



WHO STEPS

Islamic Republic of Iran

**Non - Communicable Diseases
Risk Factors Surveillance**

**DATA BOOK FOR
2007 (1386)**

IN THE NAME OF GOD

Iran

Non - Communicable Diseases Risk Factors Surveillance

Data Book For

2007

By:

Fereshteh Asgari, MD-MPH

Head of NCD Risk Factors Surveillance Office, Center for NCD Control & Management

Ali Mirzazadeh, MD-MPH

Administrative manager, Kerman physiology research center

Hamid Heidarian Miri, MSc

Expert of Risk Factors Surveillance Office, Center for NCD Control & Management

Supported By:

Dr. Hasan Aghajani, Head of Center for NCD Control & Management

Dr. Mehrdad Haghazali

Under Supervision of:

National NCD Risk Factors Surveillance Committee

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Foreword

With the changing lifestyle and dietary habits in the world, the Middle East region is expected to face one of the world's greatest increases in the non-communicable diseases (NCDs) burden and related risk factors over coming decades. Most of this increase is anticipated to affect the economically productive age of 45-64 year, although in most of developed countries it is in >65 years old.

The Islamic Republic of Iran is in the population transmutation and significant health states. PHC in Iran is a strong network of health care affairs with a proper coverage in rural areas, so that health improvement has been experienced on communicable diseases well controlled. Now non-communicable diseases burden is dominated as an important priorities in health promotion by considering urbanization and aging growing.

Iran has initiated some plans including new tobacco control legislation, injury control and safe dietary, health education campaigns to prevent NCDs added and a numbers of NCDs intervention programs to manage diabetes, cardiovascular diseases and cancer faces to NCDs burden. In this document the NCD risk factors (tobacco, diet, physical activity, body weight, blood pressure, blood glucose and lipids) in Iran, are presented. The results are based on a nation wide survey of over 30,000 Iranian aged 15-64 conducted in 2007.

The survey is part of global effort, stepwise approach to surveillance of Non Communicable Diseases (STEPs), to collect qualified information to public health plans. Until now it is the second round of completed 3 steps in Iran which can prepare a picture of risk factors of NCDs in different age groups.

The non-communicable risk factors surveillance office in center for non communicable diseases Control Cooperation with universities health deputies NCDs units' experts and health staffs and research centers, produced this report as a request by the world health organization for the ministry of health to monitor its current state of NCDs and related risk factors.

41 universities and faculties health staff played an essential role in planning and implementing this study. Their commitment is gratefully acknowledged. Also supporting by several thousand people whose taking part willingness in this study is very appreciated. This document will encourage further collaboration in continuing to collect qualify information that will help policy makers health planning and services in different parts of Iran. Now Iran has a strong network and structure of these groups with good quality of technical support and assistance to run the survey periodically and monitor the NCDs trends.

Dr. M. Vahid- Dastjerdi

Minister of Health and Medical Education

Chronic diseases are responsible for 60% deaths and 47% of global burden of diseases in the world in 2020. 80% of chronic disease deaths occur in low and middle income countries. The major risk factors are preventable and account for 80% of deaths from heart disease and stroke. Iran is the second most populous country in the Middle East region. From major groups of diseases and injuries, non-communicable diseases cause the most disease burden in Iran: 45% for males and 33% for females from all-causes total burden for both sexes. Obesity and overweight, arterial hypertension, inadequate physical activity, hypercholesterolemia, and addiction are the first 5 risk factors causing the highest proportion of burden: 68% of risk factor burden, 11% of total burden of disease, with 1.6 million DALYs altogether based on the Ministry of Health's Burden of Disease Study, 2003.

Implementing Systematic NCD common risk factors Surveillance via STEPs, the WHO recommended NCD surveillance tool, offers a common approach to defining core variables for surveys with the goal of achieving data comparability over time within and between countries. This tool offers an entry point to get started or improved in NCD activities and strengthen infrastructure for monitoring and evaluating of NCD control program and prepare a qualified supportive infrastructure for NCD preventive research.

National NCD risk factor surveillance system of Iran has been established since 2005 through which continuous large-scale surveillance surveys conducted to find out the existing situation of NCD risk factors in 15 to 64 year-old Iranian citizens and disseminating produced information and focuses on advocacy to capacity building for running three national policies; to counter low physical activity, unhealthy diet and smoking, by considering a national strategy which included all intra and extra sectoral coordination affaires. It is planned for subsequent and continues similar surveys to follow the trend of these risks and will hold up-to-date risk-factor data for each of the 30 provinces and country level trend.

This report presented the results of the third national Survey of Risk Factors of Non-Communicable Diseases (NCD-SuRF) of Iran, provided the demographic, anthropometric, behavioral and biochemical characteristics of a nationally representative sample of 30000 Iranians, aged 15-64. Summary profiles of available country and provincial level data will be updated continuously and published at regular intervals.

Dr. H. Emami Razavi
Deputy for Health- MOH

Introduction to the country



- *Geographical location: Asia; Middle East*
- *Neighbors: Afghanistan, Armenia, Azerbaijan, Iraq, Pakistan, Turkmenistan, Turkey*
- *Location: Middle East Region*
- *Size: 1648195 Sq Km.*
- *Population: 70495782 (1385 census), Second most populous country in the region*
- *Population annual average growth: 1.6%*
- *Population by age: 0-15 (25.1%), 15-65 (69.7%) 65 and over (5.2%).*
- *Urban population: 68%*
- *GDP: US\$114 billion*
- *3 common death causes: Accident, CVD, Cancers*

Executive Summary

Stepwise Non-communicable Diseases Risk Factors Survey in Iran (Iran – STEPs) is a surveillance tool recommended by WHO. Iran STEPs was planned as a nationwide system to all over the country in cooperation with 41 universities, to obtain a valid and continuous evidence to assist the effective affairs of prevention and control programs representative of 15-64 years old.

Objectives:

- To develop infrastructure for NCDs risk factor surveillance and strengthen the monitoring and evaluating of NCD control intervention program priorities.
- To provide national and provincial reliable and up- to- date information resources on risk factors to map prevalence, trend and distribution.
- To prepare a tool for evidence-based public health decision making with the ultimate aim of containing and reducing the emerging epidemic of non- communicable diseases
- To prepare a supportive infrastructure for NCD preventive research to view effective interventions
- To promote the level of knowledge, reinforcement and enlargement of public health capacity in NCD prevention and PHC services

The planning and running of survey was based on the World Health Organization STEPs as the third round in Iran. It was a population base cross sectional survey, representative the national pattern of NCDs risk factors, among 15- 64 years old.

Data collection questionnaire was categorized in sequential three-step process as follows:

STEP 1: Interview-based on demographic and behavioral risk factors including tobacco use, diet, physical activity, history of high blood pressure, diabetes and additional issues such as: fastening front seat belt and insurance coverage.

STEP 2: Physiological measures of health risk factors such as blood pressure, body mass and waist girth circumference.

STEP 3: Biochemical measures of health risks including fasting blood glucose and blood lipids.

All aspects of survey were managed by Iran steps team.

The sample size was 30,000 participants aged 15-64 years old from 30 provinces across Iran.

Methodology:

The third round of national STEPs was conducted in March 2007 based on “WHO Stepwise approach” to surveillance for NCD risk factors with respect of standardized data collection as well as sufficient flexibility in appropriate a variety of country situations and setting.

It was comprised 30000 Iranian citizens aged 15-64 years old. All selected participants were invited to participate by receiving informed consent. This survey was conducted by using a cluster sampling. Each cluster was selected by randomly method and stratified by age and sex stratum. Sampling frame was defined in 50 clusters for every 30 provinces. Each cluster was selected based on random cluster sampling. 10 male and 10 female, 20 samples in each age group, living in neighboring households in 5 age groups stratum. There is no distinction between rural and urban areas in samples, so that the samples were selected proportional to urban- rural population.

This sample size approximates a 0.06 % sampling fraction of the target population in the 15-64 year age group. It was agreed that approximately 1000 samples participate in each province in urban/ rural population size proportionally. STEPs staff participated intensive training program techniques, through demonstrations and role-plays, and practiced interview and engaged in discussions to clarify issues surrounding item and technical and medical requirements follow the same process for the first and second survey. All participants were visited by trained interviewers and all selected individuals were invited to participate in all three steps.

Steps questionnaire:

The core questions in 3 steps instrument remained unchanged. Additional items relating to NCD control and prevention to be included by survey team agreement as optional and expanded questions.

Step 1: Demographic and Behavioral Assessments:

Data for step 1 were collected in 6 different domains: demographic information, diet, physical activity, tobacco use, history of hypertension and diabetes. Occupation, sex, age, province and area of evidence were included in demographic information and diet information, consist of fruit and vegetable servings consumed per day for a usual week and common type of oil or fat used by the family.

Step 2: Physical measurements

Weight, height, waist circumference and blood pressure were measured, in light clothing without shoes, by portable calibrated electronic weighting scale, a portable height scale and constant tension tape at the end of a normal expiration (except for female participants who were pregnant) and calibrated

Omron M7 sphygmomanometer(HEM-780-E), average of 5 minutes for 3 measurement intervals respectively.

Quality control for each measurement was monitored through periodic checks conducted by STEPs team supervisors in provinces. Blood pressure was measured three items and the mean value of them was recorded for analysis.

Step 3: Biochemical risk factor measurements

Fasting plasma glucose, triglycerides, total cholesterol, high density lipoprotein, low density lipoprotein level were determined. Laboratory personnel in MOH and universities, who were familiar with the STEP 3 protocols, ensured quality control and supervised the process.

Questionnaire Processing and Method of Analysis

Data collection were done in 30 provinces by related steps team and entered into Epi Info 6 data base. The double data entry was done after data cleaning activities by related steps staffs. All data checked in the view of duplicated record, incompleteness and invalid code and values. Weighting the survey data was computed based on 2006 Iranian national census, in considering calculated missing data weight, to match the age, sex, and provinces stratum. Data analysis were conducted using Stata version 10 and weighted frequency estimates presented with 95% confidence interval and significant P values less than 0.05 for all variables by 5 age groups and sex in each provinces.

Tobacco use

- The prevalence of current smoking was 12.27% overall with the higher proportion for males (23.2%) than females (1.08%).
- Among all respondents, 11.39% were daily smokers: 21.65% of males and .88% of females.
- The mean age at which daily smoking started was 20.2 years.
- Among current smokers, the average number of manufactured cigarettes smoked per day was 11.66%; 12.26% of males and 11.04 % of females, without significant difference.

Fruits and vegetables consumption

- The overall prevalence of eating less than 5 servings of fruit and vegetables reported per day was 87.02%; 87.92% for males and 86.1% for females.

Physical activity

- The report of physical activity is based on work, transport and recreation frequency and duration in met/min, as a standard unit adjusted for vigorous compared with moderate activity.
- The mean minute of total physical activity on average per day was 134.6 min. This was highest amount among men with 189 min than women with 78.8 min.
- The greatest amount of activity reported in both sex was in the transport domain with 43.76%. It was in work domain for men with 43.25% and in transport domain for women with 52.03%.
- No moderate and vigorous physical activity at work: 46.69%; for male: 41.38% and for female: 52.14 %
- No physical activity at transport: 26.98%; for male: 27.52% and for female: 26.43
- No moderate and vigorous physical activity at recreation: 63.83%; for male: 52.42% and for female: 75.52%

Overweight and obesity

- Body mass index (BMI) categories classified as; underweight and normal weight (BMI: <25.0 kg/m²), overweight (BMI: 25.0 to <30.0 kg/m²), and obese (BMI: ≥30.0 kg/m²), computed as the weight in kilograms divided by the square of height in meters.
- Overall mean BMI was 25.88 kg/m² for female and 24.31 kg/m² for male.
- The proportion of overweight or obese was 46% in both sex; 51.75% in female and 40.39% in male.
- A significant proportion of underweight is 14.21% in 15-24 age group compared with 7.16 in all age groups.
- 16.75% of respondents were obese, with more proportion in females: 22.37%, than males: 11.25%. It is increased after age 45-54 years.

High blood pressure

- 17.38% of all had raised blood pressure (SBP≥140 or DBP≥90 or currently on anti-hypertensive medication).
- The total proportion was: 17.63% for males and 17.12% for females while the difference was significant in age group proportion by sex.

Cholesterol

- Mean cholesterol was 185.5 (mg/dl) in aged 25-64 years. It is increased with age for both genders.
- Mean cholesterol levels were higher across all age groups for females: 189.9(mg/dl) than males: 181.4 (mg/dl).
- The overall prevalence of elevated cholesterol (≥ 5.2 mmol/L) was 32.9%, higher for females: 36.38% than males: 29.51%.

Prevalence of diabetes

- The all-ages (25-64 years) prevalence of defined single fasting blood glucose ≥ 126 mg/dl (7.0 mmol/L) or currently receiving treatment for diabetes was: 9.73%; in male: 9.43% and in female: 10.05.
- Diabetes increased in prevalence with age and sex
- In 55-64 years the prevalence of diabetes was 20.97%, in women: 22.94% and among men: 18.94%

Raised risk for NCDs

- Five common and critical risk factors for NCDs were selected to assess STEPs NCD risk factors- raised risk by WHO recommendation: current daily smokers, overweight or obese ($BMI \geq 25.0$ kg/m²), raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure), consuming less than 5 servings of fruits and vegetables per day and low level of physical activity (<600 MET-minutes).
- 4.58% of 15-44 years were low risk to NCDs (none of the 5 risk factors), compared with 0.83% in 45-64 years which is significant in men than women.
- 22.21% of those aged 15-44 in comparison with 52.29% in 45-64 years, had raised risk (at least 3 of the 5 risk factors) which is more prevalent in woman than men (Fact sheet page 81).

1. Demographic Information Results and Response Proportion

Table 1 *Age group and sex of respondents*

Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
15-24	3014	49.83	3035	50.17	6049	100.00
25-34	2985	50.03	2982	49.97	5967	100.00
35-44	3005	49.74	3036	50.26	6041	100.00
45-54	3014	49.93	3023	50.07	6037	100.00
55-64	2968	50.33	2929	49.67	5897	100.00
15-64	14986	49.97	15005	50.03	29991	100.00

Table 2 *Response proportions for Step 3*

Age Group (years)	Men			Women			Both Sexes		
	Eligible	Responded		Eligible	Responded		Eligible	Responded	
	n	n	%	n	n	%	n	n	%
15-24	0	0	0	0	0	0	0	0	0
25-34	2985	2117	70.92	2982	2380	79.81	5967	4497	75.36
35-44	3005	2269	75.51	3036	2541	83.70	6041	4810	79.62
45-54	3014	2331	77.34	3023	2578	85.28	6037	4909	81.32
55-64	2968	2380	80.19	2929	2464	84.12	5897	4844	82.14
15-64	11972	9097	75.99	11970	9963	83.23	23942	19060	79.61

Employment status

This Table describes proportion of respondents in paid employment, which is best, their main work status over the last 12 months, and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed.

