

BOTSWANA STEPS SURVEY REPORT

ON

Non-communicable Disease Risk Factors

DECEMBER 30TH 2015



MINISTRY *of* HEALTH
REPUBLIC OF BOTSWANA



**World Health
Organization**

INTRODUCTION

Non-communicable diseases constitute a major public health challenge that affects social and economic development all over the world. A total of 56 million deaths occurred worldwide during 2012. Of these, 38 million were due to NCDs, nearly three quarters of these NCD deaths (28 million) occurred in low- and middle-income countries.

The leading causes of NCD deaths in 2012 were: cardiovascular diseases 17.5 million deaths, or 46.2% of NCD deaths; cancers 8.2 million, or 21.7% of NCD deaths; respiratory diseases, including asthma and chronic obstructive pulmonary disease 4.0 million, or 10.7% of NCD deaths and diabetes 1.5 million, or 4% of NCD deaths. Thus, the four major NCDs were responsible for 82% of NCD deaths.

These major non-communicable diseases share four behavioural risk factors: tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol. Apart from these: Exposure to environmental and occupational hazards has potential influence in developing non-communicable diseases. Although morbidity and mortality from non-communicable diseases mainly occur in adulthood, exposure to risk factors begins in early life during pregnancy, childhood. Children can die from treatable non-communicable diseases (such as rheumatic heart disease, type 1 diabetes, asthma and leukaemia) if health promotion, disease prevention and comprehensive care are not provided.

According to WHO's projection, the total annual number of deaths from non-communicable diseases will increase to 55 million by 2030 if "business as usual" continues. Scientific knowledge demonstrates that the non-communicable disease burden can be greatly reduced if cost-effective preventive and curative actions, along with interventions for prevention and control of non-communicable diseases already available, are implemented in an effective and balanced manner.

Fortunately enough the time has come for the Ministry of Health to make a paradigm shift from concentrating more on curative services to a major public health domain which focuses on promotion, education, prevention and control, rehabilitative and palliative measures which will eventually reduce the burden of NCD and other diseases in the country.

SCOPE OF THE SURVEY

The literature review from the World Health Organization and International Agency for Research on NCDs in Sub-Saharan Africa on the prevalence and incidence of cardiovascular diseases, diabetes mellitus Type 2, cancer and their risk factors showed differ considerably between countries, urban/rural location and other sub-populations. The prevalence of stroke ranged from 0.07 to 0.3%, diabetes mellitus from 0 to 16%, hypertension from 6 to 48%, obesity from 0.4 to 43% and current smoking from 0.4 to 71%. Hypertension prevalence was consistently similar among men and women, whereas women were more frequently obese and men were more frequently current smokers.

Drivers of NCD epidemics are **urbanization** and **changes in lifestyle associated with economic development**. These include changes in (i) diet, (ii) physical activity, (iii) Smoking, (iv) Obesity and (v) alcohol use. In high-income countries, ~90% of all new diabetes mellitus cases and 70–80% of all new CVD cases are attributable to relatively modest differences in these lifestyle factors. Similarly, the INTERHEART study that included **nine African nations** and 43 other countries found that five risk factors (smoking, hypertension, abdominal obesity, and diabetes mellitus) accounted for 90% of the risk for a first myocardial infarction in the African sites.

Other social and environmental changes in Sub-Saharan Africa also play a role such as changes in air quality and early childhood exposures. These lead to increased prevalence of NCD risk factors such as COPD, hypertension, abdominal obesity and abnormal blood lipids. If action is not taken, one estimate shows that US\$84 billion in lost productivity could occur due to heart disease, stroke and diabetes in the 23 low- and middle-income countries (four of which are in Sub-Saharan Africa), which would account for 80% of worldwide NCD mortality by 2015.

The 2007 Botswana STEPS survey indicated that the major risk factors related to NCD were at a higher rate. Therefore the current survey was conducted to explore and compare the results if at all the interventions taken has brought change in the disease burden.

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INTRODUCTION

Chronic Non- Communicable Diseases

Common, preventable risk factors underlie most chronic diseases. These chronic disease risk factors are leading causes of the death and disability burden in all countries, regardless of their economic development status. The leading risk factor globally is **raised blood pressure**, followed by **tobacco use**, **raised total cholesterol**, and **low fruit and vegetable consumption**. The major risk factors together account for around 80% of deaths from heart disease and stroke.

The basis of chronic diseases prevention is the identification of the major common risk factors and their prevention and control measures.

The **major (modifiable) behavioural risk factors** identified in the World are:

- Tobacco use
- Harmful alcohol consumption
- Unhealthy diet (low fruit and vegetable consumption) &
- Physical inactivity

The **major biological risk factors** identified are:

- Overweight and obesity
- Raised blood pressure
- Raised blood glucose
- Abnormal blood lipids / 'raised total cholesterol'

Therefore the above **eight major behavioural and biological risk factors** are addressed using a WHO established tool called **WHO STEPSwise chronic disease risk factor surveillance**.

What is then STEPS?

STEPS is a sequential process that starts with gathering key information on risks factors with a **questionnaire (STEPS 1)**, moves to simple **physical measurements (STEPS 2)** and then to more complex collection of blood samples for **biochemical analysis (STEPS 3)**.

STEPS use a representative sample of the target population. This allows for results to be generalised to the population. The tool is used by WHO member countries to identify their risk factors and compare results across.

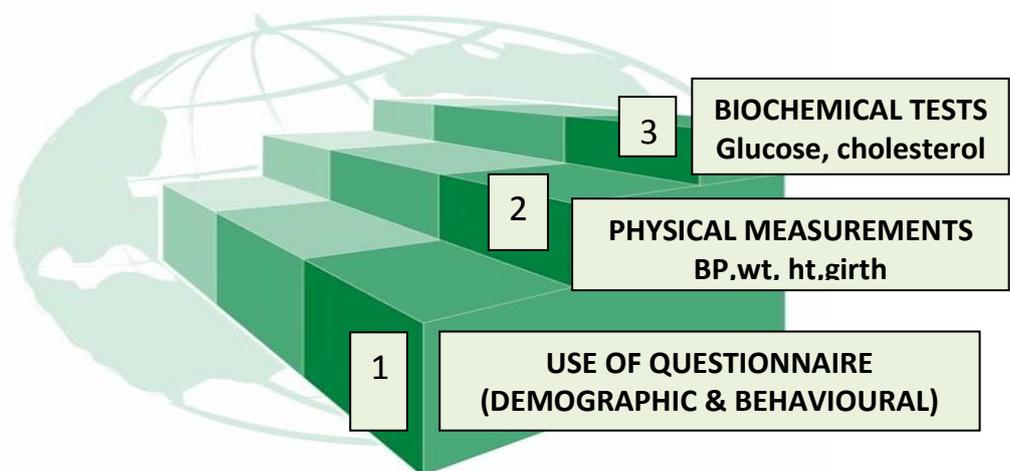




Figure 1 Map of Botswana

Botswana Population & Housing Census

Population by Age Group and Sex

2011

AGE GROUP	SEX		TOTAL
	MALE	FEMALE	
<1	28,075	27,294	55,369
1 - 4	91,971	90,047	182,018
5 - 9	108561	106622	215,183
10 - 14	104468	102976	207,444
15 - 19	104847	105956	210,803
20 - 24	97270	103045	200,315
25 - 29	101193	106576	207,769
30 - 34	84507	85989	170,496
35 - 39	68438	66765	135,203
40 - 44	48757	50494	99,251
45 - 49	37879	44358	82,237
50 - 54	29737	36616	66,353
55 - 59	24363	29685	54,048
60 - 64	17343	20235	37,578
65 - 69	12237	15504	27,741
70 - 74	9461	12788	22,249
75 - 79	6963	10915	17,878
80 - 84	4868	8344	13,212
85 - 89	2822	5420	8,242
90+	5311	6204	11,515
TOTAL	989,071	1,035,833	2,024,904

Table 1 District population by sex & age group

BOTSWANA POPULATION PYRAMID 2011

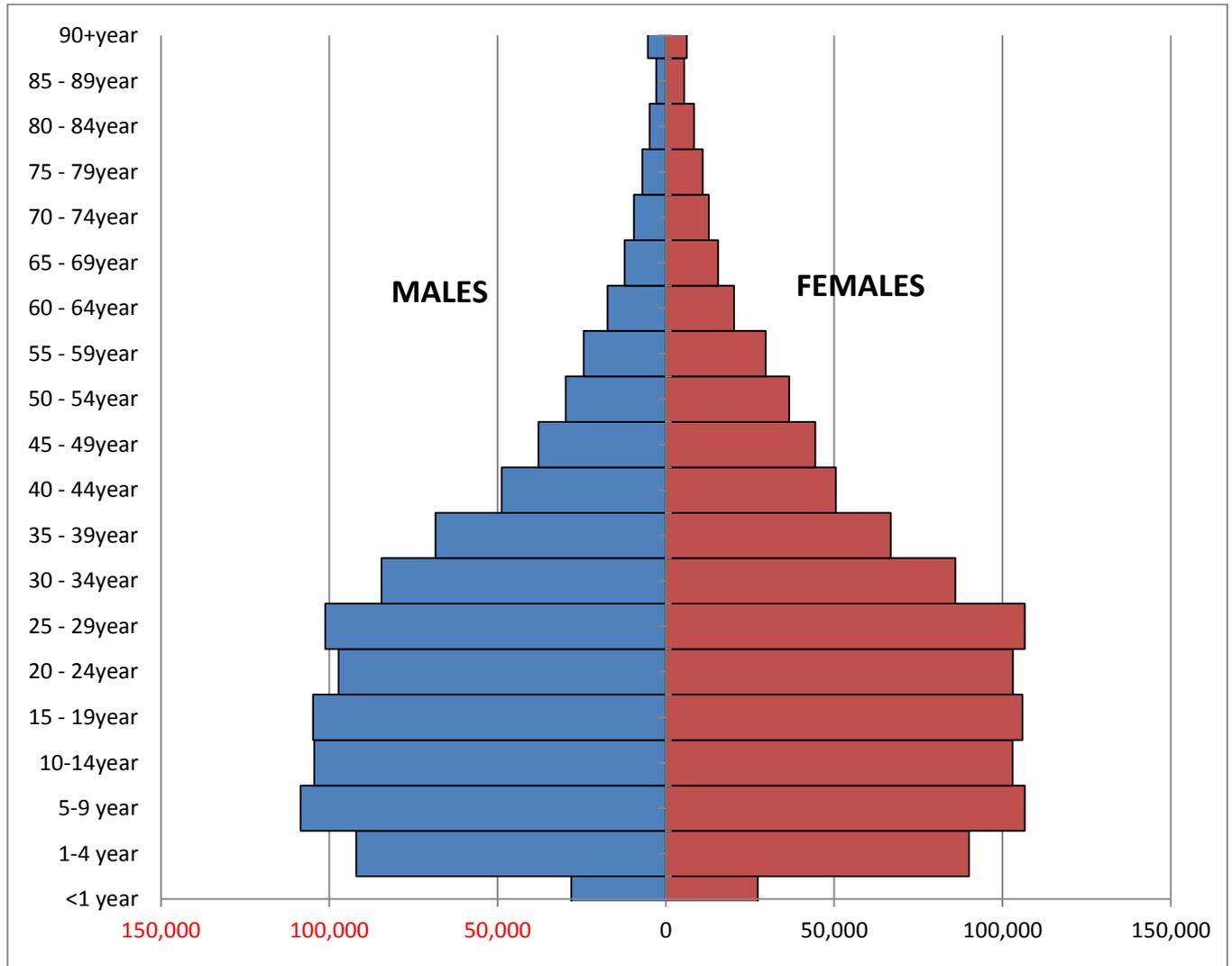
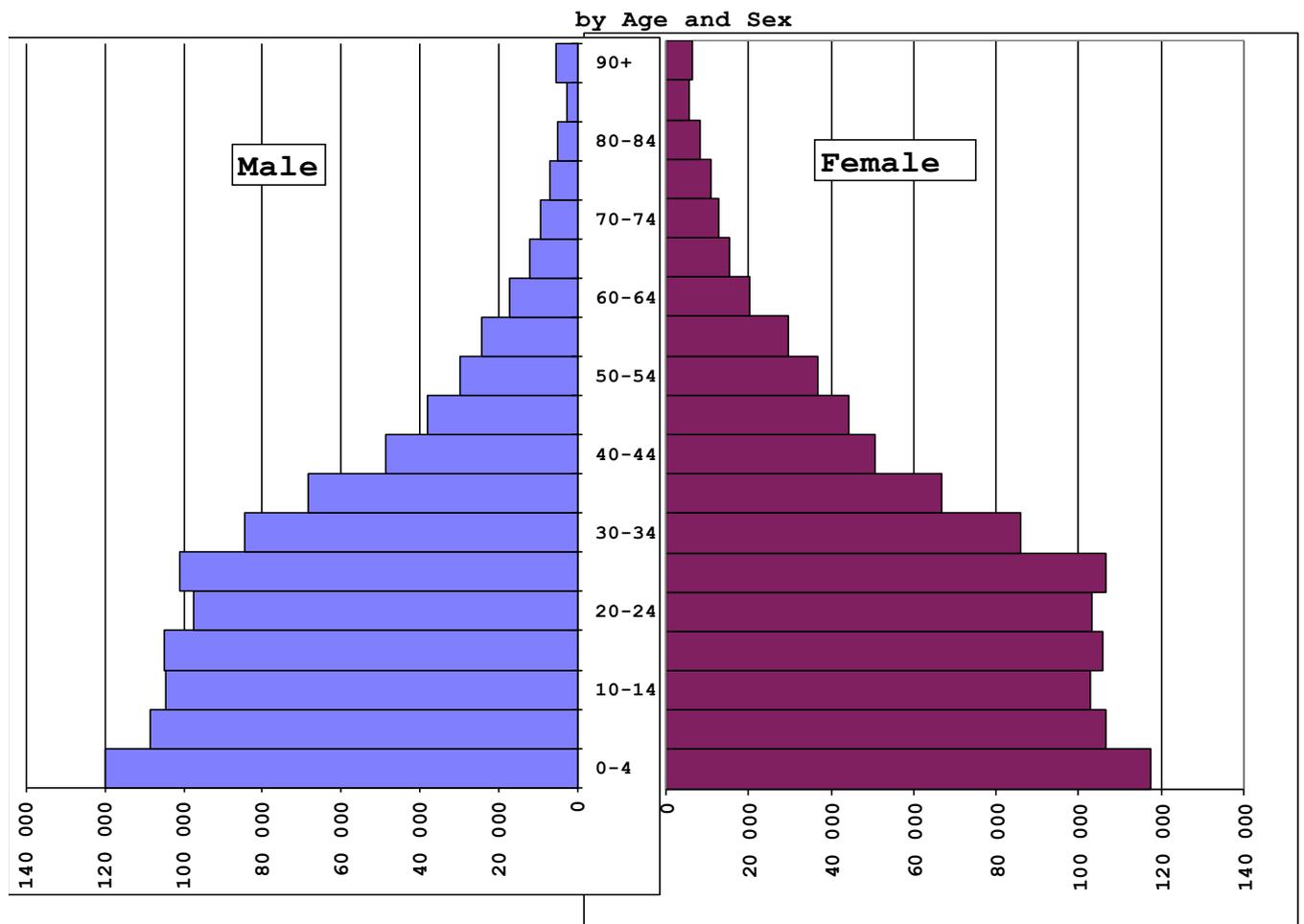


Figure 2 Population pyramid

Botswana Population Pyramid 2011



**SUMMARY OF SAMPLING FRAME - DISTRICTS WITH THEIR EA & NUMBER OF STUDY UNITS
STEPS SURVEY 2014**

District	Code	LOCALITY TYPE											Total EA	Sampled EA	Total Pop. (All Ages)	Sampled Pop.	Target Pop. (15-64) %	Proportion of Study Units (6400)	
		High	Med	Low	SHHA	Village	Urban	Cattle Post	Land	Farm	Mixt	Camp							Land area
Gaborone	1	92	59	77	211									527	34	211755	15472	11913	817
Francistown	2	13	21	14	129									202	15	96323	9368	6558	450
Lobatse	3	5	12	12	46									78	4	28953	1509	1041	71
Selibe/ Phikwe	4	21	5	26	85									141	7	47134	2947	2033	139
Orapa	5	6	6	15	0									28	2	8649	565	401	28
Jwaneng	6	9	4	19	0									42	2	15734	1246	922	63
Sowa	7	10	2	1										14	1	3597	338	240	16
Southern	10					80	128	24	67		4			303	20	127075	11160	6361	436
Barolong	11					97		4	17		3			121	8	53666	4383	2454	168
Ngwaktse West	12					22		6	4	3	1			36	2	13202	949	531	36
South East	20					34	127		24	6	1	3		195	13	80804	6579	4671	320
Kwenen/East	30					109	352	3	90		37			589	41	252738	20535	13142	901
Kwenen/West	31					48	14	11	27		16			116	7	43889	2919	1576	108
Kgatleng	40					79	80	13	43					215	14	89244	7182	4453	305
Serow/Palpye	50					159	215	36	71	4	4	5		494	27	169591	10346	6104	419
Mahalapye	51					115	119	36	41	5		2		319	18	115196	8909	4989	342
Cen Bobonong	52					65	81	33	24	2	3	2		210	11	71936	4882	2734	188
CentrlBoteti	53					51	38	33	9			1		132	9	55677	6095	3535	242
CentrlTutume	54					194	104	8	38	3	31	5	2	386	20	134056	10004	5502	377
North East	60					114		1	5	8	3	1		133	9	57351	4894	2741	188
Ngami East	70					32	108	16	18			4	17	196	14	85002	7132	4279	294
Ngami West	71					41		7	25					73	5	34729	3230	1712	117
Chobe	72					16	14		2	3	2	4		41	3	16981	1437	963	66
Ghanzi	80					43	30	17	1	16	1	1		109	6	42333	3738	2504	172
Kgalgdi South	90					48	26	9		6		1		90	5	29067	1942	1146	79
Kgalgdi North	91					54						1		55	3	20476	1,261	794	54
Grand Total		156	109	164	471	1401	1436	257	506	56	106	30	19	4845	300	1905158	149,022	93299	6400

*The 1st 7 districts are cities & town

Table 2 Sampling frame

SAMPLING DESIGN/METHODOLOGY

Botswana has a population of over 2 million with 27 districts and 4,845 enumeration areas and sample size of 300 enumeration areas with a target population of 6,400 people was systematically drawn from a pool of the whole enumeration areas. Against the identified enumeration areas numbers of households were listed and proportion of participants was calculated from the total sample size required for the country. Finally a computer generated random number was drawn to go into specific households in that specific enumeration area and at the end eligible participants residing in the household were listed into the electronic hand held data assistant(PDA) and at the end a name was picked automatically to participate in the survey.

From the selected districts enumerators, supervisors were called to Gaborone and formally trained for four days on the STEPS survey package. This was done in collaboration with WHO Geneva, AFRO and Botswana. WHO supported the 2014 Botswana STEPS survey in bringing additional equipment on borrowed basis and making payment for transport, meal allowance for some enumerators, purchasing of reagents and computers.

The STEPS Survey was a resource consuming exercise – It involved 144 health workers,9 drivers from health facilities of the selected 26 districts. It took two and a half months to complete the survey.

The targeted sample size was not reached according to planned due to reasons such as: shortage of transport, inadequate survey equipment, environmentally unfriendly machines (Blood testing, faulty reading when extremely cold and hot), PDA's non-functionality, loss of data after being entered into PDA, reading the map and find the sampled plot number which was time consuming to find houses in enumeration areas, and long distances between households etc.

Preparation of the data set for analysis: cleaning, completing missing information, took almost 5 months between the Ministry of Health and STEPS Team in Geneva. Finally, most of the analysis, the **fact sheet** and **data book** was done, a draft report written and reviewed by WHO to finally produce this extensive document.

RESULTS

The population of Botswana is young and the broad base of the pyramid is occupied by the age group 0-4 years and yet the splitting of this age group shows that the under 1 children were few in number.

Twenty six districts with an estimated sample size of 6400 was planned to collect data, but only 4074 individuals participated in the survey. The overall coverage was 63.7%.

The great majority of the households (84%) had 1-3 residents with the target age group of above 15 to 69 years.

The number of female participants was twice higher than males during the survey and the proportion of age groups 15-44 were more than the other age categories involved.

The mean number of years spent on education was almost the same in both sexes.

The highest level of education achieved in males and females was Junior Secondary.

Among the STEPS survey participants 96.4% were Motswana while 3.6% were other African, European and other nationalities.

64.9% of the survey participants were never married, 19.0% married; followed by 10% cohabiting and 5% combined widowed plus divorced individuals.

71.9% of the whole participants of the survey were unpaid workers (students, homemaker, retired, unemployed), 14% government employees.

The response to the question to state their estimated household income was poor and inconclusive.

The overall smoking status of the country is 18% and the rate of male smokers was 6 times higher than the females.

Smoking was initiated as early as 20 years in males then a couple of years later by females.

The daily smoking behaviour and using the type of cigarette was the same in both sexes.

Smoking of manufactured cigarettes was the highest followed by the use of hand rolled and other unspecified types of products.

1.9% of daily smokers were smoking ≥ 25 manufactured or hand-rolled cigarettes per day and 37.8% were smoking less than 5 cigs/day

4% of the survey participants use smokeless tobacco and that mainly the females. The mode of use of smokeless tobacco is 80% snuff by nose, 27% snuff by mouth, and 5.8% by chewing.

26% of participants were current drinkers in the past 1 month with the majority of males.

51% of the survey participants drink alcohol 1-5 times in a week and the remaining at least 1-3 times in a month.

Drinking at high level of pure alcohol (≥ 60 in males and ≥ 40 in females) in the past 30 days was 5.9%, intermediate (40-59g of alcohol) 6.4%, and lower end (< 40 g) was 87.7%.

The mean maximum number of standard drinks consumed in the past 30 days was 11.6, and those who had 6 or more drinks in a single day were 18.6 in both sexes.

Among those who consume alcohol in the past 7 days, 72.7% were drinking 1-6 times daily.

86.5% of 108 participants who consumed unrecorded alcohol in the past 7 days was home brewed beer/wine.

The mean number of days fruits consumed on a typical week was 3.1 and the mean serving per day was 0.8%.

The mean number of days vegetables consumed on a typical week was 4 and the number of servings on average per day was 1.1 times.

The mean number of servings of fruit and/or vegetables on average per day was 1.7, and only 5.2% of them had greater or equal to 5 servings while 41% had not even once where as 53% had 1-4 servings per day. Therefore out of the total number of participants (3651) who had on average less than 5 servings of fruit and/or vegetables per day were 94.8%.

Vegetable oil was most often used (98.2%) for meal preparation in the households.

1.1% out of 3994 participants ate meals prepared outside their homes.

The study result showed that 20.1% of participants were not meeting the WHO standard on physical activity. WHO recommends physical activity during work, transport and leisure time spending 150 minutes of moderate intensity activity or 75 minutes of vigorous activity or an equivalent combination of moderate and vigorous intensity activity of at least 600 MET-Minutes (Metabolic Equivalent per week).

Out of 3287 male and female respondents, 38.0% had activity from work, 47.0% activity from transport, and 15% during leisure time. 57.3% of respondents had no vigorous physical activity.

The median number spent in sedentary activities on average per day was 165 minutes and the mean was 198.2 minutes in both sexes.

When asking males on history of events on blood pressure, 26.2% of them never got measured their BP, 57.1% were measured but not diagnosed, and 16.7% were diagnosed within the past 12 months of

the survey. Where as in females 15.4% never measured, 58.4% were measured but not diagnosed, and 26.2% diagnosed within the 12 months. All in all, 35.2% of both of them were diagnosed as having raised blood pressure and were taking medication prescribed by a health worker.

3.3% of 1100 had seen a traditional healer for raised blood pressure and 3.8% of both sexes were taking traditional medicine.

In males, blood sugar measurement and diagnosis was never done in 80.4% of them, 23.1% were measured but not diagnosed, and 1.7% were diagnosed within 12 months. While in females 74.6% were not measured, 23.1% were measured but not diagnosed and 2.3% diagnosed within the 12 months of the survey. Out of the 111 diabetes cases diagnosed in both sexes, 58.5% were on oral medications and 31.5% were on Insulin, yet 0.8% of the females who had also seen a traditional healer, 0.5% of them were taking traditional medicine.

Cholesterol measurement is not done is 94.0% of the participants, and yet of those diagnosed to have raised level, 30.4% of them were taking oral medication. Cardiovascular symptom were observed in 5.6% of the total respondents and 1.0% of them were on Aspirin and Statin

Advice was given by health workers on lifestyles: 35% to quit tobacco or not to start, 42% to reduce salt in their diet, 50.4% to eat at least five servings of fruit and/or vegetables every day, 50.3% to reduce fat in their daily meal preparation, 50% to start or do more physical activity and 43.4% to reduce weight and maintain healthy body.

Cervical cancer screening test mainly using Pap smear was done in 34.3% of the female 15-69 years of age participants of which 50.7% who tested were from the age group 30-49 years.

Blood pressure was measured in the survey participants and was found that $SBP \geq 140$ and/or $DBP \geq 90$ mmHg in 24.2% excluding those on medication for raised BP and 29.4% or currently on medication.

Participants with $SBP \geq 160$ and/or $DBP \geq 100$ mmHg excluding those on medication for raised blood pressure were 7.3% where as currently on medication were 13.7%

The outcome of 1347 respondents with treated and/or controlled blood pressure was as follows: On medication and SBP/DBP below the cut-off point was 10.0%, on medication and yet whose BP was above the cut-off point were 13.5%, not on medication, but with raised BP were 76.4%.

Other biometrics recorded was: Mean heart rate of 76.4/Min, mean height 171 centimetres for males and 161 centimetres for females, mean weight 63.6kg for males and 64.3kg for females.

Waist circumference for males was 77.8cm and for females 82.7cm. The hip circumference for males was 93.7cm and 102.8 cm for females. The waist-hip ratio was 0.8.

There were 3881 participants whose BMI was calculated and showed that the mean body mass index for both sexes was 23.3kg/m². 14.2% had adult malnutrition, 55.2% were under the normal range, 18.8% were overweight, and 11.8 were obese. Splitting the values by sex, 19.8% of males were above BMI≥25kg/m² and females were 42.2%. This shows that females were more overweight and obese than males.

Biochemical measurement was done in 3456 participants of the survey and showed that the mean fasting blood glucose was 4.4mmol/L, impaired fasting glycaemia was 3.45mmol/L, the mean total cholesterol was 3.6mmol/L, and mean HDL was 1.3mmol/L. The prevalence of raised blood glucose was 5.8% and that of total cholesterol was 11%.

The overall risk factors that lead to non-communicable diseases was combined and of those taking into account for the analyses there were only 1.3% of the attendants with zero risk factors, 73.1% had 1-2 risk factors, and 25.7% of the 3117 had 3-5 risk factors.

9.7% of age group 40-69 years had a 10 year CVD risk of ≥30%.

DISTRICT PARTICIPANTS OF THE STEPTS SURVEY 2014

District	Frequency	Percent
Barolong	134	3.3
Bobonong	117	2.9
Boteti	164	4.0
Chobe	59	1.4
Francistown	89	2.2
Gaborone	372	9.1
Ghanzi	150	3.7
Jwaneng	64	1.6
Kgalagadi North	48	1.2
Kgalagadi South	69	1.7
Kgatleng	270	6.6
Kweneng East	506	12.4
Kweneng West	90	2.2
Lobatse	59	1.4
Mahalapye	243	6.0
Ngamiland East	141	3.5
Ngamiland West	73	1.8
Ngwaketse West	37	.9
North East	125	3.1
Orapa	22	.5
SelebiPhikwe	112	2.7
Serowe/Palapye	225	5.5
South East	235	5.8
Southern	423	10.4
Tutume	247	6.1
Total	4074	100.0

Table 3 Participants by district

BOTSWANA STEPS SURVEY - 2014			
Districts	Planned Sample Size	Completed (Participated)	Percent Coverage (Response Rate)
Barolong	169	134	79
Bobonong	188	117	62
Boteti	243	164	67
Chobe	67	59	88
Francistown	606	89	15
Gaborone	818	372	45
Ghanzi	172	150	87
Jwaneng	104	64	62
Kgalagadi North	91	48	53
Kgalagadi South	79	69	87
Kgatleng	305	270	89
Kweneng East	909	506	56
Kweneng West	71	90	128
Lobatse	72	59	82
Mahalapye	342	243	71
Ngamiland East	272	141	52
Ngamiland West	139	73	53
Ngwakeste West	36	37	103
North East	150	125	83
Orapa	28	22	79
SelebiPhikwe	141	112	79
SerowePalapye	420	225	54
South East	334	235	70
Southern	394	423	107
Tutume	260	247	95
Grand Total	6410	4074	64

Table4 Coverage

**PARTICIPANTS OF STEPS SURVEY BY DISTRICT AND SEX
2014**

District	Sex		Total
	Male	Female	
Barolong	35	99	134
Bobonong	34	83	117
Boteti	67	97	164
Chobe	23	36	59
Francistown	31	58	89
Gaborone	134	238	372
Ghanzi	56	94	150
Jwaneng	16	48	64
Kgalgadi North	14	34	48
Kgalgadi South	24	45	69
Kgatleng	99	171	270
Kweneng East	159	347	506
Kweneng West	32	58	90
Lobatse	16	43	59
Mahalapye	78	165	243
Ngamiland East	43	98	141
Ngamiland West	25	48	73
Ngwaketse West	6	31	37
North East	38	87	125
Orapa	3	19	22
SelebiPhikwe	40	72	112
Serowe/Palapye	66	159	225
South East	87	148	235
Southern	128	295	423
Tutume	67	180	247
Total	1321	2753	4074

Table 5 Coverage by district and sex

**STEPS SURVEY PARTICIPANTS BY DISTRICT AND AGE GROUP
2014**

District	Age Group											Total
	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	
Barolong	14	21	21	14	19	11	11	6	7	9	1	134
Bobonong	5	17	11	14	16	11	12	8	9	7	7	117
Boteti	7	23	22	26	19	18	20	13	7	6	3	164
Chobe	1	9	7	6	6	6	6	3	5	8	2	59
Francistown	16	11	18	12	5	5	7	6	7	0	2	89
Gaborone	31	81	65	57	29	38	25	20	15	10	1	372
Ghanzi	17	25	22	24	9	13	12	16	8	4	0	150
Jwaneng	3	8	11	9	8	11	4	5	3	1	1	64
Kgalgadi North	1	2	9	7	7	4	2	2	4	7	3	48
Kgalgadi South	2	5	9	7	13	10	7	2	7	6	1	69
Kgatleng	21	36	41	37	30	27	17	20	24	17	0	270
Kweneng East	39	73	78	59	66	43	48	31	34	18	17	506
Kweneng West	7	15	14	13	14	5	4	8	5	3	2	90
Lobatse	6	13	13	5	6	6	2	2	1	1	4	59
Mahalapye	10	28	34	27	27	18	22	22	19	19	17	243
Ngamiland East	10	25	24	18	17	14	15	7	3	4	4	141
Ngamiland West	4	6	10	14	12	7	6	4	4	3	3	73
Ngwaketse West	0	6	8	4	5	3	1	5	2	2	1	37
North East	5	20	11	19	19	13	6	7	11	10	4	125
Orapa	0	2	4	9	4	1	2	0	0	0	0	22
SelebiPhikwe	15	19	18	15	12	6	11	5	4	3	4	112
Serowe/Palapye	9	34	34	27	27	22	18	13	19	12	10	225
South East	16	45	32	33	34	17	17	12	11	12	6	235
Southern	39	66	45	56	40	38	23	35	34	34	13	423
Tutume	20	35	34	34	20	19	25	13	19	15	13	247
Total	298	625	595	546	464	366	323	265	262	211	119	4074

Table 6 Coverage by district & age group

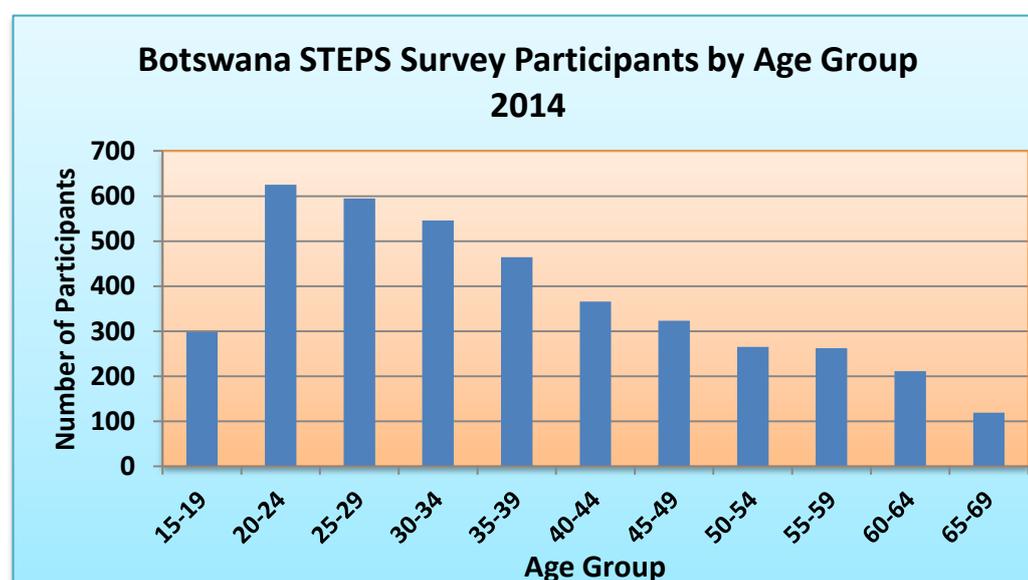


Figure 3 Participants by age group

Demographic Information Results

Age group and sex of respondents							
Age Group (years)	Men		Women		Both Sexes		
	n	%	n	%	n	%	
15-29	562	42.6	1003	36.5	1565	38.5	
30-44	420	31.8	930	33.8	1350	33.2	
45-59	248	18.8	586	21.3	834	20.5	
60-69	89	6.7	232	8.4	321	7.9	
15-69	1319	100.0	2751	100.0	4070	100.0	

Table 7 Respondents by age group & sex

Mean number of years of education							
Age Group (years)	Men		Women		Both Sexes		
	n	Mean	n	Mean	n	Mean	
15-29	562	11.3	1003	11.2	1565	11.3	
30-44	417	11.0	930	10.3	1347	10.5	
45-59	246	6.4	585	6.3	831	6.3	
60-69	88	4.4	232	4.2	320	4.3	
15-69	1313	9.8	2750	9.3	4063	9.4	

Table 8 Mean number of years of education

The age group of respondent was from 15-69. The number of participants in the age group 15-44 years was higher.

The number of female respondents was twice that of men in the survey.

The mean number of years spent on education was almost the same in both sexes

Highest level of education										
Males										
Age range	n	Percent								
		No formal schooling	Less than primary school	Primary school completed	Jnr. Secondary school completed	Snr. Secondary school completed	High School completed	Tertiary School completed	College/ University completed	Post graduate degree
15-29	561	0.5	2.9	8.9	35.1	29.8	3.4	14.6	4.8	0
30-44	419	4.3	6.4	12.2	27.2	15.3	2.4	22.4	8.1	1.7
45-59	248	29.4	11.3	25	14.9	4.4	0.4	9.7	4.4	0.4
60-69	89	41.6	22.5	19.1	9	1.1	0	4.5	2.2	0
TOTAL	1317	9.9	6.9	13.7	27	18.5	2.3	15.5	5.6	0.6

Table 9 Highest level of education Males

Highest level of education										
Females										
Age range	n	Percent								
		No formal schooling	Less than primary school	Primary school completed	Jnr. Secondary school completed	Snr. Secondary school completed	High School completed	Tertiary School completed	College/ University completed	Post graduate degree
15-29	1003	1	1.8	7.2	39.6	30.8	3.2	12.9	3.6	0
30-44	930	3.8	4.5	14.9	40.2	13.9	1.1	13.5	7.7	0.3
45-59	586	21	18.1	32.3	17.2	2	0.3	5.5	3.1	0.5
60-69	232	36.2	29.3	25	2.6	0.9	0.4	2.2	2.6	0.9
TOTAL	2751	9.2	8.5	16.6	31.9	16.4	1.6	10.6	4.8	0.3

Table 10 Highest level of education Females

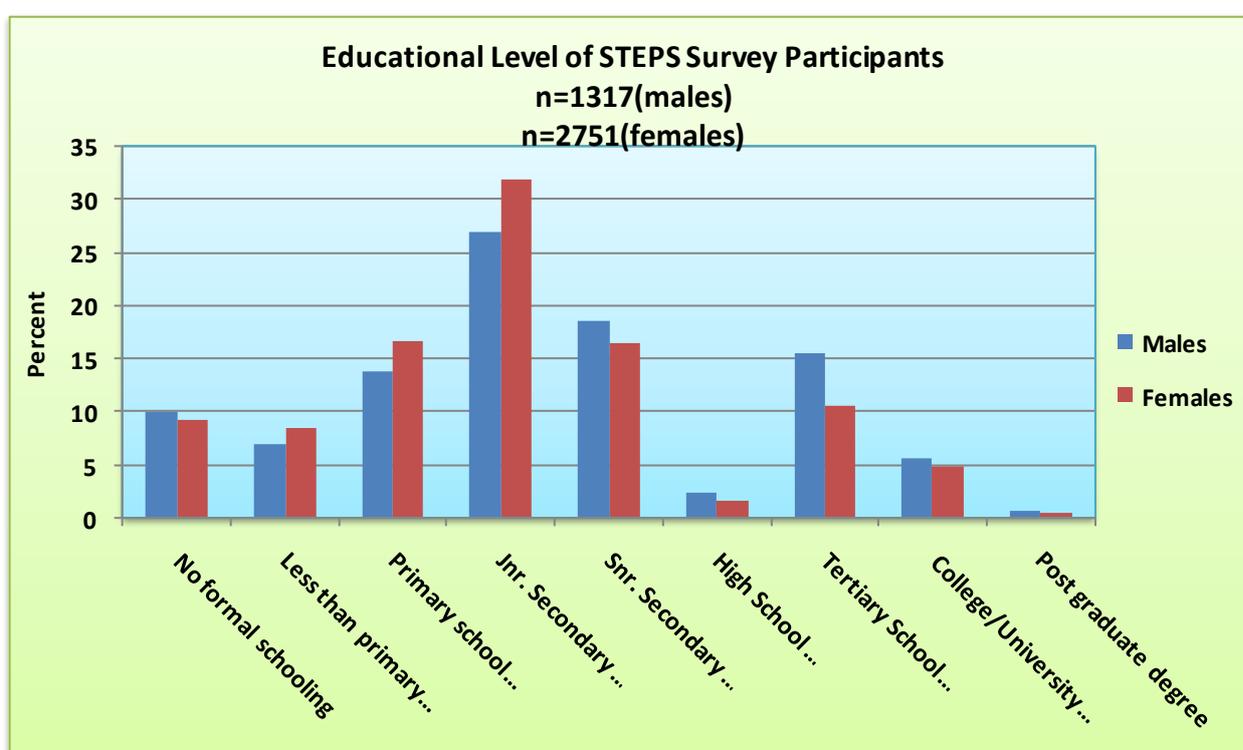


Figure 4 Educational level by sex

Highest level of education										
Both Sexes										
Agerange	n	Percent								
		No formal schooling	Less than primary school	Primary school completed	Jnr. Secondary school completed	Snr. Secondary school completed	High School completed	Tertiary School completed	College/ University completed	Post graduate degree
15-29	1564	0.8	2.2	7.8	38	30.4	3.3	13.5	4	0
30-44	1349	3.9	5.1	14.1	36.2	14.3	1.5	16.3	7.9	0.7
45-59	834	23.5	16.1	30.1	16.5	2.8	0.4	6.7	3.5	0.5
60-69	321	37.7	27.4	23.4	4.4	0.9	0.3	2.8	2.5	0.6
TOTAL	4068	9.4	8	15.7	30.3	17.1	1.8	12.2	5.1	0.4

Table 11 Highest level of education both sexes

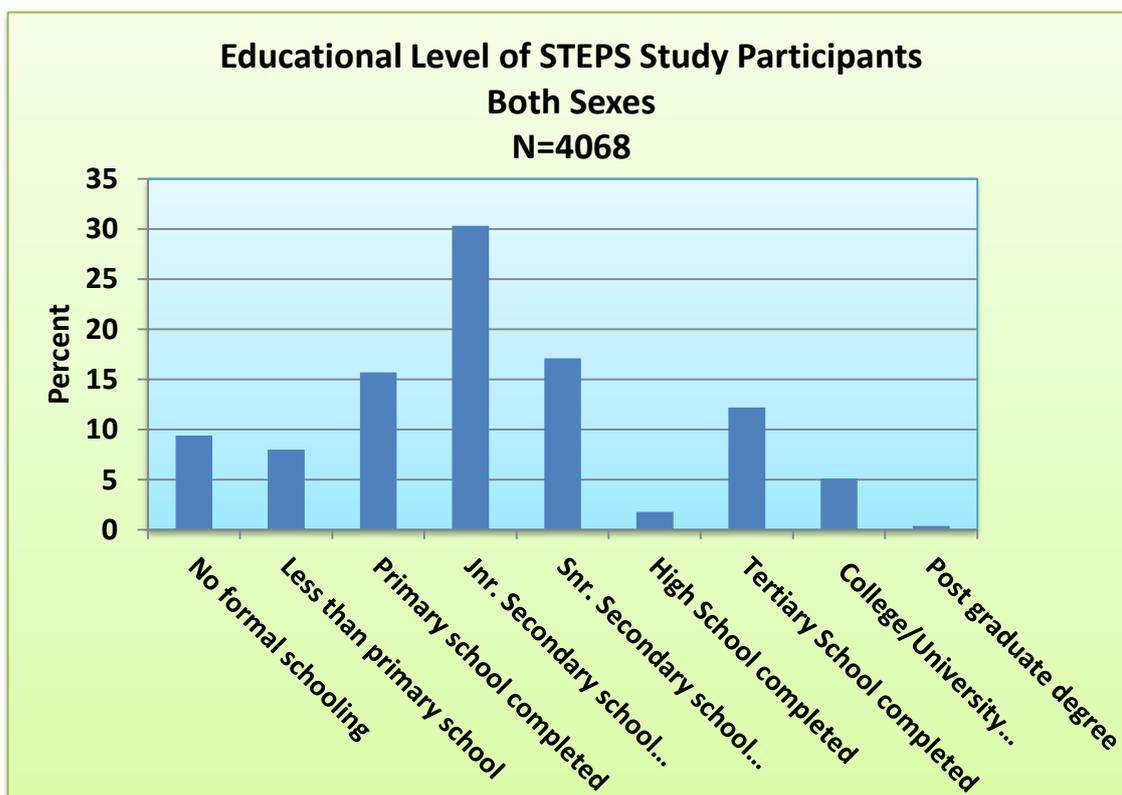


Figure 5 Educational level - both sexes

Equal number of Males and females were seen to have no formal education and starting from the senior secondary school to the post graduate level the percentage of male presence is higher to that of the females.

