World Health Organization

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PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN THE REPUBLIC OF MOLDOVA

STEPS 2013

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GLOSSARY

BMI	body mass index
CI	confidence interval
CVD	cardiovascular disease
DALY	disability-adjusted life year
DBP	diastolic blood pressure
GPAQ	General Physical Activity Questionnaire
IFG	impaired fasting glycaemia
HDL	high-density lipoprotein
HPV	human papillomavirus
MET	metabolic equivalent
MICS	Multiple Indicator Cluster Surveys
n	number of respondents
NCD	noncommunicable disease
PDA	personal digital assistant
PSU	primary sampling unit
SSU	secondary sampling unit
SBP	systolic blood pressure
STEPS	WHO STEP-wise approach to surveillance
VIA	visual inspection with acetic acid
WHR	waist–hip ratio

FOREWORD

Noncommunicable diseases are the leading cause of death at global, regional and national levels. Six out of 10 deaths at global level and eight out of 10 deaths in the WHO European Region are caused by noncommunicable diseases. The noncommunicable disease death rates in the Republic of Moldova are similar to those of the WHO European Region. Prevalence of this group of diseases in the country is also very high; more than half of the population suffer from noncommunicable diseases, including cardiovascular diseases, cancer, chronic respiratory diseases, digestive diseases and diabetes. The burden of noncommunicable disease is undermining the social and economic development of the country. The health and financial costs of noncommunicable diseases to the individuals, families, health system, and economy are significant and growing. Without adequate prevention of the common risk factors and early identification of noncommunicable diseases, these costs will increase for Moldovan society.

To respond to the growing burden of noncommunicable disease, the United Nations Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases was endorsed by the heads of state and government in May 2011, followed by the endorsement of the WHO Global Action Plan for the Prevention and Control of NCDs 2013–2020 by the World Health Assembly.

The Government of the Republic of Moldova recognized the impact of noncommunicable diseases and reaffirmed its commitment to tackle them and their risk factors. To realize these commitments, Moldova's Parliament adopted in 2012 the National Strategy for the Prevention and Control of NCDs, and a number of targeted programmes were endorsed by the Government, such as the National Programme on Diabetes Prevention and Control (2011), the National Programme on Tobacco Control (2012), the National Programme on Alcohol Control (2012), and the National Programme on Cardiovascular Disease Prevention and Control (2014). Two additional programmes are under way – a National Food and Nutrition Programme and a National Cancer Control Programme. All national strategies and programmes aim to implement specific actions at national and local levels, and provide a comprehensive, whole-of-government approach as well as promoting whole-of-society involvement through the collaboration of academics, nongovernmental organizations, service providers, communities and individuals.

Development and implementation of health policies require high-quality and disaggregated data at national level to understand the problems, to inform the need for interventions, and to develop appropriate interventions aiming to reduce the burden of disease and address health inequalities, as well as to monitor progress in achieving established targets.

The primary objective of the STEPS survey in Moldova was to evaluate the baseline situation related to the main risk factors for noncommunicable diseases – both behavioural and metabolic/physiological – and to inform all national and international stakeholders of the current situation. The survey data will serve as baseline information for new noncommunicable disease policies and a starting point for monitoring the prevalence of risk factors for noncommunicable disease. The effectiveness of interventions aiming to reduce the burden of noncommunicable diseases and their risk factors will also be analysed. Results of the survey will enable comparison of the prevalence and distribution of risk factors for noncommunicable disease over time and across countries.

WHO provides continuous policy advice, technical assistance and capacity building to the Government of the Republic of Moldova, aiming to improve adequately population health and to reduce health inequalities through whole-of-government and whole-of-society approaches. In this way WHO offers support to the country to ensure its engagement in the implementation at national level of the European Health 2020 policy and the WHO global and European action plans for prevention and control of noncommunicable disease.

We are very grateful to our partners – the European Union and the Swiss Agency for Development and Cooperation – for providing financial support to implement the first STEPS survey in Moldova, as well as to other collaborators at international and national levels who provided technical assistance in carrying out the survey.

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Disclaimer

The authors' views expressed in this report do not necessarily reflect the views of the World Health Organization, the European Union, the Swiss Agency for Development and Cooperation, the Ministry of Health of the Republic of Moldova, and the National Center of Public Health.

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EXECUTIVE SUMMARY

This national cross-sectional survey on noncommunicable disease risk factors in the Republic of Moldova was conducted during the period September 2013 – May 2014. Preparation for the survey was carried out between February and September 2013 and included establishment of the Coordinating Committee under the Ministry of Health; preparation and adjustment of the WHO STEPS Instrument; sampling; equipment procurement; selection of the project team; and training of data collectors. Field data collection was performed between 30 September and 9 November 2013. Data analysis and report preparation were carried out from December 2013 to May 2014.

The goal of the survey was to evaluate the prevalence of the main noncommunicable disease risk factors to enable more efficient planning of noncommunicable disease control and prevention activities/policies.

The main objectives of the survey were:

- to determine the prevalence of behavioural risk factors for noncommunicable disease in the population aged 18–69 years;
- to determine the prevalence of biological risk factors for noncommunicable disease – hypertension, hypercholesterolemia and hyperglycaemia – in the population aged 18–69 years;
- to determine the difference in the prevalence of risk factors between sexes, areas of residence and across age groups.