Table 3					
Employment status					
Men					
Age Group (years)	n	%Government employee	%Non-government employee	%Self-employed	%Unpaid
15-24	2894	2.14	2.14	26.92	68.80
25-34	2771	15.48	9.17	62.32	13.03
35-44	2779	24.00	7.23	59.73	9.03
45-54	2779	18.03	4.21	56.60	21.16
55-64	2750	6.47	2.80	47.56	43.16
15-64	13973	13.15	5.09	50.43	31.33
Women					
Age Group (years)	n	%Government employee	%Non-government employee	%Self-employed	%Unpaid
15-24	2996	1.07	1.44	2.94	94.56
25-34	2941	5.34	2.14	3.91	88.61
35-44	3010	6.71	1.23	3.29	88.77
45-54	2995	3.24	0.43	2.50	93.82
55-64	2917	0.82	0.17	1.47	97.53
15-64	14859	3.45	1.08	2.83	92.64
Both Sexes					
Age Group (years)	n	%Government employee	%Non-government employee	%Self-employed	%Unpaid
15-24	5890	1.60	1.78	14.72	81.90
25-34	5712	10.26	5.55	32.25	51.94
35-44	5789	15.01	4.11	30.39	50.49
45-54	5774	10.36	2.25	28.54	58.85
55-64	5667	3.56	1.45	23.84	71.15
15-64	28832	8.15	3.02	25.90	62.93

Unpaid work and unemployed

Proportion of respondents based on their main work status over the last 12 months in unpaid work is described in this table.

Table 4 Unpaid work and unemployed								
Men								
Age Group (years)	n	%Non-paid	%Student	%soldier	%Home-maker	%Retired	Unemployed	
							%Able to work	%Not able to work
15-24	1991	1.46	77.05	4.12	0.30	0.25	15.37	1.46
25-34	361	6.09	28.81	1.66	1.94	0.83	48.48	12.19
35-44	251	5.58	3.19	0.00	3.19	25.10	41.83	21.12
45-54	588	3.06	0.51	0.00	1.70	62.24	17.69	14.80
55-64	1187	2.11	0.42	0.00	1.18	65.46	12.72	18.11
15-64	4378	2.47	37.78	2.01	1.03	27.73	19.21	9.78
Women								
Age Group (years)	n	%Non-paid	%Student	%soldier	%Home-maker	%Retired	Unemployed	
							%Able to work	%Not able to work
15-24	2833	0.64	40.49	0.00	51.50	0.04	7.09	0.25
25-34	2606	0.61	2.72	0.00	93.71	0.04	2.84	0.08
35-44	2672	0.67	0.15	0.00	98.32	0.30	0.37	0.19
45-54	2810	0.82	0.11	0.00	95.37	3.10	0.32	0.28
55-64	2845	0.46	0.07	0.00	93.46	3.44	0.98	1.58
15-64	13766	0.64	8.91	0.00	86.21	1.42	2.34	0.49
Both Sexes								
Age Group (years)	n	%Non-paid	%Student	%soldier	%Home-maker	%Retired	Unemployed	
							%Able to work	%Not able to work
15-24	4824	0.97	55.58	1.70	30.37	0.12	10.51	0.75
25-34	2967	1.28	5.90	0.20	82.54	0.13	8.39	1.55
35-44	2923	1.09	0.41	0.00	90.15	2.43	3.93	1.98
45-54	3398	1.21	0.18	0.00	79.16	13.33	3.33	2.80
55-64	4032	0.94	0.17	0.00	66.29	21.70	4.44	6.45
15-64	18144	1.08	15.88	0.49	65.65	7.77	6.41	2.73

2. Tobacco Use

To assess the state of current smokers, all respondents were asked if they currently smoke (daily and non daily) any tobacco products such as cigarettes, cigars or pipes, also the mean amount, age started and duration of smoking, percentage of ex-daily smokers among all respondent and the mean duration, in years, since ex- daily smokers quit smoking daily.

Table 5 *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
15-24	3014	8.89	[8.28,9.54]	3035	0.31	[0.20,0.48]	6049	4.64	[4.33,4.97]
25-34	2985	25.31	[24.69,25.94]	2982	0.76	[0.64,0.91]	5967	13.25	[12.93,13.57]
35-44	3005	37.51	[36.98,38.04]	3036	1.29	[1.16,1.44]	6041	19.76	[19.47,20.05]
45-54	3014	35.77	[35.42,36.11]	3023	2.39	[2.28,2.51]	6037	19.29	[19.11,19.48]
55-64	2968	28.47	[28.29,28.65]	2929	3.23	[3.16,3.31]	5897	15.66	[15.56,15.76]
15-64	14986	23.2	[22.05,24.38]	15005	1.08	[0.81,10.44]	29991	12.27	[11.66,12.91]

Table 6 Smoking status of all respondents by sex and age group							
Age Group (years)	Men						
	n	Current smoker				%Does not smoke	95% CI
		%Daily	95% CI	%Non-daily	95% CI		
15-24	3014	7.04	[6.50,7.61]	1.85	[1.59,2.15]	91.11	[90.46,91.71]
25-34	2985	23.92	[23.31,24.54]	1.39	[1.28,1.50]	74.69	[74.06,75.31]
35-44	3005	36.22	[35.70,36.75]	1.28	[1.20,1.37]	62.49	[61.96,63.02]
45-54	3014	34.07	[33.73,34.42]	1.69	[1.61,1.78]	64.23	[63.89,64.58]
55-64	2968	27.46	[27.28,27.64]	1.01	[0.98,1.03]	71.53	[71.35,71.71]
15-64	14986	21.65	[20.58,22.76]	1.55	[1.25,1.91]	76.8	[75.62,77.95]
Age Group (years)	Women						
	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	%Non-daily	95% CI		
15-24	3035	0.26	[0.15,0.43]	0.05	[0.03,0.08]	99.68	[99.51,99.79]
25-34	2982	0.57	[0.46,0.71]	0.18	[0.14,0.24]	99.23	[99.09,99.35]
35-44	3036	0.89	[0.78,1.01]	0.40	[0.32,0.49]	98.7	[98.55,98.83]
45-54	3023	2.18	[2.06,2.30]	0.21	[0.19,0.23]	97.6	[97.48,97.72]
55-64	2929	2.77	[2.70,2.84]	0.46	[0.43,0.49]	96.76	[96.68,96.84]
15-64	15005	0.88	[0.62,1.23]	0.20	[0.12,0.33]	98.92	[98.55,99.19]
Age Group (years)	Both Sexes						
	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	% Non-daily	95% CI		
15-24	6049	3.68	[3.41,3.98]	0.96	[0.82,1.11]	95.35	[95.02,95.66]
25-34	5967	12.45	[12.14,12.76]	0.79	[0.74,0.86]	86.75	[86.43,87.07]
35-44	6041	18.91	[18.62,19.19]	0.85	[0.79,0.91]	80.24	[79.95,80.53]
45-54	6037	18.33	[18.14,18.51]	0.96	[0.92,1.00]	80.71	[80.52,80.89]
55-64	5897	14.92	[14.83,15.02]	0.73	[0.71,0.75]	84.34	[84.24,84.44]
15-64	29991	11.39	[10.82,11.98]	0.88	[0.71,1.09]	87.73	[87.09,88.34]

Table 7									
Current daily smokers among all smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	%Daily smokers	95% CI	n	%Daily smokers	95% CI	n	%Daily smokers	95% CI
15-24	218	79.02	[76.39,81.43]	7	83.28	[71.08,90.98]	225	81.13	[75.6,85.64]
25-34	722	94.17	[93.68,94.63]	17	77.16	[69.78,83.16]	739	85.81	[82.17,88.81]
35-44	1035	96.43	[96.19,96.66]	30	75.22	[71.00,79.00]	1065	86.03	[83.93,87.90]
45-54	1043	95.17	[94.93,95.40]	61	90.43	[89.54,91.24]	1104	92.83	[92.38,93.25]
55-64	766	96.07	[95.96,96.17]	73	86.80	[86.07,87.5]	839	92.36	[91.00,91.71]
15-64	3784	89.39	[86.49,92.72]	188	81.39	[65.96,90.8]	3972	85.44	[77.89,90.71]

Table 8						
Mean amount of tobacco used by daily smokers by type						
Men						
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean of Hobble bubble	95% CI
15-24	177	8.72	[7.67,9.77]	99	1.54	[1.28,1.80]
25-34	664	12.18	[11.31,13.05]	96	1.67	[1.20,2.14]
35-44	991	14.70	[13.96,15.44]	79	1.49	[1.25,1.74]
45-54	993	17.21	[16.33,18.09]	95	2.51	[1.83,3.19]
55-64	724	15.48	[14.50,16.46]	82	2.38	[1.89,2.88]
15-64	3549	12.26	[11.76,12.77]	451	1.74	[1.57, 1.92]
Women						
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean of Hobble bubble	95% CI
15-24	4	8.56	[1.35,15.77]	34	5.67	[0.60,10.73]
25-34	12	10.31	[5.07,15.55]	57	1.55	[1.03,2.07]
35-44	21	16.60	[7.31,25.89]	122	2.26	[1.67,2.84]
45-54	51	10.90	[6.36,15.44]	113	2.11	[1.67,2.54]
55-64	61	12.39	[9.49,15.29]	128	2.85	[2.52,3.18]
15-64	149	11.04	[8.42, 13.66]	454	3.33	[1.49,5.17]
Both Sexes						
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean of Hobble bubble	95% CI
15-24	181	8.64	[5.05,12.24]	133	3.58	[1.07,6.09]
25-34	676	11.26	[8.65,13.87]	153	1.61	[1.26,1.97]
35-44	1012	15.63	[11.02,20.25]	201	1.87	[1.57,2.17]
45-54	1044	14.10	[11.79,16.40]	208	2.31	[1.91,2.71]
55-64	785	13.91	[12.40,15.42]	210	2.62	[2.32,2.92]
15-64	3698	11.66	[10.35,12.97]	905	2.53	[1.61, 3.44]

Table 9 *Mean age started smoking for current smokers by sex and age group*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
15-24	177	17.02	[16.29,17.59]	4	15.86	[14.19,17.53]	181	16.45	[15.56,17.33]
25-34	664	19.72	[19.30,20.13]	12	20.31	[18.39,22.23]	676	20.02	[19.05,20.99]
35-44	991	20.73	[20.19,21.28]	21	23.50	[19.90,27.11]	1012	22.09	[20.36,23.83]
45-54	993	22.17	[21.40,22.95]	51	27.58	[23.66,31.50]	1044	24.84	[22.89,26.79]
55-64	724	23.26	[22.48,24.04]	61	30.91	[23.89,37.93]	785	27.14	[23.50,30.78]
15-64	3549	19.49	[19.16,19.81]	149	20.95	[19.53,22.38]	3698	20.21	[19.50,20.92]

Table 10 *Mean duration of smoking for current smokers by sex and age group*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
15-24	177	5.52	[4.89,6.14]	4	5.65	[5.08,6.22]	181	5.58	[5.16,6.01]
25-34	664	10.09	[9.55,10.64]	12	7.27	[3.78,10.75]	676	8.71	[6.97,10.44]
35-44	991	18.95	[18.34,19.55]	21	18.09	[14.13,22.06]	1012	18.53	[16.62,20.44]
45-54	993	27.47	[26.68,28.26]	51	23.52	[19.88,27.16]	1044	25.52	[23.70,27.34]
55-64	724	35.90	[35.04,36.76]	61	28.82	[21.48,36.16]	785	32.30	[28.50,36.11]
15-64	3549	14.01	[13.67,14.35]	149	12.24	[10.82,13.65]	3698	13.14	[12.43,13.84]

The percentage of ex-daily smokers among all respondents and the mean, in duration years, since ex-daily smokers quit smoking daily also the percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless are shown, in tables 11-14, respectively.

Table 11 *Ex-daily smokers among all respondents*

Age Group (years)	Men			Women			Both Sexes		
	n	%ex daily smokers	95% CI	n	%ex daily smokers	95% CI	n	%ex daily smokers	95% CI
15-24	2836	2.30	[2.01,2.63]	3029	0.25	[0.14,0.42]	5865	1.28	[1.12,1.46]
25-34	2320	6.77	[6.36,7.20]	2966	0.14	[0.11,0.18]	5286	3.51	[3.30,3.73]
35-44	2007	10.67	[10.24,11.12]	3009	0.49	[0.41,0.58]	5016	5.68	[5.46,5.90]
45-54	2019	13.19	[12.92,13.47]	2969	0.44	[0.41,0.47]	4988	6.89	[6.76,7.03]
55-64	2239	17.26	[17.07,17.45]	2866	1.88	[1.82,1.93]	5105	9.44	[9.34,9.55]
15-64	11421	7.39	[6.61,8.27]	14839	0.40	[0.26,0.62]	26260	3.94	[3.53,4.40]

Table 12 *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
15-24	46	3.50	[2.56,4.43]	1	1.03	-----	47	2.27	[1.80,2.75]
25-34	153	6.19	[5.15,7.22]	7	21.82	[11.55,32.09]	160	13.87	[8.82,18.92]
35-44	246	12.56	[10.76,14.36]	11	16.14	[13.38,18.90]	257	14.31	[12.64,15.98]
45-54	322	13.83	[11.16,16.51]	21	13.76	[8.48,19.03]	343	13.80	[10.89,16.70]
55-64	412	18.92	[16.46,21.37]	44	22.15	[13.90,30.40]	456	20.56	[16.14,24.98]
15-64	1179	8.22	[7.57,8.86]	84	12.26	[9.36,15.17]	1263	10.21	[8.74,11.68]

Table 13 *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
15-24	3014	9.43	[8.78,10.13]	3035	1.57	[1.33,1.85]	6049	5.54	[5.20,5.90]
25-34	2985	25.7	[25.08,26.33]	2982	2.29	[2.09,2.51]	5967	14.2	[13.87,14.54]
35-44	3005	37.87	[37.34,38.41]	3036	4.07	[3.89,4.26]	6041	21.31	[21.01,21.6]
45-54	3014	35.87	[35.52,36.23]	3023	5.11	[4.96,5.26]	6037	20.69	[20.5,20.88]
55-64	2968	29.28	[29.10,29.46]	2929	6.12	[6.01,6.22]	5897	17.52	[17.41,17.62]
15-64	14986	23.63	[22.44,24.87]	15005	2.98	[2.53,3.51]	29991	13.43	[12.77,14.13]

Table 14 *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
15-24	3014	12.41	[11.69,13.18]	3035	1.85	[1.59,2.15]	6049	7.18	[6.79,7.59]
25-34	2985	27.59	[26.95,28.25]	2982	2.51	[2.31,2.73]	5967	15.27	[14.93,15.62]
35-44	3005	40	[39.46,40.56]	3036	4.67	[4.47,4.88]	6041	22.69	[22.38,23.00]
45-54	3014	37.7	[37.35,38.05]	3023	5.50	[5.35,5.66]	6037	21.8	[21.61,22.00]
55-64	2968	30.5	[30.32,30.68]	2929	6.77	[6.66,6.88]	5897	18.45	[18.34,18.56]
15-64	14986	25.9	[24.61,27.24]	15005	3.34	[2.85,3.92]	29991	14.76	[14.04,15.52]

3. Fruit, Vegetable and type of oil Consumption

To assess dietary behaviors, respondent were asked how often they consumed fruit and vegetables in a typical week, the average of consumption on one of those days. Also the mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day are viewed as followed.