		Ethnic Group				
Age Group (years)	n	Motswana	Other African	European	Asian	Others
15-29	1564	96.7	3.1	0.0	0.1	0.1
30-44	1349	95.2	4.4	0.1	0.0	0.3
45-59	834	97.0	2.6	0.1	0.1	0.1
60-69	321	98.4	1.2	0.0	0.3	0.0
TOTAL	4068	96.4	3.3	0.0	0.1	0.1

Table 12 Ethnic group of participants

Among the STEPS survey participants, the great majority of the ethnic groups were Motswana while 3.6% were other African, European and from other nations.

		Marital status					
Age Group (years)	n	Men					
		% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	561	94.5	0.5	0.0	0.0	0.0	5.0
30-44	419	60.6	20.5	0.7	1.2	0.5	16.5
45-59	248	34.7	40.7	1.2	4.8	4.0	14.5
60-69	89	19.1	56.2	0.0	3.4	5.6	15.7
15-69	1317	67.4	18.2	0.5	1.5	1.3	11.2

Table 13 Marital status of male participants

Marital status							
Age Group (years)	Women						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	1001	85.8	4.8	0.1	0.0	0.0	9.3
30-44	927	58.9	24.4	0.1	1.1	1.8	13.7
45-59	586	45.6	32.4	1.2	3.1	10.6	7.2
60-69	232	33.6	28.0	0.0	4.3	29.7	4.3
15-69	2746	63.7	19.3	0.3	1.4	5.4	9.9

Table 14 Marital status of female participants

Marital status							
Age Group (years)	Both Sexes						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	1562	88.9	3.3	0.1	0.0	0.0	7.7
30-44	1346	59.4	23.2	0.3	1.1	1.4	14.6
45-59	834	42.3	34.9	1.2	3.6	8.6	9.4
60-69	321	29.6	35.8	0.0	4.0	23.1	7.5
15-69	4063	64.9	18.9	0.4	1.4	4.1	10.3

Table 15 Marital status of both sexes

The marital statuses of the survey participants were diverse: 19.3% were only married and 64.9% were never married, while 10.3% were simply cohabiting and around 5.5% of them were widowed and divorced.

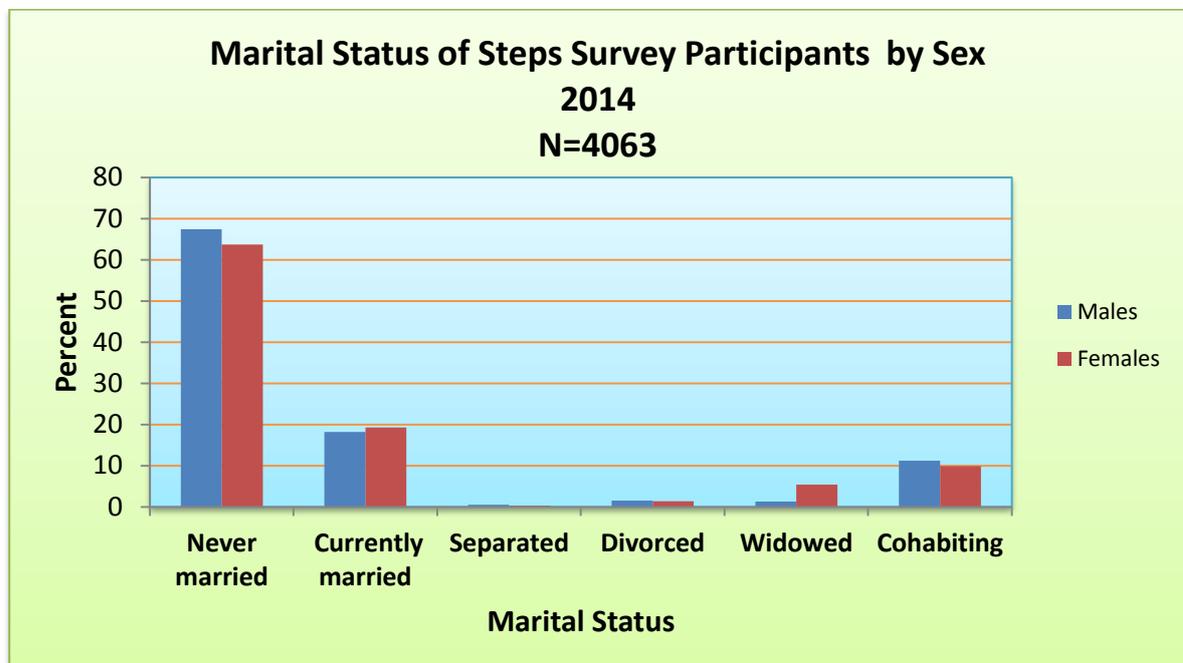


Figure 6 Marital status by sex

Employment status					
Age Group (years)	Men				
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	556	7.0	2.9	17.8	72.3
30-44	416	27.2	4.8	15.4	52.6
45-59	242	28.1	4.1	12.8	55.0
60-69	76	6.6	0.0	9.2	84.2
15-69	1290	17.4	3.6	15.6	63.4

Table 16 Employment status of males

Employment status					
Age Group (years)	Women				
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	986	7.1	1.3	9.9	81.6
30-44	914	17.7	3.0	11.9	67.4
45-59	545	17.6	1.5	5.5	75.4
60-69	186	7.0	0.5	1.1	91.4
15-69	2631	13.0	1.9	9.1	76.1

Table 17 Employment status of females

Employment status					
Age Group (years)	Both Sexes				
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	1542	7.1	1.9	12.8	78.3
30-44	1330	20.7	3.5	13.0	62.8
45-59	787	20.8	2.3	7.8	69.1
60-69	262	6.9	0.4	3.4	89.3
15-69	3921	14.4	2.4	11.2	71.9

Table 18 Employment status of both sexes

The comprehensive picture of the employment status of the participants is as stated in the above tables. It shows that as a government employee men are more than the females (17.4% versus 14.4% respectively). 71.9% of the whole participants were unpaid workers which include persons who are non-paid, students, homemakers, retired, and unemployed- i) able to work ii) Unable to work. Please see details are below.

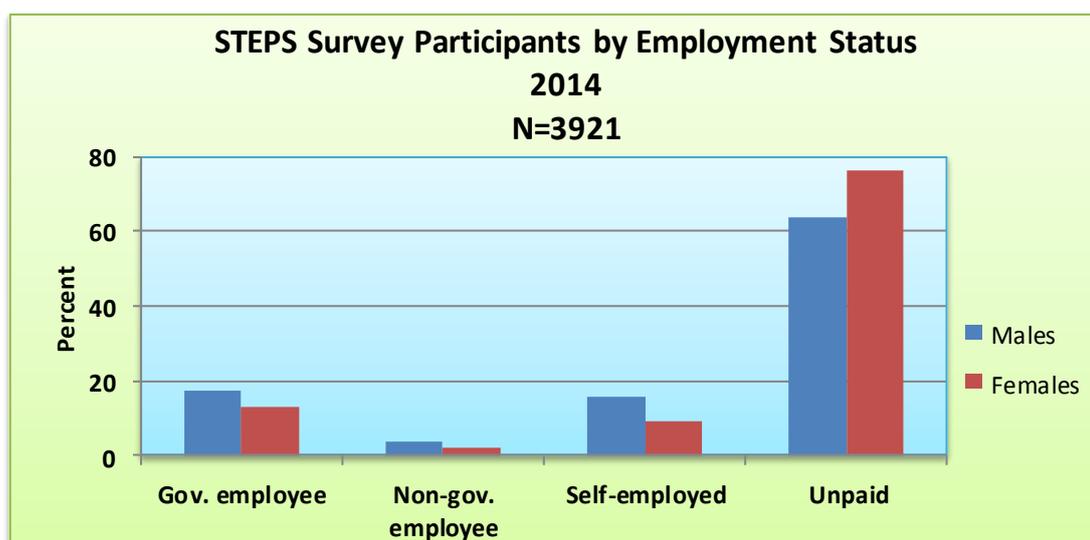


Figure 7 Employment status

Unpaid work and unemployed							
Men							
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-29	402	12.9	8.0	39.8	5.5	0.0	33.8
30-44	219	46.6	3.7	2.7	7.3	0.5	39.3
45-59	133	38.3	9.0	0.0	5.3	11.3	36.1
60-69	64	35.9	6.3	0.0	6.3	25.0	26.6
15-69	818	27.9	6.8	20.3	6.0	3.9	35.1

Table 19 Unpaid work and unemployed males

Unpaid work and unemployed							
Women							
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-29	805	5.3	7.1	30.9	13.2	0.1	43.4
30-44	616	20.6	8.8	2.3	16.4	0.6	51.3
45-59	411	17.0	13.1	0.0	19.2	4.6	46.0
60-69	170	12.9	12.4	0.0	21.8	21.2	31.8
15-69	2002	13.1	9.3	13.1	16.1	3.0	45.4

Table 20 Unpaid work & unemployed Females

Unpaid work and unemployed							
Both Sexes							
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-29	1207	7.9	7.4	33.9	10.6	0.1	40.2
30-44	835	27.4	7.4	2.4	14.0	0.6	48.1
45-59	544	22.2	12.1	0.0	15.8	6.3	43.6
60-69	234	19.2	10.7	0.0	17.5	22.2	30.3
15-69	2820	17.4	8.6	15.2	13.2	3.3	42.4

Table 21 Unpaid work both sexes

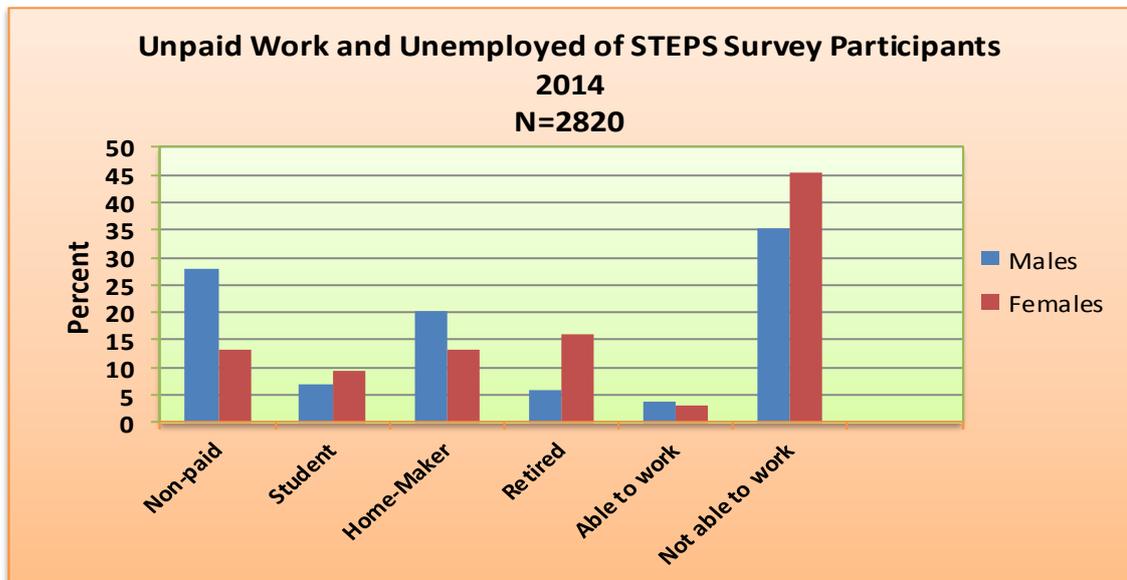


Figure 8 Unpaid work and Unemployed

Number of household members

Above 15-69 Years		
No. of people	Frequency	Percent
1-3	3387	83.6
4-6	596	14.7
>6	68	1.7
Total	4051	100.0

Table 22 Household residents 15-69 yrs.

It was not easy to collect information on household income either on daily, monthly, annual or mention an estimated annual income from the participants, yet some of them responded and the data was analysed showing the estimated household earnings.

Estimated household earnings in Pula					
n	% Quintile <5000	% Quintile 5000-9999	% Quintile 10000-14000	% Quintile 15000-19999	% Quintile >20000
92	63.0	9.8	7.6	4.3	15.2

Table 23 Estimated household earnings

Mean annual per capita income	
n	Mean
3046	20,799.8

Tobacco Use

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
15-29	561	25.1	20.8-29.5	1003	3.8	1.9-5.7	1564	15.0	12.4-17.5
30-44	418	40.1	32.1-48.2	930	3.7	2.2-5.1	1348	22.2	17.3-27.2
45-59	248	37.6	28.7-46.4	585	7.8	4.2-11.4	833	21.5	16.3-26.7
60-69	89	30.9	16.7-45.2	232	12.3	0.6-24.0	321	20.8	11.6-29.9
15-69	1316	31.4	27.5-35.3	2750	4.9	3.5-6.2	4066	18.3	15.9-20.7

Table 24 Current smokers both

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
15-29	157	74.8	65.7-83.8	29	53.7	24.9-82.5	186	72.2	63.1-81.3
30-44	143	83.7	75.2-92.1	39	71.4	52.7-90.0	182	82.7	74.4-90.9
45-59	86	92.5	86.7-98.2	30	89.4	78.5-100.0	116	91.9	86.9-96.9
60-69	27	76.6	50.4-100.0	15	89.9	72.1-100.0	42	80.9	61.8-99.9
15-69	413	81.0	75.9-86.0	113	71.8	56.4-87.3	526	79.8	74.8-84.8

Table 25 Current daily smokers

Percentage of male **current smokers** is 7 times higher to that of the females. The overall smoking status of the people in the country is 18.3%.

There were 413 male and 113 female daily current smokers.

Smoking status									
Age Group (years)	n	Men							
		Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
15-29	561	18.8	14.8-22.8	6.3	3.8-8.9	10.4	6.5-14.3	64.5	59.1-69.8
30-44	418	33.6	25.1-42.0	6.6	3.3-9.8	13.0	8.4-17.6	46.9	38.9-54.9
45-59	248	34.8	25.9-43.6	2.8	0.7-5.0	22.4	15.9-28.9	40.0	32.4-47.6
60-69	89	23.7	11.3-36.1	7.3	0.0-16.5	15.0	6.9-23.0	54.1	38.8-69.5
15-69	1316	25.4	21.9-29.0	6.0	4.2-7.7	13.0	10.4-15.6	55.6	51.5-59.8

Table 26 Smoking status males

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
15-29	1003	2.0	1.0-3.1	1.8	0.1-3.5	2.6	1.5-3.7	93.6	91.4-95.8
30-44	930	2.6	1.4-3.8	1.0	0.2-1.9	4.0	2.4-5.5	92.4	90.2-94.5
45-59	585	7.0	3.6-10.4	0.8	0.0-1.7	6.2	2.5-9.8	86.0	81.3-90.8
60-69	232	11.1	0.0-22.8	1.2	0.0-3.1	9.0	3.5-14.5	78.7	67.2-90.2
15-69	2750	3.5	2.4-4.6	1.4	0.5-2.3	3.9	2.9-5.0	91.2	89.3-93.1

Table 27 Smoking status females

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
15-29	1564	10.8	8.5-13.1	4.2	2.6-5.7	6.7	4.5-8.8	78.3	75.3-81.4
30-44	1348	18.4	13.4-23.3	3.9	2.1-5.6	8.6	6.1-11.0	69.2	64.1-74.4
45-59	833	19.8	14.7-24.9	1.7	0.7-2.8	13.7	10.1-17.2	64.8	59.6-70.1
60-69	321	16.8	8.3-25.2	4.0	0.0-8.3	11.7	7.1-16.3	67.5	58.5-76.5
15-69	4066	14.6	12.4-16.8	3.7	2.7-4.7	8.5	7.1-9.9	73.2	70.6-75.8

Table 28 Smoking status both

Looking at the smoking status of each sex, there are more daily smoking in males compared to that of the females. In general, out of 4066 participants, 14.6% of both sexes smoke daily. 3.7%, non-daily, 8.5% were former smokers but none currently and 73.2% had never smoked.

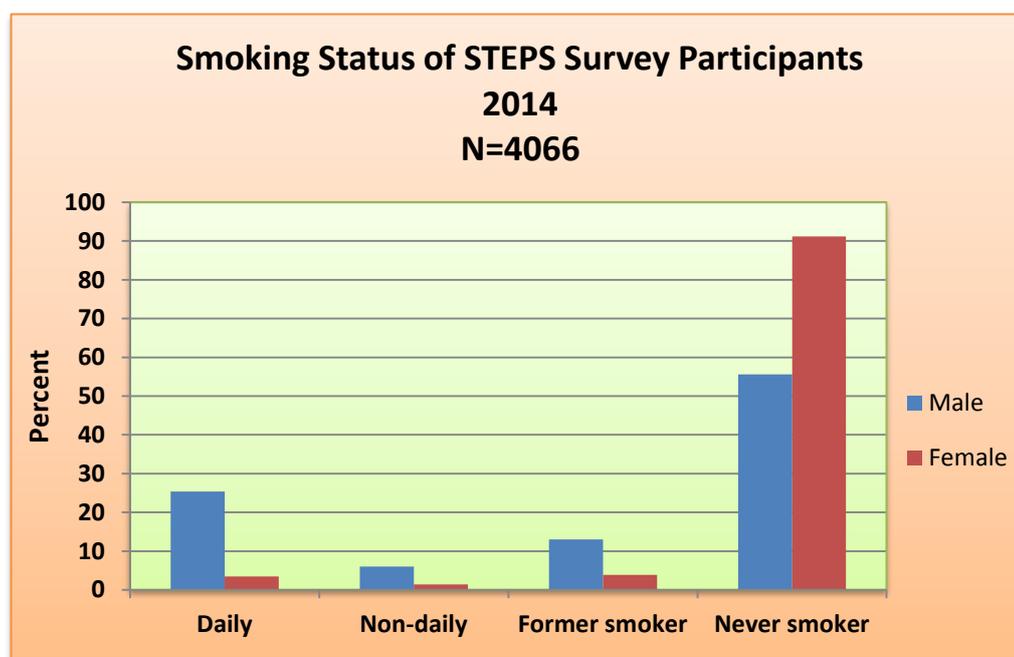


Figure 9 Smoking statuses of participants

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
15-29	108	18.6	18.0-19.3	18	19.0	16.1-21.8	126	18.6	18.0-19.3
30-44	110	21.6	19.9-23.2	25	24.3	19.9-28.7	135	21.7	20.2-23.3
45-59	65	25.2	21.7-28.6	21	31.2	23.7-38.7	86	26.3	22.9-29.6
60-69	19	25.6	22.9-28.3	12	44.1	34.7-53.6	31	32.4	23.7-41.2
15-69	302	21.2	20.2-22.1	76	28.5	22.2-34.9	378	22.0	20.8-23.2

Table 29 Mean age started smoking

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
15-29	108	5.9	5.2-6.5	18	5.6	2.6-8.7	126	5.9	5.2-6.5
30-44	110	16.1	13.7-18.5	25	14.0	10.0-17.9	135	15.9	13.6-18.2
45-59	65	26.6	23.0-30.2	21	18.6	9.2-28.1	86	25.2	21.5-28.8
60-69	19	36.5	33.6-39.4	12	18.8	8.0-29.7	31	30.0	21.2-38.9
15-69	302	14.6	12.7-16.6	76	13.7	10.6-16.8	378	14.5	12.7-16.4

Table 30 Mean duration of smoking

The mean age males start smoking is 21.2 years while females start in later ages at 28.5 years of age. The mean duration of smoking in years is the same between males and females.

Manufactured cigarette smokers among daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
15-29	111	96.1	91.7-100.0	17	65.9	40.6-91.2	128	93.5	87.8-99.1
30-44	112	87.5	78.9-96.1	27	46.9	24.3-69.5	139	84.9	76.4-93.4
45-59	71	78.2	64.4-92.0	26	41.5	10.3-72.7	97	71.2	58.1-84.2
60-69	22	37.6	12.0-63.3	13	13.1	0.0-33.9	35	28.8	8.2-49.5
15-69	316	87.0	81.1-92.9	83	44.2	26.7-61.7	399	82.0	76.2-87.8

Table 31 Manufactured cig. Smokers among daily

Manufactured cigarette smokers among current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
15-29	153	96.7	93.3-100.0	26	76.8	57.2-96.3	179	94.4	90.1-98.7
30-44	136	88.0	80.6-95.4	38	51.7	32.0-71.4	174	85.2	77.9-92.5
45-59	81	78.8	65.8-91.8	29	39.6	10.1-69.1	110	71.2	58.9-83.5
60-69	27	52.2	24.1-80.4	14	15.8	0.0-38.6	41	41.1	15.3-66.8
15-69	397	88.6	83.6-93.5	107	52.9	36.4-69.4	504	84.1	79.2-88.9

Table 32 Manufactured cig. smokers among current

82.0% of daily smokers and 84.1% of the current smokers of both sexes use manufactured cigarettes.

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	110	5.0	4.0-6.0	113	1.8	0.7-2.9	114.0	0.6	0.0-1.7
30-44	111	6.5	4.8-8.1	111	3.0	1.1-4.9	114.0	0.2	0.0-0.5
45-59	70	5.7	3.6-7.8	71	2.2	1.1-3.4	73.0	0.1	0.0-0.1
60-69	22	1.3	0.3-2.3	19	6.0	2.4-9.6	22.0	0.0	-----
15-69	313	5.5	4.7-6.4	314	2.5	1.6-3.5	323.0	0.3	0.0-0.8

Table 33 Mean type of tobacco used by type males

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Men								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	113	0.3	0.0-0.7	114	0.0	-----	113	0.1	0.0-0.2
30-44	114	0.2	0.0-0.4	114	0.0	0.0-0.0	113	0.3	0.0-0.7
45-59	74	0.0	-----	74	0.0	-----	74	0.4	0.0-0.9
60-69	22	0.1	0.0-0.4	22	0.0	-----	21	0.1	0.0-0.3
15-69	323	0.2	0.0-0.4	324	0.0	0.0-0.0	321	0.2	0.1-0.4

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of manufactured cig.	95% CI	N	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	17	3.0	1.5-4.5	18	1.1	0.0-2.2	19	0.0	-----
30-44	27	2.4	0.7-4.1	26	1.3	0.0-2.6	28	0.2	0.0-0.7
45-59	25	1.1	0.4-1.9	25	2.7	0.4-4.9	26	0.0	-----
60-69	13	0.6	0.0-1.5	13	0.6	0.0-1.7	13	0.0	-----
15-69	82	1.8	1.0-2.6	82	1.6	0.6-2.5	86	0.1	0.0-0.2

Table 34 Mean amount of tobacco used by type females

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	N	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	19	0.3	0.0-1.0	19	0.0	-----	19	0.6	0.0-1.8
30-44	28	0.1	0.0-0.3	28	0.0	-----	26	1.4	0.3-2.5
45-59	26	0.4	0.0-1.3	26	0.2	0.0-0.6	24	1.5	0.0-3.0
60-69	13	0.0	-----	13	0.0	-----	11	0.8	0.0-1.8
15-69	86	0.2	0.0-0.6	86	0.1	0.0-0.2	80	1.1	0.4-1.8

The mean number of manufactured cigarette used by 313 male daily smokers was 5.5; hand rolled 2.5; pipes of tobacco 0.3; cigarillo 0.2; and other tobacco types 0.2; whereas the mean amount of manufactured cigarettes used in daily smoking females was 1.8; hand rolled 1.6; pipes, cigarillos shishas less than 1.0 and other types of tobacco 1.1.

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of manufactu red cig.	95% CI	N	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	127	4.9	3.9-5.8	131	1.7	0.7-2.8	133	0.5	0.0-1.5
30-44	138	6.2	4.6-7.8	137	2.9	1.1-4.7	142	0.2	0.0-0.5
45-59	95	4.8	3.3-6.4	96	2.3	1.3-3.3	99	0.0	0.0-0.1
60-69	35	1.0	0.2-1.9	32	3.9	0.8-7.1	35	0.0	-----
15-69	395	5.1	4.3-5.9	396	2.4	1.5-3.3	409	0.3	0.0-0.7

Table 35 Mean tobacco use by type both

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	N	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	132	0.3	0.0-0.7	133	0.0	-----	132	0.1	0.0-0.2
30-44	142	0.2	0.0-0.3	142	0.0	0.0-0.0	139	0.4	0.0-0.8
45-59	100	0.1	0.0-0.2	100	0.0	0.0-0.0	98	0.6	0.2-1.0
60-69	35	0.1	0.0-0.3	35	0.0	-----	32	0.3	0.0-0.6
15-69	409	0.2	0.0-0.4	410	0.0	0.0-0.0	401	0.3	0.2-0.5

The mean number daily smokers using manufactured cigarettes of 5.1; hand rolled 2.4; cigarillos and other types of tobacco less than 0.5 in both sexes.

Percentage of current smokers smoking each of the following products							
Age Group (years)	Men						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
15-29	157	94.8	90.9-98.7	28.6	17.9-39.3	1.6	0.0-3.8
30-44	143	86.0	78.3-93.8	43.4	27.8-59.0	5.4	0.0-11.7
45-59	86	76.8	64.0-89.6	44.7	27.7-61.7	1.9	0.0-5.0
60-69	27	52.2	24.1-80.4	59.1	31.6-86.5	0.0	0.0-0.0
15-69	413	86.8	81.8-91.7	38.0	29.3-46.7	3.0	0.4-5.6

Table 36 Current smokers by type of product - Males

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
15-29	157	1.1	0.0-2.4	0.0	0.0-0.0	7.8	0.0-16.8
30-44	143	5.3	0.0-11.5	0.9	0.0-2.8	4.8	0.7-8.8
45-59	86	0.0	0.0-0.0	0.0	0.0-0.0	20.1	1.1-39.0
60-69	27	1.7	0.0-5.0	0.0	0.0-0.0	7.9	0.0-17.6
15-69	413	2.5	0.0-5.0	0.3	0.0-1.0	8.6	3.3-13.9

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
15-29	29	70.2	49.0-91.3	14.1	0.0-28.6	0.0	0.0-0.0
30-44	39	48.6	29.0-68.2	18.7	2.9-34.5	3.5	0.0-10.3
45-59	30	38.1	9.6-66.6	31.9	10.2-53.7	0.0	0.0-0.0
60-69	15	14.6	0.0-35.0	13.9	0.0-33.6	0.0	0.0-0.0
15-69	113	49.4	33.7-65.1	19.6	8.9-30.3	0.7	0.0-2.2

Table 37 Current smokers by type of product – Females

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
15-29	29	3.7	0.0-9.2	0.0	0.0-0.0	12.3	0.0-27.5
30-44	39	3.5	0.0-10.3	0.0	0.0-0.0	40.5	20.1-60.9
45-59	30	3.7	0.0-11.0	3.7	0.0-11.0	27.4	8.6-46.3
60-69	15	0.0	0.0-0.0	0.0	0.0-0.0	18.3	0.0-47.1
15-69	113	3.1	0.0-6.3	1.0	0.0-2.9	23.1	12.4-33.8

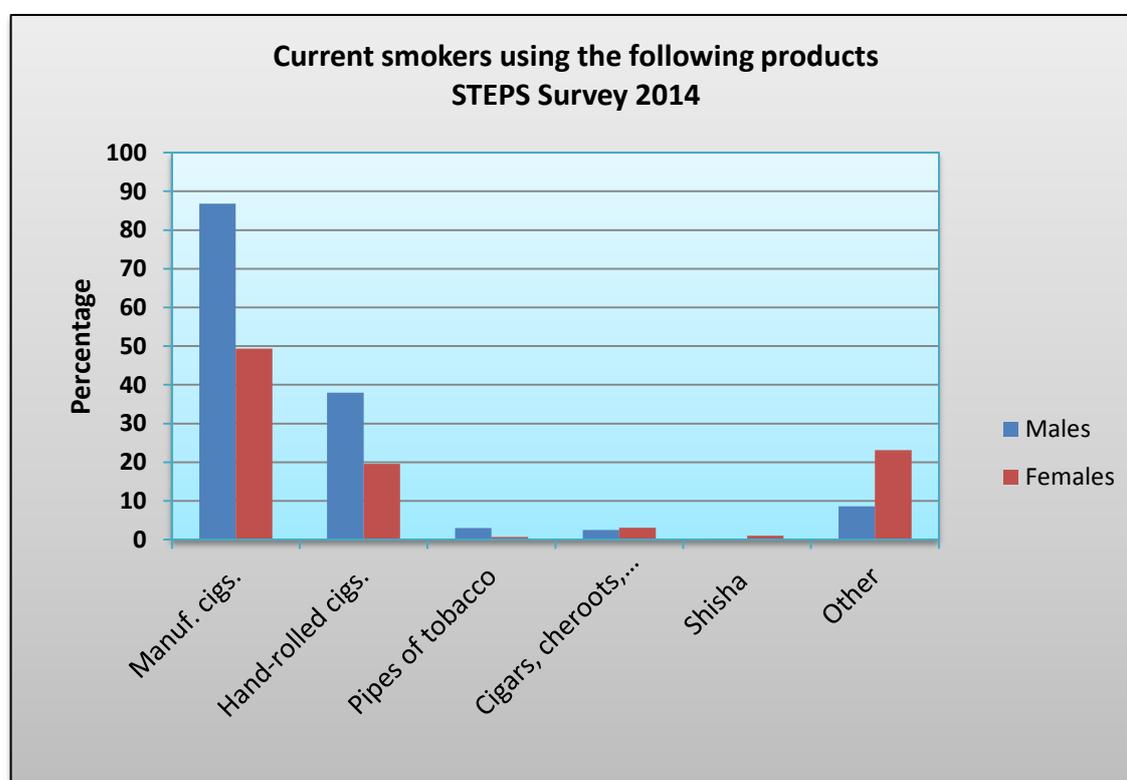


Figure 10 Current smokers with type of products

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
15-29	186	91.9	87.1-96.6	26.8	17.0-36.6	1.4	0.0-3.4
30-44	182	83.0	75.4-90.7	41.4	26.6-56.2	5.2	0.0-11.0
45-59	116	69.2	57.2-81.2	42.2	28.9-55.5	1.5	0.0-4.0
60-69	42	40.1	14.9-65.2	44.5	20.2-68.7	0.0	0.0-0.0
15-69	526	81.9	77.0-86.7	35.6	27.8-43.4	2.7	0.4-5.0

Table 38 Percentage of Current smokers – Both

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
15-29	186	1.4	0.1-2.7	0.0	0.0-0.0	8.3	0.3-16.4
30-44	182	5.1	0.0-10.9	0.9	0.0-2.6	7.6	3.2-12.0
45-59	116	0.7	0.0-2.1	0.7	0.0-2.1	21.5	6.8-36.3
60-69	42	1.1	0.0-3.4	0.0	0.0-0.0	11.2	0.2-22.3
15-69	526	2.6	0.4-4.8	0.4	0.0-1.1	10.5	6.0-15.0

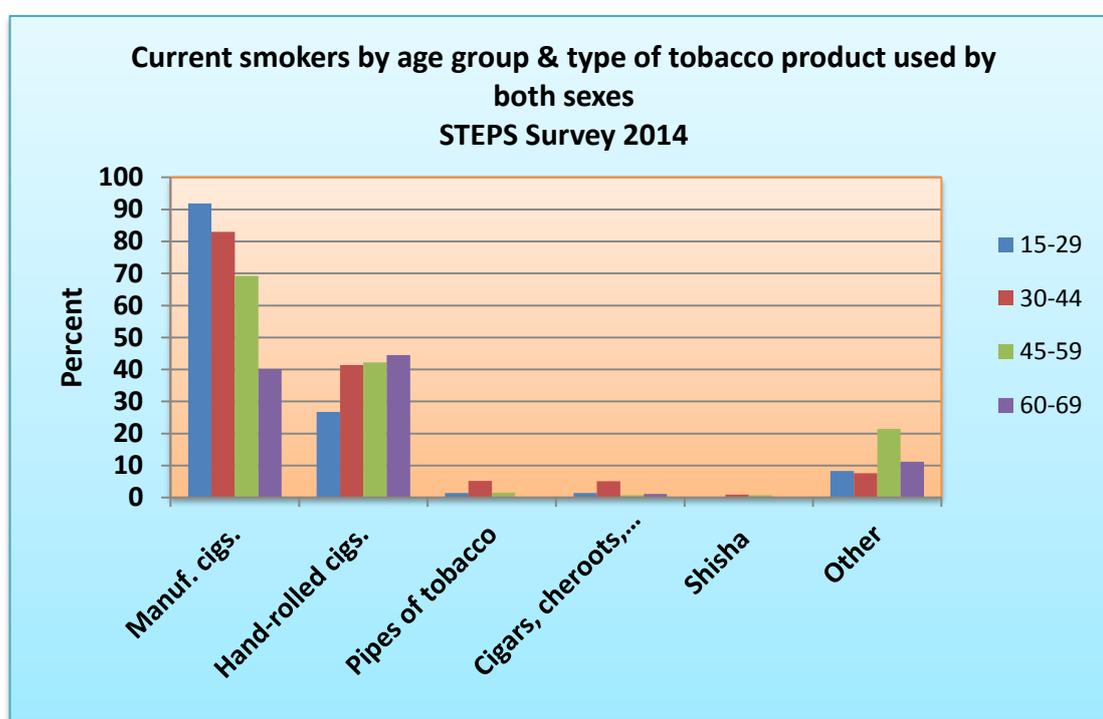


Figure 11 Smokers by age group & tobacco type

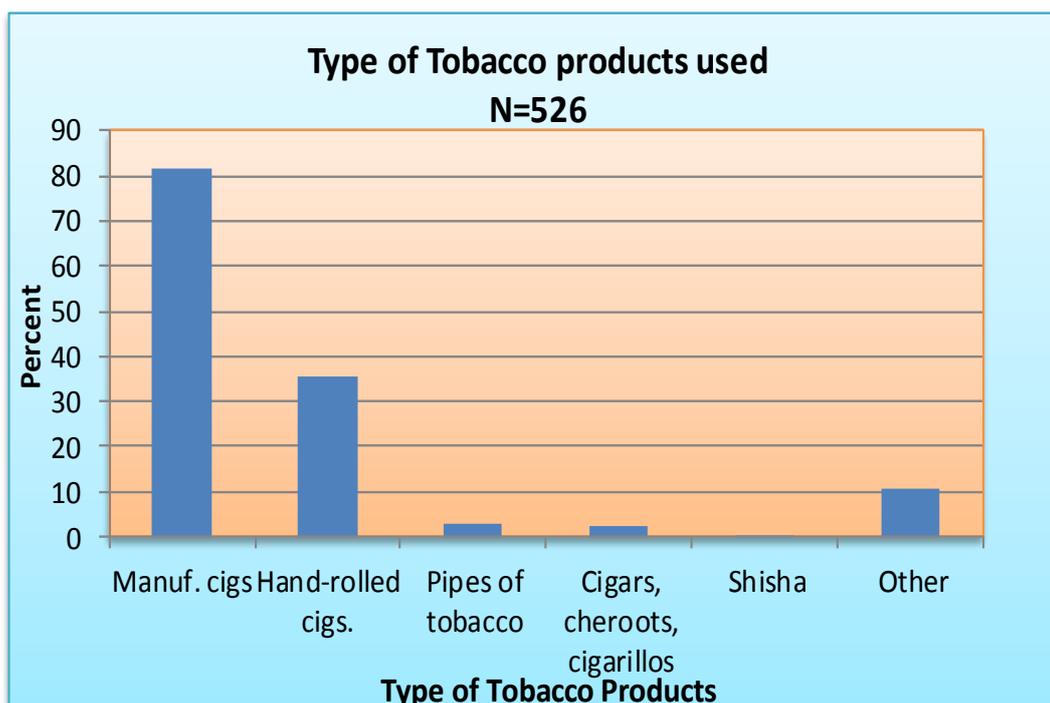


Figure 12 Type of tobacco products used

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	n	Men									
		% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	107	50.9	37.1-64.8	24.4	13.9-34.9	13.7	7.1-20.4	7.3	0.0-14.7	3.6	0.0-7.7
30-44	106	22.8	12.3-33.4	25.9	15.0-36.9	34.1	15.3-52.8	15.6	4.0-27.2	1.6	0.0-3.7
45-59	66	36.9	17.2-56.6	21.8	10.4-33.1	22.3	9.0-35.7	19.0	4.3-33.7	0.0	0.0-0.0
60-69	17	35.8	14.2-57.4	21.5	0.0-46.8	21.0	0.1-41.9	21.7	0.0-54.4	0.0	0.0-0.0
15-69	296	37.0	28.5-45.5	24.4	18.1-30.8	23.4	14.3-32.4	13.1	7.3-19.0	2.1	0.2-3.9