Based on multistage cluster sampling methodology for noncommunicable disease surveillance, 5760 subjects were randomly selected, in order to ensure the equivalent distribution of participant according to age and sex, and factoring in an estimated 20% non-response rate. A total of 4807 subjects aged 18–69 years participated in the survey and the response rate was 83.5%.

Of the total number of respondents (n=4807), 25.3% reported being current smokers and 23.3% daily smokers. Men smoked more than women (43.6% vs 5.6%) and women in urban areas smoked more than the rural female population (10.4% vs 1.3%). The mean age of starting smoking was 17.7 years for both sexes (17.5 years for men and 19.5 years for women). Manufactured cigarettes were used by smokers in 98.9% of cases. The mean number of cigarettes smoked (daily) among daily smokers was 16.7.

Only 14% of respondents were lifetime alcohol abstainers, whereas 7.0% were past 12-months abstainers. Past 30-days drinkers amounted to 61.9% of respondents and 1 in every 5 respondents (19.5%) were episodically heavy drinkers. Men episodically drank heavily three times as often as women. Almost half of the respondents reported consumption of unrecorded alcohol during the past seven days among current drinkers (51.2% of the men and 40.2% of the women).

Fruit and vegetable consumption was generally low: 66.6% of respondents reported consumption of fewer than five servings of fruit and vegetables per day, thus being at higher risk for noncommunicable disease. The proportion was similar for men and women. Consumption of both fruit and vegetables was more frequent in younger age groups. Households most often used vegetable oil for the preparation of meals (94.9%).

One in 10 individuals (10.1%) did not meet WHO recommendations on physical activity for health (with no significant difference between men (10.7%), and women (9.4%)). The highest percentage of those not meeting WHO recommendations was identified in the 60–69 years age group (14.6%). The total median time spent carrying out physical activity constituted 228.6 minutes per day (higher among men (282.9 minutes) than women (180 minutes)).

Seven out of 10 women aged 30–49 years reported having been screened for cervical cancer.

More than half of respondents reported receiving healthy lifestyle advice from a doctor or a health worker during the past three years.

As a result of physical measurements, one in every six respondents was overweight (body mass index ≥ 25 kg/m^2), with no differences between sexes. One fifth of respondents (22.9%) were obese (body mass index ≥ 30 kg/m^2), and the proportion of obese women (28.5%) was 1.6 times higher than that of men (17.8%). Mean body mass index recorded was 26.6 kg/m^2, and mean waist circumference was 85.7 cm for women and 89.2 cm for men. The waist–hip circumference ratio was equal to 0.9 for men and 0.8 for women, at the lower limit of obesity.

Mean systolic and diastolic blood pressure (including individuals taking medication for hypertension) was 132.8 mmHg and 85.0 mmHg, with no substantial difference between men and women. Four out of 10 respondents had hypertension (systolic blood pressure ≥ 140 and diastolic blood pressure ≥ 90 mmHg), without significant differences between sexes. Three quarters (76.2%) of respondents with increased blood pressure were not taking any medication, with the proportion of men (84.1%) being higher than that of women (67.5%).

The survey revealed that the proportion of respondents with impaired fasting blood glycaemia (≥5.6 mmol/L and <6.1 mmol/L) was 8.3% and this proportion was higher among women (9.1%) than men (7.4%). Mean fasting blood glucose was 5.2 mmol/L, with no differences between men and women. One in 10 individuals (12.3%) had diabetes or reduced tolerance to glucose (fasting blood glucose ≥ 6.1 mmol/L or taking antidiabetic medication), without significant differences between men and women. It was also established that one in three individuals (29.4%) had a raised total cholesterol level (≥ 5 mmol/L or taking medication for hypercholesterolemia), with the proportion of women (32.0%) being higher than that of men (26.7%).

In conclusion, the survey showed that every third person (30.3%) had three or more risk factors for noncommunicable diseases, and this increases proportionally with age. Men were more affected (35.2%) than women (25.0%). A total of 61.7% of respondents had 1–2 risk factors, and only 8% of the population studied had none of the five risk factors for noncommunicable diseases.

The STEPS Fact Sheet is presented in Annex 1.

BACKGROUND

Noncommunicable diseases (NCDs) worldwide

NCDs represent a leading threat to human health and economic development. NCDs are the leading cause of death globally, causing more deaths than all other causes combined. In 2008, NCDs – in particular cardiovascular disease (CVD), cancer, diabetes and chronic respiratory disease – were responsible for more than 60% of population mortality globally. The burden of NCDs is rapidly increasing, especially in developing countries, and their social, economic and health consequences will be significant. Over 80% of deaths resulting from CVDs and diabetes, almost 90% of deaths from chronic obstructive pulmonary disease and more than two thirds of deaths from cancer occur in low- and middle-income countries *(1)*.

However, the existing evidence demonstrates that the NCD epidemic could be reduced by controlling the four main behavioural risk factors for NCDs: tobacco use, physical inactivity, harmful use of alcohol, and unhealthy diet.

Tobacco – including both tobacco use and second-hand smoke – is responsible for more than 6 million deaths annually. Smoking is estimated to cause about 71% of lung cancer, 42% of chronic respiratory disease and 10% of CVD. The proportion of mortality attributable to tobacco is higher among men than among women *(2)*.

