 77	D3
How many **servings** of vegetables do you eat on one of those days? *(USE SHOWCARD)*	Number of servings ⌊_⌋⌊_⌋ Don't know 77	D4

Dietary salt

With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soy sauce or fish sauce (see showcard). The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as [insert country specific examples], and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.

How often do you **add salt or a salty sauce such as soy sauce** to your food right before you eat it or as you are	Always 1 Often 2	D5

eating it? *(SELECT ONLY ONE)*	Sometimes 3 Rarely 4 Never 5 Don't know 77	
How often is **salt, salty seasoning or a salty sauce added** in cooking or preparing foods in your household?	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D6
How often do you eat **processed food high in salt**? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food including pickles and preserves, salty food prepared at a fast food restaurant, cheese, bacon and processed meat *[add country specific examples].* *[INSERT EXAMPLES]*	Always 1 Often 2 Sometimes 3 Rarely 4 Never 5 Don't know 77	D7
How much salt or salty sauce do you think you consume?	Far too much 1 Too much 2 Just the right amount 3 Too little 4 Far too little 5 Don't know 77	D8

EXPANDED: Diet		
Question	**Response**	**Code**
How important to you is **lowering the salt** in your diet?	Very important 1 Somewhat important 2 Not at all important 3 Don't know 77	D9
Do you think that too much salt or salty sauce in your diet could cause a **health problem**?	Yes 1 No 2 Don't know 77	D10
Do you do any of the following on a regular basis to **control your salt intake**? *(RECORD FOR EACH)*		
Limit consumption of processed foods	Yes 1 No 2	D11a
Look at the salt or sodium content on food labels	Yes 1 No 2	D11b
Buy low salt/sodium alternatives	Yes 1 No 2	D11c
Use spices other than salt when cooking	Yes 1 No 2	D11d
Avoid eating foods prepared outside of a home	Yes 1 No 2	D11e
Do other things specifically to control your salt intake	Yes 1 *If Yes, go to* No 2	D11f
Other (please specify)	_____	D11other

CORE: Physical Activity

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. *[Insert other examples if needed].* In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Question	Response	Code
Work		
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like *[carrying or liftingheavy loads, digging or construction work]* for at least 10 minutes continuously? *[INSERT EXAMPLES] (USE SHOWCARD)*	Yes 1 No 2 *If No, go to P 4*	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days ⌊__⌋	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking *[or carrying light loads]* for at least 10 minutes continuously? *[INSERT EXAMPLES] (USE SHOWCARD)*	Yes 1 No 2 *If No, go to P 7*	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days ⌊__⌋	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P6 (a-b)
Travel to and from places		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship.*[Insert other examples if needed]*		
Do you walk or use a bicycle *(pedal cycle)* for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 *If No, go to P 10*	P7
In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days ⌊__⌋	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P9 (a-b)

CORE: Physical Activity, Continued

Question	Response	Code
Recreational activities		

The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure), *[Insert relevant terms]*.		
Do you do any vigorous-intensity sports, fitness or recreational *(leisure)* activities that cause large increases in breathing or heart rate like *[running or football]* for at least 10 minutes continuously? *[INSERT EXAMPLES] (USE SHOWCARD)*	Yes 1 No 2 *If No, go to P 13*	P10
In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational *(leisure)* activities?	Number of days ⌊__⌋	P11
How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P12 (a-b)
Do you do any moderate-intensity sports, fitness or recreational *(leisure)* activities that cause a small increase in breathing or heart rate such as brisk walking, *[cycling, swimming, volleyball]* for at least 10 minutes continuously?	Yes 1 No 2 *If No, go to P16*	P13
In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational *(leisure)* activities?	Number of days ⌊__⌋	P14
How much time do you spend doing moderate-intensity sports, fitness or recreational *(leisure)* activities on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P15 (a-b)

EXPANDED: Physical Activity		
Sedentary behaviour		
The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping. *[INSERT EXAMPLES] (USE SHOWCARD)*		
How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P16 (a-b)

CORE: History of Raised Blood Pressure		
Question	**Response**	**Code**
Have you ever had your blood pressure measured by a doctor or other health worker?	Yes 1 No 2 *If No, go to H6*	H1
Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?	Yes 1 No 2 *If No, go to H6*	H2a
Have you been told in the past 12 months?	Yes 1 No 2	H2b
In the past two weeks, have you taken any drugs	Yes 1	H3

(medication) for raised blood pressure prescribed by a doctor or other health worker?	No 2	
Have you ever seen a traditional healer for raised blood pressure or hypertension?	Yes 1 No 2	H4
Are you currently taking any herbal or traditional remedy for your raised blood pressure?	Yes 1 No 2	H5

CORE: History of Diabetes		
Have you ever had your blood sugar measured by a doctor or other health worker?	Yes 1 No 2 *If No, go to H12*	H6
Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?	Yes 1 No 2 *If No, go to H12*	H7a
Have you been told in the past 12 months?	Yes 1 No 2	H7b
In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?	Yes 1 No 2	H8
Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?	Yes 1 No 2	H9
Have you ever seen a traditional healer for diabetes or raised blood sugar?	Yes 1 No 2	H10
Are you currently taking any herbal or traditional remedy for your diabetes?	Yes 1 No 2	H11

CORE: History of Raised Total Cholesterol		
Question	**Response**	**Code**
Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?	Yes 1 No 2*If No, go to H17*	H12
Have you ever been told by a doctor or other health worker that you have raised cholesterol?	Yes 1 No 2 *If No, go to H17*	H13a
Have you been told in the past 12 months?	Yes 1 No 2	H13b
In the past two weeks, have you taken any oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?	Yes 1 No 2	H14
Have you ever seen a traditional healer for raised cholesterol?	Yes 1 No 2	H15
Are you currently taking any herbal or traditional remedy for your	Yes 1	H16

raised cholesterol?	No 2	

CORE: History of Cardiovascular Diseases		
Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?	Yes 1 No 2	H17
Are you currently taking aspirin regularly to prevent or treat heart disease?	Yes 1 No 2	H18
Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?	Yes 1 No 2	H19

CORE: Lifestyle Advice		
Question	**Response**	**Code**
During the past 12 months, have you visited a doctor or other health worker?	Yes 1 No 2 *If No and C1=1, go to M1*	H20
During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following? *(RECORD FOR EACH)*		
Quit using tobacco or don't start	Yes 1 No 2	H20a
Reduce salt in your diet	Yes 1 No 2	H20b
Eat at least five servings of fruit and/or vegetables each day	Yes 1 No 2	H20c
Reduce fat in your diet	Yes 1 No 2	H20d
Start or do more physical activity	Yes 1 No 2	H20e
Maintain a healthy body weight or lose weight	Yes 1 No 2	H20f
Reduce sugary beverages in your diet	Yes 1 *If C1=1 go to M1* No 2 *If C1=1 go to M1*	H20g

CORE (for women only): Cervical Cancer Screening
The next question asks about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in different ways, including Visual Inspection with Acetic Acid/vinegar (VIA), pap smear and Human Papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acetic acid (or vinegar) has been applied to it. For both pap smear and HPV test, a doctor or nurse uses a swab to wipe from inside your vagina, take a sample and send it to a laboratory. It is even possible that you were given the swab yourself and asked to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a pap smear is done, and for the HP virus if an HPV test is done.

Have you ever had a screening test for cervical cancer, using any of these methods described above?	Yes 1 No 2 Don't know 77	CX1

Step 2Physical Measurements

CORE: Blood Pressure		
Question	**Response**	**Code**
Interviewer ID	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M1
Device ID for blood pressure	⌊_⌋⌊_⌋	M2
Cuff size used	Small 1 Medium 2 Large 3	M3
Reading 1	Systolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M4a
	Diastolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M4b
Reading 2	Systolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M5a
	Diastolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M5b
Reading 3	Systolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M6a
	Diastolic (mmHg) ⌊_⌋⌊_⌋⌊_⌋	M6b
During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	M7
CORE: Height and Weight		
For women: Are you pregnant?	Yes 1 *If Yes, go to M 16* No 2	M8
Interviewer ID	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M9
Device IDs for height and weight	Height ⌊_⌋⌊_⌋ Weight ⌊_⌋⌊_⌋	M10a M10b
Height	in Centimetres (cm) ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	M11
Weight *If too large for scale 666.6*	in Kilograms (kg) ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	M12
CORE: Waist		
Device ID for waist	⌊_⌋⌊_⌋	M13

Waist circumference	in Centimetres (cm) ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	M14

EXPANDED: Hip Circumference and Heart Rate		
Hip circumference	in Centimeters (cm) ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	M15
Heart Rate		
Reading 1	Beats per minute ⌊_⌋⌊_⌋⌊_⌋	M16a
Reading 2	Beats per minute ⌊_⌋⌊_⌋⌊_⌋	M16b
Reading 3	Beats per minute ⌊_⌋⌊_⌋⌊_⌋	M16c

Step 3 Biochemical Measurements

CORE: Blood Glucose		
Question	**Response**	**Code**
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
Technician ID	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	B2
Device ID	⌊_⌋⌊_⌋	B3
Time of day blood specimen taken (24 hour clock)	Hours : minutes ⌊_⌋⌊_⌋ : ⌊_⌋⌊_⌋ hrs mins	B4
Fasting blood glucose *[CHOOSE ACCORDINGLY: MMOL/L OR MG/DL]*	mmol/l ⌊_⌋⌊_⌋.⌊_⌋⌊_⌋ mg/dl ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	B5
Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker for raised blood glucose?	Yes 1 No 2	B6
CORE: Blood Lipids		
Device ID	⌊_⌋⌊_⌋	B7
Total cholesterol *[CHOOSE ACCORDINGLY: MMOL/L OR MG/DL]*	mmol/l ⌊_⌋⌊_⌋.⌊_⌋⌊_⌋ mg/dl ⌊_⌋⌊_⌋⌊_⌋.⌊_⌋	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	B9
CORE: Urinary sodium and creatinine		
Had you been fasting prior to the urine collection?	Yes 1	B10

	No 2	
Technician ID	⌊_⌊_⌊_⌋	B11
Device ID	⌊_⌊_⌋	B12
Time of day urine sample taken (24 hour clock)	⌊_⌊_⌋ : ⌊_⌊_⌋ Hours : minutes hrs mins	B13
Urinary sodium	mmol/l ⌊_⌊_⌊_⌋ . ⌊_⌋	B14
Urinary creatinine	mmol/l ⌊_⌊_⌋ . ⌊_⌊_⌋	B15

EXPANDED: Triglycerides and HDL Cholesterol		
Question	**Response**	**Code**
Triglycerides *[CHOOSE ACCORDINGLY: MMOL/L OR MG/DL]*	mmol/l ⌊_⌊_⌋ . ⌊_⌊_⌋	B16
	mg/dl ⌊_⌊_⌊_⌋ . ⌊_⌋	
HDL Cholesterol *[CHOOSE ACCORDINGLY: MMOL/L OR MG/DL]*	mmol/l ⌊_⌋ . ⌊_⌊_⌋	B17
	mg/dl ⌊_⌊_⌊_⌋ . ⌊_⌋	

ANNEX4. WHO STEPS SURVEY 2017DATA BOOK

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	%
18-44	525	41.5	740	58.5	1265	100
45-69	611	39.8	925	60.2	1536	100
18-69	**1136**	**40.6**	**1665**	**59.4**	**2801**	**100**