Table 39 Daily quantities of tobacco type used – Males

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	n	Women									
		% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	14	28.2	0.0-59.3	68.5	37.1-99.9	3.3	0.0-10.3	0.0	0.0-0.0	-	-
30-44	17	71.6	47.9-95.4	9.9	0.0-22.9	0.0	0.0-0.0	18.4	0.0-40.0	-	-
45-59	13	52.1	12.8-91.5	18.9	0.0-41.7	22.9	0.0-52.2	6.1	0.0-18.8	-	-
60-69	6	51.4	2.5-100.0	8.2	0.0-25.6	33.2	0.0-84.4	7.1	0.0-22.3	-	-
15-69	50	46.7	26.8-66.6	35.6	15.8-55.5	11.4	1.2-21.6	6.2	0.0-13.0	-	-

Table 40 Daily quantities of tobacco type used - Females

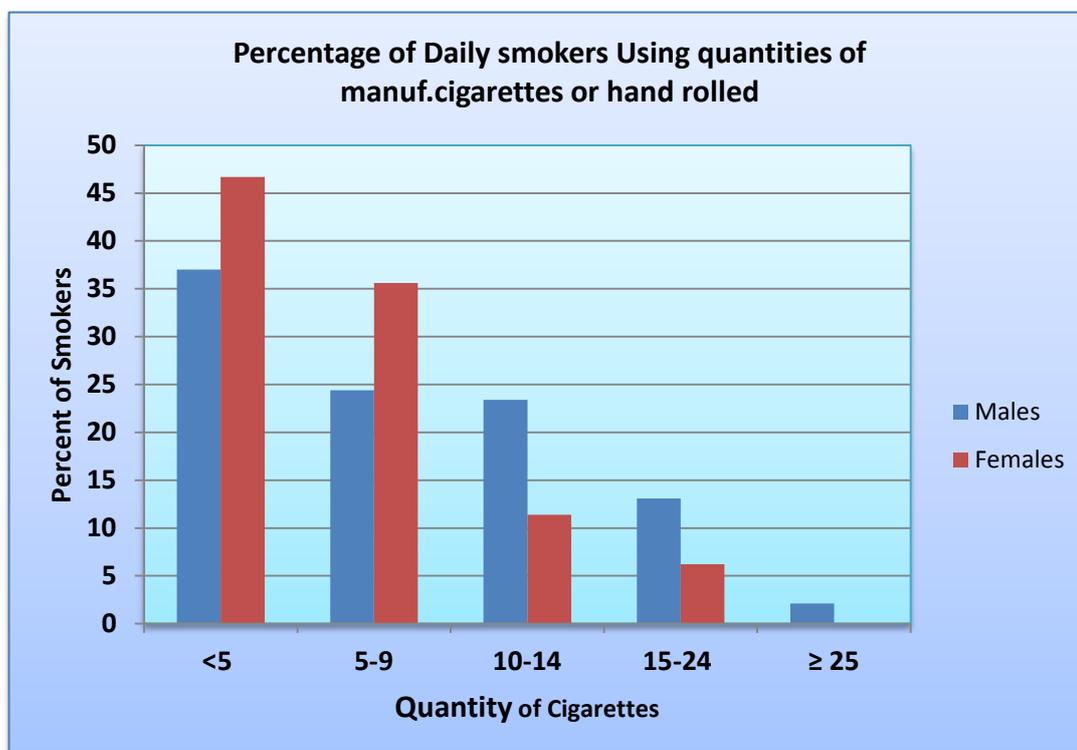


Figure 13 Quantity of tobacco used

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	n	Both Sexes									
		% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	121	49.2	35.7-62.7	27.8	17.2-38.4	12.9	6.7-19.2	6.8	0.0-13.6	3.3	0.0-7.1
30-44	123	24.9	14.3-35.5	25.3	14.8-35.7	32.6	14.3-50.9	15.7	4.6-26.8	1.5	0.0-3.5
45-59	79	39.2	22.3-56.2	21.3	10.0-32.6	22.4	9.8-35.1	17.0	4.5-29.5	0.0	0.0-0.0
60-69	23	37.6	17.9-57.2	20.0	0.0-42.5	22.4	2.0-42.7	20.1	0.0-49.5	0.0	0.0-0.0
15-69	346	37.8	29.7-45.8	25.3	19.1-31.6	22.4	14.0-30.9	12.6	7.1-18.0	1.9	0.2-3.6

Table 41 Daily quantities of tobacco type used – Both

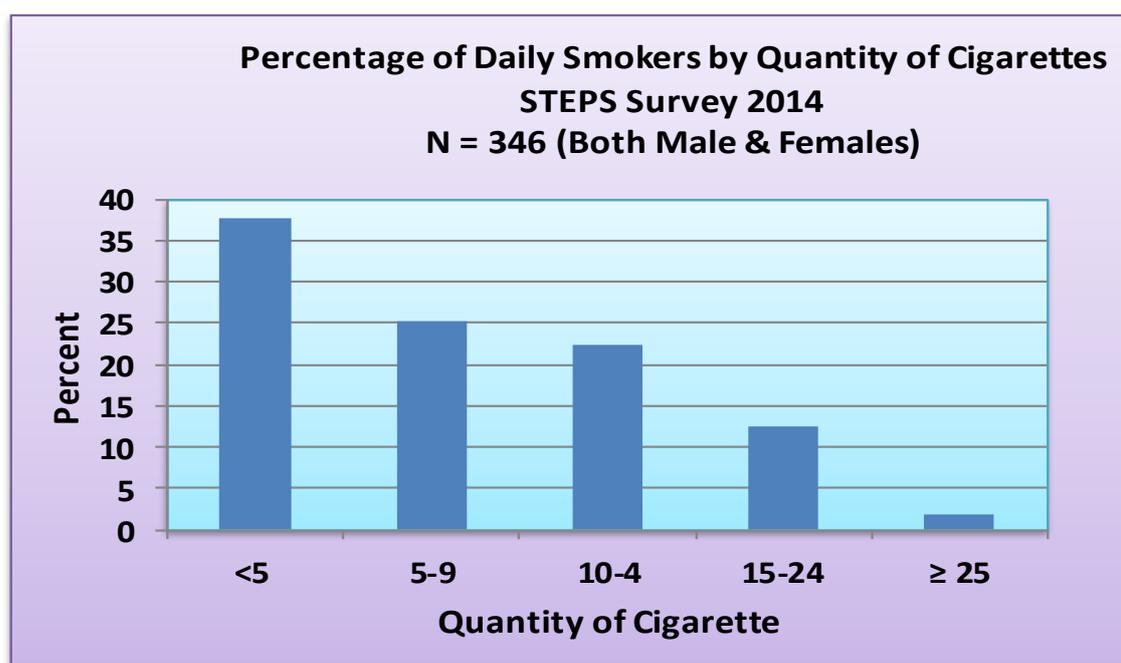


Figure 14 Quantity of cigarettes used – Both

Former daily smokers among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
15-29	561	7.9	4.3-11.5	1003	1.4	0.0-2.9	1564	4.8	2.7-6.8
30-44	418	11.5	7.0-16.1	930	2.3	1.1-3.5	1348	7.0	4.6-9.4
45-59	248	19.4	13.3-25.5	585	4.4	1.5-7.3	833	11.3	8.0-14.6
60-69	89	18.4	7.3-29.6	232	7.2	2.2-12.3	321	12.3	6.8-17.8
15-69	1316	11.0	8.4-13.5	2750	2.4	1.3-3.6	4066	6.8	5.4-8.1

Table 42 Former daily smokers among all

Former daily smokers among ever daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
15-29	154	29.6	18.3-40.8	30	40.0	8.3-71.6	184	30.7	19.9-41.4
30-44	168	25.6	15.3-35.9	50	46.8	29.1-64.4	218	27.6	18.0-37.2
45-59	122	35.8	24.4-47.2	50	38.7	18.4-58.9	172	36.4	25.9-46.8
60-69	39	43.8	22.4-65.1	26	39.5	5.6-73.4	65	42.3	24.4-60.3
15-69	483	30.1	23.9-36.3	156	41.1	26.6-55.6	639	31.6	25.9-37.4

Table 43 Former smokers among ever daily

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
15-29	53	2.0	1.1-2.9	30	3.8	2.6-5.0	83	2.3	1.5-3.1
30-44	62	5.9	4.1-7.6	36	7.1	4.7-9.6	98	6.2	4.7-7.6
45-59	57	19.3	15.6-23.0	25	12.1	6.3-18.0	82	17.9	14.7-21.1
60-69	18	18.8	13.2-24.4	13	15.8	7.9-23.7	31	17.6	13.0-22.3
15-69	190	8.0	6.1-9.8	104	8.1	5.8-10.4	294	8.0	6.4-9.5

Table 44 Mean years since cessation

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
15-29	157	65.5	56.0-74.9	29	34.1	10.9-57.2	186	61.7	52.4-71.0
30-44	143	53.5	40.1-67.0	39	57.1	36.6-77.6	182	53.8	41.4-66.2
45-59	86	49.7	34.4-64.9	30	33.7	11.6-55.9	116	46.6	32.3-60.8
60-69	27	58.5	37.8-79.2	15	71.4	36.9-100.0	42	62.7	44.4-80.9
15-69	413	58.2	51.7-64.8	113	44.3	29.2-59.3	526	56.4	50.0-62.7

Table 45 Smokers who have tried to stop

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
15-29	127	34.0	22.2-45.8	29	48.1	20.6-75.6	156	36.0	25.3-46.8
30-44	123	42.6	28.8-56.4	37	49.9	29.7-70.0	160	43.3	30.6-56.1
45-59	80	42.4	27.4-57.5	30	46.8	19.2-74.4	110	43.3	31.4-55.2
60-69	25	63.5	37.7-89.3	14	51.6	33.9-69.3	39	59.6	40.4-78.8
15-69	355	40.0	32.4-47.7	110	48.6	35.0-62.3	465	41.4	34.7-48.1

Table 46 Advised by health workers to stop smoking

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
15-29	561	0.6	0.0-1.2	1003	2.1	0.8-3.3	1564	1.3	0.6-2.0
30-44	418	2.2	0.6-3.8	930	7.2	4.4-9.9	1348	4.6	3.0-6.3
45-59	248	2.8	0.0-5.8	585	11.5	7.6-15.4	833	7.5	4.6-10.4
60-69	89	3.5	0.0-7.2	232	27.0	15.5-38.5	321	16.3	8.7-24.0
15-69	1316	1.5	0.8-2.2	2750	6.5	4.9-8.1	4066	3.9	3.0-4.9

Table 47 Current smokeless tobacco users

Smokeless tobacco use									
Age Group (years)	n	Men							
		Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	561	0.3	0.0-0.6	0.3	0.0-0.8	1.0	0.0-2.0	98.4	97.3-99.6
30-44	418	0.3	0.0-0.6	1.9	0.4-3.5	0.2	0.0-0.5	97.6	96.0-99.2
45-59	248	1.5	0.0-4.1	1.3	0.0-2.9	1.8	0.0-4.1	95.4	91.7-99.0
60-69	89	2.2	0.0-4.7	1.4	0.0-4.0	0.4	0.0-1.1	96.1	92.3-99.9
15-69	1316	0.5	0.1-1.0	0.9	0.4-1.5	0.9	0.2-1.5	97.7	96.8-98.6

Table 48 Smokeless tobacco use males

Smokeless tobacco use									
Age Group (years)	n	Women							
		Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	1003	1.6	0.4-2.7	0.5	0.0-1.0	1.5	0.5-2.5	96.4	94.8-98.0
30-44	930	5.4	3.0-7.8	1.7	0.4-3.1	3.1	1.5-4.8	89.7	86.6-92.8
45-59	585	10.0	6.3-13.7	1.5	0.5-2.5	3.8	2.0-5.7	84.7	80.2-89.1
60-69	232	19.6	11.9-27.3	7.4	0.9-13.9	7.2	2.7-11.7	65.7	53.2-78.3
15-69	2750	5.0	3.6-6.5	1.4	0.8-2.0	2.7	1.8-3.6	90.8	89.0-92.7

Table 49 Smokeless tobacco use females

Smokeless tobacco use									
Age Group (years)	Both Sexes								
	n	Current user				Non user			
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	1564	0.9	0.3-1.5	0.4	0.0-0.7	1.3	0.6-2.0	97.4	96.5-98.4
30-44	1348	2.8	1.6-4.0	1.9	0.8-2.9	1.6	0.8-2.5	93.7	91.9-95.6
45-59	833	6.1	3.3-8.9	1.4	0.5-2.3	2.9	1.5-4.3	89.6	86.4-92.7
60-69	321	11.7	6.6-16.8	4.7	0.7-8.6	4.1	1.5-6.7	79.6	71.0-88.1
15-69	4066	2.8	2.0-3.6	1.2	0.7-1.6	1.8	1.2-2.3	94.3	93.2-95.4

Table 50 Smokeless tobacco use – Both

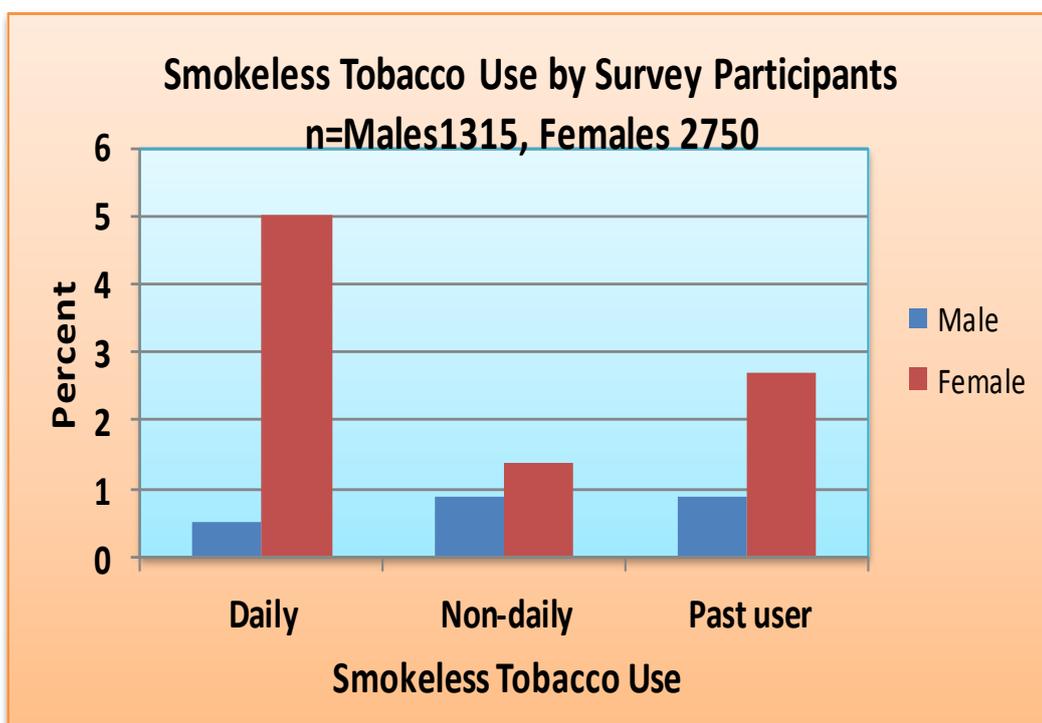


Figure 15 Smokeless tobacco users

Former daily smokeless tobacco users 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
15-29	560	0.5	0.0-1.4	1003	0.9	0.2-1.5	1563	0.7	0.2-1.2
30-44	418	0.5	0.0-1.3	930	3.0	1.2-4.7	1348	1.7	0.8-2.7
45-59	248	2.9	0.2-5.7	585	3.3	1.7-5.0	833	3.2	1.6-4.7
60-69	89	0.0	0.0-0.0	232	10.2	4.9-15.5	321	5.6	2.5-8.6
15-69	1315	0.8	0.2-1.4	2750	2.4	1.6-3.2	4065	1.6	1.1-2.1

Table 51 Former smokeless tobacco users among all

Former daily smokeless tobacco users among ever daily users									
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
15-29	6	65.7	18.1-100.0	23	35.5	10.5-60.6	29	43.7	18.4-69.0
30-44	5	66.6	18.6-100.0	66	35.3	17.7-52.9	71	38.1	21.2-55.0
45-59	7	65.9	16.6-100.0	89	25.1	14.3-35.9	96	34.1	18.8-49.4
60-69	3	0.0	0.0-0.0	60	34.2	20.3-48.0	63	32.2	19.0-45.4
15-69	21	61.1	32.7-89.5	238	32.1	23.3-41.0	259	36.7	27.5-45.9

Table 52 Former daily smokeless tobacco users among ever daily users

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	Men			Men			Both Sexes		
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
15-29	2	0.0	-----	2	4.0	-----	3	0	-----
30-44	2	4.2	0.0-10.0	2	1.6	0.0-4.9	2	0	-----
45-59	2	4.6	3.2-5.9	2	4.6	3.2-5.9	2	0	-----
60-69	3	0.5	0.0-1.6	3	2.2	0.5-3.9	3	0	-----
15-69	9	2.8	0.1-5.5	9	3.5	1.7-5.3	10	0	-----

Table 53 Mean time per day smokeless tobacco used – Males

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Men			Men		
	n	Betel, quid	95% CI	n	Other	95% CI
15-29	3	0	-----	3	0	-----
30-44	2	0	-----	2	0	-----
45-59	2	0	-----	2	0	-----
60-69	3	0	-----	3	0	-----
15-69	10	0	-----	10	0	-----

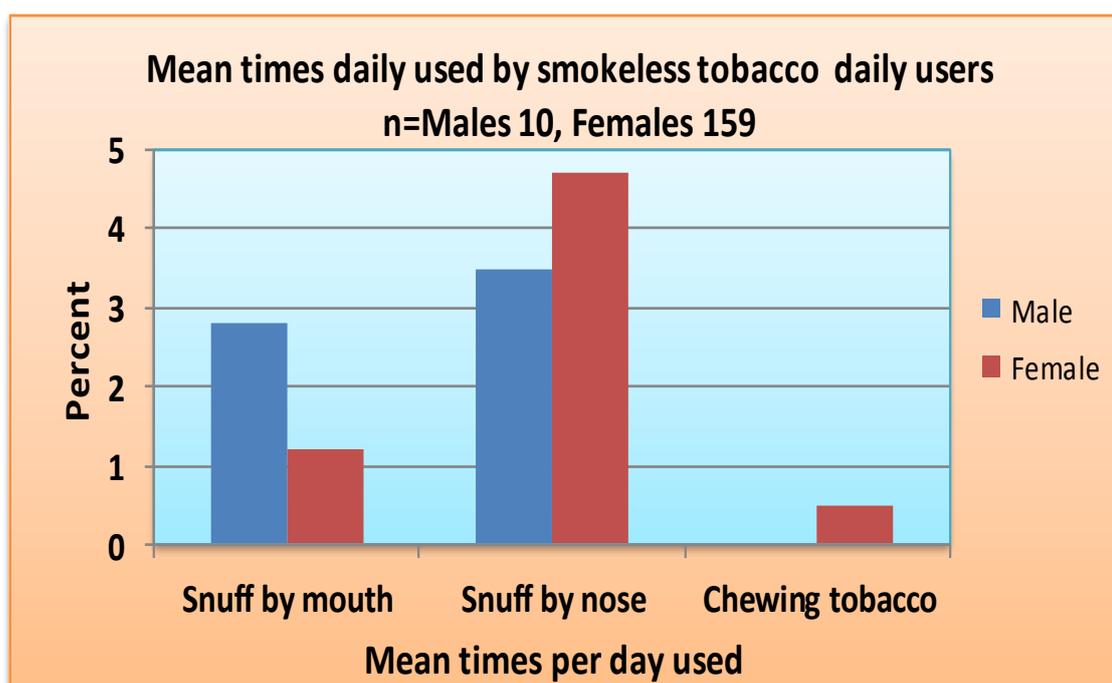


Figure 16 Mean times daily used by smokeless users

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	Women								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
15-29	13	1.8	0.3-3.2	14	7.0	0.0-15.5	14	0.5	0.0-1.6
30-44	43	1.0	0.1-1.9	40	4.6	3.2-5.9	45	0.0	-----
45-59	63	1.4	0.2-2.7	55	4.6	3.3-6.0	62	1.2	0.0-3.3
60-69	34	0.9	0.2-1.7	33	3.5	2.7-4.3	36	0.3	0.0-0.8
15-69	153	1.2	0.5-1.9	142	4.7	3.0-6.4	157	0.5	0.0-1.2

Table 54 Mean time/d smokeless tobacco used – Females

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Women					
	n	Betel, quid	95% CI	n	Other	95% CI
15-29	15	0	-----	15	0.0	-----
30-44	44	0	-----	45	0.1	0.0-0.4
45-59	63	0	-----	63	0.0	0.0-0.0
60-69	36	0	-----	36	0.0	-----
15-69	158	0	-----	159	0.0	0.0-0.1

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type									
Age Group (years)	Both Sexes								
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI
15-29	15	1.6	0.2-2.9	16	6.7	0.0-14.3	17	0.4	0.0-1.3
30-44	45	1.2	0.1-2.2	42	4.4	3.1-5.7	47	0.0	-----
45-59	65	1.8	0.2-3.4	57	4.6	3.4-5.8	64	1.1	0.0-2.8
60-69	37	0.9	0.2-1.6	36	3.4	2.6-4.1	39	0.3	0.0-0.8
15-69	162	1.4	0.6-2.2	151	4.6	3.1-6.2	167	0.5	0.0-1.1

Table 55 Mean time/d smokeless tobacco used – Both

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type						
Age Group (years)	Both Sexes					
	n	Betel, quid	95% CI	n	Other	95% CI
15-29	18	0	-----	18	0.0	-----
30-44	46	0	-----	47	0.1	0.0-0.3
45-59	65	0	-----	65	0.0	0.0-0.0
60-69	39	0	-----	39	0.0	-----
15-69	168	0	-----	169	0.0	0.0-0.0

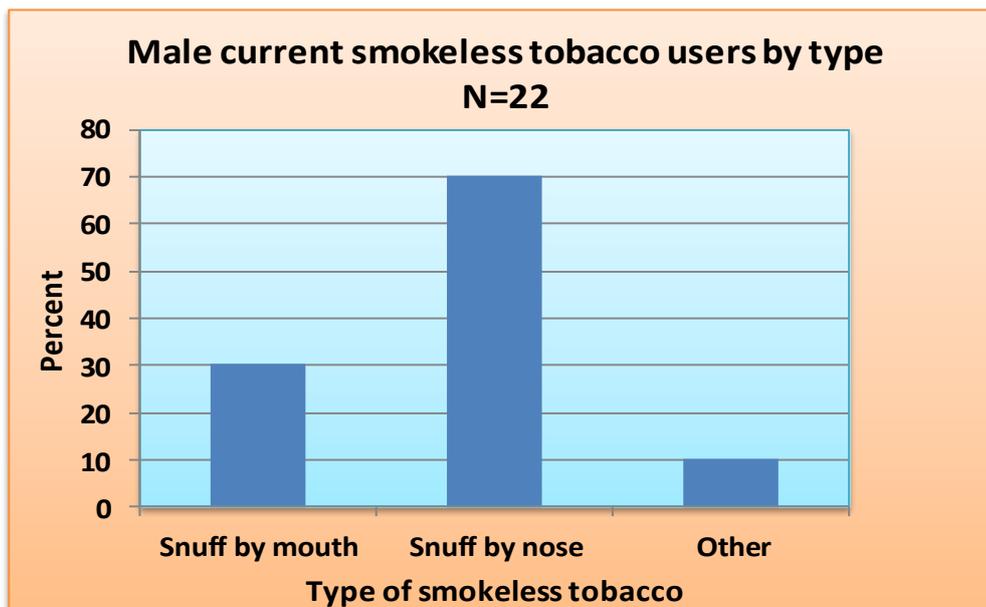


Figure 17 Male smokeless tobacco users by type

Percentage of current users of smokeless tobacco using each of the following products							
Age Group (years)	n	Women					
		% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI
15-29	20	46.7	16.8-76.6	80.8	62.6-99.1	7.6	0.0-22.4
30-44	57	22.5	8.0-36.9	87.5	77.4-97.5	0.0	0.0-0.0
45-59	76	24.8	6.1-43.5	84.7	73.8-95.6	14.1	0.0-32.5
60-69	44	19.9	3.3-36.4	74.3	58.2-90.5	8.2	0.0-17.0
15-69	197	26.4	14.5-38.3	82.5	75.0-90.0	7.2	1.1-13.2

Table 56 Percentage of current users of smokeless tobacco by type – Females

Percentage of current users of smokeless tobacco using each of the following products					
Age Group (years)	n	Women			
		% Betel, quid	95% CI	% Other	95% CI
15-29	20	4.6	0.0-13.8	2.2	0.0-6.7
30-44	57	0.0	0.0-0.0	1.8	0.0-5.3
45-59	76	0.0	0.0-0.0	3.8	0.0-7.9
60-69	44	0.0	0.0-0.0	5.7	0.0-16.9
15-69	197	0.7	0.0-2.2	3.4	0.1-6.6

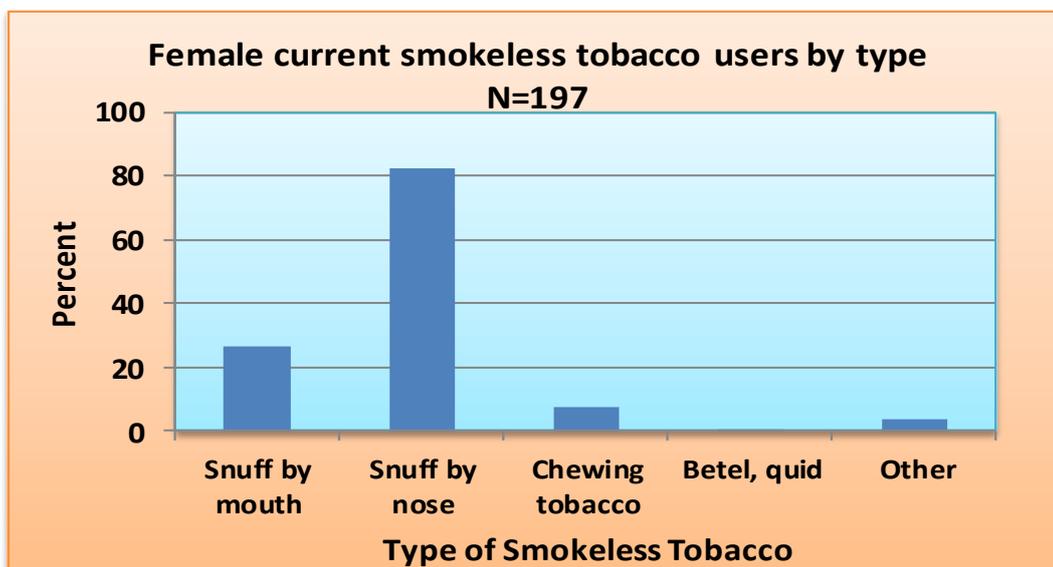


Figure 18 Current females smokeless tobacco users

Percentage of current users of smokeless tobacco using each of the following products							
Age Group (years)	Both Sexes						
	n	% Snuff by mouth	95% CI	% Snuff by nose	95% CI	% Chewing tobacco	95% CI
15-29	24	36.1	8.3-63.9	79.9	63.5-96.4	5.9	0.0-17.4
30-44	66	22.5	9.1-36.0	83.4	71.6-95.2	0.0	0.0-0.0
45-59	81	33.2	8.4-58.0	83.0	71.3-94.7	11.6	0.0-25.4
60-69	48	19.5	4.2-34.7	71.6	56.2-86.9	7.4	0.0-15.2
15-69	219	27.1	15.8-38.5	80.2	73.0-87.4	5.8	1.0-10.6

Table 57 Percentage of current users of smokeless tobacco by type – Both

Percentage of current users of smokeless tobacco using each of the following products					
Age Group (years)	Both Sexes				
	n	% Betel, quid	95% CI	% Other	95% CI
15-29	24	3.6	0.0-10.7	1.7	0.0-5.1
30-44	66	0.0	0.0-0.0	4.7	0.0-11.8
45-59	81	0.0	0.0-0.0	3.2	0.0-6.7
60-69	48	0.0	0.0-0.0	8.9	0.0-21.4
15-69	219	0.6	0.0-1.8	4.7	0.0-9.6

Current tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
15-29	561	25.3	20.9-29.7	1003	5.4	3.2-7.6	1564	15.8	13.1-18.5
30-44	418	40.7	32.7-48.7	930	9.3	6.3-12.3	1348	25.3	20.3-30.3
45-59	248	38.3	29.5-47.1	585	16.7	11.8-21.6	833	26.6	21.3-32.0
60-69	89	31.8	17.5-46.0	232	29.9	18.6-41.2	321	30.7	21.7-39.8
15-69	1316	31.8	27.9-35.7	2750	9.7	7.6-11.9	4066	20.9	18.4-23.4

Table 58 current tobacco users - Both

Age Group (years)	Daily tobacco users								
	Men			Women			Both Sexes		
	n	% Daily users	95% CI	n	% Daily users	95% CI	n	% Daily users	95% CI
15-29	561	18.9	15.0-22.9	1003	3.2	1.7-4.7	1564	11.5	9.1-13.8
30-44	418	33.7	25.2-42.1	930	6.9	4.3-9.5	1348	20.5	15.6-25.5
45-59	248	34.9	26.1-43.8	585	14.8	10.2-19.5	833	24.1	18.8-29.3
60-69	89	24.5	12.1-37.0	232	25.2	13.8-36.6	321	24.9	16.3-33.5
15-69	1316	25.6	22.0-29.2	2750	7.4	5.7-9.1	4066	16.6	14.4-18.9

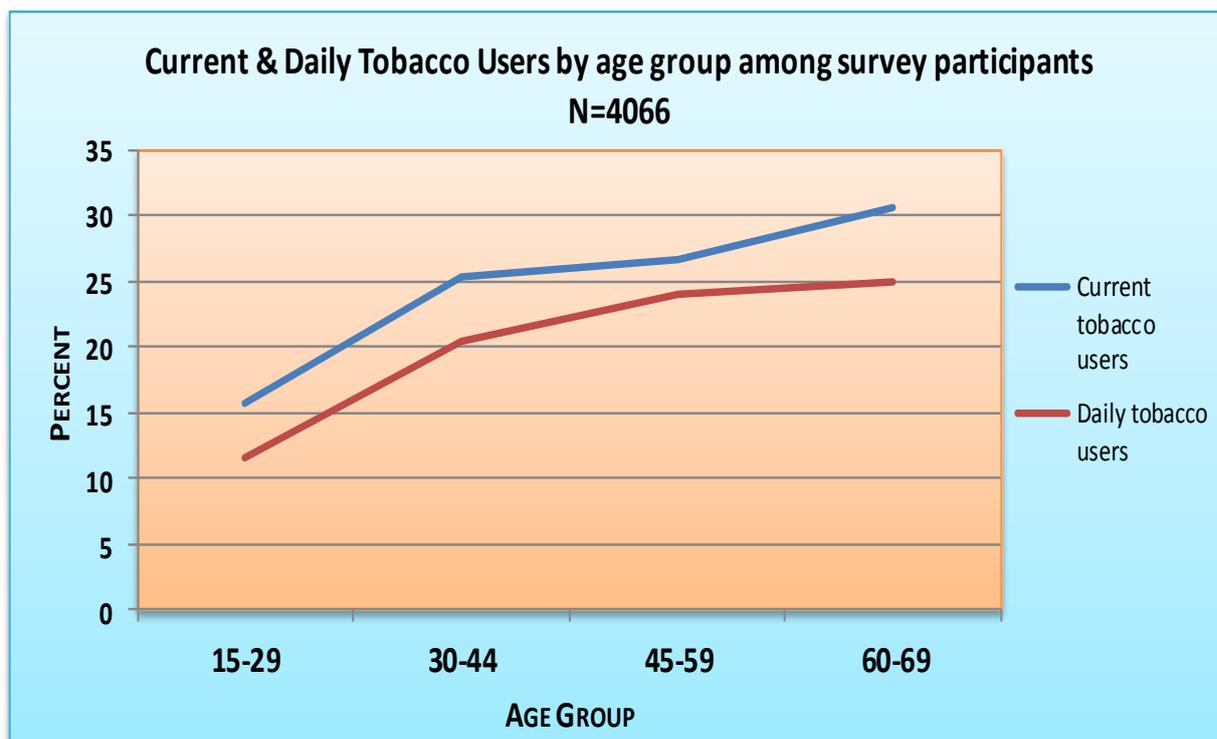


Figure 19 Current & Daily tobacco users

Age Group (years)	Exposed to second-hand smoke in home during the past 30 days								
	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
15-29	560	49.6	43.8-55.4	1003	42.5	37.5-47.6	1563	46.2	42.0-50.5
30-44	418	49.6	41.1-58.0	930	37.1	32.1-42.2	1348	43.5	38.0-48.9
45-59	248	37.4	29.7-45.2	585	35.0	29.6-40.3	833	36.1	31.2-41.1
60-69	89	42.2	28.3-56.2	232	37.6	26.1-49.0	321	39.7	30.5-48.9
15-69	1315	47.6	43.0-52.3	2750	39.5	35.9-43.1	4065	43.6	40.3-46.9

Table 59 Exposure to 2nd hand smoke in home - Both

Age Group (years)	Exposed to second-hand smoke in the workplace during the past 30 days								
	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
15-29	495	33.0	26.3-39.7	878	25.4	20.9-29.9	1373	29.5	24.8-34.1
30-44	374	32.2	23.0-41.4	809	28.6	23.1-34.0	1183	30.5	24.7-36.2
45-59	215	28.5	20.4-36.5	514	19.1	13.6-24.6	729	23.3	19.0-27.7
60-69	72	18.4	7.7-29.2	199	15.1	7.5-22.7	271	16.6	10.0-23.3
15-69	1156	31.6	26.2-36.9	2400	24.8	21.4-28.1	3556	28.3	24.6-31.9

Table 60 Exposure to 2nd hand smoke in workplace - Both

Men are more exposed to second-hand smoke than females at home – (47.6% versus 39.5% respectively). In the same way the exposure at workplace is higher in males to females.

