



Jordan STEPS Survey 2019

Fact Sheet - Jordanians and Syrians

The STEPS survey of noncommunicable diseases (NCDs) risk factors in Jordan was carried out from 7 July to 13 September 2019. Jordan carried out Step 1, Step 2 and Step 3. Socio-demographic and behavioral information were collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adult Jordanians and Syrians aged 18–69 years old. A multistage cluster sampling design was used to produce representative data for that age range in Jordan. A total of 5713 adults participated in the survey. The response rates were [STEPS 1, 2 and 3; 95%, 93%, 63%, respectively]. A repeat survey is planned for the year 2024 – 25 if funds permit.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Tobacco Use¹			
Percentage who currently smoke tobacco ² (daily and non-daily)	41.0% (38.8-43.2)	65.3% (62.3–68.2)	16.4% (14.2-18.6)
Percentage who currently smoke tobacco daily	34.6% (32.4-36.7)	58.0% (54.9-61.1)	10.8% (9.1-12.5)
For those who smoke tobacco daily			
Average age started smoking (years) ³	18.2 (18.3-19.1)	17.1 (-)	23.9 (-)
Percentage of daily smokers smoking manufactured cigarettes	88.8% (86.5-91.1)	90.6% (88.2-93.0)	78.7% (71.4-85.9)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	21.1 (20.2-22.0)	22.6 (-)	13.0 (-)
STEP 1 Electronic Cigarettes and other Vaping Devices Use^{1,4}			
Percentage who currently use e-cigarettes or other vaping devices (daily and non-daily)	9.2% (-)	15.0% (-)	2.4% (-)
Percentage who currently use e-cigarettes or other vaping devices daily	3.9% (2.7-5.1)	6.4% (4.4-8.5)	0.9% (0.1-1.7)
Percentage who currently use e-cigarettes or other vaping devices non-daily	5.3% (4.2-6.4)	8.6% (6.7-10.4)	1.5% (0.8-2.2)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	94.5% (93.5-95.5)	89.4% (87.5-91.3)	99.7% (99.5-100.0)
Percentage who are past 12 months abstainers	3.5% (2.7-4.4)	1.0% (0.4-1.7)	0.1% (0.0-0.2)
Percentage who currently drink (drank alcohol in the past 30 days)	1.4% (0.8-1.9)	2.6% (1.6-3.7)	0.1% (0-0.3)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.6% (0.3-0.9)	1.2% (0.6-1.8)	0.0% (0.0-0.1)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Diet			
Mean number of days fruits consumed in a typical week	3.2 (3.1-3.3)	3.2 (3.1-3.4)	3.1 (3.0-3.3)
Mean number of servings of fruits consumed on average per day	1.0 (0.9-1.0)	1.0 (0.9-1.1)	0.9 (0.9-1.0)
Mean number of days vegetables consumed in a typical week	6.0 (5.9-6.1)	6.0 (5.9-6.1)	6.0 (5.9-6.1)
Mean number of servings of vegetables consumed on average per day	2.1 (2.0-2.1)	2.0 (1.9-2.1)	2.1 (2.0-2.2)
Percentage who ate less than five servings of fruits and/or vegetables on average per day	84.4% (82.9-85.9)	84.4% (82.2-86.6)	84.3% (82.3-86.4)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	30.6% (28.4-32.7)	29.4% (26.4-32.5)	31.7% (28.9-34.4)
Percentage who always or often eat processed foods high in salt	33.4% (31.4-35.4)	32.1% (29.2-35.1)	34.7% (32.1-37.4)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as <150 minutes of moderate-intensity activity per week, or equivalent)*	25.2% (23.4-27.0)	26.2% (23.4-28.9)	24.2% (21.9-26.6)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	90.0 (20.0-210.0)	85.7 (17.1-274.3)	90.0 (21.4-182.1)
Percentage not engaging in vigorous activity	76.2% (74.2-78.2)	63.0% (59.7-66.2)	89.4% (87.4-91.3)

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

¹ Potential underreporting among females, especially among younger ones, due to cultural and social context.

² Tobacco smoke includes manufactured cigarettes, hand-rolled cigarettes, shisha, pipe, and cigars.

³ 34.7% of adult Jordanian and Syrian current smokers indicated that they started smoking before the age of 16 years, whereas 65.3% indicated that they started smoking at the age of 16 years old and above. This is consistent with the high levels of smoking among minors from the Global Youth Tobacco Surveys (GYTS) conducted over the past years in Jordan and the Eastern Mediterranean Region.