Table 15 *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
15-24	2899	4.09	[3.98,4.20]	2941	4.36	[4.24,4.48]	5840	4.23	[4.14,4.32]
25-34	2856	4.04	[3.92,4.16]	2867	4.43	[4.30,4.56]	5723	4.23	[4.14,4.33]
35-44	2818	3.96	[3.82,4.10]	2856	4.32	[4.18,4.45]	5674	4.13	[4.02,4.25]
45-54	2757	3.88	[3.75,4.01]	2790	4.05	[3.91,4.19]	5547	3.96	[3.86,4.07]
55-64	2623	3.83	[3.70,3.97]	2628	3.93	[3.80,4.07]	5251	3.88	[3.77,4.00]
15-64	13953	4.01	[3.93,4.08]	14082	4.30	[4.21,4.39]	28035	4.15	[4.08,4.23]

Table 16 *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
15-24	2839	4.22	[4.10,4.34]	2911	4.60	[4.47,4.72]	2750	4.41	[4.31,4.51]
25-34	2823	4.30	[4.16,4.44]	2882	4.64	[4.52,4.77]	5707	4.47	[4.36,4.58]
35-44	2837	4.29	[4.15,4.44]	2911	4.76	[4.63,4.90]	5748	4.52	[4.41,4.64]
45-54	2836	4.46	[4.33,4.59]	2887	4.80	[4.67,4.93]	5723	4.63	[4.53,4.73]
55-64	2730	4.32	[4.18,4.45]	2715	4.63	[4.50,4.75]	5445	4.47	[4.37,4.58]
15-64	14065	4.29	[4.20,4.38]	16306	4.67	[4.57,4.76]	28371	4.48	[4.40,4.56]

Table 17 *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
15-24	2849	1.50	[1.38,1.62]	2889	1.49	[1.40,1.59]	5738	1.50	[1.41,1.58]
25-34	2809	1.45	[1.34,1.56]	2815	1.45	[1.33,1.57]	5624	1.45	[1.37,1.54]
35-44	2757	1.30	[1.19,1.40]	2796	1.34	[1.25,1.42]	5553	1.32	[1.24,1.39]
45-54	2706	1.24	[1.13,1.35]	2748	1.23	[1.14,1.32]	5454	1.24	[1.16,1.32]
55-64	2569	1.21	[1.10,1.33]	2588	1.15	[1.07,1.23]	5157	1.18	[1.10,1.26]
15-64	13690	1.40	[1.32,1.47]	13836	1.40	[1.33,1.46]	27526	1.40	[1.34,1.46]

Table 18 *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
15-24	2742	1.30	[1.22,1.37]	2812	1.44	[1.35,1.53]	5554	1.37	[1.30,1.44]
25-34	2730	1.41	[1.29,1.52]	2804	1.44	[1.35,1.52]	5534	1.42	[1.34,1.51]
35-44	2716	1.27	[1.19,1.36]	2830	1.49	[1.39,1.59]	5546	1.38	[1.31,1.45]
45-54	2724	1.45	[1.32,1.59]	2783	1.50	[1.37,1.63]	5507	1.48	[1.37,1.59]
55-64	2637	1.31	[1.21,1.41]	2609	1.38	[1.29,1.47]	5246	1.35	[1.27,1.42]
15-64	13549	1.34	[1.27,1.41]	13838	1.45	[1.38,1.53]	27387	1.40	[1.33,1.46]

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
15-24	3014	2.64	[2.48,2.79]	3035	2.79	[2.64,2.93]	6049	2.71	[2.58,2.84]
25-34	2985	2.67	[2.49,2.86]	2982	2.76	[2.58,2.94]	5967	2.72	[2.57,2.86]
35-44	3005	2.37	[2.23,2.50]	3036	2.65	[2.51,2.79]	6041	2.50	[2.40,2.61]
45-54	3014	2.48	[2.29,2.68]	3023	2.56	[2.39,2.72]	6037	2.52	[2.37,2.67]
55-64	2937	2.29	[2.11,2.48]	2913	2.30	[2.16,2.43]	5850	2.29	[2.16,2.43]
15-64	14955	2.55	[2.43,2.67]	14989	2.69	[2.57,2.81]	29944	2.62	[2.52,2.73]

Table 20									
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
15-24	3014	18.87	[18.23,19.54]	49.51	[48.55,50.47]	18.99	[18.25,19.76]	12.62	[11.94,13.34]
25-34	2985	19.4	[18.85,19.96]	49.38	[48.61,50.14]	18.32	[17.75,18.91]	12.9	[12.38,13.44]
35-44	3005	22.66	[22.22,23.1]	48.47	[47.9,49.05]	18.7	[18.24,19.16]	10.18	[9.821,10.54]
45-54	3014	22.92	[22.64,23.2]	48.26	[47.86,48.65]	16.33	[16.05,16.61]	12.49	[12.18,12.81]
55-64	2968	28.51	[28.33,28.69]	45.02	[44.84,45.19]	16.13	[15.98,16.27]	10.35	[10.21,10.49]
15-64	14986	20.88	[19.56,22.25]	48.82	[47.06,50.58]	18.22	[16.98,19.54]	12.08	[10.78,13.51]
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
15-24	3035	16.8	[16.11,17.53]	46.61	[45.65,47.58]	22.14	[21.32,22.98]	14.44	[13.67,15.26]
25-34	2982	16.4	[15.87,16.94]	48.32	[47.59,49.05]	20.42	[19.89,20.95]	14.87	[14.26,15.5]
35-44	3036	19.71	[19.32,20.11]	44.17	[43.61,44.73]	22.48	[22.04,22.93]	13.63	[13.19,14.08]
45-54	3023	22.27	[21.99,22.56]	43.53	[43.17,43.89]	21.95	[21.64,22.27]	12.24	[11.98,12.51]
55-64	2929	27.52	[27.35,27.69]	42.94	[42.74,43.14]	18.2	[18.03,18.37]	11.35	[11.21,11.49]
15-64	15005	18.68	[17.22,20.22]	45.97	[44.2,47.74]	21.46	[20.08,22.9]	13.9	[12.3,15.67]
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
15-24	6049	17.85	[17.32,18.39]	48.07	[47.35,48.8]	20.55	[19.96,21.15]	13.52	[12.94,14.13]
25-34	5967	17.92	[17.5,18.35]	48.86	[48.31,49.4]	19.35	[18.93,19.77]	13.87	[13.41,14.34]
35-44	6041	21.21	[20.88,21.55]	46.36	[45.93,46.79]	20.55	[20.2,20.91]	11.87	[11.58,12.17]
45-54	6037	22.6	[22.39,22.82]	45.92	[45.63,46.22]	19.1	[18.88,19.33]	12.37	[12.13,12.61]
55-64	5897	28.01	[27.87,28.14]	43.96	[43.82,44.1]	17.18	[17.07,17.29]	10.85	[10.74,10.97]
15-64	29991	19.79	[18.58,21.06]	47.41	[45.95,48.88]	19.82	[18.74,20.95]	12.98	[11.71,14.36]

Table 21 *Consuming <5 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
15-24	3014	87.38	[86.66,88.06]	3035	85.56	[84.74,86.33]	6049	86.48	[85.87,87.06]
25-34	2985	87.1	[86.56,87.62]	2982	85.13	[84.5,85.74]	5967	86.13	[85.66,86.59]
35-44	3005	89.82	[89.46,90.18]	3036	86.37	[85.92,86.81]	6041	88.13	[87.83,88.42]
45-54	3014	87.51	[87.19,87.82]	3023	87.76	[87.49,88.02]	6037	87.63	[87.39,87.87]
55-64	2968	89.65	[89.46,89.74]	2929	88.65	[88.6,88.88]	5897	89.15	[89.05,89.28]
15-64	14986	87.92	[86.49,89.22]	15005	86.1	[84.33,87.7]	29991	87.02	[85.64,88.29]

The type of oil or fat most often used for meal preparation, were asked in households and presented only for both sexes because results are for the household not individuals.

Table 22 *Type of oil or fat most often used for meal preparation in household*

n (house-holds)	%Vege-table oil 95% CIsat unsat	%Lard 95% CI	%Butter 95% CI	%Marga-rine 95% CI	%None used 95% CI	%Other 95% CI
	58.87 [57.14,60.58] 38.55 [36.89,40.23]	0.28 [0.20,0.39]	1.22 [0.94,1.58]	0.02 [0.01,0.04]	0.59 [0.42,0.82]	0.45 [0.24,0.83]

4. Physical Activity

Physical activity data analysis which is done based on WHO guide lines, can be very complicated. The guidelines clarify the results of the physical activity data and also provide valuable information on the classifications to report related data.

MET (Metabolic Equivalent) values are applied to vigorous and moderate intensity variables in the work, transport and recreation domains. These have been calculated using an average of the typical types of activity undertaken. Calculating total physical activity and different types of activities have been grouped together and given a MET value based on the intensity of the activity. Survey participants were asked to report on the frequency and duration of physical activity as part of work, travel to and from places and recreational activities separately including:

- The work involves **vigorous-intensity** activity that causes large increases in breathing or heart rate for at least 10 minutes continuously, **moderate-intensity** activity, that causes small increases in breathing or heart rate such as brisk walking for at least 10 minutes continuously, how many days and how much time they spend doing vigorous and moderate -intensity activities at work on a typical day
- In transportation they walk or use a bicycle for at least 10 minutes continuously, how many days and how much time in a typical week
- In recreational activities if any involve vigorous or moderate- intensity sports, fitness or recreational activities that cause large increases in breathing or heart rate for at least 10 minutes continuously, how many days and how much time

In sedentary behavior also, how much time they usually spend sitting or reclining on a typical day. The Following Section Presents physical activity levels in terms of low, moderate and high, mean and median minutes of; total; work-related, transport-related and recreation-related physical activity on average per day and no physical activity in any parts and composition of Total physical activity by sex and age groups.

<i>Table 23</i>		<i>Level of total physical activity</i>					
Age Group (years)	Men						
	n	%Low	95% CI	%Moderate	95% CI	%High	95% CI
15-24	3014	17.41	[16.69,18.14]	20.94	[20.17,21.74]	61.65	[60.72,62.57]
25-34	2985	25.02	[24.33,25.72]	20.27	[19.67,20.89]	54.71	[53.94,55.48]
35-44	3004	29.34	[28.81,29.87]	21.9	[21.48,22.34]	48.76	[48.21,49.31]
45-54	3014	30.39	[30.04,30.74]	22.93	[22.62,23.24]	46.68	[46.32,47.04]
55-64	2968	33.66	[33.47,33.86]	25.67	[25.51,25.83]	40.67	[40.48,40.86]
15-64	14985	24.34	[22.85,25.89]	21.51	[20.26,22.82]	54.15	[52.37,55.93]
Age Group (years)	Women						
	n	%Low	95% CI	%Moderate	95% CI	%High	95% CI
15-24	3035	46.39	[45.45,47.32]	30.65	[29.84,31.47]	22.96	[22.15,23.8]
25-34	2982	48.67	[47.91,49.42]	28.53	[27.84,29.24]	22.8	[22.19,23.42]
35-44	3036	42.61	[42.08,43.16]	29.89	[29.38,30.40]	27.5	[27.06,27.95]
45-54	3023	44.71	[44.32,45.09]	26.89	[26.57,27.21]	28.41	[28.07,28.74]
55-64	2929	50.47	[50.28,50.67]	26.36	[26.18,26.54]	23.16	[23.01,23.32]
15-64	15005	46.36	[44.44,48.3]	29.18	[27.80,30.61]	24.46	[22.86,26.13]
Age Group (years)	Both Sexes						
	n	%Low	95% CI	%Moderate	95% CI	%High	95% CI
15-24	6049	31.76	[31.12,32.40]	25.75	[25.17,26.34]	42.49	[41.82,43.17]
25-34	5967	36.64	[36.11,37.18]	24.33	[23.86,24.81]	39.03	[38.50,39.55]
35-44	6040	35.85	[35.45,36.24]	25.82	[25.48,26.16]	38.34	[37.96,38.71]
45-54	6037	37.46	[37.18,37.74]	24.88	[24.64,25.13]	37.66	[37.40,37.92]
55-64	5897	42.2	[42.05,42.35]	26.02	[25.9,26.14]	31.78	[31.65,31.92]
15-64	29990	35.22	[33.80,36.66]	25.30	[24.27,26.36]	39.48	[38.10,40.88]

Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
15-24	3014	184.8	[175.1,194.5]	3035	69.6	[64.6,74.7]	6049	127.8	[121.7,133.8]
25-34	2985	205.3	[192.7,217.9]	2982	78.9	[72.1,85.7]	5967	143.2	[135.7,150.7]
35-44	3005	195.6	[183.5,207.6]	3036	89.0	[82.6,95.3]	6041	143.3	[136.1,150.6]
45-54	3014	178.0	[167.2,188.7]	3023	91.3	[84.5,98.1]	6037	135.2	[128.3,142.0]
55-64	2937	151.1	[141.2,161.1]	2913	76.5	[70.2,82.7]	5850	113.2	[106.8,119.6]
15-64	14955	189.0	[181.3,196.8]	14989	78.8	[74.3,83.3]	29944	134.6	[129.4,139.8]

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	Interquartile range (P25-P75)
15-24	3014	120	216	3035	30.4	82	6049	64.2	154
25-34	2985	120	297	2982	30.0	82	5967	60	182
35-44	3005	94.2	294	3036	38.5	108	6041	60	188
45-54	3014	94.2	246	3023	38.5	108	6037	60	176
55-64	2937	68.5	190	2913	28.5	87	5850	45	137
15-64	14955	109.2	261	14989	34.2	94	29944	60	165

Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
15-24	3014	91.3	[84.1,98.4]	3035	37.0	[32.9,41.0]	6049	64.4	[59.9,68.9]
25-34	2985	145.3	[134.5,156.1]	2982	50.3	[44.4,56.2]	5967	98.6	[92.1,105.1]
35-44	3005	146.3	[135.9,156.7]	3036	56.1	[50.8,61.5]	6041	102.1	[95.9,108.3]
45-54	3014	125.7	[116.1,135.4]	3023	56.7	[51.3,62.1]	6037	91.7	[85.6,97.7]
55-64	2937	98.5	[90.1,107.0]	2913	45.9	[41.2,50.7]	5850	71.8	[66.6,77.1]
15-64	14955	120.4	[114.1,126.8]	14989	47.1	[43.2,51.0]	29944	84.2	[80.0,88.4]

Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
15-24	3014	49.8	[45.9,53.8]	3035	23.7	[21.7,25.7]	6049	36.9	[34.6,39.2]
25-34	2985	39.3	[35.9,42.7]	2982	21.8	[20.2,23.5]	5967	30.7	[28.7,32.8]
35-44	3005	35.4	[31.6,39.2]	3036	25.6	[23.9,27.3]	6041	30.6	[28.4,32.8]
45-54	3014	41.0	[37.8,44.3]	3023	28.9	[26.7,31.0]	6037	35.0	[33.1,37.0]
55-64	2937	42.8	[39.6,46.0]	2913	26.2	[24.0,28.5]	5850	34.4	[32.2,36.5]
15-64	14955	42.8	[40.5,45.2]	14989	24.4	[23.2,25.6]	29944	33.7	[32.2,35.3]