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
18-44	525	12.0	740	11.5	1265	11.7
45-69	611	12.1	923	11.0	1534	11.4
18-69	**1136**	**12.1**	**1663**	**11.2**	**2799**	**11.6**

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								
	Men							
Age Group (years)	n	% No formal schooling	% Less than primary school	%Primary school completed	%Secondary school completed	%High school completed	%College/ University completed	% Post graduate degree completed
18-44	525	0.4	0.0	0.6	9.3	45.7	41.7	2.3
45-69	611	0.5	0.2	1.0	8.3	32.9	55.6	1.5
18-69	**1136**	**0.4**	**0.1**	**0.8**	**8.8**	**38.8**	**49.2**	**1.8**

Highest level of education								
	Women							
Age Group (years)	n	% No formal schooling	% Less than primary school	%Primary school completed	%Secondary school completed	%High school completed	%College/ University completed	% Post graduate degree completed
18-44	740	0.4	0.4	3.0	12.4	46.4	35.5	1.9
45-69	923	1.2	1.1	3.3	12.1	41.0	40.7	0.7
18-69	**1663**	**0.8**	**0.8**	**3.1**	**12.3**	**43.4**	**38.4**	**1.2**

Highest level of education								
	Both Sexes							
Age Group (years)	n	% No formal schooling	% Less than primary school	%Primary school completed	%Secondary school completed	%High school completed	%College/ University completed	% Post graduate degree completed
18-44	1265	0.4	0.2	2.0	11.1	46.1	38.1	2.1
45-69	1534	0.9	0.7	2.3	10.6	37.7	46.7	1.0
18-69	**2799**	**0.7**	**0.5**	**2.2**	**10.9**	**41.5**	**42.8**	**1.5**

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)	Both Sexes				
	n	% Azerbaijani	% Talish	% Lezgi	% Other ethnic group
18-44	1184	93.6	2.8	2.0	1.7
45-69	1414	92.1	3.5	2.3	2.2
18-69	**2598**	**92.8**	**3.1**	**2.1**	**2.0**

Martial 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
18-44	518	34.2	64.7	0.4	0.6	0.2	0.0
45-69	602	0.7	90.7	1.0	1.0	6.1	0.5
18-69	**1120**	**16.2**	**78.7**	**0.7**	**0.8**	**3.4**	**0.3**

Marital status							
Age Group (years)	Women						
	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-44	8	18.4	73.2	1.6	3.7	2.7	0.4
45-69	909	5.7	67.3	2.3	2.2	22.2	0.2
18-69	**1639**	**11.3**	**69.9**	**2.0**	**2.9**	**13.5**	**0.3**

Marital status							
Age Group (years)	Both Sexes						
	N	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
18-44	1248	24.9	69.6	1.1	2.4	1.7	0.2
45-69	1511	3.7	76.6	1.8	1.7	15.8	0.3
18-69	**2759**	**13.3**	**73.5**	**1.5**	**2.0**	**9.4**	**0.3**

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
18-44	520	20.4	33.1	14.2	32.3
45-69	608	22.4	19.2	13.5	44.9
18-69	**1128**	**21.5**	**25.6**	**13.8**	**39.1**

Employment status					
	Women				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-44	734	18.1	7.9	1.2	72.8
45-69	917	26.2	4.1	1.7	67.9
18-69	**1651**	**22.6**	**5.8**	**1.5**	**70.1**

Employment status					
	Both Sexes				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
18-44	1254	19.1	18.3	6.6	56.0
45-69	1525	24.7	10.2	6.4	58.8
18-69	**2779**	**22.1**	**13.9**	**6.5**	**57.5**

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							
	Men						
Age Group (years)	n	% Non-paid	% Student	%Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-44	520	20.4	33.1	14.2	32.3		
45-69	608	22.4	19.2	13.5	44.9		
18-69	**1128**	**21.5**	**25.6**	**13.8**	**39.1**		

Unpaid work and unemployed							
	Women						
Age Group (years)	n	% Non-paid	% Student	%Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-44	734	18.1	7.9	1.2	72.8		
45-69	917	26.2	4.1	1.7	67.9		
18-69	**1651**	**22.6**	**5.8**	**1.5**	**70.1**		

Unpaid work and unemployed							
	Both Sexes						
Age Group (years)	n	% Non-paid	% Student	%Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
18-44	1254	19.1	18.3	6.6	56.0		
45-69	1525	24.7	10.2	6.4	58.8		
18-69	**2779**	**22.1**	**13.9**	**6.5**	**57.5**		

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?

n	Mean
2246	**1800**

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
18-44	275	49.3	44.3-54.3	740	0.2	0.0-0.4	1265	24.8	22.0-27.6
45-69	282	47.8	43.3-52.3	925	0.3	0.0-0.7	1536	22.7	20.1-25.3
18-69	**557**	**48.8**	**45.1-52.5**	**1665**	**0.2**	**0.0-0.4**	**2801**	**24.0**	**21.9-26.1**

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									
		Men							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	525	47.6	42.6-52.6	1.7	0.6-2.9	6.4	4.2-8.6	44.3	39.2-49.4
45-69	611	46.4	41.9-51.0	1.4	0.4-2.3	16.0	12.7-19.3	36.1	31.6-40.7
18-69	**1136**	**47.2**	**43.5-50.9**	**1.6**	**0.8-2.4**	**9.8**	**7.9-11.8**	**41.4**	**37.6-45.2**

Smoking status									
		Women							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	740	0.2	0.0-0.4			0.0	0.0-0.0	99.8	99.6-100.0
45-69	925	0.3	0.0-0.7			0.4	0.0-0.8	99.3	98.7-99.9
18-69	**1665**	**0.2**	**0.0-0.4**			**0.2**	**0.0-0.3**	**99.6**	**99.3-99.9**

Smoking status									
		Both Sexes							
Age Group (years)	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-44	1265	23,9	21,1-26,7	0,9	0,3-1,4	3,2	2,1-4,3	72,0	69,2-74,8
45-69	1536	22,0	19,4-24,7	0,6	0,2-1,1	7,8	6.0-9,5	69,5	66,5-72,6
18-69	**2801**	**23,2**	**21,2-25,3**	**0,8**	**0,4-1,2**	**4,9**	**3,9-5,9**	**71,1**	**68,9-73,2**

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
18-44	275	96,5	94,2-98,7	18-44	2	100,0	277	96,5	94,2-98,7
45-69	282	97,1	95,2-99,1	45-69	2	100,0	284	97,1	95,2-99,1
18-69	557	96,7	95,1-98,3	TOTAL	4	100,0	561	96,7	95,1-98,3

Initiation and duration of smoking

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

Instrument questions:

- Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?
- Do you currently smoke tobacco products daily?
- 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
18-44	261	18.3	17.8-18.9	2	21.0		263	18,3	17,8-18.9
45-69	267	19.4	18.6-20.3	2	15.6		269	19,4	18,6-20.2
18-69	**528**	**18.7**	**18.3-19.2**	**4**	**18.4**		**532**	**18,7**	**18,3-19.2**

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
18-44	261	13,1	12,0-14.2	2	3.8		263	13,1	12,0-14.1
45-69	267	33,9	32,8-34.9	2	34.1		269	33,9	32,8-34.9
18-69	**528**	**20,4**	**19,1-21.7**	**4**	**18.3**		**532**	**20,4**	**19,1-21.7**

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	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-44	264	95,0	90,3-99,6	2	100		266	95,0	90,4-99,6
45-69	270	95,3	92.0-98,6	2	100		272	95,4	92,1-98,6
18-69	**534**	**95,1**	**91,3-98,9**	**4**	**100**		**538**	**95,1**	**91,3-98,9**

Manufactured cigarette smokers among current smokers

Age Group (years)	Men			Women			Both Sexes		
	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-44	275	95,2	90,7-99,6	2	100		277	95,2	90,7-99,7
45-69	282	94,5	90,6-98,5	2	100		284	94,6	90,7-98,5
18-69	**557**	**94,9**	**91,1-98,8**	**4**	**100**		**561**	**95,0**	**91,1-98,8**

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									
	Men								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	264	17.9	16.0-19.2						
45-69	270	21.3	19.3-23.2						
18-69	**534**	**18.9**	**17.6-20.2**						

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-44	253	0.6	0.1-1.1						
45-69	266	0.7	0.2-1.3						
18-69	**519**	**0.7**	**0.2-1.1**						

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	2	17.1							
45-69	2	7.8							
18-69	**4**	**12.7**							

Mean amount of tobacco used by daily smokers by type									
	Both Sexes								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-44	266	17.6	16.0-19.2	256	0.3	0.0-0.5	255	0.1	0.0-0.3
45-69	272	21.2	19.3-23.1	268	0.0	0.0-0.1	268	0.0	0.0-0.0
18-69	538	18.9	17.5-20.2	524	0.2	0.0-0.3	523	0.1	0.0-0.2

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-rolledcigs.	95% CI	% Pipes of tobacco	95% CI
18-44	275	95,2	90,7-99,6	2,2	0,2-4,1	1,9	0.0-3,7
45-69	282	94,5	90,6-98,5	1,1	0.0-2,6	1,6	0,2-2,9
18-69	**557**	**94,9**	**91,1-98,8**	**1,8**	**0,4-3,2**	**1,8**	**0,5-3.0**

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
18-44	275	4,8	1,4-8,2	5,4	1,8-8,9	1,5	0.0-3,2
45-69	282	7,0	3,2-10,9	3,8	1.0-6,6	0,9	0.0-2.0
18-69	**557**	**5,6**	**2,7-8,5**	**4,8**	**2,3-7,3**	**1,3**	**0,1-2,5**

Percentage of current smokers smoking each of the following products							
Age Group (years)	Women						
	n	% Manuf. cigs.	95% CI	% Hand-rolledcigs.	95% CI	% Pipes of tobacco	95% CI
18-44	2	100,0	100.0-100.0	47,1	0.0-100.0	47,1	0.0-100.0
45-69	2	100,0	100.0-100.0	27,2	0.0-100.0	0,0	0.0-0.0
18-69	**4**	**100,0**	**100.0-100.0**	**37,6**	**0.0-100.0**	**24,6**	**0.0-100.0**

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
18-44	1	47,1	0.0-100.0	47,1	0.0-100.0		
45-69	1	72,8	0.0-100.0	0,0	0.0-0.0		
18-69	**2**	**59,4**	**0.0-100.0**	**24,6**	**0.0-100.0**		

Percentage of current smokers smoking each of the following products							
Age Group (years)	Both Sexes						
	n	% Manuf. cigs.	95% CI	% Hand-rolledcigs.	95% CI	% Pipes of tobacco	95% CI
18-44	277	95,2	90,7-99,7	2,3	0,4-4,3	2,0	0,2-3,9
45-69	284	94,6	90,7-98,5	1,3	0.0-2,8	1,6	0,2-2,9
18-69	**561**	**95,0**	**91,1-98,8**	**2,0**	**0,6-3,3**	**1,9**	**0,6-3,2**

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
18-44	277	5,0	1,6-8,3	5,5	2.0-9,1	1,5	0.0-3,2
45-69	284	7,5	3,6-11,3	3,7	1.0-6,5	0,9	0.0-2.0
18-69	**561**	**5,8**	**2,9-8,8**	**4,9**	**2,4-7,4**	**1,3**	**0,1-2,4**

