Swaziland Government
Ministry of Health

WHO STEPS

Noncommunicable Disease Risk Factor Surveillance Report

SWAZILAND 2014

World Health Organization

World Bank

URC
University Research Co.

ICAP
Global Health, Access
Columbia University
Mailman School of Public Health

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List of Acronyms

BMI	Body Mass Index
CI	Confidence Interval
COPD	Chronic Obstructive Pulmonary Disease
CVD	Cardio Vascular Diseases
CVD	Cardiovascular Disease
DBP	Diastolic Blood Pressure
DHS	Demographic and Health Survey
DM	Diabetes Mellitus
EA	Enumeration area
EHCP	Essential Health Care Package
HBP	High Blood Pressure
HDL	High Density Lipoprotein
HMIS	Health Management Information System
ICAP	International Centre for Aids Care and Treatment Programs
IFG	Impaired Fasting Glucose
IHM	Institute for Health Management
IGT	Impaired Glucose Tolerance
MDG	Millennium Development Goals
M&E	Monitoring and Evaluation
MOH	Ministry of Health
NCD	Non Communicable Diseases
PDA	Personal Digital Assistant
PSU	Primary Sampling Unit
RHM	Rural Health Motivators
RTA	Road Traffic Accident
SBP	Systolic Blood Pressure
SEC	Swaziland Ethics Committee
SRH	Sexual Reproductive Health
TB	Tuberculosis
URC	University Research Council
VIP	Violence and Injury Prevention
WHO	World Health Organization

Foreword

The 2011 Declaration recognized the primary role and responsibility of Governments in responding to the challenge of non-communicable diseases and the essential need for the efforts and engagement of all sectors of society to generate effective responses for the prevention and control of non-communicable diseases. Swaziland has committed to this declaration by establishment of Swaziland NCD Prevention and Control Program that is tasked with reducing modifiable risk factors for NCDs and to create a safe and health promoting environment.

With the changing lifestyles and dietary habits, Swaziland is also experiencing an increase in the burden NCDs such as diabetes, cardiovascular diseases and cancer. Therefore, the Ministry of Health with technical and financial support from the World Health Organization (WHO) and other partners conducted the Stepwise approach to surveillance (STEPS) survey in 2014.

This is the second population-based nationwide STEPS survey on the prevalence of the NCD risk affecting our population. It represents a milestone in our efforts to address the increasing NCD epidemic affecting our people and marks an increased commitment of us to tackle the NCD challenge. The survey results and recommendations will enable us to develop more effective health policies and programs in primary and secondary NCD prevention and in monitoring and evaluating our ongoing efforts in NCD prevention and control.

The magnitude of both behavioural and biochemical risk factors presented in this report, provides an opportunity to reflect on the impact that NCDs have on our already stretched public health and curative services. I therefore urge all stakeholders whether in public or private entities and the Swazi nation at large to read this report for the identification and implementation of appropriate interventions as well as provision of resources to improve the health and well-being of the Swazi nation.

The finding from the Survey will guide implementation of evidence based interventions by the Ministry of Health, the implementation of these interventions will be a major contribution towards the attainment of the goal of the Swaziland National Health Policy, and achievement of the Sustainable Development Goals (SDGs).

DR SIMON ZWANE
MINISTRY OF HEALTH PRINCIPAL SECRETARY

Acknowledgement

This Survey Report from this National NCD risk factor study in Swaziland is a product of both financial and technical inputs from multiple contributors. The Ministry of Health would like to thank the World Health Organization (WHO),- Dr Kevin Makadzange, from Swaziland Contry Office; Dr Prebo Barango form WHO Intercountry Support Team; Dr Abdikamal Alisalad from WHO African regional Office ; Melanie Cowen ; Regina Guthold; and Lubna Bhatti from WHO Headquarters. The Ministry also would like to thank ICAP, URC and World Bank for the technical and financial support given at different stages of the survey.The success of the survey exercise was possible because of the commitment of the senior authorities in the Ministry of Health. Special gratitude is extended to Dr. Simon Zwane, the Principal Secretary; Dr. Vusi Magagula, the Director of Health Services; Dr. Velephi Okello, Deputy Director of Clinical Health Services and Ms. Rejoice Nkambule, the Deputy Director of Public Health Services for their tireless participation throughout the process which saw the completion of the exercise. The effective involvement of various units and departments in the Ministry of Health is highly appreciated. Also contributing to the STEPs Survey process were Development and Implementing Partners of the Health Sector; their participation and inputs throughout the survey is commendable. We gratefully acknowledge the invaluable contribution of the STEPS Survey Steering Committee.

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Executive Summary

The Ministry of Health with technical and financial support from the World Health Organization (WHO) and other partners conducted the Stepwise approach to surveillance (STEPS) survey in 2014. The WHO STEPS approach focuses on obtaining core data on the established risk factors that determine the major non communicable disease burden. This approach to chronic disease risk factor surveillance provides an entry point for the country to get started on chronic disease surveillance activities. There are three different levels of "steps" of risk factor assessment. These steps are: questionnaire (step 1); physical measurements (step 2) and biochemical measurements (step 3). Step 1 covers questions on demographic information, and behavioural measurements focusing on tobacco use, alcohol consumption, diet, physical activity, history of raised blood pressure, history of diabetes, history of raised total cholesterol, history of cardiovascular disease, lifestyle advice and cervical cancer screening for women. Step 2 covers blood pressure measurement, height, weight, waist circumference and heart rate. Step 3 focuses on blood glucose and lipids measurement.

The instrument contains core and optional modules. The following optional modules were included: oral health, mental health, violence and injury and tobacco policy. The broad objective of the survey was to determine the magnitude of risk factors that attribute to non-communicable diseases. The Survey methodology was a multi-stage cluster sample design and the sample was adult Swazis age 15-69 years. The targeted sample size was 4320. The final sample was however 3281 for step 1 and 2 with response rate of 76%. The final sample for step 3 was 3015 giving a response rate of 70%.

The findings of the survey reveal that prevalence of tobacco smoking among the adult population in Swaziland was 6.0 %. On average the start age of smoking was 19 years. Alcohol consumption, defined as consuming alcohol in the past 30 days, was 13.0%. As far as diet is concerned the respondents consumed fruits on 3.5 days of the week on average and ate vegetables on 4.8 days in a typical week. The proportion of the population that consumed less than 5 servings of fruit and/or vegetables per day stood at 92.1%. About 20 percent of the respondents reported that they always add salt before or when eating.

Roughly a quarter of the population (24.5%) had raised blood pressure or was on medication for raised blood pressure. A sizable proportion (17.3% women and 7.2% men) of this group had uncontrolled raised blood pressure (i.e. were under treatment but still had raised blood pressure) but a much greater percentage (87.0% of men and 72.8% of women) of those with raised blood pressure were not on treatment. Of the 2892 respondents who had blood glucose levels measured, about 14.2% of them had raised blood glucose. The overall proportion of individuals with raised total cholesterol stood at 10.9%. About 20.5% of the population was found to be obese and in the overall a high percentage (59.9%) of women was found to be overweight

Just under 3 percent (2.6%) reported having been in a road traffic accident in the past 12 months and, of these, just under half (44.9%) were seriously injured. Six percent of respondents reported to have been seriously injured in non-traffic accidents. Injuries through violence were not reported to be an issue in communities: three percent men (2.6%) and two percent women (2.1%) reported to have suffered serious injuries from violent incidents.

Less than half of the population (48.5%) has ever been to a dentist. Among these, the majority (65.1%) were found to visit the dentist due to pain or trouble with teeth or gums. Worth noting was that only 8.7% of those who had ever been to a dentist visited as a precautionary measure for their last visit and another 7.7% visited for consultation/advice.

The STEPS survey indicates a looming epidemic of NCDs based on the findings of this survey. In all the age groups there was a high rate of women who reported not doing enough physical activity as per WHO recommendation (20.5% for 15–29, 19.6% for 30-44 and 22% for 45-69); recommendations have been identified for Government, the Ministry of Health and other stakeholders. Since NCDs are lifestyle diseases, individuals and the community have a big role in their containment. Also prevention should be incorporated in the health system through a multi-sectoral mechanism approach for planning, guiding, monitoring and evaluation of NCDs in the country.


STEPS

Chapter 1: INTRODUCTION AND COUNTRY BACKGROUND

1.1INTRODUCTION

The World Health Organization (WHO) projects that globally, deaths due to Non-Communicable Diseases (NCDs) will increase by 17% over the next ten years. The greatest increase will be seen in the African region (27%) and the Eastern Mediterranean Region (25%). According to the Global Status Report on NCDs 2010, of the 57 million deaths that occurred globally in 2008, 36 million (almost two thirds) were due to NCDs, comprising mainly of cardiovascular diseases, cancers, diabetes and chronic lung diseases. About a quarter of global NCD-related deaths take place before the age of 60.

The noted rise in NCDs to epidemic proportions in many Sub-Saharan African countries will most likely facilitate a process of epidemiological transition towards a greater burden of NCDs. The changing demographic dynamics, affluence and the pattern of food consumption are responsible for this trend. As a result, countries are likely to advance towards a greater burden of non-communicable diseases (NCDs), while still bearing a heavy communicable diseases burden (Byass P.et al 2014).

In Swaziland NCDs account for 24 percent of annual deaths (WHO NCD Country Profile 2014). According to WHO Estimates Swazis suffer mainly from diseases of lifestyle such as Cardio Vascular Diseases (CVD), Type-2 diabetes, cancer and Chronic Obstructive Respiratory Diseases (COPDs).

According to the 2010 WHO report, most NCDs are strongly associated and causally linked with four behavioral risk factors which are: tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol. Intermediary risk factors include high blood pressure, high cholesterol, high blood glucose and overweight.

In order to prevent and control NCDs interventions on the risk factors are crucial and it is therefore, important to know the magnitude of the NCD risk factors in the population. WHO has developed a Standardized Risk Factor Surveillance Approach (Stepwise Approach) to enable comparison of data across regions over time. This approach is the most efficient means of providing evidence based data to plan for control and reduction of the impact of NCDs. The STEPS survey is conducted every five years to ensure well collected systematic national-data to determine the burden of the disease and their risk factors and to enable comparison over time. In 2007, the first STEPS Survey was conducted in Swaziland.

1.2. COUNTRY BACKGROUND

The Kingdom of Swaziland is a small landlocked country in Southern Africa with an estimated area of 17 363 square kilometres, of these 160 square kilometers is water. The country is located at the geographical coordinates 26°30'S 31°30'E.

According to the Swaziland Population Census, 2007, the population of Swaziland was 1 018 449 with about 78.9% living in the rural areas. 52% of the population was under the age of 20 years. Females accounted for 53% of the population and an estimated 4.6% of the population was 60 years of age and above.

The World Bank classifies Swaziland as a lower middle-income country because of its per capita income estimated at US $3,725 and about 69% of the population lives below the poverty line (Poverty Reduction Strategy and Action Programme, Volume 1 – 2006).

1.3. SIGNIFICANCE AND RATIONALE OF SURVEY

In Swaziland NCD's are increasingly being prioritised and therefore well collected systematic nation-wide data is required to determine the burden of the diseases and their risk factors. This is crucial for identification and implementation of appropriate interventions as well as justification of allocated resources. The evidence on the magnitude of NCDs and associated risk factors in Swaziland will guide the planning and implementation of interventions on all levels.

1.4. THE GOAL AND OBJECTIVES OF THE STUDY

1.4.1. Goal

To determine the magnitude of NCDs and their risk factors for selected non-communicable diseases in Swaziland.

1.4.2. Objectives

The specific objectives of the survey are to:

1. Assess the magnitude of behavioural risk factors for NCDs such as physical inactivity, tobacco use and harmful use of alcohol and unhealthy diet.
2. Assess the magnitude of biochemical risk factors such as raised blood glucose; raise cholesterol and overweight/obesity.
3. Assess the risk factors for other non-communicable condition like cervical cancer screening, violence and injuries; oral health and mental health.

Chapter 2: SUVERY DESIGN AND METHODOLOGY

The study was a household based cross-sectional survey based on the WHO Stepwise Approach. This section covers the study design and the methodology used.

2.1. STEPWISE (STEPS) APPROACH

This study employed a WHO STEPS approach, which is a sequential process of data collection using a three-step process.

Step1: Involved the collection of demographic and behavioural information: this included information on the level of education, employment, income, lifestyle risk factors that contribute to NCDs such as tobacco use, alcohol consumption, fruit and vegetable consumption, physical inactivity, history of raised blood pressure, diabetes, raised blood cholesterol, cardiovascular diseases, life style advice and cervical cancer screening for women respondents, mental health/suicide, oral health care and violence and injuries.

Step 2: Involved the taking of physical measurements: this included the taking of height, weight, girth (Waist, Hip), blood pressure and pulse Rate;

Step 3: Involved doing biochemical Measurements: this included rapid testing of fasting blood glucose and blood lipids (cholesterol).

2.2. STUDY POPULATION

The target group for this national household-based cross-sectional survey was a sample from the adult Swazi population aged between 15 and 69 years residing in any one of the four regions of the country.

2.2.1. Inclusion criteria:

All family members that were eligible to participate in the study were:

- Aged between 15 - 69 years both males and females,
- Able to understand the information given about the study,
- Whether already diagnosed and on treatment of any of the diseases of interest, and
- Able to give a verbal or signed informed consent for participation.

2.2.2. Exclusion criteria:

All family members that were excluded in the study were those who were:

- Not capable to understand or comprehend the information given
- Not capable of consenting verbally and were also not in a state of responding to the questionnaires
- Severe/terminal physical or mental illness that hindered participation in the survey, and
- Aged below 15years or above 69 years.

2.3 SAMPLE SIZE

The following procedure, formula, and adjustment parameters were applied to determine a representative sample size for the survey.

$$n = \frac{z^2_{1-\alpha}\, p(1-p)}{d^2}$$

$$= \frac{\{(1.96)^2 \times \{0.5\}\ (1 - 0.5)\}}{(0.05)^2} = 384.16$$

Where:

Level of Confidence Measure -	1.96
Margin of Error (MOE) -	0.05
Baseline levels of the indicators -	0.5
Design effect (Deff) -	1.5
Expected Response Rate -	0.8
Age/sex Estimate -	6

Therefore, the sample size was, (384.16*1.50*6)/0.80 = 4320. The age-sex estimate adjustment was recommended by WHO to be 6 (3 group per gender: 15-29, 30-44, 45-69) in order to balance optimization of precision against time and resources (human and financial) for conducting the survey.

2.4. SAMPLING AND PROCEDURE

A Multi-stage cluster sampling design was applied. The survey covered all the four regions of the country. The size of the country and the distances between the regions and communities made it possible for the survey to sample a population representing all the 4 regions. The Multi-stage sampling procedure was implemented in the following procedural steps:

Stage 1: All four regions were included as a sampling frame of our Primary Sampling Unit (PSU).The number of the PSUs at this stage ensured precision in the survey estimates and as a result 216 PSUs were selected using probability proportional to size sampling (figure 1).

Primary Sampling Units

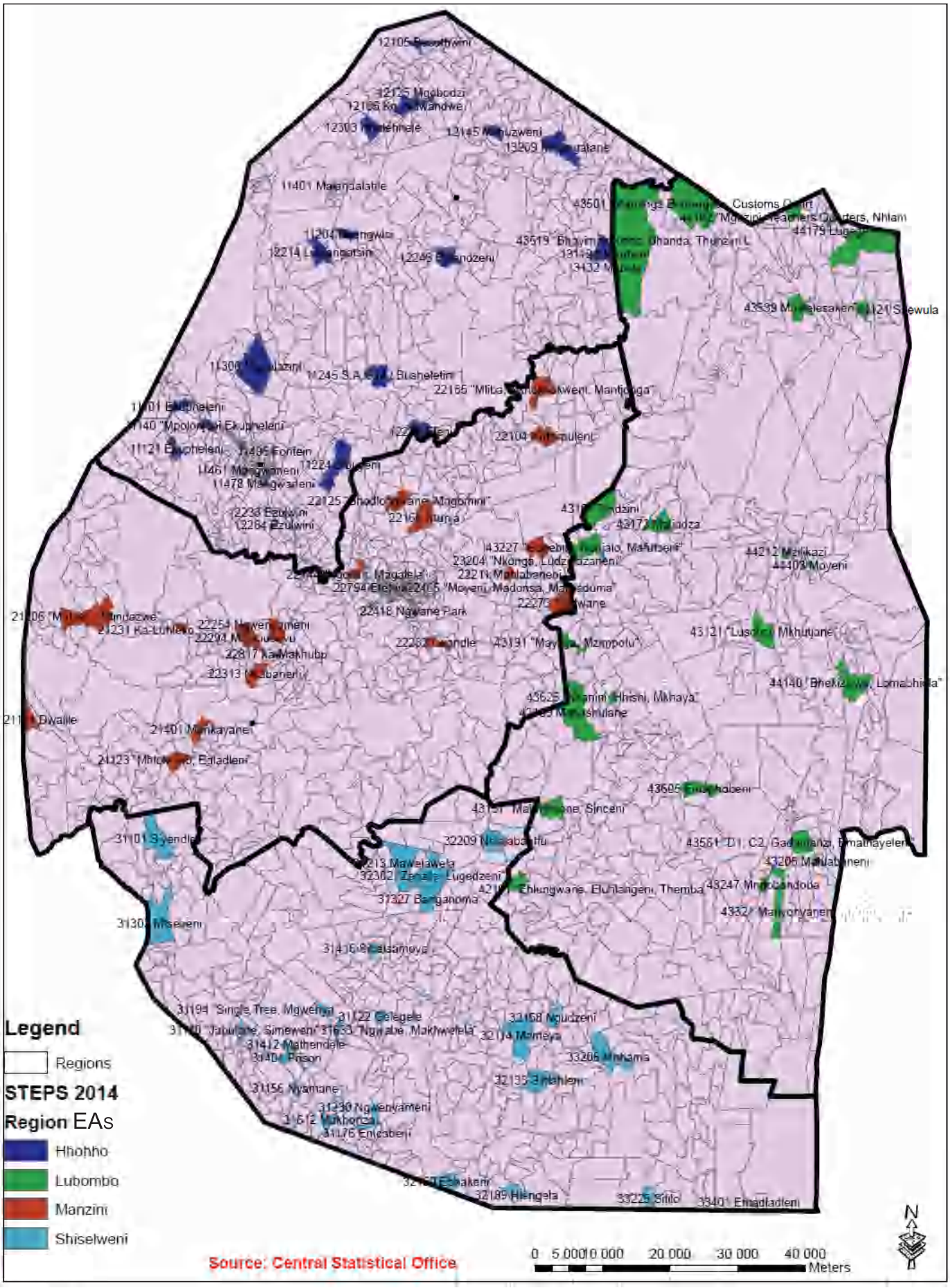

Figure 1: Primary Sampling Units

Stage 2: The second stage of cluster sampling procedure entailed listing, sorting and random systematic sampling of the Secondary Sampling Units (Households) within the PSUs selected in stage1 where 20 households were selected from each PSU. Based on census data, only households with eligible participants were systematically sampled through random systematic sampling.

Stage 3: At this level, all the eligible participants within a household were sequentially listed into the PDAs and only one participant per household was randomly sampled using KISH method built into the PDAs. The KISH method is a widely used technique that uses a pre-assigned table of random numbers to identify the person to be interviewed.

2.5. SURVEY PERIOD

Data was collected over a period of 32 days from 17 November to 19 December 2014. Table 1 shows all the activities and the period in which those activities were covered during the survey.

Activities Performed During Survey Period

Activity	2014						2015				
	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May-Oct,15
Finalization of protocol											
Prepare training of interviewers sensitize EA's leaders and Community groups in the selected areas											
Recruitment and interviewers data collectors training, piloting, finalizing the tool											
Data collection and entry											
Data cleaning, analysis and report writing											
Finalization of Report and Dissemination of Results											

Table 1: Time frame for the survey

2.6. THE SURVEY TEAM

The survey team comprised of the national and field team which were trained on the survey data collection.

2.6.1 National Team

The national team consisted of representatives from the Epidemiology and Surveillance Unit, NCDs programme, Violence and Injury Prevention Programme (VIP), Clinicians, Health Education Unit (MoH), Monitoring and Evaluation (M&E), Health Management Information System (MoH), Public Health Unit (MOH), Laboratory Diagnostics (MoH), National Statistical Office, World Health Organisation, University of Research and Co.,LLC (URC), Institute of Health Measurement (IHM) and International Centre

For AIDS and Treatment Programs (ICAP). The members of the team jointly developed the research proposal, adapted the survey tools, sensitized stakeholders mobilized for resources and participated in the training of the data collectors.

2.6.2 Field Team

There were18 teams of 5 people each as follows:

1. A team leader who was trained to do all steps including the dry chemistry and was responsible for planning, setting appointments and checking the completeness of questionnaires,
2. Three interviewers/enumerators who were trained to do all the steps including the dry chemistry so that there would be more flexibility in the duties and roles, and
3. One driver was responsible for transporting the team members and helping with the carrying of the equipment.

Rural Health Motivators (RHMs) in each community assisted the teams in notifying the community leaders in the selected communities about the actual day and time for data collection, and guided the survey team to the selected household.

2.7 TRAINING OF INTERVIEWERS

All 72 data collectors and 10 supervisors were trained over 6 days. The first four days covered the following sections:

(a) Overview of the study-what the study was all about,
(b) Gaining entry into the study areas and households
(c) Conducting interviews
(d) Observing research ethics
(e) Collecting data using Personal Digital Assistant (PDA)
(f) Doing a finger prick
(g) Keeping records
(h) Ensuring quality control of all field processes.

Interviewers conducted mock interviews and practiced taking both physical measurements and finger pricking for glucose and cholesterol testing. Team supervisors were further trained on: (a) checking and correcting interview data (b) editing questionnaires in the PDA (c) problem solving in the field. The last two days of the training involved piloting of the data collection process in two PSUs that were not part of the survey. STEP 1&2 was piloted on the fifth and STEP 3 on the sixth day. After the pilot, all the teams shared their strengths and gaps then discussed strategies on how to address such during the actual data collection.

2.8 INSTRUMENT AND DATA COLLECTION

2.8.1 The Tool

The generic WHO STEPS survey tools were adapted by the National Team and translated into siSwati and back translated into English to make sure that it gave the same meaning as the original questions. All the core, expanded and selected optional variables were collected. Data was collected using PDAs, where 18 PDAs were programmed for biochemistry measurements and 36 PDAs were programmed for interviews and physical measurements. Participants that were English illiterate were interviewed with the interpreted SiSwati version questionnaire.

During the survey period sampled individuals were interviewed using the questionnaire for STEP 1. This was followed by taking their physical measurements using standard equipment provided (STEP 2). Since STEP 3, which included the testing for glucose and cholesterol, had to be taken after the participant had fasted overnight, an appointment was set for the following morning when the respondent would have fasted then testing was done. The middle finger was pricked with a needle and allowed to bleed a drop which was then tested for glucose and cholesterol.

Step1: Questionnaire-based assessment:

Data for behavioural risk factors were collected using a face-to-face structured interview (Appendix A). The survey questionnaire was programmed on the PDAs. It consisted of the core (age, sex and education in years and current exposure to tobacco and alcohol, diet and physical activity), expanded (occupation, average household income) and optional (marital status, medical and health history, past history of smoking and alcohol consumption) variables. The medical and health history component included questions on medication, cigarette use, diabetes, hypertension and other cardiovascular conditions.

Step 2: Physical measurements

The physical measurements taken included blood pressure, heart rate, height, weight, waist and hip

circumference measurements. Following is the procedure for each assessment:

Measurements

- **Blood pressure**

Blood pressure measurements were taken using battery powered digital blood pressure machine (boso[medicus uno]). Three readings were taken 3-5 minutes apart and the third reading was then recorded.

- **Height**

Height was measured using the stadiometers. Height was measured without the participant wearing foot or head gear. Before the reading was taken, the respondent was requested to have his feet together, heels against the back board, knees straight, and to look straight ahead. Height was recorded in centimetres.

- **Weight**

Weight measurements were taken on a pre-calibrated weighing scale (bathroom scale). The scales were calibrated daily using a known weight (1kg packet of sugar). Participants were weighed dressed in light clothing and barefooted. Measurements were taken to the nearest 0.1kg.

- **Waist Circumference**

The waist circumference was measured using a tape-measure in centimetres. Measurement was made in the mid-auxiliary line midway between the last rib and the superior iliac crest. Measurements were made to the nearest 0.1 cm.

- **Hip measurement**

Hip measurements were also made using a tape-measure placed horizontally at the point of maximum circumference over the buttocks. Measurements were taken to the nearest 0.1cm.

Step 3: Biochemical assessment

Fasting blood glucose and total cholesterol comprised the targeted biochemical measures of health risks for NCDs. On the first day of the survey after completion of STEP 1 and STEP 2, participants were asked to fast overnight of that day. i.e. people were asked not to consume any food except for clear water after taking dinner on that night until the survey team came in the morning of the following day (day 2). People in the selected EA were seen in their various homesteads where a finger prick was done using a CarioChek[R] PA test system and a drop of blood was tested for glucose and total cholesterol. Those that complied with advice (fasting overnight) were eligible for testing.

2.8.2 Field Activities

Immediately after training, data collectors were divided into the 18 teams. Each team was provided with a field kit containing: a carrier bag, letters for the relevant authorities (from Ministry of Inkhundla and Ethics Committee) referral letter for those with abnormal results, consent forms, checklist, list of the selected EAs, EA maps, team field log book, operational manual, pens, pencils, clipboards, notebooks, tapes for measuring height and girth, scales for weight, blood pressure machines, lancets for finger pricks, sharps disposal containers, gloves and PDAs. Each member of the research team had a project bag, identity card and a unique code.

2.9. DATA MANAGEMENT

2.9.1 Downloading and merging of data

Data was collected using PDAs. There were two sets of PDAs used to collect data: one set of PDAs was used to collect data for Step 1 (biographic and lifestyle information), and Step 2 (height, weight, blood pressure, waist and hip circumference). Another set of PDAs was used to collect Step 3 (biochemical measures) A total of 54 PDAs were used. Data on the PDAs were downloaded into the computer installed with NCD STEPS software. The files of each participant (the Step 1, 2 and 3) were then merged using the participant identity (PID) number cross checked with participant name, EA number or township name and other particulars where necessary.

2.9.2. Data cleaning

Although the PDAs ensure responses are internally consistent and limit the ranges of responses to open-ended questions, the data were still checked to ensure don't know responses and question-specific refusals were appropriately recorded.

2.9.3. Weighting of data

Sample weights were calculated for all records using the probability of selection at each stage of sampling. Thus, for each participant his/her weight was calculated by first multiplying the probability of EA

selection, the probability of household selection, and the probability of selection within their household. Where household size was missing, the average household size of the EA was used to estimate the probability of selection at this last stage of sampling. The participant's weight would then be equal to the inverse of this product. This weight was then adjusted to correct for over- or under- representation of each person's age-sex group in the sample versus the underlying age-sex distribution of the population in Swaziland.

2.9.4. Data Analysis

Data was analyzed using Epi Info, version 3.5.1. Simple descriptive statistics with means, proportions and frequency distributions were done. 95% Confidence Interval (CI) was used as a measure of precision on the estimated population parameters.

Further analysis was performed as follows: T-tests to compare continuous data such as systolic Blood Pressure, cholesterol level between groups. Chi-square tests were used to assess relationships between variables and analysis of variance (ANOVA) for continuous variables for comparisons across more than two groups. In situations where the normality assumptions were not met, the non-parametric equivalents of the above tests were used (Fisher's exact test, Kruskal Wallis test, etc.). Logistic regression analysis was employed to assess predictors of diabetes and hypertension in each particular group controlling for potential confounders.