About 4.5% of the global burden of disease and injury is attributable to alcohol. Alcohol contributes to traumatic outcomes that kill or disable people at a relatively young age, resulting in the loss of many years of life, as well as disability and deaths. Harmful use of alcohol causes about 3.8% of all deaths each year. More than half of these deaths occur from NCDs, including liver cirrhosis, cancer and CVD. Harmful use of alcohol is the leading risk factor for death in men aged 15–59 years *(3)*.

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

Raised blood pressure is the leading risk factor for global disease burden. It is estimated to cause 9.4 million deaths every year – more than half of the estimated 17 million annual deaths from all CVDs

(4). Raised blood cholesterol is estimated to cause 2.6 million deaths annually. Both are major risk factors for CVD and stroke.

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

The NCD epidemic disproportionately strikes people of lower socioeconomic status. NCDs and poverty create a vicious cycle whereby poverty exposes people to behavioural risk factors for NCDs and, in turn, resulting NCDs may become an important driver in the downward spiral that leads families towards poverty. Improving surveillance and monitoring must be a top priority in the fight against NCDs at country level.

NCDs in the Republic of Moldova

The Republic of Moldova is a developing country with a population of 3.4 million, of which 53% live in rural areas. It is situated in south-eastern Europe, has common borders with Romania and Ukraine, and a territory of 33 843.5 km^2. The administrative structure consists of municipalities, an autonomous territorial-administrative unit, and districts divided into communes. The country's GDP per capita is increasing, but is lower than that of other countries in the region.

The country has been undergoing an epidemiological transition since the 1990s. As a result, the prevalence of disease related to lifestyle and health behaviours – including CVD, diabetes, cancer, chronic hepatitis and cirrhosis – is increasing steadily, and these diseases have become the leading causes of population mortality. NCDs are responsible for more than 85% of all deaths annually. The Republic of Moldova – as is the case in other developing countries – is now facing a double burden of disease, comprising newer challenges, such as obesity and NCDs, as well as infectious diseases, such as tuberculosis and HIV/AIDS.

According to national health statistics from 2012, the following diseases were the leading causes of death in the Republic of Moldova *(5)*:

- diseases of the circulatory system (641.6 per 100 000 population)
- neoplasms (163.2 per 100 000 population)
- chronic hepatitis and cirrhosis (81.6 per 100 000 population)
- injury and poisoning (86.8 per 100 000 population)
- diabetes (9.8 per 100 000 population).

Diseases of the circulatory system are the leading cause of population morbidity and mortality, and accounted for every second death in 2012.

Cervical cancer incidence and mortality rates are very high at 17.2 and 7.4 per 100 000 population, respectively. The incidence of cervical cancer has increased between 2005 and 2009, with this type of cancer found to be the most common among women in 2011, when it accounted for 39.3% of all

cancer cases. As is the case in other countries, the majority of cervical cancers occur in middle-aged women with approximately 75% of cases occurring in women aged 30–60 years *(6)*.

More than 60 000 patients with diabetes were registered in 2011, and the number of individuals with latent diabetes is 2–3 times higher. More than 80% of patients with diabetes were adults aged over 40 years with type 2 diabetes *(7)*.

Prevalence of NCD risk factors in the Republic of Moldova

Data on risk factors for NCDs are not part of the country's health information system. NCD risk factors were previously assessed in the following surveys carried out in the Republic of Moldova:

- Demographic and Health Survey (DHS), 2005 (BMI, tobacco use and alcohol consumption) *(8)*;
- Results of survey on health status of population in the Republic of Moldova, carried out in 2005 (BMI, food consumption patterns, tobacco use and alcohol consumption) *(9)*.

Tobacco consumption in Moldova was also assessed in the international Global Youth Tobacco Survey (GYTS), performed in 2004 and 2008 *(10, 11)*.

According to the DHS, the rate of daily smoking was 28% in 2005. Tobacco use was the second most prevalent risk factor for men, contributing to 14.9% of disability-adjusted life years (DALYs) in 2002 *(12)*. According to WHO statistics, the mortality rate attributed to tobacco smoking in the Republic of Moldova was 678 deaths per 100 000 in 2012 and is about twofold higher than in the countries of the WHO European Region *(13)*.

Alcohol consumption is the main risk factor for men and the third largest risk factor for women, contributing to 27.2% and 12.8% of DALYs, respectively, in 2002. According to WHO, the burden of diseases attributed to alcohol consumption in the Republic of Moldova was estimated at the fourth largest level of risk (on a scale from 1 to 4) *(14)*.

Only one fifth of the population consumed fruit daily in 2005. Low consumption of fruit and vegetables was responsible for 6.6% of DALYs in women and 5.1% of DALYs in men in 2002. In addition, half of the adult population in the Republic of Moldova was overweight in 2005.

Hypertension was the main risk factor in women and the third largest risk factor in men, accounting for 15.3% and 11.3% of DALYs, respectively, in 2002.

SURVEY GOAL AND OBJECTIVES

Survey goal

The general goal of the survey was to determine the prevalence of major risk factors for NCDs using WHO-approved methods for the evaluation of the baseline situation and more efficient planning of activities for the prevention and control of NCDs.

Survey objectives

The objectives of the survey were:

- to determine the prevalence of behavioural risk factors for NCDs in the population aged 18–69 years;
- to determine the prevalence of biological risk factors for NCDs – hypertension, hypercholesterolemia and hyperglycaemia – in the population aged 18–69 years;
- to determine the difference in the prevalence of risk factors between sexes, areas of residence and across age groups.