Frequency of daily cigarette smoking

Description:

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

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
18-44	240	3,3	0,9-5,7	6,4	2,2-10,6	20,5	14,7-26,3	52,5	45,2-59,9	17,3	11,3-23,3
45-69	254	0,9	0.0-2.0	4,9	0,9-8,9	18,0	11,8-24,1	44,9	38,2-51,7	31,3	23,9-38,7
18-69	**494**	**2,5**	**0,9-4,1**	**5,9**	**2,9-8,8**	**19,6**	**15,4-23,8**	**49,8**	**44,7-55.0**	**22,3**	**17,6-26,9**

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
18-44	2	0,0	0.0-0.0	0,0	0.0-0.0	100,0	100.0-100.0	2	0,0	0.0-0.0	0,0
45-69	2	27,2	0.0-100.0	72,8	0.0-100.0	0,0	0.0-0.0	2	27,2	0.0-100.0	72,8
18-69	**4**	**13,0**	**0.0-76,2**	**34,8**	**14,7-54,8**	**52,2**	**0.0-100.0**	**4**	**13,0**	**0.0-76,2**	**34,8**

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
18-44	242	3,3	0,9-5,7	6,4	2,2-10,5	20,4	14,6-26,2	52,7	45,3-60,1	17,2	11,2-23,2
45-69	256	1,1	0.0-2,3	4,8	0,9-8,8	18,4	12,2-24,5	44,6	38.0-51,3	31,1	23,7-38,4
18-69	**498**	**2,5**	**0,9-4,1**	**5,8**	**2,8-8,8**	**19,7**	**15,4-24.0**	**49,8**	**44,6-55.0**	**22,1**	**17,5-26,8**

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 (who don't smoke currently) among all respondents

Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-44	525	4,4	2,7-6,1	740	0,0	0.0-0.0	1265	2,2	1,4-3.0
45-69	611	15,6	12,4-18,8	925	0,1	0.0-0,2	1536	7,4	5,8-9.0
18-69	**1136**	**8,4**	**6,8-10.0**	**1665**	**0,0**	**0.0-0,1**	**2801**	**4,1**	**3,3-4,9**

Former daily smokers (who don't smoke currently) among ever daily smokers

Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
18-44	293	8,4	5,3-11,6	2	0,0	0.0-0.0	295	8,4	5,3-11,6
45-69	370	25,2	20,3-30.0	3	19,3	0.0-68,1	373	25,1	20,3-30.0
18-69	**663**	**15,1**	**12,4-17,9**	**5**	**10,3**	**0.0-55,1**	**668**	**15,1**	**12,4-17,9**

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
18-44	39	7.8	5.3-10.4				39	7.8	5.3-10.4
45-69	97	12.7	10.1-15.3	4	19.9		101	12.9	10.2-15.6
18-69	**136**	**10.6**	**8.6-12.7**	**4**	**19.9**		**140**	**10.8**	**8.7-13.0**

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
18-44	275	48,4	41,5-55,2	2	100,0	100.0-100.0	277	48,6	41,7-55,4
45-69	282	51,6	44,2-58,9	2	100,0	100.0-100.0	284	51,9	44,5-59,2
18-69	557	49,5	43,9-55,1	4	100,0	100.0-100.0	561	49,7	44,1-55,3

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
18-44	160	22,8	14,4-31,1	1	100,0	100.0-100.0	161	23,0	14,7-31,4
45-69	172	46,2	35.0-57,4	2	72,8	36,5-100.0	174	46,5	35,3-57,7
18-69	**332**	**31,2**	**24,1-38,3**	**3**	**82,8**	**45.0-100.0**	**335**	**31,5**	**24,3-38,7**

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
18-44	525	0,3	0.0-0,8	740	100,0	100.0-100.0	1265	0,1	0.0-0,4
45-69	611	0,1	0.0-0,2	925	100,0	100.0-100.0	1536	0,0	0.0-0,1
18-69	**1136**	**0,2**	**0.0-0,5**	**1665**	**100,0**	**100.0-100.0**	**2801**	**0,1**	**0.0-0,3**

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									
		Men							
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-44	525	0,3	0.0-0,8	0,3	0.0-0,8	0,3	0.0-0,6	99,4	98,8-100.0
45-69	611	0,1	0.0-0,2	0,1	0.0-0,2	0,6	0.0-1,3	99,3	98,6-100.0
18-69	**1136**	**0,2**	**0.0-0,5**	**0,2**	**0.0-0,5**	**0,4**	**0,1-0,7**	**99,4**	**98,9-99,9**

Smokeless tobacco use									
		Women							
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
18-44	740			100,0	100.0-100.0	0,1	0.0-0,3	99,9	99,7-100.0
45-69	925			100,0	100.0-100.0	0,2	0.0-0,6	99,8	99,4-100.0
18-69	**1665**			**100,0**	**100.0-100.0**	**0,1**	**0.0-0,3**	**99,9**	**99,7-100.0**

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
18-44	1265	0,1	0.0-0,4	0,1	0.0-0,4	0,2	0.0-0,4	99,7	99,4-100.0
45-69	1536	0,0	0.0-0,1	0,0	0.0-0,1	0,4	0.0-0,8	99,6	99,2-99,9
18-69	**2801**	**0,1**	**0.0-0,3**	**0,1**	**0.0-0,3**	**0,3**	**0,1-0,5**	**99,6**	**99,4-99,9**

Former daily users of smokeless tobacco

Description:

Percentage of former daily users of smokeless tobacco among all respondents and among ever daily users.

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

Former daily smokeless tobacco users (who don't use tobacco currently) among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily users	95% CI	n	% Former daily users	95% CI	n	% Former daily users	95% CI
18-44	525	0,1	0.0-0,2				1265	0,0	0.0-0,1
45-69	611	0,5	0.0-1.0				1536	0,2	0.0-0,5
18-69	**1136**	**0,2**	**0.0-0,4**				**2801**	**0,1**	**0.0-0,2**

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
18-44	525	29,2	23,6-34,8	740	24,0	19,3-28,6	1265	26,6	22,4-30,8
45-69	611	21,8	17,7-25,8	925	22,4	18,4-26,4	1536	22,1	18,9-25,3
18-69	**1136**	**26,5**	**22,3-30,7**	**1665**	**23,3**	**19,6-27,1**	**2801**	**24,9**	**21,6-28,2**

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
18-44	396	29,9	22,8-37.0	519	8,4	5,5-11,2	915	19,7	15,4-23,9
45-69	464	25,7	19,9-31,6	686	6,7	3,8-9,6	1150	16,0	12,3-19,6
18-69	**860**	**28,4**	**23.0-33,9**	**1205**	**7,7**	**5,5-9,9**	**2065**	**18,3**	**15.0-21,6**

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
18-44	525	26,7	22.0-31,4	12,8	8,9-16,8	10,3	7,4-13,2	50,2	44,4-56.0
45-69	611	29,2	25.0-33,5	13,9	10,6-17,2	20,6	16,5-24,7	36,2	31.0-41,5
18-69	**1136**	**27,6**	**23,9-31,3**	**13,2**	**10,4-16,1**	**14,0**	**11,4-16,6**	**45,2**	**40,3-50,1**

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
18-44	740	1,0	0,3-1,7	1,6	0,5-2,6	3,1	1,6-4,5	94,4	92,4-96,4
45-69	925	0,6	0,1-1,1	1,5	0,5-2,5	3,3	2.0-4,6	94,6	92,7-96,5
18-69	**1665**	**0,8**	**0,4-1,3**	**1,5**	**0,8-2,3**	**3,2**	**2.0-4,3**	**94,5**	**92,8-96,2**

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
18-44	1265	13,8	11,4-16,3	7,2	5,1-9,4	6,7	4,9-8,5	72,3	68,8-75,7
45-69	1536	14,1	12.0-16,2	7,4	5,6-9,1	11,4	9,3-13,6	67,1	63,7-70,5
18-69	**2801**	**13,9**	**12,1-15,8**	**7,3**	**5,7-8,8**	**8,5**	**6,9-10.0**	**70,3**	**67,5-73,2**

Stopping drinking due to health reasons

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 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									
	Men			**Women**			**Both Sexes**		
Age Group (years)	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
18-44	61	36,8	22,8-50,8	27	20,1	0,7-39,5	88	32,9	88
45-69	129	45,1	34,1-56,1	31	16,1	2,4-29,8	160	40,7	160
18-69	**190**	**41,2**	**31,4-50,9**	**58**	**18,5**	**4,1-32,8**	**248**	**36,8**	**248**

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													
	Men												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	99	0,3	0.0-0,8	1,5	0.0-4,5	4,2	1,6-6,8	9,8	5,7-13,9	34,4	26,3-42,6	49.3	41.0-57.7
45-69	114	4,0	1,2-6,8	1,5	0.0-3,1	2,9	1.0-4,8	10,2	6,3-14.0	37,9	30,2-45,5	42.5	35.2-50.0
18-69	213	1,7	0,5-2,8	1,5	0.0-3,5	3,7	1,7-5,7	9,9	7.0-12,8	35,7	29,7-41,8	46.8	40.5-53.1

Frequency of alcohol consumption in the past 12 months													
	Women												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	19					0,0	0.0-0.0			3,0	0.0-9,3	97,0	90,7-100.0
45-69	18					3,5	0.0-11,1			9,1	0.0-23.0	84,8	68,2-100.0
18-69	37					1,2	0.0-3,6			5,1	0.0-10,8	92,8	86,6-98,9

Frequency of alcohol consumption in the past 12 months													
	Both Sexes												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-44	117	0,2	0.0-0,7	1,4	0.0-4,2	3,9	1,5-6,4	9,2	5,4-13.0	32,6	24,9-40,2	52.2	44.4-60.1
45-69	128	3,8	1,1-6,5	1,4	0.0-2,9	2,9	1,1-4,7	9,6	6.0-13,3	36,4	29.0-43,7	44.7	37.6-51.9
18-69	245	1,6	0,5-2,7	1,4	0.0-3,3	3,6	1,7-5,4	9,4	6,6-12,1	34,0	28,3-39,7	49.4	43.4-55.4

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
18-44	134	3.7	3.0-4.3	8	1.5	0.7-2.3	142	3.6	3.0-4.2
45-69	175	4.3	3.3-5.4	6	2.4	0.8-4.0	181	4.3	3.2-5.3
18-69	**309**	**3.9**	**3.3-4.5**	**14**	**1.8**	**1.0-2.5**	**323**	**3.9**	**3.3-4.4**

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
18-44	126	3.3	2.9-3.7	8	2.4	0-4.8	134	3.3	2.9-3.7
45-69	166	4.0	3.4-4.5	6	1.2	0.8-1.6	172	3.9	3.3-4.5
18-69	**292**	**3.6**	**3.2-3.9**	**14**	**2.0**	**0.2-3.9**	**306**	**3.5**	**3.2-3.9**

Average drinking levels volume 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, 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
18-44	509	3,4	1,7-5,1	740	0,2	0.0-0,6	1249	1,8	1.0-2,6
45-69	595	5,6	3,2-8,1	925	0,0	0.0-0.0	1520	2,6	1,5-3,8
18-69	**1104**	**4,2**	**2,8-5,6**	**1665**	**0,1**	**0.0-0,4**	**2769**	**2,1**	**1,4-2,8**