2.9.5. Reliability and Validity

The tools that were used in this study were based on the WHO guidelines on the STEPWISE APPROACH to NCD Surveillance. Reliability was assured by the use of trained data collectors with a supervisor per group to collect all data. PDAs were also used to ensure uniformity in the way data was collected. Discussions of the data collection tools; with researchers from STEPS Surveillance data team from WHO Headquarters who had expertise in the field were also held to ensure validity.

A six day training workshop on the STEPS Survey was done and piloted to familiarize the data collectors with the tool and on what to expect during the data collection exercise.

2.10 STUDY LIMITATIONS

The method of interviewing people had its own limitations in that it was highly time consuming and at the same time people had a tendency of withholding information when interviewed (Freeman 2013).

- The survey was self-reporting and also relied on recalling of past events which was a limitation.
- Some of the residents in the EAs relocated just before data collection commenced so this affected the response rate.
- Some of the respondents were not available during the visitations.

2.11 ETHICAL CONSIDERATIONS

The survey complied with ethical principles of, beneficence, respect for persons and justice, protecting the rights of the respondents as well as scientific integrity of the research.

The principle of beneficence meant that the interviewers did not harm the respondents intentionally through withholding of information or by negligence. The interviewers were made aware of the importance of minimizing the subjects' level of anxiety or stress, and of the absolute requirement of not divulging any information obtained from survey (confidentiality).

The survey teams were trained to minimize the risks that were posed to the participants. Training for the team included discussions and exercises on the meaning and process of informed consent, the importance of protecting the privacy of the subjects and confidentiality of obtained information. The team leaders supervised all survey teams on a continuous basis. Unscheduled supervision visits were made to ensure that the teams were following pre-defined protocols and guidelines. The team leaders were also responsible for checking data quality and ensuring that data was stored in a safe and confidential location.

The principle of respect for persons acknowledging autonomy and protection of those that had diminished autonomy was emphasized. The survey teams ensured that informed consent was obtained from the participants through giving accurate information about the purpose of the survey and procedures involved, ensuring comprehension and voluntary participation. Informed consent was

signed by the participants (Appendix B). Information privacy and confidentiality was necessary in order to show respect to the people involved and this was ensured during primary data collection and secondary data analysis. All participants were assured that the information obtained in the survey was confidential and were given the option of refusing or discontinuing their participation at any time. When recruiting, participants were only known by identifiers. All data was kept under secure conditions. Access to the survey data was limited to the supervisors. No identification information was disclosed in the final report.

Fair treatment of others and avoidance of discrimination and exploitation was maintained .This was the principle of justice. A fair procedure for selection of participants was used. The researcher was truthful with others and maintained confidentiality (Herbst, 2000:88).

The study proposal received approval from the Swaziland Ethics Committee (SEC) , and a clearance certificate was received (Appendix C), Permission to conduct the survey was sought from the Ministry of Health, the Ministry of Tinkhundla and Development as well as relevant community leaders through a written correspondence. Through informed consent the participants were also requested for permission to use them as informants.

- **Initiating contact with communities**

Community leaders were informed about the study and involved during the planning processes. Local authorities were consulted on information regarding the most convenient and effective manner of visiting homesteads. They were also notified in advance of the date and approximate time of the interviews.

- **Procedure followed on arrival at homestead**

The team carried an authority letter signed by the Principal Secretary from the Ministry of Health (MOH), approval letter by the SEC as well as identification tags. The team met with the head of the household and introduced themselves then asked for permission to go ahead with the survey.

- **Management of clinical cases identified during survey**

All individuals found during data collection that had abnormal results were referred accordingly.

Chapter 3: SURVEY RESULTS

This section covers the findings of the survey, which include demographic information of the participants and the results per module.

3.1 DEMOGRAPHIC INFORMATION

The basic demographic and socioeconomic information include age, sex, marital status, ethnicity, education levels, estimated household earnings and employment status.

3.1.1 Distribution of the participants by sex, age, marital status and ethnicity

A total of 3534 participants responded to the step 1 questionnaire of which 2304(65.2%) were women and 1230 (34.5%) were men. Young adults aged 15-29 years were 40.8% whilst those aged 30 – 44 years were 28.7% and those aged 45-69 years were 30.5%.

Of the 3278 participants who responded to the question on marital status 42.3% were currently married while those that were never married were 45.2%. According to the origin of the participants 97.2% were Swazi and 2.8% were non-Swazis.

3.1.2 Distribution of the participants by level of education, employment and economic status

The findings reveal that 10.4% of the participants had no formal education, 25.4 % had completed primary education, and 7.4% had completed university level. According to employment status 6.2% were civil servants, 31.4 % were either non-government employees or self-employed and 62.4% were unpaid which included persons who were non-paid, students, homemakers, retired, and unemployed. The mean annual per capita income of the participants was E14 971.92.

3.2 BEHAVIOURAL RISK FACTORS

The following section shows the distribution of the participants according to tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol. These are the four major behavioural risk factors for non-communicable diseases.

3.2.1 Tobacco use

Overall, the prevalence of the respondents who were currently smoking was 6% (CI: 4.8-7.3), which was 11.7% for men and 1.2% for women. Table 2 shows the distribution of the current smokers disaggregated according to age and sex.

Among current smokers, younger respondents aged 15-29 had a much higher daily smoking prevalence of 89.6% (CI: 78.1-100) when compared to older respondents (30-44 and 45-69 age groups). The mean age of starting smoking was 19.6 years (CI: 18.5-20.8) among currently smoking respondents. About 92.2% (88.2-96.2) of current smokers and 93.1 % (CI: 88.7-97.4) of the daily smokers used manufactured tobacco. Among those who currently used tobacco 52.2 % (CI: 42.0-62.4) had tried to stop smoking in the past 12 months. About 2.2 % (CI: 1.5-2.8) of respondents used smokeless tobacco. The percentage of respondents exposed to second-hand smoke in the home in the past 30 days was 17.3 % (CI: 15.2-19.4). Some of the respondents were exposed to second-hand smoke in the workplace in the past 30 days as reported by 13.3 % (CI: 11.3-15.3) of them.

3.2.2 Tobacco policy

As far as anti-cigarette information is concerned, the respondents reported having noticed information in newspapers or magazines, television or radio about the dangers of smoking or that encouraged quitting during the past 30 days. About 30.8 % (CI: 27.5-34.2) of the respondents reported that they had noticed information in newspapers or magazines about dangers of smoking or that encouraged quitting and 27.5 % (CI: 23.2-31.8) said they have noticed the information on television. However 44.6 % (CI: 41.3-47.8) of the respondents got the information on the radio. The proportion of all respondents who noticed

Table 2: Percentage of current smokers

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	524	7.2	4.4-9.9	818	0.9	0.2-1.6	1342	3.9	2.6-5.3
30-44	306	16.2	10.0-22.5	645	0.8	0.1-1.5	951	7.1	4.4-9.9
45-69	307	21.2	14.8-27.7	677	2.7	1.2-4.1	984	10.9	7.5-14.2
15-69	1137	11.7	9.3-14.2	2140	1.2	0.7-1.7	3277	6.0	4.8-7.3

advertisements or signs promoting cigarettes in stores where they were sold during the past 30 days was 10.4 % (CI: 8.8-12.0). Only 1.1 % (CI: 0.6-1.6) of the respondents reported that they had noticed free samples of cigarettes in the past 30days and 3.3 % (CI: 2.3-4.2) said they had the sale prices on cigarettes within the same time period. About 0.6% (CI: 0.2-0.9) and 0.9% (CI: 0.2-1.5) of the respondents said they noticed coupons for cigarettes and free gifts or special discount offers on other products when buying cigarettes respectively. Of note was that about 5.9 % (CI: 4.6-7.2) of the study population had noticed clothing or other items with a cigarette brand name or logo in the past 30 days. Only 0.6 % (CI: 0.2-1.0) of the respondents reported that they noticed cigarette promotions in the mail

About 79.1% (CI: 71.4-86.9) of current smokers reported that they had noticed health warnings on cigarette packages during the past 30 days and 74.0 % (CI: 64.4-83.7) of these said they thought of quitting. The average price for 20 manufactured cigarettes package was 37.7 Emalangeni (CI: 33.4-42.0) based on the last purchase.

3.2.3 Harmful use of Alcohol

The respondents were asked to indicate their alcohol consumption status, that is, if they consumed alcohol and if so, the frequency and quantity consumed. Respondents who reported having consumed alcohol within the past 30 days were defined in the survey as current drinkers and were 13.0% (CI: 11.2-14.7), the majority (17.5%) being adults aged 45-69 years.

About 4.7% (CI: 2.6-6.7) of those who consumed alcohol in the past 12 months drank daily. The percentage of respondents who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population was 8.3% (CI:7.0-9.6). The mean number of times in the past 30 days in which current (past 30 days) drinkers consumed six or more drinks during a single occasion was 2.0% (CI:1.5-2.4). The survey results showed that the majority of respondents who drink daily, 5-6 days per week, 1-2 days per week was high amongst those adults aged 45-69 years (15.4% (CI:8.5-22.3), 3.0% (CI:0.5-5.6), 30.3% (CI:20.8-39.8) respectively and these group has a significantly more current drinkers than the other two age groups. . About 2.9 % (CI: 1.7-4.1) of all respondents had problems with family or partner due to someone else's drinking in the past 12 months. Among past 12 months drinkers, the proportion of those needing a first drink in the morning to get going after a heavy drinking session on a monthly or more frequent basis was 16.8 % (CI: 12.5-21.0).

Table 3: Alcohol consumption status

Alcohol consumption status									
Age Group (years)	Both Sexes								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
15-29	1341	10.7	8.5-12.9	5.8	3.7-7.8	8.0	5.8-10.2	75.6	72.1-79.1
30-44	951	14.6	11.2-18.0	4.8	3.0-6.6	11.1	8.0-14.3	69.5	65.6-73.4
45-69	988	17.5	13.8-21.2	2.6	1.4-3.7	11.0	8.4-13.7	68.9	64.6-73.2
	3280	13.0	11.2-14.7	4.9	3.6-6.2	9.3	7.7-10.9	72.8	70.0-75.6

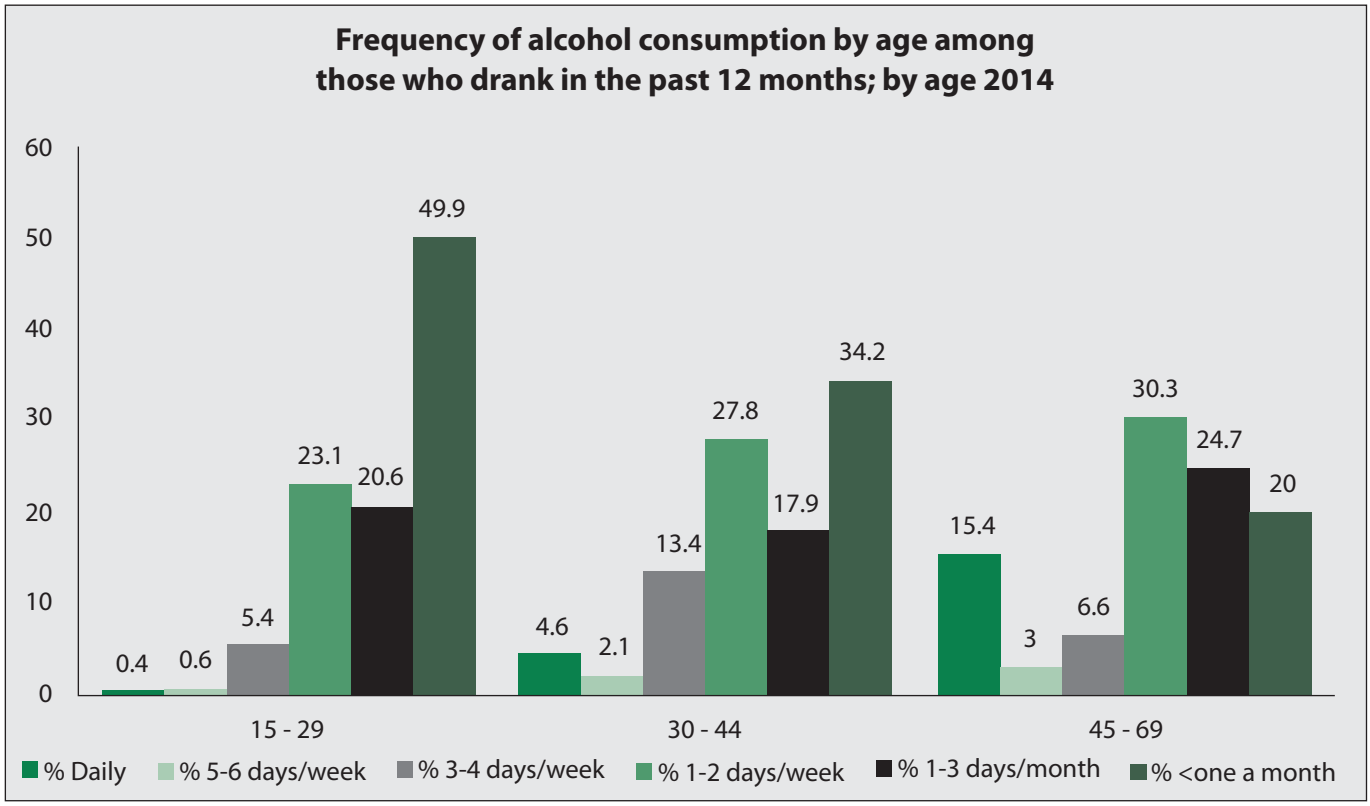

Figure 2: Frequency of alcohol consumption by age among those who drank in the past 12 months

3.2.4 Unhealthy diet

The respondents reported that on average they had fruits in about 3.5 (CI: 3.4-3.7) days of the week and on average they ate vegetables in 4.8 (CI: 4.7 - 4.9) days a week. About 92.1% (CI: 90.5-93.6) of the respondents consumed less than five servings of fruit and/or vegetables on average per day as shown in figure 3 below. And worth noting is that over half of the population is only getting 1-2 servings of fruits on average per day and nearly 20% eat none. The majority of the respondents (53.7% (CI:50.7-56.7)) reported to be having 1-2 servings per day, very few (7.9% (CI:6.4-9.5)) reported to be having more than 5 servings per day.

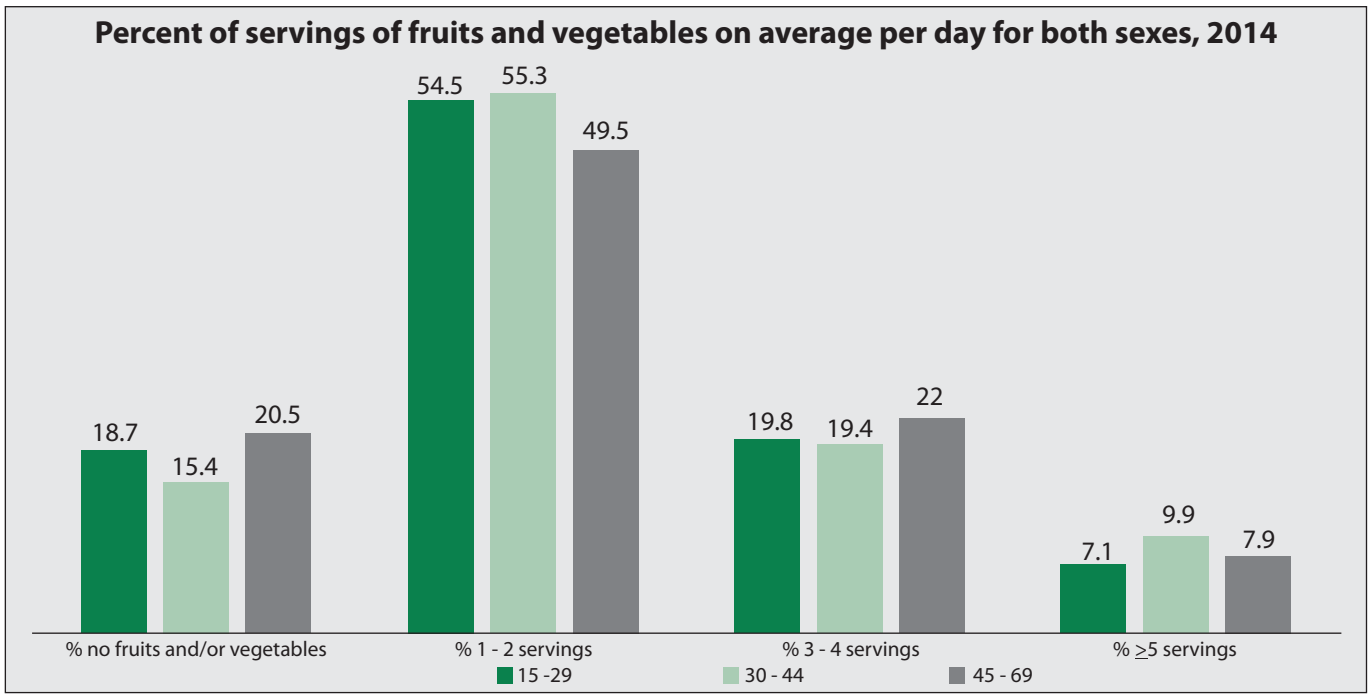

Figure 3: Percent of servings of fruits and vegetables on average per day for both sexes

As far as salt consumption was concerned 19.8 % (CI: 16.7-22.8) of the respondents always or often added salt or salty sauce to their food before eating or as they were eating. About 71.7 % (CI: 68.6-74.8) of the respondents reported that they always or often added salt to their food when cooking or preparing foods at home.

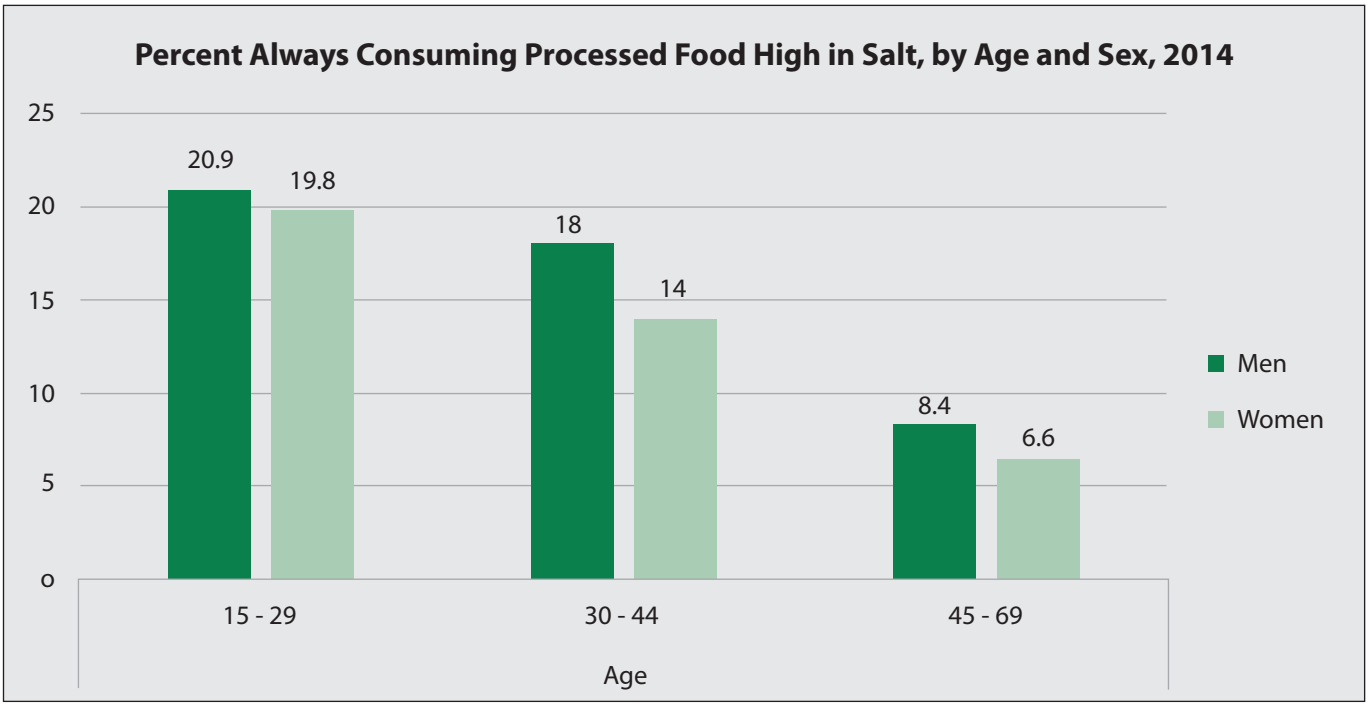

Figure 4: Percent of always consuming processed food high in salt

Those who always or often ate processed foods high in salt were 16.7 % (CI: 14.5-19.0). Amongst the 16.7% respondents who always of often ate processed food high in salt the majority are in the younger age groups (20.3% aged 15-29, 15.6% aged 30-44 and only 7.4% aged 45-69). Worth noted, is that, as the respondent aged they consumed less of the processed food. About 14.3 % (CI: 12.6-16.1) felt they consumed far too much processed food or too much salt. The results revealed that 93.4 % (CI: 91.8-95.1) of the respondents used vegetable oil for cooking

3.2.5 Physical inactivity

The findings revealed that 15.3% (CI: 12.9-17.7) of respondents were not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent).

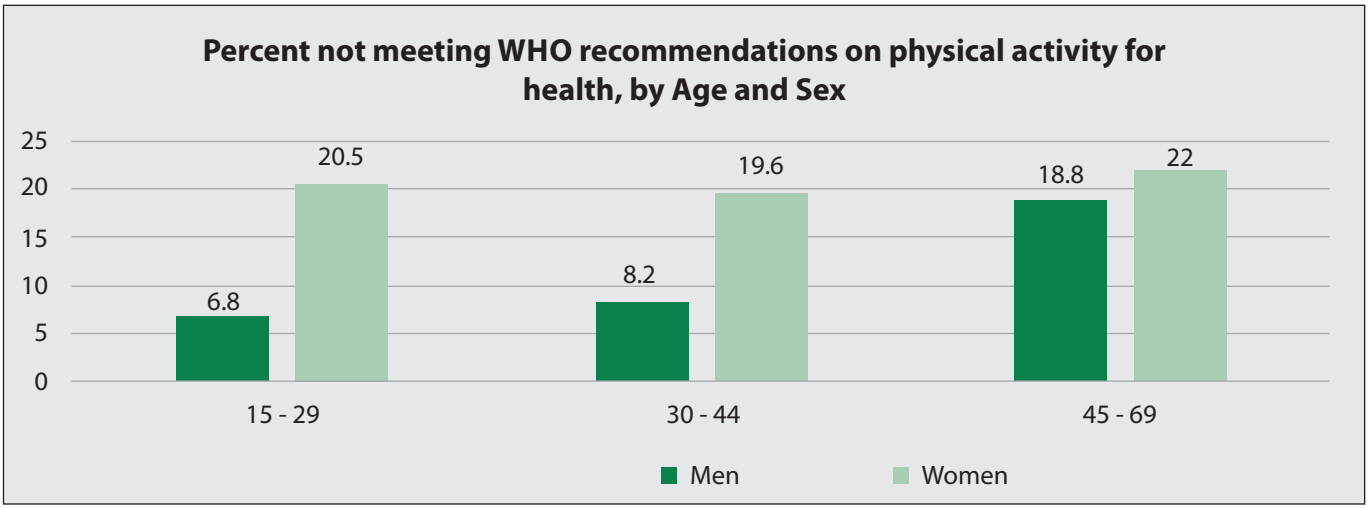

Figure 5: Percentage not meeting WHO recommendations on physical activity for health

The average number of minutes the respondents spent on physical activity was 185.0 (CI: 173.1-196.9) per day. The median number of minutes spent on total physical activity per day was 120.0(IQ: 42.9-265.7). The proportion of the respondents not engaging in vigorous physical activity was 46.9 % (CI: 43.5-50.2) being 29.4 % (CI: 24.9-34.0) in men and 62.0 % (CI: 58.2-65.9) in women.

3.3 BIOCHEMICAL RISK FACTORS

Biological or biochemical risk factors include history of raised blood pressure, raised total cholesterol, raised blood glucose, overweight and obesity, cardiovascular disease and screening for cervical cancer for women. Lack of testing is an issue in both sexes – prevalence of "never measured" is equally high in both, Blood Pressure is the only exception where women are more likely to have been measured (and a lot more were diagnosed). So there is a gender gap for Blood Pressure but not for the others.

3.3.1 History of raised blood pressure

About 45.3 % (CI: 42.8-47.9) of the respondents reported that they had never taken a blood pressure measurement and 8.7 % (CI: 7.7-9.7) had been diagnosed with raised blood pressure in the past 12 months. The proportion of those currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed was 37.4% (CI:31.8-43.0). Of the 45.3% who had never taken a blood pressure measurement, 55.1% of those were men and 37% were women. This indicates that the majority of men do not visit health facilities as frequently as women do.

3.3.2 History of raised blood sugar

A total of 80.6 % (CI: 78.7-82.5) of the respondents reported that they had never had their blood sugar measured. About 2.0 % (CI: 1.4-2.5) of the respondents had been diagnosed with raised blood glucose. Of those currently diagnosed with raised blood sugar 69.6 % (CI: 59.3-79.9) were currently taking drugs (medication) prescribed for diabetes and 22.2 % (CI: 12.8-31.7) of those previously diagnosed with diabetes were on insulin.

3.3.3 History of raised cholesterol

The results showed that 98.1 % (CI: 97.4-98.7) of the respondents had never had their cholesterol levels measured. Only 0.4% (CI:0.1-0.7) had been diagnosed with raised cholesterol in the past 12 months and only (72.7%) respondents previously diagnosed reported being on treatment for raised cholesterol.

3.3.4 History of cardiovascular Disease

The percentage of respondents who had ever had a heart attack or chest pain from heart disease (angina) or a stroke among all respondents was 4.4% (CI:3.1-5.7). Only 0.9% (CI: 0.4-1.4) percentage of respondents were currently taking aspirin regularly to prevent or treat heart disease whereas 0.1% (CI: 0.0-0.3) were on statins.

3.3.5 Lifestyle advice

Some of the respondents reported having received lifestyle advice from a doctor or health worker during the past three years. About 35.8 % (CI: 31.9-39.7) had been advised by doctor or health worker to quit using tobacco or not to start altogether and 43.2 % (9.7-46.8) were advised by doctor or health worker to reduce salt in the diet. As far as diet was concerned 54.9% (CI: 50.9-59.0) had been advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day. And 52.8% (CI: 48.9-56.7) were advised by doctor or health worker to reduce fat in the diet. A proportion of about 52.9 % (CI: 48.7-57.2) of the respondents had been advised by doctor or health worker to start or do more physical activity. Advise by doctor or health worker to maintain a healthy body weight or to lose weight was received by 42.9 % (CI: 38.7- 47.0) of the respondents.

3.3.6 Cervical cancer screening

A total of 13.4 % (CI: 11.4-15.3) of female respondents reported to had ever had a screening test for cervical cancer in their lifetime and 21.7 %(CI: 18.2-25.3) were ever screened among those aged between 30 and 44 years.

3.4 PHYSICAL MEASUREMENTS

As part of Step 2 blood pressure, height, weight and body mass index (BMI) were measured.

3.4.1 Blood pressure

The mean Systolic Blood Pressure (SBP) was 124.0mmHg (CI: 123.2-124.8) among the respondents and the mean Diastolic Blood Pressure (DBP) was

79.7mmHg (CI: 79.1-80.2). About 20.4 % (CI: 18.3-22.4) of the respondents excluding those on medication for raised blood pressure had SBP ≥140 and/or DBP ≥ 90 mmHg. The proportion of the respondents excluding those on medication for raised blood pressure, with SBP ≥160 and/or DBP ≥ 100 mmHg, was 6.3% (CI:5.0-7.5). About 11.2% (CI: 9.7-12.7) of the respondents had SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised blood pressure.