Rationale for the survey

Limited and fragmented data are available on the prevalence of risk factors for NCDs from previous surveys conducted in the Republic of Moldova. There was a need for comprehensive and up-to-date data on NCD risk factors in order to evaluate the effectiveness of ongoing public health policies and to develop further NCD prevention and control interventions.

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

The WHO STEPS (STEP-wise approach to surveillance) survey is an important tool for estimating the prevalence of NCD risk factors and it provides the necessary evidence for an NCD epidemiological surveillance system.

SURVEY METHODOLOGY

Survey design

The survey on the prevalence of NCD risk factors was conducted with the purpose to establish the baseline information for the development of the National action plan for the implementation of the national strategy on prevention and control of NCDs for the years 2012–2020.

The survey was carried out using three consecutive steps, according to the WHO concept of using a step-wise approach to the surveillance of NCD risk factors and considering local necessities and resources.

STEP 1 comprised a questionnaire survey – the WHO STEPS Instrument for Chronic Disease Risk Factor Surveillance (see Annex 2). This was face-to-face interview, using a questionnaire to collect demographic information, as well as information on tobacco use, alcohol consumption, diet (including fruit and vegetable consumption, oil and fat consumption, meal consumption outside home and dietary salt), physical activity, history of high blood pressure and/or raised cholesterol, history of diabetes and of CVDs, lifestyle counselling, cervical cancer screening and health care access.

STEP 2 comprised a series of physical measurements of overweight and obesity using specific tests and devices (body weight and height, waist and hip circumference), blood pressure and heart rate.

STEP 3 comprised a series of biochemical measurements in capillary blood, using wet chemical methods. Measurements included blood glucose, total cholesterol and high-density lipoprotein (HDL) cholesterol.

The WHO STEPS Instrument for Chronic Disease Risk Factor Surveillance was translated into Romanian and Russian and used to take into consideration specific characteristics/requirements within the country.

Survey population and sampling

A total of 4807 randomly selected respondents participated in the survey. They were all aged 18–69 years, and the group comprised both sexes, as well as residents of all districts and the territorial-

administrative unit "Gagauz-Yeri", along with Chişinău and Balti municipalities. The survey did not cover the districts from the left bank of the Nistru River and the municipality of Bender.

For calculating the survey size, the prevalence of overweight and obesity (P=50.0%) identified during the previous survey on the health status of the population was used *(9)*, assuming a 95% confidence interval (CI) (Z=1.96), a 5% acceptable margin of error, a complex sampling design effect coefficient of 1.5, and equal representation of sexes in each age group (four age groups for each sex or a total of eight groups). Calculations resulted in a sample size of 4608 individuals, which was further increased by 20% (5760) to account for contingencies such as non-response and recording errors (see Formula 1).

Formula 1 Sample size calculation formula

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

$$n = (1.96)^2 \frac{0.5(1-0.5)}{0.05^2} = 384$$

1. $n * \text{design effect} * \text{age-sex factor} = 384 * 1.5 * 8 = 4608$
2. $n/\text{probability of non-response} = 4608/0.80 = 5760.$

A two-stage cluster sampling procedure was carried out to select randomly participants from among the target population. Cluster sectors from the 2004 Moldova Population Census were used as a basic unit *(15)*.

Given the differences in lifestyle and disease status between populations in urban and rural areas, the target population was stratified into urban and rural areas of residence for the STEPS survey. At the first stage, within each stratum, primary sampling units (PSUs) (enumeration areas (EAs)) were selected systematically with probability proportional to the 2004 Population Census EAs (measure of size equal to the number of population in the EAs, provided by the census). Before selection, the census sectors were sorted geographically from north to south within each stratum, in order to ensure additional implicit stratification according to geographical criteria.

A total of 400 clusters representing 400 EAs were selected from the 10 991 census EAs. These probabilistically selected clusters were used also in Moldova's DHS conducted in 2005, and the Multiple Indicator Cluster Surveys (MICS) conducted in 2012 *(16)*. Cartographic materials from the Population Census conducted in Moldova in 2004 were not available, thus it was not possible to use them for the STEPS survey. Therefore, for the first stage the probabilistic samples from the above-mentioned surveys were used.

Out of the 400 selected clusters, 167 were rural and 233 were urban. The distribution of the sample of 400 PSUs (EAs) for the DHS/MICS surveys was inversely proportional to the number of population within each stratum, taking into account that the response rate is lower in urban areas than rural owing to the smaller average size of the households in urban areas compared with rural areas. Thus, disproportional allocation with oversampling for urban areas was applied in the STEPS survey. A final weighting adjustment procedure was carried out to enable estimates at national and urban/rural levels.

At the second stage, 15 households (secondary sampling units (SSUs)) were selected within each of the 400 PSUs. From the updated list of households used for the MICS 2012 survey, 15 households were selected randomly per cluster, using the Microsoft Excel® random sample tool. A total of 6000 individuals were selected from among the 400 clusters.

The Kish method *(17)* was applied for the random selection of one individual aged 18–69 years from each household.

Ethical consideration

Ethical approval for the survey was obtained from the National Ethics Committee of the Ministry of Health. Two informed consents were obtained separately from each participant in the survey: one for STEPS 1 and 2, and the second for STEP 3. Prior to data collection the selected household participant received an informative letter and a consent form, in which the goal and objectives of the survey were explained.

To ensure confidentiality for all collected and archived data, unique identification numbers were assigned to each participant and data registers refers only to these numbers. The information and consent forms were available in Romanian and Russian.