Table 28 *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
15-24	3014	43.6	[40.4,46.8]	3035	9.0	[7.9,10.1]	6049	26.5	[24.7,28.2]
25-34	2985	20.8	[18.2,23.4]	2982	6.7	[5.6,7.9]	5967	13.9	[12.4,15.4]
35-44	3005	13.8	[11.8,15.8]	3036	7.1	[5.8,8.4]	6041	10.5	[9.4,11.7]
45-54	3014	11.2	[9.6,12.8]	3023	5.7	[4.5,6.9]	6037	8.5	[7.4,9.5]
55-64	2937	9.8	[8.1, 11.6]	2913	4.3	[3.1,5.5]	5850	7.0	[5.9,8.1]
15-64	14955	25.8	[24.3,27.2]	14989	7.3	[6.6,8.03]	29944	16.6	[15.8,17.5]

Table 29 *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)
15-24	3014	8.5	107	3035	0.0	34	6049	0.0	60
25-34	2985	42.8	257	2982	0.0	51	5967	10.0	120
35-44	3005	30.0	257	3036	4.2	60	6041	12.8	137
45-54	3014	25.7	205	3023	0.0	64	6037	8.5	120
55-64	2937	0.0	128	2913	0.0	42	5850	0.0	77
15-64	14955	20.0	180	14989	0.0	51	29944	5.7	102

Table 30 *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)
15-24	3014	25.7	53	3035	11.4	24	6049	17.1	47
25-34	2985	17.1	51	2982	10.0	30	5967	12.8	34
35-44	3005	12.8	42	3036	14.2	28	6041	12.8	34
45-54	3014	17.1	60	3023	15.0	34	6037	17.1	51
55-64	2937	25.7	60	2913	10.0	30	5850	17.1	51
15-64	14955	20.0	60	14989	12.8	30	29944	15.0	42

Table 31 *Median minutes of recreation-related physical activity on average per d*

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)
15-24	3014	25.7	60	3035	0.0	8	6049	2.8	34
25-34	2985	0.0	25	2982	0.0	0	5967	0.0	12
35-44	3005	0.0	12	3036	0.0	0	6041	0.0	4
45-54	3014	0.0	4	3023	0.0	0	6037	0.0	0
55-64	2937	0.0	0	2913	0.0	0	5850	0.0	0
15-64	14955	0.0	34	14989	0.0	0	29944	0.0	17

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
15-24	3014	45.78	[44.79,46.78]	3035	56.05	[55.01,57.09]	6049	50.87	[50.05,51.68]
25-34	2985	36.17	[35.37,36.98]	2982	50.68	[49.83,51.53]	5967	43.3	[42.64,43.97]
35-44	3005	37.71	[37.14,38.27]	3036	47.53	[46.94,48.12]	6041	42.52	[42.08,42.96]
45-54	3014	39.93	[39.56,40.31]	3023	49.45	[49.05,49.84]	6037	44.63	[44.32,44.94]
55-64	2968	51.03	[50.83,51.23]	2929	54.20	[53.99,54.42]	5897	52.64	[52.48,52.8]
15-64	14986	41.38	[39.41,43.38]	15005	52.14	[49.74,54.53]	29991	46.69	[44.83,48.56]

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
15-24	3014	20.84	[20.04,21.67]	3035	24.44	[23.62,25.28]	6049	22.63	[22.00,23.27]
25-34	2984	30.75	[30.00,31.51]	2981	29.22	[28.54,29.92]	5965	30	[29.49,30.51]
35-44	3001	34.72	[34.21,35.23]	3036	24.18	[23.76,24.61]	6037	29.55	[29.21,29.9]
45-54	3013	30.62	[30.26,30.98]	3023	26.73	[26.40,27.06]	6036	28.7	[28.45,28.95]
55-64	2968	25.03	[24.85,25.21]	2929	31.68	[31.5,31.86]	5897	28.4	[28.27,28.54]
15-64	14980	27.52	[25.93,29.17]	15004	26.43	[24.85,28.07]	29984	26.98	[25.65,28.35]

Table 34									
<i>No recreation-related physical activity</i>									
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
15-24	3014	31.47	[30.61,32.34]	3035	66.13	[65.17,67.08]	6049	48.63	[47.94,49.33]
25-34	2985	54.11	[53.38,54.85]	2982	78.15	[77.47,78.82]	5967	65.93	[65.43,66.42]
35-44	3005	67.39	[66.91,67.86]	3036	79.63	[79.15,80.11]	6041	73.39	[73.05,73.73]
45-54	3014	73.19	[72.86,73.52]	3023	83.75	[83.46,84.04]	6037	78.4	[78.17,78.64]
55-64	2968	77.83	[77.65,78.01]	2929	88.55	[88.41,88.69]	5897	83.27	[83.15,83.4]
15-64	14986	52.42	[50.87,53.97]	15005	75.52	[73.81,77.15]	29991	63.83	[62.54,65.1]

Table 35							
Composition of total physical activity							
Age Group (years)	Men						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	%Activity during leisure time	95% CI
15-24	3014	32.02	[30.32,33.72]	35.57	[33.95,37.19]	32.43	[30.59,34.27]
25-34	2985	49.81	[47.38,52.24]	31.41	[29.42,33.41]	18.85	[16.96,20.75]
35-44	3005	53.26	[50.67,55.85]	33.41	[31.05,35.78]	13.36	[11.79,14.93]
45-54	3014	48.93	[46.39,51.48]	40.34	[37.91,42.76]	10.78	[9.20,12.35]
55-64	2937	39.52	[37.02,42.02]	50.67	[48.00,53.35]	9.80	[8.25,11.35]
15-64	14955	43.25	[41.87,44.63]	35.70	[34.48,36.92]	21.09	[20.05,22.13]
Age Group (years)	Women						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-24	3035	31.16	[28.95,33.36]	52.55	[50.24,54.86]	16.48	[14.86,18.11]
25-34	2982	38.98	[36.35,41.61]	49.98	[47.28,52.69]	11.17	[9.54,12.80]
35-44	3036	39.09	[36.64,41.54]	51.78	[49.09,54.46]	9.15	[7.57,10.73]
45-54	3023	39.98	[37.56,42.39]	52.71	[50.13,55.28]	7.43	[6.14,8.72]
55-64	2913	37.78	[35.19,40.37]	56.27	[53.70,58.85]	6.02	[4.60,7.44]
15-64	14989	36.21	[34.38,38.04]	52.03	[50.19,53.86]	11.89	[10.90,12.87]
Age Group (years)	Both Sexes						
	n	%Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-24	6049	31.59	[30.09,33.10]	43.98	[42.43,45.53]	24.53	[23.30,25.77]
25-34	5967	44.49	[42.53,46.44]	40.54	[38.87,42.21]	15.08	[13.76,16.40]
35-44	6041	46.31	[44.51,48.12]	42.42	[40.57,44.26]	11.30	[10.21,12.38]
45-54	6037	44.51	[42.62,46.40]	46.45	[44.55,48.35]	9.12	[8.05,10.19]
55-64	5850	38.64	[36.66,40.61]	53.52	[51.51,55.52]	7.88	[6.81,8.95]
15-64	29944	39.77	[38.47,41.07]	43.76	[42.50,45.03]	16.55	[15.76,17.33]

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
15-24	3013	37.38	[36.36,38.41]	3035	84.79	[84.07,85.49]	6048	60.86	[60.22,61.49]
25-34	2985	50.83	[50.07,51.59]	2981	87.72	[87.28,88.14]	5966	68.96	[68.49,69.42]
35-44	3001	58.89	[58.33,59.46]	3034	88.44	[88.09,88.79]	6035	73.38	[73.04,73.72]
45-54	3011	64.44	[64.08,64.79]	3023	89.86	[89.64,90.08]	6035	76.99	[76.76,77.22]
55-64	2966	75.06	[74.91,75.21]	2913	91.08	[90.96,91.2]	5848	83.2	[83.10,83.30]
15-64	14976	50.82	[49.13,52.51]	14986	87.30	[86.06,88.45]	29932	68.84	[67.67,69.99]

Table 37					
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)
15-24	3014	242.9	[233.8,252.0]	210	180
25-34	2985	225.2	[215.9,234.5]	180	180
35-44	3005	223.7	[213.2,234.2]	180	180
45-54	3014	237.9	[226.8,249.1]	180	180
55-64	2937	264.7	[253.4,276.0]	240	240
15-64	14955	235.5	[228.0,243.0]	180	180
Women					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
15-24	3035	267.7	[257.5,277.9]	240	220
25-34	2982	231.4	[222.2,240.6]	180	180
35-44	3036	224.4	[214.7,234.1]	180	180
45-54	3023	237.1	[226.7,247.4]	180	180
55-64	2913	262.0	[251.6,272.4]	240	240
15-64	14989	246.1	[238.3,254.0]	240	210
Both Sexes					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
15-24	6049	255.2	[247.2,263.1]	240	220
25-34	5967	228.3	[220.6,235.9]	180	180
35-44	6041	224.0	[215.5,232.5]	180	180
45-54	6037	237.5	[228.6,246.4]	180	180
55-64	5850	263.3	[254.3,272.4]	240	240
15-64	29944	240.8	[234.0,247.6]	210	180

5. Blood Pressure and Diabetes History

The histories of raised blood pressure and diabetes diagnosis and treatment results were assessed among all participants. They were asked about if they have been told by a doctor or other health worker elevated blood pressure (hypertension) and diabetes during the past 12 months, currently receiving any of the following treatments/advice for high blood pressure or diabetes prescribed by a doctor or other health worker, drugs (medication) that they have taken, percentage of respondents who received lifestyle advice from a doctor or health worker to treat raised blood pressure and diabetes and who currently taking any herbal or traditional remedy for high blood pressure or diabetes. All data analysed by sex and age groups are as follows:

Blood Pressure

Table 38 *Raised blood pressure diagnosed by doctor or health worker in last 12 months*

Age Group (years)	Men			Women			Both Sexes		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
15-24	3003	1.63	[1.39,1.92]	3027	1.51	[1.31,1.75]	6030	1.57	[1.41,1.75]
25-34	2975	2.70	[2.48,2.94]	2978	3.81	[3.57,4.06]	5953	3.24	[3.08,3.42]
35-44	2989	6.30	[6.07,6.54]	3016	8.90	[8.65,9.16]	6005	7.58	[7.41,7.75]
45-54	2988	11.94	[11.70,12.18]	2999	24.16	[23.88,24.44]	5987	17.97	[17.79,18.16]
55-64	2935	22.82	[22.65,22.98]	2904	41.5	[41.30,41.69]	5839	32.3	[32.17,32.44]
15-64	14890	5.5	[4.93,6.12]	14924	9.14	[8.60,9.72]	29814	7.30	[6.88,7.74]

Table 39 *Currently taking blood pressure drugs prescribed by doctor or health worker*

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-24	2993	0.29	[0.21,0.39]	3000	0.24	[0.18,0.32]	5993	0.27	[0.21,0.33]
25-34	2964	0.65	[0.53,0.79]	2952	1.13	[0.98,1.32]	5916	0.89	[0.79,1.00]
35-44	2982	3.43	[3.25,3.63]	3005	4.06	[3.90,4.23]	5987	3.74	[3.62,3.87]
45-54	2988	8.19	[7.97,8.41]	3002	15.82	[15.58,16.07]	5990	11.96	[11.80,12.13]
55-64	2952	17.75	[17.59,17.91]	2908	34.12	[33.94,34.31]	5860	26.06	[25.94,26.19]
15-64	14879	3.13	[2.79,3.52]	14867	5.53	[5.14,5.94]	29746	4.32	[4.04,4.62]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	0.70	[0.56,0.89]	3000	0.47	[0.38,0.59]	5993	0.59	[0.50,0.69]
25-34	2964	1.09	[0.99,1.20]	2952	1.77	[1.59,1.97]	5916	1.42	[1.32,1.54]
35-44	2983	4.00	[3.80,4.21]	3005	5.36	[5.15,5.57]	5988	4.66	[4.51,4.82]
45-54	2989	8.78	[8.57,9.00]	3003	16.86	[16.61,17.12]	5992	12.77	[12.61,12.93]
55-64	2953	16.67	[16.51,16.83]	2908	31.43	[31.25,31.62]	5861	24.17	[24.05,24.28]
15-64	14882	3.50	[3.13,3.92]	14868	5.96	[5.49,6.47]	29750	4.72	[4.40,5.05]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	0.96	[0.77,1.21]	3000	0.45	[0.32,0.63]	5993	0.71	[0.59,0.85]
25-34	2964	0.88	[0.79,0.99]	2952	2.36	[2.08,2.67]	5916	1.61	[1.46,1.77]
35-44	2983	3.13	[2.95,3.33]	3005	5.13	[4.91,5.36]	5988	4.11	[3.97,4.26]
45-54	2987	5.32	[5.15,5.48]	3002	13.64	[13.39,13.90]	5989	9.42	[9.26,9.59]
55-64	2952	9.49	[9.37,9.62]	2907	20.80	[20.62,20.97]	5859	15.24	[15.13,15.34]
15-64	14879	2.47	[2.12,2.86]	14866	4.90	[4.33,5.55]	29745	3.67	[3.32,4.05]

Table 42 <i>Advised by doctor or health worker to stop smoking</i>									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	0.61	[0.45,0.81]	2999	0.09	[0.05,0.16]	5992	0.35	[0.27,0.46]
25-34	2963	1.09	[0.96,1.24]	2952	0.36	[0.26,0.50]	5915	0.73	[0.65,0.83]
35-44	2983	2.73	[2.56,2.91]	3004	0.50	[0.45,0.55]	5987	1.64	[1.55,1.73]
45-54	2988	5.01	[4.83,5.21]	2999	1.76	[1.69,1.83]	5987	3.41	[3.30,3.51]
55-64	2951	6.09	[5.98,6.19]	2902	3.47	[3.40,3.53]	5853	4.76	[4.69,4.82]
15-64	14878	2.05	[1.68,2.50]	14856	0.68	[0.54,0.87]	29734	1.38	[1.17,1.63]

Table 43 <i>Advised by doctor or health worker to start or do more exercise</i>									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	1.67	[1.40,2.00]	3000	0.59	[0.45,0.78]	5993	1.14	[0.98,1.32]
25-34	2964	1.39	[1.25,1.53]	2951	2.21	[1.93,2.52]	5915	1.79	[1.64,1.96]
35-44	2983	3.89	[3.69,4.10]	3005	4.91	[4.69,5.15]	5988	4.39	[4.24,4.55]
45-54	2988	6.91	[6.70,7.12]	3002	12.72	[12.46,12.97]	5990	9.77	[9.61,9.94]
55-64	2952	11.18	[11.05,11.30]	2907	18.47	[18.31,18.63]	5859	14.88	[14.77,14.99]
15-64	14880	3.31	[2.85,3.84]	14865	4.60	[4.01,5.26]	29745	3.94	[3.54,4.39]