Out of 4065 male and female participants 43.6% were exposed to 2nd hand smoke **at home**, while 28.3% of 3556 were exposed **at workplace**

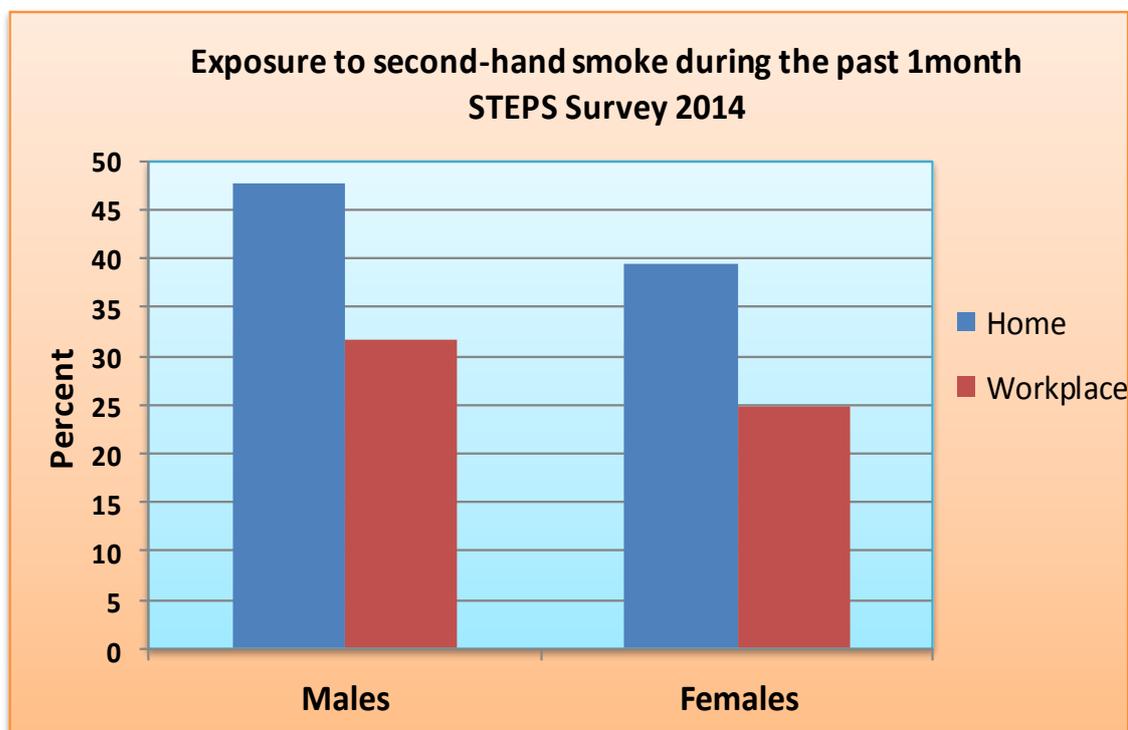


Figure 20 Exposure to 2nd hand smoke 30 days

Main reason for tobacco use among current tobacco users (Both smoking and smokeless)

Age range	Among current tobacco users Males								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	158	11.2	0.9	24.0	6.6	24.2	19.4	8.4	5.2
30-44	147	12.8	0.8	22.4	2.0	26.6	16.0	6.7	12.7
45-59	88	14.7	----	22.4	1.4	28.4	19.6	0.2	13.2
60-69	28	27.9	----	30.8	----	9.0	6.6	2.6	23.1
15-69	421	13.1	0.7	23.5	3.8	25.1	17.6	6.2	10.1

Table 61 Reason for smoking and smokeless-Males

Age range	Among current tobacco users Females								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	45	5.0	----	23.6	1.8	33.0	18.4	2.3	16.1
30-44	79	5.6	1.2	34.3	15.8	11.2	19.7	2.7	9.5
45-59	92	6.8	----	39.3	1.6	5.4	21.1	4.5	21.4
60-69	51	13.8	----	47.6	3.6	3.0	7.3	6.8	18.0
15-69	267	7.2	0.3	35.0	5.9	14.2	17.5	3.8	16.1

Table 62 Reason for smoking & smokeless- Females

Age range	Among current tobacco users Both								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	203	10.2	0.8	23.9	5.8	25.7	19.2	7.4	7.0
30-44	226	11.5	0.9	24.6	4.5	23.8	16.7	5.9	12.1
45-59	180	12.0	----	28.1	1.5	20.6	20.1	1.6	16.0
60-69	79	20.4	----	39.8	1.9	5.8	7.0	4.8	20.4
15-69	688	11.8	0.6	26.1	4.3	22.6	17.6	5.6	11.5

Table 63 Reason for smoking & smokeless - Both

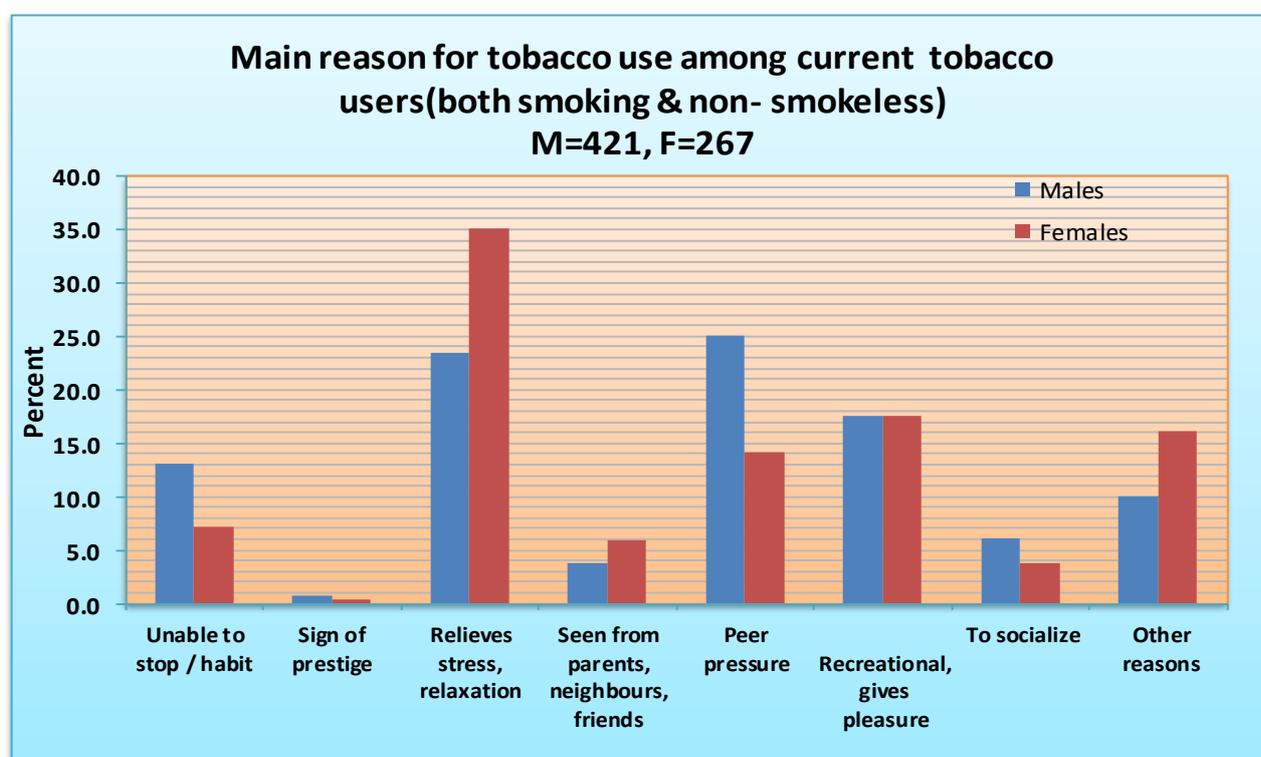


Figure 21 Reasons for current tobacco use

Main reason for tobacco use among daily tobacco users (both smoking and smokeless)									
Age range	Among daily tobacco users Males								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	115	13.3	0.5	18.4	6.2	27.9	18.1	9.5	6.1
30-44	115	14.2	1.0	21.3	2.5	28.9	12.6	6.2	13.5
45-59	76	12.8	----	20.8	1.0	30.1	20.5	0.2	14.4
60-69	23	33.1	----	17.2	----	11.6	8.6	3.3	26.1
15-69	329	14.4	0.6	19.9	3.5	28.0	16.0	6.3	11.3

Table 64 Reasons of tobacco daily users - Males

Main reason for tobacco use among daily tobacco users (both smoking and smokeless)									
Age range	Among daily tobacco users Females								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	31	8.3	----	8.1	3.0	37.0	24.6	2.0	16.9
30-44	61	7.6	1.7	28.5	21.3	13.4	13.6	3.2	10.7
45-59	77	7.6	----	37.2	1.8	5.0	23.8	2.8	21.9
60-69	44	16.4	----	49.4	2.9	3.5	8.6	8.1	11.2
15-69	213	9.5	0.4	30.9	7.5	13.9	18.3	3.8	15.7

Table 65 Reasons of tobacco daily users - Females

Main reason for tobacco use among daily tobacco users (both smoking and smokeless)									
Age range	Among daily tobacco users Both								
	n	Unable to stop / habit	Sign of prestige	Relieves stress, relaxation	Seen from parents, neighbours, friends	Peer pressure	Recreational, gives pleasure	To socialize	Other reasons
15-29	146	12.7	0.4	17.0	5.7	29.2	19.0	8.5	7.5
30-44	176	13.1	1.1	22.5	5.6	26.3	12.7	5.7	13.0
45-59	153	11.1	----	26.2	1.3	21.8	21.6	1.1	16.9
60-69	67	23.9	----	35.0	1.6	7.2	8.6	5.9	17.9
15-69	542	13.3	0.5	22.3	4.4	24.9	16.5	5.7	12.3

Table 66 Reasons of tobacco daily users – Both

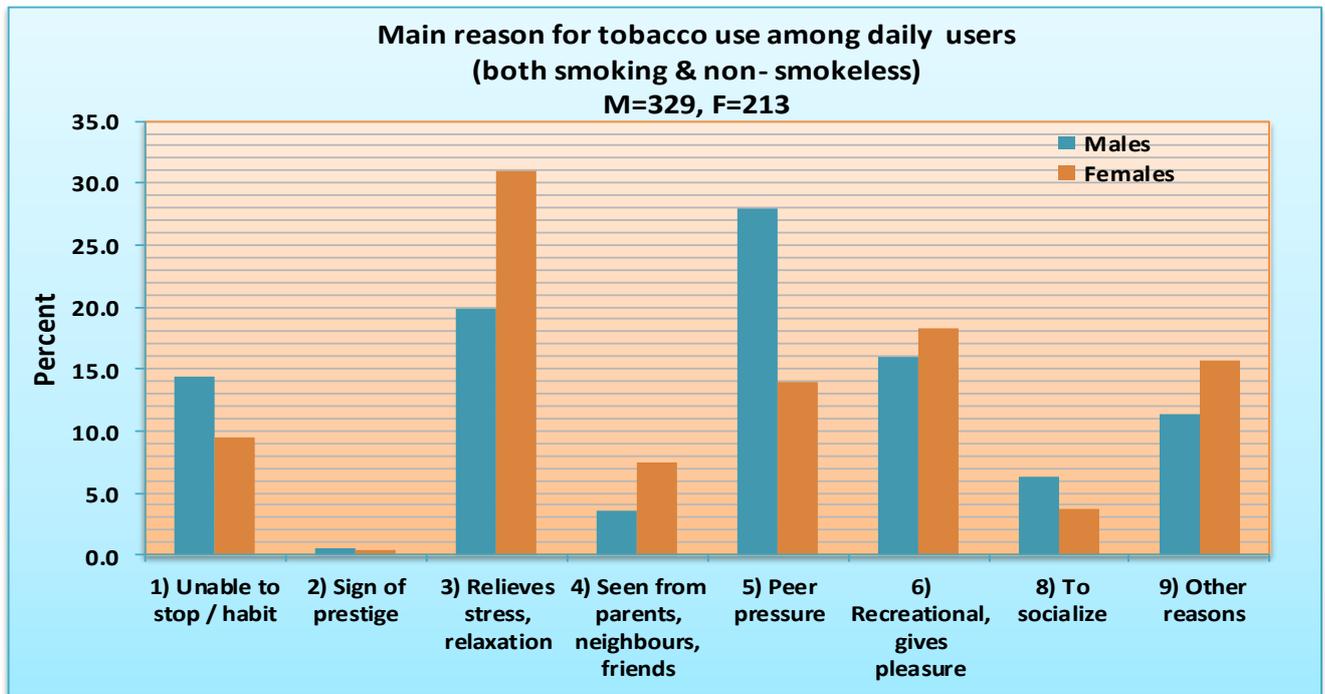


Figure 22 Reasons for daily tobacco use

Alcohol Consumption

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
15-29	560	36.4	31.1-41.7	10.7	6.9-14.5	7.1	4.7-9.6	45.7	40.0-51.5
30-44	418	48.8	40.4-57.2	6.6	3.2-9.9	9.5	5.4-13.7	35.1	27.9-42.3
45-59	248	36.4	28.3-44.6	7.8	3.8-11.7	19.7	13.4-26.1	36.1	28.6-43.5
60-69	89	27.1	14.2-40.0	5.6	1.0-10.2	31.9	16.9-46.9	35.4	21.3-49.6
15-69	1315	39.6	35.5-43.7	8.9	6.6-11.1	10.7	8.4-12.9	40.9	37.0-44.8

Table 67 Alcohol consumption status – males

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
15-29	1003	12.4	9.8-15.0	10.6	7.7-13.5	12.5	9.6-15.4	64.5	60.2-68.8
30-44	930	13.8	10.6-17.0	5.4	3.6-7.3	17.1	13.5-20.7	63.6	58.8-68.5
45-59	585	13.2	8.2-18.1	2.3	0.6-4.0	12.3	8.6-16.0	72.3	66.9-77.7
60-69	232	11.5	4.5-18.5	4.7	1.8-7.7	5.7	2.3-9.0	78.1	70.3-85.9
15-69	2750	12.9	10.8-15.0	7.5	5.9-9.0	13.4	11.4-15.4	66.3	63.2-69.3

Table 68 Alcohol consumption status – Females

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
15-29	1563	25.0	21.9-28.1	10.6	8.2-13.1	9.7	7.6-11.8	54.7	50.8-58.5
30-44	1348	31.6	26.7-36.6	6.0	3.8-8.2	13.3	10.5-16.0	49.1	44.3-53.9
45-59	833	23.9	18.9-28.8	4.8	2.9-6.8	15.7	12.0-19.4	55.6	50.7-60.5
60-69	321	18.6	11.8-25.4	5.1	2.4-7.8	17.6	9.6-25.6	58.7	49.6-67.7
15-69	4065	26.4	24.0-28.8	8.2	6.8-9.6	12.0	10.3-13.7	53.4	50.8-56.0

Table 69 Alcohol consumption status - Both

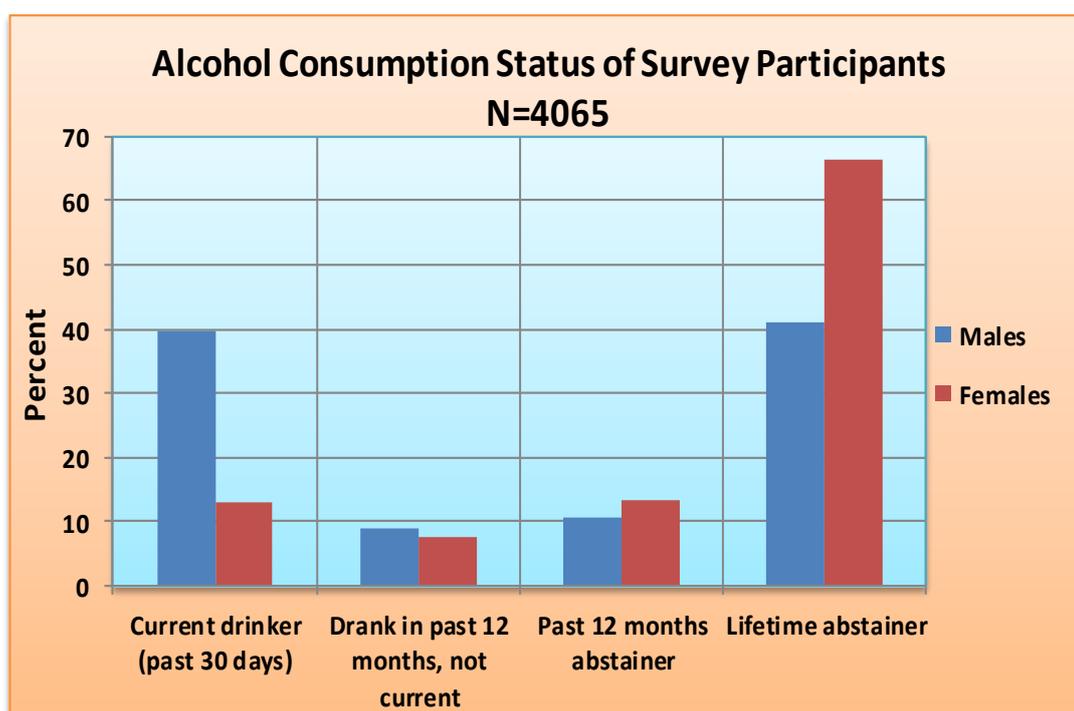


Figure 23 Alcohol consumption status

Stopping drinking due to health reasons									
Age Group (years)	Men			Women			Both Sexes		
	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
15-29	43	12.7	1.0-24.5	116	22.0	13.0-31.0	159	18.5	10.9-26.1
30-44	36	12.1	0.0-24.5	134	19.3	10.0-28.5	170	16.6	9.4-23.9
45-59	45	25.0	10.9-39.1	77	24.6	14.4-34.8	122	24.8	15.7-33.9
60-69	21	23.9	0.0-52.1	20	11.3	0.0-22.8	41	21.7	0.0-44.9
15-69	145	17.1	9.4-24.8	347	21.1	15.5-26.7	492	19.3	14.5-24.2

Table 70 stopped drinking due to health reasons

17.1% of 145 male drinkers and 21.1% of 347 female drinkers had stopped due to health reasons.

Frequency of alcohol consumption in the past 12 months

Age Group (years)	Men												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
15-29	259	4.8	2.0-7.6	4.9	1.5-8.2	8.4	4.0-12.8	28.5	21.2-35.7	22.0	15.0-28.9	31.5	24.3-38.7
30-44	209	17.3	4.2-30.4	5.7	1.5-9.9	11.1	3.2-19.0	29.7	20.0-39.3	18.3	11.0-25.6	17.9	9.8-26.0
45-59	107	16.8	6.4-27.1	4.8	0.5-9.0	8.9	0.4-17.5	34.2	18.9-49.5	19.1	9.7-28.6	16.2	8.0-24.4
60-69	33	24.0	4.1-44.0	1.7	0.0-5.1	16.9	1.4-32.4	23.1	8.0-38.2	8.3	0.0-18.0	25.9	9.6-42.2
15-69	608	11.0	6.1-16.0	5.0	2.7-7.4	9.6	5.9-13.3	29.4	23.9-34.9	20.0	15.5-24.5	25.0	19.8-30.1

Table 71 Freq. of alcohol consumption – Males

Frequency of alcohol consumption in the past 12 months

Age Group (years)	Women												
	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
15-29	216	4.2	0.9-7.4	1.6	0.0-3.4	3.2	0.7-5.6	23.3	14.6-32.0	22.7	14.4-31.1	45.0	35.9-54.2
30-44	168	6.8	0.4-13.3	4.3	0.1-8.5	4.6	0.0-10.7	20.3	11.5-29.1	25.1	17.0-33.1	38.9	28.6-49.1
45-59	61	30.6	4.6-56.6	6.0	0.0-14.0	8.1	1.3-15.0	21.2	1.4-41.0	17.3	5.2-29.4	16.9	3.6-30.2
60-69	32	46.6	22.8-70.3	4.6	0.0-13.5	1.6	0.0-3.9	12.5	0.0-25.1	12.0	0.0-24.7	22.8	6.4-39.1
15-69	477	10.1	5.0-15.3	3.1	1.3-4.8	4.1	1.8-6.4	21.7	16.2-27.2	22.2	16.5-27.9	38.8	32.0-45.5

Table 72 Freq. of alcohol consumption – Females

Frequency of alcohol consumption in the past 12 months

Age Group (years)	Both Sexes												
	n	% Daily	95% CI	% cy	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
15-29	475	4.6	2.5-6.7	3.9	1.4-6.4	6.8	3.4-10.2	26.9	21.0-32.9	22.2	16.5-27.9	35.5	29.4-41.7
30-44	377	14.6	4.6-24.7	5.3	2.1-8.6	9.4	3.4-15.5	27.3	19.8-34.7	20.0	14.1-26.0	23.3	16.7-29.9
45-59	168	20.8	7.4-34.1	5.1	1.5-8.8	8.7	2.1-15.2	30.4	17.7-43.2	18.6	11.2-25.9	16.4	9.6-23.2
60-69	65	32.3	17.0-47.7	2.8	0.0-6.7	11.3	1.4-21.2	19.2	8.8-29.6	9.7	2.0-17.4	24.7	12.7-36.7
15-69	1085	10.8	6.8-14.8	4.5	2.7-6.2	8.0	5.3-10.8	27.2	22.8-31.6	20.6	16.8-24.5	28.9	24.5-33.3

Table 73 Frequency of alcohol consumption – Both

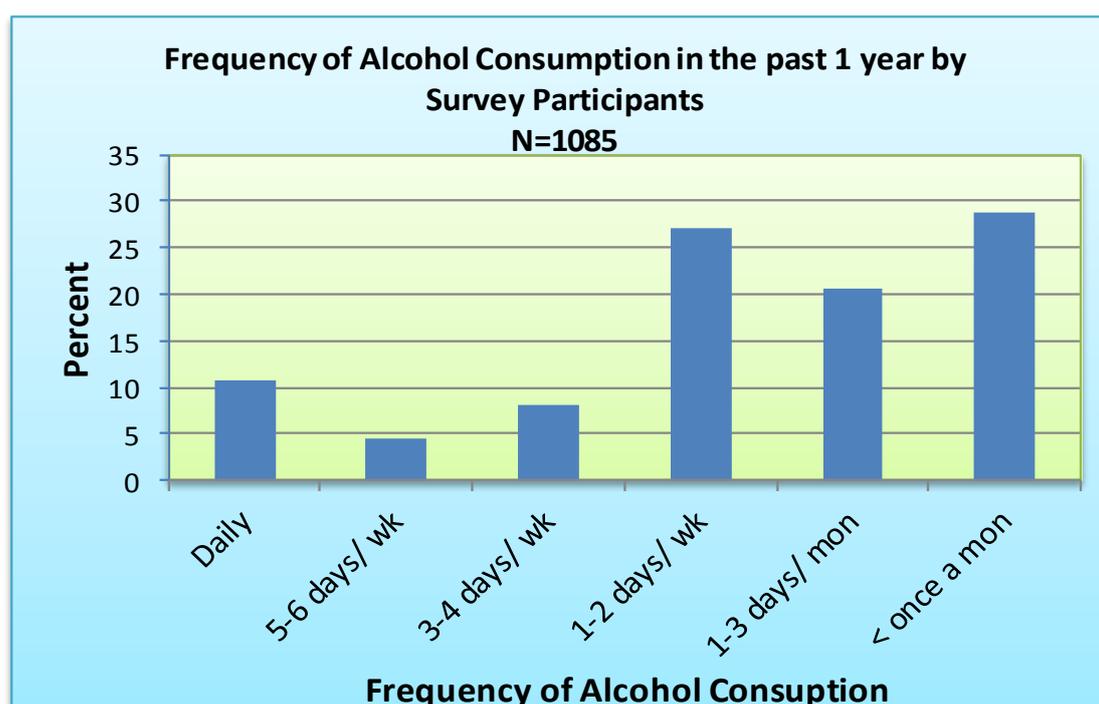


Figure 24 Frequency of alcohol consumption

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
15-29	193	4.8	3.7-5.9	125	4.0	3.1-4.9	318	4.6	3.7-5.5
30-44	170	5.1	4.0-6.2	110	3.4	2.4-4.4	280	4.7	3.9-5.6
45-59	76	6.0	3.9-8.0	44	6.7	1.9-11.5	120	6.2	4.2-8.2
60-69	22	6.2	2.7-9.7	17	12.3	3.0-21.5	39	8.2	3.9-12.6
15-69	461	5.1	4.4-5.8	296	4.6	3.0-6.1	757	5.0	4.3-5.6

Table 74 Mean number of drinking past 1 mon. - Both

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
15-29	184	8.2	6.7-9.8	119	6.4	5.3-7.5	303	7.8	6.6-9.0
30-44	174	8.7	7.0-10.4	104	7.3	4.4-10.2	278	8.4	7.0-9.8
45-59	76	6.3	4.5-8.1	44	4.5	3.5-5.4	120	5.8	4.5-7.0
60-69	23	4.3	3.6-5.1	18	4.1	2.8-5.4	41	4.3	3.6-4.9
15-69	457	8.1	7.0-9.1	285	6.3	5.1-7.4	742	7.6	6.8-8.5

Table 75 Mean standard drinks past 1 month – both

Drinking at high-end level among all respondents ($\geq 60g$ of pure alcohol on average per occasion among men and $\geq 40g$ of pure alcohol on average per occasion among women)									
Age Group (years)	Men			Women			Both Sexes		
	n	% $\geq 60g$	95% CI	n	% $\geq 40g$	95% CI	n	% high-end level	95% CI
15-29	539	1.9	0.6-3.1	990	0.4	0.0-0.9	1529	1.2	0.5-1.8
30-44	393	3.4	1.2-5.6	917	0.5	0.0-1.0	1310	1.9	0.9-3.0
45-59	234	2.5	0.4-4.6	577	0.4	0.0-0.8	811	1.3	0.4-2.3
60-69	84	0.0	0.0-0.0	226	2.6	0.0-6.7	310	1.5	0.0-3.8
15-69	1250	2.3	1.4-3.2	2710	0.6	0.2-0.9	3960	1.4	0.9-1.9

Table 76 Drinking at high level – Both

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
15-29	539	0.5	0.0-1.0	990	1.1	0.2-2.0	1529	0.8	0.3-1.3
30-44	393	4.4	0.4-8.4	917	1.5	0.0-3.1	1310	3.0	0.8-5.1
45-59	234	1.9	0.0-5.5	577	1.2	0.0-3.5	811	1.5	0.0-3.5
60-69	84	1.6	0.0-4.8	226	0.8	0.0-2.0	310	1.2	0.0-2.7
15-69	1250	1.9	0.6-3.2	2710	1.2	0.5-1.9	3960	1.5	0.8-2.3

Table 77 Drinking at intermediate level - Both

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
15-29	539	31.7	26.5-37.0	990	9.8	7.4-12.1	1529	21.1	18.2-24.1
30-44	393	37.9	29.1-46.6	917	10.4	7.8-13.1	1310	24.1	19.2-29.0
45-59	234	29.1	20.6-37.6	577	10.6	5.8-15.4	811	19.0	13.9-24.1
60-69	84	19.1	10.0-28.2	226	4.8	1.6-8.0	310	11.1	6.9-15.4
15-69	1250	32.6	28.6-36.5	2710	9.8	8.1-11.5	3960	21.2	18.9-23.4

Table 78 Drinking at lower level – Both

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Age Group (years)	Men						
	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
15-29	181	5.5	2.0-9.0	1.5	0.0-3.1	93.1	89.2-96.9
30-44	166	7.4	2.6-12.3	9.7	1.0-18.3	82.9	73.2-92.6
45-59	72	7.4	0.9-13.9	5.6	0.0-16.3	87.0	75.0-98.9
60-69	22	0.0	0.0-0.0	7.9	0.0-21.3	92.1	78.7-100.0
15-69	441	6.3	3.8-8.7	5.1	1.6-8.5	88.7	84.5-92.8

Table 79 Combined level in the past 1 month – males

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
Age Group (years)	Women						
	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
15-29	117	3.6	0.0-7.6	9.7	2.4-17.1	86.7	78.7-94.7
30-44	103	3.9	0.0-8.0	12.0	0.0-24.3	84.0	71.6-96.5
45-59	43	3.2	0.0-6.8	9.8	0.0-27.9	87.0	68.8-100.0
60-69	16	31.9	0.0-64.3	9.5	0.0-25.0	58.6	29.4-87.8
15-69	279	4.8	2.0-7.5	10.4	5.1-15.8	84.8	78.6-91.0

Table 80 Combined level in the past 1 month – Females

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers

Age Group (years)	Both sexes						
	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
15-29	298	5.0	2.2-7.8	3.4	1.3-5.5	91.6	88.2-95.0
30-44	269	6.7	2.9-10.5	10.2	2.9-17.4	83.1	75.2-91.1
45-59	115	6.1	1.5-10.7	6.9	0.0-16.1	87.0	77.1-96.9
60-69	38	10.7	0.0-25.8	8.4	0.0-18.6	80.9	65.2-96.7
15-69	720	5.9	3.9-7.9	6.4	3.4-9.3	87.7	84.3-91.2

Table 81 Combined level in the past 1 month – Both

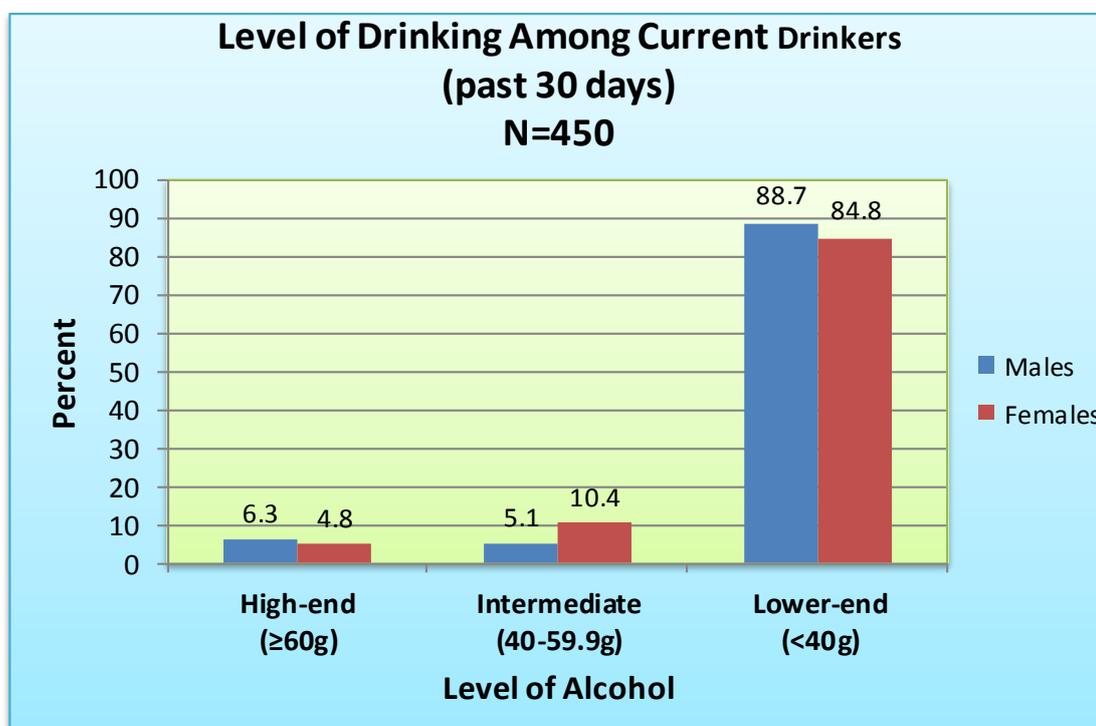


Figure 25 Level of drinking

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
15-29	180	12.3	9.0-15.5	122	9.0	7.4-10.5	302	11.5	9.0-14.0
30-44	172	15.3	8.5-22.1	103	9.9	5.6-14.3	275	14.1	8.6-19.6
45-59	75	7.6	5.5-9.7	44	5.4	4.2-6.6	119	6.9	5.5-8.4
60-69	23	6.0	4.3-7.6	18	5.6	3.9-7.3	41	5.8	4.6-7.0
15-69	450	12.6	9.7-15.5	287	8.5	6.9-10.2	737	11.6	9.3-13.9

Table 82 Mean maximum standard drinks – Both

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
15-29	560	26.5	21.5-31.5	1003	8.4	6.0-10.7	1563	17.9	15.0-20.7
30-44	418	37.0	29.2-44.9	930	10.0	7.0-12.9	1348	23.8	19.1-28.4
45-59	248	21.8	14.9-28.6	585	7.4	3.1-11.7	833	14.0	9.6-18.4
60-69	89	12.9	5.3-20.5	232	4.8	1.6-8.0	321	8.5	4.7-12.3
15-69	1315	28.3	24.4-32.2	2750	8.5	6.6-10.3	4065	18.5	16.3-20.7

Table 83 Six or more drinks – Both



Figure 26 Consumption greater than 6 alcohol

The above figure shows that males drink 3 times more than the females of ≥ 6 Alcoholic drinks. Out of those who drink greater or equal to 6 drinks in 30 days it was observed that males had taken 4 times and females 2 times in a single occasion in the past 30 days (N=452).

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
15-29	183	2.8	1.8-3.8	119	2.3	1.6-2.9	302	2.7	1.9-3.5
30-44	173	6.1	2.3-9.9	108	2.1	1.4-2.7	281	5.2	2.1-8.2
45-59	74	3.0	2.1-4.0	42	2.4	1.0-3.9	116	2.8	1.9-3.7
60-69	22	3.0	1.2-4.8	18	3.8	0.6-7.0	40	3.3	1.7-4.9
15-69	452	4.0	2.5-5.6	287	2.3	1.8-2.8	739	3.6	2.4-4.8

Table 84 Mean number of times 6 drinks

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
15-29	197	3.7	0.0-7.5	2.1	0.0-4.5	22.3	13.5-31.2	38.9	29.3-48.4	33.0	22.6-43.4
30-44	189	5.8	1.5-10.2	2.9	0.8-5.1	25.9	11.3-40.4	41.8	30.3-53.4	23.5	12.9-34.2
45-59	80	13.4	4.5-22.3	8.0	0.0-18.0	12.9	1.9-23.9	47.9	31.2-64.6	17.8	5.3-30.2
60-69	24	25.6	2.5-48.6	0.8	0.0-2.5	12.0	0.4-23.6	49.1	26.3-72.0	12.5	0.8-24.2
15-69	490	6.2	3.5-9.0	3.1	1.3-4.9	22.2	15.5-28.9	41.3	34.9-47.7	27.2	19.9-34.4

Table 85 Freq. of alcohol consumption 1 wk. - males

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
15-29	128	5.8	0.4-11.2	1.1	0.0-2.7	6.9	2.1-11.7	55.4	43.6-67.1	30.9	20.4-41.4
30-44	113	7.0	0.0-15.4	1.7	0.0-3.8	12.6	1.8-23.3	45.4	32.8-58.1	33.3	20.6-46.1
45-59	47	23.5	3.7-43.4	12.5	0.0-34.8	8.3	1.0-15.5	43.9	20.2-67.6	11.9	0.0-24.6
60-69	21	39.6	3.3-76.0	0.0	0.0-0.0	26.0	0.5-51.5	21.9	0.0-44.3	12.4	0.0-27.3
15-69	309	10.6	4.6-16.5	3.0	0.0-7.0	9.8	5.5-14.1	48.9	41.8-55.9	27.7	20.4-35.1

Table 86 Freq. of alcohol consumption 1 wk. – females

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
15-29	325	4.2	1.0-7.3	1.9	0.1-3.7	18.7	11.9-25.5	42.8	34.8-50.7	32.5	24.0-40.9
30-44	302	6.1	2.2-10.0	2.7	0.9-4.4	23.0	11.3-34.8	42.6	33.1-52.1	25.6	16.9-34.3
45-59	127	16.4	6.1-26.7	9.3	0.0-18.6	11.5	3.2-19.8	46.7	32.1-61.3	16.0	7.5-24.6
60-69	45	30.5	9.9-51.1	0.5	0.0-1.6	16.9	5.2-28.6	39.6	21.4-57.8	12.5	3.2-21.7
15-69	799	7.3	4.5-10.0	3.1	1.4-4.7	19.2	13.9-24.6	43.1	38.2-48.1	27.3	21.6-33.0

Table 87 Freq. of alcohol consumption 1 wk. – Both

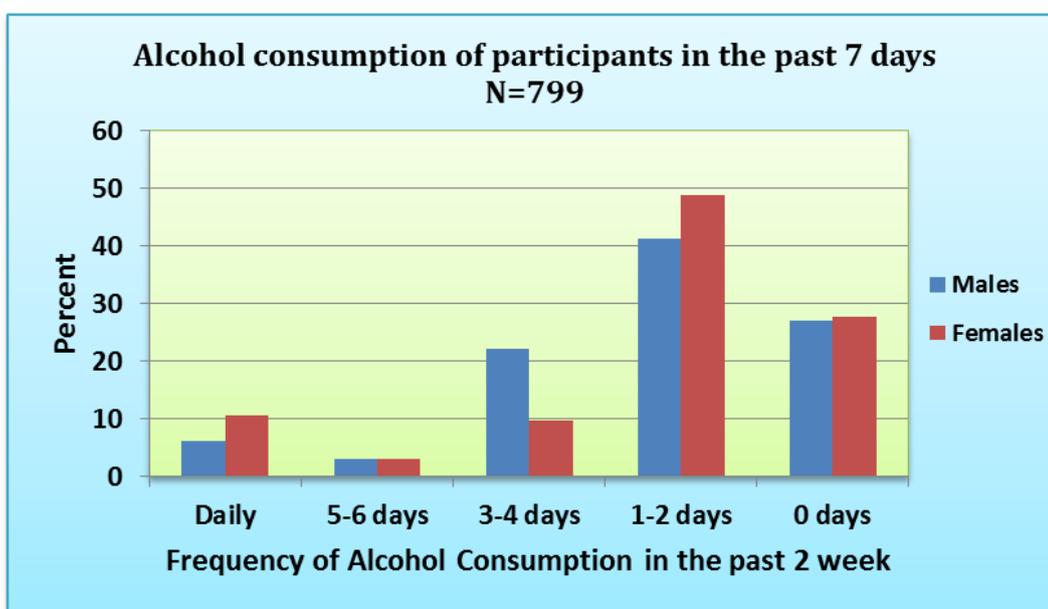


Figure 27 Alcohol in the past 7 days

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
15-29	197	1.6	1.2-2.1	128	1.3	0.9-1.8	325	1.6	1.2-1.9
30-44	189	1.8	1.3-2.3	113	1.5	0.7-2.3	302	1.7	1.4-2.1
45-59	80	1.6	1.1-2.1	47	1.2	0.8-1.6	127	1.5	1.1-1.9
60-69	24	1.6	0.8-2.4	21	2.1	0.8-3.4	45	1.8	1.1-2.5
15-69	490	1.7	1.4-2.0	309	1.4	1.1-1.7	799	1.6	1.4-1.9

Table 88 Mean number of standard drinks 1wk – Both

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
15-29	196	12.4	5.4-19.5	129	13.6	6.0-21.2	325	12.7	7.1-18.4
30-44	189	23.0	7.9-38.2	113	20.5	7.5-33.6	302	22.5	10.3-34.7
45-59	81	29.7	15.8-43.6	50	37.0	14.8-59.2	131	31.9	19.9-43.9
60-69	27	33.1	11.6-54.6	20	76.3	63.1-89.5	47	46.8	31.1-62.5
15-69	493	19.1	11.8-26.3	312	22.5	16.1-28.8	805	19.9	14.1-25.7

Table 89 Consumption of unrecorded alcohol - Both

The mean number of standard drinks consumed on average per day in the past 7 days among current drinkers was the same in males and female participants. Consumption of unrecorded alcohol is as well the same in the population.