Training of field data collectors in survey methodology

Field data collectors and field data supervisors were recruited from the National Center of Public Health and the Territorial Centers of Public Health. A four-day workshop on the STEPS survey on the prevalence of NCD factors and data collection methodology was conducted by the National Center of Public Health in collaboration with the Ministry of Health and the WHO Country Office in the Republic of Moldova on 24–27 September 2013. A total of 48 national data collectors attended the workshop.

The training of data collectors was conducted by the survey's technical working group, which had previously been given general training (without differentiation) during a four-day regional seminar, organized by WHO in Ashgabat, Turkmenistan on 9–12 September 2013. On the first two days the trainees were exposed to methods of sampling at the household level and of obtaining informed

consent from selected survey respondents. The core of the training was focused on the survey questionnaire, capillary blood collection and testing, and the skills required to use personal digital assistants (PDAs) for data entry. The last two days of the training comprised interactive sessions to introduce data collection methods for STEPS 1, 2 and 3 of the survey.

Pilot testing

The trained data collectors carried out pre-testing in Chişinău city, comprising all three survey steps. Over 80 individuals participated in the pre-testing phase. It started with the selection of one individual within the household, according to the Kish sampling methodology, and dissemination of information about the survey. There were 12 data collection teams, each comprising four individuals: two interviewers, one clinical health professional and one team coordinator/supervisor. Each team distributed the questionnaire, performed physical measurements on 3–4 individuals, and performed laboratory testing on 2–3 individuals. The pre-testing was aimed at validating the field data collectors' skills in using the survey questionnaire, performing physical measurements, laboratory testing, and using PDAs.

Data collection process

Validated questionnaires (WHO STEPS Instrument for Chronic Disease Risk Factors Surveillance) – comprising core and expanded items as well as two optional modules on dietary salt and health care – were translated into Romanian and Russian, adapted to country specifics, translated back into English, reviewed and approved by the STEPS Coordinating Committee, and used for the survey data collection.

The survey data were collected between 30 September and 9 November 2013.

STEP 1: Questionnaire survey

The questionnaire was used to collect data on respondent's demographic and socioeconomic status; tobacco use; alcohol consumption; diet, including fruit and vegetable consumption, oil and fat consumption, meal consumption outside the home, and dietary salt intake; physical activity; history of raised blood pressure, diabetes, raised cholesterol and/or CVDs; lifestyle advice; screening for cervical cancer; health care insurance coverage; and use of health services in relation to NCDs.

Assessing tobacco use

Tobacco use was assessed in terms of current and previous smoking status, duration of smoking, quantity of tobacco use, smokeless tobacco use, and exposure to second-hand smoking. Data collectors used show cards, depicting four types of commonly used tobacco products.

Assessing alcohol consumption

Alcohol consumption was assessed using the concept of a **standard drink**. A standard drink is any drink containing about 10 g of pure alcohol.

Data collectors used show cards depicting four types of commonly consumed alcoholic beverages as standard drinks.

Respondents who reported using alcohol within the past month were classified as **current drinkers**. Three risk categories were used to classify respondents who consumed alcohol according to the average amount of alcohol consumed per day. These categories are defined in Table 1.

Table 1 Categories of risk associated with alcohol consumption levels, by sex

Sex	Category 1	Category 2	Category 3
Men	<40.0 g	40.0–59.9 g	>60.0 g
Women	<20.0 g	20.0–39.9 g	>40.0 g

Note. Units relate to the amount of alcohol consumed on average per day.
Source: WHO, 2005 *(18)*.

Binge drinking was defined as consuming 6 or more standard drinks on one occasion. This definition is the same for both for men and women.

Assessing diet

In order to assess the diet pattern of the surveyed population, the respondents were asked about frequency of fruit and vegetable consumption, mean number of portions of these foods consumed daily, type of oils and fat used for meal preparation, number of meals eaten outside the household per week and the amount of salt consumed daily. Consumption of fruit and vegetables was assessed in terms of the number of servings, with a serving being equal to 80 g. Show cards were used to collect data on fruit and vegetable consumption on a typical day. Oil and fat intake was assessed by asking about the type of oil or fat most frequently used for cooking.

Salt consumption was assessed by asking about frequency of addition of salt or a salty sauce to food during preparation, or before or while eating; and/or frequency of consumption of processed food high in salt. Participants were also asked about their perception of the quantity of salt they consumed and its link with health problems, as well as about the importance of reducing salt intake, and the measures undertaken to control it.

Assessing physical activity

Physical activity was assessed based on intensity, duration and frequency of physical activity at work, in recreational settings and involving transportation (journeys), using a set of 16 questions. Data were collected on the number of days, hours and minutes of physical activity performed at work, involving transportation and in recreational settings for at least 10 minutes or more continuously

each day. The complex questionnaire has the advantage of assessing not only the duration, but also the intensity of physical activity. Show cards were used to depict different types of physical activity.

The total time spent on physical activity per day at work, involving transport and in recreational activities was measured by using a continuous indicator: the metabolic equivalent (MET) time in minutes per week spent in physical activity (see Table 2). The population was classified into specific groups according to their amount of physical activity. METs are commonly used to express the intensity of physical activities, and are also used for the analysis of General Physical Activity Questionnaire (GPAQ) data. MET is the ratio of a person's working metabolic rate relative to their resting metabolic rate. One MET is defined as the energy cost of sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour. For the analysis of GPAQ data, existing guidelines have been adapted. It was estimated that, compared with sitting quietly, a person's caloric consumption is four times as high as when being moderately active, and eight times as high as when being vigorously active. For the calculation of a person's total physical activity using GPAQ data, the following values shown in Table 2 were used.