⁴ There is no overlap between prevalence of tobacco smokers and e-cigarettes/vaping products users. These are two independent groups, which are only counted once.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer			11.8% (9.4-14.1)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Mental Health			
Prevalence of depression over the past 12 months	18.1% (16.5-19.7)	14.3% (12.2-16.4)	21.9% (19.7-24.1)
Percentage of those with depression over the past 12 months, who are receiving any therapy	6.5% (5.0-8.0)	7.2% (4.4-10.0)	6.2% (4.5-7.9)
Step 2 Physical Measurements			
Mean body mass index—BMI (kg/m ²)	27.5 (27.3-27.8)	26.3 (25.9-26.7)	28.8 (28.5-29.2)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	60.8% (58.7-62.9)	53.1% (49.7-56.6)	68.8% (66.3-71.3)
Percentage who are obese (BMI ≥ 30 kg/m ²)	32.1% (30.3-34.0)	24.2% (21.5-26.8)	40.4% (37.8-43.0)
Average waist circumference (cm)		91.1 (90.0-92.3)	89.6 (88.7-90.5)
Mean systolic blood pressure—SBP (mmHg), including those currently on medication for raised BP	116.2 (115.5-116.9)	120.6 (119.6-121.6)	111.9 (111.1-112.8)
Mean diastolic blood pressure—DBP (mmHg), including those currently on medication for raised BP	77.6 (77.2-78.1)	77.8 (77.1-78.5)	77.5 (76.9-78.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	22.1% (20.5-23.8)	22.3% (19.9-24.8)	21.9% (19.9-23.9)
Percentage with raised BP* who are not currently on medication for raised BP	47.8% (44.0-51.7)	56.6% (50.9-62.2)	38.9% (34.1-43.7)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.6 (4.5-4.7)	4.5 (4.4-4.6)	4.7 (4.6-4.8)
Percentage with impaired fasting glycaemia as defined below			
■ plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl).	6.1% (4.9-7.3)	5.5% (3.7-7.2)	6.7% (5.2-8.3)
■ capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl).			
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose			
■ plasma venous value ≥ 7.0 mmol/L (126 mg/dl).	7.9% (6.5-9.3)	8.6% (6.2-10.9)	7.2% (5.6-8.8)
■ capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl).			

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Percentage with raised fasting blood glucose (≥ 7 mmol/L [126 mg/dl]) or currently on medication for raised blood glucose (aged 45–69).	20.5% (17.2-23.8)	20.9% (15.8-26.0)	20.1% (16.0-24.2)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	3.7 (3.7-3.8)	3.5 (3.5–3.6)	3.9 (3.9-4.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	17.7% (15.8-19.7)	16.1% (13.2-19.1)	19.4% (16.8-21.9)
Mean intake of salt per day (in grams)	10.9 (10.6-11.2)	12.5 (12.0-12.9)	9.6 (9.3-9.9)

Cardiovascular Disease (CVD) Risk

Percentage aged 40–69 years with a 10-year CVD risk $\geq 30\%$, or with existing CVD**	24.5% (17.9-31.0)	32.4% (21.4-43.3)	16.6% (9.9-23.2)
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Summary of Combined Risk Factors

- Current daily smokers
- Less than five servings of fruits and vegetables per day
- Insufficient physical activity
- Overweight (BMI ≥ 25 kg/m²)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

Percentage with none of the above risk factors	2.2% (1.4-2.9)	3.0% (1.6-4.4)	1.3% (0.7-2.0)
Percentage with three or more of the above risk factors aged 18 to 44 years	32.8% (30.2-35.5)	39.7% (35.4-44.0)	25.7% (22.8-28.6)
Percentage with three or more of the above risk factors aged 45 to 69 years	63.4% (60.3-66.6)	70.7% (66.5-74.9)	56.2% (51.6-60.8)
Percentage with three or more of the above risk factors aged 18 to 69 years	41.0% (38.8-43.2)	47.9% (44.4-51.4)	34.0% (31.5-36.5)

* Those with SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP.