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
18-44	509	3,1	1,3-4,9	740	0,1	0.0-0,2	1249	1,6	0,7-2,5
45-69	595	4,0	2,3-5,8	925	0,1	0.0-0,4	1520	1,9	1,1-2,7
18-69	**1104**	**3,4**	**2,1-4,7**	**1665**	**0,1**	**0.0-0,2**	**2769**	**1,7**	**1.0-2,4**

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
18-44	509	18,4	14,5-22,3	740	0,7	0,1-1,3	1249	9,5	7,4-11,5
45-69	595	17,7	14,2-21,2	925	0,5	0.0-1.0	1520	8,5	6,8-10,2
18-69	**1104**	**18,2**	**15,1-21,2**	**1665**	**0,6**	**0,2-1.0**	**2769**	**9,1**	**7,6-10,6**

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, 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							
	Men						
Age Group (years)	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
18-44	126	13,6	7,2-20,1	12,4	5,7-19,1	74,0	65,7-82,3
45-69	166	20,6	12,6-28,6	14,7	8,8-20,6	64,7	55,6-73,7
18-69	**292**	**16,3**	**11,3-21,3**	**13,3**	**8,6-17,9**	**70,4**	**63,8-77,1**

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
	Women						
Age Group (years)	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
18-44	8	21,2	0.0-62,4	7,9	0.0-24,5	70,8	29,2-100.0
45-69	6	0,0	0.0-0.0	20,1	0.0-60,9	79,9	39,1-100.0
18-69	**14**	**15,3**	**0.0-46,1**	**11,4**	**0.0-29,1**	**73,4**	**40,6-100.0**

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
	Both sexes						
Age Group (years)	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
18-44	134	13,9	7,6-20,3	12,2	5,8-18,7	73,9	65,7-82.0
45-69	172	20,1	12,3-27,9	14,8	9.0-20,7	65,1	56,1-74.0
18-69	**306**	**16,3**	**11,3-21,2**	**13,2**	**8,6-17,8**	**70,5**	**64.0-77.0**

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
18-44	119	4.0	3.4-4.6	8	1.4	0.9-1.8	127	3.9	3.4-4.4
45-69	160	4.9	4.2-5.6	6	1.3	0.9-1.8	166	4.8	4.1-5.5
18-69	**279**	**4.4**	**3.9-4.8**	**14**	**1.4**	**1.0-1.7**	**293**	**4.3**	**3.8-4.7**

Six or more drinks on a single occasion ("heavy episodic drinking")

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
18-44	525	10,3	7.0-13,5	740	0,2	0.0-0,6	1265	5,2	3,7-6,8
45-69	611	12,4	9.0-15,8	925	0,1	0.0-0,3	1536	5,9	4,2-7,5
18-69	**1136**	**11,0**	**8,4-13,6**	**1665**	**0,2**	**0.0-0,4**	**2801**	**5,5**	**4,3-6,7**

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
18-44	103	1.0	0.7-1.4	8	0.2	0-0.6	111	1.0	0-0.2
45-69	138	1.8	0.8-2.8	5	0.3	0-0.7	143	1.8	0-0.5
18-69	**241**	**1.3**	**0.9-1.8**	**13**	**0.2**	**0-0.6**	**254**	**1.3**	**0-0.2**

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
18-44	138	0,4	0.0-1,2	0,6	0.0-1,9	16,5	8,7-24,3	60,9	51,1-70,8	21,5	13,4-29,6
45-69	175	4,3	0,6-7,9	2,5	0.0-5,2	14,6	8,7-20,5	50,2	41,7-58,7	28,4	20.0-36,7
18-69	**313**	**1,9**	**0,4-3,3**	**1,4**	**0,1-2,7**	**15,8**	**10,1-21,5**	**56,9**	**49,9-64.0**	**24,1**	**17,8-30,3**

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
18-44	8					21,2	0.0-62,4	32,5	0.0-74,7	46,3	4,1-88,5
45-69	6					0,0	0.0-0.0	38,0	0.0-87,2	62,0	12,8-100.0
18-69	**14**					**15,3**	**0.0-46,1**	**34,0**	**0,9-67,1**	**50,7**	**17,1-84,4**

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
18-44	146	0,4	0.0-1,1	0,6	0.0-1,9	16,7	9,1-24,3	59,9	50,4-69,5	22,4	14,5-30,3
45-69	181	4,2	0,6-7,7	2,5	0.0-5,1	14,3	8,5-20.0	49,9	41,5-58,4	29,2	20,9-37,4
18-69	**327**	**1,8**	**0,4-3,2**	**1,3**	**0,1-2,6**	**15,8**	**10,2-21,4**	**56,2**	**49,3-63,1**	**24,9**	**18,7-31,1**

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
18-44	138	0.1	0.1-0.2	8	0		146	0.1	0.1-0.2
45-69	175	0.4	0.1-0.6	6	0		181	0.4	0.1-0.6
18-69	**313**	**0.2**	**0.1-0.3**	**14**	**0**		**327**	**0.2**	**0.1-0.3**

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
18-44	142	2,8	0.0-5,6	8	0		150	2,7	0.0-5,4
45-69	180	9,5	4,3-14,7	6	0		186	9,3	4,2-14,3
18-69	**322**	**5,3**	**2,4-8,3**	**14**	**0**		**336**	**5,2**	**2,3-8.0**

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
18-44	2	0.0					2	0.0	
45-69	14	0.1	0-0.4				14	0.1	0-0.4
18-69	**16**	**0.1**	**0-0.3**				**16**	**0.1**	**0-0.3**

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 months 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							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	207	3,2	0.0-7.0	5,8	1,4-10,3	90,9	85,3-96,5
45-69	263	3,2	1.0-5,4	4,3	1,7-7.0	92,5	89.0-95,9
18-69	**470**	**3,2**	**0,7-5,7**	**5,3**	**2,3-8,3**	**91,5**	**87,6-95,4**

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	19	3,7	0.0-11,7			96,3	88,3-100.0
45-69	18	0,0	0.0-0.0			100,0	100.0-100.0
18-69	**37**	**2,5**	**0.0-7,7**			**97,5**	**92,3-100.0**

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	226	3,3	0.0-6,8	5,5	1,4-9,6	91,2	86.0-96,5
45-69	281	3,0	1.0-5,1	4,1	1,6-6,6	92,8	89,6-96,1
18-69	**507**	**3,2**	**0,8-5,6**	**5,0**	**2,2-7,8**	**91,8**	**88,2-95,5**

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							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	207	0,5	0.0-1,1	4,6	1,3-7,8	95,0	91,7-98,3
45-69	263	0,2	0.0-0,4	6,3	2,2-10,4	93,5	89,4-97,7
18-69	**470**	**0,4**	**0.0-0,8**	**5,2**	**2,7-7,7**	**94,4**	**91,9-97.0**

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	19					100,0	100.0-100.0
45-69	18					100,0	100.0-100.0
18-69	**37**					**100,0**	**100.0-100.0**

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	226	0,4	0.0-1.0	4,3	1,3-7,3	95,3	92,2-98,3
45-69	281	0,2	0.0-0,4	6,0	2.0-9,9	93,9	90.0-97,8
18-69	**507**	**0,3**	**0.0-0,7**	**4,9**	**2,6-7,3**	**94,8**	**92,4-97,1**

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							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	207	0,2	0.0-0,6	3,5	0,8-6,2	96,3	93,6-99.0
45-69	263	0,5	0.0-1,4	3,6	1,4-5,7	95,9	93,6-98,2
18-69	**470**	**0,3**	**0.0-0,7**	**3,5**	**1,6-5,5**	**96,2**	**94,2-98,1**

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	19					100,0	100.0-100.0
45-69	18					100,0	100.0-100.0
18-69	**37**					**100,0**	**100.0-100.0**

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-44	226	0,2	0.0-0,6	3,3	0,8-5,8	96,5	94.0-99,1
45-69	281	0,5	0.0-1,3	3,4	1,4-5,4	96,1	94.0-98,3
18-69	**507**	**0,3**	**0.0-0,7**	**3,3**	**1,5-5,2**	**96,4**	**94,5-98,2**

Frequency of problems with family/ partner due to someone else's drinking

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

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
18-44	525	0,4	0.0-0,9	4,6	2,4-6,7	95,1	92,9-97,3
45-69	611	0,3	0.0-0,8	4,7	2,5-6,9	95,0	92,8-97,2
18-69	**1136**	**0,3**	**0.0-0,7**	**4,6**	**3.0-6,3**	**95,1**	**93,4-96,8**

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
18-44	740	0,4	0.0-0,8	5,0	2,8-7,1	94,6	92,4-96,8
45-69	925	0,6	0.0-1,2	3,9	2,1-5,7	95,5	93,5-97,5
18-69	**1665**	**0,5**	**0,1-0,9**	**4,6**	**3.0-6,1**	**94,9**	**93,3-96,6**

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
18-44	1265	0,4	0,1-0,7	4,8	3,2-6,4	94,8	93,2-96,5
45-69	1536	0,4	0.0-0,9	4,3	2,6-6.0	95,3	93,5-97,1
18-69	**2801**	**0,4**	**0,2-0,7**	**4,6**	**3,3-5,9**	**95,0**	**93,7-96,3**

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
18-44	519	5.0	4.7-5.2	735	5.1	4.9-5.3	1254	5,0	4,9-5,2
45-69	603	5.0	4.9-5.2	920	5.2	5.0-5.4	1523	5,1	5.0-5,3
18-69	**1122**	**5.0**	**4.8-5.2**	**1655**	**5.2**	**5.0-5.3**	**2777**	**5,1**	**5.0-5,2**

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
18-44	515	5,7	5,5-5,9	730	5,9	5,7-6,1	1245	5,8	5,7-6.0
45-69	598	5,9	5,8-6,1	912	6,0	5,9-6,1	1510	6,0	5,9-6,1
18-69	**1113**	**5,8**	**5,7-6.0**	**1642**	**5,9**	**5,8-6,1**	**2755**	**5,9**	**5,8-6.0**

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
18-44	518	1,7	1,5-1,9	735	1,6	1,4-1,7	1253	1,7	1,5-1,8
45-69	603	1,6	1,5-1,8	919	1,6	1,5-1,7	1522	1,6	1,5-1,7
18-69	**1121**	**1,7**	**1,5-1,8**	**1654**	**1,6**	**1,5-1,7**	**2775**	**1,6**	**1,5-1,7**

Mean number of servings of vegetables on average per day

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-44	515	1,9	1,8-2,1	728	1,9	1,7-2,0	1243	1,9	1,8-2,0
45-69	598	2,0	1,8-2,1	910	1,9	1,8-2,0	1508	1,9	1,8-2,0
18-69	**1113**	**1,9**	**1,8-2,1**	**1638**	**1,9**	**1,8-2,0**	**2751**	**1,9**	**1,8-2,0**

Mean number of servings of fruit and/or vegetables on average per day

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18-44	520	3,6	3.3-4,0	735	3,4	3.2-3,6	1255	3,5	3.3-3,7
45-69	604	3,6	3.3-3,9	920	3,5	3.3-3,7	1524	3,5	3.3-3,8
18-69	**1124**	**3,6**	**3.3-3,9**	**1655**	**3,4**	**3.2-3,6**	**2779**	**3,5**	**3.3-3,7**