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
15-29	15	1.4	0.8-2.1	18	0.9	0.5-1.2	33	1.2	0.7-1.8
30-44	18	0.8	0.4-1.2	15	1.0	0.8-1.1	33	0.8	0.5-1.1
45-59	15	0.8	0.3-1.2	16	1.0	0.6-1.3	31	0.8	0.5-1.2
60-69	6	0.8	0.5-1.1	9	0.8	0.2-1.3	15	0.8	0.5-1.1
15-69	54	1.0	0.7-1.3	58	0.9	0.8-1.1	112	1.0	0.7-1.2

Table 90 Mean number of standard unrecorded - Both

Percentage of unrecorded alcohol from all alcohol consumed during past 7 days						
Age Group (years)	Men		Women		Both Sexes	
	n	% unrecorded alcohol of all alcohol	n	% unrecorded alcohol of all alcohol	n	% unrecorded alcohol of all alcohol
15-29	129	7.7	79	8.7	208	78.7
30-44	139	7.4	76	9.9	215	7.8
45-59	62	10.6	37	18.6	99	12.8
60-69	20	15.4	15	17.0	35	16.0
15-69	350	8.1	207	11.3	557	8.8

Table 91 Percentage of unrecorded alcohol 1wk

Unrecorded alcohol consumption during the past 7 days by type						
Age Group (years)	n	Men				
		% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surrogate alcohol	% other
15-29	13	66.6	14.9	15.5	0.4	2.6
30-44	18	11.8	80.2	0	0	8.0
45-59	14	11.8	86.0	0	0	2.2
60-69	6	16.2	83.8	0	0	0
15-69	51	36.1	52.6	6.8	0.2	4.3

Table 92 Unrecorded alcohol by type – males

Unrecorded alcohol consumption during the past 7 days by type						
Age Group (years)	n	Women				
		% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surrogate alcohol	% other
15-29	17	25.5	41.3	19.3	6.0	7.9
30-44	15	48.5	36.7	12.6	0	2.2
45-59	16	53.3	43.5	0	0	3.1
60-69	9	44.1	28.3	0	0	27.5
15-69	57	41.2	39.3	10.1	2.1	7.3

Table 93 Unrecorded alcohol by type – Females

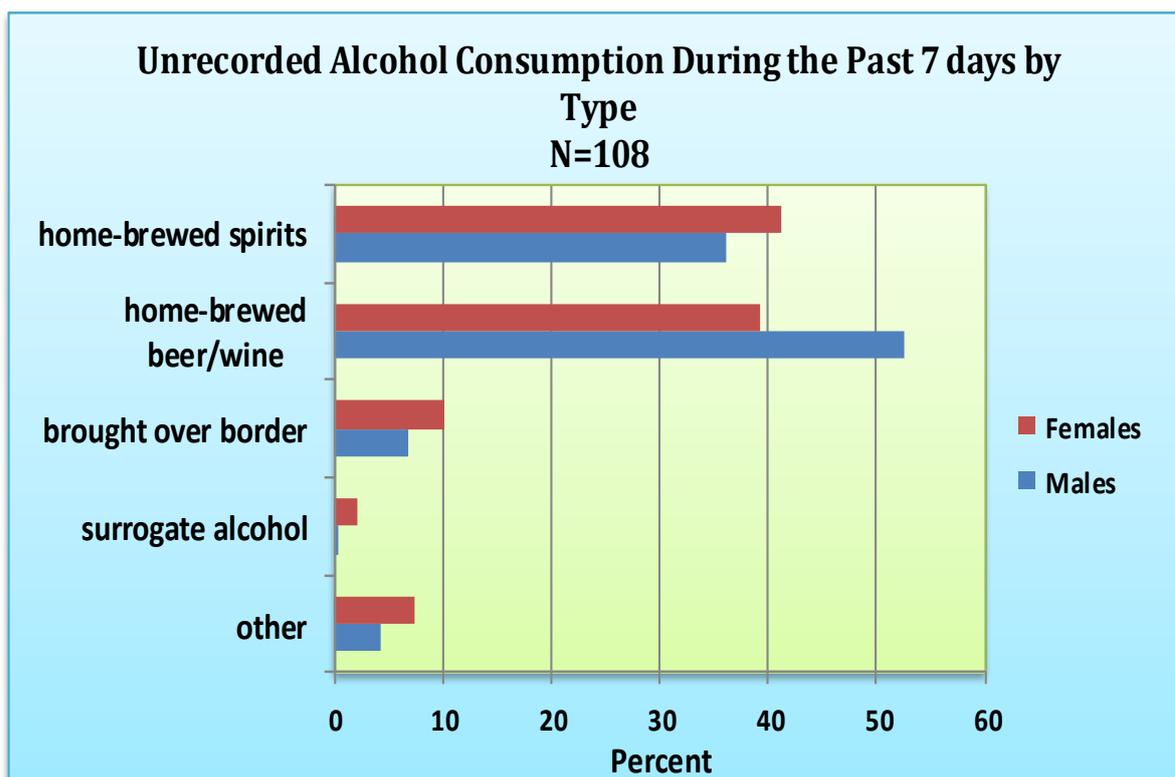


Figure 28 Unrecorded alcohol in the past 7 days

Unrecorded alcohol consumption during the past 7 days by type						
Both Sexes						
Age Group (years)	n	% home-brewed spirits	% home-brewed beer/wine	% brought over border	% surrogate alcohol	% other
15-29	30	57.1	21.0	16.4	1.7	3.8
30-44	33	19.5	71.1	2.7	0	6.8
45-59	30	28.4	69.0	0	0	2.6
60-69	15	28.4	59.6	0	0	12.0
15-69	108	37.5	49.0	7.7	0.7	5.1

Table 94 Unrecorded alcohol consumption – Both

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
15-29	264	17.7	12.0-23.4	15.2	8.3-22.2	67.1	59.1-75.1
30-44	215	26.4	14.5-38.2	10.6	5.6-15.6	63.0	50.7-75.3
45-59	108	29.0	13.8-44.1	6.9	1.1-12.8	64.1	49.3-78.8
60-69	34	46.5	28.3-64.7	6.6	0.0-14.3	47.0	30.0-64.0
15-69	621	22.8	17.3-28.3	12.4	8.2-16.7	64.7	58.1-71.4

Table 95 Not being able to stop – Males

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
Age Group (years)	Women						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	227	15.2	7.5-22.8	5.8	2.4-9.2	79.0	70.9-87.1
30-44	170	20.8	12.8-28.9	9.2	3.4-15.0	70.0	60.4-79.5
45-59	63	13.8	3.9-23.7	3.1	0.0-7.0	83.1	72.8-93.4
60-69	35	26.9	9.6-44.2	18.3	0.0-46.3	54.9	31.7-78.0
15-69	495	17.1	12.5-21.6	7.0	4.3-9.7	76.0	70.1-81.8

Table 96 Being not able to stop – Females

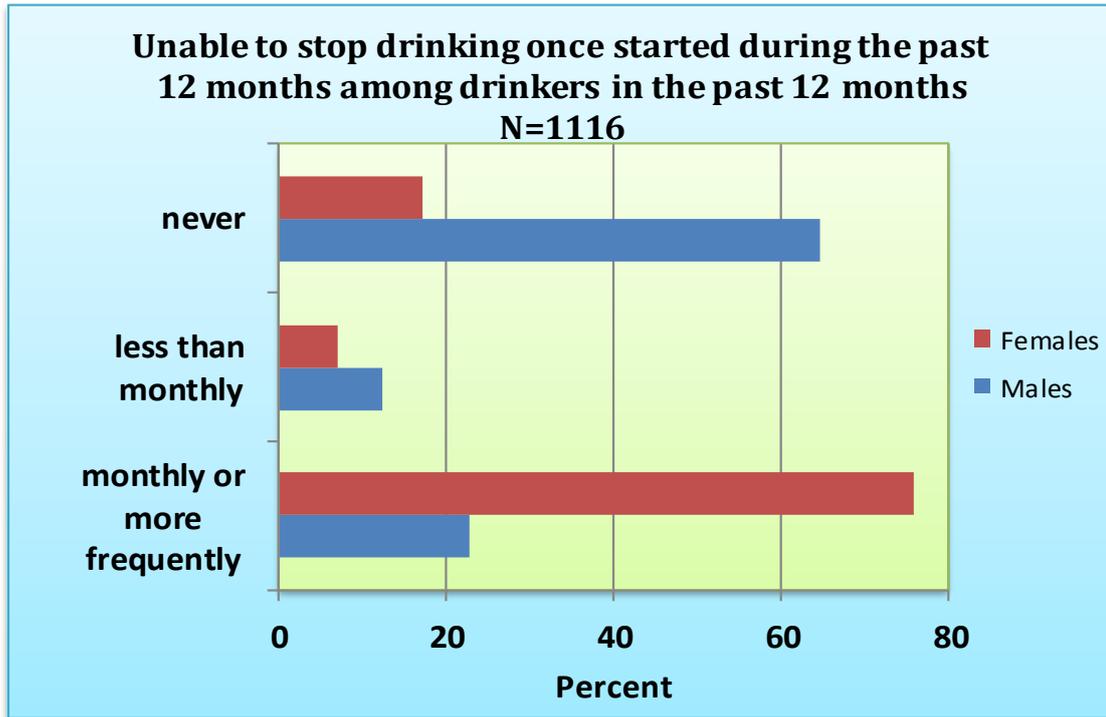


Figure 29 Unable to stop drinking

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
Age Group (years)	Both Sexes						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	491	16.9	12.2-21.6	12.3	7.2-17.4	70.8	64.6-76.9
30-44	385	25.0	15.7-34.3	10.3	6.3-14.2	64.8	55.1-74.4
45-59	171	24.6	12.5-36.6	5.8	1.5-10.1	69.6	57.9-81.3
60-69	69	39.1	24.8-53.4	10.9	0.0-23.2	49.9	36.2-63.6
15-69	1116	21.2	16.9-25.4	10.8	7.6-14.1	68.0	62.9-73.1

Table 97 Being not able to stop – Both

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Age Group (years)	Men						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	264	13.9	8.6-19.2	9.0	4.9-13.1	77.1	70.7-83.4
30-44	215	20.6	8.7-32.4	11.0	5.7-16.2	68.5	57.0-79.9
45-59	108	19.8	3.7-35.8	4.4	0.5-8.3	75.8	60.1-91.5
60-69	34	19.2	2.7-35.7	1.7	0.0-5.0	79.1	62.4-95.8
15-69	621	17.0	11.8-22.2	8.9	6.0-11.8	74.1	68.8-79.5

Table 98 Failing to do what is expected – Males

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Age Group (years)	Women						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	227	14.5	6.8-22.2	7.3	3.9-10.6	78.3	69.9-86.6
30-44	170	13.5	5.3-21.8	6.6	2.6-10.6	79.9	70.8-89.0
45-59	63	8.9	1.4-16.5	3.6	0.0-7.8	87.5	78.6-96.4
60-69	35	13.3	0.0-26.9	4.4	0.0-12.9	82.4	67.2-97.5
15-69	495	13.5	8.8-18.2	6.5	4.2-8.8	80.0	75.0-85.0

Table 99 Failing to do what is expected – Females

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
Age Group (years)	Both Sexes						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	491	14.1	9.7-18.5	8.5	5.4-11.5	77.4	72.4-82.5
30-44	385	18.8	9.6-28.1	9.9	5.8-13.9	71.3	62.3-80.4
45-59	171	16.6	5.1-28.2	4.2	1.1-7.2	79.2	68.0-90.4
60-69	69	17.0	5.5-28.5	2.7	0.0-6.5	80.3	68.5-92.1
15-69	1116	16.0	12.0-20.0	8.2	6.0-10.4	75.8	71.8-79.9

Table 100 Failing to do what is expected - Both

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Age Group (years)	Men						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	264	19.7	13.5-26.0	11.4	6.4-16.4	68.8	61.1-76.5
30-44	215	30.5	18.1-42.8	6.0	2.5-9.6	63.5	51.3-75.7
45-59	108	15.5	5.2-25.7	2.7	0.0-5.5	81.8	71.3-92.3
60-69	34	25.6	6.7-44.4	4.4	0.0-10.9	70.0	51.7-88.3
15-69	621	23.0	17.5-28.4	8.4	5.5-11.3	68.7	62.6-74.8

Table 101 Freq. of needing a first drink – Males

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Age Group (years)	Women						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	227	14.6	6.6-22.6	8.0	3.8-12.2	77.3	69.0-85.6
30-44	170	8.6	3.6-13.6	3.6	0.0-7.5	87.8	81.6-93.9
45-59	63	19.3	2.7-35.8	16.0	0.0-33.4	64.7	46.0-83.4
60-69	35	8.1	0.0-17.2	3.3	0.0-9.7	88.6	77.4-99.8
15-69	495	13.3	8.4-18.2	7.6	4.4-10.8	79.1	72.8-85.5

Table 102 Freq. of needing a first drink – Females

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
Age Group (years)	Both Sexes						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	491	18.2	13.2-23.2	10.4	6.6-14.2	71.4	65.3-77.5
30-44	385	25.0	15.1-34.9	5.4	2.7-8.2	69.6	59.7-79.4
45-59	171	16.6	5.7-27.5	6.6	1.4-11.8	76.8	66.0-87.6
60-69	69	19.0	5.4-32.7	4.0	0.0-8.7	77.0	63.3-90.6
15-69	1116	20.1	15.9-24.4	8.1	5.9-10.4	71.7	66.9-76.5

Table 103 Freq. of needing a first drink – Both

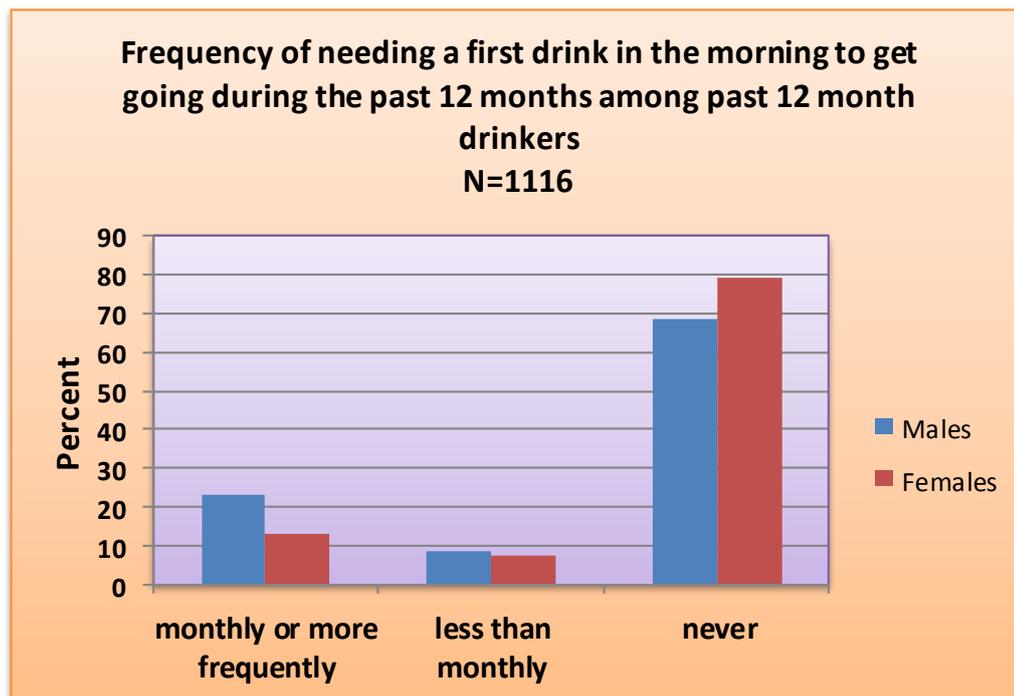


Figure 30 Frequency of needing 1st drink

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age Group (years)	Men						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	560	1.8	0.8-2.8	13.1	9.1-17.1	85.1	81.0-89.2
30-44	418	5.3	0.9-9.6	13.7	6.2-21.1	81.0	72.8-89.3
45-59	248	3.8	0.9-6.7	5.2	2.1-8.3	91.0	86.7-95.3
60-69	89	1.4	0.0-3.2	7.3	0.5-14.1	91.3	84.3-98.4
15-69	1315	3.1	1.6-4.5	11.9	8.6-15.3	85.0	81.5-88.5

Table 104 Family problems – Males

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age Group (years)	Women						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	1003	3.5	2.0-4.9	10.0	7.0-13.0	86.5	83.3-89.7
30-44	930	4.1	2.2-6.0	7.5	5.0-9.9	88.5	85.5-91.4
45-59	585	3.9	1.0-6.7	7.7	4.7-10.7	88.5	83.7-93.3
60-69	232	3.2	0.7-5.6	7.7	3.5-11.8	89.2	84.3-94.0
15-69	2750	3.7	2.6-4.8	8.8	6.8-10.7	87.5	85.3-89.8

Table 105 Family problems - Females

The frequency of family/partner problems due to someone else's drinking during the past 12 months of the STEPS survey among all respondents was the same in the male and female participants and about 13.8% of them had frequent or seldom problems encountered within a month's time. The percentage of someone else drinking monthly or more frequently was 3.4%

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age Group (years)	Both Sexes						
	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	1563	2.6	1.7-3.5	11.6	9.0-14.3	85.8	83.1-88.5
30-44	1348	4.7	2.3-7.1	10.6	6.5-14.8	84.7	80.1-89.3
45-59	833	3.8	1.9-5.8	6.5	4.4-8.6	89.7	86.5-92.8
60-69	321	2.4	0.8-3.9	7.5	3.7-11.2	90.1	86.1-94.2
15-69	4065	3.4	2.4-4.4	10.4	8.4-12.4	86.3	84.0-88.5

Table 106 Family problems - Both

Fruit and Vegetable Consumption

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
15-29	373	2.8	2.5-3.1	704	3.1	2.8-3.3	1077	2.9	2.7-3.1
30-44	283	3.0	2.6-3.3	600	3.5	3.2-3.9	883	3.2	3.0-3.5
45-59	159	3.1	2.6-3.6	354	3.1	2.8-3.5	513	3.1	2.8-3.4
60-69	52	2.9	2.1-3.7	134	3.5	2.8-4.1	186	3.2	2.7-3.7
15-69	867	2.9	2.7-3.1	1792	3.2	3.1-3.4	2659	3.1	2.9-3.2

Table 107 Mean days fruits consumed in a typical day

Mean number of servings of fruit on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
15-29	370	0.7	0.6-0.8	702	0.8	0.7-0.9	1072	0.8	0.7-0.8
30-44	281	1.0	0.5-1.5	599	1.0	0.9-1.2	880	1.0	0.7-1.3
45-59	159	0.8	0.6-1.0	352	0.8	0.7-0.9	511	0.8	0.7-0.9
60-69	52	0.5	0.4-0.7	134	1.0	0.7-1.3	186	0.8	0.6-1.0
15-69	862	0.8	0.6-1.0	1787	0.9	0.8-1.0	2649	0.8	0.7-0.9

Table 108 Mean consumed on average fruits/d

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
15-29	464	3.8	3.5-4.2	883	4.2	3.9-4.4	1347	4.0	3.8-4.2
30-44	359	4.0	3.6-4.4	824	4.4	4.1-4.6	1183	4.2	3.9-4.4
45-59	212	3.7	3.3-4.1	511	4.1	3.6-4.5	723	3.9	3.6-4.2
60-69	75	4.0	3.3-4.7	201	4.4	3.9-4.8	276	4.2	3.8-4.6
15-69	1110	3.9	3.6-4.1	2419	4.2	4.0-4.4	3529	4.0	3.9-4.2

Table 109 Mean days vegetables consumed in a typical day

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
15-29	462	1.1	0.9-1.3	883	1.2	1.0-1.3	1345	1.1	1.0-1.3
30-44	356	1.3	0.8-1.7	823	1.2	1.0-1.3	1179	1.2	1.0-1.5
45-59	212	0.9	0.7-1.0	507	1.1	0.9-1.2	719	1.0	0.8-1.1
60-69	75	1.1	0.8-1.3	201	1.0	0.9-1.2	276	1.0	0.9-1.2
15-69	1105	1.1	0.9-1.3	2414	1.1	1.0-1.2	3519	1.1	1.0-1.2

Table 110 Mean servings of veg. on average

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
15-29	496	1.5	1.3-1.8	919	1.7	1.5-1.9	1415	1.6	1.4-1.8
30-44	370	2.0	1.2-2.9	844	1.9	1.7-2.1	1214	2.0	1.5-2.4
45-59	217	1.4	1.2-1.7	522	1.6	1.4-1.8	739	1.5	1.3-1.7
60-69	78	1.4	1.0-1.7	205	1.7	1.4-2.0	283	1.5	1.3-1.8
15-69	1161	1.7	1.3-2.0	2490	1.7	1.6-1.9	3651	1.7	1.5-1.9

Table 111 Mean fruit/veg. servings on average

The **mean** number of servings of fruit and or vegetables on average per day was two times in both males and females

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	496	47.9	41.4-54.3	39.2	33.2-45.3	8.4	5.3-11.5	4.5	2.1-6.9
30-44	370	37.0	27.4-46.6	46.2	37.3-55.1	12.6	7.4-17.9	4.2	1.3-7.0
45-59	217	51.7	42.3-61.1	35.5	26.7-44.3	8.2	3.9-12.5	4.6	1.2-8.0
60-69	78	40.2	26.9-53.5	45.4	30.4-60.3	14.0	1.1-27.0	0.4	0.0-1.1
15-69	1161	44.9	40.0-49.8	41.0	36.9-45.2	9.8	7.3-12.4	4.2	2.4-6.1

Table 112 Number of servings fruits/veg. on average - males

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Women								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	919	35.4	30.5-40.4	48.9	44.5-53.3	9.9	7.4-12.5	5.7	3.7-7.8
30-44	844	35.1	30.1-40.1	45.4	40.7-50.1	11.7	8.2-15.2	7.8	5.0-10.6
45-59	522	40.6	32.7-48.6	43.9	36.6-51.2	10.9	6.7-15.2	4.5	1.8-7.2
60-69	205	43.3	33.8-52.9	39.5	28.2-50.9	9.4	3.9-15.0	7.7	1.0-14.4
15-69	2490	36.6	32.8-40.4	46.6	43.1-50.0	10.6	8.6-12.6	6.2	4.6-7.8

Table 113 number of servings fruit/veg. – Females

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Both Sexes								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	1415	41.8	37.4-46.2	44.0	40.1-47.8	9.1	7.0-11.3	5.1	3.4-6.8
30-44	1214	36.1	30.7-41.5	45.8	41.1-50.5	12.2	9.2-15.2	6.0	3.8-8.1
45-59	739	45.7	39.2-52.2	40.0	34.2-45.9	9.7	6.5-12.8	4.6	2.4-6.8
60-69	283	41.9	33.8-50.0	42.2	33.4-50.9	11.5	4.9-18.1	4.4	0.4-8.4
15-69	3651	40.7	37.3-44.1	43.8	41.2-46.5	10.2	8.4-12.0	5.2	3.9-6.6

Table 114 Number of fruits/veg. servings - Both

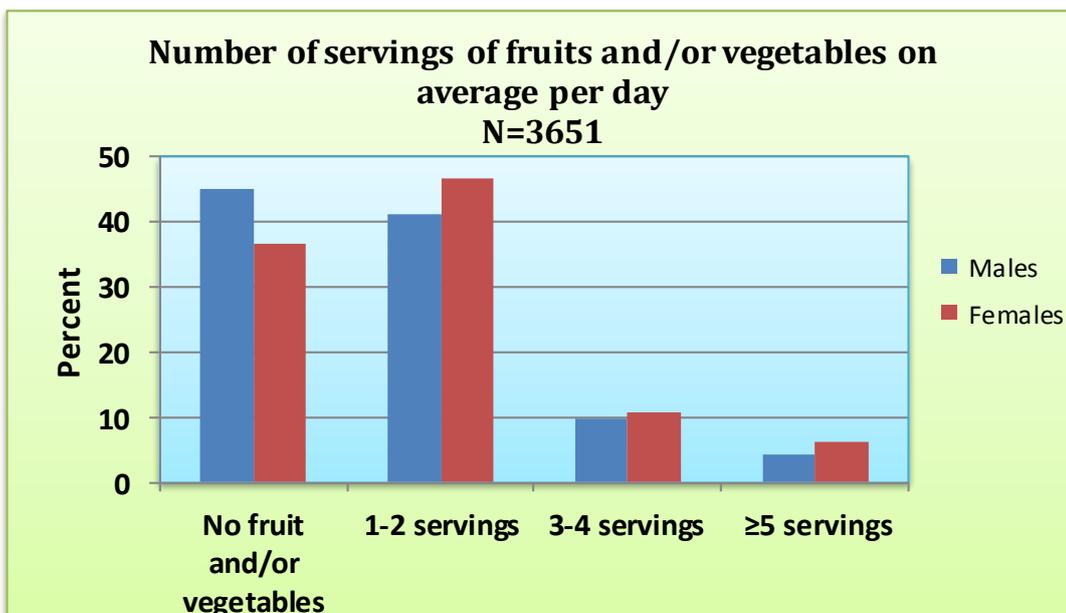


Figure 31 Number of servings fruits/vegetables

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
15-29	496	95.5	93.1-97.9	919	94.3	92.2-96.3	1415	94.9	93.2-96.6
30-44	370	95.8	93.0-98.7	844	92.2	89.4-95.0	1214	94.0	91.9-96.2
45-59	217	95.4	92.0-98.8	522	95.5	92.8-98.2	739	95.4	93.2-97.6
60-69	78	99.6	98.9-100.0	205	92.3	85.6-99.0	283	95.6	91.6-99.6
15-69	1161	95.8	93.9-97.6	2490	93.8	92.2-95.4	3651	94.8	93.4-96.1

Table 115 Less than 5 servings of fruit/veg. - Both

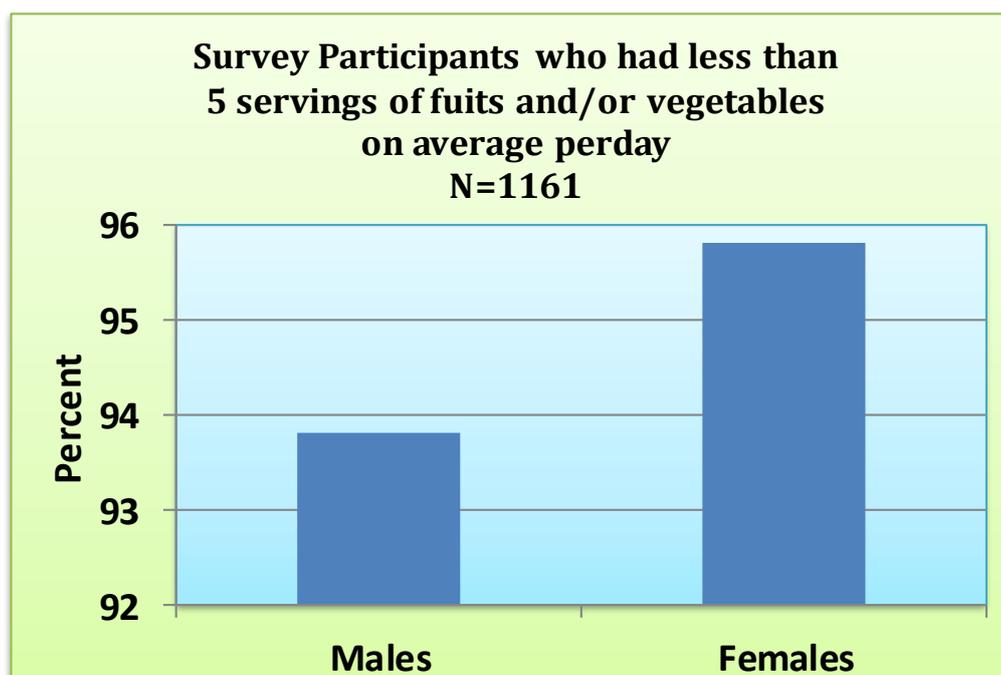


Figure 32 Consumed <5 servings of fruits/veg.

Type of oil or fat most often used for meal preparation in household			
n (house-holds)	Type	%	95% CI %
4062	Vegetable oil	98.2	97.6-98.8
	Lard	0.4	0.2-0.6
	Butter	0.1	0.0-0.3
	Margarine	0.2	0.0-0.4
	none in particular	0.5	0.2-0.8
	None used	0.4	0.0-0.8
	Other	0.1	0.0-0.2

Table 116 Type of fat/oil used

The type of oil or fat most used for meal preparation in household was vegetable oil (98.2%) and other types of fat/oil (1.8%).

Mean number of meals eaten outside a home									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
15-29	545	1.5	1.2-1.8	988	1.1	0.9-1.4	1533	1.3	1.1-1.5
30-44	409	1.5	1.1-2.0	918	0.8	0.6-1.1	1327	1.2	0.9-1.5
45-59	241	1.0	0.6-1.3	574	0.3	0.2-0.4	815	0.6	0.4-0.8
60-69	88	0.5	0.3-0.7	231	0.2	0.1-0.2	319	0.3	0.2-0.4
15-69	1283	1.4	1.1-1.6	2711	0.9	0.7-1.0	3994	1.1	1.0-1.3

Table 117 Meals eaten outside home

Higher percentage of males eat meals prepared outside home (1.4%) as compared to that of females (0.9%)

Introduction

The two most common ways to describe physical activity (or inactivity) are

(1) MET-minutes per week or time spent in physical activity, and

METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities. 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 spent on sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour.

Metabolic Equivalent (MET)

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**.

Activity	MET value
Work	Moderate MET value = 4.0 Vigorous MET value = 8.0
Transport	Cycling and walking MET value = 4.0
Recreation	Moderate MET value = 4.0 Vigorous MET value = 8.0

WHO global recommendations on physical activity for health

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

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

Former recommendations for comparison purposes

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

- **High**
A person reaching any of the following criteria is classified in this category:
 - Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR
 - 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.
- **Moderate**
A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:
 - 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
 - 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
 - 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.
- **Low**
A person not meeting any of the above mentioned criteria falls in this category.

Not meeting WHO recommendations on physical activity for health									
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
15-29	503	9.2	6.2-12.2	909	27.2	23.1-31.2	1412	17.8	15.2-20.5
30-44	370	18.9	12.9-24.9	845	23.4	18.7-28.0	1215	21.1	16.9-25.3
45-59	226	21.7	13.2-30.3	525	26.0	19.6-32.3	751	24.0	18.6-29.4
60-69	83	21.5	11.1-31.9	210	28.2	18.3-38.2	293	25.2	18.1-32.2
15-69	1182	14.3	11.3-17.3	2489	25.9	22.7-29.2	3671	20.1	17.4-22.7

Table 118 Not meeting WHO recommendation- Both

Level of total physical activity according to former recommendations								
Age Group (years)	Men							
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI	
15-29	503	16.2	12.0-20.3	22.0	17.3-26.6	61.9	56.3-67.4	
30-44	370	22.3	16.1-28.5	19.3	12.1-26.5	58.4	50.0-66.8	
45-59	226	28.4	19.5-37.4	19.5	13.6-25.4	52.0	43.0-61.1	
60-69	83	35.8	20.2-51.5	18.7	8.5-29.0	45.4	30.4-60.5	
15-69	1182	20.6	17.2-23.9	20.7	17.5-23.9	58.7	54.3-63.2	

Table 119 Level of total physical activity – males

Level of total physical activity according to former recommendations								
Age Group (years)	Women							
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI	
15-29	909	35.1	30.5-39.6	32.2	27.9-36.5	32.7	28.0-37.4	
30-44	845	33.0	28.1-38.0	25.2	21.2-29.2	41.8	37.1-46.5	
45-59	525	35.2	28.5-41.9	22.4	17.3-27.5	42.4	35.3-49.5	
60-69	210	41.6	30.4-52.8	22.5	14.3-30.7	35.8	24.3-47.4	
15-69	2489	34.9	31.4-38.3	28.1	25.4-30.8	37.1	33.5-40.6	

Table 120 Level of physical activity – Females

Level of total physical activity according to former recommendations								
Age Group (years)	Both Sexes							
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI	
15-29	1412	25.2	22.2-28.3	26.9	23.5-30.3	47.9	43.7-52.1	
30-44	1215	27.6	23.2-32.0	22.2	18.3-26.1	50.2	45.1-55.2	
45-59	751	32.0	26.3-37.8	21.1	16.9-25.2	46.9	40.8-53.0	
60-69	293	39.0	29.6-48.4	20.8	14.0-27.6	40.2	31.1-49.3	
15-69	3671	27.6	24.8-30.5	24.4	22.0-26.7	48.0	44.6-51.4	

Table 121 Level of physical activity - Both

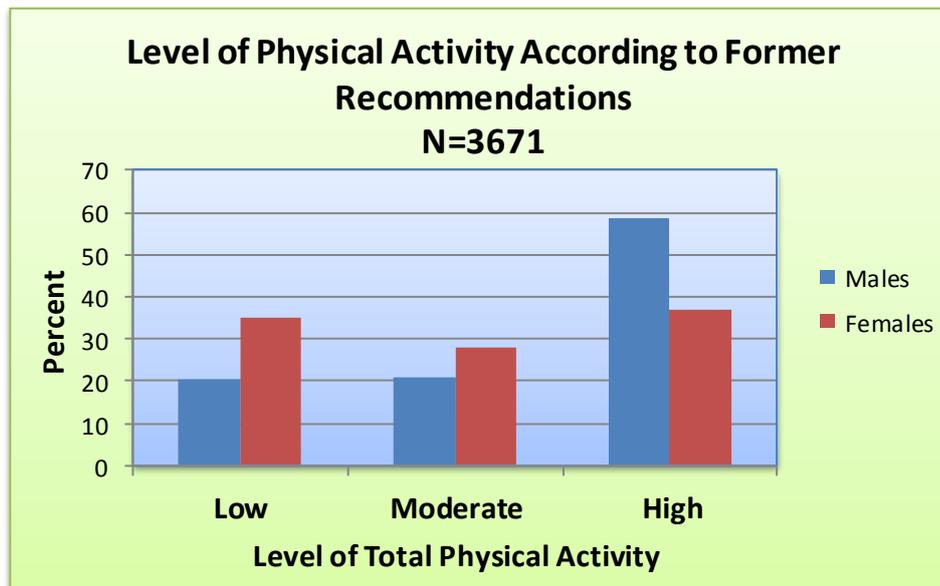


Figure 33 Level of physical activity

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
15-29	503	208.7	181.1-236.4	909	98.3	84.9-111.7	1412	155.8	138.7-172.9
30-44	370	186.3	155.2-217.3	845	150.0	132.0-168.0	1215	168.3	150.0-186.7
45-59	226	222.4	181.3-263.5	525	159.7	131.0-188.4	751	189.2	166.2-212.2
60-69	83	197.1	120.6-273.5	210	123.6	85.6-161.6	293	157.3	117.6-196.9
15-69	1182	203.6	184.8-222.5	2489	124.4	113.4-135.5	3671	164.5	151.8-177.1

Table 122 Mean minutes of total Physical activity

Median minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
15-29	503	120.0	45.7-308.6	909	51.4	17.1-120.0	1412	81.4	30.0-202.9
30-44	370	94.3	30.0-270.0	845	74.3	21.4-197.1	1215	87.1	28.6-247.1
45-59	226	109.3	38.6-351.4	525	77.1	17.1-240.0	751	90.0	21.4-287.1
60-69	83	90.0	24.3-300.0	210	60.0	12.9-180.0	293	64.3	17.1-218.6
15-69	1182	108.6	38.6-300.0	2489	60.0	17.1-158.6	3671	85.7	28.6-225.7

Table 123 Median minutes of physical activity

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
15-29	503	110.6	87.6-133.6	909	45.2	37.2-53.1	1412	79.3	65.8-92.7
30-44	370	113.4	85.7-141.1	845	99.5	85.1-113.9	1215	106.5	90.6-122.5
45-59	226	135.4	99.2-171.6	525	102.6	81.5-123.7	751	118.0	98.3-137.8
60-69	83	106.7	54.0-159.4	210	93.1	55.3-130.8	293	99.3	68.1-130.5
15-69	1182	114.7	98.5-130.9	2489	72.7	64.5-81.0	3671	93.9	83.9-104.0

Table 124 Mean minutes work related

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
15-29	503	62.8	50.8-74.8	909	40.0	29.3-50.7	1412	51.9	43.5-60.2
30-44	370	52.5	40.8-64.3	845	40.4	32.8-48.0	1215	46.5	38.9-54.2
45-59	226	72.3	54.9-89.7	525	50.7	38.2-63.3	751	60.8	50.5-71.2
60-69	83	88.4	50.2-126.6	210	28.9	20.6-37.1	293	56.1	37.5-74.8
15-69	1182	62.4	53.4-71.3	2489	41.2	34.5-47.9	3671	51.9	45.6-58.2

Table 125 Mean minutes transport related

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
15-29	503	35.3	29.2-41.4	909	13.1	10.1-16.1	1412	24.7	20.9-28.5
30-44	370	20.3	15.7-25.0	845	10.1	6.1-14.0	1215	15.2	12.2-18.2
45-59	226	14.7	7.2-22.3	525	6.4	3.6-9.2	751	10.3	6.4-14.2
60-69	83	2.0	0.1-3.9	210	1.7	0.5-2.8	293	1.8	0.8-2.9
15-69	1182	26.6	22.7-30.5	2489	10.5	8.4-12.6	3671	18.6	16.2-21.1

Table 126 Mean minutes recreation related

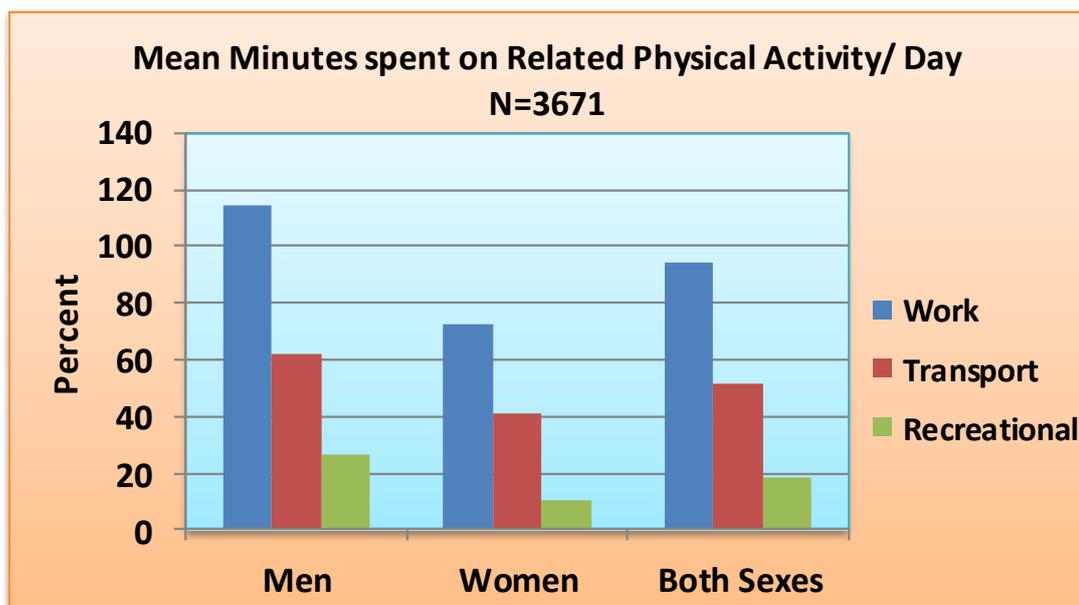


Figure 34 Mean minutes spent on physical activity

Median minutes of work-related physical activity on average per day

Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
15-29	503	10.7	0.0-162.9	909	0.0	0.0-42.9	1412	4.3	0.0-69.4
30-44	370	25.7	0.0-137.1	845	25.7	0.0-120.0	1215	25.7	0.0-128.6
45-59	226	17.1	0.0-180.0	525	8.6	0.0-154.3	751	12.9	0.0-171.4
60-69	83	17.1	0.0-120.0	210	12.9	0.0-122.9	293	12.9	0.0-122.9
15-69	1182	15.0	0.0-162.9	2489	8.6	0.0-77.1	3671	8.6	0.0-109.3

Table 127 Median minutes work related

Median minutes of transport-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
15-29	503	30.0	11.0-60.0	909	17.1	4.3-40.0	1412	25.7	8.6-60.0
30-44	370	21.4	1.4-60.0	845	15.0	1.4-42.9	1215	20.0	1.4-60.0
45-59	226	30.0	6.4-90.0	525	21.4	1.4-60.0	751	25.7	2.9-68.6
60-69	83	32.1	11.4-90.0	210	10.0	0.0-30.0	293	18.0	2.1-60.0
15-69	1182	30.0	10.0-68.6	2489	17.1	2.9-42.9	3671	21.4	4.3-60.0

Table 128 Median minutes transport related

Median minutes of recreation-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
15-29	503	12.9	0.0-51.4	909	0.0	0.0-0.0	1412	0.0	0.0-34.3
30-44	370	0.0	0.0-29.3	845	0.0	0.0-0.0	1215	0.0	0.0-12.9
45-59	226	0.0	0.0-8.6	525	0.0	0.0-0.0	751	0.0	0.0-0.0
60-69	83	0.0	0.0-0.0	210	0.0	0.0-0.0	293	0.0	0.0-0.0
15-69	1182	0.0	0.0-34.3	2489	0.0	0.0-0.0	3671	0.0	0.0-17.1

Table 129 Median minutes recreation related

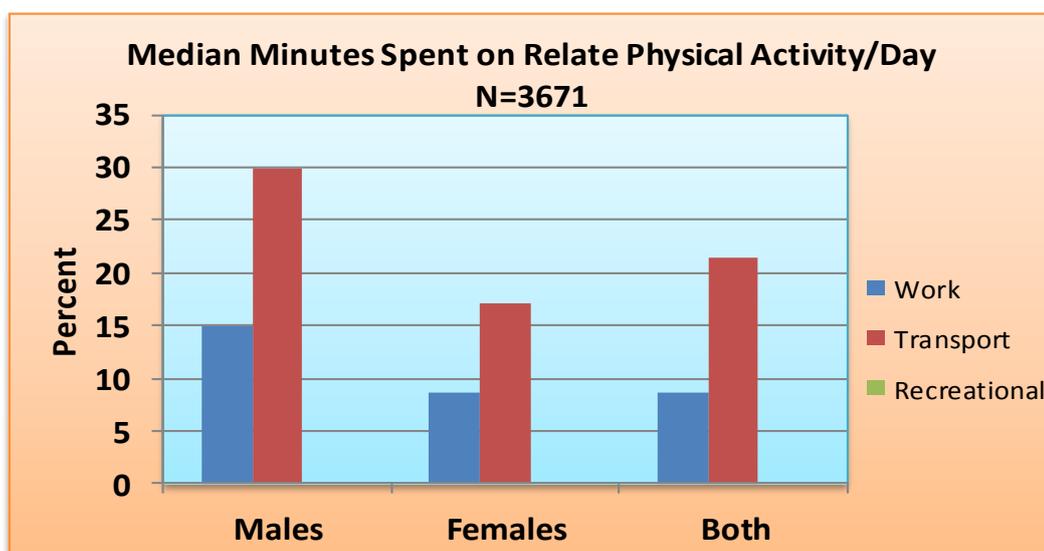


Figure 35 Minutes spent on type of activities

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
15-29	503	46.6	39.9-53.3	909	51.5	46.0-56.9	1412	48.9	44.0-53.8
30-44	370	43.1	34.7-51.5	845	39.1	33.7-44.5	1215	41.1	35.9-46.3
45-59	226	45.6	36.4-54.8	525	47.2	40.7-53.8	751	46.5	40.7-52.2
60-69	83	43.9	29.7-58.2	210	46.6	35.7-57.5	293	45.4	36.2-54.6
15-69	1182	45.3	40.0-50.6	2489	47.0	42.9-51.0	3671	46.1	42.3-50.0

Table 130 No work related physical activity

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
15-29	503	13.5	9.4-17.7	909	20.8	17.0-24.5	1412	17.0	13.9-20.1
30-44	370	24.9	17.8-32.1	845	24.4	19.2-29.5	1215	24.7	19.8-29.5
45-59	226	22.3	15.6-29.0	525	24.7	17.9-31.6	751	23.6	18.2-28.9
60-69	83	15.3	4.3-26.2	210	30.3	19.0-41.6	293	23.4	14.4-32.4
15-69	1182	18.1	14.7-21.5	2489	23.0	19.7-26.3	3671	20.5	17.7-23.4