About 78.9 % (CI: 75.4-82.5) of those with SBP≥140 and/or DBP≥90 were not on medication and only 8.1 % (CI: 5.7-10.6) were on treatment with SBP<140 and DBP<90. About 12.9 % (CI: 10.5-15.4) were on treatment but had SBP≥140 and/or DBP≥90. The mean heart rate among the respondents was 74.4 beats per minute (CI: 73.7-75.2).

Table 4: BMI classifications

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	1232	3.5	2.1-4.8	66.4	62.9-70.0	20.1	17.3-22.8	10.0	7.8-12.3
30-44	880	2.1	1.1-3.1	39.2	35.0-43.5	27.7	23.2-32.2	31.0	26.9-35.1
45-69	947	4.0	2.4-5.5	31.5	27.3-35.6	27.5	24.0-31.0	37.1	32.8-41.3
15-69	3059	3.2	2.3-4.2	52.9	50.5-55.4	23.4	21.4-25.4	20.5	18.4-22.6

3.4.2 Height, Weight and Body Mass Index

The average height among the male respondents was 168.4cm (CI: 167.6-169.2) and 158.9cm (CI: 158.4-159.3) among the females. The average weight among the males was 66.7kg (CI: 65.4-67.9) and lesser than the females which was 69.4kg (CI: 68.4-70.4). As far as the Body Mass Index (BMI) was concerned the average among all the respondents was 25.7kg/m^2 (CI: 25.3-26.0). In all the age groups, women recorded high BMI index either in the overweight or obese category. Of the 23.4% of respondents who were overweight, 59.9% were women and 26% were men. A total of 20.5% respondents were categorized as obese (49.9% women and 20.8% men) and in addition of these obese respondents, 37.1% were aged between 45 and 69 years, table 4.

The average waist circumference for the male respondents was 79.4cm (CI: 78.4-80.4) and 86.6cm (CI: 85.7-87.5) for the females. The mean hip circumference for men was 94.6cm (CI: 93.4-95.8) and 105.3cm (CI: 104.5-106.2) for women. The mean hip-waist ratio was 0.8(CI: 0.8-0.8) for both males and females.

3.5 BIOCHEMICAL MEASUREMENTS

The biochemical measurement included fasting blood glucose and total cholesterol levels.

3.5.1 Fasting blood glucose

The mean fasting blood glucose level in the study population was 5.1 mmol/L (CI: 5.0–5.2). About 9.8% (8.2-11.4) of the respondents had impaired fasting glycaemia defined as capillary whole blood value: ≥5.6mmol/L and <6.1mmol/L. About 14.2% (CI: 10.8-17.7) of the respondents had raised blood glucose or were currently on medication for diabetes. Raised blood glucose is defined as capillary whole blood value: ≥ 6.1 mmol/L. About 1.8% (CI: 1.2-2.3) of the respondents were on medication for diabetes.

3.5.2 Cholesterol

The mean total cholesterol among all respondents including those who were currently on medication for raised cholesterol was 3.7mmol/L (CI: 3.6-3.7). About 10.9 %(CI: 9.4-12.3) of the respondents had total cholesterol ≥ 5.0 mmol/L or were currently on medication for raised cholesterol. A total of 2.4 %(CI: 1.8-3.1) had total cholesterol ≥ 6.2 mmol/L or were currently on medication for raised cholesterol. The mean HDL was 1.2 mmol/L (CI: 1.2-1.2) among all the respondents. About 43.7 % (CI: 39.5-47.9) of the male had HDL <1.03mmol/L and 60.5 % (CI: 57.6-63.3) had HDL <1.29mmol/L.

3.6 CARDIOVASCULAR RISK

About 8.8% (CI: 5.1-12.5) of the respondents aged 40-69 years had a 10-year cardiovascular disease (CVD) risk ≥30% or with existing CVD. 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)). Of the 8.8%, about 43.4 % (CI: 29.2-57.7) of all eligible persons were receiving drug therapy and counseling to prevent heart attacks and strokes.

3.7 Summary of Combined Risk Factors

A total of 20.3% (CI: 18.0-22.6) of the respondents had 3-5 of the following risk factors: current daily smoking; less than five servings of fruit and/or vegetables per day; not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent); overweight or obese (BMI ≥ 25 kg/m2) and raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP). At least 2.8% (CI:1.9-3.7) did not have any risk factor whilst respondents with 1 0r 2 risk factors were 76.8% (CI:74.6-79.1).

Table 5: Summary of Combined Risk Factors

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
15-44	1925	3.2	2.1-4.2	82.3	80.0-84.5	14.6	12.4-16.8
45-69	836	1.3	0.0-2.5	53.1	46.9-59.4	45.6	39.3-51.9
15-69	2761	2.8	1.9-3.7	76.8	74.6-79.1	20.3	18.0-22.6

3.8 OPTIONAL MODULES

The optional modules selected were mental health, oral health, violence and injury. Findings under these modules are presented in this section.

3.8.1 Mental Health

About 9.3 % (CI: 8.0-10.7) of the respondents reported that they had seriously considered attempting suicide in the last 12 months. Of these, only 27.6 % (CI: 21.5-33.8) of sought professional help. About 3.6 % (CI: 2.8-4.4) of the respondents had ever attempted suicide, of whom 59.8% (CI:47.4-72.2) attempted in the past 12 months. About 37.3% of the respondents reported that they used poisoning with pesticides and 29.6% (CI:17.0-42.2) reported to use overdose of medication or drugs. About 11.3 % (CI: 9.7-12.8) of [the respondents reported that they had ever had anyone in their close family attempt suicide and 7.6 % (CI: 6.3-8.8) actually reported that they had ever had someone in their close family die from suicide. .

3.8.2 Oral health

About 96.2% of the respondents had 20 or more natural teeth. About 13.1% (CI: 11.4-14.7) reported having poor or very poor state of teeth among those having natural teeth and 9.0% (CI: 7.6-10.3) reported having a poor or very poor state of gums among those having natural teeth. About 3.7% (CI: 2.4-5.0) had dentures. About 28.1% (CI: 25.3-31.0) reported having had pain or discomfort caused by their teeth or mouth in the past 12 months. Only 12.7% (CI: 11.0-14.3) reported having seen a dentist in the past 12 months and 51.5% (CI:48.6-54.4) reported that they had never received dental care in the past 12 months. A total of 96.3% (CI: 95.4-97.3) of the respondents reported cleaning their teeth at least once a day. . The proportion of those who used tooth paste among those who cleaned their teeth was 98.1% (CI: 97.4-98.7). About 18.1% (CI: 16.2-20.0) had difficulty in chewing foods, Females has been reported to have a high prevalence 11.6% (CI: 9.7-13.5) than males 8.3% (CI: 5.7-10.9) reported to have a difficulty sleeping due to tooth pain among the most prevalence, and 6.5% (CI:5.3-7.7) had problems pronouncing words during the past 12 months due to the state of their teeth. About 8.2% (CI: 6.8-9.6) felt tense because of problems with teeth or mouth during the past 12 months. 5.9% (CI: 4.6-7.2) were embarrassed about the appearance of their teeth during the past 12 months. Less than 5% of the respondents reported having reduced participation in social activities, been less tolerant of spouse or people close to them; difficulty doing usual activities, days not at work because of teeth or mouth problems during the past 12 months.

3.8.3 Violence and Injury

The percentage of drivers or passengers of a motor vehicle who did not always use a seat belt or were otherwise unrestrained during the past 30 days was 51.4% (CI:47.3-55.6). The survey results also indicate that the majority (95.8%) of respondents who use motorcycle and scooter did not wear helmets (93% were men and 98.2% were women). Of the respondents who reported to use bikes, 97.3% of them did not wear helmets.

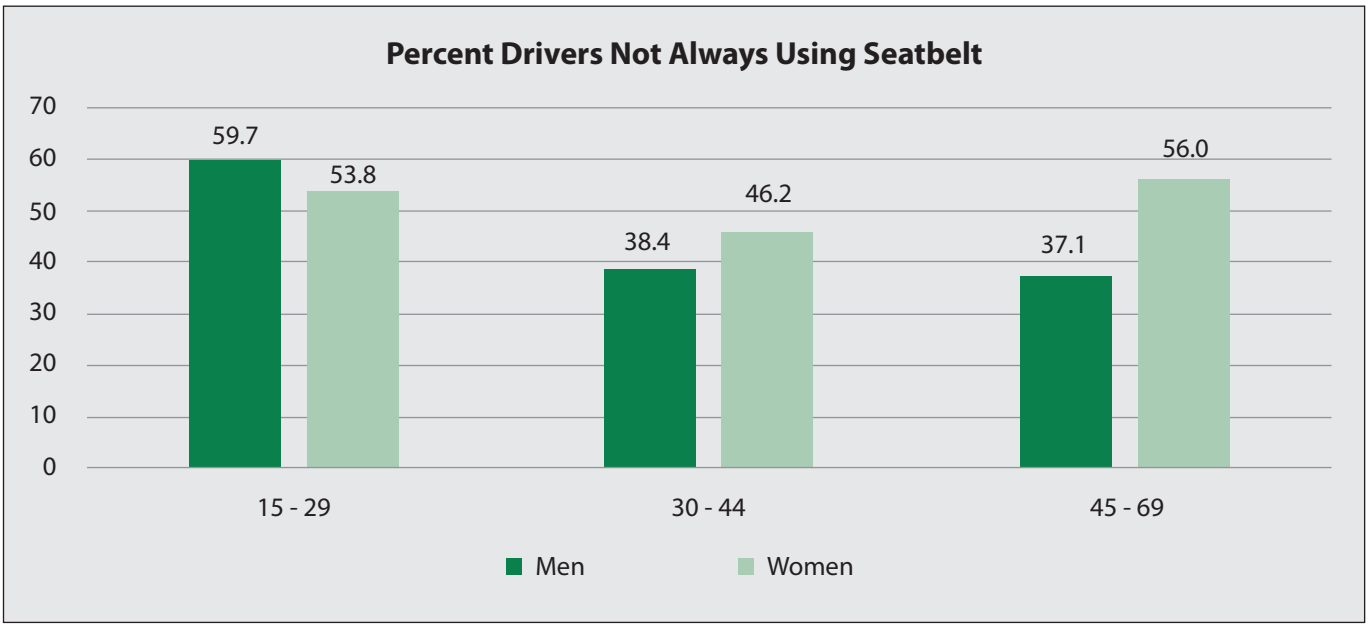

Figure 6: % Drivers Not Always Using Seatbelt

The percentage of respondents who had been involved in a road traffic crash during the past 12 months was 2.6% (CI: 2.0-3.3) and 44.9% (CI: 30.8-59.0) of these had serious injuries requiring medical attention. Those that sustained injuries due non-road traffic related accident that required medical attention were 6.3% (CI: 4.7-7.8). The proportion of respondents who drove a motorized vehicle after having had 2 or more alcoholic drinks was 2.1 %(CI: 1.4-2.8)

About 9.4% (CI: 7.8-10.9) of respondents who rode in a motorized vehicle where the driver had 2 or more alcoholic drinks. As far as violence is concerned about 2.4% (CI: 1.7-3.1) of respondents were involved in a violent incident during the past 12 months resulting in an injury.

The prevalence of being physically abused during childhood by a parent or other adult in the household among the respondents was 28.2% (CI: 25.7-30.8). A total of 4.7% (CI: 3.8-5.7) of respondents reported to have been sexually abused during childhood about 1.5% (CI: 0.8-2.2) of men and 7.5 % (CI: 5.9-9.1) of women. About 3.0% (CI: 2.3-3.8) of respondents reported being sexually abused during adulthood, 1.5% (CI: 0.8-2.3) of men and 4.3% (CI: 3.1-5.6) of women.

About 13.1 % (CI: 10.9-15.4) of respondents reported being frightened for the safety of themselves or their families because of the anger or threats of another person. The percentage of respondents carrying a loaded firearm outside the home during the past 30 days for protection was 1.3 % (CI: 0.8-1.8).

Chapter 4: DISCUSSION

The findings of the survey revealed that the Swazi population is exposed to risk factors for NCDs. The exposure is actually increasing as evidenced by comparing the 2007 survey and the results of this 2014 survey. The higher the prevalence of the risk factors, the higher the prevalence of the major NCDs, leading to higher morbidity and mortality due to these diseases. This in turn strains the health system and the economy of the country as a whole.

The major modifiable risk factors for NCDs are tobacco use, harmful use of alcohol, unhealthy diet (low fruit and vegetable consumption) and physical inactivity which lead to intermediate risk factors like raised blood pressure, raised blood lipids, raised blood glucose, overweight and obesity which then manifest as cardiovascular diseases, diabetes mellitus, chronic obstructive pulmonary diseases and cancers. The major risk factors together account for approximately 80% of deaths from heart disease and stroke.

4.1 Tobacco Use

The prevalence of smoking among the adult population in Swaziland was at 6.0%. This was not very high compared to other countries. The smoking was higher in males at 11.7% and only 1.2% in females. Men tend to smoke more than women and this is consistent finding from other STEPs surveys like in Botswana (2007) it was 32.8% men and 7.8% women, Zanzibar (2012) it was 14.6% men and 0.7% women, and Vanuatu (2013) it was 45.8% men and 4.0% women. The women and children were more exposed to second hand smoking, 17.3% (CI: 15.2-19.4) reported to have been exposed to second-hand smoke in home during the past 30 days. The average age of starting smoking was 19 years.

Smoking daily increases the risk of developing chronic non-communicable diseases. About one in every twenty adult population in Swaziland smokes on daily basis and the average number of cigarettes smoked a day is five. The majority (93.1%) of those who smoke tobacco daily use manufactured cigarettes.

4.2 Alcohol Consumption

Harmful consumption of alcohol is also a major risk factor for non-communicable diseases. The findings revealed that 13% of the adult population in Swaziland drink alcohol and consumption is much higher in males (22.1%) than in females (5.3%). One in every five men drank alcohol in the past 30 days compared to one in every 20 women. About one in every ten adults drank 6 or more drinks on any occasion with one in every six men compared to one in every thirty women being heavy drinkers.

4.3 Diet

Consumption of sufficient amount of fruits and vegetables is key to the prevention and control of chronic non-communicable diseases. On average the adult population consumed one serving of fruits per day for half of the week. People ate about one and half servings of vegetables per day in about 5 days of the week. The majority (92.1%) of the adult population in Swaziland ate less than five servings of fruits and/or vegetables on average day per day. A fifth of the population always added salt to food as well as consumed processed food high in salt.

Diet rich in trans-fat acids and salt contributes to the risk for NCDs. According to WHO recommended standards (2014): High sodium consumption (>2 grams/day, equivalent to 5 g salt/day) and insufficient potassium intake (less than 3.5 grams/day) contributes to high blood pressure and increases the risk of heart disease and stroke. Salt intake of less than 5 grams per day for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack. The principal benefit of lowering salt intake is a corresponding reduction in high blood pressure. WHO Member States have agreed to reduce the global population's intake of salt by a relative 30% by 2025. Reducing salt intake has been identified as one of the most cost-effective measures countries can take to improve population health outcomes. Key salt reduction measures will generate an extra year of healthy life for a cost that falls below the average annual income or gross domestic product per person. An estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.

4.4 Physical Activity

Sufficient physical activity, defined as more than two and half hours of moderate-intensity activity per week, is needed to reduce the risk of developing chronic non communicable diseases. About 85% of the respondents in Swaziland met WHO recommendations. One in every ten men compared to one in every five women lacked sufficient physical activity. About half of the adult Swazi population did

not engage in vigorous activity. This was higher in women whereby about two thirds of women did not engage in vigorous physical activity compared to about one third of men. Leisure-related activities had the least contribution to the total physical activity for both men and women. However, for men, physical activity from leisure time accounts for 25.8 percent (CI: 22.9-28.6) of physical activity against 10.4 percent (CI: 8.5-12.4) for women.

4.5 Cervical cancer

Access to cervical cancer screening is necessary for the prevention and control of one of the leading cancers in Swaziland. About one in every five women aged 30-49 years had ever had a screening test for cervical cancer.

4.6 Physical Measurements

Physical measurements reveal the biological risk factors for chronic non-communicable diseases which include overweight and obesity as well as raised blood pressure. The average body mass index among the adult population was at 25.7 kg/m^2, being 23.5 kg/m^2 in men and 27.6 kg/m^2 in women. About half of the adult population was overweight. One quarter of adult males compared to nearly two thirds of women were overweight. About one fifth of the population was obese, one tenth of men and one third of women. The average waist circumference was 79.4cm in men and 86.6cm in women. Women were at a higher risk in as far as overweight and obesity is concerned.

The prevalence of raised blood pressure (≥140/90 or on medications) among the adult population was 24.5% .Of the people with raised blood pressure 78.9% of them were not on medication which was 87.0% for males and 72.8% for females. The results are showing that the Swazi adult population do not regularly check their Blood pressure and it is even worse if we consider regular checkup for blood sugar and cholesterol. Regular screening for these intermediate risk factors for non-communicable disease is crucial for early detection of these disease which can improve treatment outcomes.

4.7 Biochemical Measurement

Raised blood sugar and cholesterol contribute towards the development of non-communicable diseases. The average blood sugar level among the population was 5.1 mmol/l (CI: 5.0-5.2). The prevalence of raised blood sugar was 4.6 mmol/l (CI: 3.7-5.5). and the prevalence of raised cholesterol (≥5 mmol/l or on medication) was 10.9%

4.8 Cardiovascular disease (CVD) risk

The percentage of those aged 40-69 years with a 10 year cardiovascular risk of greater than 30% or with existing CVD was 8.7 % being 6.8% for males and 10.1% for females.

Generally, aspirin and statins are both known to be effective for primary and secondary prevention of cardiovascular diseases. However, only less than 1% of the participants reported taking either aspirin or statins for the prevention and treatment of CVDs.

4.9 Summary of combined risk factors

Some people can have a combination of the major risk factors for chronic non-communicable diseases. These risk factors are current daily smokers; less than 5 servings of fruits and vegetables per day; insufficient physical activity; overweight (BMI ≥ 25 kg/m2) and raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP). About 3% of the adult population (2.8%) was free of any of the above mentioned risk factors. The results revealed that 14.6% of the population aged 15 to 44 years compared to 45.6% of those aged 45 to 69 years had three or more of the above risk factors. Roughly twice as many females (27.1%) than males (13.2%) had three or more of the risk factors

4.10 Tobacco policy

About 5 in 10 adults had either seen or heard anti-cigarette smoking information on the television or radio. There was high contemplation about quitting tobacco use among current smokers since 7 in 10 current smokers thought about quitting because of warning labels on cigarette packages. Advertising and promotion of tobacco was low in the country with 1 in 10 adults having noticed cigarette marketing in stores where cigarettes were sold and 1 in 10 adults noticed cigarette promotions. The average monthly expenditure on manufactured cigarettes was 244.1 SZL.

4.11 Mental Health

Mental health problems are on the increase globally and the results revealed that about 1 in every 10 of the study population had seriously considered

attempting suicide in the last 12 months and 3.6% had actually attempted suicide. Of those who considered attempting suicide only a third (27.6%) sought professional help. It showed that there were a lot of mental health challenges in the country as more than one in ten (11.3 %) of the respondents reported that they ever had anyone in their close family attempting suicide and 7.6 % actually reported that they had ever had anyone in their close family die from suicide.

4.12 Oral health

Generally the majority (96.2%) of the population had 20 or more natural teeth though about 13.1% had poor or very poor state of teeth. and about one in every ten had poor or very poor state of gums. Just over a quarter of the respondents had pain or discomfort caused by their teeth or mouth during the past 12 months. Only 3.7% had dentures. As far as receiving dental care was concerned, like having regularly checkup, only 12.7% had seen a dentist during the past 12 months. More than half of the adult population had never received dental care. Oral hygiene was high as the majority (96.3%) of the people cleaned their teeth at least once a day using toothpaste containing fluorides. The problems associated with poor state of teeth, gums and general oral health included difficulties in chewing foods, pronouncing words, feeling tense embarrassment as well as having reduced participation in social activities, less tolerance of spouse or people close to them; difficulty doing usual activities and days not at work .

4.13 Violence and Injury

Generally in Swaziland more than half (51.4%) of the participants did not always use a seat belt or were unrestrained when driving. The prevalence of road traffic crashes was at 2.6% and close to half (44.9%) of those involved in road crashes sustained serious injuries requiring medical attention. The prevalence of other types of injuries besides road crashes was actually higher at 6.3% and 77.8% of these crashes resulted in serious injuries that required medical attention. It was also noted that 2.1% of the population drove motorized vehicles after having had 2 or more alcoholic drinks and about one in ten people were exposed to the risk of riding in a motorized vehicle where the driver had had 2 or more alcoholic drinks. About one in three (28.2%) had been physically abused during childhood by a parent or other adult in the household. whilst 4.7% had been sexually abused during childhood and this was more for females (7.5%) than males(1.5%). The prevalence of sexual abuse among adults was 3.0% mainly women suffered sexual abuse.

Chapter 5: CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

There is a high prevalence of modifiable risk factors of non-communicable diseases in Swaziland. Tobacco use is relatively low overall but high among the men. Alcohol consumption is high especially among males. Other lifestyle factors such as overweight and central obesity were noted to be generally high especially among females. The prevalence of both diagnosed and undiagnosed hypertension and diabetes mellitus was found to be high. In this survey the prevalence of abnormal lipids was noted to be significant.

5.2 Recommendations

The following recommendations were developed based on the survey results.

1. Individuals, families and communities should be empowered to take control of their health and modify their lifestyles as well as screen for early detection of NCDs through a life cycle approach.
2. The ministry of health especially the reproductive health program should encourage and emphasize the increase rates of cervical cancer screening
3. There is an urgent need to reduce modifiable risk factors for NCDs and create a safe and health promoting environment
4. Strengthen and orient health systems to address the prevention and control of non-communicable diseases especially and the underlying social determinants through people-centered primary health care and universal health coverage which will include:
    a. increase consumption of fruits and vegetables;
    b. increase leisure time activity,
    c. raise rates of screening for Blood Pressure, glucose, cholesterol;
    d. address the dangers of second hand smoke in the workplace;
5. The surveillance and monitoring system needs to be strengthened to enable routine reporting against NCD risk factors.
6. There is need to develop and strengthen national multi-sectoral strategies targeting reducing tobacco use, harmful use of alcohol, consumption of unhealthy diet and increase physical activity among the Swazi population.
7. There is need to adopt the "best buys" for the prevention and control of NCDs.

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APPENDICES


STEPS

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9.0 APPENDICES

Appendix A: Site specific STEPS instrument (questionnaire)

Survey Information		
Location and Date	***Response***	***Code***
Inkhundla ID	⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋	I1
Region/Inkhundla		I2
Interviewer ID	⌊_⌊_⌊_⌋	I3
Date of completion of the instrument	⌊_⌊_⌋ ⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋ *dd* *mm* *year*	I4

Consent, Interview Language and Name	***Response***	***Code***
Consent has been read and obtained	Yes 1 No 2 **If NO, END**	I5
Interview Language *[Insert Language]*	English 1 *SiSwati* 2 *[Add others]* 3 *[Add others]* 4	I6
Time of interview (24 hour clock)	⌊_⌊_⌋ : ⌊_⌊_⌋ hrs mins	I7
Family Surname		I8
First Name		I9
Additional Information that may be helpful		
Contact phone number where possible		I10

Step 1 Demographic Information

CORE: Demographic Information

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

EXPANDED: Demographic Information			
What is the **highest level of education** you have completed?	No formal schooling Less than primary school Primary school completed Secondary school completed High school completed College/University completed Post graduate degree Refused	1 2 3 4 5 6 7 88	C5
What is your *origin*?	Swazi Non-Swazi Refused	1 2 88	C6
What is your **marital status**?	Never married Currently married Separated Divorced Widowed Cohabitating Refused	1 2 3 4 5 6 88	C7
Which of the following best describes your **main work** status over the past 12 months? (*USE SHOWCARD)*	Government employee Non-government employee Self-employed Non-paid Student Homemaker Retired Unemployed (able to work) Unemployed (unable to work) Refused	1 2 3 4 5 6 7 8 9 88	C8
How many people older than 18 years, including yourself, live in your household?	Number of people	⌊__⌋⌊__⌋	C9

EXPANDED: Demographic Information,Continued

Question	Response		Code
Taking **the past year**, can you tell me what the average earnings of the household have been? *(RECORD ONLY ONE, NOT ALL 3)*	Per week	L_____J *Go to T1*	C10a
	OR per month	L_____J *Go to T1*	C10b
	OR per year	L_____J *Go to T1*	C10c
	Refused 88		C10d
If you don't know the amount, can you give an**estimate** of the annual household income if I read some optionsto you?	≤ E500 1 More than E500.00, ≤ 2 More thanE1 000.00 , ≤ 3 More than E2, 000.00, 4 More than E3 000.00 5 Don't Know 77 Refused 88		C11

Step 1 Behavioural Measurements

CORE: Tobacco Use

Now I am going to ask you some questions about tobacco use.

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

Figure 1: Primary Sampling Units	Other (please specify): ⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋	T5other/ T5otherw
During the past 12 months, have you tried to **stop smoking**?	Yes 1 No 2	T6
During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?	Yes 1 *If T2=Yes, go to T12; if T2=No, go* No 2 *If T2=Yes, go to T12; if T2=No, go* No visit during the past 3 *If T2=Yes, go to T12; if T2=No, go*	T7
In the past, did you **ever smoke** any tobacco products? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T12*	T8
In the past, did you **ever** smoke **daily**?	Yes 1 *If T1=Yes, go to T12, else go to T10* No 2 *If T1=Yes, go to T12, else go to T10*	T9

EXPANDED: Tobacco Use		
Question	**Response**	**Code**
How old were you when you **stopped** smoking?	Age (years) *Don't Know 77* ⌊_⌊_⌋ *If Known, go to T12*	T10
How **long ago** did you stop smoking? *(RECORD ONLY 1, NOT ALL 3)*	Years ago ⌊_⌊_⌋ *If Known, go to T12*	T11a
	OR Months ago ⌊_⌊_⌋ *If Known, go to T12*	T11b
Don't Know 77	OR Weeks ago ⌊_⌊_⌋	T11c
Do you **currently use** any **smokeless tobacco** products such as *[snuff, chewing tobacco, betel,*	Yes 1 No 2 *If No, go to T15*	T12
Do you **currently use smokeless tobacco** products **daily?**	Yes 1 No 2 *If No, go to T14aw*	T13

On average, how many **times a day/week** do you use …. *(IF LESS THAN DAILY, RECORD WEEKLY)* *(RECORD FOR EACH TYPE, USE SHOWCARD)* *Don't Know 7777*		DAILY↓ WEEKLY↓	
	Snuff, by mouth	⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14a/ T14aw
	Snuff, by nose	⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14b/ T14bw
	Chewing tobacco	⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14c/ T14cw
	Betel, quid	⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋	T14d/ T14dw
	Other	⌊_⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋ *If Other, go to T14other, if T13=No, go to T16, else go to T17*	T14e/ T14ew
	Other (please specify):	⌊_⌊_⌊_⌊_⌊_⌊ *If T13=No, go to T16, else go to T17*	T14other/ T14otherw
In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]*?	Yes 1 No 2 *If No, go to T17*		T15
In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]* **daily**?	Yes 1 No 2		T16
During the past 30 days, did someone smoke **in your home**?	Yes 1 No 2		T17
During the past 30 days, did someone smoke in closed areas **in your workplace** (in the building, in a work area or a specific office)?	Yes 1 No 2 Don't work in a closed area 3		T18

Tobacco Policy

Tobacco Policy

You have been asked questions on tobacco consumption before. The next questions ask about tobacco

Question	Response		Code
During the past 30 days, have you noticed information about the dangers of smoking			
cigarettes or that encourages quitting through Newspapers or magazines	Yes No Don't know	1 2 77	TP1a
Television	Yes No Don't know	1 2 77	TP1b
Radio	Yes No Don't know	1 2 77	TP1c
During the past 30 days, have you noticed any **advertisements** or **signs** promoting cigarettes in	Yes No Don't know	1 2 77	TP2
During the past 30 days, have you noticed any of the following types of cigarette promotions?			
Free samples of cigarettes	Yes No Don't know	1 2 77	TP3a
Cigarettes at sale prices	Yes No Don't know	1 2 77	TP3b
Coupons for cigarettes	Yes No Don't know	1 2 77	TP3c
Free gifts or special discount offers on other products when buying cigarettes	Yes No Don't know	1 2 77	TP3d
Clothing or other items with a cigarette brand name or logo	Yes No Don't know	1 2 77	TP3e
Cigarette promotions in the mail	Yes No Don't know	1 2 77	TP3f
The next questions TP4 – TP7 are administered to current smokers only.			
During the past 30 days, did you notice any **health warnings on cigarette packages**?	Yes No Did not see any cigarette packages Don't know	1 2 *If no, go to TP6* 3 *If "did not see any cigarette packages", go to TP6* 77 *If Don't know, go to TP6*	TP4
During the past 30 days, have warning labels on cigarette packages led you to **think about**	Yes No Don't know	1 2 77	TP5
The last time you bought manufactured cigarettes for yourself, **how many cigarettes** did you buy in total?	Number of cigarettes Don't know or Don't smoke or purchase manuf. cigarettes 7777	⌊_⌊_⌊_⌊_⌊_⌋ *If "Don't know or don't smoke or purchase manuf. cig.", end section*	TP6
• In total, **how much money** did you pay for this purchase? • *(DIGITS TO BE ADAPTED TO COUNTRY NEEDS)*	Amount Don't know Refused	• • ⌊_⌊_⌊_⌊_⌊_⌋ 7777 8888	TII7

CORE: Alcohol Consumption

The next questions ask about the consumption of alcohol.