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

For additional information, please contact:

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Jordan STEPS Survey 2019

Fact Sheet - Jordanians only (18–69 years)

The STEPS survey of noncommunicable diseases (NCDs) risk factors in Jordan was carried out from 7 July-13 September 2019. Jordan carried out Step 1, Step 2 and Step 3. Socio-demographic and behavioural information were collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adult Jordanians and Syrians aged 18–69 years old. A multistage cluster sampling design was used to produce representative data for that age range in Jordan. The data presented in this fact sheet are for Jordanians only. A total of 2910 Jordanian adults participated in the survey. The overall response rates were [STEPS 1, 2 and 3; 97%, 92%, 58%, respectively]. A repeat survey is planned for the year 2024-25 if funds permit.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Tobacco Use¹			
Percentage who currently smoke tobacco ² (daily and non-daily)	42.0% (39.6-44.5)	66.1% (62.8-69.3)	17.4% (15.0-19.8)
Percentage who currently smoke tobacco daily	35.5% (33.1-37.9)	58.9% (55.4-62.3)	11.5% (9.6-13.5)
For those who smoke tobacco daily			
Average age started smoking (years) ³	18.2 (17.8-18.6)	17.1 (-)	24.0 (-)
Percentage of daily smokers smoking manufactured cigarettes	88.9% (86.4-91.3)	90.8% (88.2-93.4)	78.6% (70.9-86.2)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	21.3 (20.3-22.4)	22.9 (-)	13.0 (-)
STEP 1 Electronic Cigarettes and other Vaping Devices Use^{1,4}			
Percentage who currently use e-cigarettes or other vaping devices (daily and non-daily)	9.6% (-)	15.9% (-)	2.6% (-)
Percentage who currently use e-cigarettes or other vaping devices daily	4.1% (2.8-5.4)	6.9% (4.6-9.1)	1.0% (0.1- 1.8)
Percentage who currently use e-cigarettes or other vaping devices non-daily	5.5% (4.4-6.7)	9.0% (6.9-11.1)	1.6% (0.8-2.3)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	94.2% (93.0-95.3)	88.8% (86.7-90.9)	99.7% (99.4-100.0)
Percentage who are past 12 months abstainers	3.7% (2.8-4.6)	7.3% (5.5-9.0)	0.1% (0.0-0.2)
Percentage who currently drink (drank alcohol in the past 30 days)	1.5% (0.9-2.1)	2.9% (1.7-4.0)	0.1% (0.0-0.3)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.7% (0.3-1.0)	1.3% (0.6-2.0)	0.0% (0.0-0.1)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Diet			
Mean number of days fruits consumed in a typical week	3.4 (3.2-3.5)	3.4 (3.2-3.6)	3.3 (3.2-3.5)
Mean number of servings of fruits consumed on average per day	1.0 (1.0-1.1)	1.1 (1.0-1.1)	1.0 (0.9-1.1)
Mean number of days vegetables consumed in a typical week	6.0 (6.0-6.1)	6.0 (5.9-6.1)	6.1 (6.0-6.2)
Mean number of servings of vegetables consumed on average per day	2.1 (2.0-2.2)	2.1 (2.0-2.2)	2.1 (2.0-2.2)
Percentage who ate less than five servings of fruits and/or vegetables on average per day	83.4% (81.7-85.1)	83.6% (81.3-86.0)	83.2% (80.9-85.5)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	30.4% (28.0-32.8)	29.1% (25.7-32.4)	31.7% (28.7-34.8)
Percentage who always or often eat processed foods high in salt	34.4% (32.2-36.7)	32.7% (29.4-36.0)	36.2% (33.3-39.1)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as <150 minutes of moderate-intensity activity per week, or equivalent)*	25.7% (23.6-27.7)	26.8% (23.8-29.8)	24.5% (21.9-27.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	87.9 (19.3-205.7)	80.0 (17.1-257.1)	90.0 (20.0-182.9)
Percentage not engaging in vigorous activity	76.4% (74.2-78.7)	63.9% (60.4-67.5)	89.0% (86.8-91.2)

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

¹ Potential underreporting among females, especially among younger ones, due to cultural and social context.

² Tobacco smoke includes manufactured cigarettes, hand-rolled cigarettes, shisha, pipe, and cigars.

³ 34.7% of adult Jordanian and Syrian current smokers indicated that they started smoking before the age of 16 years, whereas 65.3% indicated that they started smoking at the age of 16 years old and above. This is consistent with the high levels of smoking among minors from the Global Youth Tobacco Surveys (GYTS) conducted over the past years in Jordan and the Eastern Mediterranean Region.