Table 44 *Currently taking herbal or traditional remedy for high blood pressure*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	0.18	[0.13,0.26]	3000	0.04	[0.02,0.07]	5993	0.11	[0.08,0.15]
25-34	2964	0.36	[0.30,0.42]	2951	0.34	[0.28,0.41]	5915	0.35	[0.30,0.41]
35-44	2982	0.93	[0.86,1.00]	3007	1.23	[1.14,1.32]	5989	1.07	[1.01,1.14]
45-54	2988	2.17	[2.08,2.27]	3002	4.89	[4.73,5.05]	5990	3.51	[3.42,3.60]
55-64	2952	5.69	[5.60,5.79]	2909	8.22	[8.11,8.33]	5861	6.97	[6.89,7.05]
15-64	14879	0.98	[0.82,1.18]	14869	1.52	[1.29,1.80]	29748	1.25	[1.10,1.42]

Diabetes

Table 45 *Diabetes diagnosed by doctor or health worker in last 12 months*

Age Group (years)	Men			Women			Both Sexes		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
15-24	219	2.37	[1.74,3.22]	515	1.36	[1.02,1.81]	734	1.87	[1.49,2.33]
25-34	485	6.02	[5.17,7.00]	831	2.50	[2.24,2.79]	1316	4.29	[3.83,4.79]
35-44	813	8.17	[7.71,8.66]	1120	9.46	[9.06,9.88]	1933	8.81	[8.50,9.12]
45-54	952	16.61	[16.22,17.01]	1399	21.22	[20.84,21.61]	2351	18.89	[18.62,19.16]
55-64	1108	22.87	[22.63,23.11]	1527	25.81	[25.59,26.04]	2635	24.37	[24.20,24.53]
15-64	3577	7.57	[6.34,9.02]	5392	7.38	[6.64,8.19]	8969	7.48	[6.76,8.26]

Table 46 *Currently taking insulin prescribed for diabetes by doctor or health worker*

Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
15-24	70	26.34	[19.02,35.25]	80	15.16	[8.87,24.69]	150	20.81	[15.71,27.02]
25-34	104	11.77	[9.44,14.59]	109	2.92	[2.06,4.12]	213	7.42	[6.14,8.93]
35-44	164	15.01	[13.03,17.24]	208	3.48	[2.92,4.15]	372	9.36	[8.30,10.54]
45-54	262	9.43	[8.65,10.27]	400	12.16	[11.48,12.88]	662	10.78	[10.25,11.33]
55-64	366	10.00	[9.65,10.36]	505	9.78	[9.48,10.09]	871	9.89	[9.66,10.12]
15-64	966	17.2	[10.09,27.77]	1302	9.11	[3.59,21.22]	2268	13.20	[8.20,20.57]

Table 47 *Currently taking oral drugs prescribed for diabetes by doctor or health worker*

Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-24	69	39.89	[29.99,50.7]	80	15.59	[10.07,23.34]	149	27.86	[22.07,34.49]
25-34	104	35.91	[30.65,41.53]	109	24.79	[19.73,30.64]	213	30.44	[26.73,34.43]
35-44	163	38.07	[35.32,40.9]	208	41.99	[39.62,44.40]	371	39.99	[38.28,41.73]
45-54	262	62.51	[61.29,63.72]	403	62.15	[61.20,63.08]	665	62.33	[61.56,63.09]
55-64	367	64.44	[63.9,64.96]	505	66.32	[65.89,66.75]	872	65.39	[65.06,65.73]
15-64	965	43.04	[31.32,55.59]	1305	32.27	[23.70,42.23]	2270	37.72	[30.58,45.43]

Table 48 *Advised by doctor or health worker to have special prescribed diet*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	69	55.40	[46.58,63.88]	80	31.41	[22.56,41.85]	149	43.52	[37.11,50.15]
25-34	104	53.29	[47.95,58.55]	109	65.92	[59.67,71.67]	213	59.5	[55.47,63.40]
35-44	165	56.16	[53.50,58.79]	208	62.62	[60.14,65.04]	373	59.33	[57.60,61.03]
45-54	263	74.46	[73.34,75.56]	403	78.32	[77.64,78.99]	666	76.37	[75.71,77.02]
55-64	367	72.28	[71.84,72.72]	505	75.53	[75.13,75.93]	872	73.93	[73.62,74.25]
15-64	968	58.54	[47.53,68.77]	1305	55.09	[42.82,66.78]	2273	56.84	[48.97,64.38]

Table 49 *Advised by doctor or health worker to lose weight*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	69	35.37	[25.40,46.79]	80	37.26	[24.69,51.83]	149	36.31	[28.05,45.46]
25-34	104	35.08	[29.84,40.71]	109	48.78	[40.86,56.76]	213	41.82	[37.15,46.63]
35-44	165	45.23	[42.61,47.89]	208	39.00	[36.70,41.34]	373	42.18	[40.34,44.04]
45-54	262	51.81	[50.49,53.13]	403	52.02	[51.07,52.96]	665	51.91	[51.07,52.76]
55-64	367	45.99	[45.49,46.49]	505	50.28	[49.77,50.78]	872	48.17	[47.81,48.53]
15-64	967	39.92	[28.17,52.96]	1305	43.35	[28.01,60.08]	2272	41.62	[31.00,53.08]

Table 50 *Advised by doctor or health worker to stop smoking*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	69	21.68	[12.27,35.40]	80	4.27	[2.05,8.66]	149	13.06	[8.09,20.39]
25-34	104	11.52	[9.23,14.29]	109	0	-----	213	5.86	[4.70,7.27]
35-44	164	24.10	[22.07,26.25]	208	5.28	[4.39,6.33]	372	14.87	[13.74,16.08]
45-54	262	15.02	[14.14,15.95]	401	9.81	[9.25,10.40]	663	12.45	[11.94,12.98]
55-64	366	24.67	[24.20,25.14]	504	8.78	[8.52,9.04]	870	16.60	[16.34,16.87]
15-64	965	18.82	[9.42,34.05]	1302	4.37	[2.04,9.12]	2267	11.69	[6.63,19.76]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	69	46.44	[36.81,56.33]	80	39.73	[27.68,53.18]	150	43.12	[35.21,51.39]
25-34	104	44.01	[38.66,49.51]	109	50.09	[42.27,57.91]	213	47.00	[42.31,51.75]
35-44	165	51.15	[48.52,53.77]	208	41.5	[39.05,43.99]	373	46.42	[44.75,48.09]
45-54	262	51.61	[50.27,52.96]	402	46.25	[45.26,47.24]	664	48.97	[48.16,49.78]
55-64	367	55.08	[54.57,55.58]	505	50.78	[50.29,51.27]	872	52.90	[52.53,53.26]
15-64	967	47.91	[36.31,59.74]	1305	44.34	[29.57,60.18]	2272	46.15	[35.89,56.73]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	70	22.25	[13.82,33.8]	82	2.30	[1.10,4.75]	152	12.38	[8.07,18.50]
25-34	106	8.35	[6.5 ,10.68]	112	3.33	[2.46,4.49]	218	5.88	[4.83,7.15]
35-44	167	17.77	[16.04,19.63]	209	19.05	[17.01,21.27]	376	18.39	[17.12,19.74]
45-54	263	19.87	[18.75,21.04]	404	20.59	[19.77,21.43]	667	20.23	[19.50,20.97]
55-64	367	23.32	[22.79,23.85]	506	19.62	[19.25,20.01]	873	21.44	[21.11,21.78]
15-64	973	17.56	[9.257,30.78]	1313	9.16	[6.41,12.93]	2286	13.41	[8.69,20.12]

6. Physical Measurements/ Raised Blood Pressure

This part presents data on height, weight, and body mass index among in all respondent participating in step 2 (excluding pregnant women for weight and BMI). Waist measurement was also taken as a measure of central obesity, which is considered to be a risk factor for cardiovascular diseases.

The prevalence of hypertension (a mean systolic pressure ≥ 140 mmHg and/or a mean diastolic pressure ≥ 90 mmHg and/or self reported current use of anti-hypertensive medication), whether and/or not they had previously been told by a health worker that they had elevated blood pressure, was identified based on systolic and diastolic measurements of blood pressure in three times among all respondents, excluding those currently on medication for raised blood pressure. Thresholds for hypertension were computed according to the WHO guidelines.

All respondents were asked if they have been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker during the past two weeks.

Antropometric Index

<i>Table 53</i> <i>Mean height (cm)</i>						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24	3012	172.8	[172.4,173.2]	3033	158.9	[158.6,159.2]
25-34	2980	172.8	[172.4,173.2]	2979	158.3	[158.0,158.7]
35-44	3002	170.8	[170.5,171.2]	3034	157.2	[156.8,157.6]
45-54	3010	169.2	[168.8,169.6]	3018	155.3	[155.0,155.7]
55-64	2930	167.2	[166.8,167.7]	2906	153.6	[153.2,154.0]
15-64	14934	171.6	[171.4,171.8]	14970	157.6	[157.4,157.9]

<i>Table 54</i> <i>Mean weight (kg)</i>						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24	3012	67.0	[66.3,67.8]	3034	57.3	[56.5,58.0]
25-34	2981	73.4	[72.5,74.2]	2980	65.6	[64.9,66.3]
35-44	3000	74.9	[74.1,75.7]	3034	69.8	[69.0,70.5]
45-54	3009	74.4	[73.6,75.2]	3020	71.2	[70.4,72.0]
55-64	2930	72.7	[71.9,73.5]	2908	67.4	[66.7,68.1]
15-64	14932	71.5	[71.0,71.9]	14976	64.2	[63.8,64.6]

<i>Table 55</i>		<i>Waist circumference (cm)</i>				
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24	3011	79.17	[78.54,79.81]	2911	74.77	[74.20,75.35]
25-34	2985	86.13	[85.42,86.84]	2816	83.64	[83.00,84.27]
35-44	3004	89.46	[88.73,90.19]	2985	89.73	[89.02,90.43]
45-54	3011	92.07	[91.28,92.85]	3012	94.31	[93.57,95.05]
55-64	2931	93.21	[92.36,94.06]	2904	94.90	[94.17,95.63]
15-64	14942	85.47	[85.03,85.91]	14628	83.69	[83.32,84.06]

<i>Table 56</i>		<i>Mean BMI (kg/m²)</i>							
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24	2956	22.51	[22.28,22.74]	2852	22.68	[22.46,22.90]	5808	22.59	[22.43,22.76]
25-34	2964	24.57	[24.32,24.81]	2794	26.18	[25.90,26.45]	5758	25.36	[25.17, 25.55]
35-44	2984	25.67	[25.42,25.92]	2974	28.25	[27.94,28.55]	5958	26.93	[26.72,27.15]
45-54	2996	25.96	[25.69,26.23]	2999	29.48	[29.17,29.79]	5995	27.70	[27.49,27.91]
55-64	2910	26.02	[25.78,26.25]	2883	28.60	[28.32,28.88]	5793	27.33	[27.13,27.53]
15-64	14810	24.31	[24.17,24.44]	14502	25.88	[25.73,26.02]	29312	25.08	[24.98,25.19]

Table 57 BMI classifications									
Men									
Age Group (years)	n	%Under-weight <18.5	95% CI	%Normal weight 18.5-24.9	95% CI	%Over-weight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	2954	14.39	[13.8,14.99]	63.00	[62.11,63.88]	16.71	[16.00,17.44]	5.90	[5.45,6.38]
25-34	2960	5.10	[4.82,5.40]	52.8	[52.13,53.46]	31.3	[30.67,31.93]	10.80	[10.37,11.24]
35-44	2983	3.93	[3.74,4.14]	40.99	[40.49,41.49]	39.3	[38.75,39.85]	15.78	[15.32,16.24]
45-54	2994	3.39	[3.28,3.51]	39.27	[38.91,39.62]	39.64	[39.28,40.01]	17.69	[17.41,17.98]
55-64	2939	3.03	[2.98,3.08]	40.18	[40.02,40.35]	39.7	[39.52,39.89]	17.08	[16.93,17.24]
15-64	14830	7.87	[7.16,8.65]	51.72	[50.29,53.16]	29.15	[27.88,30.45]	11.25	[10.32,12.26]
Women									
Age Group (years)	n	%Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	%Over-weight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	2851	14.03	[13.38,14.72]	60.89	[59.96,61.81]	19.29	[18.55,20.06]	5.78	[5.36,6.23]
25-34	2794	2.97	[2.78,3.18]	42.28	[41.52,43.03]	33.98	[33.29,34.67]	20.77	[20.18,21.37]
35-44	2974	1.43	[1.27,1.61]	26.86	[26.40,27.32]	35.82	[35.34,36.3]	35.89	[35.36,36.43]
45-54	2999	1.47	[1.41,1.53]	18.12	[17.88,18.36]	35.86	[35.53,36.2]	44.55	[44.19,44.91]
55-64	2899	2.02	[1.98,2.06]	23.58	[23.42,23.74]	35.98	[35.81,36.14]	38.42	[38.25,38.60]
15-64	14517	6.43	[5.73,7.21]	41.81	[40.40,43.23]	29.38	[28.2,30.59]	22.37	[21.27,23.52]
Both Sexes									
Age Group (years)	n	%Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	%Over-weight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	5805	14.21	[13.74,14.7]	61.95	[61.32,62.59]	17.99	[17.43,18.56]	5.84	[5.52,6.18]
25-34	5754	4.06	[3.89,4.23]	47.63	[47.13,48.12]	32.61	[32.15,33.08]	15.70	[15.34,16.07]
35-44	5957	2.70	[2.58,2.84]	34.06	[33.71,34.42]	37.59	[37.24,37.95]	25.64	[25.26,26.02]
45-54	5993	2.44	[2.38,2.51]	28.83	[28.6,29.05]	37.78	[37.53,38.02]	30.95	[30.72,31.19]
55-64	5838	2.52	[2.48,2.55]	31.75	[31.63,31.87]	37.81	[37.69,37.93]	27.92	[27.79,28.04]
15-64	29347	7.16	[6.60,7.76]	46.83	[45.81,47.85]	29.26	[28.34,30.2]	16.75	[15.97,17.55]

Blood pressure

Table 58 *Mean systolic blood pressure (mmHg)*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24	3010	119.6	[118.9,120.2]	3034	108.9	[108.3,109.5]	6044	114.3	[113.8,114.7]
25-34	2985	121.7	[121.1,122.4]	2981	112.7	[112.0,113.3]	5966	117.3	[116.8,117.8]
35-44	3005	123.0	[122.3,123.7]	3036	118.0	[117.2,118.8]	6041	120.6	[120.0,121.1]
45-54	3010	128.1	[127.2,129.1]	3021	127.0	[125.9,128.2]	6031	127.6	[126.8,128.4]
55-64	2935	135.1	[133.9,136.3]	2912	134.4	[133.1,135.7]	5847	134.7	[133.7,135.7]
15-64	14945	122.9	[122.5,123.3]	14984	115.6	[115.2,116.0]	29929	119.3	[119.0,119.7]