Table 2 MET values for the calculation of a person's total physical activity

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

Source: WHO, 2005 *(18)*.

In order to calculate the categorical indicator for the recommended amount of physical activity for (good) health, the total time spent carrying out physical activity during a typical week and the intensity of the physical activity were taken into account.

According to WHO's global recommendations on physical activity for health, throughout a normal week adults should do at least the following amount of exercise (including activity for work, as well as during transport and leisure time):

- 150 minutes of moderate-intensity physical activity; or
- 75 minutes of vigorous-intensity physical activity; or
- an equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.

For comparison purposes, tables presenting cut-offs from WHO recommendations *(19)* were also used during the data analysis. The three levels of physical activity suggested in these recommendations for classifying populations are: (1) low, (2) moderate, and (3) high. The criteria for these levels are detailed in the remainder of this section.

High-level physical activity involves a person reaching any of the following criteria:

- vigorous-intensity activity at least three days per week, achieving at least 1500 MET-minutes per week; or
- seven or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a at least 3000 MET-minutes per week.

Moderate level physical activity involves a person not meeting the criteria for the high-level category, but meeting any of the following criteria:

- three or more days of vigorous-intensity activity of at least 20 minutes per day; or
- five or more days of moderate-intensity activity or walking for at least 30 minutes per day; or
- five or more days of any combination of walking, moderate- or vigorous-intensity activities achieving at least 600 MET-minutes per week.

Low level physical activity involves a person not meeting any of the above-mentioned criteria for the moderate- or high-level categories.

History of NCDs and their risk factors

History of diabetes, CVDs, raised blood pressure and raised cholesterol were assessed by asking whether specific measurements for these purposes had been performed by a doctor or health worker. Participants were also asked about any medication taken.

Lifestyle advice

The participants were asked about any advice given by a doctor or a health worker during the past three years relating to reducing common risk factors for NCDs.

Assessing cervical cancer screening status

Cervical cancer screening status was assessed by asking about whether participants had undergone visual inspection with acetic acid (VIA) testing, a Pap smear and/or human papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acid acetic (essentially vinegar) has been applied to it. The Pap smear and HPV tests are medical procedures in which a sample of cells is collected from a woman's cervix and spread on a microscope slide. The cells are examined under a microscope after staining with Papanicolau dye. This method is important in differential diagnosis of malignant, benign, precancerous and inflammatory lesions.

STEP 2: Physical measurements

Body weight, height, waist circumference, hip circumference, blood pressure, and heart rate were measured in all survey participants, excluding pregnant women.

Body weight and height was measured with the electronic Growth Management Scale. This is a device suitable for survey purposes that is used to measure a combination of factors (body scale with height gauge) with laser. It measures body weight and height, and calculates BMI.

BMI is a ratio of body weight in kilograms to the square of body height in metres and is calculated according to Formula 2.

Formula 2 BMI calculation formula

$$BMI = \text{Body weight (kg)} : \text{Body height (m}^2\text{)}.$$

A BMI ≥ 25 indicates that a person is overweight, while a BMI ≥ 30 indicates that a person is obese.

Waist and hip circumferences were measured by MioType, a non-stretch tape with millimetre precision. Waist circumference was measured by placing a tape measure around the abdomen at the midpoint between the lower margin of the last palpable rib and the top of iliac crest (hip bone). Hip circumference was measured by placing a tape measure around the bare abdomen at the maximum circumference over the buttocks. The waist–hip ratio (WHR) was computed using measurements of waist and hip circumferences among all respondents, excluding pregnant women. The WHO reference cut-off for WHRs was used to define obesity at above 0.90 for males and above 0.86 for females.

Blood pressure and heart rate measurements were taken three times on the right arm of the survey participants in a sitting position, using a Boso-Medicus Uno instrument with a universal cuff and automatic blood pressure and heart rate monitor. The mean of three measurements was taken for analysis. The measurements were taken after the participant had rested for 15 minutes, and each with three minutes of rest between the measurements (maximum deviation of cuff pressure measurement ± 3 mmHg, and of pulse rate display ± 5%).

Percentage of raised blood pressure was defined as:

- systolic blood pressure (SBP) ≥ 140 mmHg and/or diastolic blood pressure (DBP) ≥ 90 mmHg, or currently taking medication for raised blood pressure.

The percentage of respondents with treated and/or controlled raised blood pressure among those with raised blood pressure (SBP ≥140 and or DBP ≥ 90 mmHg) or currently taking medication for raised blood pressure was categorized as follows:

- % taking medication and SBP <140 mmHg and DBP <90 mmHg
- % taking medication and SBP ≥140 mmHg and/or DBP ≥90 mmHg
- % not taking medication and SBP ≥140 mmHg and/or DBP ≥90 mmHg.

STEP 3: Laboratory analysis

Laboratory tests were performed for blood glucose, total cholesterol and HDL cholesterol. Concentrations of glucose, total cholesterol and HDL cholesterol were measured in capillary blood the next day after STEPS 1 and 2 of the data collection. Capillary blood tests were performed for all survey respondents using a CardioCheck PA Analyzer, after fasting. Laboratory test results were assessed and categorized according to the definitions shown in Table 3 *(18)*.