⁴ There is no overlap between prevalence of tobacco smokers and e-cigarettes/vaping products users. These are two independent groups, which are only counted once.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer			12.4% (9.7-15.1)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Mental Health			
Prevalence of depression over the past 12 months	17.7% (15.9-19.5)	13.8% (11.4-16.1)	21.7% (19.2-24.2)
Percentage of those with depression over the past 12 months, who are receiving any therapy	6.2% (3.6-8.9)	8.3% (2.5-14.0)	4.9% (2.5-7.3)
Step 2 Physical Measurements			
Mean body mass index—BMI (kg/m ²)	27.5 (27.2-27.8)	26.3 (25.9-26.7)	28.8 (28.4-29.2)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	60.7% (58.3-63.0)	53.0% (49.2-56.9)	68.6% (65.8-71.4)
Percentage who are obese (BMI ≥ 30 kg/m ²)	32.3% (30.2-34.4)	24.5% (21.5-27.5)	40.5% (37.6-43.4)
Average waist circumference (cm)		91.3 (90.0-92.6)	89.7 (88.7-90.7)
Mean systolic blood pressure—SBP (mmHg), including those currently on medication for raised BP	116.4 (115.7-117.2)	120.7 (119.6-121.8)	112.2 (111.2-113.2)
Mean diastolic blood pressure—DBP (mmHg), including those currently on medication for raised BP	77.6 (77.1-78.1)	77.8 (77.0-78.6)	77.5 (76.9-78.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	22.8% (21.0-24.6)	23.0% (20.3-25.7)	22.6% (20.3-24.9)
Percentage with raised BP* who are not currently on medication for raised BP	47.3% (43.0-51.5)	56.2% (50.0-62.4)	38.1% (32.8-43.4)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.6 (4.5-4.7)	4.5 (4.4-4.6)	4.7 (4.6-4.8)
Percentage with impaired fasting glycaemia as defined below			
■ plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl).	6.1% (4.7-7.4)	5.5 % (3.6-7.5)	6.6 % (4.9-8.3)
■ capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl).			
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose			
■ plasma venous value ≥ 7.0 mmol/L (126 mg/dl).	8.2% (6.7-9.8)	9.0% (6.4-11.6)	7.5% (5.7-9.3)
■ capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl).			

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Percentage with raised fasting blood glucose (≥ 7 mmol/L [126 mg/dl]) or currently on medication for raised blood glucose (aged 45–69).	20.5% (17.0-24.1)	21.2% (15.8-26.7)	19.8% (15.5-24.2)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	3.7 (3.7-3.8)	3.5 (3.5- 3.6)	3.9 (3.9-4.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	18.3% (16.1-20.4)	16.9% (13.6-20.1)	19.7% (16.8-22.6)
Mean intake of salt per day (in grams)	11.0 (10.7-11.4)	12.5 (12.0-13.0)	9.6 (9.3-9.9)

Cardiovascular Disease (CVD) Risk

Percentage aged 40–69 years with a 10-year CVD risk $\geq 30\%$, or with existing CVD**	24.4% (17.3-31.4)	32.4% (20.7-44.1)	16.1% (8.9-23.4)
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Summary of Combined Risk Factors

- Current daily smokers
- Less than five servings of fruits and vegetables per day
- Insufficient physical activity
- Overweight (BMI ≥ 25 kg/m²)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

Percentage with none of the above risk factors	2.3% (1.4-3.1)	3.2% (1.7-4.7)	1.3% (0.6-2.0)
Percentage with three or more of the above risk factors aged 18 to 44 years	33.3% (30.2-36.3)	40.3% (35.4-45.1)	26.0% (22.7-29.3)
Percentage with three or more of the above risk factors aged 45 to 69 years	63.2% (59.8-66.6)	70.8% (66.4-75.2)	55.7% (50.8-60.6)
Percentage with three or more of the above risk factors aged 18 to 69 years	41.7% (39.2-44.2)	48.7% (44.8-52.6)	34.5% (31.7-37.4)

* Those with SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP.