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									
	Men								
Age Group (years)	n	% No fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	520	7,9	4,7-11,1	44,0	38,1-50.0	22,2	18,2-26,2	25,9	21.0-30,7
45-69	604	6,8	4,4-9,3	43,0	37,6-48,3	25,1	21,2-28,9	25,1	20,7-29,5
18-69	**1124**	**7,5**	**5,2-9,8**	**43,7**	**39.0-48,3**	**23,2**	**20,2-26,3**	**25,6**	**21,7-29,5**

Number of servings of fruit and/or vegetables on average per day									
	Women								
Age Group (years)	n	% No fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	735	5,8	3,7-7,9	42,4	37,8-46,9	30,3	26,4-34,3	21,5	17,2-25,8
45-69	920	5,4	3,7-7,2	45,4	40,6-50,1	24,6	21.0-28,1	24,7	20,7-28,6
18-69	**1655**	**5,6**	**4,1-7,2**	**43,5**	**39,7-47,3**	**28,1**	**25,1-31,1**	**22,7**	**19,2-26,2**

Number of servings of fruit and/or vegetables on average per day									
	Both Sexes								
Age Group (years)	n	% No fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-44	1255	6,9	4,7-9.0	43,2	38,9-47,5	26,3	23,2-29,4	23,7	20,1-27,2
45-69	1524	6,1	4,5-7,6	44,2	40.0-48,5	24,8	22,1-27,5	24,9	21,3-28,5
18-69	**2779**	**6,6**	**5.0-8,1**	**43,6**	**40.0-47,2**	**25,7**	**23,4-28,1**	**24,1**	**21.0-27,2**

Fruit and vegetable consumption per day

Description:
Percentage of respondents 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
18-44	520	74,1	69,3-79.0	735	78,5	74,2-82,8	1255	76,3	72,8-79,9
45-69	604	74,9	70,5-79,3	920	75,3	71,4-79,3	1524	75,1	71,5-78,7
18-69	**1124**	**74,4**	**70,5-78,3**	**1655**	**77,3**	**73,8-80,8**	**2779**	**75,9**	**72,8-79.0**

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
18-44	135	28.3	23.2-33.4	185	26.2	22.3-30.2	320	27.3	23.8-30.8
45-69	136	23.4	18.9-27.9	192	22.6	18.9-26.3	328	23.0	19.7-26.2
18-69	**271**	**26.6**	**22.6-30.5**	**377**	**24.8**	**21.7-28.0**	**648**	**25.7**	**22.8-28.6**

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
18-44	315	68.4	62.1-74.6	473	64.3	58.4-70.1	788	66.2	60.9-71.5
45-69	384	67.2	61.3-73.0	593	64.0	58.6-69.5	977	65.5	60.5-70.5
18-69	**699**	**67.9**	**62.6-73.2**	**1066**	**64.2**	**59.1-69.3**	**1765**	**65.9**	**61.2-70.6**

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
18-44	524	32,2	26,9-37,5	740	28,1	23,5-32,8	1264	30,2	26,2-34,1
45-69	610	24,8	20,5-29,1	924	16,9	13,9-19,8	1534	20,6	17,7-23,6
18-69	**1134**	**29,6**	**25,6-33,5**	**1664**	**23,8**	**20,5-27,1**	**2798**	**26,6**	**23,7-29,6**

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
18-44	515	21,8	17,4-26,2	732	23,0	19,5-26,4	1247	22,4	19,5-25,3
45-69	603	23,3	19,3-27,2	918	19,1	15,9-22,3	1521	21,1	18,3-23,9
18-69	**1118**	**22,3**	**19.0-25,7**	**1650**	**21,5**	**18,8-24,1**	**2768**	**21,9**	**19,6-24,2**

Self-reported quantity of salt consumed											
	Men										
Age Group (years)	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
18-44	515	1,8	0,6-3.0	20,0	15,7-24,3	65,3	60,4-70,2	10,7	7,5-13,9	2,2	0,1-4,3
45-69	603	3,0	0,9-5,1	20,2	16,7-23,8	62,3	57,5-67,1	11,7	8,5-15.0	2,7	1,1-4,3
18-69	**1118**	**2,3**	**1,1-3,4**	**20,1**	**16,8-23,4**	**64,2**	**60,4-68.0**	**11,1**	**8,7-13,5**	**2,4**	**0,7-4.0**

Self-reported quantity of salt consumed											
	Women										
Age Group (years)	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
18-44	732	2,7	1,3-4,1	20,3	16,9-23,7	68,0	63,9-72,1	8,1	5,7-10,5	1,0	0,3-1,7
45-69	918	1,3	0,4-2,3	17,8	14,8-20,8	67,8	64,2-71,5	11,1	9.0-13,2	1,9	0,9-2,9
18-69	**1650**	**2,2**	**1,2-3,1**	**19,3**	**16,7-21,9**	**67,9**	**64,7-71,1**	**9,2**	**7,5-11.0**	**1,4**	**0,7-2.0**

Self-reported quantity of salt consumed											
	Both Sexes										
Age Group (years)	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
18-44	1247	2,3	1,2-3,3	20,2	17,3-23.0	66,6	63,3-70.0	9,4	7,3-11,5	1,6	0,5-2,7
45-69	1521	2,1	0,9-3,3	18,9	16,5-21,4	65,2	61,8-68,6	11,4	9,3-13,5	2,3	1,3-3,3
18-69	**2768**	**2,2**	**1,4-3.0**	**19,7**	**17,5-21,9**	**66,1**	**63,4-68,8**	**10,1**	**8,5-11,8**	**1,8**	**0,9-2,8**

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							
	Men						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	491	30,5	24,9-36.0	44,4	38,6-50,1	25,2	19,8-30,6
45-69	588	41,5	36,2-46,8	43,1	37,7-48,6	15,4	11,1-19,6
18-69	**1079**	**34,5**	**29,9-39,1**	**43,9**	**39,5-48,3**	**21,6**	**17,7-25,5**

Importance of lowering salt in diet							
	Women						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	717	35,1	30,2-40.0	45,4	40,6-50,2	19,5	14,6-24,3
45-69	890	46,0	40,9-51.0	43,7	39,2-48,2	10,3	7,6-13.0
18-69	**1607**	**39,3**	**35,1-43,4**	**44,8**	**41.0-48,5**	**16,0**	**12,5-19,4**

Importance of lowering salt in diet							
	Both Sexes						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
18-44	1208	32,8	28,4-37,2	44,9	40,6-49,2	22,3	18.0-26,5
45-69	1478	43,8	39,5-48,2	43,4	39,5-47,4	12,7	10.0-15,4
18-69	**2686**	**37,0**	**33,1-40,8**	**44,3**	**40,9-47,8**	**18,7**	**15,5-21,9**

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
18-44	525	67,6	61,8-73,3	740	71,8	66,4-77,1	1265	69,7	64,8-74,5
45-69	611	77,2	71,4-83.0	925	80,5	76.0-85.0	1536	78,9	74,3-83,5
18-69	**1136**	**71,0**	**66.0-76.0**	**1665**	**75,1**	**70,6-79,6**	**2801**	**73,1**	**68,8-77,5**

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
18-44	525	29,5	23,2-35,7	740	35,6	30,2-41.0	1265	32,5	27,6-37,5
45-69	611	38,9	33,2-44,6	925	43,3	37,6-49,1	1536	41,2	36,2-46,3
18-69	**1136**	**32,8**	**27,6-38.0**	**1665**	**38,6**	**33,7-43,5**	**2801**	**35,8**	**31,3-40,3**

Look at the salt or sodium content on food labels									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	525	12,6	8,6-16,7	740	16,1	12.0-20,3	1265	14,4	10,9-17,9
45-69	611	17,5	13.0-22.0	925	15,8	11,7-19,9	1536	16,6	12,8-20,4
18-69	**1136**	**14,4**	**10,9-17,9**	**1665**	**16,0**	**12,4-19,6**	**2801**	**15,2**	**12.0-18,4**

Buy low salt/sodium alternatives									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	525	23,1	17,7-28,4	740	27,2	22.0-32,4	1265	25,1	20,8-29,5
45-69	611	28,3	23.0-33,7	925	31,3	26,3-36,2	1536	29,9	25,5-34,2
18-69	**1136**	**25,0**	**20,5-29,5**	**1665**	**28,8**	**24,4-33,2**	**2801**	**26,9**	**23.0-30,8**

Use spices other than salt when cooking									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	525	11,7	8,2-15,1	740	17,0	12,3-21,7	1265	14,3	10,7-17,9
45-69	611	16,4	11,5-21,3	925	21,5	16,7-26,4	1536	19,1	14,7-23,5
18-69	**1136**	**13,4**	**10.0-16,7**	**1665**	**18,8**	**14,6-22,9**	**2801**	**16,1**	**12,6-19,6**

Avoid eating foods prepared outside of a home									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	525	25,4	20,2-30,5	740	39,8	34,4-45,3	1265	32,6	28,3-36,9
45-69	611	38,0	32,1-43,9	925	45,2	40,1-50,3	1536	41,8	37,1-46,5
18-69	**1136**	**29,9**	**25,4-34,4**	**1665**	**41,9**	**37,2-46,6**	**2801**	**36,0**	**32.0-40.0**

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
18-44	525	1,1	0,1-2.0	740	1,9	0,5-3,2	1265	1,5	0,5-2,5
45-69	611	2,1	0,3-3,8	925	1,6	0,5-2,6	1536	1,8	0,8-2,8
18-69	**1136**	**1,4**	**0,3-2,5**	**1665**	**1,8**	**0,8-2,7**	**2801**	**1,6**	**0,7-2,5**

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 recommen-dations 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 weekand 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 recommen-dations 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 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 into the category of low-level physical activity.