Table 3 Biochemical indicators

Biochemical indicators	Normal	At risk	Increased
Glucose	<5.6 mmol/L	≥5.6 mmol/L & <6.1 mmol/l	≥6.1 mmol/L or using glucose-lowering drugs
Cholesterol	<5.0 mmol/L	≥5.0 mmol/L & <6.1 mmol/L	≥6.2 mmol/L or using cholesterol-lowering drugs
HDL cholesterol	HDL levels decreased		

Source: WHO, 2005 *(18)*.

Survey data collection

Survey data collection was carried out by 12 teams with five people in each team. Survey teams consisted of coordinator/supervisor/team leader, two interviewers, one laboratory technician, and a driver with a car. Local guidance, in the form of a family doctor or a nurse, was brought in to reach selected households. On the day of data collection the selected households were visited and general information was given (verbally) on the goal and objectives of the survey. Then one participant was selected from among all adults aged 18–69 years in each household. Further information was given to the selected participant and two active consents were requested (one for each of STEPS 1 and 2); then, after finishing the data collection round for the first two steps, consent was requested for STEP 3. The collection of capillary blood was carried out the day after STEP 1 and STEP 2 data collection. Blood was taken from fasting participants at the territorial primary health care facility.

Monitoring of data collection

The monitoring team comprised four representatives from the National Center of Public Health, with the task of monitoring the survey data collection. The teams carried out this monitoring in the field and provided technical and logistical support to data collection teams throughout the data collection process.

Data entry and cleaning

The survey data were collected entirely using PDAs. Data from 38 PDAs used by the data collection teams were downloaded into a database, completing the data entry process. The data were converted into Microsoft Excel® format. Each survey respondent had a unique identifier comprised cluster, household number within cluster and individual ID number. Next, the survey data were compiled into a single file, and the accuracy of recording respondents' age and sex, among other variables, was established within a week using range and logic checking functions. Finally, data

checking was also carried out using the analysis code provided by WHO HQ, which includes a code to check the data prior to every analysis performed.

Weighting of data

Because the data comprised a sample of the target population, it was necessary to weight the data. Thus, sample weighting and adjustments were carried out to correct differences in the age, sex and area of residence distribution of the sample versus (vs) the target population and probabilities of selection. The sample weight for each case in the survey sample accounts for the number of cases it represents in the sampling frame, based on the sample selection procedure. The product of the sample weight and the population adjustment weight was used in all weighted analysis.

Data analysis

Statistical analysis of the survey data was performed by a statistical analysis team of the National Center of Public Health under the guidance of Melanie Cowan. Data analysis was performed using EpiInfo version 3.5.4, using appropriate methods for the complex sample design of the survey.

The **prevalence** and **measures of central tendency** of NCD risk factors were estimated. Outcome measures (prevalence and mean variance) and differences between groups (age, sex and urban/rural groups) were calculated with a 95% CI. Sampling error, which could potentially affect the accuracy of the results of the current survey, was measured by the **standard error** of variables. Margins of error in prevalence and in measures of central tendency are represented by numeric values for the lower and upper limits of a 95% CI.

Results of the survey on the prevalence of NCD risk factors, and the measures of central tendency can be considered representative for the target population, since they were adjusted using population and sample weights.

SURVEY RESULTS

Demographic indicators

Several demographic indicators were analysed, including age, sex, education, ethnicity, occupation, household income and marital status of the respondents.

Survey participants included 4807 respondents aged 18–69 years from all administrative units in the Republic of Moldova, including the Chişinău municipality. The districts from the left bank of Nistru River and municipality Bender did not participate in the survey. Of the 4807 respondents, 1827 were men and 2980 were women (see Table 4). In terms of age groups, 848 individuals were aged 18–29 years, 1233 were aged 30–44 years, 1688 were aged 45–59 years and 1038 were aged 60–69 years.

Table 4 Distribution of study population, by age and sex

Age group (years)	Men		Women		Both sexes	
	n	%	n	%	n	%
18–29	329	38.8	519	61.2	848	17.6
30–44	473	38.4	760	61.6	1 233	25.7
45–59	678	40.2	1 010	59.8	1 688	35.1
60–69	347	33.4	691	66.6	1 038	21.6
18–69	**1 827**	**38.0**	**2 980**	**62.0**	**4 807**	**100.0**

Of all the survey respondents, 77.4% were Romanian/Moldovan, 8.9% were Russian, 6.7% Ukrainian, 3.8% Gagauz, 0.5% Roma, and 2.6% were from other ethnic groups. In terms of residence, 2753 people were from urban areas and 2042 from rural areas (Table 5).

Table 5 Distribution of study population, by ethnicity and area of residence

Ethnicity	Rural			Urban			Total		
	n	% (ethnicity)	% (area)	n	% (ethnicity)	% (area)	n	% (ethnicity)	% (area)
Romanian/Moldovan	1 760	86.2	47.4	1 952	70.9	52.6	3 712	77.4	100
Russian	46	2.3	10.8	381	13.8	89.2	427	8.9	100
Ukrainian	116	5.7	35.9	207	7.5	64.1	323	6.7	100
Gagauz	78	3.8	42.4	106	3.9	57.6	184	3.8	100
Roma	6	0.3	24.0	19	0.7	76.0	25	0.5	100
Other ethnic groups	36	1.8	29.0	88	3.2	71.0	124	2.6	100
Total	**2 042**	**100**	**42.6**	**2 753**	**100**	**57.4**	**4 795**	**100**	**100**

The distribution of the survey respondents by their age groups, sex and urban/rural areas of residence was comparable to that of the general population.