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

For additional information, please contact:

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Jordan STEPS Survey 2019

Fact Sheet - Syrians only (18–69 years)

The STEPS survey of noncommunicable diseases (NCDs) risk factors in Jordan was carried out from 7 July-13 September 2019. Jordan carried out Step 1, Step 2 and Step 3. Socio-demographic and behavioural information were collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adult Jordanians and Syrians aged 18–69 years old. A multistage cluster sampling design was used to produce representative data for that age range in Jordan. The data presented in this fact sheet are for Syrians only. A total of 2803 adult Syrians participated in the survey. The overall response rates were [STEPS 1, 2 and 3; 93%, 95%, 69%, respectively]. A repeat survey is planned for the years 2024-25 if funds permit.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Tobacco Use¹			
Percentage who currently smoke tobacco ² (daily and non-daily)	32.2% (29.8-34.7)	58.2% (54.2-62.2)	8.3% (6.9-9.7)
Percentage who currently smoke tobacco daily	26.9% (24.6-29.1)	50.6% (46.7-54.5)	5.0% (3.9-6.1)
For those who smoke tobacco daily			
Average age started smoking (years) ³	17.8 (17.3-18.2)	17.2 (16.7-17.6)	23.1 (-)
Percentage of daily smokers smoking manufactured cigarettes	87.8% (84.7-90.9)	88.6% (85.3-91.8)	80.9% (71.4-90.4)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	18.4 (17.3-19.4)	19.1 (17.9-20.2)	11.8 (-)
STEP 1 Electronic Cigarettes and other Vaping Devices Use^{1,4}			
Percentage who currently use e-cigarettes or other vaping devices (daily and non-daily)	4.9% (-)	7.6% (-)	1.0% (-)
Percentage who currently use e-cigarettes or other vaping devices daily	1.7% (0.9-2.4)	2.6% (1.3-3.8)	0.4% (0.0-0.8)
Percentage who currently use e-cigarettes or other vaping devices non-daily	3.2% (2.0-4.3)	5.0% (3.2-6.9)	0.6% (0.1-1.2)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	97.4% (96.6-98.3)	94.7% (93.0-96.4)	100.0% (99.9-100.0)
Percentage who are past 12 months abstainers	2.0% (1.3-2.7)	4.1% (2.6-5.7)	0.0% (0.0-0.0)
Percentage who currently drink (drank alcohol in the past 30 days)	0.3% (0.0-0.5)	0.5% (0.0-1.0)	0.0% (0.0-0.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.0% (0.0-0.1)	0.1% (0.0-0.2)	0.0% (0.0-0.0)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
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Step 1 Diet

Mean number of days fruits consumed in a typical week	1.8 (1.7-1.9)	2.0 (1.8-2.1)	1.5 (1.5-1.6)
Mean number of servings of fruits consumed on average per day	0.5 (0.4-0.5)	0.5 (0.5-0.6)	0.4 (0.3-0.4)
Mean number of days vegetables consumed in a typical week	5.5 (5.4-5.6)	5.7 (5.5-5.8)	5.4 (5.2-5.5)
Mean number of servings of vegetables consumed on average per day	1.7 (1.6-1.8)	1.8 (1.7-1.9)	1.6 (1.5-1.7)
Percentage who ate less than five servings of fruits and/or vegetables on average per day	92.4% (91.0-93.9)	91.1% (88.7-93.5)	93.7% (92.2-95.1)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	31.9% (29.6-34.2)	32.6% (29.2-36.1)	31.3% (28.5-34.0)
Percentage who always or often eat processed foods high in salt	25.0% (22.8-27.2)	27.2% (23.6-30.8)	23.0% (20.7-25.4)

Step 1 Physical Activity

Percentage with insufficient physical activity (defined as <150 minutes of moderate-intensity activity per week, or equivalent)*	21.2% (19.3-23.1)	20.5% (17.5-23.6)	21.8% (19.5-24.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	110.0 (30–248.6)	135.0 (30.0-372.9)	90.0 (25.7-180.0)
Percentage not engaging in vigorous activity	74.0% (71.5-76.5)	54.3% (50.0-58.5)	91.8% (90.3-93.4)

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

¹ Potential underreporting among females, especially among younger ones, due to cultural and social context.

² Tobacco smoke includes manufactured cigarettes, hand-rolled cigarettes, shisha, pipe, and cigars.

³ 34.7% of adult Jordanian and Syrian current smokers indicated that they started smoking before the age of 16 years, whereas 65.3% indicated that they started smoking at the age of 16 years old and above. This is consistent with the high levels of smoking among minors from the Global Youth Tobacco Surveys (GYTS) conducted over the past years in Jordan and the Eastern Mediterranean Region.