Question	Response	Code
Have you **ever** consumed any alcohol such as beer, wine, spirits or home brew*[add other local examples]*?	Yes 1 No 2 *If No, go to A16*	A1
Have you consumed any alcohol within the**past 12 months**?	Yes 1 *If Yes, go to A4* No 2	A2
Have you stopped drinking due to health reasons,such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes 1 *If Yes, go to A16* No 2 *If No, go to A16*	A3
During the past 12 months, **how frequently** have you had at least one standard alcoholic drink? *(READ RESPONSES, USE SHOWCARD)*	Daily 1 5-6 days per week 2 3-4 days per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6	A4
Have you consumed any alcohol within the**past 30 days**?	Yes 1 No 2 *If No, go to A13*	A5
During the past 30 days, on how many **occasions** did you have at least one standard alcoholic drink?	Number Don't know 77 ⌊_⌋⌊_⌋	A6
During the past 30 days, when you drank alcohol, how many **standard drinks on average** did you have during one drinking occasion? *(USE SHOWCARD)*	Number Don't know 77 ⌊_⌋⌊_⌋	A7
During the past 30 days, what was the**largest number** of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number ⌊_⌋⌊_⌋ Don't Know 77	A8
During the past 30 days, how many times did you have **six or more** standard drinks in a single drinking occasion?	Number of times Don't Know 77 ⌊_⌋⌊_⌋	A9

During each of the **past 7 days**, how many standard drinks did you have each day? *(USE SHOWCARD)* *Don't Know 77*	Monday ⌊__⌋	A10a
	Tuesday ⌊__⌋	A10b
	Wednesday ⌊__⌋	A10c
	Thursday ⌊__⌋	A10d
	Friday ⌊__⌋	A10e
	Saturday ⌊__⌋	A10f
	Sunday ⌊__⌋	A10g

CORE: Alcohol Consumption, continued

I have just asked you about your consumption of alcohol during the past 7 days. The questions were about alcohol in general,while the next questions refer to your consumption of homebrewed alcohol, alcohol brought over the border/from another country, any alcohol not

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

EXPANDED: Alcohol Consumption		
During the **past 12 months,** how often have you found that you were not able to stop drinking once you had started?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A13
During the **past 12 months,** how often have you failed to do what was normally expected from you because of drinking?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A14
During the **past 12 months,** how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Daily or almost daily 1 Weekly 2 Monthly 3 Less than monthly 4 Never 5	A15
During the **past 12 months**, have you had family problems or problems with your partner due to **someone else's** drinking?	Yes, more than monthly 1 Yes, monthly 2 Yes, several times but less than monthly 3 Yes, once or twice 4 No 5	A16

CORE: Diet

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

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

Dietary salt

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

How often do you **add salt or a salty sauce such as soya sauce** to your food right before you eat it or as you are eating it?	Always	1	D5
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	
How often is **salt, salty seasoning or a salty sauce added** in cooking or preparing foods in your household?	Always	1	D6
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	
How often do you eat **processed food high in salt**? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food including pickles and preserves, salty food prepared at a fast food restaurant,	Always	1	D7
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	
How much salt or salty sauce do you think you consume?	Far too much	1	D8
	Too much	2	
	Just the right amount	3	
	Too little	4	
	Far too little	5	
	Don't know	77	

EXPANDED: Diet

Question	Response			Code
How important to you is **lowering the salt** in your diet?	Very important	1		D9
	Somewhat important	2		
	Not at all important	3		
	Don't know	77		
Do you think that too much salt or salty sauce in your diet could cause a **health problem**?	Yes	1		D10
	No	2		
	Don't know	77		
Do you do any of the following on a regular basis to **control your salt intake ?** *(RECORD FOR EACH)*				
Limit consumption of processed foods	Yes	1		D11a
	No	2		
Look at the salt or sodium content on food labels	Yes	1		D11b
	No	2		
Buy low salt/sodium alternatives	Yes	1		D11c
	No	2		
Use spices other than salt when cooking	Yes	1		D11d
	No	2		
Avoid eating foods prepared outside of a home	Yes	1		D11e
	No	2		
Do other things specifically to control your salt intake	Yes	1	*If Yes, go to*	D11f
	No	2		
Other (please specify)	⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋			D11other
The next questions ask about the oil or fat that is most often used for meal preparation in your household, and about meals that you eat outside a home.				
What type of **oil or fat is most often** used for meal preparation in your household? *(USE SHOWCARD)* *(SELECT ONLY ONE)*	Vegetable oil	1		D12
	Lard or suet	2		
	Butter or ghee	3		
	Margarine	4		
	Other	5	*If Other, go to D12 other*	
	None in particular	6		
	None used	7		
	Don't know	77		

	Other ⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋⌊_⌋	D12other
On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.	Number ⌊_⌋⌊_⌋ Don't know 77	D13

CORE: Physical Activity

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

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

Question	Response	Code
Work		
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like *[carrying or lifting heavy loads, digging or construction*	Yes 1 No 2 *If No, go to P 4*	P1
In a typical week, on how many days do you do vigorous intensity activities as part of your work?	Number of days ⌊_⌋	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes ⌊_⌋⌊_⌋ : ⌊_⌋⌊_⌋ hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking *[or carrying light loads]* for at least 10	Yes 1 No 2 *If No, go to P 7*	P4
In a typical week, on how many days do you do moderate intensity activities as part of your work?	Number of days ⌊_⌋	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes ⌊_⌋⌊_⌋ : ⌊_⌋⌊_⌋ hrs mins	P6 (a-b)

Travel to and from places		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship.		
Do you walk or use a bicycle *(pedal cycle)* for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 *If No, go to P 10*	P7
In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and	Number of days ⌊__⌋	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes ⌊__⌋ : ⌊__⌋ hrs mins	P9 (a-b)

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

EXPANDED: Physical Activity		
Sedentary behaviour		
The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including timespent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but donot include time spent sleeping. *[INSERT EXAMPLES] (USE SHOWCARD)*		
How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes └─┴─┘ : └─┴─┘ hrs mins	P16 (a-b)

CORE: History of Raised Blood Pressure		
Question	**Response**	**Code**
Have you ever had your blood pressure measured by a doctor or other health worker?	Yes 1 No 2 *If No, go to H6*	H1
Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?	Yes 1 No 2 *If No, go to H6*	H2a
Have you been told in the past 12 months?	Yes 1 No 2	H2b
In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?	Yes 1 No 2	H3
Have you ever seen a traditional healer for raised blood pressure or hypertension?	Yes 1 No 2	H4
Are you currently taking any herbal or traditional remedy for your raised blood pressure?	Yes 1 No 2	H5

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

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

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

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

CORE (for women only): Cervical Cancer Screening

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

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

Mental health / Suicide

Mental health / Suicide

The next questions ask about thoughts, plans, and attempts of suicide. Please answer the questions even if no one usually talks about these issues.

Question	Response			Code
During the **past 12 months**, have you seriously **considered** attempting suicide?	Yes No Refused	1 2 88	*If No, go to MH3*	MH1
Did you seek **professional help** for these thoughts?	Yes No Refused	1 2 88		MH2
During the **past 12 months**, have you made **a plan about how** you would attempt suicide?	Yes No Refused	1 2 88		MH3
Have you **ever attempted suicide**?	Yes No Refused	1 2 88	*If No, go to MH9*	MH4
During the **past 12 months**, have you **attempted suicide**?	Yes No Refused	1 2 88		MH5
What was the main **method you used** the last time you attempted suicide? *(SELECT ONLY ONE)*	Razor, knife or other sharp instrument Overdose of medication (e. g. prescribed, over-the-counter) Overdose of other substance (e.g. heroin, crack, alcohol) Poisoning with pesticides (e.g. rat poison, insecticide, weed-killer) Other poisoning (e.g. plant/seed, household product) Poisonous gases from charcoal Other Refused	1 2 3 4 5 6 7 88	*If Other, go to*	MH6

	Other (specify)	⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋		Mh6other
Did you seek **medical care** for this attempt?	Yes No Refused	1 2 88	*If No, go to MH9*	MH7
Were you **admitted to hospital overnight** because of this attempt?	Yes No Refused	1 2 88		MH8
Has anyone in **your close family** (mother, father, brother, sister or children) ever attempted suicide?	Yes No Refused	1 2 88		MH9
Has anyone in **your close family** (mother, father, brother, sister or children) ever died from suicide?	Yes	1		MH10

Violence and Injury

CORE: Injury

The next questions ask about different experiences and behaviours that are related to road traffic injuries.

Question	Response		Code
In the past 30 days, how often did you use a seat belt when you were the driver or passenger of a motor vehicle?	All of the time Sometimes Never Have not been in a vehicle in past 30 days No seat belt in the car I usually am in Don't Know Refused	1 2 3 4 5 77 88	V1
In the past 30 days, how often did you wear a helmet when you drove or rode as a passenger on a motorcycle or motor scooter?	All of the time Sometimes Never Have not been on a motorcycle or motor-scooter in past 30 days Do not have a helmet Don't Know Refused	1 2 3 4 5 77 88	V2

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	 *If No, go to V5* *If don't know, go to V5* *If Refused, go to V5*	V3
Did you have any injuries in this road traffic crash which required medical attention?	Yes No Don't know Refused	1 2 77 88		V4
The next questions ask about the most serious accidental injury you have had in the past 12 months.				
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	 *If No, go to V8* *If don't know, go to V8* *If Refused, go to V8*	V5
Please indicate which of the following wasthe cause of this injury.	Fall Burn Poisoning Cut Near-drowning Animal bite Other (specify) Don't know Refused	1 2 3 4 5 6 7 77 88		V6
	Other (please specify)			V6othe

CORE: Injury, Continued

Question	Response			Code
Where were you when you had this injury?	Home School Workplace Road/Street/Highway Farm Sports/athletic area Other (specify) Don't know Refused	1 2 3 4 5 6 7 77 88		V7
	Other (please specify)			V7oth

EXPANDED: Unintentional Injury

The next questions ask about behaviours related to your safety and whether or not you drink alcohol while driving or being apassenger.

Question	Response		Code
In the past 30 days, how often did you wear a helmet when you rode a bicycle or pedal cycle?	Always Sometimes Never Did not ride in the past 30 Don't Know Refused	1 2 3 4 77 88	V8
In the past 30 days, how many times have you driven a motorized vehicle when you have had 2 or more alcoholic drinks?	Number of times Don't Know Refused	⌊_⌋⌊_⌋ 77 88	V9
In the past 30 days, how many times have you ridden in a motorized vehicle where the driver has had 2 or more alcoholic drinks?	Number of times Don't Know Refused	 77 88	V10

Step 2 Physical Measurements

CORE: Blood Pressure

Question	Response		Code
Interviewer ID		⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M1
Device ID for blood pressure		⌊_⌋⌊_⌋⌊_⌋	M2
Cuff size used	Small Medium Large	1 2 3	M3
Reading 1	Systolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M4a
	Diastolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M4b
Reading 2	Systolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M5a
	Diastolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M5b
Reading 3	Systolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M6a
	Diastolic (mmHg)	⌊_⌋⌊_⌋⌊_⌋⌊_⌋	M6b
During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	Yes No	1 2	M7

CORE: Height and Weight		
For women: Are you pregnant?	Yes 1 *If Yes, go to M 16* No 2	M8
Interviewer ID	⌊_⌊_⌊_⌋	M9
Device IDs for height and weight	⌊_⌊_⌋ Height ⌊_⌊_⌋ Weight	M10a M10b
Height	in Centimetres (cm) ⌊_⌊_⌊_⌋.⌊_⌋	M11
Weight *If too large for scale 666.6*	in Kilograms (kg) ⌊_⌊_⌊_⌋.⌊_⌋	M12
CORE: Waist		
Device ID for waist	⌊_⌊_⌋	M13
Waist circumference	in Centimetres (cm) ⌊_⌊_⌊_⌋.⌊_⌋	M14

Step 3 Biochemical Measurements

CORE: Blood Glucose

Question	Response	Code
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
Technician ID	⌊_⌊_⌊_⌋	B2
Device ID	⌊_⌊_⌋	B3
Time of day blood specimen taken (24 hour clock)	⌊_⌊_⌋ : ⌊_⌊_⌋ Hours : minutes hrs mins	B4
Fasting blood glucose *[MMOL/L*	mmol/l ⌊_⌊_⌋.⌊_⌊_⌋	B5
Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker for raised blood glucose?	Yes 1 No 2	B6

CORE: Blood Lipids		
Device ID	⌊__⌋	B7
Total cholesterol *MMOL/L*	mmol/l ⌊__⌋.⌊__⌋	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	B9

Main Work Show Card

Tobacco Show Card

Manufactured cigarettes.

Roll-your-own (RYO) cigarettes.

Snuff, available in wet and dry form.

Cigars, e.g., cigarillos, double coronas, cheroots, stumpen, chutts and dhumtis.

Pipe.

Alcohol - Standard drink

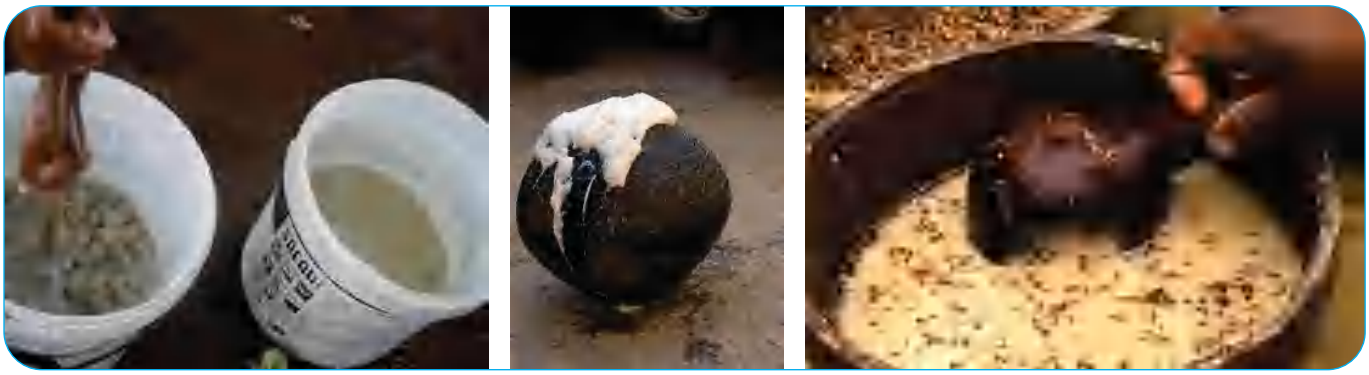
1 standard drink =

1 standard bottle of regular beer (285ml)

1 single measure of spirits (30ml)

1 medium size glass of wine (120ml)

Note: net alcohol content of a **standard drink is approximately 10g** of ethanol.



Typical Fruit and Vegetables and Serving Sizes

VEGETABLES are considered to be:	1 Serving =	Examples
Raw green leafy vegetables	1 cup	Spinach, salad, etc.
Other vegetables, cooked or chopped raw	½ cup	Tomatoes, carrots, pumpkin, corn, Chinese cabbage, fresh beans, onion, etc.  
Vegetable juice	½ cup	

FRUIT Is considered to be:	1 Serving =	Examples
Apple, banana, orange	1 medium size piece	
Chopped, cooked, canned fruit	½ cup	
Fruit juice	½ cup	Juice from fruit, not artificially flavoured

Serving size

One standard serving = 80 grams (translated into different units of cups depending on type of vegetable and standard cup measures available in the country).

Note: Tubers such as potatoes and cassava should not be included.

Dietary Salt

Table salt and sea salt

Salty stock cubes and powders

Soya sauce and fish sauce

Examples for processed food high in salt

Packaged salty food and snacks, canned salty food, salty food prepared at a fast food restaurant.

Physical Activity

Vigorous Physical Activity at Work

Examples for vigorous activities at WORK

VIGOROUS Intensity Activities
Make you breathe much harder than normal

Other examples for VIGOROUS activities at WORK

- Forestry (cutting, chopping, carrying wood)
- Sawing hardwood
- Ploughing
- Cutting crops (sugar cane)
- Gardening (digging)
- Loading furniture (stoves, fridge)
- Instructing sports aerobics

Moderate Physical Activity at Work

Examples for MODERATE activities at work

MODERATE Intensity Activities
Make you breathe somewhat harder than normal

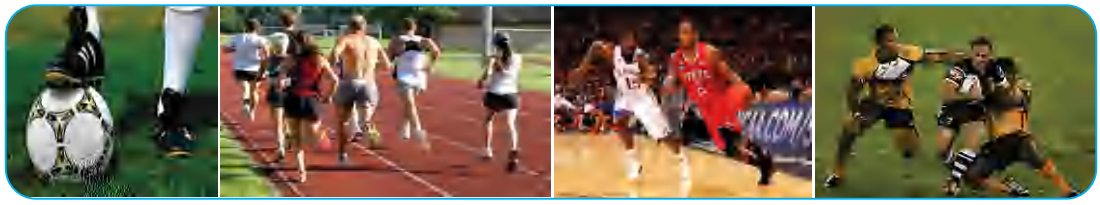
Other examples for MODERATE activities at WORK

Cleaning (vacuuming, mopping, polishing, scrubbing, sweeping, ironing)Washing (beating and brushing carpets, wringing clothes (by hand) Gardening, Milking cows (by hand), Planting and harvesting crops, Digging dry soil (with spade), Weaving, Woodwork (chiselling, sawing softwood), Mixing cement (with shovel) Labouring (pushing loaded wheelbarrow, operating jackhammer) Walking with load on head, Drawing water, Tending animals

Vigorous Physical Activity during Leisure Time

Examples for VIGOROUS activities during LEISURE TIME

VIGOROUS Intensity Activities
Make you breathe much harder than normal



Other examples for VIGOROUS activities during LEISURE TIME

Soccer , Rugby, Tennis,High-impact aerobics, Aqua aerobics,Ballet dancing, Fast swimming

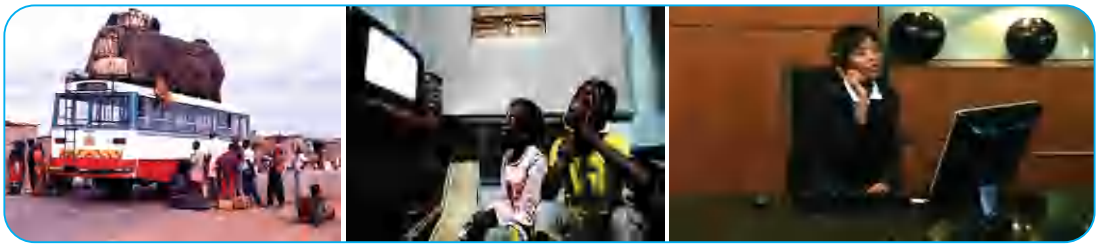
Moderate Physical Activity during Leisure Time

Examples for MODERATE activities during LEISURE TIME

MODERATE Intensity Activities
Make you breathe somewhat harder than normal

Other examples for MODERATE activities at WORK

Cycling, Jogging, Dancing, Horse-riding, Tai chi, Yoga, Pilates, Low-impact aerobics,Cricket



WHO STEPS

Noncommunicable Disease Risk Factor Surveillance

DATA BOOK FOR SWAZILAND 2014

Table of Contents

Demographic Information Results

Age group by sex

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

Instrument question:
Sex
What is your date of birth?

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
15-29	567	39.3	876	60.7	1443	40.8
30-44	325	32.1	688	67.9	1013	28.7
45-69	338	31.4	740	68.6	1078	30.5
15-69	1230	34.8	2304	65.2	3534	100.0

Analysis Information:
Questions used: C1, C2, C3
Epi Info program name: Cagesex (unweighted)

Education

Description: Mean number of years of education among respondents.

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

Mean number of years of education						
Age Group (years)	Men		Women		Both Sexes	
	n	Mean	n	Mean	n	Mean
15-29	522	10.3	812	9.9	1334	10.1
30-44	305	9.9	641	9.1	946	9.4
45-69	301	7.4	672	5.8	973	6.3
15-69	1128	9.4	2125	8.3	3253	8.7

Analysis Information:
Questions used: C4
Epi Info program name: Ceduyears (unweighted)

Highest level of education

Description: Highest level of education achieved by the survey respondents.

Instrument question:

What is the highest level of education you have completed?

Highest level of education								
	Men							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
15-29	524	1.3	16.0	32.1	21.6	24.2	4.6	0.2
30-44	306	7.2	18.0	18.0	15.4	20.9	19.0	1.6
45-69	307	19.2	27.4	18.9	16.3	6.2	9.4	2.6
15-69	1137	7.7	19.6	24.7	18.5	18.5	9.8	1.2

Highest level of education								
	Women							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
15-29	818	2.8	16.6	29.0	23.1	23.0	5.0	0.5
30-44	644	8.5	18.0	28.0	18.9	14.9	10.7	0.9
45-69	679	25.9	30.8	19.6	14.4	5.4	3.2	0.6
15-69	2141	11.9	21.5	25.7	19.1	15.0	6.2	0.7

Highest level of education								
	Both Sexes							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
15-29	1342	2.2	16.4	30.2	22.5	23.5	4.8	0.4
30-44	950	8.1	18.0	24.7	17.8	16.8	13.4	1.2
45-69	986	23.8	29.7	19.4	15.0	5.7	5.2	1.2
15-69	3278	10.4	20.9	25.4	18.9	16.2	7.4	0.9

Analysis Information:

Questions used: C5

Epi Info program name: Ceduhigh (unweighted)

Origin Description: Summary results for the origin of the respondents.

Instrument Question:
What is your origin?

Origin of respondents			
Age Group (years)	Both Sexes		
	n	% Swazi	% Non-Swazi
15-29	1342	97.8	2.2
30-44	950	96.4	3.6
45-69	988	97.1	2.9
15-69	3280	97.2	2.8

Analysis Information:
Questions used: C6
Epi Info program name: Cethnic (unweighted)

Marital status

Description: Marital status of survey respondents.

Instrument question:
What is your marital status?

Marital status							
Age Group (years)	Men						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	523	91.8	6.3	0.2	0.0	0.0	1.7
30-44	305	38.7	53.8	3.0	0.7	0.7	3.3
45-69	307	9.8	72.3	5.5	2.0	6.5	3.9
15-69	1135	55.3	36.9	2.4	0.7	1.9	2.7

Marital status							
Age Group (years)	Women						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	818	69.7	26.0	0.9	0.0	0.1	3.3
30-44	644	26.1	61.2	2.5	0.8	5.4	4.0
45-69	681	17.0	53.0	2.3	1.2	24.4	2.1
15-69	2143	39.9	45.2	1.8	0.6	9.4	3.1

Marital status							
Age Group (years)	Both Sexes						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
15-29	1341	78.3	18.3	0.6	0.0	0.1	2.7
30-44	949	30.1	58.8	2.6	0.7	3.9	3.8
45-69	988	14.8	59.0	3.3	1.4	18.8	2.6
15-69	3278	45.2	42.3	2.0	0.6	6.8	3.0

Analysis Information:

Questions used: C7

Epi Info program name: Cmaritalstatus (unweighted)

Employment status

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

Instrument question:

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

Employment status					
	Men				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	523	3.3	17.2	6.5	73.0
30-44	305	21.0	37.4	21.0	20.7
45-69	306	8.5	22.9	22.2	46.4
15-69	1134	9.4	24.2	14.6	51.8

Employment status					
	Women				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	818	1.1	8.4	6.6	83.9
30-44	645	8.2	18.4	21.4	51.9
45-69	681	5.1	9.3	21.4	64.2
15-69	2144	4.5	11.7	15.8	68.0

Employment status					
	Both Sexes				
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-29	1341	1.9	11.9	6.6	79.6
30-44	950	12.3	24.5	21.3	41.9
45-69	987	6.2	13.5	21.7	58.7
15-69	3278	6.2	16.0	15.4	62.4

Analysis Information:

Questions used: C8

Epi Info program name: Cworkpaid (unweighted)

Unpaid work and unemployed

Description: Proportion of respondents in unpaid work.

Instrument question:

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

Unpaid work and unemployed							
	Men						
Age Group (years)	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-29	382	1.3	68.8	7.1	0.3	20.7	1.8
30-44	63	11.1	0.0	19.0	0.0	58.7	11.1
45-69	142	4.9	0.0	17.6	36.6	32.4	8.5
15-69	587	3.2	44.8	10.9	9.0	27.6	4.4

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	686	0.6	39.2	28.6	0.0	29.3	2.3
30-44	335	2.1	2.1	62.4	0.6	30.1	2.7
45-69	437	2.3	0.2	63.6	9.2	18.3	6.4
15-69	1458	1.4	19.0	46.8	2.9	26.2	3.6

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	1068	0.8	49.8	20.9	0.1	26.2	2.2
30-44	398	3.5	1.8	55.5	0.5	34.7	4.0
45-69	579	2.9	0.2	52.3	15.9	21.8	6.9
15-69	2045	2.0	26.4	36.5	4.6	26.6	3.9

Analysis Information:

Questions used: C8

Epi Info program name: Cworknotpaid (unweighted)

Per capita annual income

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

Instrument questions:

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

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

Mean annual per capita income	
n	Mean
2165	**14,971.92**

Analysis Information:

Questions used: C9, C10a-c

Epi Info program name: Cmeanincome (unweighted)

Estimated household earnings

Description: summary of participant household earnings by quintile.

Instrument question:

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

Estimated household earnings					
n	% Quintile 1: ≤ E500	% Quintile 2: > E500, ≤ E1,000	% Quintile 3: > E1,000, ≤ E2,000	% Quintile 4: > E2,000, ≤ E3,000	% Quintile 5: > E3,000
194	22.2	13.4	9.3	9.3	45.9

Analysis Information:

Questions used: C11

Epi Info program name: Cquintile (unweighted)

Tobacco Use

Current smoking

Description: Current smokers among all respondents.