Table 131 No transport related physical activity

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
15-29	503	43.7	37.6-49.8	909	75.1	71.0-79.2	1412	58.8	54.8-62.8
30-44	370	59.2	50.6-67.8	845	79.5	75.1-83.9	1215	69.3	64.2-74.3
45-59	226	72.4	63.9-80.9	525	84.1	78.8-89.4	751	78.6	73.4-83.8
60-69	83	94.3	89.6-99.0	210	87.2	79.7-94.7	293	90.5	85.9-95.0
15-69	1182	54.5	49.8-59.2	2489	78.5	75.5-81.5	3671	66.4	63.3-69.4

Table 132 No recreation related physical activity

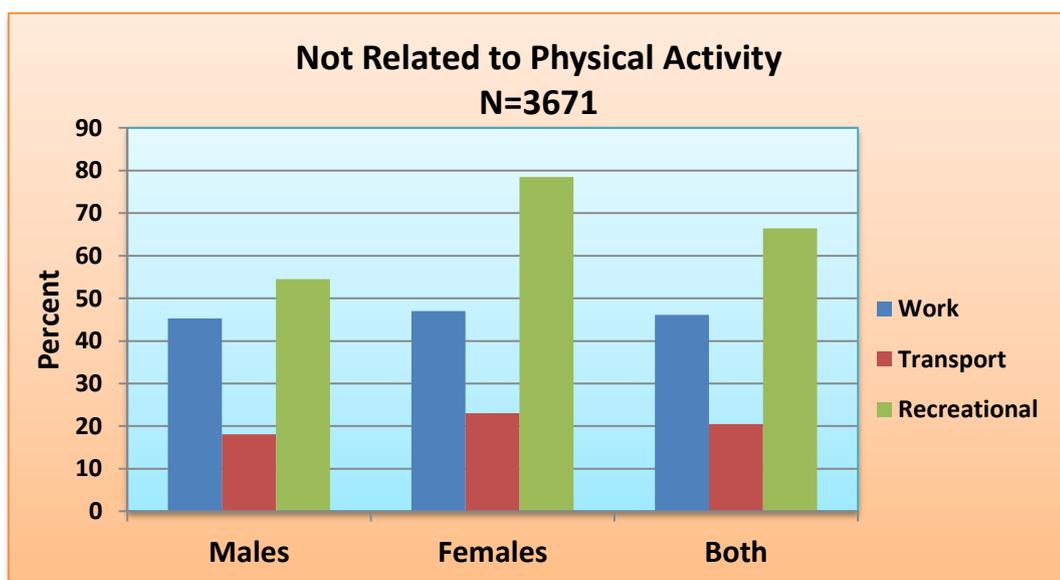


Figure 36 Not related to physical activity

Composition of total physical activity							
Men							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-29	483	32.8	27.9-37.8	43.2	37.7-48.7	24.0	20.1-27.9
30-44	332	39.5	34.0-45.0	42.0	36.5-47.6	18.5	14.3-22.6
45-59	196	40.5	32.9-48.0	49.2	40.8-57.5	10.4	5.5-15.3
60-69	73	40.0	27.7-52.3	58.0	45.9-70.1	2.0	0.0-4.0
15-69	1084	36.0	32.3-39.6	44.3	40.3-48.4	19.7	17.0-22.3

Table 133 Composition of total physical activity – males

Composition of total physical activity							
Women							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-29	800	33.0	29.3-36.6	54.4	50.3-58.5	12.6	10.2-15.0
30-44	766	48.3	44.3-52.3	42.6	38.5-46.8	9.1	6.2-12.0
45-59	457	44.3	39.3-49.2	51.2	46.1-56.3	4.5	2.8-6.3
60-69	180	50.7	40.7-60.7	44.7	34.9-54.6	4.6	0.7-8.4
15-69	2203	40.2	37.4-42.9	49.9	46.8-53.0	9.9	8.2-11.6

Table 134 composition of total physical activity – Females

Composition of total physical activity							
Both Sexes							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-29	1283	32.9	29.4-36.3	48.3	44.6-52.1	18.8	16.3-21.2
30-44	1098	43.9	40.5-47.2	42.3	38.8-45.9	13.8	11.3-16.3
45-59	653	42.4	37.6-47.2	50.2	45.1-55.3	7.3	4.6-10.0
60-69	253	45.6	36.7-54.4	51.1	42.5-59.6	3.3	1.2-5.5
15-69	3287	38.0	35.4-40.6	47.0	44.2-49.8	15.0	13.2-16.7

Table 135 Composition of physical activity - Both

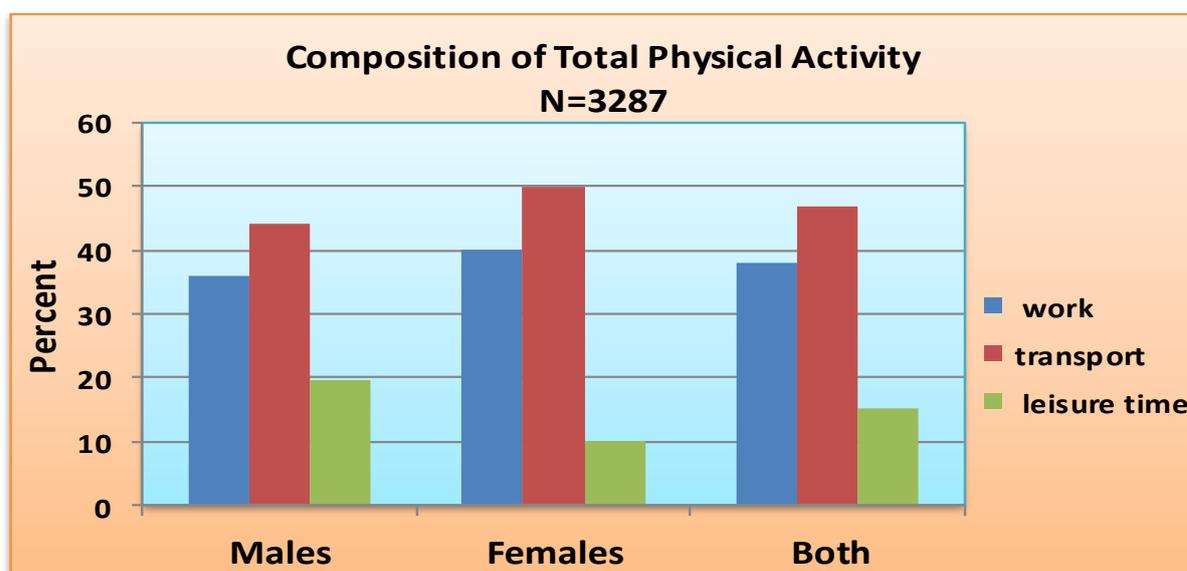


Figure 37 composition of total physical activity

Age Group (years)	No vigorous physical activity								
	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
15-29	503	36.1	29.8-42.4	909	76.1	71.7-80.5	1412	55.3	50.9-59.7
30-44	370	43.3	34.8-51.9	845	68.3	63.5-73.0	1215	55.7	50.3-61.1
45-59	226	55.5	45.7-65.3	525	69.5	63.0-76.0	751	62.9	57.2-68.6
60-69	83	75.5	62.2-88.8	210	67.1	54.9-79.2	293	70.9	61.6-80.3
15-69	1182	42.7	37.6-47.8	2489	72.3	69.0-75.6	3671	57.3	53.9-60.7

Table 136 No vigorous physical activity

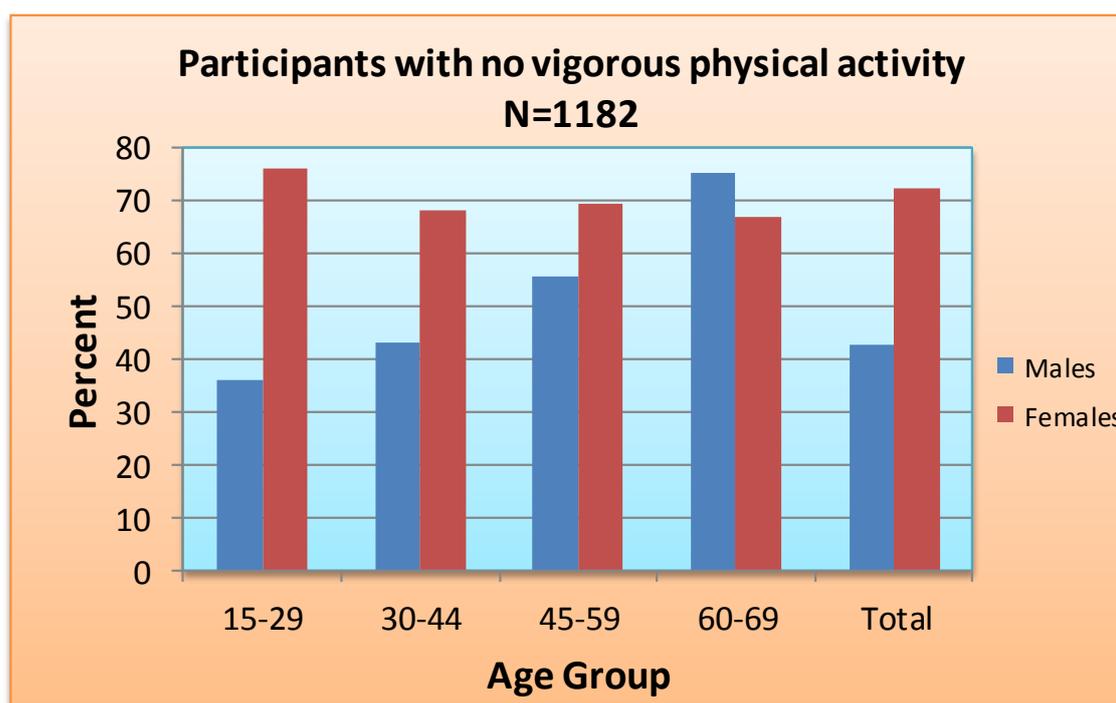


Figure 38 with no vigorous physical activity

Females and the elderly are seen to have not participated in vigorous physical activity.

Age Group (years)	Minutes spent in sedentary activities on average per day				
	Men				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
15-29	559	207.7	186.3-229.1	180	60-300
30-44	418	194.1	168.9-219.3	180	60-300
45-59	248	177.4	151.1-203.7	120	60-240
60-69	89	184.2	133.3-235.1	120	60-300
15-69	1314	198.6	183.0-214.3	180	60-300

Table 137 Minutes spent on sedentary activity - males

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)
15-29	996	215.1	197.7-232.5	180	60-300
30-44	928	193.1	175.3-210.9	122	60-300
45-59	585	157.6	142.6-172.7	120	45-240
60-69	232	183.2	146.0-220.3	120	60-240
15-69	2741	197.7	184.9-210.6	150	60-300

Table 138 Minutes spent on sedentary activity - Females

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)
15-29	1555	211.2	196.1-226.4	180	60-300
30-44	1346	193.6	177.8-209.5	180	60-300
45-59	833	166.7	151.3-182.1	120	60-240
60-69	321	183.6	152.9-214.4	120	60-300
15-69	4055	198.2	187.0-209.4	165	60-300

Table 139 Minutes on sedentary activity - Both

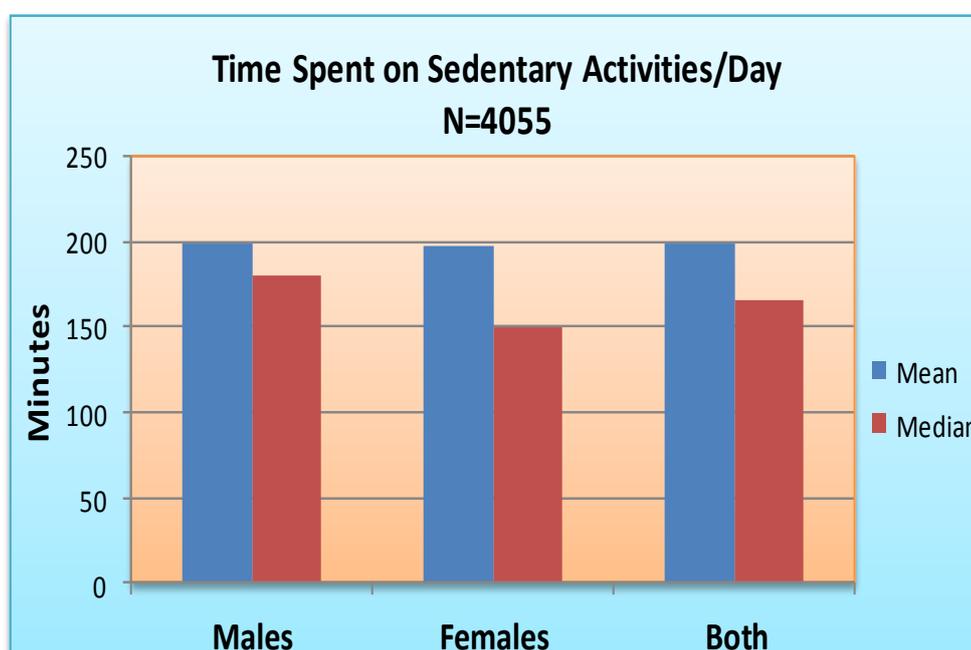


Figure 39 Time spent on sedentary activity

History of Raised Blood Pressure

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
15-29	559	32.9	27.5-38.3	57.2	51.6-62.8	4.0	2.1-5.8	5.9	3.2-8.6
30-44	418	24.3	15.9-32.7	57.1	48.5-65.7	7.6	4.4-10.9	11.0	6.3-15.6
45-59	248	10.5	6.0-15.0	58.1	50.2-65.9	8.8	4.7-12.8	22.7	16.3-29.1
60-69	89	7.6	1.5-13.7	52.5	38.5-66.5	10.6	3.3-18.0	29.3	15.4-43.2
15-69	1314	26.2	21.7-30.8	57.1	52.7-61.5	6.0	4.5-7.4	10.7	8.3-13.2

Table 140 BP measurement and Dx - Males

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
15-29	996	22.3	18.5-26.1	62.9	58.9-66.8	5.3	3.7-6.8	9.5	7.0-12.1
30-44	928	8.8	6.4-11.2	60.2	55.7-64.7	9.9	6.8-12.9	21.1	17.3-24.9
45-59	585	8.3	4.8-11.8	46.8	40.7-52.9	12.1	8.5-15.7	32.8	26.8-38.8
60-69	232	8.0	0.2-15.8	43.2	31.7-54.7	14.1	8.6-19.5	34.7	25.6-43.8
15-69	2741	15.4	13.0-17.7	58.4	55.7-61.1	8.2	6.6-9.8	18.0	15.9-20.1

Table 141 BP measurement and Dx - Females

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
15-29	1555	27.8	24.5-31.2	59.9	56.5-63.4	4.6	3.3-5.9	7.7	5.7-9.6
30-44	1346	16.7	12.0-21.5	58.6	53.5-63.7	8.7	6.6-10.9	16.0	13.0-18.9
45-59	833	9.3	6.3-12.3	52.0	46.8-57.2	10.6	7.8-13.4	28.2	23.7-32.6
60-69	321	7.8	2.7-12.9	47.4	38.5-56.3	12.5	8.1-16.9	32.3	24.7-39.9
15-69	4055	20.9	18.1-23.7	57.7	54.9-60.5	7.1	5.9-8.2	14.3	12.6-16.0

Table 142 BP measurement and Dx - Both

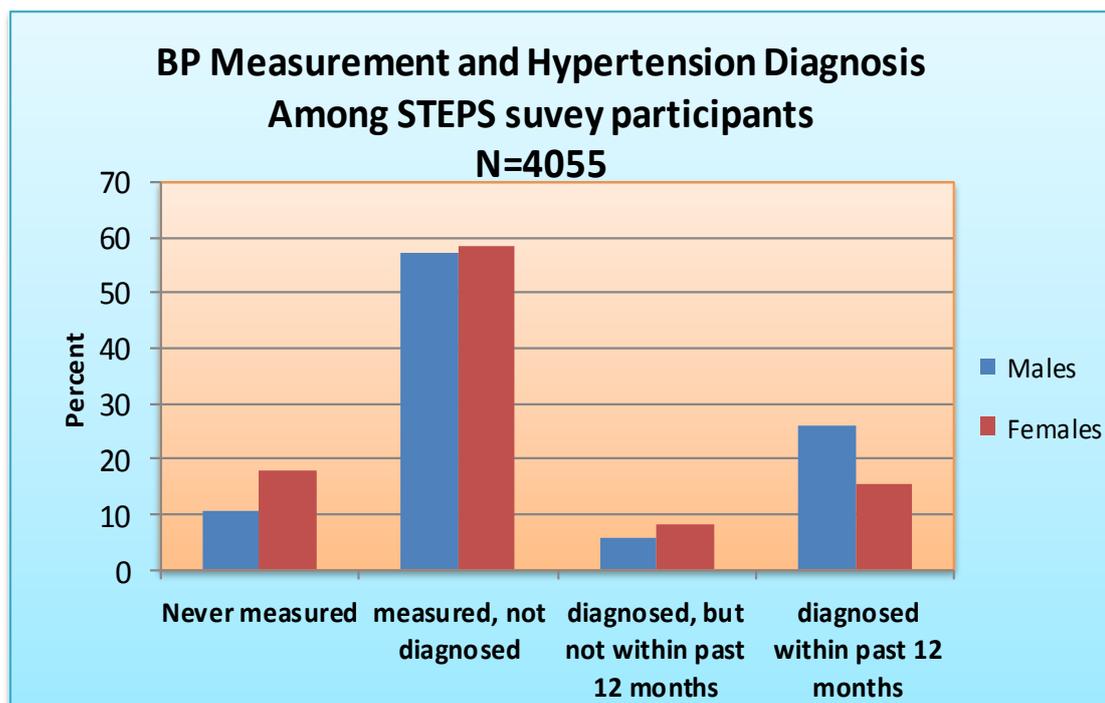


Figure 40 BP measurement & HPN diagnosis

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
15-29	58	8.3	0.1-16.4	154	13.0	6.0-20.1	212	11.0	5.6-16.4
30-44	70	27.7	12.0-43.3	289	31.4	23.1-39.8	359	30.0	21.6-38.4
45-59	86	49.2	37.9-60.6	279	57.1	48.1-66.1	365	54.2	46.8-61.6
60-69	31	63.1	41.3-84.9	133	74.9	65.9-84.0	164	70.1	59.9-80.4
15-69	245	30.9	23.4-38.4	855	38.0	33.3-42.7	1100	35.2	31.1-39.3

Table 143 Currently taking medications

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
15-29	58	0.9	0.0-2.8	154	0.5	0.0-1.4	212	0.7	0.0-1.6
30-44	70	9.3	0.0-21.7	289	1.1	0.0-2.2	359	4.2	0.0-9.2
45-59	86	4.9	0.0-10.6	279	5.3	2.4-8.2	365	5.2	2.1-8.2
60-69	31	6.2	0.0-18.0	133	1.5	0.0-3.7	164	3.4	0.0-8.4
15-69	245	5.2	0.4-10.0	855	2.1	1.2-3.1	1100	3.3	1.2-5.4

Table 144 Seen a traditional healer for BP

Among 245 male participants diagnosed as having raised blood pressure, 30.9% of them had prescription for medicines by healthworkers. In addition 5.2% of them were seen by a traditional healer and the same were taking traditional medicine. While 88.0% of 855 females diagnosed were taking medication prescribed by a healthworker plus 2.1% of them seen by a traditional healer and 2.9% taking herbal medicine for their raised blood pressure.

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
15-29	58	0.8	0.0-2.2		154	1.2	0.0-2.9		212	1.1	0.0-2.2
30-44	70	10.5	0.0-23.1		289	1.8	0.0-3.6		359	5.1	0.0-10.3
45-59	86	5.6	0.0-11.5		279	5.0	2.3-7.8		365	5.2	2.2-8.3
60-69	31	0.9	0.0-2.8		133	5.5	0.4-10.6		164	3.6	0.4-6.9
15-69	245	5.2	0.3-10.0		855	2.9	1.6-4.2		1100	3.8	1.7-5.9

Table 145 Taking traditional remedy for BP

History of Diabetes

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
15-29	559	88.8	85.5-92.1	11.1	7.8-14.4	0.1	0.0-0.2	0.0	0.0-0.0
30-44	418	74.8	68.8-80.7	23.2	17.3-29.1	0.6	0.0-1.2	1.4	0.0-3.3
45-59	248	64.3	56.5-72.0	31.5	23.8-39.3	0.9	0.0-1.9	3.4	1.2-5.5
60-69	89	66.5	54.9-78.0	21.4	12.5-30.3	0.0	0.0-0.0	12.1	1.1-23.1
15-69	1314	80.4	77.2-83.7	17.8	14.7-20.9	0.3	0.1-0.6	1.4	0.6-2.2

Table 146 Blood sugar measurement & Dx – males

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
15-29	996	87.4	84.8-90.0	11.9	9.4-14.4	0.2	0.0-0.5	0.5	0.0-1.2
30-44	928	67.2	61.9-72.5	30.6	25.9-35.4	0.8	0.1-1.5	1.3	0.1-2.6
45-59	585	57.2	51.4-63.0	37.7	32.1-43.4	1.7	0.5-2.9	3.4	1.4-5.3
60-69	232	49.6	40.3-58.8	41.5	32.3-50.8	0.5	0.0-1.2	8.4	3.5-13.2
15-69	2741	74.6	72.1-77.1	23.1	20.7-25.5	0.6	0.3-0.9	1.7	1.0-2.3

Table 147 Blood sugar measurement & Dx - Females

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
15-29	1555	88.1	86.0-90.3	11.5	9.4-13.5	0.1	0.0-0.3	0.3	0.0-0.6
30-44	1346	71.1	66.8-75.3	26.9	22.9-30.8	0.7	0.3-1.2	1.4	0.2-2.5
45-59	833	60.4	55.3-65.5	34.9	30.0-39.8	1.3	0.6-2.1	3.4	1.9-4.8
60-69	321	57.3	49.8-64.7	32.4	25.5-39.3	0.3	0.0-0.6	10.1	4.3-15.8
15-69	4055	77.5	75.4-79.7	20.4	18.4-22.5	0.5	0.3-0.7	1.5	0.9-2.1

Table 148 Blood sugar measurement - Both

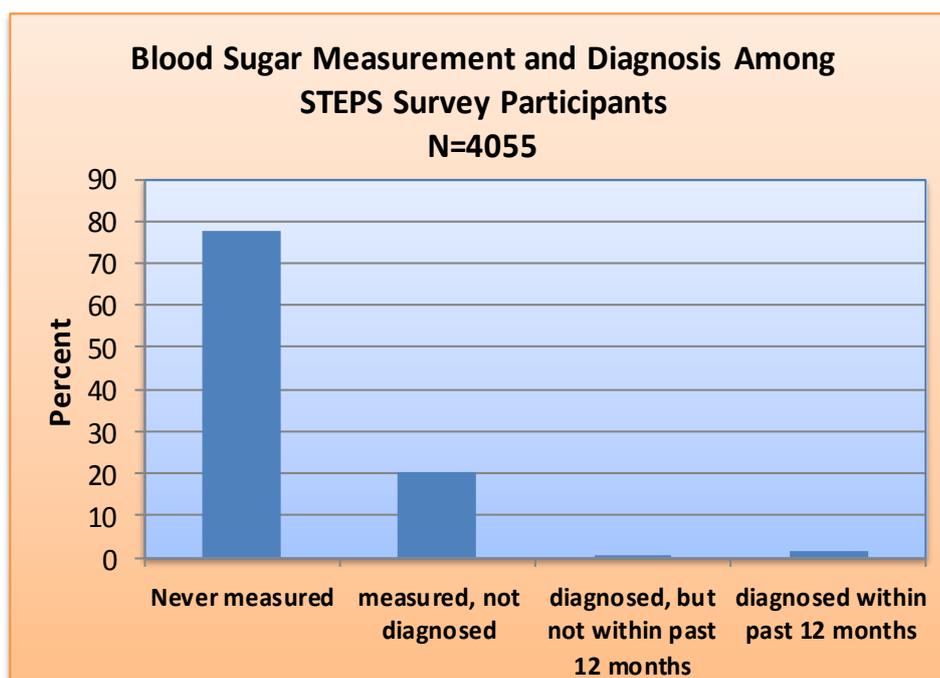


Figure 41 Blood sugar measurement & diagnosis

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
15-29	1	0.0	0.0-0.0	6	22.1	0.0-55.4	7	19.6	0.0-48.5
30-44	9	74.1	39.9-100.0	15	17.0	0.0-40.3	24	44.9	12.7-77.1
45-59	13	57.3	27.0-87.6	35	52.4	29.5-75.4	48	54.5	36.3-72.6
60-69	7	100.0	100.0-100.0	25	86.4	74.5-98.3	32	93.6	87.1-100.0
15-69	30	75.1	57.1-93.2	81	45.6	30.0-61.3	111	58.5	45.6-71.5

Table 149 Taking medication for diabetes

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
15-29	1	0.0	0.0-0.0	6	22.1	0.0-55.4	7	19.6	0.0-48.5
30-44	9	53.1	1.5-100.0	15	7.7	0.0-23.0	24	29.9	0.0-64.6
45-59	13	19.4	0.0-41.8	35	19.9	4.4-35.5	48	19.7	7.1-32.3
60-69	7	65.0	19.9-100.0	25	39.4	14.2-64.6	32	53.0	24.5-81.5
15-69	30	44.7	16.4-73.0	81	21.2	9.6-32.8	111	31.5	18.0-45.1

Table 150 Taking Insulin for diabetes

Out of the 111 male and female diabetic cases diagnosed, 58.5% of them were on oral medications and 31.5% were on Insulin. Additionally 0.4% had also seen a traditional healer and 0.5% of them were taking traditional medicine.

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
15-29	-	-	-	6	0.0	0.0-0.0	7	0.0	0.0-0.0
30-44	-	-	-	15	0.0	0.0-0.0	24	0.0	0.0-0.0
45-59	-	-	-	35	1.9	0.0-5.6	48	1.1	0.0-3.3
60-69	-	-	-	25	0.0	0.0-0.0	32	0.0	0.0-0.0
15-69	-	-	-	81	0.7	0.0-2.0	111	0.4	0.0-1.1

Table 151 Seen traditional healer for diabetes – Both

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
15-29	-	-	-	6	0.0	0.0-0.0	7	0.0	0.0-0.0
30-44	-	-	-	15	0.0	0.0-0.0	24	0.0	0.0-0.0
45-59	-	-	-	35	2.4	0.0-6.3	48	1.4	0.0-3.7
60-69	-	-	-	25	0.0	0.0-0.0	32	0.0	0.0-0.0
15-69	-	-	-	81	0.8	0.0-2.2	111	0.5	0.0-1.2

Table 152 Taking herbal treatment for diabetes

History of Raised Total Cholesterol

Total cholesterol measurement and diagnosis									
Age Group (years)	Men								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
15-29	559	97.2	95.9-98.5	2.5	1.2-3.8	0.1	0.0-0.4	0.1	0.0-0.4
30-44	418	90.7	86.0-95.5	4.8	2.4-7.3	1.4	0.0-3.3	3.1	0.0-6.8
45-59	248	86.6	79.9-93.2	11.3	4.9-17.7	1.4	0.0-3.5	0.7	0.0-1.5
60-69	89	89.9	79.6-100.0	3.8	0.0-7.5	0.0	0.0-0.0	6.3	0.0-16.1
15-69	1314	93.6	91.6-95.5	4.4	3.0-5.9	0.7	0.0-1.3	1.4	0.2-2.6

Table 153 Cholesterol measurement & Dx - males

Total cholesterol measurement and diagnosis									
Age Group (years)	Women								
	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
15-29	996	97.6	96.4-98.9	2.3	1.0-3.5	0.0	0.0-0.0	0.1	0.0-0.3
30-44	928	92.8	90.2-95.5	6.2	3.6-8.7	0.8	0.1-1.5	0.2	0.0-0.4
45-59	585	89.4	85.4-93.4	6.8	3.7-9.8	1.9	0.0-4.2	1.9	0.4-3.4
60-69	232	87.8	80.1-95.5	9.9	2.3-17.5	0.9	0.0-2.3	1.4	0.1-2.6
15-69	2741	94.4	93.1-95.7	4.6	3.4-5.7	0.6	0.2-1.0	0.5	0.2-0.8

Table 154 Cholesterol measurement & DX – Females

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
15-29	1555	97.4	96.5-98.3	2.4	1.5-3.3	0.1	0.0-0.2	0.1	0.0-0.3
30-44	1346	91.8	88.8-94.7	5.5	3.6-7.3	1.1	0.1-2.1	1.7	0.0-3.6
45-59	833	88.1	84.1-92.1	8.9	5.5-12.3	1.7	0.2-3.2	1.4	0.5-2.2
60-69	321	88.8	82.4-95.1	7.1	2.5-11.7	0.5	0.0-1.3	3.6	0.0-8.2
15-69	4055	94.0	92.7-95.2	4.5	3.5-5.5	0.6	0.2-1.0	0.9	0.3-1.6

Table 155 Cholesterol measurement & Dx – Both

2.4% of 1314 male participants had a total cholesterol measurement and diagnosis while in the females 1.1% of 2741 had been diagnosed as having cholesterol within the past 12 months of the study.

Among the 54 male and female participants diagnosed as having raised total cholesterol, 30.4% of them were recurrently taking oral medications.

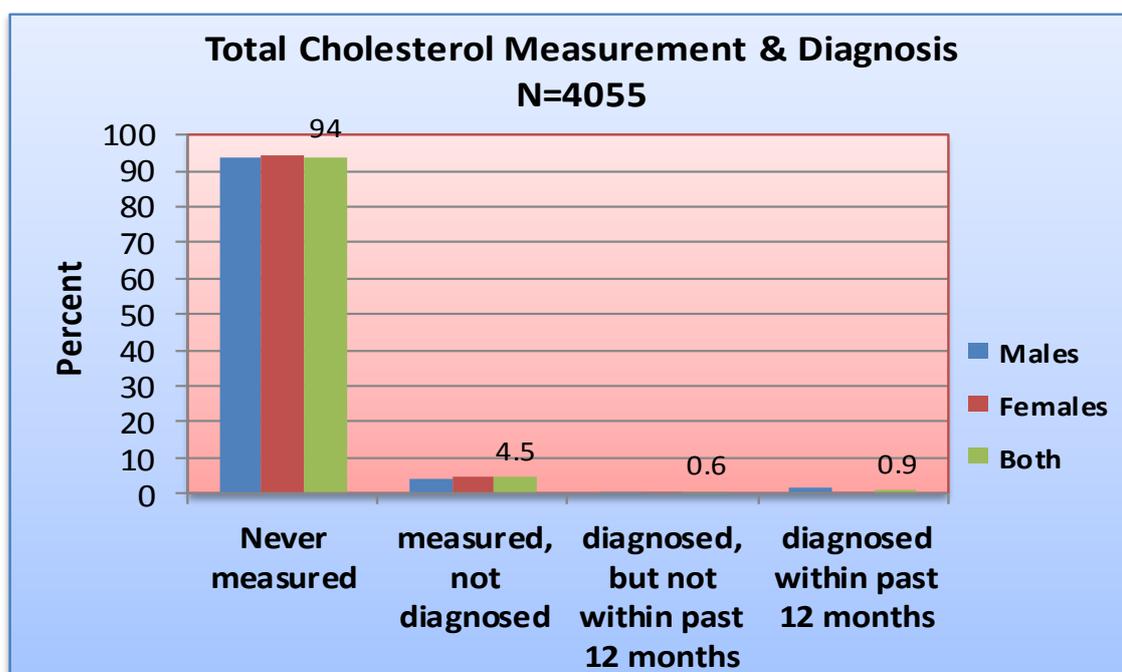


Figure 42 Total cholesterol measurement

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
15-29	2	51.5	0.0-100.0	2	0.0	0.0-0.0	4	39.1	0.0-97.6
30-44	7	51.6	0.0-100.0	11	0.0	0.0-0.0	18	42.4	0.0-86.5
45-59	6	10.6	0.0-34.6	16	16.2	0.0-39.0	22	14.4	0.0-31.3
60-69	3	16.7	0.0-58.9	7	11.7	0.0-35.2	10	15.2	0.0-42.6
15-69	18	40.8	1.0-80.5	36	10.6	0.0-23.8	54	30.4	3.4-57.5

Table 156 Taking treatment for cholesterol

History of Cardiovascular Diseases

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
15-29	559	2.1	0.8-3.3	996	6.0	3.6-8.4	1555	3.9	2.6-5.3
30-44	418	6.3	2.1-10.5	928	6.4	4.2-8.5	1346	6.3	3.8-8.8
45-59	248	7.6	3.1-12.1	585	8.3	4.7-11.9	833	8.0	4.8-11.2
60-69	89	6.8	0.0-14.1	232	15.2	6.1-24.2	321	11.4	5.1-17.6
15-69	1314	4.3	2.7-5.8	2741	7.0	5.0-9.0	4055	5.6	4.2-7.0

Table 157 Ever had heart attack - Both

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
15-29	559	0.2	0.0-0.7	996	0.5	0.0-1.2	1555	0.4	0.0-0.8
30-44	418	1.1	0.0-3.0	928	0.9	0.1-1.7	1346	1.0	0.0-2.0
45-59	248	0.9	0.0-1.9	585	2.0	0.2-3.8	833	1.5	0.4-2.6
60-69	89	7.1	0.0-17.0	232	4.3	0.4-8.3	321	5.6	0.7-10.5
15-69	1314	0.9	0.1-1.7	2741	1.1	0.5-1.7	4055	1.0	0.5-1.5

Table 158 Taking Aspirin

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
15-29	559	0.0	0.0-0.0	996	0.1	0.0-0.4	1555	0.1	0.0-0.2
30-44	418	2.8	0.0-6.4	928	1.6	0.0-3.2	1346	2.2	0.2-4.2
45-59	248	0.6	0.0-1.4	585	1.2	0.0-2.8	833	0.9	0.0-1.8
60-69	89	0.0	0.0-0.0	232	4.0	1.1-6.9	321	2.2	0.6-3.8
15-69	1314	0.9	0.0-2.0	2741	0.9	0.4-1.5	4055	0.9	0.3-1.5

Table 159 Taking Statin

5.6% of 4055 participants had history of Cardiovascular Disease (heart attack or chest pain from heart disease or a stroke) and 1.0% of them were taking Aspirin and 0.9% on Statin regularly.

Lifestyle Advice

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
15-29	559	35.6	28.9-42.3	996	35.1	30.2-39.9	1555	35.4	30.8-39.9
30-44	418	34.7	27.2-42.1	928	33.9	29.0-38.8	1346	34.3	29.5-39.0
45-59	248	42.0	33.5-50.5	585	33.6	27.1-40.0	833	37.5	31.9-43.0
60-69	89	33.2	18.6-47.8	232	34.4	26.7-42.1	321	33.9	25.8-41.9
15-69	1314	36.1	31.3-40.9	2741	34.4	30.9-38.0	4055	35.3	31.9-38.6

Table 160 Advised by a health worker on tobacco

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
15-29	559	30.1	23.8-36.4	996	38.8	34.2-43.4	1555	34.3	30.0-38.5
30-44	418	34.0	26.9-41.2	928	53.4	48.5-58.3	1346	43.5	38.9-48.1
45-59	248	56.2	47.6-64.8	585	63.3	57.5-69.1	833	60.0	54.4-65.7
60-69	89	48.2	35.4-61.1	232	68.9	59.6-78.1	321	59.5	51.8-67.1
15-69	1314	35.6	31.2-40.0	2741	48.6	45.5-51.8	4055	42.0	38.9-45.2

Table 161 advised on salt reduction

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
15-29	559	42.5	36.6-48.4	996	53.8	49.6-58.1	1555	47.9	44.2-51.6
30-44	418	40.2	32.7-47.6	928	60.4	55.8-65.0	1346	50.1	45.4-54.9
45-59	248	57.5	49.4-65.5	585	59.9	54.3-65.5	833	58.8	53.6-64.0
60-69	89	39.7	25.8-53.6	232	62.6	54.8-70.4	321	52.2	43.7-60.8
15-69	1314	43.7	39.3-48.1	2741	57.2	54.1-60.3	4055	50.4	47.4-53.4

Table 162 advised to eat 5 servings of fruits/veg.