Table 59 *Mean diastolic blood pressure (mmHg)*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24	3010	73.0	[72.5,73.5]	3034	72.5	[72.1,73.0]	6044	72.8	[72.4,73.1]
25-34	2985	76.5	[76.0,77.1]	2980	76.1	[75.6,76.7]	5965	76.3	[75.9,76.7]
35-44	3005	79.2	[78.6,79.8]	3036	80.0	[79.4,80.5]	6041	79.6	[79.2,80.0]
45-54	3010	81.8	[81.1,82.4]	3021	83.9	[83.2,84.6]	6031	82.8	[82.3,83.3]
55-64	2935	83.9	[83.1,84.7]	2912	85.0	[84.1,85.8]	5847	84.4	[83.8,85.1]
15-64	14945	76.9	[76.6,77.3]	14989	77.1	[76.8,77.4]	29928	77.0	[76.8, 77.3]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3014	8.01	[7.59,8.46]	3035	3.74	[3.41,4.09]	6049	5.90	[5.61,6.19]
25-34	2985	12.53	[12.09,12.98]	2982	8.32	[7.98,8.67]	5967	10.46	[10.16,10.77]
35-44	3005	18.08	[17.71,18.46]	3036	19.93	[19.56,20.32]	6041	18.99	[18.70,19.28]
45-54	3014	32.25	[31.92,32.57]	3023	38.61	[38.26,38.95]	6037	35.39	[35.15,35.62]
55-64	2968	47.08	[46.89,47.27]	2929	52.04	[51.84,52.24]	5897	49.6	[49.47,49.73]
15-64	14986	16.74	[15.85,17.67]	15005	15.71	[14.96,16.49]	29991	16.23	[15.58,16.9]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3010	8.51	[8.06,8.98]	3034	3.85	[3.52,4.21]	6044	6.20	[5.89,6.52]
25-34	2985	12.69	[12.25,13.14]	2981	8.72	[8.38,9.08]	5966	10.74	[10.44,11.05]
35-44	3005	19.31	[18.94,19.69]	3036	21.05	[20.68,21.44]	6041	20.17	[19.87,20.46]
45-54	3011	34.2	[33.88,34.53]	3022	42.59	[42.25,42.93]	6033	38.34	[38.11,38.58]
55-64	2966	50.04	[49.85,50.22]	2928	59.99	[59.79,60.18]	5894	55.09	[54.96,55.22]
15-64	14977	17.63	[16.74,18.57]	15001	17.12	[16.38,17.90]	29978	17.38	[16.72,18.06]

Table 62 <i>Currently on medication for raised blood pressure</i>									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2993	0.29	[0.21,0.39]	3000	0.24	[0.18,0.32]	5993	0.27	[0.21,0.33]
25-34	2964	0.65	[0.53,0.79]	2952	1.13	[0.98,1.32]	5916	0.89	[0.79,1.00]
35-44	2982	3.43	[3.25,3.63]	3005	4.06	[3.90,4.23]	5987	3.74	[3.62,3.87]
45-54	2988	8.19	[7.97,8.41]	3002	15.82	[15.58,16.07]	5990	11.96	[11.8,12.13]
55-64	2952	17.75	[17.59,17.91]	2908	34.12	[33.94,34.31]	5860	26.06	[25.94,26.19]
15-64	14879	3.13	[2.79,3.52]	14867	5.53	[5.14,5.94]	29746	4.32	[4.04,4.62]

Table 63 <i>SBP ≥160 and/or DBP ≥ 100 mmHg</i>									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3014	1.48	[1.29,1.70]	3035	0.35	[0.28,0.44]	6049	0.92	[0.82,1.04]
25-34	2985	2.15	[1.97,2.36]	2982	1.96	[1.79,2.14]	5967	2.06	[1.93,2.19]
35-44	3005	3.98	[3.77,4.21]	3036	4.69	[4.51,4.88]	6041	4.33	[4.19,4.47]
45-54	3014	9.61	[9.42,9.81]	3023	14.03	[13.80,14.27]	6037	11.8	[11.64,11.95]
55-64	2968	19.56	[19.38,19.74]	2929	23.59	[23.43,23.76]	5897	21.61	[21.48,21.73]
15-64	14986	4.36	[3.92,4.83]	15005	4.93	[4.54,5.35]	29978	4.64	[4.36,4.94]

Table 64 *SBP \geq 160 and/or DBP \geq 100 mmHg or currently on medication for raised blood pressure*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3014	2.03	[1.78,2.30]	3035	0.66	[0.52,0.84]	6049	1.35	[1.21,1.51]
25-34	2985	2.67	[2.46,2.91]	2982	2.51	[2.33,2.70]	5967	2.59	[2.45,2.75]
35-44	3005	6.02	[5.77,6.27]	3036	6.72	[6.52,6.93]	6041	6.36	[6.20,6.53]
45-54	3014	13.95	[13.72,14.19]	3023	22.1	[21.82,22.38]	6037	17.97	[17.79,18.15]
55-64	2968	26.52	[26.33,26.70]	2929	40.34	[40.15,40.52]	5897	33.54	[33.40,33.67]
15-64	14986	6.08	[5.56,6.65]	15005	7.76	[7.29,8.25]	29978	6.91	[6.56,7.28]

7. Biochemical Measurements

The indicators were measured in step 3 are;

- **Mean fasting blood glucose** results excluding those who are currently on medication for diabetes (Non-fasting recipients excluded), categorization of respondents into blood glucose level categories and percentage currently on medication for raised blood glucose (non-fasting recipients excluded). All respondents were asked if they currently receive any of the treatments for diabetes (prescribed by a doctor or other health worker), Insulin or oral drug (medication) that they have taken in the last 2 weeks.

Impaired fasting glycaemia is defined as either:

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

Raised blood glucose is defined as either

- plasma venous value: ≥ 7.0 mmol/L (126 mg/dl)
- capillary whole blood value: ≥ 6.1 mmol/L (110 mg/dl)
- **Mean total cholesterol and HDL** among all respondents, percentage of respondents with raised total cholesterol. and low HDL. Also **mean triglycerides** among all respondents and percentage of respondents with raised triglycerides.

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	2121	86.84	[85.53,88.16]	2381	84.68	[83.67,85.69]	4502	85.78	[84.95,86.61]
35-44	2269	88.72	[87.39,90.06]	2546	89.76	[88.09,91.43]	4815	89.23	[88.08,90.39]
45-54	2337	93.43	[91.49,95.36]	2586	92.75	[91.38,94.12]	4923	93.09	[91.87,94.31]
55-64	2385	94.28	[92.52,96.04]	2470	96.09	[93.90,98.29]	4855	95.20	[93.71,96.70]
25-64	9112	89.47	[88.63,90.31]	9983	89.00	[88.25,89.74]	19095	89.24	[88.64,89.84]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2121	2.35	[1.951,2.828]	2381	1.71	[1.341,2.181]	4502	2.03	[1.76,2.353]
35-44	2269	2.39	[2.213,2.596]	2546	2.85	[2.652,3.077]	4815	2.62	[2.484,2.768]
45-54	2337	4.75	[4.49,5.041]	2586	5.69	[5.383,6.014]	4923	5.21	[5.02,5.424]
55-64	2385	6.55	[6.376,6.733]	2470	7.33	[7.117,7.567]	4855	6.95	[6.802,7.104]
25-64	9112	3.28	[2.749,3.909]	9983	3.45	[2.922,4.072]	19095	3.36	[2.997,3.775]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2129	4.99	[4.21,5.922]	2390	3.51	[3.016,4.083]	4519	4.26	[3.799,4.789]
35-44	2299	8.75	[8.121,9.435]	2563	9.18	[8.621,9.77]	4862	8.96	[8.507,9.442]
45-54	2377	14.54	[14.08,15.02]	2624	17.45	[16.97,17.94]	5001	15.98	[15.65,16.31]
55-64	2429	18.94	[18.64,19.25]	2524	22.94	[22.64,23.24]	4953	20.97	[20.74,21.21]
25-64	9234	9.43	[8.31,10.69]	10101	10.05	[9.013,11.19]	19335	9.73	[8.956,10.58]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	102	42.21	[33.86,51.02]	107	26.73	[18.73,36.6]	209	34.6	[28.65,41.06]
35-44	162	51.68	[47.54,55.8]	202	42.76	[38.99,46.62]	364	47.31	[44.73,49.91]
45-54	257	65.7	[63.76,67.59]	396	67.11	[65.67,68.51]	653	66.4	[65.2,67.57]
55-64	361	67.29	[66.46,68.1]	498	70.31	[69.61,70.99]	859	68.82	[68.29,69.34]
25-64	882	52.23	[42.34,61.95]	1203	44.16	[33.87,54.97]	2085	48.25	[41.11,55.46]

Cholesterol and Triglycerides

Table 69 *Mean total cholesterol (mg/dl)*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	2116	172.6	[170.1,175.0]	2366	177.7	[175.3,180.2]	4482	175.1	[173.2,177.0]
35-44	2266	184.5	[181.7,187.3]	2530	188.4	[185.5,191.3]	4796	186.4	[184.46,188.4]
45-54	2325	190.6	[187.9,193.3]	2577	204.3	[201.8,206.8]	4902	197.4	[195.5,199.3]
55-64	2371	189.3	[186.8,191.8]	2466	211.9	[209.3,214.5]	4837	200.8	[198.9,202.7]
25-64	9078	181.4	[179.9,182.8]	9939	189.9	[188.3,191.4]	19017	185.5	[184.4,186.7]

Table 70 *Total cholesterol ≥ 5.2 mmol/L or ≥ 200 mg/dl*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2116	22.42	[21.28,23.6]	2366	24.29	[23.19,25.43]	4482	23.34	[22.52,24.18]
35-44	2266	30.65	[29.76,31.56]	2530	34.69	[33.89,35.5]	4796	32.63	[31.99,33.28]
45-54	2325	38.05	[37.41,38.69]	2577	51.04	[50.43,51.65]	4902	44.46	[44.02,44.9]
55-64	2371	37.84	[37.54,38.13]	2466	58.66	[58.33,58.98]	4837	48.41	[48.19,48.63]
25-64	9078	29.51	[27.83,31.26]	9939	36.38	[34.67,38.12]	19017	32.90	[31.64,34.19]

Table 71									
Total cholesterol \geq 6.5 mmol/L or \geq 250 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2116	3.16	[2.83,3.52]	2366	5.05	[4.50,5.65]	4482	4.09	[3.75,4.45]
35-44	2266	6.59	[6.25,6.94]	2530	7.08	[6.66,7.54]	4796	6.83	[6.55,7.12]
45-54	2325	8.16	[7.86,8.48]	2577	13.52	[13.09,13.96]	4902	10.81	[10.56,11.07]
55-64	2371	7.66	[7.50,7.83]	2466	19.82	[19.56,20.09]	4837	13.84	[13.68,14]
25-64	9078	5.61	[5.02,6.28]	9939	8.94	[8.04,9.94]	19017	7.26	[6.67,7.89]

Table 72									
Mean of HDL (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2116	41.01	[40.33,41.70]	2384	45.46	[44.76, 46.16]	4500	43.20	[42.69,43.71]
35-44	2263	39.94	[39.22,40.65]	2540	44.49	[43.54,45.44]	4803	42.17	[41.587,42.76]
45-54	2335	41.64	[40.62,42.66]	2576	45.22	[44.36,46.08]	4911	43.41	[42.74,44.08]
55-64	2376	41.05	[40.33,41.78]	2467	45.11	[44.48,45.74]	4843	43.11	[42.63,43.60]
25-64	9090	40.83	[40.36,41.31]	9967	45.10	[44.64,45.55]	19057	42.94	[42.59,43.28]

Table 73 <i>Percentage of those with HDL <1.03mmol/L or <40 mg/dl</i>			
Age Group (years)	Men		
	n	%	95% CI
25-34	2116	48.90	[47.45,50.35]
35-44	2263	51.75	[50.74,52.75]
45-54	2335	49.04	[48.32,49.76]
55-64	2376	48.69	[48.29,49.09]
25-64	9090	49.73	[47.52,51.93]

Table 74 <i>Percentage of those with HDL <1.29mmol/L or <50 mg/dl</i>			
Age Group (years)	Women		
	n	%	95% CI
25-34	2384	69.17	[67.94,70.36]
35-44	2540	72.56	[71.71,73.39]
45-54	2576	69.15	[68.55,69.75]
55-64	2467	69.59	[69.3,69.88]
25-64	9967	70.18	[68.5,71.81]

Table 75 *Triglycerides (mg/dl)*

Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	2122	140.7	[135.7,145.8]	2386	119.3	[115.1,123.5]	4508	130.2	[126.6,133.8]
35-44	2272	166.6	[159.1,174.0]	2545	142.3	[136.3,148.3]	4817	154.7	[149.6,159.7]
45-54	2340	167.0	[160.9,173.1]	2587	163.7	[157.9,169.5]	4927	165.4	[161.3,169.5]
55-64	2382	157.5	[151.9,163.1]	2471	172.4	[166.6,178.3]	4853	165.1	[161.0,169.2]
25-64	9116	155.2	[151.9,158.4]	9989	140.6	[137.8,143.3]	19105	148.0	[145.6,150.3]

Table 76 *Percentage of those with Triglycerides ≥ 2.26 mmol/L or ≥ 200 mg/dl*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	2122	15.79	[14.9,16.72]	2386	10.31	[9.56,11.11]	4508	13.1	[12.46,13.76]
35-44	2272	27.14	[26.2,28.09]	2545	16.92	[16.16,17.72]	4817	22.13	[21.45,22.83]
45-54	2340	26.15	[25.57,26.75]	2587	23.16	[22.61,23.71]	4927	24.67	[24.27,25.08]
55-64	2382	21.22	[20.97,21.47]	2471	28.15	[27.83,28.47]	4853	24.74	[24.53,24.94]
25-64	9116	21.69	[20.27,23.19]	9989	16.72	[15.37,18.18]	19105	19.24	[18.1,20.44]

8. Raised Risk

Raised risk as a comprehensive assessment on Steps NCD risk factors is measured based on WHO definition:

- Percentage of respondents with 0, 1-3, or 4-5 of the following risk factors
 - Current daily smoker
 - Less than 5 servings of fruits & vegetables per day
 - Low level of activity (<600 MET -minutes)
 - Overweight or obese (BMI \geq 25 kg/m²)
 - Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP).

- Percentage of respondents with 0, 1-2, or 3 of these the following risk factors:
 - Current daily smoker
 - Less than 5 servings of fruits & vegetables per day
 - Low level of activity (<600 MET - minutes)

describe the raised risk and viewed in related tables by sex and age groups.