Instrument question:

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

Percentage of current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	N	% Current smoker	95% CI	n	% Current smoker	95% CI
15-29	524	7.2	4.4-9.9	818	0.9	0.2-1.6	1342	3.9	2.6-5.3
30-44	306	16.2	10.0-22.5	645	0.8	0.1-1.5	951	7.1	4.4-9.9
45-69	307	21.2	14.8-27.7	677	2.7	1.2-4.1	984	10.9	7.5-14.2
15-69	1137	11.7	9.3-14.2	2140	1.2	0.7-1.7	3277	6.0	4.8-7.3

Analysis Information:

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

Smoking Status

Description: Smoking status of all respondents.

Instrument questions:

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

Smoking status									
	Men								
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	524	6.6	3.9-9.2	0.6	0.0-1.4	5.1	2.9-7.2	87.8	84.1-91.5
30-44	306	11.2	7.0-15.4	5.1	0.0-10.2	6.7	3.4-10.0	77.1	70.4-83.7
45-69	307	17.3	11.5-23.1	4.0	1.6-6.4	13.0	8.4-17.7	65.7	57.9-73.6
15-69	1137	9.5	7.5-11.6	2.2	0.9-3.5	6.9	5.0-8.7	81.4	78.4-84.4

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	818	0.6	0.1-1.2	0.2	0.0-0.7	1.0	0.2-1.8	98.1	97.0-99.2
30-44	645	0.4	0.0-0.9	0.4	0.0-0.9	0.7	0.0-1.5	98.5	97.4-99.6
45-69	677	1.8	0.6-2.9	0.9	0.0-1.8	3.2	0.2-6.2	94.2	91.2-97.2
15-69	2140	0.8	0.4-1.2	0.4	0.1-0.7	1.3	0.7-2.0	97.5	96.7-98.3

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	1342	3.5	2.2-4.8	0.4	0.0-0.9	3.0	1.8-4.1	93.1	91.2-95.0
30-44	951	4.8	3.0-6.6	2.3	0.2-4.5	3.2	1.7-4.7	89.7	86.7-92.7
45-69	984	8.6	5.8-11.5	2.3	1.0-3.5	7.5	5.3-9.8	81.6	78.0-85.1
15-69	3277	4.8	3.8-5.8	1.2	0.6-1.9	3.9	3.0-4.7	90.1	88.6-91.6

Analysis Information:

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

Daily smoking

Description: Percentage of current daily smokers among smokers.

Instrument questions:

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

Current daily smokers among smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
15-29	41	91.7	80.4-100.0	7	73.4	28.8-100.0	48	89.6	78.1-100.0
30-44	49	68.8	44.7-93.0	6	49.6	2.7-96.4	55	67.6	45.1-90.0
45-69	69	81.3	71.1-91.6	19	66.3	34.6-98.0	88	79.3	69.8-88.8
15-69	159	81.2	71.1-91.2	32	65.9	43.8-88.1	191	79.6	70.4-88.7

Analysis Information:

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

Initiation and duration of smoking

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

Instrument questions:

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

Mean age started smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
15-29	39	17.3	16.0-18.6	5	13.5	9.5-17.6	44	17.0	15.8-18.3
30-44	33	20.6	18.8-22.4	3	23.6	16.9-30.3	36	20.8	19.1-22.4
45-69	53	20.8	17.8-23.9	12	27.8	24.1-31.4	65	21.5	18.5-24.5
15-69	125	19.3	18.0-20.5	20	21.1	16.2-26.1	145	19.4	18.2-20.6

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	39	6.4	4.7-8.2	5	10.0	7.3-12.7	44	6.7	5.1-8.4
30-44	33	14.4	12.4-16.5	3	11.6	5.7-17.5	36	14.3	12.3-16.2
45-69	53	34.0	29.8-38.1	12	23.3	17.3-29.2	65	32.9	28.7-37.1

Analysis Information:

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

Manufactured cigarette smokers

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

Instrument questions:

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

Manufactured cigarette smokers among daily smokers

Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
15-29	38	98.9	96.7-100.0	6	85.4	56.1-100.0	44	97.6	94.0-100.0
30-44	36	100.0	100.0-100.0	2	100.0	100.0-100.0	38	100.0	100.0-100.0
45-69	55	83.2	71.1-95.2	14	78.6	59.5-97.7	69	82.6	71.2-94.1
15-69	129	93.9	89.7-98.1	22	84.0	67.2-100.0	151	93.1	88.7-97.4

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	40	99.0	97.0-100.0	7	89.3	67.8-100.0	47	97.8	94.7-100.0
30-44	48	96.8	91.3-100.0	4	100.0	100.0-100.0	52	96.9	91.8-100.0
45-69	67	85.7	75.7-95.7	19	60.0	30.3-89.6	86	82.2	72.4-92.0
15-69	155	93.9	90.0-97.8	30	77.4	60.1-94.7	185	92.2	88.2-96.2

Analysis Information:

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

Amount of tobacco used among daily smokers by type

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

Instrument questions:

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

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	38	4.3	2.9-5.7	39	1.8	0.0-3.7	39	0.0	0.0-0.1
30-44	36	5.2	3.9-6.5	37	0.5	0.1-0.8	37	0.6	0.0-1.6
45-69	54	5.5	4.0-7.1	55	2.1	1.1-3.0	55	0.1	0.0-0.4
15-69	128	5.0	4.1-5.9	131	1.5	0.6-2.4	131	0.2	0.0-0.5

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group (years)	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	39	0.2	0.0-0.6	39	0.1	0.0-0.2	38	0.0	-
30-44	36	0.5	0.0-1.5	37	0.2	0.0-0.5	34	0.0	-
45-69	55	0.1	0.0-0.3	55	0.2	0.0-0.7	56	0.1	0.0-0.2
15-69	130	0.3	0.0-0.6	131	0.2	0.0-0.4	128	0.0	0.0-0.1

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	6	6.2	2.5-9.8	6	0.6	0.0-1.7	6	0.0	0.0-0.0
30-44	2	3.0	-	3	0.0	0.0-0.0	3	0.0	0.0-0.0
45-69	13	4.4	2.4-6.5	14	1.3	0.0-2.9	13	0.0	0.0-0.0
15-69	21	5.1	2.8-7.4	23	0.8	0.0-1.7	22	0.0	0.0-0.0

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Women								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	6	1.6	0.0-4.6	6	0.0	-	6	0.0	0.0-0.0
30-44	3	0.0	0.0-0.0	3	0.0	-	3	0.0	0.0-0.0
45-69	14	0.4	0.0-0.9	14	0.0	-	14	0.0	0.0-0.0
15-69	23	0.8	0.0-2.2	23	0.0	-	23	0.0	0.0-0.0

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
15-29	44	4.5	3.1-5.9	45	1.7	0.0-3.4	45	0.0	0.0-0.1
30-44	38	5.1	3.8-6.4	40	0.5	0.1-0.8	40	0.6	0.0-1.6
45-69	67	5.4	4.0-6.8	69	2.0	1.1-2.9	68	0.1	0.0-0.3
15-69	149	5.0	4.1-5.8	154	1.5	0.7-2.3	153	0.2	0.0-0.5

Mean amount of tobacco used by daily smokers by type									
Age Group (years)	Both Sexes								
	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
15-29	45	0.3	0.0-0.8	45	0.1	0.0-0.2	44	0.0	0.0-0.0
30-44	39	0.5	0.0-1.4	40	0.2	0.0-0.5	37	0.0	0.0-0.0
45-69	69	0.1	0.0-0.3	69	0.2	0.0-0.6	70	0.1	0.0-0.2
15-69	153	0.3	0.0-0.6	154	0.2	0.0-0.3	151	0.0	0.0-0.1

Analysis Information:

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

Smoked tobacco consumption

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

Instrument questions:

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

Percentage of current smokers smoking each of the following products							
Age Group (years)	Men						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
15-29	41	93.0	81.4-100.0	31.7	12.9-50.5	1.8	0.0-5.4
30-44	49	96.0	90.3-100.0	9.9	2.5-17.3	3.9	0.0-9.2
45-69	69	84.6	74.5-94.7	40.0	23.3-56.6	2.3	0.0-5.6
15-69	159	91.2	85.7-96.8	27.6	18.1-37.1	2.6	0.0-5.3

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	41	14.3	0.0-30.8	4.3	0.0-10.5	0.0	0.0-0.0
30-44	49	7.7	0.0-15.7	5.4	0.0-11.5	2.6	0.0-7.9
45-69	69	9.4	1.6-17.2	6.3	0.0-18.4	2.3	0.0-4.8
15-69	159	10.6	3.2-18.0	5.3	0.1-10.5	1.6	0.0-3.4

Percentage of current smokers smoking each of the following products							
Age Group (years)	Women						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
15-29	7	89.3	67.9-100.0	10.7	0.0-32.1	0.0	-
30-44	6	67.1	24.6-100.0	0.0	0.0-0.0	0.0	-
45-69	19	60.0	30.3-89.6	22.0	2.1-41.9	0.0	-
15-69	32	72.7	54.5-90.9	13.5	0.6-26.4	0.0	-

Percentage of current smokers smoking each of the following products							
Age Group (years)	Women						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
15-29	7	11.5	0.0-34.3	10.7	0.0-32.1	0.0	0.0-0.0
30-44	6	0.0	0.0-0.0	0.0	0.0-0.0	20.5	0.0-57.5
45-69	19	7.7	0.0-17.6	0.0	0.0-0.0	13.6	0.0-40.1
15-69	32	7.7	0.0-18.0	4.2	0.0-12.7	9.6	0.0-22.9

Percentage of current smokers smoking each of the following products							
Age Group (years)	Both Sexes						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
15-29	48	92.6	82.1-100.0	29.3	12.3-46.3	1.6	0.0-4.8
30-44	55	94.1	87.8-100.0	9.3	2.4-16.1	3.7	0.0-8.6
45-69	88	81.3	71.4-91.1	37.5	22.4-52.7	2.0	0.0-4.8
15-69	191	89.2	83.9-94.6	26.1	17.6-34.5	2.3	0.0-4.7

Percentage of current smokers smoking each of the following products							
Age Group (years)	Both Sexes						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
15-29	48	14.0	0.0-28.8	5.0	0.0-10.9	0.0	0.0-0.0
30-44	55	7.2	0.0-14.6	5.0	0.0-10.7	3.8	0.0-9.4
45-69	88	9.2	1.8-16.5	5.5	0.0-16.0	3.8	0.0-8.0
15-69	191	10.3	3.7-16.9	5.2	0.6-9.8	2.4	0.2-4.6

Analysis Information:

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

Frequency of daily cigarette smoking

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

Instrument questions:

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

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Men										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	38	59.1	39.3-78.8	10.2	2.2-18.2	26.9	7.1-46.7	3.8	0.0-7.7	0.0	0.0-0.0
30-44	35	47.9	27.3-68.4	32.5	15.4-49.7	14.2	0.4-27.9	5.4	0.0-13.2	0.0	0.0-0.0
45-69	51	26.1	9.1-43.2	40.4	20.7-60.0	25.2	8.3-42.1	7.7	0.0-15.9	0.6	0.0-1.8
15-69	124	45.3	33.3-57.4	26.0	16.8-35.2	22.9	12.5-33.4	5.5	1.8-9.3	0.2	0.0-0.6

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Women										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	6	42.7	1.0-84.4	11.8	0.0-39.9	45.5	0.0-97.7	0.0	0.0-0.0	0.0	-
30-44	2	100.0	100.0-100.0	0.0	0.0-0.0	0.0	0.0-0.0	0.0	0.0-0.0	0.0	-
45-69	13	39.3	8.8-69.8	37.4	1.6-73.1	18.4	0.0-39.0	5.0	0.0-15.0	0.0	-
15-69	21	47.7	20.7-74.7	21.3	0.0-44.6	28.9	0.6-57.2	2.1	0.0-6.7	0.0	-

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
Age Group (years)	Both Sexes										
	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
15-29	44	57.4	39.1-75.8	10.4	2.7-18.0	28.7	10.3-47.2	3.5	0.0-6.9	0.0	0.0-0.0
30-44	37	49.9	30.4-69.4	31.3	14.9-47.7	13.6	0.4-26.8	5.2	0.0-12.7	0.0	0.0-0.0
45-69	64	27.6	11.9-43.3	40.0	22.7-57.3	24.4	9.5-39.4	7.4	0.1-14.7	0.5	0.0-1.6
15-69	145	45.5	34.4-56.7	25.6	17.1-34.1	23.5	13.8-33.1	5.2	1.8-8.6	0.2	0.0-0.5

Analysis Information:

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

Former daily smokers and former smokers

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

Instrument questions:

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

Former daily smokers among all respondents

Age Group (years)	Men			Women			Both Sexes		
	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI	n	% Former daily smokers	95% CI
15-29	524	2.0	0.7-3.3	818	0.8	0.0-1.5	1342	1.4	0.6-2.1
30-44	306	7.2	1.8-12.6	645	0.1	0.0-0.2	951	3.0	0.7-5.3
45-69	307	13.3	8.3-18.3	677	3.1	0.0-6.1	984	7.6	5.0-10.2
15-69	1137	5.2	3.3-7.1	2140	1.0	0.3-1.7	3277	2.9	2.0-3.8

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	51	23.3	10.8-35.8	11	54.8	23.5-86.1	62	28.0	15.8-40.2
30-44	55	39.2	18.2-60.1	4	16.3	0.0-49.4	59	38.3	18.0-58.7
45-69	94	43.5	30.6-56.4	25	63.4	32.2-94.7	119	46.8	34.2-59.4
15-69	200	35.3	25.5-45.1	40	56.4	34.4-78.4	240	38.0	28.8-47.1

Mean years since cessation

Age Group (years)	Men			Women			Both Sexes		
	n	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
15-29	28	2.7	1.5-3.9	7	0.0	0.0-8.8	35	1.9	0.0-4.0
30-44	23	12.7	9.5-15.9	5	17.9	13.5-22.2	28	13.4	10.4-16.3
45-69	38	21.6	16.6-26.6	14	10.8	0.0-21.8	52	19.1	13.2-25.0
15-69	89	11.3	8.5-14.0	26	6.6	0.0-13.4	115	10.4	7.8-13.0

Analysis Information:

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

Cessation

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

Instrument questions:

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

Current smokers who have tried to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI	n	% Tried to stop smoking	95% CI
15-29	41	59.5	39.3-79.6	7	61.9	17.9-100.0	48	59.7	41.2-78.3
30-44	49	46.3	25.7-66.9	6	67.6	26.5-100.0	55	47.7	28.0-67.4
45-69	69	47.9	33.8-62.1	19	48.1	25.8-70.4	88	47.9	35.5-60.4
15-69	159	51.6	40.5-62.7	32	57.1	36.5-77.6	191	52.2	42.0-62.4

Analysis Information:

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

Advice to stop smoking

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

Instrument questions:

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

Current smokers who have been advised by doctor to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI	n	% Advised to stop smoking	95% CI
15-29	33	33.7	13.5-53.9	7	66.6	23.5-100.0	40	38.2	20.1-56.3
30-44	37	40.2	17.7-62.8	5	23.0	0.0-66.3	42	38.9	18.2-59.5
45-69	63	38.7	23.7-53.7	18	25.4	2.9-47.9	81	36.8	23.7-49.9
15-69	133	37.3	26.4-48.3	30	41.6	19.6-63.6	163	37.9	27.5-48.2

Analysis Information:

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

Current users of smokeless tobacco

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

Instrument question:

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

Current users of smokeless tobacco									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
15-29	524	1.3	0.0-2.7	817	0.0	0.0-0.1	1341	0.7	0.0-1.3
30-44	306	3.4	0.0-7.7	645	1.7	0.5-2.8	951	2.4	0.6-4.2
45-69	306	6.4	2.7-10.0	681	6.7	4.2-9.2	987	6.5	4.4-8.6
15-69	1136	2.7	1.4-4.1	2143	1.8	1.1-2.4	3279	2.2	1.5-2.8

Analysis Information:

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

Status of smokeless tobacco use

Description: Status of using smokeless tobacco among all respondents.

Instrument questions:

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

Smokeless tobacco use									
		Men							
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	524	0.3	0.0-0.7	1.1	0.0-2.3	0.3	0.0-0.5	98.4	97.1-99.7
30-44	306	1.2	0.1-2.2	2.2	0.0-6.4	0.6	0.0-1.4	96.1	91.8-100.0
45-69	306	5.6	2.2-8.9	0.8	0.0-2.0	2.3	0.5-4.2	91.3	87.2-95.3
15-69	1136	1.4	0.7-2.1	1.3	0.1-2.5	0.7	0.3-1.1	96.6	95.2-98.0

Smokeless tobacco use									
		Women							
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	817	0.0	0.0-0.1	0.0	0.0-0.0	0.2	0.0-0.7	99.7	99.3-100.0
30-44	645	1.3	0.3-2.4	0.3	0.0-0.8	0.3	0.0-0.7	98.0	96.7-99.3
45-69	681	5.4	3.1-7.6	1.3	0.2-2.4	3.2	0.2-6.2	90.2	87.0-93.3
15-69	2143	1.4	0.8-2.0	0.3	0.1-0.6	0.8	0.2-1.4	97.4	96.6-98.2

Smokeless tobacco use									
		Both Sexes							
Age Group (years)	n	Current user					Non user		
		% Daily	95% CI	% Non-daily	95% CI	% Past user	95% CI	% Never used	95% CI
15-29	1341	0.2	0.0-0.4	0.5	0.0-1.1	0.2	0.0-0.5	99.1	98.4-99.8
30-44	951	1.3	0.5-2.0	1.1	0.0-2.8	0.4	0.0-0.8	97.2	95.4-99.1
45-69	987	5.5	3.5-7.4	1.1	0.3-1.9	2.8	1.0-4.6	90.7	88.5-92.9
15-69	3279	1.4	0.9-1.9	0.8	0.2-1.3	0.8	0.4-1.1	97.0	96.2-97.9

Analysis Information:

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

Former daily users of smokeless tobacco

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

Instrument questions:

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

Former daily smokeless tobacco users 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	524	1.2	0.0-2.5	817	0.2	0.0-0.7	1341	0.7	0.0-1.4
30-44	306	2.4	0.0-6.6	645	0.7	0.1-1.3	951	1.4	0.0-3.1
45-69	306	1.0	0.0-2.0	681	1.9	0.7-3.1	987	1.5	0.7-2.3
15-69	1136	1.4	0.2-2.6	2143	0.7	0.3-1.0	3279	1.0	0.5-1.6

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	8	80.4	51.2-100.0	2	85.8	51.1-100.0	10	81.3	56.0-100.0
30-44	8	67.4	21.4-100.0	13	32.7	5.7-59.7	21	51.9	15.2-88.6
45-69	22	15.0	0.0-31.3	55	25.8	11.4-40.1	77	21.3	10.5-32.1
15-69	38	50.0	22.8-77.2	70	31.6	16.7-46.4	108	41.5	24.9-58.1

Analysis Information:

- Questions used: T12, T13, T15, T16
- Epi Info program name: Tsmokelessexdaily (unweighted); TsmokelessexdailyWT (weighted)

Amount of smokeless tobacco used among daily users by type

Description: Mean times per day smokeless tobacco used by daily smokeless tobacco users per day, by type.

Instrument questions:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- On average, how many times a day do you use…?

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	3	1.3	0.0-3.5	3	4.5	3.7-5.2	3	0.0	-
30-44	13	0.3	0.0-0.7	11	2.9	1.2-4.6	14	0.0	-
45-69	54	1.6	0.2-3.0	49	4.4	2.7-6.2	58	0.1	0.0-0.2
15-69	70	1.3	0.2-2.3	63	4.1	2.8-5.4	75	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	Betel, quid	95% CI	n	Other	95% CI
15-29	3	0.0	-	3	0.0	-
30-44	14	0.0	-	14	0.0	-
45-69	58	0.0	-	57	0.0	-
15-69	75	0.0	-	74	0.0	-

Analysis Information:

- Questions used: T12, T13, T14a -otherw
- Epi Info program name: Tsmokelesstype (unweighted); TsmokelesstypeWT (weighted)

Smokeless tobacco consumption

Description: Percentage of current users of smokeless tobacco who use each of the following products.

Instrument questions:

- Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?
- Do you currently use smokeless tobacco products daily?
- On average, how many times a day/week do you use…?

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	7	30.4	0.0-73.1	100.0	100.0-100.0	0.0	0.0-0.0
30-44	17	58.8	22.0-95.6	85.3	66.9-100.0	0.0	0.0-0.0
45-69	68	25.3	8.1-42.5	63.6	45.4-81.8	4.3	0.0-11.6
15-69	92	35.3	16.2-54.4	75.8	61.9-89.7	2.4	0.0-6.5

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	7	0.0	-	0.0	0.0-0.0
30-44	17	0.0	-	3.3	0.0-10.4
45-69	68	0.0	-	2.2	0.0-5.6
15-69	92	0.0	-	2.1	0.0-4.8

Analysis Information:

- Questions used: T12, T13, T14a -otherw
- Epi Info program name: Tsmokelesstypeprev (unweighted); TsmokelesstypeprevWT (weighted)

Current tobacco users

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

Instrument questions:

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

Current tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
15-29	524	8.5	5.6-11.4	817	0.9	0.2-1.6	1341	4.6	3.1-6.1
30-44	306	19.5	12.8-26.2	645	1.9	0.7-3.2	951	9.2	6.2-12.1
45-69	306	25.3	18.4-32.1	677	8.0	5.3-10.7	983	15.6	11.8-19.4
15-69	1136	14.0	11.6-16.4	2139	2.5	1.8-3.3	3275	7.8	6.6-9.0

Daily tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily users	95% CI	n	% Daily users	95% CI	n	% Daily users	95% CI
15-29	524	6.9	4.2-9.5	817	0.7	0.1-1.2	1341	3.7	2.4-5.0
30-44	306	12.3	8.0-16.7	645	1.5	0.4-2.7	951	6.0	4.0-7.9
45-69	306	20.5	14.4-26.6	677	6.3	3.9-8.6	983	12.6	9.3-15.8
15-69	1136	10.5	8.5-12.6	2139	2.0	1.3-2.6	3275	5.9	4.8-7.0

Analysis Information:

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

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

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

Instrument question:

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

Exposed to second-hand smoke in home during the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
15-29	524	17.3	13.1-21.6	817	16.1	12.5-19.8	1341	16.7	14.1-19.3
30-44	306	24.0	16.9-31.1	645	15.0	11.5-18.5	951	18.7	14.6-22.8
45-69	307	13.9	9.0-18.8	681	19.5	15.6-23.5	988	17.1	14.1-20.0
15-69	1137	18.2	14.7-21.8	2143	16.5	14.1-18.8	3280	17.3	15.2-19.4

Analysis Information:

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

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

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

Instrument question:

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

Exposed to second-hand smoke in the workplace during the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
15-29	454	15.8	11.4-20.2	732	11.0	7.7-14.4	1186	13.3	10.2-16.4
30-44	269	23.2	15.8-30.7	569	9.9	6.6-13.2	838	15.4	11.7-19.1
45-69	257	11.7	6.9-16.5	593	9.0	4.3-13.6	850	10.2	7.3-13.0
15-69	980	16.8	13.7-20.0	1894	10.3	8.4-12.3	2874	13.3	11.3-15.3

Analysis Information:

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

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

Instrument questions:

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

Alcohol consumption status									
	Men								
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
15-29	524	16.7	12.8-20.5	8.4	4.7-12.0	9.9	6.4-13.3	65.1	59.5-70.6
30-44	306	29.3	22.2-36.5	6.7	3.2-10.2	16.1	10.5-21.7	47.9	40.8-54.9
45-69	307	30.7	23.6-37.8	2.7	0.7-4.7	11.7	6.8-16.6	54.9	46.7-63.0
15-69	1137	22.1	18.7-25.4	7.0	4.6-9.3	11.6	9.0-14.2	59.4	55.0-63.7

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	817	5.0	2.7-7.4	3.3	1.6-5.0	6.2	3.9-8.5	85.5	82.5-88.5
30-44	645	4.4	2.1-6.7	3.5	1.6-5.3	7.7	4.8-10.5	84.5	80.9-88.1
45-69	681	7.1	4.3-9.8	2.4	1.2-3.7	10.5	7.3-13.7	80.0	76.1-83.8
15-69	2143	5.3	3.9-6.6	3.2	2.0-4.4	7.4	5.8-9.0	84.2	81.8-86.5

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	1341	10.7	8.5-12.9	5.8	3.7-7.8	8.0	5.8-10.2	75.6	72.1-79.1
30-44	951	14.6	11.2-18.0	4.8	3.0-6.6	11.1	8.0-14.3	69.5	65.6-73.4
45-69	988	17.5	13.8-21.2	2.6	1.4-3.7	11.0	8.4-13.7	68.9	64.6-73.2
15-69	3280	13.0	11.2-14.7	4.9	3.6-6.2	9.3	7.7-10.9	72.8	70.0-75.6

Analysis Information:

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

Stopping drinking due to health reasons

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the last 12 months.