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
15-29	559	36.7	30.8-42.5	996	51.4	46.6-56.1	1555	43.7	39.5-47.8
30-44	418	44.1	36.0-52.2	928	60.9	56.0-65.8	1346	52.3	47.4-57.2
45-59	248	57.7	48.6-66.7	585	72.1	66.1-78.1	833	65.5	59.6-71.3
60-69	89	52.2	39.6-64.8	232	69.1	61.2-76.9	321	61.4	54.1-68.7
15-69	1314	42.3	38.0-46.6	2741	58.4	55.5-61.4	4055	50.3	47.2-53.3

Table 163 Advised to reduce fat

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
15-29	559	43.6	38.0-49.2	996	48.6	44.3-53.0	1555	46.0	42.2-49.8
30-44	418	50.2	42.2-58.3	928	56.8	52.4-61.2	1346	53.5	48.6-58.3
45-59	248	53.7	44.6-62.9	585	59.0	53.4-64.7	833	56.6	50.8-62.4
60-69	89	44.4	30.9-57.9	232	49.5	40.8-58.3	321	47.2	39.6-54.8
15-69	1314	46.9	42.6-51.2	2741	52.7	49.6-55.8	4055	49.8	46.7-52.9

Table 164 Advised on physical activity

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
15-29	559	37.8	31.9-43.6	996	41.9	37.5-46.4	1555	39.8	35.9-43.6
30-44	418	43.9	35.8-52.0	928	51.2	46.5-55.9	1346	47.5	42.5-52.5
45-59	248	45.5	36.1-54.9	585	52.1	45.7-58.6	833	49.1	42.7-55.5
60-69	89	34.9	22.7-47.2	232	43.7	34.5-52.8	321	39.7	31.9-47.5
15-69	1314	40.5	36.2-44.7	2741	46.3	43.1-49.6	4055	43.4	40.3-46.5

Table 165 Advised to reduce weight

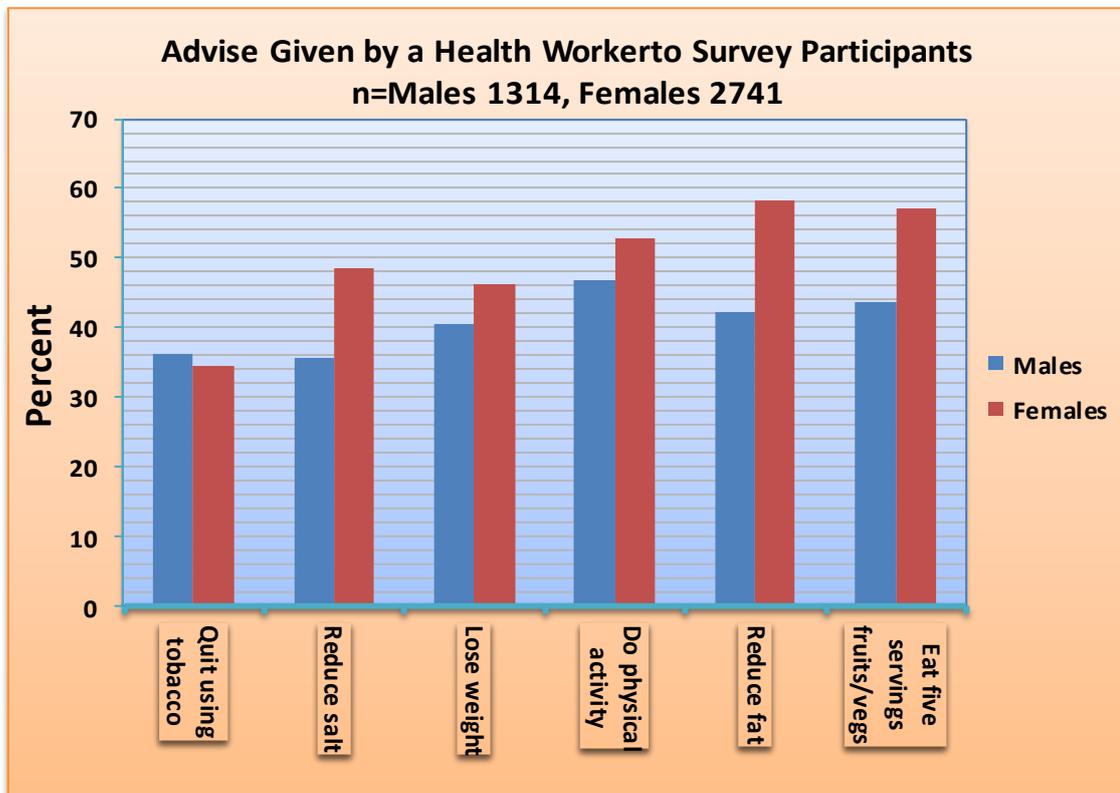


Figure 43 Advice given by health worker

Cervical Cancer Screening

Age Group (years)	n	% ever tested	95% CI
15-29	971	20.3	17.1-23.4
30-44	914	50.6	45.6-55.6
45-59	576	49.7	43.0-56.4
60-69	226	29.5	21.4-37.5
15-69	2687	34.3	31.7-37.0

Table 166 Cervical screening by age group

Physical Measurements

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	555	127.7	125.7-129.8	982	117.3	116.2-118.4	1537	122.8	121.5-124.1
30-44	413	129.9	127.4-132.5	921	124.1	122.5-125.7	1334	127.1	125.5-128.6
45-59	245	140.2	135.0-145.4	577	137.1	134.0-140.3	822	138.6	135.6-141.5
60-69	86	145.1	139.3-150.8	228	140.2	135.6-144.8	314	142.4	138.7-146.0
15-69	1299	130.8	129.3-132.3	2708	123.7	122.7-124.8	4007	127.3	126.3-128.3

Table 167 Mean SBP – Both

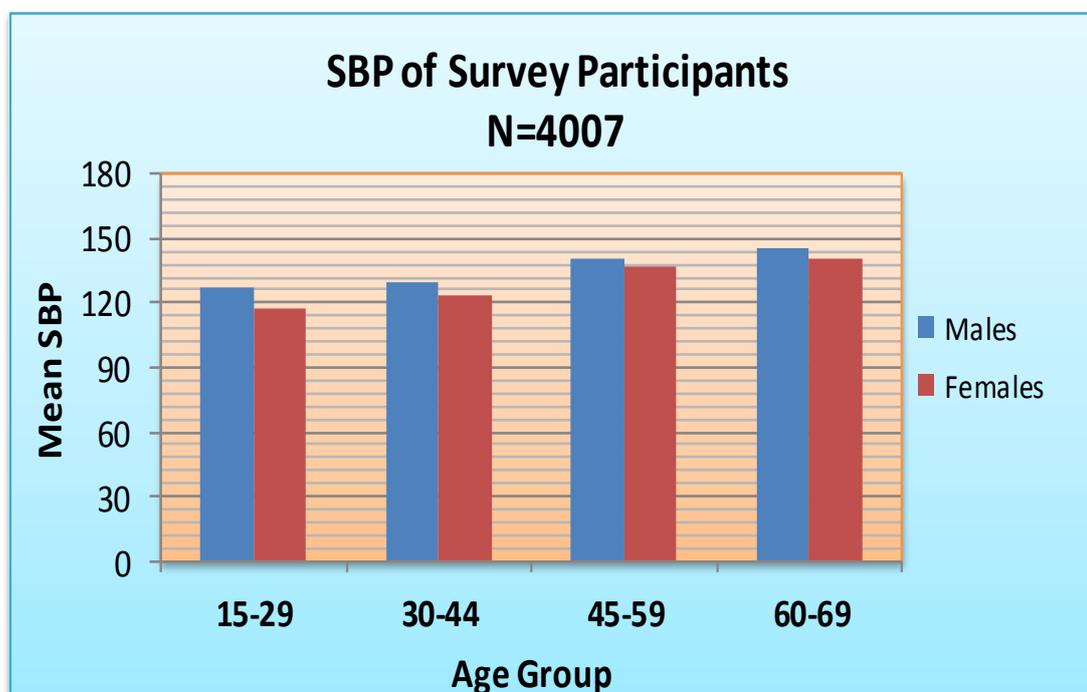


Figure 44 Systolic Blood Pressure

The mean systolic blood pressure and the diastolic blood pressure in both sexes are directly proportional to the increase of the age groups.

Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	555	77.7	76.1-79.3	982	76.4	75.4-77.3	1537	77.1	76.1-78.1
30-44	413	80.9	79.1-82.7	921	81.6	80.3-82.8	1334	81.2	80.1-82.4
45-59	245	85.3	82.7-87.9	577	85.3	83.2-87.4	822	85.3	83.6-87.0
60-69	86	84.2	80.6-87.7	228	83.9	81.9-86.0	314	84.0	82.1-86.0
15-69	1299	80.0	78.9-81.0	2708	79.7	78.9-80.5	4007	79.8	79.1-80.6

Table 168 Mean DBP

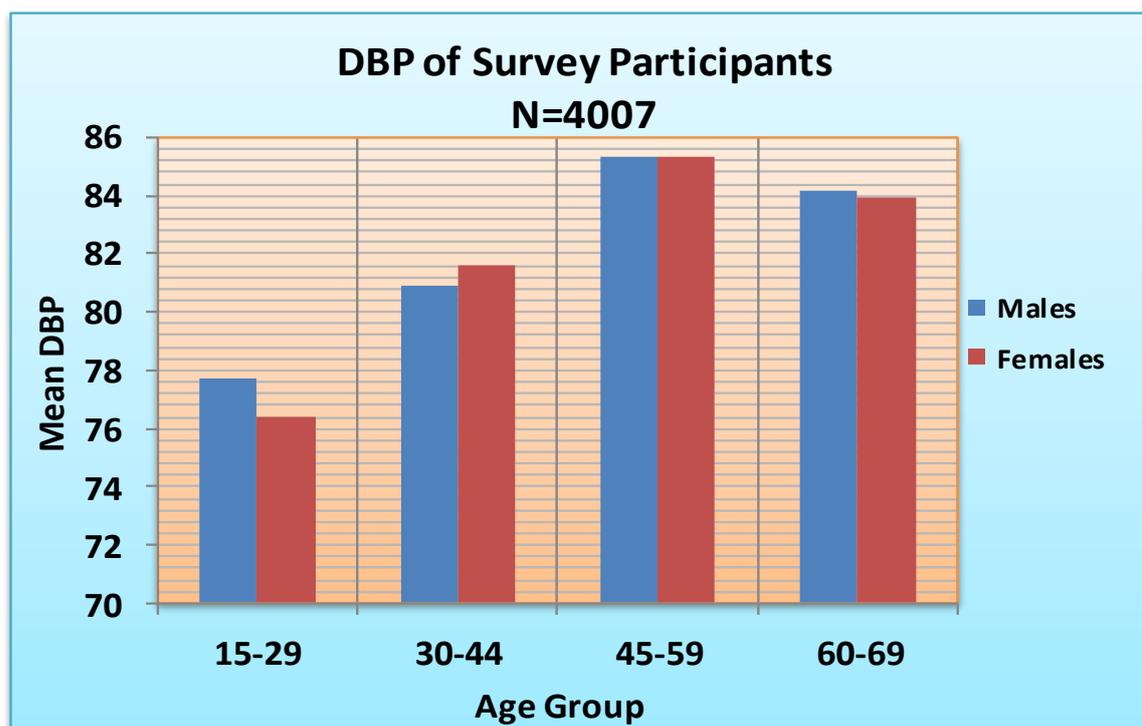


Figure 45 Diastolic Blood Pressure

SBP \geq 140 and/or DBP \geq 90 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	550	22.2	17.9-26.5	964	11.6	8.8-14.5	1514	17.2	14.5-19.9
30-44	401	28.8	22.2-35.3	844	24.4	20.2-28.5	1245	26.7	22.6-30.7
45-59	204	41.1	31.1-51.0	432	42.8	35.6-49.9	636	41.9	35.7-48.2
60-69	67	42.7	27.8-57.7	138	48.5	34.6-62.4	205	45.8	35.1-56.6
15-69	1222	27.1	23.8-30.3	2378	21.0	18.8-23.2	3600	24.2	22.0-26.3

Table 169 SBP $>$ 140 & DBP $>$ 90 excluding on medication

Excluding those who were on medication for raised blood pressure, out of 3600 survey participants, 24.2% of them had systolic blood pressure of greater or equal to 140mmHg and/or diastolic blood pressure of greater or equal to 90mmHg and was higher in males.

Out of 4007 participants with SBP \geq 140 and or DBP \geq 90mmHg or currently on medication for raised blood pressure were 29.4%, and excluding those on medications, 7.3% of 3600 participants had a SBP \geq 160 and or DBP \geq 100.

SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	555	22.9	18.6-27.2	982	13.6	10.6-16.6	1537	18.5	15.7-21.2
30-44	413	30.8	24.2-37.4	921	31.0	26.2-35.9	1334	30.9	26.6-35.3
45-59	245	50.0	41.0-58.9	577	56.4	49.7-63.2	822	53.4	47.7-59.2
60-69	86	59.5	46.0-73.1	228	65.5	54.1-76.9	314	62.8	53.8-71.9
15-69	1299	30.4	27.2-33.7	2708	28.4	25.9-30.8	4007	29.4	27.3-31.6

Table 170 SBP \geq 140 and/orDBP \geq 90 on medication

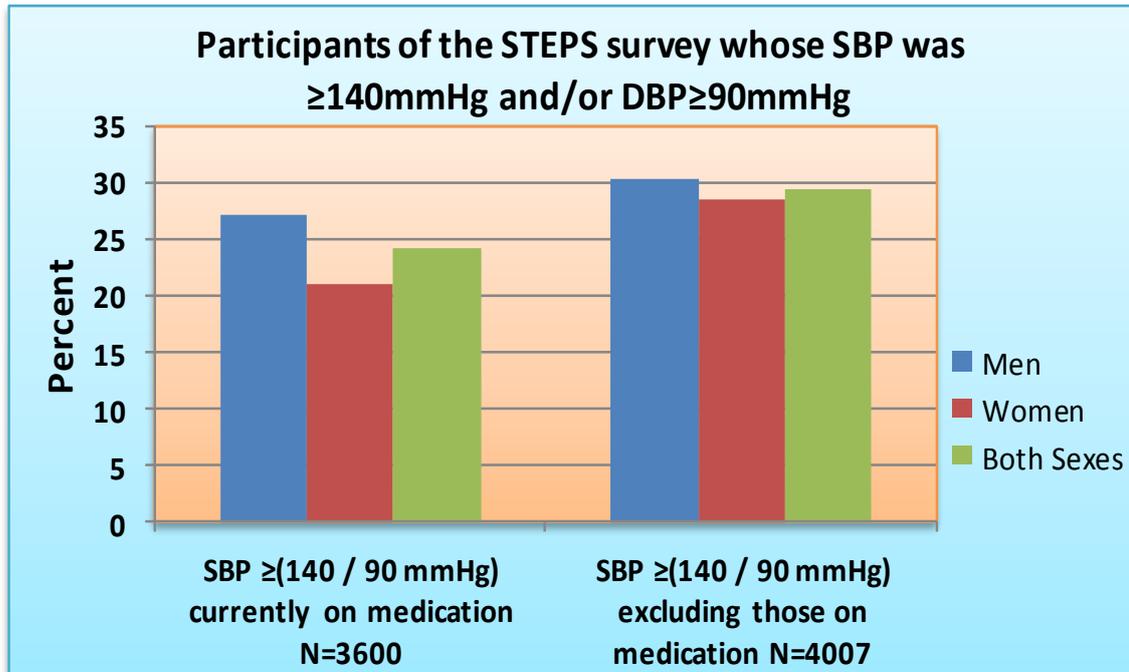


Figure 46 SBP \geq 140 and/orDBP \geq 90 mmHg

SBP \geq 160 and/or DBP \geq 100 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	550	4.0	1.6-6.4	964	1.4	0.6-2.2	1514	2.8	1.4-4.1
30-44	401	9.3	5.5-13.1	844	7.4	5.3-9.6	1245	8.4	6.2-10.6
45-59	204	20.2	11.1-29.3	432	16.8	12.0-21.6	636	18.5	13.5-23.5
60-69	67	28.2	13.7-42.7	138	25.6	14.9-36.3	205	26.8	18.2-35.4
15-69	1222	8.3	6.2-10.4	2378	6.2	5.1-7.3	3600	7.3	6.1-8.5

Table 171 SBP \geq 160 and/or DBP \geq 100 excluding medication

SBP \geq 160 and/or DBP \geq 100 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	555	4.8	2.2-7.4	982	3.6	2.1-5.2	1537	4.3	2.7-5.8
30-44	413	11.8	7.7-15.9	921	15.6	12.3-18.9	1334	13.7	11.1-16.2
45-59	245	32.2	23.6-40.8	577	36.7	30.8-42.6	822	34.6	29.8-39.4
60-69	86	49.3	34.9-63.7	228	50.2	39.7-60.6	314	49.8	41.9-57.7
15-69	1299	12.5	10.2-14.8	2708	15.0	13.3-16.7	4007	13.7	12.3-15.2

Table 172 SBP \geq 160 and/orDBP \geq 100 excluding medication

Out of 4007 participants 13.7% were with aSBP \geq 160 and/or DBP \geq 100 mmHg or currently on medication for raised blood pressure.

Respondents with treated and/or controlled raised blood pressure							
Men							
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/orDBP≥90	95% CI	% Not on medication and SBP≥140 and/orDBP≥90	95% CI
15-29	123	1.6	0.0-3.8	2.4	0.0-5.7	96.0	92.1-100.0
30-44	125	4.8	0.0-10.4	4.4	0.7-8.0	90.8	84.3-97.3
45-59	121	10.3	2.8-17.8	19.8	11.5-28.1	69.9	59.4-80.3
60-69	46	16.2	0.0-34.0	33.1	15.1-51.2	50.7	31.7-69.8
15-69	415	5.7	2.7-8.8	9.5	6.3-12.6	84.8	80.7-88.9

Table 173 Treated or controlled raised BP - Males

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
15-29	130	8.7	2.3-15.1	7.7	2.0-13.4	83.6	74.9-92.3
30-44	293	10.4	6.3-14.6	18.1	10.7-25.4	71.5	64.3-78.7
45-59	350	19.0	13.8-24.3	23.3	16.8-29.9	57.6	50.7-64.6
60-69	159	26.6	17.9-35.3	23.8	15.5-32.1	49.6	39.2-60.1
15-69	932	14.8	11.9-17.8	18.0	14.5-21.6	67.1	63.0-71.3

Table 174 Treated or controlled BP - Females

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
15-29	253	4.1	1.4-6.8	4.2	1.3-7.2	91.7	87.7-95.7
30-44	418	7.6	4.0-11.2	11.1	6.9-15.3	81.3	76.5-86.2
45-59	471	15.3	11.0-19.5	21.8	16.9-26.8	62.9	57.1-68.8
60-69	205	22.2	13.1-31.3	27.8	19.4-36.2	50.1	41.0-59.2
15-69	1347	10.1	7.9-12.2	13.5	11.1-15.9	76.4	73.4-79.4

Table 175 Treated or controlled raised BP - Both

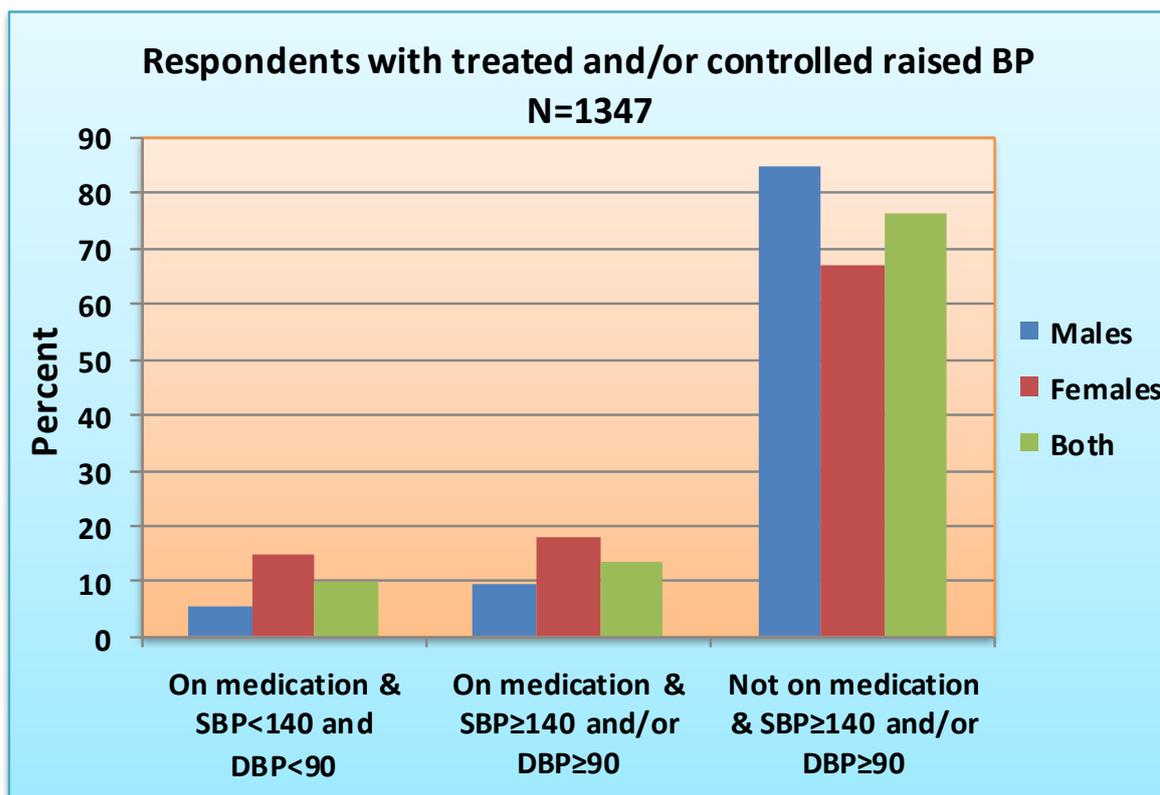


Figure 47 Treated and or controlled raised BP

Age Group (years)	Mean heart rate (beats per minute)								
	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
15-29	555	70.5	69.1-72.0	983	82.7	81.7-83.7	1538	76.3	75.3-77.3
30-44	413	73.4	71.4-75.5	922	79.7	78.6-80.7	1335	76.5	75.3-77.6
45-59	245	73.8	71.6-76.1	578	80.4	77.7-83.1	823	77.4	75.7-79.1
60-69	86	72.0	68.8-75.1	228	75.6	73.5-77.8	314	74.0	72.0-75.9
15-69	1299	71.9	70.8-72.9	2711	81.1	80.3-81.8	4010	76.4	75.7-77.1

Table 176 Mean Heart Rate – Both

The mean heart rate was 76.4, beats/minute in both sexes, and yet it was higher in the females.

Age Group (years)	Mean height (cm)					
	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	554	171.2	170.3-172.1	931	160.5	159.9-161.2
30-44	412	171.1	170.0-172.3	882	161.3	160.4-162.1
45-59	246	170.3	169.1-171.5	574	161.7	158.8-164.7
60-69	87	168.8	166.9-170.7	224	159.1	157.5-160.6
15-69	1299	170.9	170.3-171.6	2611	160.9	160.2-161.5

Table 177 Mean Height

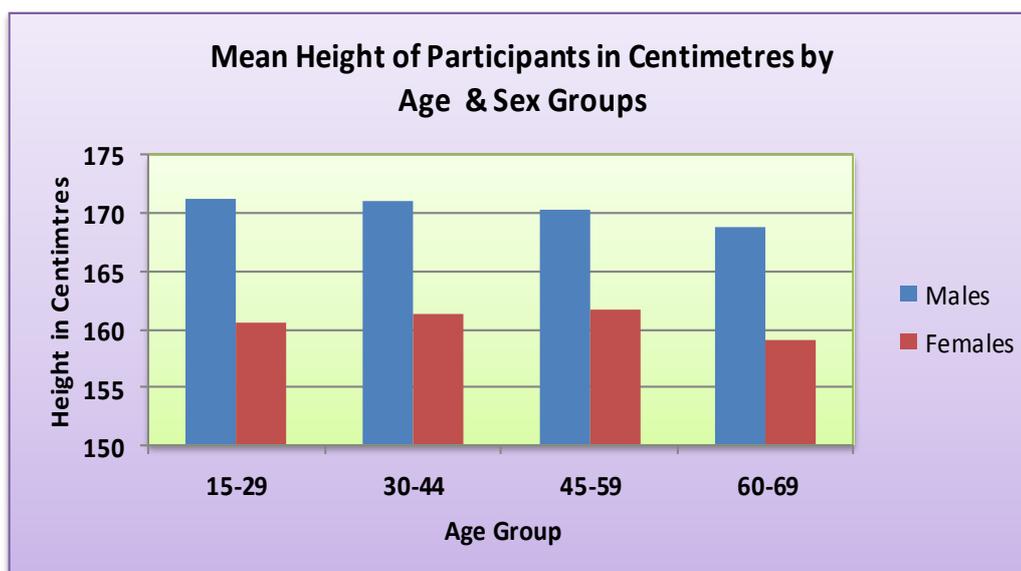


Figure 48 Mean height

Age Group (years)	Mean weight (kg)					
	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	554	60.5	59.3-61.7	930	58.7	57.5-59.8
30-44	412	66.9	65.0-68.8	881	69.3	67.6-71.0
45-59	245	67.5	64.9-70.1	571	70.4	67.6-73.1
60-69	87	67.9	64.1-71.8	224	69.3	66.9-71.6
15-69	1298	63.6	62.6-64.6	2606	64.3	63.3-65.3

Table 178 Mean Weight

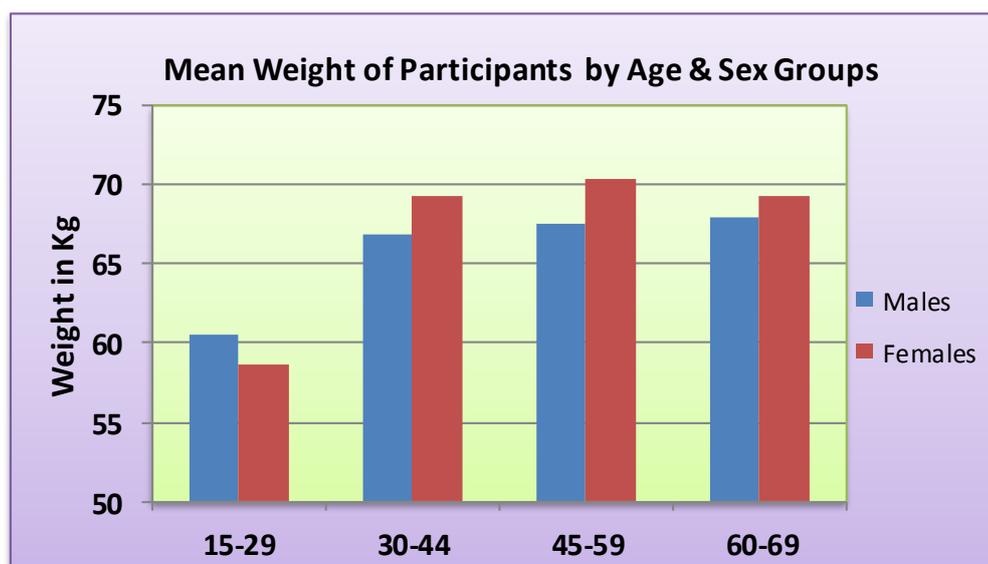


Figure 49 Mean weight

Mean BMI (kg/m ²)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	548	20.7	20.3-21.1	924	22.9	22.4-23.3	1472	21.7	21.4-22.0
30-44	411	22.9	22.3-23.5	876	26.7	26.1-27.3	1287	24.7	24.2-25.2
45-59	245	23.3	22.4-24.1	569	27.3	26.3-28.4	814	25.4	24.7-26.2
60-69	86	23.9	22.7-25.0	222	27.3	26.4-28.1	308	25.7	24.9-26.5
15-69	1290	21.8	21.5-22.1	2591	25.0	24.6-25.3	3881	23.3	23.1-23.6

Table 179 Mean BMI

BMI classifications									
Age Group (years)	Men								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Over weight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-29	548	23.0	17.7-28.4	66.0	60.5-71.5	8.1	5.6-10.7	2.9	1.1-4.7
30-44	411	13.2	7.9-18.6	59.8	52.6-67.1	20.0	14.5-25.5	6.9	3.7-10.1
45-59	245	16.3	10.0-22.6	49.3	41.1-57.6	26.0	17.6-34.3	8.4	3.9-12.9
60-69	86	15.4	5.3-25.6	50.1	36.1-64.1	24.1	13.5-34.8	10.4	2.9-17.8
15-69	1290	18.9	15.7-22.2	61.3	57.5-65.0	14.7	12.2-17.1	5.1	3.6-6.6

Table 180 BMI classification - Males

BMI classifications									
Age Group (years)	Women								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-29	924	12.0	9.2-14.8	61.1	56.8-65.3	17.3	14.2-20.3	9.7	7.2-12.2
30-44	876	5.1	3.3-6.9	40.7	36.2-45.1	28.0	23.7-32.2	26.3	22.0-30.5
45-59	569	8.9	2.6-15.3	32.8	26.3-39.3	26.3	20.9-31.7	32.0	26.0-38.0
60-69	222	5.1	0.7-9.5	29.1	21.7-36.5	40.4	31.4-49.5	25.4	16.2-34.6
15-69	2591	9.1	7.3-10.9	48.7	45.9-51.4	23.2	21.0-25.4	19.1	16.9-21.2

Table 181 BMI classification – Females

BMI classifications									
Age Group (years)	Both Sexes								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-29	1472	18.0	14.6-21.3	63.7	60.1-67.4	12.3	10.3-14.3	6.0	4.5-7.5
30-44	1287	9.4	6.4-12.3	50.7	46.2-55.2	23.8	20.3-27.3	16.1	13.3-18.9
45-59	814	12.4	7.1-17.7	40.5	34.8-46.2	26.1	21.1-31.2	21.0	16.8-25.2
60-69	308	9.8	4.8-14.9	38.7	30.4-47.0	33.0	26.0-40.0	18.5	12.0-25.0
15-69	3881	14.2	12.2-16.2	55.2	52.8-57.7	18.8	17.1-20.4	11.8	10.5-13.1

Table 182 BMI classification - Both

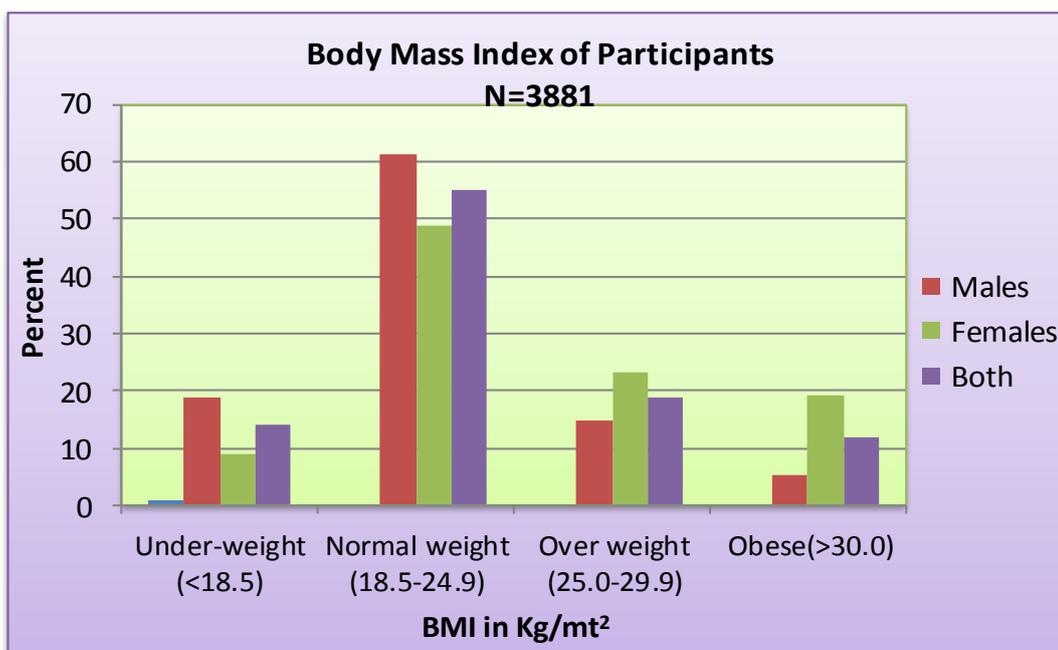


Figure 50BMI

Age Group (years)	BMI ≥ 25								
	Men			Women			Both Sexes		
	n	% BMI ≥ 25	95% CI	n	% BMI ≥ 25	95% CI	n	% BMI ≥ 25	95% CI
15-29	548	11.0	8.0-14.0	924	27.0	23.0-30.9	1472	18.3	15.8-20.9
30-44	411	26.9	20.6-33.2	876	54.2	49.5-58.9	1287	39.9	35.5-44.3
45-59	245	34.4	25.9-42.8	569	58.3	51.1-65.5	814	47.1	41.4-52.8
60-69	86	34.5	23.1-45.8	222	65.8	58.8-72.8	308	51.5	44.4-58.5
15-69	1290	19.8	17.0-22.6	2591	42.2	39.5-45.0	3881	30.6	28.5-32.7

Table 183 BMI Greater than 25

Age Group (years)	Waist circumference (cm)					
	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	550	73.5	71.6-75.4	930	76.8	75.3-78.2
30-44	412	81.0	78.4-83.6	881	86.7	84.9-88.5
45-59	244	84.1	81.1-87.2	572	90.3	87.7-92.8
60-69	87	89.4	86.2-92.6	222	91.3	88.3-94.4
15-69	1293	77.8	76.2-79.4	2605	82.7	81.4-84.0

Table 184 Waist circumference

Age Group (years)	Hip circumference (cm)					
	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	550	91.7	90.6-92.7	927	99.2	97.9-100.4
30-44	412	95.7	94.0-97.4	881	106.7	105.5-107.8
45-59	244	95.6	93.6-97.5	572	105.9	103.6-108.3
60-69	87	98.1	95.9-100.2	222	104.6	102.4-106.9
15-69	1293	93.7	92.8-94.5	2602	102.8	101.9-103.7

Table 185 Hip circumference

Mean waist / hip ratio							
Age Group (years)	Men			Women			
	n	Mean	95% CI	n	Mean	95% CI	
15-29	550	0.8	0.8-0.8	927	0.8	0.8-0.8	
30-44	412	0.8	0.8-0.9	881	0.8	0.8-0.8	
45-59	244	0.9	0.9-0.9	572	0.9	0.8-0.9	
60-69	87	0.9	0.9-0.9	222	0.9	0.8-0.9	
15-69	1293	0.8	0.8-0.8	2602	0.8	0.8-0.8	

Table 186 Mean Waist/Hip ratio

Summary of Physical Biometrics

- The **mean height** for males was **171** centimetres and that of females was **161** centimetres.
- The mean **weight** of males was 63.6kg while that of females was **64.3kg**
- The mean **BMI** for males was **21.0kg/m²** while for females it was **25.0kg/m²**
- The **waist** Circumference for males was- **77.8 centimetres**
- The **waist** Circumference for females was - **82.7 centimetres**
- **Hip circumference for males 93.7 centimetres**
- **Hip circumference for females 102.8 centimetres**
- **The Waist/Hip ratio** for both males and females was **0.8**

Biochemical Measurements

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
15-29	478	4.2	4.1-4.3	844	4.3	4.2-4.4	1322	4.2	4.1-4.3
30-44	350	4.5	4.3-4.7	790	4.5	4.4-4.7	1140	4.5	4.4-4.6
45-59	209	4.7	4.4-5.0	513	4.9	4.7-5.0	722	4.8	4.6-5.0
60-69	72	5.4	4.7-6.0	200	5.1	4.7-5.4	272	5.2	4.9-5.6
15-69	1109	4.4	4.3-4.5	2347	4.5	4.4-4.6	3456	4.4	4.4-4.5

Table 187 Mean FBG

The mean fasting blood glucose was the same both in males and females (4.4mmol/L).

Fasting Blood Glucose

Impaired Fasting Glycaemia*									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	478	2.4	0.7-4.2	844	1.8	0.8-2.9	1322	2.1	1.1-3.2
30-44	350	2.7	0.8-4.6	790	3.7	2.0-5.4	1140	3.2	1.9-4.4
45-59	209	7.4	2.5-12.3	513	7.2	3.4-11.1	722	7.3	4.3-10.3
60-69	72	4.6	0.0-10.5	200	5.9	2.4-9.5	272	5.3	1.8-8.7
15-69	1109	3.3	1.9-4.6	2347	3.4	2.4-4.5	3456	3.4	2.5-4.2

Table 188 Impaired Fasting Glycaemia

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
15-29	478	0.8	0.1-1.6	844	1.4	0.1-2.8	1322	1.1	0.4-1.9
30-44	350	0.9	0.0-1.7	790	2.7	1.0-4.4	1140	1.8	0.8-2.7
45-59	209	6.0	1.3-10.8	513	5.4	3.2-7.7	722	5.7	3.2-8.2
60-69	72	12.5	0.1-24.8	200	9.6	4.9-14.4	272	11.0	4.6-17.4
15-69	1109	2.1	1.0-3.1	2347	2.9	2.0-3.8	3456	2.5	1.8-3.2

Table 189 Raised blood glucose on medication

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	562	0.0	0.0-0.0	1003	0.2	0.0-0.5	1565	0.1	0.0-0.2
30-44	420	1.5	0.0-3.4	930	0.4	0.0-0.9	1350	0.9	0.0-2.0
45-59	248	2.7	0.9-4.6	586	3.4	1.9-5.0	834	3.1	1.9-4.3
60-69	89	12.1	1.1-23.1	232	7.8	3.3-12.4	321	9.8	4.1-15.6
15-69	1319	1.4	0.5-2.2	2751	1.2	0.8-1.6	4070	1.3	0.8-1.8

Table 190 Currently on medication

* Impaired fasting glycaemia is defined as either

Plasma venous value: ≥ 6.1 mmol/L (110mg/dl) and < 7.0 mmol/L (126mg/dl)

• Capillary whole blood value: ≥ 5.6 mmol/L (100mg/dl) and < 6.1 mmol/L (110mg/dl)

** Raised blood glucose is defined as either

Plasma venous value: ≥ 7.0 mmol/L (126 mg/dl)

Capillary whole blood value: ≥ 6.1 mmol/L (110 mg/dl)

Mean total cholesterol (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	466	3.2	3.1-3.3	843	3.4	3.4-3.5	1309	3.3	3.2-3.4
30-44	357	3.8	3.6-4.0	797	3.8	3.7-3.9	1154	3.8	3.7-3.9
45-59	217	4.0	3.8-4.2	513	4.2	4.1-4.4	730	4.1	4.0-4.3
60-69	73	4.1	3.8-4.4	202	4.4	4.1-4.6	275	4.2	4.1-4.4
15-69	1113	3.5	3.4-3.6	2355	3.7	3.7-3.8	3468	3.6	3.6-3.7

Table 191 Mean total cholesterol

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	466	4.6	2.2-7.0	843	5.4	3.3-7.4	1309	5.0	3.4-6.5
30-44	357	16.0	9.1-22.9	797	12.6	9.4-15.7	1154	14.4	10.3-18.4
45-59	217	18.6	11.7-25.4	513	19.8	14.5-25.2	730	19.3	14.8-23.7
60-69	73	30.2	15.6-44.8	202	26.9	17.7-36.1	275	28.5	19.3-37.7
15-69	1113	11.2	8.5-13.9	2355	10.9	9.2-12.6	3468	11.0	9.4-12.7

Table 192 Cholesterol >5.0 mmol/L on medication

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
15-29	466	0.6	0.0-1.3	843	0.6	0.1-1.0	1309	0.6	0.2-1.0
30-44	357	5.8	1.1-10.5	797	3.6	2.0-5.2	1154	4.7	2.1-7.4
45-59	217	7.2	2.7-11.7	513	6.2	3.3-9.2	730	6.7	3.7-9.7
60-69	73	8.0	0.0-19.0	202	5.7	2.4-9.0	275	6.8	1.2-12.4
15-69	1113	3.4	1.7-5.1	2355	2.6	1.9-3.4	3468	3.0	2.0-4.0

Table 193 Cholesterol >6.2 mmol/l on medication

Mean HDL (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	485	1.2	1.1-1.2	863	1.4	1.4-1.4	1348	1.3	1.3-1.3
30-44	361	1.3	1.2-1.4	806	1.4	1.4-1.5	1167	1.4	1.3-1.4
45-59	220	1.3	1.2-1.4	517	1.4	1.4-1.5	737	1.4	1.3-1.4
60-69	73	1.3	1.2-1.5	202	1.4	1.3-1.5	275	1.4	1.3-1.5
15-69	1139	1.2	1.2-1.3	2388	1.4	1.4-1.4	3527	1.3	1.3-1.4

Table 194 Mean HDL

Age Group (years)	Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl		
	Men			Women		
	n	%	95% CI	n	%	95% CI
15-29	485	38.3	31.8-44.7	863	45.6	41.2-49.9
30-44	361	38.6	30.3-46.9	806	44.6	39.5-49.8
45-59	220	32.6	24.3-41.0	517	41.9	36.0-47.8
60-69	73	34.2	19.4-49.0	202	56.1	46.2-66.0
15-69	1139	37.4	32.9-41.9	2388	45.3	42.2-48.4