Table 77				
Raised Risk				
Age Group (years)		Men		
n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors	
15-24	2953	7.24[6.70,7.82]	91.57[90.97,92.13]	1.18[1.03,1.36]
25-34	2963	4.23[3.88,4.61]	91.05[90.56,91.53]	4.71[4.39,5.05]
35-44	2982	2.25[2.07,2.44]	86.67[86.23,87.11]	11.07[10.67,11.48]
45-54	2994	1.52[1.41,1.62]	82.62[82.32,82.91]	15.86[15.58,16.15]
55-64	2939	0.63[0.61,0.65]	82.57[82.43,82.71]	16.8[16.66,16.94]
15-44	8898	5.12[4.326,6.06]	90.28[89.19,91.27]	4.59[3.92,5.36]
45-64	5933	1.21[0.77,1.90]	82.6[80.83,84.24]	16.18[14.58,17.92]
Age Group (years)		Women		
n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors	
15-24	2851	5.82[5.37,6.32]	93.66[93.16,94.14]	0.50[0.41,0.61]
25-34	2793	2.50[2.28,2.75]	94.84[94.51,95.16]	2.65[2.42,2.89]
35-44	2974	2.58[2.40,2.77]	91.16[90.89,91.42]	6.25[6.05,6.46]
45-54	2998	0.39[0.36,0.42]	83.96[83.7,84.21]	15.65[15.40,15.90]
55-64	2899	0.56[0.54,0.58]	75.95[75.81,76.1]	23.48[23.34,23.63]
15-44	8618	4.02[3.35,4.80]	93.48[92.64,94.22]	2.50[2.11,2.95]
45-64	5897	0.45[0.29,0.70]	81.12[79.56,82.58]	18.43[16.97,19.98]
Age Group (years)		Both Sexes		
n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors	
15-24	5804	6.54[6.16,6.93]	92.61[92.2,92.99]	0.85[0.75,0.95]
25-34	5756	3.38[3.16,3.61]	92.92[92.62,93.2]	3.69 [3.50,3.90]
35-44	5956	2.41[2.29,2.54]	88.87[88.61,89.13]	8.71 [8.47,8.95]
45-54	5992	0.96[0.91,1.02]	83.28[83.07,83.48]	15.76[15.56,15.96]
55-64	5838	0.60[0.58,0.61]	79.21[79.11,79.31]	20.19[20.09,20.29]
15-44	17516	4.58[4.02,5.21]	91.85[91.17,92.49]	3.56[3.16,4.00]
45-64	11830	0.83[0.58,1.19]	81.86[80.61,83.05]	17.3[16.12,18.55]

<i>Table 78</i>		<i>Raised Risk</i>		
Age Group (years)	Men			
	n	%with 0 risk factors	%with 1-2 risk factors	%with 3 risk factors
15-24	3014	10.51[9.85,11.2]	88.07[87.36,88.74]	1.42[1.22,1.65]
25-34	2985	7.71[7.26,8.19]	86.43[85.88,86.96]	5.85[5.5,6.22]
35-44	3004	5.19[4.95,5.45]	84.4[83.97,84.83]	10.4[10.02,10.8]
45-54	3014	5.51[5.34,5.68]	85.02[84.74,85.3]	9.46[9.23,9.69]
55-64	2968	5.25[5.15,5.35]	87.51[87.37,87.65]	7.23[7.13,7.33]
15-44	9003	8.38[7.30,9.61]	86.7[85.41,87.88]	4.91[4.24,5.68]
45-64	5982	5.42[4.48,6.54]	85.87[84.18,87.41]	8.70[7.39,10.21]
Age Group (years)	Women			
	n	%with 0 risk factors	%with 1-2 risk factors	%with 3 risk factors
15-24	3035	7.70[7.19,8.24]	92.3 [91.75,92.81]	0
25-34	2982	7.85[7.43,8.29]	91.88[91.43,92.3]	0.26[0.17,0.39]
35-44	3036	8.92[8.60,9.25]	90.45[90.12,90.78]	0.62[0.51,0.74]
45-54	3023	7.17[6.96,7.38]	91.7[91.48,91.92]	1.12[1.03,1.22]
55-64	2929	6.92[6.80,7.05]	91.26[91.12,91.4]	1.81[1.75,1.87]
15-44	9053	8.02 [6.97,9.22]	91.74[90.55,92.80]	0.22[0.09,0.52]
45-64	5952	7.08[5.87,8.52]	91.55[89.97,92.89]	1.37[0.90,2.06]
Age Group (years)	Both Sexes			
	n	%with 0 risk factors	%with 1-2 risk factors	%with 3 risk factors
15-24	6049	9.11[8.67,9.58]	90.16[89.69,90.61]	0.71[0.61,0.83]
25-34	5967	7.78[7.42,8.15]	89.11[88.73,89.47]	3.10[2.92,3.30]
35-44	6040	7.02[6.82,7.22]	87.37 [87.09,87.64]	5.60[5.39,5.83]
45-54	6037	6.33[6.18,6.47]	88.32[88.14,88.50]	5.34[5.22,5.47]
55-64	5897	6.10[6.01,6.19]	89.42[89.31,89.52]	4.48[4.41,4.54]
15-44	18056	8.21[7.30,9.21]	89.18[88.19,90.10]	2.60[2.24,3.02]
45-64	11934	6.25[5.36,7.27]	88.70[87.55, 89.75]	5.04[4.36,5.82]

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Fish Consumption

Table 79											
Number of servings of fish on average per week											
Men											
Age Group (years)	n	%no fish consumption	95% CI	%1 servings	95% CI	%2 servings	95% CI	%3 servings	95% CI	% ≥4 servings	95% CI
15-24	2967	55.9	[55.56,56.8]	27.63	[26.74,28.53]	10.62	[10.11,11.16]	3.59	[3.30,3.89]	2.25	[2.02,2.51]
25-34	2947	54.32	[53.6,55.03]	27.81	[27.14,28.49]	11.74	[11.26,12.23]	3.45	[3.23,3.69]	2.67	[2.46,2.90]
35-44	2951	60.25	[59.73,60.77]	24.43	[23.98,24.88]	10.09	[9.76,10.42]	3.26	[3.10,3.42]	1.97	[1.88,2.07]
45-54	2967	63.19	[62.83,63.55]	23.54	[23.22,23.86]	8.47	[8.30,8.65]	2.73	[2.64,2.83]	2.05	[1.96,2.15]
55-64	2893	62.87	[62.67,63.07]	23.36	[23.2,23.53]	9.16	[9.06,9.27]	2.48	[2.43,2.53]	2.11	[2.04,2.18]
15-64	14725	57.68	[56.04,59.31]	26.28	[24.87,27.73]	10.44	[9.51,11.46]	3.31	[2.90,3.78]	2.28	[1.87,2.76]
Women											
Age Group (years)	n	%no fish consumption	95% CI	%1 servings	95% CI	%2 servings	95% CI	%3 servings	95% CI	% ≥4 servings	95% CI
15-24	2996	61.05	[60.06,62.03]	22.17	[21.36,22.99]	10.94	[10.38,11.51]	3.73	[3.411,4.087]	2.11	[1.909,2.345]
25-34	2944	56.65	[55.91,57.39]	26.30	[25.62,26.98]	11.01	[10.62,11.42]	4.34	[4.08,4.632]	1.69	[1.567,1.824]
35-44	2988	63.33	[62.83,63.81]	21.55	[21.1,22]	10.23	[9.981,10.49]	3.39	[3.252,3.545]	1.50	[1.396,1.612]
45-54	2984	65.18	[64.85,65.5]	19.72	[19.43,20.01]	10.21	[9.993,10.43]	3.37	[3.266,3.483]	1.52	[1.473,1.581]
55-64	2878	66.26	[66.08,66.44]	19.31	[19.15,19.47]	8.02	[7.929,8.117]	4.08	[4.003,4.174]	2.31	[2.259,2.377]
15-64	14790	61.22	[59.45,62.96]	22.61	[21.19,24.1]	10.53	[9.627,11.51]	3.81	[3.275,4.429]	1.83	[1.502,2.234]
Both Sexes											
Age Group (years)	n	%no fish consumption	95% CI	%1 servings	95% CI	%2 servings	95% CI	%3 servings	95% CI	% ≥4 servings	95% CI
15-24	5963	58.45	[57.71,59.19]	24.92	[24.29,25.57]	10.78	[10.37,11.2]	3.66	[3.44,3.89]	2.18	[2.01,2.37]
25-34	5891	55.46	[54.86,56.07]	27.07	[26.54,27.60]	11.38	[11.04,11.73]	3.89	[3.70,4.09]	2.19	[2.05,2.33]
35-44	5939	61.76	[61.40,62.11]	23.01	[22.70,23.33]	10.16	[9.93,10.39]	3.32	[3.21,3.44]	1.74	[1.66,1.82]
45-54	5951	64.17	[63.91,64.43]	21.65	[21.43,21.87]	9.33	[9.18,9.47]	3.05	[2.97,3.12]	1.79	[1.73,1.85]
55-64	5771	64.59	[64.45,64.74]	21.30	[21.19,21.42]	8.58	[8.51,8.65]	3.29	[3.25,3.34]	2.21	[2.16,2.26]
15-64	29515	59.43	[57.94,60.90]	24.47	[23.30,25.67]	10.49	[3.18,3.97]	3.55	[3.18,3.97]	2.05	[1.75,2.41]

Insurance Coverage

Table 80 *Percentage who are insured by sex and age group*

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3010	72.55	[71.64,73.43]	3030	76.71	[75.8,77.6]	6040	74.61	[73.9,75.31]
25-34	2984	69.36	[68.61,70.11]	2980	75.71	[75.08,76.33]	5964	72.48	[71.93,73.03]
35-44	3001	76.25	[75.79,76.7]	3035	80.54	[80.11,80.97]	6036	78.35	[78.01,78.69]
45-54	3012	80.11	[79.78,80.43]	3019	83.24	[82.95,83.52]	6031	81.65	[81.41,81.9]
55-64	2935	84.33	[84.18,84.47]	2911	87.92	[87.78,88.05]	5846	86.15	[86.03,86.27]
15-64	14942	74.15	[72.43,75.79]	14975	78.77	[77.2,80.26]	29917	76.43	[74.95,77.85]

Table 81 *Percentage who are insured by area*

Age Group (years)	district	men		women		total	
		n	%insured	n	%insured	n	%insured
15-24	urban	1791	64.60	1785	70.48	3576	67.53
	rural	1219	93.60	1245	93.01	2464	93.30
25-34	urban	1754	59.18	1762	68.50	3516	63.85
	rural	1228	93.32	1218	95.81	2446	94.56
35-44	urban	1786	70.94	1794	75.47	3580	73.21
	rural	1215	94.73	1241	95.41	2456	95.07
45-54	urban	1777	73.89	1788	78.19	3565	76.04
	rural	1235	96.68	1231	96.34	2466	96.51
55-64	urban	1732	79.10	1707	83.30	3439	81.19
	rural	1203	95.84	1204	97.51	2407	96.68
15-64	urban	8840	69.51	8836	75.14	17676	72.32
	rural	6100	94.84	6139	95.60	12239	95.22

Table 82		Insurance Type						
Men								
Age Group (years)	n	% medical services insurance	% rural insurance	% medical social security insurance	% army insurance	% relief committee of imam Khomeini insurance	% etc.	
15-24	2291	16.78[15.91,17.69]	34.76[33.77,35.77]	35.72[34.48,36.98]	6.59[6.039,7.199]	.61[.5007,.7439]	5.53[4.922,6.213]	
25-34	2180	13.39[12.73,14.09]	33.7[32.95,34.46]	43.78[42.83,44.72]	4.83[4.414,5.303]	.11[.08504,.1542]	4.18[3.699,4.721]	
35-44	2406	17.98[17.55,18.42]	29.91[29.4,30.43]	42.54[41.95,43.13]	3.33[3.14,3.537]	.18[.1546,.2133]	6.05[5.682,6.445]	
45-54	2494	17.02[16.74,17.31]	30.04[29.7,30.39]	37.13[36.69,37.57]	6.81[6.574,7.059]	.58[.5497,.6273]	8.40[8.094,8.719]	
55-64	2507	22.41[22.23,22.59]	27.49[27.32,27.66]	33.47[33.26,33.68]	7.55[7.442,7.677]	1.47[1.432,1.526]	7.59[7.46,7.737]	
15-64	11878	16.52[15.09,18.06]	32.5[30.3,34.78]	39.12[36.94,41.34]	5.62[4.721,6.692]	.45[.3238,.6426]	5.77[4.477,7.43]	
Women								
Age Group (years)	n	% medical services insurance	% rural insurance	% medical social security insurance	% army insurance	% relief committee of imam Khomeini insurance	% etc.	
15-24	2406	13.38[12.7,14.08]	35.02[34.02,36.04]	39.65[38.47,40.85]	5.99[5.328,6.732]	1.09[.9294,1.284]	4.86[4.251,5.565]	
25-34	2362	13.34[12.77,13.92]	33.91[33.17,34.66]	44.38[43.58,45.18]	2.88[2.627,3.164]	.65[.5718,.7434]	4.83[4.446,5.265]	
35-44	2526	19.02[18.58,19.47]	29.85[29.37,30.33]	40.13[39.57,40.71]	3.80[3.618,3.995]	.57[.522,.6278]	6.62[6.294,6.974]	
45-54	2569	18.72[18.44,19]	28.68[28.34,29.02]	34.67[34.25,35.09]	7.83[7.587,8.096]	1.98[1.888,2.082]	8.11[7.794,8.44]	
55-64	2580	20.71[20.53,20.89]	26.98[26.81,27.14]	35.64[35.41,35.87]	6.93[6.825,7.05]	2.40[2.359,2.456]	7.32[7.194,7.464]	
15-64	12443	15.59[14.33,16.94]	32.42[30.14,34.79]	40.04[37.81,42.33]	5.09[4.191,6.173]	1.09[.8434,1.407]	5.76[4.603,7.2]	
Total								
Age Group (years)	n	% medical services insurance	% rural insurance	% medical social security insurance	% army insurance	% relief committee of imam Khomeini insurance	% etc.	
15-24	4697	15.09[14.49,15.72]	34.89[34,35.79]	37.67[36.71,38.63]	6.29[5.817,6.813]	.84[.7368,.9784]	5.02[4.656,5.808]	
25-34	4542	13.36[12.92,13.82]	33.80[33.14,34.47]	44.07[43.37,44.77]	3.87[3.585,4.194]	.37[.3356,.4273]	4.50[4.152,4.885]	
35-44	4932	18.49[18.15,18.84]	29.88[29.42,30.34]	41.36[40.88,41.84]	3.56[3.411,3.721]	.37[.3435,.4055]	6.33[6.05,6.629]	
45-54	5063	17.86[17.63,18.09]	29.37[29.06,29.68]	35.92[35.56,36.27]	7.31[7.124,7.519]	1.27[1.224,1.331]	8.25[7.976,8.55]	
55-64	5087	21.55[21.41,21.69]	27.23[27.08,27.38]	34.57[34.39,34.75]	7.24[7.156,7.33]	1.95[1.916,1.984]	7.46[7.35,7.572]	
15-64	24321	16.06[14.92,17.27]	32.46[30.31,34.7]	39.57[37.57,41.61]	5.36[4.547,6.313]	.76[.6056,.9766]	5.77[4.603,7.216]	