Instrument questions:

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

Stopping drinking due to health reasons									
	Men			Women			Both Sexes		
Age Group (years)	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
15-29	46	4.1	0.0-11.0	50	12.2	0.0-24.8	96	7.3	0.7-14.0
30-44	43	29.9	5.6-54.2	38	35.7	13.1-58.3	81	32.3	11.3-53.2
45-69	33	48.9	27.7-70.1	68	27.9	10.4-45.3	101	37.7	22.8-52.6
15-69	122	20.3	9.7-30.9	156	23.2	14.0-32.3	278	21.5	13.3-29.7

Analysis Information:

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

Frequency of alcohol consumption

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

Instrument question:

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

Frequency of alcohol consumption in the past 12 months													
	Men												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
15-29	131	0.5	0.0-1.5	0.5	0.0-1.2	5.0	0.3-9.8	25.7	15.9-35.5	22.3	13.5-31.0	46.0	33.5-58.4
30-44	105	6.1	0.6-11.6	2.7	0.0-5.9	15.7	1.9-29.4	30.5	20.1-40.8	18.9	10.1-27.7	26.2	16.4-36.0
45-69	102	17.3	8.3-26.2	3.0	0.0-6.0	8.8	1.5-16.0	27.4	15.8-39.0	28.6	17.6-39.7	15.0	7.5-22.5
15-69	338	5.4	2.8-8.1	1.6	0.4-2.8	8.7	3.9-13.5	27.4	21.0-33.7	22.6	16.4-28.9	34.2	26.5-41.9

Frequency of alcohol consumption in the past 12 months													
	Women												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
15-29	59	0.0	0.0-0.0	1.0	0.0-3.0	6.7	0.0-15.1	15.5	4.1-26.8	15.5	4.9-26.2	61.3	44.5-78.2
30-44	47	0.0	0.0-0.0	0.0	0.0-0.0	6.0	0.0-12.1	19.4	4.7-34.1	14.7	4.3-25.1	59.9	44.6-75.3
45-69	74	10.3	3.5-17.0	3.2	0.0-7.5	0.7	0.0-2.0	38.1	21.7-54.4	14.2	5.6-22.7	33.6	19.0-48.2
15-69	180	2.3	0.7-3.8	1.2	0.0-2.7	5.2	0.4-10.0	21.5	12.3-30.7	15.0	8.5-21.5	54.8	44.0-65.6

Frequency of alcohol consumption in the past 12 months													
	Both Sexes												
Age Group (years)	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
15-29	190	0.4	0.0-1.1	0.6	0.0-1.6	5.4	1.4-9.5	23.1	15.5-30.8	20.6	13.8-27.3	49.9	39.8-59.9
30-44	152	4.6	0.5-8.8	2.1	0.0-4.5	13.4	2.6-24.2	27.8	19.6-36.0	17.9	10.8-25.0	34.2	25.7-42.6
45-69	176	15.4	8.5-22.3	3.0	0.5-5.6	6.6	1.2-11.9	30.3	20.8-39.8	24.7	16.1-33.4	20.0	13.3-26.8
15-69	518	4.7	2.6-6.7	1.5	0.5-2.5	7.8	4.1-11.6	25.9	20.9-30.8	20.7	15.8-25.6	39.4	33.0-45.8

Analysis Information:

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

Drinking occasions in the past 30 days

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

Instrument question:

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

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	90	2.5	2.1-2.9	33	2.3	1.6-3.0	123	2.4	2.1-2.8
30-44	88	3.5	2.6-4.5	27	2.7	1.5-4.0	115	3.4	2.6-4.2
45-69	85	3.9	2.9-4.8	49	4.3	1.7-7.0	134	4.0	3.0-5.0
15-69	263	3.1	2.7-3.5	109	2.9	2.1-3.7	372	3.1	2.7-3.4

Analysis Information:

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

Standard drinks per drinking occasion

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

Instrument question:

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

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	85	5.8	4.6-7.1	32	4.1	2.5-5.8	117	5.4	4.4-6.4
30-44	84	7.6	5.7-9.6	23	3.6	2.0-5.1	107	7.0	5.3-8.6
45-69	79	4.1	3.4-4.8	49	4.6	2.4-6.7	128	4.2	3.5-5.0
15-69	248	6.0	5.1-7.0	104	4.1	3.0-5.2	352	5.6	4.8-6.4

Analysis Information:

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

Average volume drinking levels among all respondents

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

Instrument questions:

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

Drinking at high-end level among all respondents (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)

Age Group (years)	Men			Women			Both Sexes		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
15-29	517	0.0	0.0-0.0	813	0.0	0.0-0.0	1330	0.0	0.0-0.0
30-44	297	0.6	0.0-1.3	639	0.3	0.0-0.8	936	0.4	0.0-0.8
45-69	283	0.5	0.0-1.2	671	0.3	0.0-0.7	954	0.4	0.0-0.8
15-69	1097	0.2	0.0-0.4	2123	0.1	0.0-0.3	3220	0.2	0.0-0.3

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	517	0.1	0.0-0.3	813	0.2	0.0-0.4	1330	0.1	0.0-0.3
30-44	297	1.6	0.1-3.1	639	0.0	0.0-0.0	936	0.7	0.1-1.3
45-69	283	0.3	0.0-0.7	671	0.0	0.0-0.1	954	0.1	0.0-0.3
15-69	1097	0.5	0.1-0.8	2123	0.1	0.0-0.2	3220	0.3	0.1-0.4

Drinking at lower-end level among all respondents (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)

Age Group (years)	Men			Women			Both Sexes		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
15-29	517	15.5	11.7-19.3	813	4.5	2.1-6.9	1330	9.8	7.6-12.0
30-44	297	25.4	18.3-32.5	639	3.5	1.5-5.4	936	12.4	9.1-15.7
45-69	283	23.3	16.8-29.8	671	5.4	3.2-7.7	954	13.0	9.8-16.2
15-69	1097	19.1	15.7-22.4	2123	4.4	3.2-5.7	3220	11.0	9.3-12.8

Analysis Information:

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

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

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

Instrument questions:

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

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

Men

Age Group (years)	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
15-29	85	0.0	0.0-0.0	0.6	0.0-1.9	99.4	98.1-100.0
30-44	83	2.1	0.0-4.6	5.9	0.5-11.4	91.9	86.0-97.8
45-69	75	2.0	0.0-5.0	1.2	0.0-3.0	96.8	93.4-100.0
15-69	243	1.1	0.1-2.1	2.4	0.6-4.3	96.5	94.4-98.6

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

Women

Age Group (years)	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
15-29	32	0.0	0.0-0.0	3.4	0.0-8.6	96.6	91.4-100.0
30-44	22	7.5	0.0-21.8	0.0	0.0-0.0	92.5	78.2-100.0
45-69	46	4.9	0.0-12.1	0.7	0.0-2.0	94.4	87.2-100.0
15-69	100	2.8	0.0-6.4	2.0	0.0-4.7	95.2	90.6-99.8

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

Both sexes

Age Group (years)	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
15-29	117	0.0	0.0-0.0	1.3	0.0-2.8	98.7	97.2-100.0
30-44	105	3.0	0.0-6.1	5.0	0.5-9.5	92.0	86.7-97.4
45-69	121	2.7	0.0-5.6	1.0	0.0-2.4	96.2	93.1-99.4
15-69	343	1.5	0.4-2.6	2.3	0.8-3.9	96.2	94.3-98.1

Analysis Information:

- Questions used: A1, A2, A5, A6, A7

Largest number of drinks in the past 30 days

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

Instrument question:

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

Mean maximum number of standard drinks consumed on one occasion in the past 30 days

Age Group (years)	Men			Women			Both Sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
15-29	86	7.8	6.3-9.4	34	6.9	3.8-10.1	120	7.6	6.2-9.0
30-44	84	8.7	6.4-11.1	22	3.7	2.7-4.8	106	7.9	6.0-9.9
45-69	78	5.2	4.1-6.3	46	5.9	3.4-8.4	124	5.4	4.3-6.4
15-69	248	7.6	6.4-8.7	102	6.0	3.9-8.1	350	7.2	6.2-8.2

Analysis Information:

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

Six or more drinks on a single occasion

Description: Percentage of respondents who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Instrument question:

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

Six or more drinks on a single occasion at least once during the past 30 days among total population									
Age Group (years)	Men			Women			Both Sexes		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
15-29	524	12.3	9.1-15.5	817	3.1	0.7-5.4	1341	7.5	5.7-9.4
30-44	306	22.6	15.8-29.5	645	1.8	0.4-3.1	951	10.3	7.2-13.4
45-69	307	13.9	9.3-18.6	681	2.8	1.4-4.2	988	7.7	5.5-10.0
15-69	1137	14.9	12.3-17.6	2143	2.7	1.4-3.9	3280	8.3	7.0-9.6

Analysis Information:

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

Six or more drinks on a single occasion

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

Instrument question:

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

Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of times	95% CI	n	Mean number of times	95% CI	n	Mean number of times	95% CI
15-29	88	1.7	1.3-2.1	33	0.9	0.6-1.2	121	1.5	1.2-1.8
30-44	80	3.3	1.7-5.0	23	1.7	0.8-2.6	103	3.1	1.7-4.4
45-69	77	1.6	1.1-2.1	45	1.3	0.7-1.9	122	1.5	1.1-1.9
15-69	245	2.2	1.6-2.7	101	1.2	0.8-1.5	346	2.0	1.5-2.4

Analysis Information:

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

Past 7 days drinking

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

Instrument question:

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

Frequency of alcohol consumption in the past 7 days											
Age Group (years)	Men										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
15-29	91	1.5	0.0-3.3	1.0	0.0-2.3	9.8	2.4-17.2	63.9	52.2-75.6	23.9	12.9-35.0
30-44	88	12.5	2.3-22.6	2.1	0.0-5.1	23.3	7.4-39.1	39.0	27.0-51.1	23.1	11.7-34.6
45-69	93	10.2	3.5-16.9	5.9	0.8-11.0	18.8	7.9-29.6	55.8	44.0-67.6	9.3	3.5-15.2
15-69	272	6.9	3.0-10.7	2.5	0.8-4.2	16.0	9.4-22.6	54.5	47.6-61.4	20.1	13.4-26.9

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	35	0.0	0.0-0.0	1.5	0.0-4.6	6.2	0.0-16.2	60.4	44.6-76.2	31.9	15.3-48.6
30-44	26	0.0	0.0-0.0	0.0	0.0-0.0	12.3	0.5-24.1	77.2	59.5-94.9	10.4	0.0-23.4
45-69	48	7.7	0.5-15.0	1.2	0.0-3.8	22.9	10.8-35.0	47.9	32.5-63.3	20.2	5.5-34.9
15-69	109	1.8	0.1-3.4	1.1	0.0-2.8	11.4	4.6-18.2	61.5	49.9-73.1	24.2	12.5-36.0

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	126	1.1	0.0-2.5	1.1	0.0-2.3	8.9	2.7-15.1	63.1	53.6-72.5	25.8	16.7-35.0
30-44	114	10.3	1.8-18.8	1.7	0.0-4.2	21.4	7.9-34.8	45.7	33.9-57.5	20.9	11.3-30.5
45-69	141	9.7	4.1-15.3	5.0	0.9-9.0	19.6	10.8-28.4	54.2	43.8-64.6	11.5	6.2-16.9
15-69	381	5.8	2.7-8.9	2.2	0.8-3.6	15.0	9.4-20.6	56.0	49.9-62.1	21.0	15.3-26.7

Analysis Information:

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

Standard drinks per day in the past 7 days

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

Instrument question:

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

Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers

Age Group (years)	Men			Women			Both Sexes		
	N	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
15-29	91	0.8	0.6-1.1	35	0.5	0.1-0.9	126	0.7	0.5-1.0
30-44	88	1.9	1.3-2.4	26	0.4	0.3-0.6	114	1.6	1.2-2.1
45-69	93	1.2	0.9-1.5	48	1.0	0.6-1.5	141	1.2	0.9-1.5
15-69	272	1.2	1.0-1.5	109	0.6	0.4-0.8	381	1.1	0.9-1.3

Analysis Information:

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

Consumption of unrecorded alcohol

Description: Percentage of respondents that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers.

Instrument questions:

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

Consumption of unrecorded alcohol

Age Group (years)	Men			Women			Both Sexes		
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
15-29	90	4.6	0.4-8.7	36	0.0	0.0-0.0	126	3.4	0.3-6.6
30-44	91	16.6	1.4-31.7	28	16.5	0.5-32.5	119	16.5	3.8-29.3
45-69	92	46.9	34.5-59.4	52	50.8	33.6-68.1	144	47.8	37.7-57.9
15-69	273	18.5	12.4-24.6	116	16.0	8.2-23.7	389	17.9	12.9-23.0

Analysis Information:

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

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

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

Instrument question:

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

Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number	95% CI	n	Mean number	95% CI	n	Mean number	95% CI
15-29	4	0.7	0.0-1.5	0	0	0.0-0.0	4	0.7	0.0-1.5
30-44	7	0.7	0.4-0.9	3	0.5	0.2-0.8	10	0.7	0.4-0.9
45-69	35	1.0	0.6-1.5	22	0.7	0.5-0.9	57	1.0	0.7-1.3
15-69	46	0.9	0.6-1.2	25	0.7	0.5-0.9	71	0.9	0.6-1.1

Analysis Information:

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

Frequency of impaired control over drinking

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

Instrument questions:

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

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	135	15.1	7.5-22.8	7.6	1.8-13.5	77.2	67.8-86.6
30-44	111	26.1	12.7-39.4	12.3	4.7-19.9	61.6	48.4-74.8
45-69	108	23.8	13.1-34.5	8.7	2.3-15.1	67.5	56.4-78.6
15-69	354	20.0	14.2-25.8	9.2	5.1-13.2	70.8	64.5-77.1

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	63	17.5	5.7-29.2	4.6	0.0-10.9	78.0	65.9-90.1
30-44	50	17.4	3.2-31.5	1.3	0.0-3.8	81.4	67.2-95.5
45-69	77	16.8	8.7-24.9	15.5	6.4-24.6	67.7	56.8-78.6
15-69	190	17.3	9.2-25.4	6.1	2.1-10.1	76.6	68.7-84.5

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	198	15.8	9.3-22.2	6.8	2.2-11.5	77.4	69.8-85.0
30-44	161	24.0	13.2-34.7	9.7	3.8-15.6	66.3	55.5-77.1
45-69	185	21.9	13.9-30.0	10.5	5.1-15.9	67.6	59.2-75.9
15-69	544	19.3	14.2-24.4	8.4	5.2-11.6	72.3	67.1-77.5

Analysis Information:

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

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

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

Instrument questions:

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

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	135	9.2	4.0-14.4	11.7	4.7-18.8	79.1	70.5-87.6
30-44	111	9.7	3.7-15.8	9.9	2.8-16.9	80.4	71.1-89.6
45-69	108	19.3	8.7-29.9	4.9	0.0-10.5	75.8	64.8-86.9
15-69	354	11.4	7.5-15.4	9.8	5.6-14.0	78.8	73.3-84.2

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	63	5.7	0.0-12.6	4.0	0.0-9.8	90.3	81.2-99.3
30-44	50	10.7	0.3-21.0	4.6	0.0-10.2	84.7	73.2-96.1
45-69	77	17.6	8.2-27.0	9.2	2.1-16.4	73.2	61.9-84.4
15-69	190	9.6	4.3-14.9	5.3	1.6-9.0	85.1	78.6-91.6

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	198	8.3	4.0-12.6	9.7	4.3-15.1	82.0	75.2-88.8
30-44	161	10.0	4.8-15.2	8.6	3.1-14.2	81.4	73.9-88.9
45-69	185	18.9	10.9-26.8	6.0	1.5-10.6	75.1	66.6-83.6
15-69	544	11.0	7.8-14.1	8.6	5.4-11.9	80.4	76.0-84.7

Analysis Information:

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

Frequency of morning drinking

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

Instrument questions:

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

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	135	14.0	6.8-21.2	11.8	5.2-18.4	74.2	65.8-82.5
30-44	111	21.7	12.0-31.5	7.0	1.1-12.8	71.3	61.0-81.6
45-69	108	25.4	14.6-36.2	4.7	0.0-9.5	69.9	58.0-81.7
15-69	354	18.5	13.1-24.0	9.0	5.0-13.0	72.5	66.3-78.6

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	63	12.9	2.7-23.1	2.6	0.0-6.3	84.6	73.7-95.4
30-44	50	5.6	0.0-11.3	7.8	0.0-16.2	86.7	76.8-96.5
45-69	77	15.4	6.1-24.7	4.4	0.0-9.2	80.2	70.4-89.9
15-69	190	11.6	5.4-17.7	4.3	1.1-7.5	84.1	77.3-90.9

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	198	13.7	7.8-19.7	9.4	4.4-14.4	76.9	69.9-83.9
30-44	161	17.9	10.6-25.2	7.2	2.3-12.0	74.9	66.9-83.0
45-69	185	22.8	14.6-31.0	4.6	0.9-8.4	72.6	63.6-81.5
15-69	544	16.8	12.5-21.0	7.8	4.7-10.9	75.4	70.6-80.3

Analysis Information:

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

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

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

Instrument question:

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

Frequency of family/partner problems due to someone else's drinking during the pa st 12 months among all respondents							
	Men						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	524	2.7	1.0-4.5	6.5	4.2-8.8	90.8	87.9-93.7
30-44	306	2.1	0.0-4.2	2.5	0.9-4.0	95.4	92.6-98.2
45-69	307	1.0	0.0-2.1	3.7	1.3-6.1	95.4	92.7-98.0
15-69	1137	2.3	1.1-3.4	5.1	3.5-6.6	92.6	90.6-94.7

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
	Women						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	817	4.3	0.8-7.7	4.4	2.6-6.3	91.3	88.0-94.6
30-44	645	1.8	0.4-3.2	5.6	3.6-7.7	92.6	89.9-95.2
45-69	681	3.2	1.3-5.1	5.2	3.2-7.3	91.6	89.1-94.0
15-69	2143	3.4	1.3-5.5	4.9	3.6-6.2	91.7	89.7-93.7

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
	Both Sexes						
Age Group (years)	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
15-29	1341	3.5	1.6-5.5	5.4	3.9-7.0	91.0	88.8-93.2
30-44	951	2.0	0.8-3.1	4.3	3.0-5.7	93.7	91.8-95.6
45-69	988	2.2	1.1-3.4	4.5	3.0-6.1	93.2	91.4-95.0
15-69	3280	2.9	1.7-4.1	5.0	3.9-6.1	92.1	90.7-93.5

Analysis Information:

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

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:
In a typical week, on how many days do you eat fruit?
In a typical week, on how many days do you eat vegetables?

Mean number of days fruit consumed in a typical week

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
15-29	511	3.4	3.2-3.7	790	3.5	3.3-3.7	1301	3.5	3.3-3.6
30-44	292	3.9	3.5-4.3	629	3.8	3.5-4.1	921	3.8	3.5-4.1
45-69	287	3.4	3.0-3.7	644	3.4	3.1-3.7	931	3.4	3.1-3.6
15-69	1090	3.5	3.3-3.7	2063	3.6	3.4-3.8	3153	3.5	3.4-3.7

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	519	4.4	4.2-4.7	804	4.8	4.6-5.1	1323	4.6	4.5-4.8
30-44	298	5.1	4.7-5.5	637	5.2	5.0-5.4	935	5.2	4.9-5.4
45-69	298	4.7	4.4-5.1	667	5.0	4.8-5.2	965	4.9	4.7-5.1
15-69	1115	4.6	4.4-4.8	2108	5.0	4.8-5.1	3223	4.8	4.7-4.9

Analysis Information:
Questions used: D1, D3
Epi Info program name: Ddays (unweighted); DdaysWT (weighted)

Mean number of servings of fruit and vegetable consumption

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

Instrument questions:

In a typical week, on how many days do you eat fruit?
How many servings of fruit do you eat on one of those days?
In a typical week, on how many days do you eat vegetables?
How many servings of vegetables do you eat on one of those days?

Mean number of servings of fruit on average per day

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
15-29	507	0.9	0.8-1.0	783	1.0	0.9-1.1	1290	1.0	0.9-1.0
30-44	286	1.1	0.9-1.2	617	1.1	0.9-1.2	903	1.1	0.9-1.2
45-69	283	1.0	0.8-1.2	632	0.9	0.8-1.1	915	1.0	0.8-1.1
15-69	1076	1.0	0.9-1.0	2032	1.0	0.9-1.1	3108	1.0	0.9-1.1

Mean number of servings of vegetables on average per day

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
15-29	516	1.3	1.1-1.4	801	1.4	1.3-1.5	1317	1.3	1.2-1.4
30-44	292	1.5	1.3-1.6	631	1.5	1.4-1.7	923	1.5	1.4-1.6
45-69	295	1.4	1.2-1.5	662	1.4	1.3-1.6	957	1.4	1.3-1.5
15-69	1103	1.3	1.2-1.4	2094	1.4	1.3-1.5	3197	1.4	1.3-1.5

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

Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
15-29	520	2.1	2.0-2.3	803	2.4	2.2-2.5	1323	2.3	2.1-2.4
30-44	295	2.5	2.2-2.7	635	2.6	2.3-2.9	930	2.5	2.3-2.8
45-69	301	2.2	2.0-2.5	670	2.3	2.1-2.5	971	2.3	2.1-2.4
15-69	1116	2.2	2.1-2.4	2108	2.4	2.2-2.6	3224	2.3	2.2-2.4

Analysis Information:

Questions used: D1, D2 , D3, D4
Epi Info program name: Dservings (unweighted); DservingsWT (weighted)

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:

In a typical week, on how many days do you eat fruit?
How many servings of fruit do you eat on one of those days?
In a typical week, on how many days do you eat vegetables?
How many servings of vegetables do you eat on one of those days?

Number of servings of fruit and/or vegetables on average per day									
	Men								
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	520	20.4	15.9-24.9	54.7	49.5-59.8	18.7	14.6-22.9	6.2	3.8-8.5
30-44	295	14.4	9.8-19.0	59.1	52.1-66.1	15.3	10.5-20.2	11.2	5.8-16.5
45-69	301	21.8	15.9-27.6	47.1	38.2-56.0	23.7	13.4-34.0	7.4	2.8-12.0
15-69	1116	19.3	16.1-22.6	54.3	50.4-58.2	18.9	15.8-22.0	7.5	5.3-9.7

Number of servings of fruit and/or vegetables on average per day									
	Women								
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	803	17.1	13.9-20.3	54.1	48.8-59.4	20.8	17.1-24.6	8.0	5.6-10.3
30-44	635	16.2	12.5-19.8	52.7	48.0-57.3	22.2	17.8-26.5	9.0	5.8-12.2
45-69	670	19.7	15.5-23.9	51.5	46.6-56.3	20.6	15.1-26.0	8.3	5.1-11.4
15-69	2108	17.3	15.1-19.5	53.2	49.7-56.7	21.2	17.9-24.4	8.3	6.4-10.2

Number of servings of fruit and/or vegetables on average per day									
	Both Sexes								
Age Group (years)	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-29	1323	18.7	15.8-21.6	54.4	50.6-58.2	19.8	16.8-22.8	7.1	5.4-8.8
30-44	930	15.4	12.3-18.5	55.3	51.0-59.6	19.4	16.2-22.6	9.9	7.1-12.6
45-69	971	20.6	16.6-24.6	49.5	44.7-54.4	22.0	15.0-28.9	7.9	5.1-10.7
15-69	3224	18.2	16.1-20.4	53.7	50.7-56.7	20.1	17.4-22.8	7.9	6.4-9.5

Analysis Information:

Questions used: D1, D2 , D3, D4

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

Fruit and vegetable consumption per day

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

Instrument questions:

In a typical week, on how many days do you eat fruit?
How many servings of fruit do you eat on one of those days?
In a typical week, on how many days do you eat vegetables?
How many servings of vegetables do you eat on one of those days?

Less than five servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
15-29	520	93.8	91.5-96.2	803	92.0	89.7-94.4	1323	92.9	91.2-94.6
30-44	295	88.8	83.5-94.2	635	91.0	87.8-94.2	930	90.1	87.4-92.9
45-69	301	92.6	88.0-97.2	670	91.7	88.6-94.9	971	92.1	89.3-94.9
15-69	1116	92.5	90.3-94.7	2108	91.7	89.8-93.6	3224	92.1	90.5-93.6

Analysis Information:

Questions used: D1, D2 , D3, D4
Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Adding salt at meal

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

Instrument question:

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

Add salt always or often before eating or when eating									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	19.3	14.7-23.9	817	22.2	17.5-26.8	1341	20.8	17.3-24.3
30-44	305	19.3	12.4-26.3	645	20.6	15.8-25.4	950	20.1	15.8-24.4
45-69	307	18.6	12.4-24.8	679	14.3	10.7-17.9	986	16.2	12.3-20.1
15-69	1136	19.2	15.5-22.9	2141	20.2	16.6-23.9	3277	19.8	16.7-22.8

Analysis Information:

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

Adding salt when cooking

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

Instrument question:

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

Add salt always or often when cooking or preparing food at home									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	521	76.3	71.9-80.8	817	73.4	68.6-78.2	1338	74.8	71.3-78.4
30-44	304	69.7	61.7-77.7	645	70.0	65.3-74.7	949	69.9	65.2-74.5
45-69	306	70.0	62.4-77.6	680	60.5	54.8-66.2	986	64.7	59.8-69.6
15-69	1131	73.7	69.8-77.6	2142	70.0	66.4-73.6	3273	71.7	68.6-74.8

Analysis Information:

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

Salty processed food consumption

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

Instrument question:

- How often do you eat processed food high in salt?

Always or often consume processed food high in salt									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	523	20.9	16.1-25.8	812	19.8	16.0-23.5	1335	20.3	17.2-23.4
30-44	305	18.0	11.6-24.3	645	14.0	10.2-17.8	950	15.6	12.5-18.8
45-69	306	8.4	4.7-12.1	677	6.6	4.3-8.9	983	7.4	5.1-9.7
15-69	1134	18.0	14.8-21.2	2134	15.6	12.9-18.4	3268	16.7	14.5-19.0

Analysis Information:

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

Salt consumption

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

Instrument question:

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

Think they consume far too much or too much salt									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	513	12.3	9.2-15.5	805	18.3	15.0-21.5	1318	15.4	13.0-17.7
30-44	296	14.5	9.7-19.4	639	14.8	11.5-18.1	935	14.7	12.0-17.4
45-69	303	10.8	6.6-15.1	671	10.9	7.8-14.0	974	10.9	8.1-13.7
15-69	1112	12.5	10.2-14.9	2115	15.9	13.6-18.1	3227	14.3	12.6-16.1

Self-reported quantity of salt consumed											
Age Group (years)	Men										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
15-29	513	1.8	0.6-3.0	10.5	7.6-13.4	66.0	60.4-71.6	18.7	13.8-23.7	3.0	1.1-4.8
30-44	296	3.6	0.1-7.2	10.9	7.0-14.8	66.4	60.6-72.1	15.1	9.9-20.3	3.9	0.8-7.1
45-69	303	3.2	0.6-5.8	7.6	4.4-10.9	64.4	57.0-71.9	18.0	12.5-23.5	6.7	3.1-10.4
15-69	1112	2.5	1.2-3.7	10.1	8.1-12.1	65.8	61.9-69.7	17.8	14.4-21.2	3.9	2.4-5.3

Self-reported quantity of salt consumed											
Age Group (years)	Women										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
15-29	805	1.7	0.6-2.7	16.6	13.5-19.7	64.2	60.2-68.2	14.8	11.5-18.1	2.8	1.2-4.3
30-44	639	1.9	0.6-3.3	12.9	9.7-16.0	59.2	52.9-65.5	24.2	19.2-29.2	1.8	0.6-3.0
45-69	671	1.2	0.2-2.1	9.7	6.8-12.6	50.9	45.9-55.8	31.3	26.6-35.9	7.0	4.4-9.6
15-69	2115	1.7	0.9-2.4	14.2	12.1-16.4	60.2	57.4-63.1	20.6	18.2-22.9	3.3	2.4-4.2

Self-reported quantity of salt consumed											
Age Group (years)	Both Sexes										
	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
15-29	1318	1.7	0.9-2.6	13.6	11.4-15.8	65.1	61.6-68.6	16.7	14.0-19.4	2.9	1.6-4.1
30-44	935	2.6	1.0-4.3	12.1	9.5-14.6	62.1	57.4-66.8	20.5	16.1-25.0	2.7	1.2-4.2
45-69	974	2.1	0.7-3.4	8.8	6.4-11.1	56.9	52.1-61.6	25.4	22.0-28.8	6.9	4.7-9.1
15-69	3227	2.0	1.3-2.8	12.3	10.8-13.9	62.8	60.2-65.4	19.3	17.1-21.5	3.6	2.7-4.4

Analysis Information:

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

Lowering salt

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

Instrument question:

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

Importance of lowering salt in diet							
	Men						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
15-29	464	68.8	62.9-74.6	19.8	15.1-24.5	11.4	7.7-15.0
30-44	280	72.3	64.5-80.0	12.4	7.4-17.5	15.3	8.5-22.0
45-69	275	80.3	74.3-86.3	13.3	8.4-18.2	6.4	2.9-9.8
15-69	1019	71.7	67.4-75.9	17.0	13.8-20.2	11.4	8.6-14.1

Importance of lowering salt in diet							
	Women						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
15-29	748	75.4	70.6-80.3	17.6	13.2-22.0	6.9	4.7-9.2
30-44	598	77.2	72.8-81.5	18.6	14.7-22.5	4.2	2.5-6.0
45-69	641	86.1	82.6-89.5	11.3	8.3-14.2	2.6	1.4-3.9
15-69	1987	78.0	74.8-81.3	16.6	13.9-19.4	5.3	3.9-6.8

Importance of lowering salt in diet							
	Both Sexes						
Age Group (years)	n	% Very important	95% CI	% Somewhat important	95% CI	% Not at all important	95% CI
15-29	1212	72.2	68.3-76.1	18.7	15.4-22.0	9.1	6.9-11.2
30-44	878	75.2	70.9-79.5	16.1	12.9-19.3	8.7	5.7-11.8
45-69	916	83.6	80.1-87.2	12.1	9.3-15.0	4.3	2.5-6.0
15-69	3006	75.1	72.2-78.0	16.8	14.5-19.1	8.1	6.5-9.6

Analysis Information:

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

Salt knowledge

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

Instrument question:

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

Think consuming too much salt could cause serious health problem									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	79.7	75.2-84.3	817	87.7	84.7-90.8	1341	83.9	80.8-86.9
30-44	306	82.2	75.7-88.6	645	87.2	84.0-90.3	951	85.1	81.9-88.3
45-69	307	83.4	78.1-88.7	681	90.3	87.2-93.4	988	87.3	84.1-90.5
15-69	1137	80.9	77.7-84.2	2143	88.1	86.1-90.0	3280	84.8	82.7-86.9

Analysis Information:

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

Controlling salt intake

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

Instrument question:

- Do you do any of the following on a regular basis to control your salt intake?