Not meeting WHO recommendations on physical activity for health ("Insufficient physical activity")

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
18-44	516	18,0	13.0-23.0	734	19,7	15,2-24,2	1250	18,9	14,9-22,8
45-69	605	21,1	17,1-25,2	916	18,1	14,6-21,6	1521	19,5	16,4-22,7
18-69	**1121**	**19,1**	**15,3-22,9**	**1650**	**19,1**	**15,5-22,6**	**2771**	**19,1**	**15,9-22,3**

Levels of total physical activity according to former recommen-dations

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

Level of total physical activity according to former recommendations							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	516	20,1	14,9-25,2	17,0	12,9-21.0	63,0	57,3-68,7
45-69	605	23,4	19,2-27,6	21,1	17,2-25.0	55,5	50,4-60,6
18-69	**1121**	**21,3**	**17,3-25,2**	**18,5**	**15,4-21,5**	**60,3**	**55,9-64,7**

Level of total physical activity according to former recommendations							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	734	25,9	21,1-30,8	22,7	18,7-26,6	51,4	46,1-56,7
45-69	916	22,2	18,4-26.0	23,5	20.0-27.0	54,3	49,4-59,3
18-69	**1650**	**24,5**	**20,6-28,4**	**23,0**	**20,1-25,9**	**52,5**	**48.0-57.0**

Level of total physical activity according to former recommendations							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-44	1250	23,0	18,9-27,1	19,8	16,8-22,8	57,2	52,8-61,6
45-69	1521	22,7	19,3-26,1	22,4	19,7-25.0	54,9	50,7-59.0
18-69	**2771**	**22,9**	**19,5-26,3**	**20,8**	**18,5-23.0**	**56,3**	**52,6-60,1**

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
18-44	516	220,9	193,5-248,4	734	160,2	140,3-180,2	1250	190,5	170,6-210,5
45-69	605	205,0	180,5-229,4	916	182,7	158,7-206,7	1521	193,2	173,4-213.0
18-69	**1121**	**215,2**	**192,7-237,7**	**1650**	**168,9**	**149,9-187,8**	**2771**	**191,5**	**173,5-209,6**

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
recreationalactivities

Mean minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	Inter-quartile range (P25-P75)	n	Mean minutes	Inter-quartile range (P25-P75)	n	Mean minutes	Inter-quartile range (P25-P75)
18-44	516	153.6	51.4-347.1	734	120.0	30.0-240.0	1250	128.6	38.6-300.0
45-69	605	128.6	30.0-317.1	916	124.3	34.3-270.0	1521	124.3	34.3-300.0
18-69	**1121**	**145.7**	**41.4-145.7**	**1650**	**120.0**	**31.4-250.7**	**2771**	**128.6**	**37.1-300.0**

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
18-44	516	115,1	94,8-135,5	734	89,7	76.0-103,4	1250	102,4	88,6-116,2
45-69	605	112,1	93,1-131.0	916	102,0	85,8-118,3	1521	106,8	93.0-120,5
18-69	**1121**	**114,0**	**98,1-129,9**	**1650**	**94,4**	**81,5-107,4**	**2771**	**104,0**	**91,9-116,1**

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
18-44	516	88,4	76,6-100,3	734	56,4	47,9-64,8	1250	72,4	63,6-81,2
45-69	605	82,8	71,9-93,7	916	69,6	59,6-79,7	1521	75,9	67,5-84,2
18-69	**1121**	**86,4**	**77,1-95,8**	**1650**	**61,5**	**53,8-69,1**	**2771**	**73,7**	**66,3-81,1**

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**
18-44	516	17,3	11,9-22,7	734	14,1	10,4-17,7	1250	15,7	12,3-19.0
45-69	605	10,0	6,9-13,2	916	11,0	7,3-14,7	1521	10,5	7,8-13,2
18-69	**1121**	**14,7**	**10,5-18,8**	**1650**	**12,9**	**9,9-15,8**	**2771**	**13,7**	11,1-16,4

No physical activity by domain

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

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
18-44	516	49,8	43,7-55,9	734	48,2	42,2-54,3	1250	49,0	44.0-54.0
45-69	605	51,2	45,8-56,5	916	48,0	42,5-53,5	1521	49,5	45,2-53,8
18-69	**1121**	**50,3**	**45,5-55.0**	**1650**	**48,1**	**43.0-53,3**	**2771**	**49,2**	**45.0-53,4**

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
18-44	516	17,7	12,3-23,1	734	20,9	16,4-25,3	1250	19,3	15.0-23,5
45-69	605	17,1	13,3-21.0	916	14,7	11,4-18,1	1521	15,9	13.0-18,7
18-69	**1121**	**17,5**	**13,3-21,8**	**1650**	**18,5**	**15,1-21,9**	**2771**	**18,0**	**14,6-21,4**

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
18-44	516	68,1	62,9-73,2	734	77,6	73,2-82.0	1250	72,9	69,1-76,6
45-69	605	81,1	76,9-85,3	916	83,8	79,6-87,9	1521	82,5	79,1-86.0
18-69	**1121**	**72,8**	**68,8-76,7**	**1650**	**80,0**	**76,3-83,7**	**2771**	**76,5**	**73,3-79,6**

No vigorous physical activity

Description: Percentage of respondents not engaging in vigorous physical activity.
Instrument questions:
activity at work
recreationalactivities

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
18-44	516	68,1	62,7-73,6	734	91,9	89,4-94,4	1250	80,0	76,9-83,2
45-69	605	78,6	74,3-83.0	916	90,6	87,5-93,6	1521	84,9	82.0-87,9
18-69	**1121**	**71,9**	**68.0-75,8**	**1650**	**91,4**	**89,3-93,5**	**2771**	**81,9**	**79,5-84,3**

Sedentary

Description:
Minutes spent in sedentary activitieson a typical day.

Instrument question:
Sedentary behaviour

Minutes spent in sedentary activities on average per day					
	Men				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-44	525	197,3	182,8-211,7	180	120-240
45-69	611	214,9	201,2-228,6	180	120-300
18-69	**1136**	**203,6**	**191,8-215,4**	**180**	**120-260**

Minutes spent in sedentary activities on average per day					
	Women				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-44	740	185,8	172,7-198,9	180	120-240
45-69	925	194,2	180,6-207,9	180	120-300
18-69	**1665**	**189,0**	**177,7-200,4**	**180**	**120-240**

Minutes spent in sedentary activities on average per day					
	Both Sexes				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
18-44	1265	191,5	180,5-202,6	180	120-240
45-69	1536	204,0	192,9-215,1	180	120-300
18-69	**2801**	**196,2**	**186,4-206.0**	**180**	**120-240**

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									
	Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	525	46,1	40,3-52.0	42,7	36,9-48,4	4,9	2,7-7,2	6,3	3,9-8,6
45-69	611	24,5	19,4-29,7	42,3	37,3-47,2	5,5	3,1-8.0	27,7	23,4-31,9
18-69	**1136**	**38,4**	**33,8-43.0**	**42,5**	**38,4-46,6**	**5,2**	**3,5-6,9**	**13,9**	**11,6-16,3**

Blood pressure measurement and diagnosis									
	Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	740	34,4	29,1-39,7	53,5	48,4-58,7	3,9	2,3-5,5	8,2	5,7-10,7
45-69	925	17,8	13,5-22,1	38,6	34,4-42,9	7,7	5,5-9,8	35,9	31,7-40.0
18-69	**1665**	**28,0**	**23,8-32,2**	**47,8**	**43,9-51,7**	**5,3**	**4.0-6,7**	**18,9**	**16,4-21,3**

Blood pressure measurement and diagnosis									
	Both sexes								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	1265	40,3	35,5-45.0	48,1	43,7-52,5	4,4	2,9-5,9	7,2	5,5-8,9
45-69	1536	21,0	16,8-25,2	40,3	36,7-44.0	6,7	4,9-8,4	32,0	28,8-35,3
18-69	**2801**	**33,1**	**29,1-37,1**	**45,2**	**41,8-48,6**	**5,2**	**4,1-6,4**	**16,4**	**14,6-18,3**

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
18-44	58	22,7	10,1-35,3	98	35,0	23,2-46,9	156	29,1	20,1-38,1
45-69	219	53,8	45,2-62,4	422	60,0	54.0-66.0	641	57,5	52,4-62,5
18-69	**277**	**42,1**	**34,2-49,9**	**520**	**52,3**	**46,4-58,3**	**797**	**47,9**	**42,5-53,3**

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 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?

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
18-44	58	10,1	0.0-20,6	98	9,4	3,1-15,7	156	9,7	3,3-16,1
45-69	219	15,2	9.0-21,3	422	15,9	11,2-20,7	641	15,6	11,6-19,7
18-69	**277**	**13,2**	**7,7-18,8**	**520**	**13,9**	**10.0-17,8**	**797**	**13,6**	**10.0-17,3**

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
18-44	58	18,8	6,2-31,4	98	19,2	10,9-27,4	156	19,0	11,3-26,7
45-69	219	22,3	15,1-29,5	422	23,8	18,5-29,1	641	23,2	18,7-27,7
18-69	**277**	**21,0**	**14,2-27,8**	**520**	**22,4**	**18.0-26,8**	**797**	**21,8**	**17,6-25,9**

History of Diabetes

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									
	Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	525	86,5	83.0-90.0	13,2	9,8-16,7	0,1	0.0-0,3	0,1	0.0-0,4
45-69	611	61,2	55,8-66,6	29,6	24,6-34,5	1,0	0,1-1,8	8,3	5,9-10,7
18-69	**1136**	**77,4**	**74,2-80,7**	**19,1**	**16.0-22,2**	**0,4**	**0,1-0,8**	**3,1**	**2,1-4.0**

Blood sugar measurement and diagnosis									
	Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	740	75,0	70,8-79,3	23,2	19,1-27,3	0,1	0.0-0,4	1,6	0,7-2,5
45-69	925	52,5	47,8-57,1	35,0	30,8-39,2	1,3	0,4-2,3	11,2	9.0-13,4
18-69	**1665**	**66,3**	**62,8-69,9**	**27,8**	**24,5-31.0**	**0,6**	**0,2-1.0**	**5,3**	**4,2-6,4**

Blood sugar measurement and diagnosis									
	Both sexes								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	1265	80,8	78.0-83,6	18,2	15,5-20,9	0,1	0.0-0,3	0,9	0,4-1,4
45-69	1536	56,6	52,4-60,7	32,5	28,8-36,1	1,2	0,5-1,8	9,8	8,2-11,5
18-69	**2801**	**71,8**	**69.0-74,6**	**23,5**	**20,9-26,1**	**0,5**	**0,2-0,8**	**4,2**	**3,5-5.0**

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
18-44	2	55,7	0.0-100.0	17	66,5	40,6-92,4	19	65,1	40,9-89,3
45-69	64	73,8	60,4-87,2	126	80,3	72.0-88,7	190	77,7	70,2-85,3
18-69	**66**	**72,9**	**59,7-86,2**	**143**	**77,8**	**69,7-85,9**	**209**	**76,0**	**68,6-83,4**

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
18-44	2	0,0	0.0-0.0	17	37,8	10,1-65,5	19	32,9	7,9-58.0
45-69	64	18,7	7,7-29,6	126	21,1	13,2-29,1	190	20,2	13,6-26,7
18-69	**66**	**17,7**	**7,2-28,3**	**143**	**24,2**	**16,1-32,3**	**209**	**21,9**	**15,3-28,5**

Diabetes advice from a traditional healer

Description:

Percentage of respondents who are 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
18-44	2	0,0	0.0-0.0	17	21,9	0.0-44,4	19	19,0	0.0-38,9
45-69	64	7,3	1,3-13,2	126	5,4	0,8-10.0	190	6,2	2,4-9,9
18-69	**66**	**6,9**	**1,2-12,6**	**143**	**8,5**	**2,7-14,2**	**209**	**7,9**	**3,7-12,1**

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
18-44	2	0,0	0.0-0.0	17	22,8	0.0-46,1	19	19,9	0.0-40,4
45-69	64	17,6	7,5-27,6	126	16,4	8,1-24,6	190	16,8	9,8-23,9
18-69	**66**	**16,7**	**7.0-26,4**	**143**	**17,5**	**9,4-25,6**	**209**	**17,2**	**10,5-24.0**

History of Raised 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									
	Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	525	94,8	92,5-97.0	4,7	2,5-6,9	0,2	0.0-0,4	0,4	0.0-1.0
45-69	611	84,5	80,8-88,2	10,1	7,1-13,1	1,3	0,2-2,3	4,2	2,4-5,9
18-69	**1136**	**91,1**	**89,1-93,1**	**6,6**	**4,8-8,4**	**0,6**	**0,1-1.0**	**1,7**	**1.0-2,5**