⁴ There is no overlap between prevalence of tobacco smokers and e-cigarettes/vaping products users. These are two independent groups, which are only counted once.

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
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Step 1 Cervical Cancer Screening

Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer			7.7% (5.8-9.7)
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Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Step 1 Mental Health			
Prevalence of depression over the past 12 months	21.3% (19.3-23.2)	18.9% (15.8-22.0)	23.5% (21.2-25.8)
Percentage of those with depression over the past 12 months, who are receiving any therapy	21.3% (19.3-23.2)	18.9% (15.8-22.0)	23.5% (21.2-25.8)
Step 2 Physical Measurements			
Mean body mass index—BMI (kg/m ²)	27.4 (27.1-27.7)	26.0 (25.5-26.4)	28.9 (28.5-29.3)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	62.2% (59.6-64.8)	54.1% (49.8-58.4)	70.1% (67.4-72.9)
Percentage who are obese (BMI ≥ 30 kg/m ²)	30.5% (28.3-32.7)	21.3% (17.9-24.6)	39.6% (36.9-42.3)
Average waist circumference (cm)		89.6 (88.4-90.8)	88.9 (87.9-89.8)
Mean systolic blood pressure—SBP (mmHg), including those currently on medication for raised BP	114.6 (113.9-115.3)	120.1 (119.0-121.1)	109.7 (108.9-110.5)
Mean diastolic blood pressure—DBP (mmHg), including those currently on medication for raised BP	77.5 (77.0-78.0)	77.9 (77.1-78.8)	77.1 (76.6-77.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	16.9% (15.2-18.5)	17.0% (14.2-19.7)	16.8% (14.8-18.8)
Percentage with raised BP* who are not currently on medication for raised BP	53.8% (49.0-58.6)	60.8% (53.2-68.5)	47.2% (40.8-53.7)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.4 (4.3-4.5)	4.2 (4.1-4.4)	4.5 (4.4-4.6)
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> ■ plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl). ■ capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl). 	6.6% (5.2–7.8)	4.8 % (2.9- 6.7)	8.0% (6.1-9.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> ■ plasma venous value ≥ 7.0 mmol/L (126 mg/dl). ■ capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl). 	6.1% (4.9 - 7.3)	6.1% (4.2- 8.0)	6.0% (4.7-7.3)

Results for Adults Aged 18–69 Years Old	Both Sexes (95% CI)	Males (95 % CI)	Females (95 % CI)
Percentage with raised fasting blood glucose (≥ 7 mmol/L [126 mg/dl]) or currently on medication for raised blood glucose (aged 45–69).	19.9% (15.8-24.1)	15.7% (10.2-21.2)	23.9% (18.0-29.8)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	3.7 (3.7-3.8)	3.5 (3.4-3.6)	3.9 (3.9-4.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	13.5% (11.7-15.3)	9.9% (7.2-12.7)	16.7% (14.4-19.1)
Mean intake of salt per day (in grams)	10.9 (10.6-11.3)	12.3 (11.7-12.9)	9.6 (9.4-9.8)

Cardiovascular Disease (CVD) Risk

Percentage aged 40–69 years with a 10-year CVD risk $\geq 30\%$, or with existing CVD**	25.9% (18.2-33.6)	31.6% (17.5-45.8)	21.5% (11.9-31.2)
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Summary of Combined Risk Factors

- Current daily smokers
- Less than five servings of fruits and vegetables per day
- Insufficient physical activity
- Overweight (BMI ≥ 25 kg/m²)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

Percentage with none of the above risk factors	1.3% (0.7-1.9)	1.2% (0.3-2.1)	1.4% (0.6-2.3)
Percentage with three or more of the above risk factors aged 18 to 44 years	29.8% (27.2-32.4)	35.9% (31.4-40.5)	24.0% (21.3-26.6)
Percentage with three or more of the above risk factors aged 45 to 69 years	67.0% (62.6-71.4)	69.8% (62.7-76.8)	64.3% (58.7-69.8)
Percentage with three or more of the above risk factors aged 18 to 69 years	35.1% (32.8-37.5)	40.8% (36.6-44.9)	29.7% (27.3-32.2)

* Those with SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP.

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

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