Limit consumption of processed foods

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	48.3	42.4-54.2	817	48.4	41.5-55.2	1341	48.3	43.5-53.1
30-44	306	45.1	37.0-53.2	645	56.0	49.5-62.4	951	51.5	46.6-56.4
45-69	307	58.6	49.9-67.2	681	56.6	51.1-62.1	988	57.5	51.8-63.1
15-69	1137	49.4	44.8-54.0	2143	52.0	46.6-57.4	3280	50.8	46.8-54.9

Look at the salt or sodium content on food labels

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	18.2	13.7-22.8	817	18.1	14.0-22.3	1341	18.2	14.7-21.7
30-44	306	23.4	16.4-30.3	645	24.0	18.6-29.4	951	23.7	19.0-28.5
45-69	307	18.4	12.3-24.4	681	21.2	16.6-25.8	988	19.9	16.1-23.8
15-69	1137	19.4	15.8-23.1	2143	20.3	16.9-23.7	3280	19.9	17.0-22.8

Buy low salt/sodium alternatives

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	15.4	11.0-19.7	817	21.0	15.3-26.7	1341	18.3	14.5-22.1
30-44	306	24.1	15.3-33.0	645	23.1	18.1-28.2	951	23.5	18.2-28.9
45-69	307	27.1	16.8-37.4	681	22.4	18.4-26.5	988	24.5	18.6-30.3
15-69	1137	19.5	14.9-24.0	2143	21.9	17.6-26.2	3280	20.8	16.7-24.8

Use spices other than salt when cooking

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	44.1	38.2-50.0	817	50.9	43.5-58.3	1341	47.6	42.2-53.0
30-44	306	38.4	32.2-44.7	645	51.0	44.8-57.2	951	45.8	40.9-50.8
45-69	307	36.6	28.5-44.7	681	43.7	38.0-49.5	988	40.6	35.5-45.7
15-69	1137	41.5	37.4-45.5	2143	49.5	44.3-54.8	3280	45.8	42.0-49.7

Avoid eating foods prepared outside of a home

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	32.9	28.0-37.7	817	40.2	33.9-46.5	1341	36.6	32.4-40.9
30-44	306	35.5	26.7-44.4	645	42.7	36.8-48.5	951	39.7	35.0-44.4
45-69	307	47.5	38.1-56.9	681	42.6	37.1-48.1	988	44.7	38.9-50.6
15-69	1137	36.1	31.7-40.5	2143	41.3	37.0-45.7	3280	38.9	35.2-42.7

Do other things specifically to control your salt intake									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	524	9.3	6.3-12.3	817	7.8	5.4-10.1	1341	8.5	6.4-10.6
30-44	306	5.6	2.3-8.9	645	7.0	4.5-9.5	951	6.4	4.2-8.6
45-69	307	13.6	8.1-19.1	681	10.7	7.4-14.0	988	12.0	8.5-15.4
15-69	1137	9.2	7.0-11.5	2143	8.1	6.2-10.1	3280	8.6	6.9-10.4

Analysis Information:

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

Type of oil used most frequently

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

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

Type of oil or fat most often used for meal preparation in household								
n (house-holds)	% Vegetable oil	95% CI	% Lard	95% CI	% Butter	95% CI	% Margarine	95% CI
3272	93.4	91.8-95.1	1.0	0.6-1.4	0.2	0.1-0.4	0.8	0.4-1.3

Type of oil or fat most often used for meal preparation in household						
n (house-holds)	% none in particular	95% CI	% None used	95% CI	% Other	95% CI
3272	0.7	0.3-1.1	1.1	0.7-1.6	2.6	1.3-4-0

Analysis Information:
Question used: D12
Epi Info program name: Doil (unweighted); DoilWT (weighted)

Eating outside home

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

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

Mean number of meals eaten outside a home									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
15-29	512	1.4	1.1-1.7	794	0.9	0.7-1.0	1306	1.1	1.0-1.3
30-44	301	1.6	1.3-2.0	629	0.6	0.5-0.8	930	1.1	0.9-1.3
45-69	301	0.7	0.5-0.8	661	0.5	0.4-0.6	962	0.6	0.4-0.7
15-69	1114	1.3	1.1-1.5	2084	0.7	0.6-0.8	3198	1.0	0.9-1.1

Analysis Information:
Question used: D13
Epi Info program name: Dmealsout (unweighted); DmealsoutWT (weighted)

Physical Activity

Introduction

A population's physical activity (or inactivity) can be described in different ways. The two most common ways are
(1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and
(2) to classify certain percentages of a population in specific groups by setting up cut-points for a specific amount of physical activity.

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

Metabolic Equivalent (MET)

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

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

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

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

WHO global recommendations on physical activity for health

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

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

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

Former recommendations for comparison purposes

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

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

- **High**

A person reaching any of the following criteria is classified in this category:
- Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR
- 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.

- **Moderate**

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:
- 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
- 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.

- **Low**

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

Not meeting WHO recommendations on physical activity for health

Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent).

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

Not meeting WHO recommendations on physical activity for health									
Age Group (years)	Men			Women			Both Sexes		
	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
15-29	489	6.8	3.9-9.6	758	20.5	15.7-25.4	1247	13.8	10.9-16.7
30-44	289	8.2	4.7-11.7	590	19.6	15.3-23.9	879	14.7	11.5-18.0
45-69	275	18.8	11.9-25.7	615	22.0	16.4-27.5	890	20.6	15.6-25.5
15-69	1053	9.2	6.9-11.5	1963	20.5	17.0-24.1	3016	15.3	12.9-17.7

Analysis Information:

Questions used: P1-P15b

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

Levels of total physical activity according to former recommendations

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

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

Level of total physical activity according to former recommendations							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
15-29	489	9.7	6.5-12.9	10.0	7.0-13.1	80.3	76.1-84.5
30-44	289	16.3	10.8-21.9	13.3	8.9-17.7	70.4	62.9-77.9
45-69	275	30.8	19.9-41.6	13.6	8.6-18.5	55.7	45.8-65.5
15-69	1053	14.9	11.9-17.9	11.4	9.0-13.7	73.7	70.3-77.1

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	758	27.9	22.4-33.4	27.1	21.9-32.3	45.0	40.4-49.6
30-44	590	29.8	25.0-34.6	18.7	14.6-22.9	51.4	45.4-57.5
45-69	615	31.1	24.4-37.8	22.1	17.6-26.6	46.8	41.2-52.4
15-69	1963	29.0	25.0-33.0	23.9	20.2-27.7	47.1	43.8-50.3

Level of total physical activity according to former recommendations							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
15-29	1247	19.0	15.7-22.3	18.7	15.4-22.1	62.3	58.7-65.9
30-44	879	24.1	20.2-28.0	16.4	13.4-19.5	59.5	54.7-64.2
45-69	890	31.0	26.5-35.4	18.3	15.0-21.5	50.8	46.1-55.5
15-69	3016	22.4	20.0-24.8	18.1	15.7-20.4	59.5	56.7-62.2

Analysis Information:

Questions used: P1-P15b

Epi Info program name: Ptotallevels (unweighted); PtotallevelsWT (weighted)

Total physical activity-mean

Description: Mean minutes of total physical activity on average per day.

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

Mean minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
15-29	489	213.2	190.4-235.9	758	122.5	108.2-136.8	1247	166.9	152.5-181.4
30-44	289	288.0	245.8-330.3	590	175.1	153.5-196.7	879	223.0	197.9-248.1
45-69	275	212.3	172.6-252.0	615	170.2	152.4-188.1	890	189.0	167.6-210.5
15-69	1053	230.0	211.6-248.4	1963	145.7	134.4-156.9	3016	185.0	173.1-196.9

Analysis Information:

Questions used: P1-P15b

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

Total physical activity-median

Description: Median minutes of total physical activity on average per day.

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

Median minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
15-29	489	158.6	83.6-291.4	758	81.4	30.0-173.6	1247	115.7	47.1-235.7
30-44	289	221.4	60.0-445.7	590	109.3	32.9-257.1	879	140.0	42.9-347.1
45-69	275	120.0	34.3-321.4	615	107.1	25.7-265.7	890	111.4	28.6-291.4
15-69	1053	162.9	68.6-325.7	1963	90.0	30.0-214.3	3016	120.0	42.9-265.7

Analysis Information:

Questions used: P1-P15b

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

Domain-specific physical activity-mean

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

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

Mean minutes of work-related physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
15-29	489	105.2	87.7-122.8	758	78.0	65.6-90.5	1247	91.4	80.5-102.3
30-44	289	209.2	168.5-250.0	590	128.4	111.2-145.6	879	162.7	141.2-184.1
45-69	275	169.5	134.4-204.5	615	138.4	122.8-154.0	890	152.3	133.3-171.3
15-69	1053	140.1	123.9-156.3	1963	103.0	93.3-112.6	3016	120.3	110.4-130.2

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	489	46.0	39.0-53.1	758	28.3	23.4-33.3	1247	37.0	32.7-41.4
30-44	289	50.7	38.9-62.5	590	36.8	29.4-44.2	879	42.7	36.1-49.3
45-69	275	34.8	26.8-42.9	615	28.0	22.4-33.5	890	31.1	26.8-35.3
15-69	1053	45.1	39.8-50.4	1963	30.6	26.9-34.2	3016	37.3	34.1-40.6

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	489	61.9	54.1-69.7	758	16.1	12.2-20.0	1247	38.6	33.9-43.2
30-44	289	28.1	19.5-36.8	590	9.9	5.9-13.9	879	17.7	13.2-22.2
45-69	275	8.0	5.3-10.7	615	3.8	1.5-6.2	890	5.7	3.7-7.7
15-69	1053	44.8	39.4-50.1	1963	12.1	9.5-14.8	3016	27.3	24.1-30.5

Analysis Information:

Questions used: P1-P15b

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

Domain-specific physical activity - median

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

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

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	489	49.3	0.0-137.1	758	30.0	0.0-102.9	1247	34.3	0.0-120.0
30-44	289	154.3	0.0-385.7	590	60.0	0.0-205.7	879	85.7	0.0-257.1
45-69	275	77.1	0.0-257.1	615	77.1	0.0-240.0	890	77.1	0.0-240.0
15-69	1053	60.0	0.0-205.7	1963	49.3	0.0-154.3	3016	51.4	0.0-180.0

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	489	25.0	8.6-60.0	758	12.9	0.0-30.0	1247	17.1	2.9-42.9
30-44	289	25.7	7.1-60.0	590	12.9	0.0-34.9	879	17.1	0.0-42.9
45-69	275	17.1	0.0-42.9	615	10.7	0.0-32.1	890	12.9	0.0-42.9
15-69	1053	21.4	7.1-60.0	1963	12.9	0.0-32.1	3016	17.1	0.0-42.9

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	489	51.4	4.3-85.7	758	0.0	0.0-12.9	1247	8.6	0.0-59.6
30-44	289	0.0	0.0-34.3	590	0.0	0.0-0.0	879	0.0	0.0-15.0
45-69	275	0.0	0.0-0.0	615	0.0	0.0-0.0	890	0.0	0.0-0.0
15-69	1053	17.1	0.0-68.6	1963	0.0	0.0-2.1	3016	0.0	0.0-34.3

Analysis Information:

Questions used: P1-P15b

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

No physical activity by domain

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

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

No work-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
15-29	489	25.6	19.8-31.3	758	34.8	27.8-41.7	1247	30.3	25.2-35.3
30-44	289	29.8	22.2-37.3	590	27.7	22.3-33.1	879	28.6	23.8-33.4
45-69	275	28.4	19.9-36.8	615	27.8	21.3-34.4	890	28.1	22.2-34.0
15-69	1053	27.0	22.5-31.5	1963	31.6	26.4-36.8	3016	29.4	25.3-33.6

No transport-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI
15-29	489	17.9	13.0-22.9	758	27.5	22.5-32.6	1247	22.8	19.0-26.7
30-44	289	19.1	13.7-24.5	590	29.8	24.8-34.9	879	25.3	21.2-29.3
45-69	275	30.1	20.0-40.3	615	32.9	25.6-40.2	890	31.7	27.4-36.0
15-69	1053	20.3	16.5-24.2	1963	29.2	25.0-33.3	3016	25.0	22.0-28.1

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	489	24.2	19.7-28.6	758	65.2	59.3-71.0	1247	45.1	41.3-48.9
30-44	289	54.5	47.7-61.4	590	80.8	76.4-85.3	879	69.7	65.8-73.5
45-69	275	77.5	70.7-84.3	615	91.7	88.6-94.8	890	85.3	81.4-89.2
15-69	1053	40.4	36.6-44.3	1963	74.4	70.9-77.9	3016	58.6	55.9-61.3

Analysis Information:

Questions used: P1-P15b

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

Composition of total physical activity

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

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

Composition of total physical activity							
	Men						
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-29	470	39.6	35.5-43.7	26.2	23.1-29.3	34.2	30.6-37.7
30-44	275	54.6	47.5-61.8	28.5	23.1-33.9	16.9	13.0-20.8
45-69	247	64.5	56.7-72.3	28.4	22.1-34.8	7.0	3.7-10.4
15-69	992	47.1	43.4-50.9	27.1	24.5-29.7	25.8	22.9-28.6

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	669	51.8	46.1-57.4	33.9	29.3-38.6	14.3	11.5-17.1
30-44	536	63.1	59.2-67.0	29.9	26.2-33.6	7.0	4.8-9.2
45-69	537	69.5	66.1-72.9	26.6	23.5-29.7	3.9	2.0-5.8
15-69	1742	58.1	54.5-61.6	31.5	28.6-34.3	10.4	8.5-12.4

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	1139	45.6	41.8-49.3	30.0	27.3-32.7	24.4	21.8-27.1
30-44	811	59.4	55.8-63.0	29.3	26.4-32.2	11.3	9.1-13.6
45-69	784	67.2	63.0-71.4	27.4	24.1-30.7	5.4	3.4-7.3
15-69	2734	52.8	49.6-56.0	29.4	27.2-31.5	17.8	15.8-19.9

Analysis Information:

Questions used: P1-P15b

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

No vigorous physical activity

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

Instrument questions:
activity at work
recreational activities

No vigorous physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
15-29	489	21.6	16.8-26.5	758	60.6	56.1-65.2	1247	41.5	37.6-45.4
30-44	289	35.6	27.2-44.1	590	64.9	59.3-70.4	879	52.5	47.4-57.6
45-69	275	48.0	38.1-58.0	615	62.1	52.9-71.2	890	55.8	50.6-61.0
15-69	1053	29.4	24.9-34.0	1963	62.0	58.2-65.9	3016	46.9	43.5-50.2

Analysis Information:

Questions used: P1-P15b

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

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

Instrument question:
sedentary behaviour

Minutes spent in sedentary activities on average per day					
	Men				
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
15-29	524	176.8	163.5-190.2	180.0	60.0-240.0
30-44	306	170.5	155.7-185.2	180.0	60.0-240.0
45-69	307	176.2	148.8-203.7	180.0	60.0-240.0
15-69	1137	175.3	164.8-185.8	180.0	60.0-240.0

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	817	208.6	194.6-222.6	180.0	120.0-300.0
30-44	644	167.9	156.5-179.3	150.0	60.0-240.0
45-69	680	164.0	147.9-180.1	120.0	60.0-240.0
15-69	2141	188.9	179.2-198.5	180.0	90.0-240.0

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	1341	193.2	182.5-203.9	180.0	120.0-300.0
30-44	950	169.0	159.2-178.7	150.0	60.0-240.0
45-69	987	169.4	155.5-183.3	135.0	60.0-240.0
15-69	3278	182.7	174.5-190.8	180.0	90.0-240.0

Analysis Information:

Question used : P16a-b

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

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents.

Instrument questions:

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

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

Have you been told in the past 12 months?

Blood pressure measurement and diagnosis									
	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	524	66.3	61.5-71.2	31.3	26.5-36.1	1.1	0.1-2.1	1.3	0.1-2.6
30-44	306	42.8	34.5-51.1	49.9	41.1-58.7	6.3	2.5-10.2	1.0	0.1-1.9
45-69	307	33.5	25.9-41.0	42.2	32.8-51.5	4.9	2.2-7.6	19.5	13.4-25.5
15-69	1137	55.1	50.2-60.0	37.4	32.3-42.5	2.9	1.5-4.4	4.5	3.2-5.8

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	817	48.7	42.7-54.8	43.8	38.4-49.3	3.0	1.7-4.3	4.5	2.9-6.1
30-44	644	27.3	22.1-32.5	53.0	47.5-58.6	8.3	5.4-11.2	11.4	8.6-14.2
45-69	680	18.5	15.1-21.8	32.6	27.5-37.7	13.7	9.6-17.8	35.2	30.4-40.0
15-69	2141	37.0	33.9-40.2	44.2	40.6-47.7	6.5	5.3-7.6	12.3	10.8-13.7

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	1341	57.3	53.8-60.7	37.7	34.5-41.0	2.0	1.1-2.9	2.9	1.9-3.9
30-44	950	33.6	28.5-38.8	51.7	46.1-57.4	7.5	5.1-9.8	7.1	5.4-8.9
45-69	987	25.1	20.9-29.3	36.8	32.8-40.9	9.8	7.3-12.3	28.2	24.7-31.8
15-69	3278	45.3	42.8-47.9	41.1	38.5-43.7	4.9	4.0-5.8	8.7	7.7-9.7

Analysis Information:

Questions used: H1, H2a, H2b

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

Blood pressure treatment among those diagnosed

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure.

Instrument questions:

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

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

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

Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-29	13	5.9	0.0-17.9	73	13.0	3.1-22.9	86	11.4	3.1-19.7
30-44	23	7.1	0.0-15.7	114	22.4	11.5-33.3	137	19.2	10.0-28.4
45-69	75	56.8	44.0-69.6	287	57.2	49.6-64.7	362	57.1	50.4-63.7
15-69	111	36.1	23.8-48.4	474	37.8	31.9-43.8	585	37.4	31.8-43.0

Analysis Information:

Questions used: H1, H2a, H3

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

Blood pressure advice by a traditional healer

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

Instrument questions:

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

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

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

Are you currently taking any herbal or traditional remedy for your high blood pressure?

Seen a traditional healer among those previously diagnosed									
	Men			Women			Both Sexes		
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
15-29	13	0.0	0.0-0.0	73	0.5	0.0-1.6	86	0.4	0.0-1.2
30-44	23	0.0	0.0-0.0	114	0.8	0.0-2.0	137	0.7	0.0-1.6
45-69	75	13.9	2.6-25.2	287	1.5	0.4-2.7	362	5.0	1.4-8.6
15-69	111	8.2	1.1-15.3	474	1.1	0.4-1.8	585	2.9	1.0-4.8

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed									
	Men			Women			Both Sexes		
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
15-29	13	0.0	0.0-0.0	73	3.6	0.0-9.5	86	2.7	0.0-7.3
30-44	23	2.2	0.0-6.5	114	6.2	0.2-12.2	137	5.4	0.5-10.3
45-69	75	11.5	1.4-21.7	287	8.7	4.7-12.7	362	9.5	5.3-13.7
15-69	111	7.3	1.0-13.6	474	6.9	4.1-9.7	585	7.0	4.3-9.7

Analysis Information:

Questions used: H1, H2a, H4, H5

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

History of Diabetes

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all respondents.

Instrument questions:

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

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

Have you been told in the past 12 months?

Blood sugar measurement and diagnosis									
	Men								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
15-29	524	91.7	88.9-94.6	8.3	5.4-11.1	0.0	0.0-0.0	0.0	0.0-0.0
30-44	306	71.7	63.6-79.7	25.2	17.6-32.8	1.2	0.0-2.6	1.8	0.0-4.7
45-69	307	60.0	52.2-67.8	29.2	22.4-36.0	2.6	0.5-4.7	8.2	4.3-12.2
15-69	1137	81.5	78.5-84.5	15.9	13.0-18.7	0.7	0.3-1.2	1.9	0.9-2.9

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	817	90.7	87.8-93.6	9.2	6.3-12.1	0.0	0.0-0.1	0.0	0.0-0.0
30-44	644	76.1	71.8-80.4	21.9	17.7-26.0	0.6	0.0-1.3	1.4	0.3-2.5
45-69	680	55.1	50.5-59.7	35.4	31.2-39.7	1.1	0.2-1.9	8.4	5.2-11.6
15-69	2141	79.9	77.7-82.0	17.7	15.5-19.9	0.4	0.1-0.7	2.0	1.3-2.7

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	1341	91.2	89.0-93.4	8.8	6.5-11.0	0.0	0.0-0.1	0.0	0.0-0.0
30-44	950	74.3	69.9-78.7	23.2	19.0-27.5	0.9	0.1-1.7	1.6	0.3-2.9
45-69	987	57.3	52.4-62.1	32.7	28.6-36.8	1.7	0.7-2.8	8.3	5.6-11.0
15-69	3278	80.6	78.7-82.5	16.9	15.0-18.7	0.6	0.3-0.9	2.0	1.4-2.5

Analysis Information:

Questions used: H6, H7a, H7b

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

Diabetes treatment among those diagnosed

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

Instrument questions:

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

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

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

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

Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-29	0	-	-	1	0.0	0.0-0.0	1	0.0	0.0-0.0
30-44	7	59.8	13.8-100.0	11	57.0	29.0-85.0	18	58.4	30.7-86.2
45-69	28	77.8	62.8-92.9	55	70.1	56.1-84.0	83	73.8	62.5-85.0
15-69	35	73.1	56.7-89.5	67	66.4	55.2-77.6	102	69.6	59.3-79.9

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	0	-	-	1	0.0	0.0-0.0	1	0.0	0.0-0.0
30-44	7	0.0	0.0-0.0	11	13.3	0.0-37.3	18	6.5	0.0-19.2
45-69	28	26.5	6.8-46.3	55	28.5	14.5-42.6	83	27.6	15.8-39.4
15-69	35	19.5	4.3-34.8	67	24.7	13.1-36.4	102	22.2	12.8-31.7

Analysis Information:

Questions used: H6, H7a, H8, H9

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

Diabetes advice by traditional healer

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

Instrument questions:

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

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

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

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

Seen a traditional healer for diabetes among those previously diagnosed

Age Group (years)	Men			Women			Both Sexes		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
15-29	0	-	-	1	0.0	0.0-0.0	1	0.0	0.0-0.0
30-44	7	0.0	0.0-0.0	11	0.0	0.0-0.0	18	0.0	0.0-0.0
45-69	28	22.4	0.8-44.0	55	0.0	0.0-0.0	83	10.6	0.0-21.3
15-69	35	16.5	0.0-33.4	67	0.0	0.0-0.0	102	8.0	0.0-16.0

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	0	-	-	1	0.0	0.0-0.0	1	0.0	0.0-0.0
30-44	7	0.0	0.0-0.0	11	0.0	0.0-0.0	18	0.0	0.0-0.0
45-69	28	14.4	0.0-33.5	55	1.6	0.0-3.7	83	7.7	0.0-16.5
15-69	35	10.6	0.0-25.2	67	1.2	0.0-2.8	102	5.8	0.0-12.4

Analysis Information:

Questions used: H6, H7a, H10, H11

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

History of Raised Total Cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all respondents.

Instrument questions:

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

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

Have you been told in the past 12 months?

Total cholesterol measurement and diagnosis									
	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	524	99.3	98.5-100.0	0.7	0.0-1.5	0.0	0.0-0.0	0.0	0.0-0.0
30-44	306	97.0	94.8-99.2	1.6	0.3-2.9	0.2	0.0-0.6	1.2	0.0-3.0
45-69	307	95.4	92.4-98.5	2.5	0.4-4.6	0.5	0.0-1.1	1.6	0.0-3.8
15-69	1137	98.1	97.2-99.0	1.2	0.5-1.9	0.1	0.0-0.3	0.6	0.0-1.1

Total cholesterol measurement and diagnosis									
	Women								
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
15-29	817	99.2	98.0-100.0	0.8	0.0-2.0	0.0	0.0-0.0	0.0	0.0-0.0
30-44	644	97.7	96.4-99.1	1.2	0.2-2.3	0.9	0.0-1.8	0.1	0.0-0.4
45-69	680	95.4	92.4-98.5	3.1	0.8-5.4	0.1	0.0-0.3	1.3	0.0-2.8
15-69	2141	98.1	97.1-99.0	1.4	0.6-2.2	0.3	0.0-0.5	0.3	0.0-0.6

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	1341	99.2	98.5-100.0	0.8	0.0-1.5	0.0	0.0-0.0	0.0	0.0-0.0
30-44	950	97.4	96.2-98.6	1.4	0.5-2.2	0.6	0.1-1.1	0.6	0.0-1.3
45-69	987	95.4	93.1-97.7	2.8	1.2-4.5	0.3	0.0-0.6	1.5	0.1-2.8
15-69	3278	98.1	97.4-98.7	1.3	0.8-1.8	0.2	0.1-0.3	0.4	0.1-0.7

Analysis Information:

Questions used: H12, H13a, H13b

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

Cholesterol treatment among those diagnosed

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol.

Instrument questions:

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

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

In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-29	0	-	-	0	-	-	0	-	-
30-44	3	31.5	0.0-100.0	7	9.0	0.0-29.0	10	20.1	0.0-51.6
45-69	5	61.7	0.0-100.0	7	45.9	0.0-100.0	12	54.3	11.8-96.9
15-69	8	47.8	0.0-100.0	14	27.4	0.0-68.0	22	37.8	3.6-72.1

Analysis Information:

Questions used: H12, H13a, H14

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

Cholesterol advice by traditional healer

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

Instrument questions:

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

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

Have you ever seen a traditional healer for raised cholesterol?