Total cholesterol measurement and diagnosis									
	Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	740	91,6	89,2-94.0	7,3	5.0-9,6	0,3	0.0-0,6	0,8	0,2-1,4
45-69	925	83,9	80,6-87,2	10,1	7,6-12,6	2,7	1,5-3,9	3,3	1,9-4,7
18-69	**1665**	**88,7**	**86,5-90,8**	**8,4**	**6,4-10,3**	**1,2**	**0,7-1,7**	**1,8**	**1,1-2,4**

Total cholesterol measurement and diagnosis									
	Both sexes								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-44	1265	93,2	91,6-94,8	6,0	4,4-7,6	0,2	0.0-0,4	0,6	0,2-1.0
45-69	1536	84,2	81,5-87.0	10,1	8.0-12,1	2,0	1,2-2,9	3,7	2,5-4,9
18-69	**2801**	**89,9**	**88,2-91,5**	**7,5**	**6.0-9.0**	**0,9**	**0,6-1,2**	**1,7**	**1,2-2,3**

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
18-44	4	0,0	0.0-0.0	11	13,1	0.0-37,4	15	8,7	0.0-25,3
45-69	34	30,0	11,1-48,9	57	32,1	16,8-47,4	91	31,2	18,5-43,9
18-69	**38**	**25,4**	**8,6-42,2**	**68**	**27,8**	**12,8-42,8**	**106**	**26,8**	**14,9-38,6**

Cholesterol advice by traditional healer

Description:

Percentage of respondents who are 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
18-44	4	0,0	0.0-0.0	11	22,7	0.0-51,7	15	15,1	0.0-35,4
45-69	34	11,9	0,5-23,3	57	6,5	0.0-13,9	91	8,9	2,6-15,3
18-69	**38**	**10,1**	**0,3-19,9**	**68**	**10,2**	**1,5-18,8**	**106**	**10,1**	**3,7-16,5**

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
18-44	4	0,0	0.0-0.0	11	19,1	0.0-45,2	15	12,7	0.0-30,9
45-69	34	16,8	3,1-30,5	57	8,6	0.0-17,5	91	12,3	4,3-20,2
18-69	**38**	**14,2**	**2,1-26,3**	**68**	**11,0**	**2,4-19,6**	**106**	**12,4**	**5,3-19,5**

History of Cardiovascular Diseases (CVD)

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
18-44	525	2,3	1.0-3,5	740	3,7	1,9-5,4	1265	3,0	1,8-4,2
45-69	611	12,7	9,7-15,7	925	12,0	9,1-14,8	1536	12,3	9,9-14,7
18-69	**1136**	**6,0**	**4,6-7,4**	**1665**	**6,9**	**5.0-8,7**	**2801**	**6,4**	**5,1-7,8**

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
18-44	525	1,1	0,4-1,9	740	1,7	0,8-2,5	1265	1,4	0,7-2,1
45-69	611	12,0	9.0-15,1	925	8,3	6,2-10,3	1536	10,0	8,1-12.0
18-69	**1136**	**5,0**	**3,8-6,3**	**1665**	**4,2**	**3,2-5,2**	**2801**	**4,6**	**3,7-5,5**

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
18-44	525	0,3	0.0-0,8	740	0,4	0.0-0,9	1265	0,4	0.0-0,8
45-69	611	4,5	2,6-6,3	925	3,2	1,6-4,8	1536	3,8	2,3-5,3
18-69	**1136**	**1,8**	**1,1-2,6**	**1665**	**1,5**	**0,8-2,2**	**2801**	**1,7**	**1.0-2,3**

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
18-44	117	53,1	42,8-63,4	285	11,7	7,3-16,1	402	27,6	22,2-33.0
45-69	260	65,0	57,9-72,1	502	15,6	10,2-21.0	762	36,2	31,2-41,2
18-69	**377**	**59,1**	**52,2-65,9**	**787**	**13,5**	**9,6-17,4**	**1164**	**31,7**	**27,8-35,6**

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
18-44	117	43,4	33,7-53,1	285	48,3	40,2-56,3	402	46,4	40,3-52,5
45-69	260	71,0	64,4-77,6	502	65,6	60,1-71,1	762	67,8	63,2-72,4
18-69	**377**	**57,2**	**50,3-64.0**	**787**	**56,3**	**50,7-61,9**	**1164**	**56,7**	**52,1-61,3**

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
18-44	117	51,0	39,7-62,2	285	55,2	47,2-63,2	402	53,6	46,8-60,4
45-69	260	66,8	59,6-74,1	502	65,5	59,4-71,6	762	66,1	61.0-71,1
18-69	**377**	**58,9**	**51,6-66,2**	**787**	**60,0**	**54,2-65,9**	**1164**	**59,6**	**54,6-64,6**

Advised by doctor or health worker to reduce fat in the diet

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	117	44,4	33,8-55,1	285	40,5	32,8-48,2	402	42,0	35,6-48,5
45-69	260	64,8	57,9-71,7	502	61,9	55,9-67,9	762	63,1	58,1-68,1
18-69	**377**	**54,6**	**47,4-61,9**	**787**	**50,5**	**44,8-56,1**	**1164**	**52,1**	**47,2-57.0**

Advised by doctor or health worker to start or do more physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	117	52,9	42,9-62,9	285	44,2	36,6-51,8	402	47,5	41,4-53,7
45-69	260	65,6	59.0-72,2	502	60,2	54,3-66,1	762	62,4	57,6-67,3
18-69	**377**	**59,2**	**53,1-65,4**	**787**	**51,6**	**46,2-57,1**	**1164**	**54,7**	**50,3-59,1**

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
18-44	117	50,4	40,7-60,2	285	34,4	27,2-41,5	402	40,5	34,7-46,4
45-69	260	62,8	55,7-69,8	502	49,4	43,4-55,4	762	55,0	49,8-60,1
18-69	**377**	**56,6**	**50,2-62,9**	**787**	**41,4**	**36.0-46,7**	**1164**	**47,5**	**42,9-52.0**

Advised by doctor or health worker advised to reduce sugary beverages in diet									
Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-44	117	34,0	23,9-44.0	285	28,9	22,1-35,7	402	30,8	24,9-36,7
45-69	260	53,8	46,4-61,2	502	37,7	31,5-43,9	762	44,4	39,1-49,7
18-69	**377**	**43,9**	**37,5-50,2**	**787**	**33,0**	**27,9-38,1**	**1164**	**37,3**	**32,9-41,8**

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
18-44	712	8,8	6,1-11,6
45-69	868	9,3	6,5-12,1
18-69	**1580**	**9,0**	**6,7-11,4**

Cervical cancer screening among women aged 30-49 years

Description: Percentage of female respondents aged 30-49 yearswho have ever had a screening test for cervical cancer among all female respondents 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	**632**	**11,3**	**8,2-14,3**

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
18-44	510	122,2	120,7-123,7	707	117,0	115,6-118,4	1217	119,6	118,5-120,7
45-69	593	135,7	133,6-137,8	898	137,1	134,9-139,3	1491	136,4	134,7-138,1
18-69	**1103**	**127,0**	**125,6-128,4**	**1605**	**124,8**	**123,4-126,2**	**2708**	**125,9**	**124,8-127.0**

Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	510	79,2	77,9-80,5	707	77,7	76,6-78,7	1217	78,5	77,5-79,4
45-69	593	85,7	84,5-86,8	898	86,0	84,9-87,2	1491	85,9	85.0-86,8
18-69	**1103**	**81,5**	**80,5-82,6**	**1605**	**80,9**	**80,1-81,8**	**2708**	**81,2**	**80,4-82.0**

Raised blood pressure

Description:

Percentage of respondents with raised blood pressure.

Instrument question:

Reading 1-3 systolic (SBP) and diastolic (DBP) 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 ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	16,2	11,4-21.0	678	10,0	7,3-12,6	1178	13,1	10,2-16.0
45-69	462	37,8	32,7-43.0	646	41,7	36,7-46,6	1108	39,8	35,7-43,8
18-69	**962**	**22,9**	**19.0-26,9**	**1324**	**20,3**	**17,7-22,9**	**2286**	**21,6**	**19.0-24,3**

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	510	17,7	13.0-22,5	707	12,9	10.0-15,8	1217	15,3	12,5-18,2
45-69	593	50,0	45,4-54,6	898	57,0	52,9-61,1	1491	53,7	50,3-57,1
18-69	**1103**	**29,3**	**25,6-33.0**	**1605**	**30,1**	**27,5-32,7**	**2708**	**29,7**	**27,2-32,1**

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	3,4	1,6-5,3	678	2,8	1,4-4,1	1178	3,1	1,9-4,4
45-69	462	12,0	8,7-15,3	646	17,8	14,3-21,3	1108	15,0	12,4-17,5
18-69	**962**	**6,1**	**4,4-7,8**	**1324**	**7,7**	**6,1-9,3**	**2286**	**6,9**	**5,6-8,2**

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	510	5,3	3.0-7,5	707	6,0	4.0-8.0	1217	5,6	4.0-7,2
45-69	593	29,2	25,1-33,4	898	39,5	35,8-43,2	1491	34,6	31,7-37,6
18-69	**1103**	**13,8**	**11,5-16,1**	**1605**	**19,0**	**16,9-21,1**	**2708**	**16,5**	**14,7-18,2**

Treatment and control of raised blood pressure

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

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/orDBP≥90	95% CI	% Not on medication and SBP≥140 and/orDBP≥90	95% CI
18-44	87	4,0	0,3-7,7	6,5	0.0-13,6	89,4	81,5-97,4
45-69	314	8,0	4,9-11,1	31,1	25.0-37,3	60,9	54.0-67,8
18-69	**401**	**6,4**	**3,9-9.0**	**21,6**	**16,4-26,7**	**72,0**	**66.0-78.0**

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/orDBP≥90	95% CI	% Not on medication and SBP≥140 and/orDBP≥90	95% CI
18-44	112	6,3	1,7-11.0	19,1	9,8-28,3	74,6	63,9-85,3
45-69	526	16,0	12,1-20.0	30,2	25,5-34,9	53,8	48,1-59,4
18-69	**638**	**13,5**	**10,2-16,8**	**27,3**	**22,9-31,7**	**59,2**	**53,9-64,5**

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/orDBP≥90	95% CI	% Not on medication and SBP≥140 and/orDBP≥90	95% CI
18-44	199	5,0	2,1-7,9	11,7	5,9-17,6	83,3	76,5-90,1
45-69	840	12,5	9,7-15,3	30,6	26,6-34,6	56,9	52.0-61,8
18-69	**1039**	**10,1**	**7,8-12,3**	**24,5**	**20,8-28,2**	**65,4**	**60,9-70.0**

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
18-44	523	76,6	75,7-77,6	737	78,3	77,3-79,3	1260	77,5	76,7-78,3
45-69	610	75,9	74,9-76,8	919	77,4	76,5-78,2	1529	76,6	76.0-77,3
18-69	1133	76,4	75,6-77,1	1656	77,9	77,1-78,7	2789	77,2	76,5-77,8

Height, weight and body mass index (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
18-44	520	173,2	172,5-174.0	702	161,5	160,8-162,2
45-69	603	170,7	170,1-171,4	889	160,5	159,8-161,2
18-69	**1123**	**172,3**	**171,8-172,9**	**1591**	**161,1**	**160,5-161,7**