Table 83

Insurance type by area

		Men						
Age Group (years)	district	n	%medical services insurance	%rural insurance	%medical social security insurance	%army insurance	%relief committee of imam Khomeini insurance	%etc.
15-24	urban	1152	27.95	8.94	44.10	10.16	1.13	7.73
	rural	1139	5.71	77.00	13.17	2.11	0.35	1.67
25-34	urban	1032	18.99	10.37	58.43	5.43	0.39	6.40
	rural	1146	6.72	72.95	17.71	1.83	0	0.79
35-44	urban	1259	27.32	8.18	50.12	6.35	0.56	7.47
	rural	1147	14.04	68.35	14.65	1.05	0.09	1.83
45-54	urban	1301	30.05	7.23	43.66	8.53	1.23	9.30
	rural	1193	8.27	73.68	12.07	2.68	0.50	235
55-64	urban	1356	31.93	5.24	42.48	9.22	2.88	8.26
	rural	1151	9.38	72.02	12.86	3.30	1.22	1.22
15-64	urban	6100	27.64	7.84	47.31	8.02	1.30	7.90
	rural	5776	8.92	72.80	14.08	2.20	0.43	1.58
		Women						
Age Group (years)	district	n	%medical services insurance	%rural insurance	%medical social security insurance	%army insurance	%relief committee of imam Khomeini insurance	%etc.
15-24	urban	1251	23.26	10.07	51.72	7.43	1.68	5.84
	rural	1155	5.11	75.58	15.06	1.99	1.04	1.21
25-34	urban	1201	20.15	9.91	57.20	4.33	1.17	7.24
	rural	1161	6.63	73.73	16.71	1.12	0.86	0.95
35-44	urban	1345	29.89	7.06	48.70	5.95	1.41	6.99
	rural	1181	8.47	71.89	15.16	2.03	0.42	2.03
45-54	urban	1391	30.55	6.11	42.06	8.55	3.45	9.27
	rural	1178	8.66	71.99	13.50	2.55	1.44	1.87
55-64	urban	1412	28.05	6.87	44.33	8.00	5.59	7.15
	rural	1168	8.13	68.24	15.75	3.34	2.57	1.97
15-64	urban	6600	26.61	7.91	48.48	6.92	2.74	7.33
	rural	5843	7.41	72.27	15.23	2.21	1.27	1.61

<i>Table 83</i>		<i>Insurance type by area</i>						
Age Group (years)	district	n	Total					
			%medical services insurance	%rural insurance	%medical social security insurance	%army insurance	%relief committee of imam Khomeini insurance	%etc.
15-24	urban	2403	25.51	9.53	48.06	8.74	1.41	6.74
	rural	2294	5.41	76.29	14.12	2.05	0.70	1.44
25-34	urban	2233	19.61	10.12	57.77	4.84	0.81	6.85
	rural	2307	6.68	73.34	17.21	1.47	0.43	0.87
35-44	urban	2604	28.65	7.60	49.39	6.14	1.00	7.22
	rural	2328	11.21	70.15	14.91	1.55	0.26	1.93
45-54	urban	2692	30.31	6.65	42.83	8.54	2.38	9.29
	rural	2371	8.69	72.84	12.78	2.61	0.97	2.11
55-64	urban	2768	29.95	6.07	43.42	8.60	4.26	7.70
	rural	2319	8.75	70.12	14.32	3.32	1.90	1.60
15-64	urban	12700	27.10	7.87	47.92	7.45	2.05	7.61
	rural	11619	8.16	72.54	14.66	2.20	0.85	1.59

Traffic Accident Risk Factors

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3013	93.76	[93.23,94.25]	3035	77.33	[76.54,78.11]	6048	85.63	[85.12,86.12]
25-34	2981	95.04	[94.68,95.38]	2982	77.54	[76.9,78.17]	5963	86.44	[86.06,86.82]
35-44	3004	94.08	[93.78,94.37]	3036	78.63	[78.19,79.05]	6040	86.51	[86.23,86.78]
45-54	3011	93.35	[93.18,93.52]	3019	78.55	[78.24,78.86]	6030	86.04	[85.86,86.22]
55-64	2934	92.68	[92.58,92.78]	2910	71.90	[71.72,72.08]	5844	82.12	[82.02,82.23]
15-64	14943	94.03	[92.97,94.94]	14982	77.40	[75.67,79.03]	29925	85.81	[84.71,86.85]

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3014	67.46	[66.46,68.44]	3034	42.82	[41.82,43.83]	6048	55.26	[54.43,56.08]
25-34	2984	61.65	[60.85,62.45]	2982	40.73	[39.97,41.49]	5966	51.37	[50.72,52.02]
35-44	3004	56.96	[56.36,57.55]	3036	37.66	[37.12,38.2]	6040	47.50	[47.04,47.96]
45-54	3013	47.89	[47.47,48.31]	3022	36.01	[35.62,36.4]	6035	42.02	[41.68,42.37]
55-64	2934	44.15	[43.92,44.37]	2911	31.79	[31.59,31.99]	5845	37.87	[37.7,38.05]
15-64	14949	59.95	[57.65,62.22]	14985	39.70	[37.42,42.02]	29934	49.95	[47.94,51.96]

Table 86							
Fastening seat belt among those who sit on front seat							
Men							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	2836	44.24	[43.21,45.27]	36.72	[35.73,37.73]	19.04	[18.3,19.81]
25-34	2818	59.99	[59.21,60.77]	30.02	[29.37,30.67]	9.98	[9.529,10.47]
35-44	2823	64.72	[64.26,65.18]	26.85	[26.43,27.26]	8.43	[8.16,8.719]
45-54	2790	63.75	[63.38,64.11]	29.10	[28.76,29.43]	7.15	[6.988,7.327]
55-64	2686	64.32	[64.12,64.51]	26.10	[25.93,26.27]	9.58	[9.475,9.694]
15-64	13953	55.96	[54.03,57.87]	31.47	[29.87,33.12]	12.57	[11.42,13.82]
Women							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	2323	41.60	[40.52,42.69]	32.79	[31.76,33.83]	25.61	[24.77,26.48]
25-34	2305	48.32	[47.52,49.12]	30.70	[29.97,31.45]	20.98	[20.38,21.59]
35-44	2364	47.74	[47.15,48.32]	31.29	[30.76,31.82]	20.98	[20.56,21.4]
45-54	2345	45.46	[45.03,45.89]	31.94	[31.56,32.33]	22.60	[22.31,22.89]
55-64	2084	44.34	[44.1,44.59]	28.05	[27.83,28.27]	27.61	[27.41,27.81]
15-64	11421	45.14	[43.08,47.22]	31.53	[29.71,33.42]	23.33	[21.76,24.98]
Total							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	5159	42.93	[42.12,43.75]	34.77	[34.02,35.53]	22.30	[21.69,22.91]
25-34	5123	54.25	[53.64,54.87]	30.35	[29.84,30.87]	15.39	[14.98,15.82]
35-44	5187	56.39	[56.01,56.78]	29.02	[28.68,29.37]	14.58	[14.33,14.85]
45-54	5132	54.72	[54.41,55.02]	30.50	[30.23,30.78]	14.78	[14.61,14.95]
55-64	4770	54.17	[54,54.34]	27.09	[26.94,27.24]	18.74	[18.62,18.86]
15-64	25374	50.61	[48.97,52.26]	31.50	[30.15,32.88]	17.89	[16.77,19.06]

Table 87 Using helmet among those who traffic by motorcycle							
Men							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	2090	15.31	[14.46,16.2]	24.92	[23.84,26.03]	59.77	[58.48,61.03]
25-34	1918	23.69	[22.84,24.56]	25.44	[24.67,26.22]	50.87	[49.91,51.83]
35-44	1754	25.83	[25.18,26.49]	26.09	[25.52,26.67]	48.08	[47.39,48.78]
45-54	1547	26.56	[26,27.13]	22.93	[22.41,23.45]	50.51	[49.87,51.15]
55-64	1341	21.78	[21.53,22.04]	17.50	[17.25,17.74]	60.72	[60.4,61.05]
15-64	8650	21.31	[19.34,23.42]	24.53	[22.55,26.62]	54.17	[51.52,56.79]
Women							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	1406	6.01	[5.001,7.224]	8.79	[7.609,10.14]	85.19	[83.57,86.67]
25-34	1317	6.31	[5.6,7.108]	9.36	[8.208,10.66]	84.33	[82.96,85.6]
35-44	1263	6.23	[5.697,6.815]	6.34	[5.819,6.914]	87.42	[86.7,88.11]
45-54	1189	4.82	[4.377,5.306]	5.98	[5.541,6.466]	89.19	[88.56,89.79]
55-64	1031	2.96	[2.866,3.062]	6.60	[6.248,6.976]	90.43	[90.06,90.8]
15-64	6206	5.76	[4.073,8.102]	7.98	[5.493,11.47]	86.25	[82.63,89.22]
Total							
Age Group (years)	Always			Sometimes		Never	
	n	%	95% CI	n	95% CI	n	95% CI
15-24	3496	10.71	[9.915,11.56]	16.94	[15.95,17.97]	72.35	[71.2,73.48]
25-34	3235	15.15	[14.5,15.82]	17.54	[16.81,18.29]	67.31	[66.41,68.2]
35-44	3017	16.22	[15.78,16.67]	16.41	[15.99,16.84]	67.37	[66.83,67.91]
45-54	2736	15.83	[15.41,16.25]	14.56	[14.17,14.96]	69.61	[69.1,70.11]
55-64	2372	12.22	[12.08,12.37]	11.96	[11.71,12.23]	75.81	[75.53,76.09]
15-64	14856	13.63	[11.95,15.51]	16.35	[14.32,18.62]	70.02	[67.44,72.47]



IRAN STEPs Survey 2007

Fact Sheet (1386)

The third round of STEPS survey of chronic disease risk factors in Iran was carried out from May, 2007 to June, 2007. It was included Socio demographic, behavioral information in Step 1. Physical measurements such as height, weight and blood pressure in Step 2 and biochemical measurements to assess blood glucose and cholesterol levels in Step 3.

The STEPS survey in Iran was a population-based survey of adults aged 15-64. A cluster sample design was used to produce representative data for that age range in Iran. A total of 30000 adults participated in this survey.

It is followed by the fourth survey in 2008.

Results for adults aged 15-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily	11.39 [10.82,11.99]	21.65 [21.11,22.21]	0.88 [0.74,1.04]
For those who smoke tobacco daily			
Average age started smoking (years)	20.19 [19.52,20.87]	19.49 [19.16,19.82]	20.92 [19.57,22.26]
Average years of smoking	13.11 [12.40,13.82]	14.00 [13.66,14.34]	12.20 [10.78,13.62]
Percentage smoking manufactured cigarettes	-----	-----	-----
For smokers of manufactured cigarettes			
Mean number of manufactured cigarettes smoked per day	11.62 [10.32,12.93]	12.26 [11.75,12.77]	10.97 [8.36,13.57]
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	-----	-----	-----
Percentage of current drinkers (who drank alcohol in the past 30 days)	-----	-----	-----
For those who drank alcohol in the last 30 days			
Percentage of women who had 4 or more drinks on any day in the last week	-----	-----	-----
Percentage of men who had 5 or more drinks on any day in the last week	-----	-----	-----
Percentage who drank alcohol on 4 or more days in the last week	-----	-----	-----
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of servings of fruit consumed per day	1.40 [1.34,1.46]	1.40 [1.32,1.47]	1.40 [1.33,1.46]
Mean number of servings of vegetables consumed per day	1.40 [1.33,1.46]	1.34 [1.27,1.41]	1.45 [1.38,1.53]
Percentage who ate 5 or more combined servings of fruit & vegetables per day	12.98 [11.71,14.37]	12.08 [11.40,12.78]	13.91 [13.10,14.76]
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	35.21 [33.79,36.65]	24.32 [23.56,25.1]	46.36 [45.4,47.31]
Median time spent in work-related physical activity per day (minutes)	5.71	21.42	0
Median time spent in transport-related physical activity per day (minutes)	15	20	12.85
Median time spent in recreational physical activity per day (minutes)	0	0	0



IRAN STEPs Survey 2007

Fact Sheet (1386)

Results for adults aged 15-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	25.09 [24.98,25.19]	24.31 [24.18,24.45]	25.88 [25.73,26.03]
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	46.00 [44.99,47.02]	40.39 [39.68,41.10]	51.75 [51.09,52.40]5
Percentage who are obese (BMI ≥ 30 kg/m ²)	16.74 [15.96,17.55]	11.25 [10.77,11.74]	22.37 [21.82,22.93]
Average waist circumference (cm)	84.59 [84.26,84.90]	85.47 [85.03,85.91]	83.69 [83.32,84.06]
Mean systolic blood pressure - SBP (mmHg)	119.5 [119.1,119.8]	123.0 [122.6,123.5]	115.9 [115.5,116.4]
Mean diastolic blood pressure - DBP (mmHg)	77.1 [76.8,77.4]	77.0 [76.6,77.3]	77.3 [77.0,77.6]
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg)	17.38 [16.72,18.05]	17.63 [17.17,18.1]	17.12 [16.74,17.5]
Percentage with raised BP (SBP ≥ 170 and/or DBP ≥ 100 mmHg)	6.42 [6.09,6.78]	5.48 [5.23,5.75]	7.39 [7.17,7.61]
Step 3 Biochemical Measurements			
Mean fasting blood glucose (mmol/L)	89.24 [88.64,89.84]	89.51 [88.69,90.34]	88.96 [88.22,89.69]
Percentage with raised blood glucose (≥ 7.0 mmol/L)	9.69 [8.92,10.52]	9.41 [8.84,10.02]	9.97 [9.46,10.51]
Mean total blood cholesterol (mmol/L)	185.5 [184.4,186.7]	181.4 [179.9,182.8]	189.7 [188.2,191.2]
Percentage with raised total cholesterol (≥ 5.2 mmol/L)	32.84 [31.6,34.1]	29.5 [28.65,30.36]	36.26 [35.43,37.1]
Percentage with raised total cholesterol (≥ 6.5 mmol/L)	7.20 [6.63,7.82]	5.6 [5.29,5.92]	8.86 [8.41,9.33]
Summary of combined risk factors			
<ul style="list-style-type: none"> • current daily smokers • less than 5 servings of fruits & vegetables per day • Low level of activity (<600 MET -minutes) • overweight or obese (BMI ≥ 25 kg/m²) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) 			
Percentage with low risk (i.e. none of the risk factors included above)	3.84 [3.39,4.36]	4.36 [4.02,4.73]	3.31 [3.04,3.61]
Percentage with raised risk (i.e. at least three of the risk factors included above) distributed in the age groups below			
Percentage with raised risk, aged 15 to 44 years old	22.21 [21.21,23.24]	21.24 [20.62,21.86]	23.21 [22.48,23.95]
Percentage with raised risk, aged 45 to 64 years old	52.29 [50.58,53.99]	47.7 [46.61,48.79]	56.9 [55.81,57.99]

For additional information, please contact:
 Iran STEPs focal point; F. Asgari, f-asgari@health.gov.ir, asgarifcdc@yahoo.com
 ncdsurf@health.gov.ir, ncd_surveillance@yahoo.com



Ministry of Health and Medical Education
Deputy for Health
Center for Non-Communicable Diseases Control & Management