Table 195 Percentage of respondents with HDL

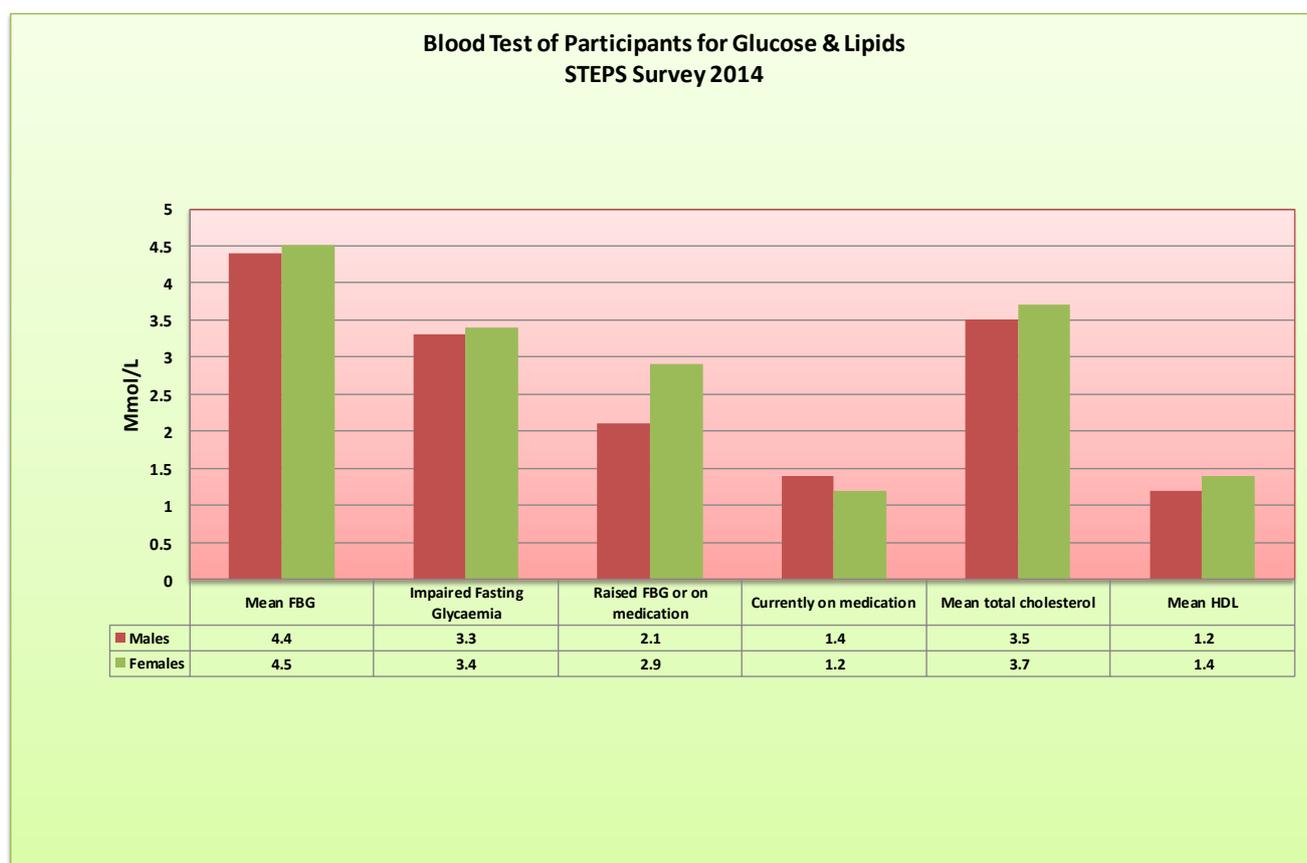


Figure 51 Blood test for glucose & lipids

Cardiovascular disease risk

Percentage of respondents with a 10-year CVD risk \geq 30% or with existing CVD									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	245	6.1	2.1-10.1	540	9.0	5.5-12.5	785	7.5	4.9-10.2
55-69	129	16.2	7.0-25.5	358	12.1	5.5-18.7	487	14.0	8.3-19.7
40-69	374	9.3	5.2-13.5	898	10.1	6.7-13.4	1272	9.7	6.9-12.6

Table 196 CVD risk >30%

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

Percentage of eligible persons receiving drug therapy and counselling to prevent heart attacks and strokes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	14	9.1	0.0-20.3	43	24.2	4.9-43.5	57	18.1	5.0-31.3
55-69	19	32.6	11.2-54.0	33	39.4	11.2-67.7	52	35.7	20.2-51.2
40-69	33	22.2	7.9-36.5	76	30.5	16.0-45.1	109	26.6	16.2-37.0

Table 197 Eligible persons receiving therapy

**Counselling 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

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

Risk factors:

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

Summary of Combined Risk Factors							
Men							
Age Group (years)	n	%with 0 Risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	738	1.0	0.2-1.9	80.0	75.8-84.2	19.0	14.9-23.0
45-69	275	1.7	0.0-3.6	55.0	46.8-63.1	43.3	35.1-51.6
15-69	1013	1.1	0.4-1.9	75.1	71.1-79.1	23.7	19.8-27.6

Table 198 Summary of combined risk factors – Males

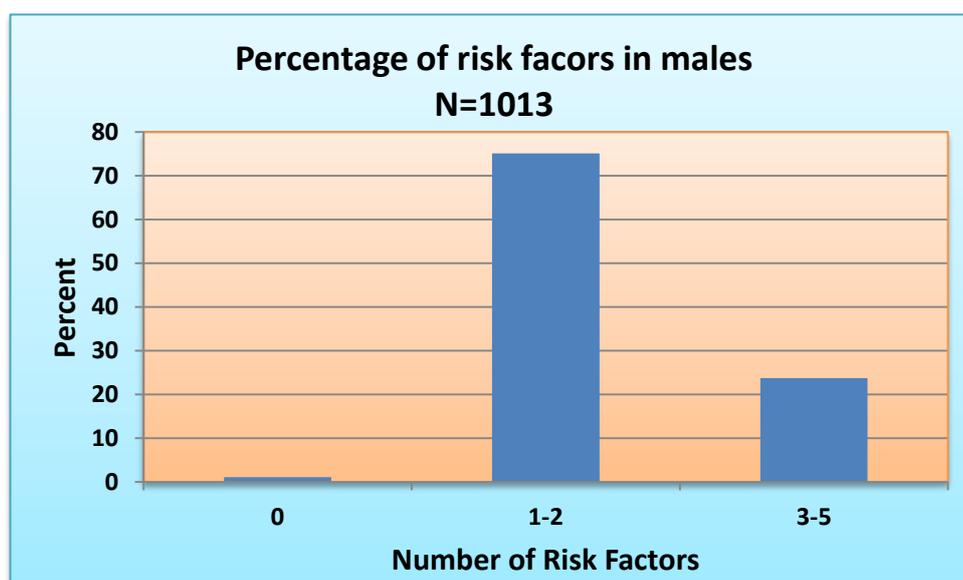


Figure 52 Risk factors in males

Summary of Combined Risk Factors							
Women							
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1459	1.7	0.8-2.5	77.8	74.6-81.1	20.5	17.5-23.5
45-69	645	0.2	0.0-0.4	47.5	40.9-54.1	52.3	45.8-58.9
15-69	2104	1.3	0.7-2.0	70.9	67.8-74.0	27.8	24.9-30.8

Table 199 Summary of combined risk factors - Females

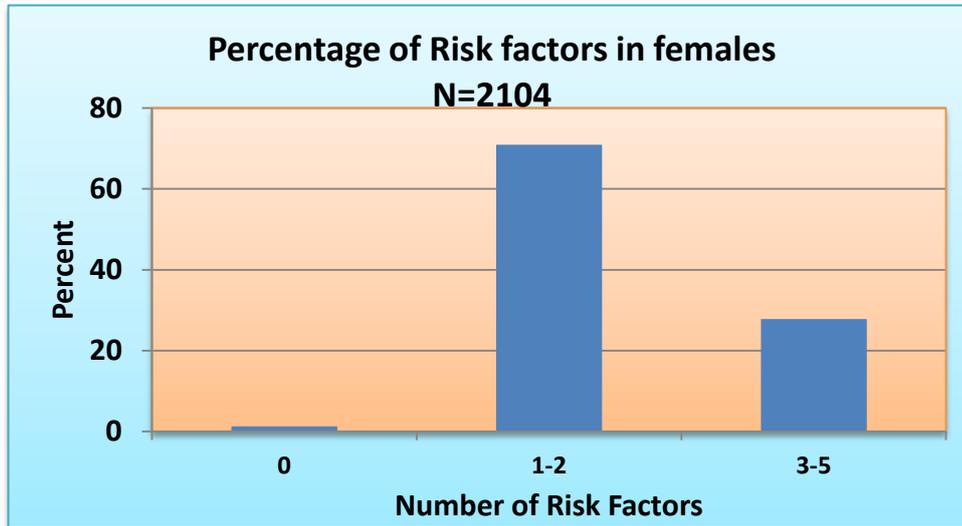


Figure 53 Risk factors in females

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	2197	1.3	0.7-1.9	79.0	76.0-82.0	19.7	16.9-22.5
45-69	920	0.9	0.0-1.8	51.0	45.5-56.5	48.1	42.6-53.6
15-69	3117	1.2	0.7-1.7	73.1	70.3-75.8	25.7	23.1-28.3

Table 200 Summary of combined risk factors – Both

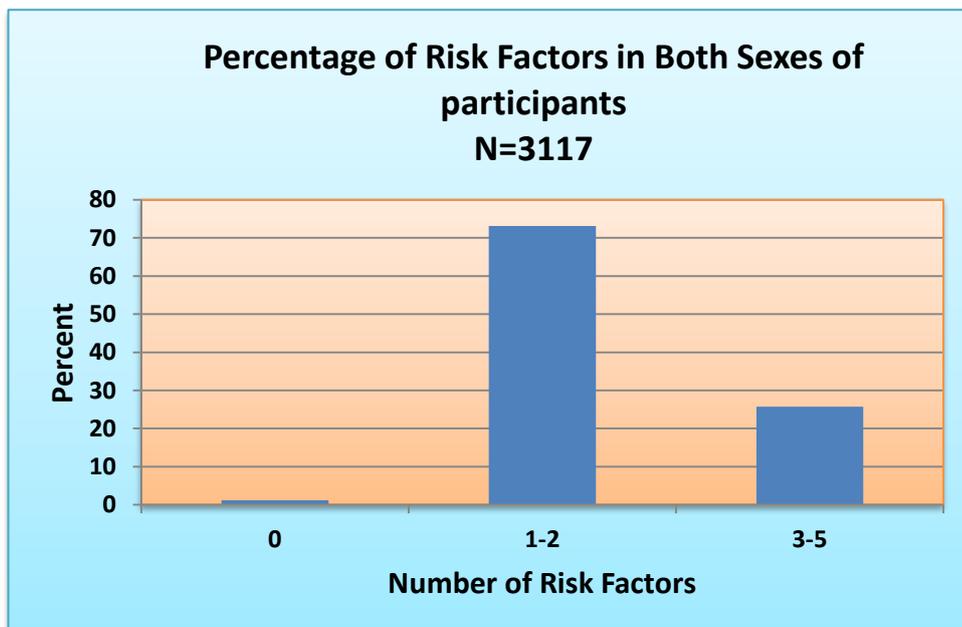


Figure 54 Risk factors - Both sexes

GENERAL RECOMMENDATIONS

1. STEPS survey has found significant burden. To address the burden:
 - Allocation of appropriate budget and resources
 - Fully integrate NCD prevention activities across all health facilities and other sectors
 - Expand vigorously health promotion and education activities to create awareness in the population to address diseases and risk factors that contribute to morbidity and premature mortality rates (alcohol, tobacco, unhealthy diet etc.)
 - Encourage communities for physical activities, consumption of fruits and vegetables
2. Improve resources for survey operations: transport, equipment, reagents etc. and NCD interventions
3. Conduct STEPS survey every 4 years
4. Future STEPS survey should:
 - Include adolescents/kids
 - Avail adequate resources
 - Disseminate results systematically and widely to the public
5. Build local capacity on data analysis, report writing and use of data in policy impacting and research

FACT SHEET – Behavioural & Measurements (a)



BOTSWANA STEPS Survey 2014 Fact Sheet

The STEPS survey of Non-Communicable Disease (NCD) risk factors survey on Step 1, Step 2 and Step 3 was conducted in Botswana in 26 districts from the 14th July 2014 to 30th August 2014. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2, and Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey aged 15-69. A Cross-sectional exploratory survey was used to produce representative data for 15-69 age groups from systematically sampled enumeration areas of the districts. A total of 4074 individuals participated in the survey. The overall response rate was 64%. A repeat survey is planned for 2020 if funds permit.

Results of participants aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	18.3% (15.9-20.7)	31.4% (27.5-35.3)	4.9% (3.5-6.2)
Percentage who currently smoke tobacco daily	14.6% (12.4-16.8)	25.4% (21.9-29.0)	3.5% (2.4-4.6)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	22.0 (20.8-23.2)	21.2 (20.2-22.1)	28.5 (22.2-34.9)
Percentage of daily smokers smoking manufactured cigarettes	82.0% (76.2-87.8)	87.0% (81.1-92.9)	44.2% (26.7-61.7)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.1 (4.3-5.9)	5.5 (4.7-6.4)	1.8 (1.0-2.6)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	53.4% (50.8-56.0)	40.9% (37.0-44.8)	66.3% (63.2-69.3)
Percentage who are past 12 month abstainers	12.0% (10.3-13.7)	10.7% (8.4-12.9)	13.4% (11.4-15.4)
Percentage who currently drink (drank alcohol in the past 30 days)	26.4% (24.0-28.8)	39.6% (35.5-43.7)	12.9% (10.8-15.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	18.5% (16.3-20.7)	28.3% (24.4-32.2)	8.5% (6.6-10.3)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.1 (2.9-3.2)	2.9 (2.7-3.1)	3.2 (3.1-3.4)
Mean number of servings of fruit consumed on average per day	0.8 (0.7-0.9)	0.8 (0.6-1.0)	0.9 (0.8-1.0)
Mean number of days vegetables consumed	4.0 (3.9-4.2)	3.9 (3.6-4.1)	4.2 (4.0-4.4)
Mean number of servings of vegetables consumed on average per day	1.1 (1.0-1.2)	1.1 (0.9-1.3)	1.1 (1.0-1.2)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	94.8% (93.4-96.1)	95.8% (93.9-97.6)	93.8% (92.2-95.4)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	20.1% (17.4-22.7)	14.3% (11.3-17.3)	25.9% (22.7-29.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	85.7 (28.6-225.7)	108.6 (38.6-300.0)	60.0 (17.1-158.6)
Percentage not engaging in vigorous activity	57.3% (53.9-60.7)	42.7% (37.6-47.8)	72.3% (69.0-75.6)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who ever had a screening test for cervical cancer			50.7% (45.7-55.6)

BOTSWANA STEPS Survey 2014



Results of participants aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.3 (23.1-23.6)	21.8 (21.5-22.1)	25.0 (24.6-25.3)
Percentage who are Overweight (BMI ≥ 25.0 - 29.9 kg/m ²)	18.8% (17.1-20.4)	14.7% (12.2-17.1)	23.2% (21.0-25.4)
Percentage who are Overweight + Obese (BMI ≥ 25.0 kg/m ²)	30.6 28.5-32.7	19.8 17.0-22.6	42.3 39.5-45.0
Percentage who are Obese (BMI ≥ 30 kg/m ²)	11.8% (10.5-13.1)	5.1% (3.6-6.6)	19.1% (16.9-21.2)
Average waist circumference (cm)		77.8 (76.2-79.4)	82.7 (81.4-84.0)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	127.3 (126.3-128.3)	130.8 (129.3-132.3)	123.7 (122.7-124.8)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.8 (79.1-80.6)	80.0 (78.9-81.0)	79.7 (78.9-80.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	29.4% (27.3-31.6)	30.4% (27.2-33.7)	28.4% (25.9-30.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	76.4% (73.4-79.4)	84.8% (80.7-88.9)	67.1% (63.0-71.3)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose: mmol/L	4.4 (4.4-4.5)	4.4 (4.3-4.5)	4.5 (4.4-4.6)
Percentage with impaired fasting glycaemia as defined below • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	4.5% (3.3-5.7)	5.4% (3.1-7.6)	3.7% (2.8-4.6)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	5.8% (4.7-7.0)	5.3% (3.6-7.1)	6.3% (5.0-7.7)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	3.6 (3.6-3.7)	3.5 (3.4-3.6)	3.7 (3.7-3.8)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	11.0% (9.4-12.7)	11.2% (8.5-13.9)	10.9% (9.2-12.6)
Cardiovascular Disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	9.7% (6.9-12.6)	9.3% (5.2-13.5)	10.1% (6.7-13.4)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity 		<ul style="list-style-type: none"> overweight (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 	
Percentage with none of the above risk factors	1.2% (0.7-1.7)	1.1% (0.4-1.9)	1.3% (0.7-2.0)
Percentage with three or more of the above risk factors, aged 18 to 44 years	19.7% (16.9-22.5)	19.0% (14.9-23.0)	20.5% (17.5-23.5)
Percentage with three or more of the above risk factors, aged 45 to 69 years	48.1% (42.6-53.6)	43.3% (35.1-51.6)	52.3% (45.8-58.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	25.7% (23.1-28.3)	23.7% (19.8-27.6)	27.8% (24.9-30.8)

** 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)).

* For complete definitions of insufficient physical activity, refer to the GPAQ 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)

For additional information, please contact: STEPS country focal point Dr. Heluf Gessesse Medhin, hmedhin@gov.bw

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on non-communicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including tobacco use, harmful use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programmes.*

The STEPS survey on NCD risk factors in Botswana was carried out from July 2014 to August 2014. The STEPS survey was a population-based survey of participants aged 15-69 years. A Cross Sectional exploratory survey was conducted in 26 districts of Botswana to collect representative data for these age range. Survey information was collected electronically using handheld devices. The survey was implemented by health workers from primary health care facilities and hospitals. A total of 4074 adults participated in the Botswana STEPS survey from 26 districts. The overall response rate was 64%. A repeat survey is planned for 2020 if funds permit.

- Highlights - Botswana
- TOBACCO USE
 - 31.4% of men, 4.9% of women, and 18.3% overall were current smokers of tobacco.
 - 1.5% of men, 6.5% of women, and 3.9% overall were current users of smokeless tobacco.
- CESSATION
 - 6 in 10 current smokers tried to stop smoking in the last 12 months.
 - 4 in 10 current smokers were advised by a health care provider to stop smoking in the last 12 months
- SECONDHAND SMOKE
 - 28.3% of adults were exposed to tobacco smoke at the workplace.
 - 43.6% of adults were exposed to tobacco smoke at home.
- MEDIA
 - 6 in 10 adults noticed anti-cigarette smoking information on the television or radio.
 - 7 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
 - 1 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
 - 1 in 10 adults noticed cigarette promotions.
- ECONOMICS
 - Average monthly expenditure on manufactured cigarettes was 2539.7 Pula

Data presented in this fact sheet relate only to select tobacco indicators. Additional information on tobacco or other NCD risk factors from the survey is available from sources listed below.

For additional information, please contact: WHO STEPS Team [Steps@who.int]

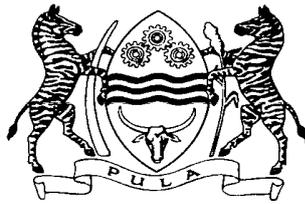
Website url if appropriate <http://www.who.int/tobacco/publications/surveillance/tqs/en/>

STEPS country focal point: Dr. Heluf Gessesse Medhin (hmedhin@gov.bw)

*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS)

Results of participants aged 15-69 years	Overall % (95% CI)	Males % (95% CI)	Females% (95% CI)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	20.9 (18.4-23.4)	31.8 (27.9-35.7)	9.7 (7.6-11.9)
Current daily tobacco users	16.6 (14.4-18.9)	25.6 (22.0-29.2)	7.4 (5.7-9.1)
Current tobacco smokers			
Current tobacco smokers	18.3 (15.9-20.7)	31.4 (27.5-35.3)	4.9 (3.5-6.2)
Current cigarette smokers ²	16.7 (14.3-19.0)	30.0 (26.0-34.0)	3.1 (1.9-4.2)
Current daily tobacco smokers	14.6 (12.4-16.8)	25.4 (21.9-29.0)	3.5 (2.4-4.6)
Current daily cigarette smokers	13.3 (11.1-15.4)	24.2 (20.5-27.8)	2.1 (1.3-3.0)
Average age started tobacco smoking among current smokers (years)	22.1 (21.1-23.2)	21.4 (20.5-22.3)	27.1 (21.9-32.4)
Average number of cigarettes smoked per day (among daily cigarette smokers)	8.1 (7.0-9.2)	8.3 (7.2-9.5)	5.3 (3.9-6.7)
Current smokeless tobacco users			
Current smokeless tobacco users	3.9 (3.0-4.9)	1.5 (0.8-2.2)	6.5 (4.9-8.1)
Current daily smokeless tobacco users	2.8 (2.0-3.6)	0.5 (0.1-1.0)	5.0 (3.6-6.5)
Current non-users (smoked and/or smokeless)¹			
Former tobacco users ³	9.0 (7.6-10.5)	13.1 (10.4-15.7)	4.9 (3.8-6.1)
Former tobacco smokers ⁴	8.5 (7.1-9.9)	13.0 (10.4-15.6)	3.9 (2.9-5.0)
Never users	70.1 (67.4-72.7)	55.2 (51.1-59.2)	85.3 (82.9-87.8)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home ⁵	43.6 (40.3-46.9)	47.6 (43.0-52.3)	39.5 (35.9-43.1)
Adults exposed to second-hand smoke in the closed areas in their workplace ⁶	28.3 (24.6-31.9)	31.6 (26.2-36.9)	24.8 (21.4-28.1)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	56.4 (50.0-62.7)	58.2 (51.7-64.8)	44.3 (29.2-59.3)
Current smokers advised by a health care provider to stop smoking in past 12 months	41.4 (34.7-48.1)	40.0 (32.4-47.7)	48.6 (35.0-62.3)
Health Warnings			
Current smokers who thought about quitting because of a warning label [†]	67.1 (57.4-76.7)	66.3 (56.1-76.4)	74.8 (57.9-91.8)
Adults who noticed anti-cigarette smoking information on the television or radio [*]	59.3 (56.3-62.3)	62.2 (58.2-66.3)	56.3 (53.1-59.6)
Adults who noticed anti-cigarette smoking information in newspapers or magazines [*]	46.1 (42.8-49.4)	49.4 (45.0-53.8)	42.7 (39.1-46.4)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold [†]	12.5 (9.7-15.2)	12.9 (9.5-16.4)	12.0 (9.0-15.1)
Adults who noticed any cigarette promotions [†]	12.7 (9.9-15.5)	14.8 (11.2-18.4)	10.6 (7.7-13.5)
Economics			
Average amount spent on 20 manufactured cigarettes	388.5 (219.3-557.6)		
Average monthly expenditure on manufactured cigarettes	2539.7 (703.7-4375.7)		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP)	22.8 (12.9-32.7)		

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



Republic of Botswana

**STEPS Instrument
For Non-Communicable Diseases
Risk Factors Survey**



2014



MINISTRY of HEALTH
REPUBLIC OF BOTSWANA



World Health
Organization

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

EXPANDED: Tobacco Use					
Question		Response		Code	
35	How old were you when you stopped smoking?	Age (years) Don't Know 77	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> If Known, go to T12	T10	
36	How long ago did you stop smoking? (RECORD ONLY 1, NOT ALL 3) Don't Know 77	Years ago	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> If Known, go to T12	T11a	
		OR Months ago	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> If Known, go to T12	T11b	
		OR Weeks ago	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T11c	
37	Do you currently use any smokeless tobacco products such as [snuff, chewing tobacco, betel]? (USE SHOWCARD)	Yes No	1 1. If No, go to T15	T12	
38	Do you currently usesmokeless tobacco products daily ?	Yes No	1 2 If No, go to T15	T13	
39	On average, how many times a day/week do you use (IF LESS THAN DAILY, RECORD WEEKLY) (RECORD FOR EACH TYPE, and USE SHOWCARD) Don't Know 7777	Smokeless Tobacco	DAILY	WEEKLY	
		Snuff, by mouth	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14a/T14aw
		Snuff, by nose	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14b/T14bw
		Chewing tobacco	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14c/T14cw
		Betel, quid	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14d/T14dw
		Other	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14e/T14ew
	Other (please specify):	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	T14other/ T14otherw	
			If T13=No, go to, else go to T15		
40	In the past , did you ever use smokeless tobacco products such as [snuff, chewing tobacco, or betel]?	No	1 2 If No, go to T17	T15	
41	In the past , did you ever use smokeless tobacco products such as [snuff, chewing tobacco, or betel] daily ?	Yes No	1 2If No, go to T17	T16	
42	During the past 30 days, on how many days did someone in your home smoked when you were present?	Number of days Don't know	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 77	T17	
	During the past 7 days, on how many days did someone smoked in closed areas in your workplace (in the building, in a work area or a specific office) when you were present?	Number of days Don't know or don't work in a closed area	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 77	T18	

EXPANDED - Exposure to other FUMES			
52a	During the past 12 months, what source of energy was used for cooking by this household? (RECORD FOR EACH)		
	Paraffin	Yes No	1 2
	Wood	Yes No	1 2
	Coal, charcoal	Yes No	1 2
	Gas / bio-gas	Yes No	1 2
	Solar power	Yes No	1 2
	Electricity	Yes No	1 2
52b	During the past 12 months, what source of energy was used for heating by this household? (RECORD FOR EACH)		
	Paraffin	Yes No	1 2
	Wood	Yes No	1 2
	Coal, charcoal	Yes No	1 2
	Gas / bio-gas	Yes No	1 2
	Solar power	Yes No	1 2
	Electricity	Yes No	1 2

CORE: Alcohol Consumption

Question	Response	Code
53. Have you ever consumed an alcoholic drink such as beer, wine, spirits, chibuku, homemade brews, khadi, mokuru, fermented cider etc. (USE SHOWCARD OR SHOW EXAMPLES)	Yes No	1 2 If No, go to X14
54. Have you consumed an alcoholic drink within the past 12 months ?	Yes No	1 2 If No, go to X14
55. Have you stopped drinking due to health, such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes No	1 If Yes, go to A16 2 If No, go to A16
56. During the past 12 months, how frequently have you had at least one alcoholic drink? (READ RESPONSES, USE SHOWCARD)	Daily 5-6 days per week 3-4 days per week 1-2 days per week 1-3 days per month Less than once a month	1 2 3 4 5 6
57. Have you consumed an alcoholic drink within the past 30 days ?	Yes No	1 2
58. During the past 30 days, on how many occasions did you have at least one alcoholic drink?	Number Don't know 77	□□□
59. During the past 30 days, when you drank alcohol, how many standard alcoholic drinks on average did you have during one drinking occasion? (USE SHOWCARD)	Number Don't know 77	□□□

60.	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?	Largest number Don't Know 77	<input type="text"/>	A8
61.	During the past 30 days, how many times did you have 6 or more standard alcoholic drinks in a single drinking occasion?	Number of times Don't Know 77	<input type="text"/>	A9
62.	During each of the past 7 days , how many standard drinks did you have each day? (USE SHOWCARD) Don't Know 77	Monday	<input type="text"/>	A10a
		Tuesday	<input type="text"/>	A10b
		Wednesday	<input type="text"/>	A10c
		Thursday	<input type="text"/>	A10d
		Friday	<input type="text"/>	A10e
		Saturday	<input type="text"/>	A10f
		Sunday	<input type="text"/>	A10g

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 alcohol when answering the next questions.

63.	During the past 7 days, did you consume any homebrewed alcohol ; any alcohol brought over the border/from another country. (AMEND ACCORDING TO LOCAL CONTEXT) (USE SHOWCARD)	Yes	1	A11
		No	2 If No, go to A13	
64.	On average, how many standard drinks of the following did you consumeduring the past 7 days ? [INSERT COUNTRY-SPECIFIC EXAMPLES] (USE SHOWCARD) Don't Know 77	Homebrewed spirits,	<input type="text"/>	A12a
		Homebrewed or Morula beer	<input type="text"/>	A12b
		Alcohol brought over the border/from another country	<input type="text"/>	A12c
		Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves	<input type="text"/>	A12d
		Other untaxed alcohol in the country	<input type="text"/>	A12e

EXPANDED: Alcohol Consumption

65.	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 Weekly Monthly Less than monthly Never	1 2 3 4 5	A13
66.	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 Weekly Monthly Less than monthly Never	1 2 3 4 5	A14
67.	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 Weekly Monthly Less than monthly Never	1 2 3 4 5	A15
68.	During the past 12 months , have you had family problems or a problem with your partner due to someone else's drinking?	Yes, more than monthly Yes, monthly Yes, several times but less than monthly Yes, once or twice No	1 2 3 4 5	A16

69.	What is your mainreason for drinking alcohol? (SELECT ONLY 1)	Unable to stop / habit	1	X7
		Sign of prestige	2	
		Relieves stress, relaxation	3	
		Seen from parents, neighbours, friends /	4	
		Peer pressure	5	
		Recreational, gives pleasure	6	
		Advertising / Promotion	7	
		To socialize	8	
		Other reasons	9 specify:	

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
70.	Do you eat fruits at least once a week ?	Yes No	1 2 If no go to X9	X8
71.	In a typical week, on how many days do you eat fruit ? (USE SHOWCARD)	Number of days Don't Know 77	<input type="text"/>	D1
72.	How many servings of fruit do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't Know 77	<input type="text"/>	D2
73.	What is the main reason for not eating fruits ?	Not available Not affordable/expensive Gives me discomfort Seasonal Others - specify Don't know/No reason	1 2 3 4 5 77	X9
74.	Do you eat vegetables at least once a week ?	Yes No	1 2 If no go to X11	X10
75.	In a typical week, on how many days do you eat vegetables ?(USE SHOWCARD)	Number of days Don't Know 77	<input type="text"/> If Zero days, go to D5	D3
76.	How many servings of vegetables do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't know 77	<input type="text"/>	D4
77.	What is the main reason for not eating vegetables ?	Not available Not affordable/expensive Gives me discomfort Others - specify Don't know/No reason	1 2 3 4 77	X11

EXPANDED: Diet				
78.	What type of oil or fat is most often used for meal preparation in your household? (USE SHOWCARD) (SELECT ONLY ONE)	Vegetable oil Lard or suet Butter or ghee Margarine Other None in particular None used Don't know	1 2 3 4 5 6 7 77	D5
		Specify the type of oil/fat	<input type="checkbox"/>	D5other
79.	On average, how many meals per week do you eat that were not prepared at your home Note: Meal means breakfast, lunch or dinner.	Number Don't know 77	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	D6
80.	During the past 7 days, on average, how many of the following drinks did you consume per day? *1 standard drink is roughly equivalent to 340 ml of sugar based fluid in a can, bottle or glass) RECORD FOR EACH	100% fruit juice Fruit nectar Fizzy or soft drink Regular soda or pop Diet pop/Diet soda Regular sports drinks/Energy drinks Don't know	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 77	X12a-f
81.	During the past 7 days, on average, how many cups/mugs of hot drinks (milk, coffee, and tea) did you consume with 0 tea spoons, 1-3 tea spoons, or 4+ tea spoons of sugar per day? RECORD FOR EACH (1 CUP/MUG is ≠ 150-200ml capacity)	0 tsp 1-3tsp 4+ tsp	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	X13
82.	How often is salt or salty sauce added to your daily meal right before you eat or as you are eating	Always Often Sometimes Rarely Never Don't know	1 2 3 4 5 77	DS1
83.	How often is salt added in cooking or preparing foods in your household?	Always Often Sometimes Rarely Never Don't know	1 2 3 4 5 77	DS2
84.	Do you think that lowering salt in your diet is important?	Yes very important Yes somewhat important Not at all important Don't know	1 2 3 77	DS5
85.	Do you think that too much salt in your diet could cause a serious health problem ?	Yes No Don't know	1 2 77	DS6

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		
86. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously? <i>[[INSERT EXAMPLES] (USE SHOWCARD)]</i>	Yes No	1 2 If No, go to P 4
87. In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days	<input type="text"/>
88. How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes	<input type="text"/> : <input type="text"/> hrsmins
89. Does your work involve moderate-intensity activity , that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously? <i>[[INSERT EXAMPLES] (USE SHOWCARD)]</i>	Yes No	1 2 If No, go to P 7
90. In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days	<input type="text"/>
91. How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes	<input type="text"/> : <input type="text"/> hrsmins

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]*

92. Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?	Yes No	1 2 If No, go to P 10
93. 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	<input type="text"/>
94. How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes	<input type="text"/> : <input type="text"/> hrsmins

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]*.

95. Do you do any vigorous-intensity sports , fitness or recreational (<i>leisure</i>) activities that cause large increases in breathing or heart rate like <i>[running or football]</i> for at least 10 minutes continuously? <i>[[INSERT EXAMPLES] (USE SHOWCARD)]</i>	Yes No	1 2 If No, go to P 13
96. In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities?	Number of days	<input type="text"/>
97. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours : minutes	<input type="text"/> : <input type="text"/> hrsmins

98.	Do you do any moderate-intensity sports , fitness or recreational (<i>leisure</i>) activities that cause a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, and volleyball] for at least 10 minutes continuously?	Yes No	1 2 <i>If No, go to P16</i>	P13
99.	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities?	Number of days	□	P14
100.	How much time do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day?	Hours : minutes	□□ : □□ hrsmins	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, travelling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping.

[INSERT EXAMPLES] (USE SHOWCARD)

101.	How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes	□□ : □□ hrsmins	P16 (a-b)
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CORE: History of Raised Blood Pressure

102.	Have you ever had your blood pressure measured by a doctor or other health worker?	Yes No	1 2 <i>If No, go to H6</i>	H1
103.	Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?	Yes No	1 2 <i>If No, go to H6</i>	H2a
104.	Have you been told in the past 12 months?	Yes No	1 2	H2b
105.	In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?	Yes No	1 2	H3
106.	Have you ever seen a traditional healer, spiritual, herbalist for raised blood pressure or hypertension?	Yes No	1 2	H4
107.	Are you currently taking any herbal or traditional remedy for your raised blood pressure?	Yes No	1 2	H5

CORE: History of Diabetes

108.	Have you ever had your blood sugar measured by a doctor or other health worker?	Yes No	1 2	H6
109.	Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?	Yes No	1	H7a
110.	Have you been told in the past 12 months ?	Yes No	1 2	H7b
111.	In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?	Yes No	1 2	H8
112.	Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?	Yes No	1 2	H9
113.	Have you ever seen a traditional healer for diabetes or raised blood sugar?	Yes No	1 2	H10
114.	Are you currently taking any herbal or traditional remedy for your diabetes?	Yes No	1 2	H11

CORE: History of Raised Total Cholesterol

115.	Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?	Yes No	1 2 <i>If No, go to H17</i>	H12
116.	Have you ever been told by a doctor or other health worker that you have raised cholesterol?	Yes No	1 2 <i>If No, go to H17</i>	H13a
117.	Have you been told in the past 12 months?	Yes No	1 2	H13b
118.	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 No	1 2	H14
119.	Have you ever seen a traditional healer for raised cholesterol?	Yes No	1 2	H15
120.	Are you currently taking any herbal or traditional remedy for your raised cholesterol?	Yes No	1 2	H16

CORE: History of Cardiovascular Diseases

121.	Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebro-vascular accident or incident)?	Yes No	1 2	H17
122.	Are you currently taking aspirin regularly to prevent or treat heart disease?	Yes No	1 2	H18
123.	Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?	Yes No	1 2	H19

CORE: Lifestyle Advice

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

(RECORD FOR EACH)

124.	Quit using tobacco or don't start	Yes No	1 2	H20a
125.	Reduce salt in your diet	Yes No	1 2	H20b
126.	Eat at least five servings of fruit and/or vegetables each day	Yes No	1 2	H20c
127.	Reduce fat in your diet	Yes No	1 2	H20d
128.	Start or do more physical activity	Yes No	1 2	H20e
129.	Maintain a healthy body weight or lose weight	Yes No	1 <i>if c1=1 go to X15</i> 2 <i>if c1=1 go to X15</i>	H20f

CORE Cervical Cancer Screening

130.	Have you ever had a screening test for cervical cancer?	Yes No Don't know	1 2 <i>go to X15</i> 77	CX1
	Which screening test was done?	Pap smear Visual Inspection with Acetic Acid (VIA) Human Papilloma Virus (HPV) test Don't know	1 2 3 77	X14

EXPANDED: History of Other Chronic Diseases/conditions					
131.	During the past 12 months have you been told by a doctor or other health workers that you have/had or suffered from the following problems/conditions?	Eye/vision Problem(like Cataract retinopathy)	Yes No	1 2	X15a
		Kidney problem	Yes No	1 2	X15b
		Nerves problem	Yes No	1 2	X15c
		Skin problem	Yes No	1 2	X15d
		Bronchial asthma	Yes No	1 2	X15e
		Mental Illness (Such as depression, loneliness, suicidal attempt, no close friends etc.)	Yes No	1 2	X15f
		cancer	Yes No	1 2	X15g
		Any other conditions Specify _____	Yes No	1 2	X15h
132	During the past 3 years, have you heard or had any information/education on lifestyle modifications?	Yes No	1 2 go to V3	X16	
133	Through which of the following media have you heard or had information/education on lifestyle modifications? (TICK ONE OR MORE APPROPRIATELY)	TV Internet/e-mail Radio Newspapers Friends, neighbours Public gathering/meeting Health facilities	Y/N Y/N Y/N Y/N Y/N Y/N	X17a-g	

CORE Injury					
134	In the past 12 months, have you been involved in a road traffic crash as a driver, passenger, pedestrian, or cyclist?	Yes (as driver) Yes (as passenger) Yes (as pedestrian) Yes (as a cyclist) No Don't know Refused	1 2 3 4 5 77 88	V3	
135	In the past 12 months, were you injured accidentally, other than the road traffic crashes which required medical attention?	Yes No Don't know Refused	1 2 77 88	V5	
136	Please indicate which of the following the cause of the above injury was.	Fall	1	V6	
		Sports/ Exercise	2		
		Burn	3		
		Poisoning	4		
		Cut	5		
		Near-drowning	6		
		Animal bite	7		
		Other (please specify)	8		
		Don't know	77		
		Refused	88		
Specify Other		V6other			

Step 2 Physical Measurements

CORE: Height and Weight

Question		Response		Code
1.	Interviewer ID		_____	M9
2.	Device IDs for height and weight	Height Weight	_____ _____	M10a M10b
3.	Height	in Centimetres (cm)	_____.__	M11
4.	Weight <i>If too large for scale 666.6</i>	in Kilograms (kg)	_____.__	M12
5.	For women: Are you pregnant?	Yes No	1 <i>If Yes, go to M 8</i> 2	M8

CORE: Waist/Hip

6.	Device ID for waist		_____	M13
7.	Waist circumference	in Centimetres (cm)	_____.__	M14
8.	Hip circumference	in Centimetres (cm)	_____.__	M15

CORE: Blood Pressure/Heart Rate (HR)

9.	Interviewer ID		_____	M1
10.	Device ID for blood pressure		_____	M2
11.	Cuff size used	Small Medium Large	1 2 3	M3
12.	Reading 1	Systolic (mmHg)	_____	M4a
		Diastolic (mmHg)	_____	M4b
		(HR) Beats per minute	_____	M16a
13.	Reading 2	Systolic (mmHg)	_____	M5a
		Diastolic (mmHg)	_____	M5b
		(HR) Beats per minute	_____	M16b
14.	Reading 3	Systolic (mmHg)	_____	M6a
		Diastolic (mmHg)	_____	M6b
		(HR) Beats per minute	_____	M16c
15.	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 No	1 2	M7

HR is an expanded measurement.

Step 3 Biochemical Measurements

CORE: Blood Glucose

Question		Response		Code
16.	During the past 12 hours have you had anything to eat or drink, other than water?	Yes	1	B1
		No	2	
17.	Technician ID		_____	B2
18.	Device ID		_____	B3
19.	Time of day blood specimen taken (24 hour clock)	Hours : minutes	____ : ____ hrsmins	B4
20.	Fasting blood glucose <i>Choose accordingly: mmol/l or mg/dl</i>	mmol/l	____.____	B5
		mg/dl	_____.____	
21.	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	B6
		No	2	

CORE: Blood Lipids

22.	Device ID		_____	B7
23.	Total cholesterol <i>Choose accordingly: mmol/l or mg/dl</i>	mmol/l	____.____	B8
		mg/dl	_____.____	
24.	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	B9
		No	2	

EXPANDED: Triglycerides, LDL and HDL Cholesterol

25.	Triglycerides <i>Choose accordingly: mmol/l or mg/dl</i>	mmol/l	____.____	B10
		mg/dl	_____.____	
26.	HDL Cholesterol <i>Choose accordingly: mmol/l or mg/dl</i>	mmol/l	____.____	B11
		mg/dl	_____.____	

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