Mean weight (kg)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-44	519	75,1	73,9-76,2	701	65,5	64,2-66,7
45-69	601	80,8	79,6-82.0	893	76,5	75,4-77,6
18-69	**1120**	**77,1**	**76,2-78.0**	**1594**	**69,8**	**68,8-70,7**

Mean BMI (kg/m^2)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-44	517	24,5	24,1-24,8	695	24,7	24,1-25,2	1212	24,6	24,3-24,9
45-69	600	27,3	26,8-27,7	880	29,2	28,8-29,7	1480	28,3	28.0-28,6
18-69	**1117**	**25,5**	**25,2-25,8**	**1575**	**26,4**	**26.0-26,9**	**2692**	**26,0**	**25,7-26,2**

BMI categories

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

Instrument questions:
For women: Are you pregnant?
Height
Weight

BMI classifications									
	Men								
Age Group (years)	n	Under-weight (%) <18.5	95% CI	Normal weight (%) 18.5-24.9	95% CI	Overweight (%) 25.0-29.9	95% CI	Obese (%) ≥30.0	95% CI
18-44	517	3.1	1.3-4.9	53.1	47.9-58.3	35.8	30.7-40.8	8.0	5.5-10.5
45-69	600	0.5	0.0-1.0	28.5	24.0-33.0	44.2	39.2-49.2	26.9	22.8-30.9
18-69	**1117**	**2.2**	**1.0-3.4**	**44.3**	**40.5-48.1**	**38.8**	**34.9-42.7**	**14.7**	**12.4-17.1**

BMI classifications									
	Women								
Age Group (years)	n	Under-weight (%) <18.5	95% CI	Normal weight (%) 18.5-24.9	95% CI	Overweight (%) 25.0-29.9	95% CI	Obese (%) ≥30.0	95% CI
18-44	695	5.4	3.2-7.5	53.0	48.9-57.2	25.3	21.6-29.0	16.3	12.8-19.9
45-69	880	0.6	0.0-1.2	17.2	14.2-20.2	39.6	35.5-43.8	42.6	38.5-46.6
18-69	**1575**	**3.5**	**2.1-4.9**	**39.1**	**35.9-42.2**	**30.9**	**27.9-33.9**	**26.5**	**23.5-29.5**

BMI classifications									
	Both Sexes								
Age Group (years)	n	Under-weight (%) <18.5	95% CI	Normal weight (%) 18.5-24.9	95% CI	Overweight (%) 25.0-29.9	95% CI	Obese (%) ≥30.0	95% CI
18-44	1212	4.2	2.8-5.6	53.1	49.7-56.4	30.7	27.6-33.8	12.0	9.7-14.4
45-69	1480	0.5	0.1-1.0	22.6	19.8-25.5	41.8	38.6-45.1	35.0	31.9-38.1
18-69	**2692**	**2.8**	**1.9-3.7**	**41.7**	**39.2-44.2**	**34.8**	**32.4-37.3**	**20.6**	**18.5-22.7**

BMI ≥25

Description:
Percentage of respondents classified as overweight (BMI≥25) (excluding pregnant women)
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
18-44	517	43.7	38.8-48.7	695	41.6	37.2-46.0	1212	42.7	39.5-45.9
45-69	600	71.0	66.5-75.6	880	82.2	79.2-85.2	1480	76.8	74.0-79.7
18-69	**1117**	**53.5**	**49.8-57.2**	**1575**	**57.4**	**54.0-60.8**	**2692**	**55.5**	**52.9-58.0**

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
18-44	523	88,4	87,2-89,6	706	82,7	81,3-84,1
45-69	606	99,3	97,7-100,8	898	96,8	95,6-98.0
18-69	**1129**	**92,3**	**91,1-93,5**	**1604**	**88,2**	**87,1-89,4**

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
18-44	522	96,3	95.0-97,6	699	98,4	96,8-100.0
45-69	604	104,2	103.0-105,3	891	111,3	109,8-112,7
18-69	**1126**	**99,1**	**98.0-100,2**	**1590**	**103,4**	**102,1-104,8**

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
18-44	497	4,3	4,1-4,5	695	4,5	4,3-4,6	1192	4,4	4,2-4,5
45-69	580	5,1	4,9-5,3	889	5,1	4,9-5,3	1469	5,1	4,9-5,2
18-69	**1077**	**4,6**	**4,4-4,7**	**1584**	**4,7**	**4,6-4,8**	**2661**	**4,6**	**4,5-4,8**

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
18-44	19	3.6	1.8-5.5	17	2.3	1.1-3.6	36	3.0	1.8-4.1
45-69	47	7.5	4.8-10.2	81	9.1	6.9-11.2	128	8.3	6.6-10.0
18-69	**66**	**5.0**	**3.5-6.5**	**98**	**4.9**	**3.8-6.1**	**164**	**5.0**	**4.0-5.9**

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
18-44	497	2.3	0.9-3.8	695	4.9	3.3-6.5	1192	3.6	2.4-4.8
45-69	582	10.2	7.5-13.0	891	12.6	9.8-15.3	1473	11.5	9.5-13.5
18-69	1079	5.2	3.8-6.5	1586	7.9	6.4-9.4	2665	6.5	5.4-7.6

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	0,2	0.0-0,5	702	1,9	0,9-2,9	1202	1,0	0,5-1,5
45-69	590	7,3	5.0-9,5	896	11,0	8,6-13,3	1486	9,2	7,5-10,9
18-69	1090	2,7	1,9-3,5	1598	5,4	4,2-6,6	2688	4,1	3,3-4,9

* Impaired fasting glycaemia is defined as either

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

** Raised blood glucose is defined as either

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

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
18-44	500	4.1	4.0-4.2	700	4.3	4.2-4.4	1200	4.2	4.1-4.3
45-69	588	4.6	4.5-4.7	895	4.9	4.8-5.0	1483	4.8	4.7-4.9
18-69	**1088**	**4.3**	**4.2-4.4**	**1595**	**4.5**	**4.5-4.6**	**2683**	**4.4**	**4.3-4.5**

Raised total cholesterol

Description:
Percentage of respondents with raised total cholesterol.

Instrument questions:
Total cholesterol measurement

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	17.2	13.4-21.0	700	21.3	17.4-25.3	1200	19.2	16.3-22.2
45-69	588	31.5	26.4-36.6	895	47.2	42.8-51.6	1483	39.8	36.1-43.4
18-69	**1088**	**22.3**	**19.0-25.6**	**1595**	**31.3**	**28.1-34.5**	**2683**	**26.9**	**24.4-29.4**

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	1.6	0.6-2.7	700	5.5	3.4-7.6	1200	3.6	2.4-4.8
45-69	588	7.8	5.3-10.2	895	12.2	9.7-14.7	1483	10.1	8.3-12.0
18-69	**1088**	**3.8**	**2.7-5.0**	**1595**	**8.1**	**6.4-9.8**	**2683**	**6.0**	**4.9-7.1**

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
18-44	500	17.2	13.4-21.0	700	21.3	17.4-25.3	1200	19.2	16.3-22.2
45-69	588	32.2	27.1-37.3	895	47.8	43.5-52.1	1483	40.4	36.8-44.1
18-69	**1088**	**22.5**	**19.3-25.8**	**1595**	**31.5**	**28.3-34.7**	**2683**	**27.1**	**24.6-29.6**

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-44	500	1.6	0.6-2.7	700	5.5	3.4-7.6	1200	3.6	2.4-4.8
45-69	588	8.7	6.0-11.3	895	12.9	10.3-15.4	1483	10.9	8.9-12.9
18-69	**1088**	**4.2**	**2.9-5.4**	**1595**	**8.4**	**6.6-10.1**	**2683**	**6.3**	**5.1-7.5**

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
18-44	500	1.1	1.0-1.1	700	1.2	1.1-1.2	1200	1.1	1.1-1.1
45-69	588	1.1	1.0-1.1	895	1.2	1.1-1.2	1483	1.1	1.1-1.1
18-69	**1088**	**1.1**	**1.0-1.1**	**1595**	**1.2**	**1.1-1.2**	**2683**	**1.1**	**1.1-1.1**

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
18-44	500	50.9	44.8-57.1
45-69	588	53.0	48.0-57.9
18-69	**1088**	**51.7**	**47.0-56.3**

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
18-44	700	68.9	64.3-73.4
45-69	895	68.8	65.1-72.5
18-69	**1595**	**68.8**	**65.4-72.3**

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*spot Na concentration (mmol/L) -3.09*spot creatinine concentration (mmol/L)+4.16*BMI+0.22*Age

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

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

WHO recommen-dation

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
18-44	472	11.1	10.8-11.3	637	8.5	8.3-8.7	1109	9.8	9.6-10.0
45-69	554	12.1	11.9-12.3	824	8.8	8.7-9.0	1378	10.4	10.2-10.5
18-69	**1026**	**11.4**	**11.2-11.6**	**1461**	**8.6**	**8.5-8.8**	**2487**	**10.0**	**9.9-10.2**

Cardiovascular Disease (CVD) Risk

CVD risk of ≥30% or existing CVD

Description:

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

Instrument questions: combined from Step 1, 2 and 3

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

Percentage of respondents with a 10-year CVD risk ≥30% or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	323	8.6	5.1-12.0	511	8.7	5.8-11.6	834	8.6	6.3-11.0
55-69	342	20.8	15.5-26.1	498	17.0	13.1-21.0	840	18.8	15.3-22.3
40-69	**665**	**13.3**	**10.3-16.3**	**1009**	**12.0**	**9.4-14.6**	**1674**	**12.6**	**10.4-14.8**

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

Drug therapy and counseling for those with CVD risk ≥30% or existing CVD

Description:

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

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	27	52.2	29.9-74.5	53	37.6	22.5-52.8	80	44.5	31.1-57.9
55-69	71	61.6	48.8-74.4	93	51.8	39.9-63.8	164	56.9	47.8-66.1
40-69	**98**	**57.9**	**46.1-69.6**	**146**	**45.6**	**36.1-55.1**	**244**	**51.7**	**44.0-59.5**

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

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

Summary of Combined Risk Factors

Summary of Combined Risk Factors

Description:

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

Instrument questions: combined from Step 1 and Step 2

- 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/m^2)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

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	494	7.0	4.3-9.8	62.0	56.2-67.7	31.0	25.5-36.5
45-69	575	2.5	1.0-4.0	41.2	36.9-45.6	56.3	51.8-60.8
18-69	**1069**	**5.4**	**3.6-7.3**	**54.6**	**50.5-58.6**	**40.0**	**36.0-44.0**

Summary of Combined Risk Factors							
Age Group (years)	Women						
	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	662	8.8	6.1-11.6	78.7	75.0-82.4	12.5	9.5-15.5
45-69	853	2.1	1.0-3.2	53.8	49.6-57.9	44.1	40.0-48.3
18-69	**1515**	**6.2**	**4.4-8.0**	**68.9**	**65.9-71.9**	**24.9**	**22.1-27.7**

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	1156	7.9	5.9-9.9	70.1	66.6-73.5	22.0	18.7-25.3
45-69	1428	2.3	1.4-3.2	47.8	44.7-50.8	49.9	46.7-53.2
18-69	**2584**	**5.8**	**4.5-7.1**	**61.7**	**59.2-64.2**	**32.5**	**29.9-35.0**