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

Seen a traditional healer for raised cholesterol among those previously diagnosed									
	Men			Women			Both Sexes		
Age Group (years)	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
15-29	0	-	-	0	-	-	0	-	-
30-44	3	54.8	0.0-100.0	7	0.0	-	10	26.9	0.0-71.3
45-69	5	0.0	0.0-0.0	7	0.0	-	12	0.0	0.0-0.0
15-69	8	25.3	0.0-100.0	14	0.0	-	22	13.0	0.0-41.3

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed									
	Men			Women			Both Sexes		
Age Group (years)	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
15-29	0	0.0	-	0	-	-	0	-	-
30-44	3	0.0	-	7	7.7	0.0-24.9	10	3.9	0.0-12.9
45-69	5	0.0	-	7	42.9	0.0-100.0	12	20.1	0.0-58.5
15-69	8	0.0	-	14	25.2	0.0-56.4	22	12.3	0.0-32.5

Analysis Information:

Questions used: H12, H13a, H15, H16

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

History of Cardiovascular Diseases

History of cardio-vascular diseases

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

Instrument questions:

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

Having ever had a heart attack or chest pain from heart disease or a stroke									
Age Group (years)	Men			Women			Both Sexes		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
15-29	524	2.4	0.7-4.0	817	2.7	1.3-4.1	1341	2.5	1.4-3.7
30-44	306	5.2	0.1-10.2	644	6.8	4.0-9.5	950	6.1	3.4-8.8
45-69	307	5.5	1.5-9.6	680	9.5	3.9-15.1	987	7.8	4.4-11.2
15-69	1137	3.6	2.0-5.2	2141	5.1	3.5-6.8	3278	4.4	3.1-5.7

Analysis Information:

Question used: H17

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

Prevention and treatment of heart disease

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

Instrument questions:

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

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

Currently taking aspirin regularly to prevent or treat heart disease									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
15-29	524	0.5	0.0-1.5	817	0.1	0.0-0.2	1341	0.3	0.0-0.7
30-44	306	0.0	0.0-0.0	644	0.3	0.0-0.9	950	0.2	0.0-0.6
45-69	307	2.8	0.2-5.4	680	4.3	1.1-7.6	987	3.6	1.6-5.7
15-69	1137	0.8	0.1-1.5	2141	1.0	0.3-1.6	3278	0.9	0.4-1.4

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	524	0.0	0.0-0.0	817	0.1	0.0-0.2	1341	0.0	0.0-0.1
30-44	306	0.0	0.0-0.0	644	0.0	0.0-0.0	950	0.0	0.0-0.0
45-69	307	0.7	0.0-2.2	680	0.4	0.0-0.8	987	0.5	0.0-1.2
15-69	1137	0.1	0.0-0.4	2141	0.1	0.0-0.2	3278	0.1	0.0-0.3

Analysis Information:

Questions used: H18, H19

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

Lifestyle Advice

Lifestyle advice

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

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

Advised by doctor or health worker to quit using tobacco or don't start

Age Group (years)	Men			Women			Both Sexes		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
15-29	524	34.5	29.3-39.6	817	35.4	29.0-41.7	1341	34.9	30.3-39.6
30-44	306	38.8	31.3-46.2	644	37.0	31.1-42.9	950	37.7	33.4-42.0
45-69	307	38.7	30.1-47.3	680	33.7	28.5-39.0	987	35.9	30.4-41.5
15-69	1137	36.2	31.6-40.8	2141	35.5	30.9-40.0	3278	35.8	31.9-39.7

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	524	32.6	27.4-37.7	817	40.2	35.5-44.9	1341	36.5	32.5-40.5
30-44	306	44.4	37.8-51.0	644	50.9	43.7-58.1	950	48.2	43.0-53.5
45-69	307	53.7	44.9-62.5	680	59.3	54.0-64.5	987	56.8	51.9-61.7
15-69	1137	39.0	34.6-43.5	2141	46.8	43.0-50.6	3278	43.2	39.7-46.8

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	524	49.8	43.9-55.8	817	55.0	48.8-61.2	1341	52.5	47.4-57.6
30-44	306	54.0	47.1-60.8	644	60.7	55.3-66.0	950	57.9	53.7-62.2
45-69	307	59.7	51.4-67.9	680	57.3	52.1-62.5	987	58.4	53.0-63.7
15-69	1137	52.5	47.9-57.1	2141	57.0	52.2-61.8	3278	54.9	50.9-59.0

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	524	44.7	38.7-50.7	817	51.4	45.6-57.3	1341	48.2	43.3-53.0
30-44	306	53.7	47.6-59.8	644	58.3	52.5-64.1	950	56.4	52.0-60.7
45-69	307	62.2	54.3-70.1	680	61.7	56.7-66.6	987	61.9	57.3-66.5
15-69	1137	49.9	45.0-54.7	2141	55.3	50.9-59.6	3278	52.8	48.9-56.7

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	524	47.9	42.0-53.8	817	53.1	46.4-59.8	1341	50.6	45.3-55.9
30-44	306	58.1	51.7-64.5	644	54.4	48.5-60.2	950	55.9	51.5-60.3
45-69	307	58.6	50.2-67.0	680	53.9	49.1-58.8	987	56.0	51.0-61.0
15-69	1137	52.1	47.2-57.0	2141	53.6	48.7-58.6	3278	52.9	48.7-57.2

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	524	36.7	31.1-42.3	817	43.3	36.5-50.0	1341	40.1	34.7-45.4
30-44	306	47.1	40.1-54.2	644	45.8	40.5-51.0	950	46.3	41.8-50.8
45-69	307	48.0	39.2-56.9	680	45.4	39.9-51.0	987	46.6	41.8-51.4
15-69	1137	41.1	36.1-46.0	2141	44.4	39.9-48.9	3278	42.9	38.7-47.0

Analysis Information:

Questions used: H20a-f

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

Cervical Cancer Screening

Cervical cancer screening

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

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

Age Group (years)	Women		
	n	% ever tested	95% CI
15-29	817	8.3	6.2-10.5
30-44	643	21.1	17.0-25.2
45-69	677	16.4	12.5-20.3
15-69	2137	13.4	11.4-15.3

Analysis Information:
Question used: CX1
Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Cervical cancer screening among women aged 30-44 years

Description: Percentage of female respondents aged 30-44 years who have ever had a screening test for cervical cancer among all female respondents aged 30-44 years.

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

Age Group (years)	Women		
	n	% ever tested	95% CI
30-44	823	21.7	18.2-25.3

Analysis Information:
Question used: CX1
Epi Info program name: Hcervcancer (unweighted); HcervcancerWT (weighted)

Physical Measurements

Blood pressure

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

Instrument question:
Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	510	123.8	122.5-125.1	799	115.3	114.0-116.6	1309	119.4	118.4-120.4
30-44	303	124.1	122.0-126.1	617	122.4	120.8-124.0	920	123.1	121.8-124.5
45-69	299	135.8	132.4-139.3	657	141.8	137.9-145.7	956	139.2	136.4-141.9
15-69	1112	126.0	124.9-127.1	2073	122.3	121.2-123.3	3185	124.0	123.2-124.8

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	510	75.5	74.3-76.7	799	76.7	75.8-77.6	1309	76.1	75.3-76.9
30-44	303	81.0	79.1-82.8	617	82.7	81.6-83.8	920	82.0	80.9-83.0
45-69	299	84.6	82.2-86.9	657	89.5	87.7-91.2	956	87.3	85.8-88.8
15-69	1112	78.4	77.4-79.3	2073	80.7	80.0-81.5	3185	79.7	79.1-80.2

Analysis Information:

Questions used: M4a, M4b, M5a, M5b, M6a, M6b
Epi Info program name: Mbloodpressure (unweighted); MbloodpressureWT (weighted)

Raised blood pressure

Description: Percentage of respondents with raised blood pressure.

Instrument question:

Reading 1-3 systolic and diastolic blood pressure

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

SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	504	15.6	11.6-19.6	785	9.8	7.4-12.3	1289	12.6	10.4-14.9
30-44	301	23.6	16.8-30.4	583	24.6	20.0-29.1	884	24.1	19.8-28.5
45-69	263	34.8	26.1-43.6	509	50.5	45.5-55.6	772	43.0	37.9-48.1
15-69	1068	20.5	17.1-24.0	1877	20.2	18.0-22.4	2945	20.4	18.3-22.4

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	510	16.1	12.1-20.1	799	11.6	9.0-14.2	1309	13.8	11.4-16.1
30-44	303	24.4	17.3-31.4	617	28.5	23.9-33.1	920	26.7	22.3-31.2
45-69	299	43.4	34.7-52.0	659	62.7	58.6-66.8	958	54.1	49.5-58.8
15-69	1112	22.9	19.3-26.5	2075	25.9	23.7-28.2	3187	24.5	22.5-26.6

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	504	2.7	0.8-4.5	785	2.0	0.7-3.3	1289	2.3	1.2-3.4
30-44	301	5.9	2.4-9.5	583	8.2	5.5-10.8	884	7.2	4.8-9.6
45-69	263	15.7	9.6-21.9	509	22.6	16.6-28.7	772	19.3	14.5-24.2
15-69	1068	5.5	3.9-7.2	1877	6.9	5.4-8.4	2945	6.3	5.0-7.5

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	510	3.3	1.3-5.2	799	3.9	2.1-5.7	1309	3.6	2.2-5.0
30-44	303	6.9	2.5-11.4	617	12.9	9.8-16.0	920	10.4	7.4-13.3
45-69	299	26.8	19.8-33.8	659	41.7	36.7-46.7	958	35.1	30.3-39.9
15-69	1112	8.3	6.2-10.4	2075	13.6	11.8-15.3	3187	11.2	9.7-12.7

Analysis Information:

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

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

Treatment and control of raised blood pressure

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

Instrument questions:

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

Reading 1-3 systolic and diastolic blood pressure

Respondents with treated and/or controlled raised blood pressure							
	Men						
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
15-29	81	3.9	0.0-7.8	0.0	0.0-0.0	96.1	92.2-100.0
30-44	79	4.4	0.0-10.2	0.0	0.0-0.0	95.6	89.8-100.0
45-69	125	9.0	2.8-15.2	21.2	12.5-30.0	69.8	60.1-79.5
15-69	285	5.7	2.8-8.7	7.2	4.0-10.5	87.0	82.6-91.5

Respondents with treated and/or controlled raised blood pressure							
	Women						
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
15-29	90	14.3	4.3-24.4	2.6	0.0-5.4	83.1	72.9-93.3
30-44	183	7.4	3.0-11.8	10.7	4.9-16.5	81.9	75.0-88.7
45-69	401	9.2	4.3-14.2	29.2	23.7-34.7	61.6	55.5-67.7
15-69	674	10.0	6.3-13.6	17.3	14.2-20.3	72.8	68.3-77.2

Respondents with treated and/or controlled raised blood pressure							
	Both Sexes						
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
15-29	171	8.4	3.2-13.7	1.1	0.0-2.3	90.5	84.8-96.1
30-44	262	6.3	2.8-9.7	6.6	2.9-10.2	87.2	82.5-91.9
45-69	526	9.2	5.3-13.0	26.3	21.3-31.4	64.5	59.2-69.9
15-69	959	8.1	5.7-10.6	12.9	10.5-15.4	78.9	75.4-82.5

Analysis Information:

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

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

Mean heart rate

Description: Mean heart rate (beats per minute).

Instrument question:
Reading 1-3 heart rate

Mean heart rate (beats per minute)									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
15-29	510	68.3	67.2-69.5	799	80.1	78.9-81.3	1309	74.4	73.2-75.7
30-44	303	69.8	68.2-71.4	618	77.9	76.7-79.1	921	74.5	73.4-75.5
45-69	300	73.0	71.1-74.8	658	75.7	74.6-76.9	958	74.5	73.4-75.6
15-69	1113	69.5	68.7-70.4	2075	78.7	77.9-79.4	3188	74.4	73.7-75.2

Analysis Information:

Questions used: M16a, M16b, M16c

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

Height, weight and BMI

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

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

Mean height (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	509	167.9	167.1-168.8	738	158.9	158.3-159.5
30-44	302	170.5	169.0-171.9	592	159.5	158.7-160.4
45-69	296	167.4	165.4-169.3	663	157.9	157.1-158.6
15-69	1107	168.4	167.6-169.2	1993	158.9	158.4-159.3

Mean weight (kg)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	507	62.4	61.3-63.5	737	63.5	62.3-64.7
30-44	301	71.4	69.1-73.7	587	75.4	72.5-78.4
45-69	296	74.8	70.2-79.4	658	77.0	74.0-80.0
15-69	1104	66.7	65.4-67.9	1982	69.4	68.4-70.4

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	506	22.1	21.8-22.5	726	25.3	24.8-25.7	1232	23.7	23.4-24.0
30-44	297	24.8	24.0-25.7	583	29.5	28.6-30.4	880	27.5	26.9-28.1
45-69	295	26.6	24.3-28.9	652	30.8	29.7-31.9	947	29.0	28.1-29.8
15-69	1098	23.5	23.0-24.1	1961	27.6	27.2-27.9	3059	25.7	25.3-26.0

Analysis Information:

Questions used: M8, M11, M12
Epi Info program name: Mbmi (unweighted); MbmiWT (weighted)

BMI categories

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

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

BMI classifications									
	Men								
Age Group (years)	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	506	4.9	2.6-7.3	81.0	76.8-85.1	10.9	7.8-14.1	3.2	1.4-4.9
30-44	297	3.0	1.0-4.9	58.5	49.7-67.2	24.3	17.4-31.3	14.2	9.5-19.0
45-69	295	5.6	2.8-8.4	44.4	35.7-53.1	29.1	22.5-35.8	20.8	10.8-30.8
15-69	1098	4.6	3.0-6.3	69.3	65.6-73.1	17.2	14.4-20.1	8.8	6.5-11.2

BMI classifications									
	Women								
Age Group (years)	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	726	2.0	0.8-3.2	51.6	46.5-56.7	29.3	25.0-33.7	17.0	13.0-21.0
30-44	583	1.5	0.3-2.6	24.9	20.7-29.1	30.1	25.0-35.3	43.5	37.1-50.0
45-69	652	2.7	1.2-4.1	21.2	16.2-26.2	26.2	22.0-30.4	49.9	43.3-56.6
15-69	1961	2.0	1.2-2.8	38.2	35.0-41.3	28.9	26.2-31.7	30.9	28.4-33.5

BMI classifications									
	Both Sexes								
Age Group (years)	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	1232	3.5	2.1-4.8	66.4	62.9-70.0	20.1	17.3-22.8	10.0	7.8-12.3
30-44	880	2.1	1.1-3.1	39.2	35.0-43.5	27.7	23.2-32.2	31.0	26.9-35.1
45-69	947	4.0	2.4-5.5	31.5	27.3-35.6	27.5	24.0-31.0	37.1	32.8-41.3
15-69	3059	3.2	2.3-4.2	52.9	50.5-55.4	23.4	21.4-25.4	20.5	18.4-22.6

Analysis Information:

Questions used: M8, M11, M12

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

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

Instrument questions:

For women: Are you pregnant?

Height

Weight

BMI≥25									
Age Group (years)	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
15-29	506	14.1	10.6-17.6	726	46.4	41.6-51.2	1232	30.1	26.7-33.4
30-44	297	38.6	30.0-47.2	583	73.6	69.3-77.9	880	58.7	54.5-62.8
45-69	295	50.0	41.3-58.7	652	76.2	71.1-81.2	947	64.6	60.3-68.9
15-69	1098	26.0	22.7-29.4	1961	59.9	56.7-63.0	3059	43.8	41.4-46.3

Analysis Information:

Questions used: M8, M11 , M12

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

Waist circumference

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

Instrument questions:
For women: Are you pregnant?
Waist circumference measurement

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	507	74.9	74.1-75.7	736	79.9	78.9-80.9
30-44	300	83.5	81.5-85.5	594	91.3	88.8-93.9
45-69	296	89.2	86.1-92.3	663	97.6	94.8-100.3
15-69	1103	79.4	78.4-80.4	1993	86.6	85.7-87.5

Analysis Information:
Questions used: M8, M14
Epi Info program name: Mwaist (unweighted); MwaistWT (weighted)

Hip circumference

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

Instrument questions:
For women: Are you pregnant?
Hip circumference measurement

Hip circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	507	91.7	90.5-92.9	736	101.2	100.1-102.2
30-44	300	97.7	95.8-99.6	594	109.2	107.3-111.1
45-69	296	100.1	95.7-104.5	663	110.7	107.8-113.6
15-69	1103	94.6	93.4-95.8	1993	105.3	104.5-106.2

Analysis Information:
Questions used: M8, M15
Epi Info program name: Mhip (unweighted); MhipWT (weighted)

Waist / hip ratio

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

Instrument questions:
For women: Are you pregnant?
Waist circumference measurement
Hip circumference measurement

Mean waist / hip ratio						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-29	507	0.8	0.8-0.8	736	0.8	0.8-0.8
30-44	300	0.9	0.8-0.9	594	0.8	0.8-0.9
45-69	296	0.9	0.9-0.9	663	0.9	0.9-0.9
15-69	1103	0.8	0.8-0.8	1993	0.8	0.8-0.8

Analysis Information:

Questions used: M8, M14, M15
Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted)

Biochemical Measurements

Mean fasting blood glucose

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

Instrument questions:

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

Blood glucose measurement

Mean fasting blood glucose (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	460	4.7	4.6-4.8	686	4.9	4.8-5.1	1146	4.8	4.7-5.0
30-44	267	5.0	4.8-5.2	567	5.2	5.0-5.5	834	5.1	5.0-5.3
45-69	289	5.5	5.3-5.7	623	5.9	5.6-6.2	912	5.7	5.5-5.9
15-69	1016	4.9	4.8-5.0	1876	5.2	5.0-5.4	2892	5.1	5.0-5.2

Mean fasting blood glucose (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	460	84.8	82.7-86.9	686	89.1	85.8-92.5	1146	87.0	84.9-89.2
30-44	267	90.2	87.1-93.3	567	94.5	90.6-98.4	834	92.7	89.8-95.6
45-69	289	99.1	94.8-103.3	623	106.3	101.3-111.3	912	103.1	99.9-106.4
15-69	1016	88.5	86.8-90.2	1876	93.8	90.9-96.7	2892	91.4	89.4-93.4

Analysis Information:

Questions used: B1, B5

Epi Info program name:

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

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

Raised blood glucose

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

Instrument questions:

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

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

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

Blood glucose measurement

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

Impaired Fasting Glycaemia*									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	460	8.6	5.4-11.7	686	8.8	6.2-11.4	1146	8.7	6.7-10.7
30-44	267	8.8	4.7-13.0	567	9.1	6.2-12.0	834	9.0	6.3-11.7
45-69	289	13.5	8.9-18.0	623	15.1	11.2-19.0	912	14.4	11.5-17.3
15-69	1016	9.5	7.1-11.8	1876	10.1	8.1-12.0	2892	9.8	8.2-11.4

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	460	7.0	4.2-9.8	686	12.9	7.6-18.2	1146	10.0	6.8-13.2
30-44	267	14.8	8.7-20.9	567	16.3	11.3-21.3	834	15.7	11.1-20.3
45-69	289	21.6	16.4-26.9	623	28.2	19.8-36.6	912	25.4	19.9-30.8
15-69	1016	11.3	8.9-13.7	1876	16.7	11.5-21.9	2892	14.2	10.8-17.7

Currently on medication for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	567	0.1	0.0-0.3	876	0.2	0.0-0.5	1443	0.2	0.0-0.3
30-44	325	1.7	0.0-4.3	688	1.2	0.3-2.1	1013	1.4	0.2-2.6
45-69	338	8.4	4.6-12.1	740	6.7	4.0-9.3	1078	7.4	5.0-9.8
15-69	1230	1.9	1.0-2.8	2304	1.7	1.1-2.2	3534	1.8	1.2-2.3

* Impaired fasting glycaemia is defined as either

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

** Raised blood glucose is defined as either

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

Analysis Information:

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

Epi Info program name:

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

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

Total cholesterol

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

Instrument question:
Total cholesterol measurement

Mean total cholesterol (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	474	3.2	3.1-3.3	705	3.6	3.5-3.7	1179	3.4	3.3-3.5
30-44	273	3.7	3.5-3.8	580	4.0	3.9-4.1	853	3.9	3.8-4.0
45-69	297	4.0	3.9-4.2	645	4.6	4.4-4.7	942	4.3	4.2-4.4
15-69	1044	3.5	3.4-3.5	1930	3.9	3.8-4.0	2974	3.7	3.6-3.7

Mean total cholesterol (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	474	124.2	120.3-128.1	705	138.8	136.0-141.7	1179	131.7	129.2-134.2
30-44	273	141.9	136.2-147.7	580	154.4	149.2-159.6	853	149.2	145.2-153.1
45-69	297	155.4	150.1-160.8	645	176.2	171.1-181.4	942	167.1	163.1-171.2
15-69	1044	133.7	130.7-136.7	1930	150.2	147.4-153.0	2974	142.6	140.4-144.8

Analysis Information:

Questions used: B8

Epi Info program name:

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

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

Raised total cholesterol

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

Instrument questions:

Total cholesterol measurement

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

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-29	474	3.1	1.3-5.0	705	8.0	5.4-10.6	1179	5.6	4.1-7.2
30-44	273	8.4	3.4-13.3	580	14.8	10.9-18.7	853	12.1	9.3-14.8
45-69	297	15.2	9.7-20.7	645	33.4	27.9-38.9	942	25.5	20.9-30.0
15-69	1044	6.4	4.6-8.3	1930	14.7	12.4-16.9	2974	10.9	9.4-12.3

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	474	1.6	0.2-3.0	705	0.7	0.2-1.3	1179	1.1	0.4-1.9
30-44	273	1.6	0.0-3.6	580	4.1	1.9-6.2	853	3.0	1.5-4.6
45-69	297	2.3	0.4-4.1	645	8.0	5.6-10.4	942	5.5	3.8-7.2
15-69	1044	1.7	0.7-2.7	1930	3.0	2.1-3.9	2974	2.4	1.8-3.1

Analysis Information:

Questions used: B8, B9

Epi Info program name:

measurement in mmol/L: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

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

High density lipoprotein (HDL)

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

Instrument question:
HDL cholesterol measurement

Mean HDL (mmol/L)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	478	1.1	1.1-1.1	720	1.2	1.2-1.3	1198	1.2	1.1-1.2
30-44	277	1.2	1.1-1.2	584	1.3	1.3-1.4	861	1.2	1.2-1.3
45-69	299	1.3	1.2-1.4	651	1.3	1.2-1.4	950	1.3	1.3-1.4
15-69	1054	1.1	1.1-1.2	1955	1.3	1.2-1.3	3009	1.2	1.2-1.2

Mean HDL (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-29	478	42.5	41.0-44.1	720	47.4	45.9-48.9	1198	45.1	43.9-46.2
30-44	277	44.6	41.7-47.4	584	50.5	48.8-52.3	861	48.0	46.3-49.7
45-69	299	50.8	47.6-54.0	651	50.1	47.8-52.4	950	50.4	48.4-52.4
15-69	1054	44.4	43.0-45.8	1955	48.8	47.7-49.9	3009	46.8	45.9-47.7

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
15-29	478	45.1	39.5-50.7
30-44	277	47.0	39.8-54.2
45-69	299	34.3	27.0-41.6
15-69	1054	43.7	39.5-47.9

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
15-29	720	63.0	58.9-67.0
30-44	584	56.5	51.6-61.5
45-69	651	58.9	52.2-65.6
15-69	1955	60.5	57.6-63.3

Analysis Information:

Questions used: B16

Epi Info program name:

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

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

Cardiovascular disease risk

CVD risk of ≥30% or existing CVD

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

Instrument questions: combined from Step 1, 2 and 3

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

Percentage of respondents with a 10-year CVD risk ≥30% or with existing CVD									
Age Group (years)	**Men**			**Women**			**Both Sexes**		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	196	3.1	0.0-6.4	391	9.2	3.7-14.6	587	6.5	3.0-9.9
55-69	126	13.4	4.3-22.5	300	11.9	5.5-18.4	426	12.5	7.3-17.8
40-69	322	6.8	2.8-10.9	691	10.3	4.9-15.7	1013	8.8	5.1-12.5

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

Analysis Information:

Questions used: C1, C2, C3, T1, T8T10, T11a-c, H6, H7a, H17, M4a, M5a, M6a, M7, B1, B5, B8

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

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

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

Instrument questions: combined from Step 1, 2 and 3

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

Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	5	13.4	0.0-29.2	26	31.3	2.6-59.9	31	27.5	4.2-50.8
55-69	10	50.2	6.4-94.1	28	61.5	30.8-92.1	38	56.6	32.5-80.6
40-69	15	39.7	4.0-75.4	54	45.3	30.5-60.1	69	43.4	29.2-57.7

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

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

Analysis Information:

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

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

Summary of Combined Risk Factors

Summary of Combined Risk Factors

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

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

Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
	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
15-44	746	3.9	2.0-5.7	87.9	85.4-90.5	8.2	6.1-10.4
45-69	263	2.1	0.0-4.6	61.2	52.5-70.0	36.7	28.1-45.3
15-69	1009	3.6	2.0-5.1	83.2	80.8-85.7	13.2	10.8-15.6

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
15-44	1179	2.5	1.3-3.7	76.7	72.9-80.6	20.8	17.2-24.4
45-69	573	0.6	0.0-1.4	46.3	39.7-52.8	53.2	46.7-59.7
15-69	1752	2.1	1.1-3.1	70.8	67.1-74.4	27.1	23.6-30.6

Summary of Combined Risk Factors							
	Both Sexes						
Age Group (years)	N	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
15-44	1925	3.2	2.1-4.2	82.3	80.0-84.5	14.6	12.4-16.8
45-69	836	1.3	0.0-2.5	53.1	46.9-59.4	45.6	39.3-51.9
15-69	2761	2.8	1.9-3.7	76.8	74.6-79.1	20.3	18.0-22.6

Analysis Information:

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

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

Appendix D: Ethics clearance Certificate

Telegrams:
Telex:
Telephone: (+268 404 2431)
Fax: (+268 404 2092

MINISTRY OF HEALTH
P.O. BOX 5
MBABANE
SWAZILAND

THE KINGDOM OF SWAZILAND

TO: **Xolisile Dlamini**
Principal Investigator

DATE: 23rd September 2014

REF: MH/599

RE: NON COMMUNICABLE DISEASE AND RISK FACTORS SURVEY USING ESTEPS INSTRUMENT

The committee thanks you for your submission to the Swaziland Scientific and Ethics Committee, an Expedited review was conducted.

In view of the importance of the evaluation and the fact that the evaluation is in accordance with ethical and scientific standards, the committee therefore grants you authority to conduct the evaluation. You are requested to adhere to the specific topic and inform the committee through the chairperson of any changes that might occur in the duration of the evaluation which are not in this present arrangement.

The committee requests that you ensure that you submit the findings of this evaluation **(Electronic and hard copy) and the data set** to the Secretariat of the SEC committee.

The committee further requests that you add the SEC Secretariat as a point of contact if there are any questions about the evaluation on 24047712/24045469.

The committee wishes you the best and is eagerly awaiting findings of the study to inform proper planning and programming to use for analysis

Sincerely,

Dr S.M.Zwane
PRINCIPAL SECRETARY
(THE CHAIRMAN)
cc: SEC members

Consent Form 1 (Steps 1 and 2)

Title of Study: STEPS
Principal Investigator: Mrs Xolisile Dlamini

Dear Participant,

Random selection

The Ministry of Health in collaboration with the World Health Organization (WHO) is conducting a survey for people age 15—69 years on health issues. You have been randomly selected to be part of this survey and this is why we would like to interview you. This survey will be carried out by professional interviewers from the Ministry of Health. This survey is currently taking place in several countries around the world.

Confidentiality

The information you provide is totally confidential and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed, and only a code will be used to connect your name and your answers without identifying you. You may be contacted by the survey team again only if it is necessary to complete the information on the survey.

Voluntary participation

Your participation is voluntary and you can withdraw from the survey after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this survey you may ask me or contact who is working for the Ministry of Health Mrs. Xolisile Dlamini (76040177).

Consent to participate

Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures

I hereby provide INFORMED CONSENT to take part in Steps 1 and 2 of the Risk Factors Study.

Name: Sign:

Witness: Sign:

Consent Form 2 (Step 3)

Title of Study: STEPS
Principal Investigator: Mrs Xolisile Dlamini

Dear Participant

Random selection

The Ministry of Health in collaboration with the World Health Organization (WHO) is conducting a survey for people age 15—69 years on health issues. You have been randomly selected to be part of this survey and this is why we would like to interview you. This survey will be carried out by professional interviewers from the Ministry of Health. This survey is currently taking place in several countries around the world.

Confidentiality

The information you provide is totally confidential and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed, and only a code will be used to connect your name and your answers without identifying you. You may be contacted by the Survey Team again only if it is necessary to complete the information on the survey.

Voluntary participation

Your participation is voluntary and you can withdraw from the survey after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this survey you may ask me in the Ministry of Health Mrs. Xolisile Dlamini (76040177).

What's involved

You will be asked to collect a urine sample to be tested for salt, and you will have a small amount of blood taken from the tip of your finger to be tested for sugar and fat. This may cause some mild pain. You will be informed about the results of the test with your blood sample.

Consent to participate

Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures

I hereby provide INFORMED CONSENT to take part in Step 3 of the Risk Factor Study.

Name: _____ Sign: _____

Witness: _____ Sign: _____