Marital status

The majority (64.7%) of the survey respondents were married, 10.9% had never been married, 11.7% were widowed, 7.7% were divorced, 2.6% were cohabitating and 2.5% were separated. The proportion of individuals that had never been married was higher among men (14.4%) than women (8.7%) and the proportion of people widowed was three times higher among women (15.5%) than among men (5.2%) (see Annex 3).

The average number of years spent in education was 11.7 years, with the male respondents spending an average of 11.6 years and the females spending on average 11.7 years (Table 6). Younger age groups tended to have slightly more years of schooling in comparison with older age groups.

Table 6 Mean number of years of education, by sex and age group

Age group (years)	Men		Women		Both sexes	
	n	Mean no. of years	n	Mean no. of years	n	Mean no. of years
18–29	329	12.4	518	12.3	847	12.3
30–44	472	11.8	759	12.3	1 231	12.1
45–59	674	11.4	1 007	11.5	1 681	11.4
60–69	345	11.2	687	10.8	1 032	10.9
18–69	**1 820**	**11.6**	**2 971**	**11.7**	**4 791**	**11.7**

Survey results showed that about 0.5% of the population had no formal schooling or had not completed primary school, 0.9% had completed primary school, 17.2% had completed gymnasium education,[1] 23.9% had completed lyceum education,[2] 35.7% had completed college or vocational school and 21.8% had completed a university or postgraduate degree (Table 7).

Comparison of education level by sex denoted that women were more likely to have completed a university or postgraduate degree, while men were more likely to have completed secondary school or college/vocational school (see Annex 3 for further details). Comparison of education level by age group revealed that people in the age groups 18–29 years and 45–59 years (among both men and women) were more likely to have completed secondary school than those aged 30–44 and 60–69 years. The proportion of respondents that had completed a university or postgraduate degree was higher in the younger age groups (18–29 years and 30–34 years) than among respondents aged 45–69 years, and women were more likely than men to have completed these levels of education.

1 Gymnasium education is full-time education from 11 to 16 years old.
2 Lyceum education comprises a further three years of education after gymnasium-level (16 to 18/19 years old).

Table 7 Highest level of education, both sexes, by age

Age group (years)	n	Without formal schooling/not completed primary school (%)	Primary school completed (%)	Gymnasium completed* (%)	Secondary school/ lyceum** completed (%)	College/ vocational school completed (%)	University/ postgraduate degree completed (%)
18–29	846	0.4	1.1	20.2	26.4	22.6	29.4
30–44	1 226	0.6	0.4	17.0	21.5	33.8	26.7
45–59	1 682	0.5	0.5	11.2	27.3	43.5	17.0
60–69	1 031	0.8	2.1	24.6	19.0	35.7	17.7
18–69	**4 785**	**0.5**	**0.9**	**17.2**	**23.9**	**35.7**	**21.8**

**** Full-time education from 11 to 16 years old. ** Three years of education after gymnasium-level (16 to 18/19 years old).***

Employment status

Of the survey respondents, less than half (48.4%) were employed (57.2% men and 43.2% women). The survey results show that of the 48.4% employed individuals, 21.6% of respondents were government employees, 17.0% were not government employees and 9.8% were self-employed. Men were predominantly employed in nongovernmental institutions and organizations (21.6%) or were self-employed (15.9%) and women were more likely to be employed in governmental institutions (22.8%) (see Table 8 and Annex 3).

Table 8 Employment status, both sexes, by age

Age group (years)	n	Government employee (%)	Non-government employee (%)	Self-employed (%)	Unpaid (%)
18–29	846	12.8	16.7	8.2	62.4
30–44	1 223	27.4	24.3	13.1	35.2
45–59	1 678	27.4	19.2	13.1	40.3
60–69	1 034	12.5	5.3	2.0	80.2
18–69	**4 781**	**21.6**	**17.0**	**9.8**	**51.6**

The amount of unpaid and unemployed population represented 51.6%, with a higher prevalence among women (56.9%) than men (42.9%) (see Annex 3). Of those unpaid individuals, 8.9% were students, 28.1% were home-makers, 41.3% were retired, and 1.8% were otherwise "non-paid".[3] Among those that were unemployed, 16.8% were able to work and 3.2% were unable. The numbers of home-makers and retired people were higher among women (33.6% and 44.1%) than men (16.2% and 35.1%) and there were more students among men (10.9%) than among women (7.9%). The rate of unemployed men that were able to work (30.6%) was about three times higher than that of women (10.4%) (see Table 9 and Annex 3).

3 The terms unpaid and non-paid are used here in conformity with standardized WHO questionnaire terminology.

Table 9 Unpaid work and unemployment, both sexes, by age group

Age group (years)	Both sexes						
	n	Non-paid (%)	Student (%)	Home-maker (%)	Retired (%)	Unemployed	
						Able to work (%)	Unable to work (%)
18–29	528	2.5	40.7	40.9	0.2	14.6	1.1
30–44	431	1.6	0.9	55.0	4.4	32.9	5.1
45–59	677	3.1	0.0	30.3	35.2	25.7	5.8
60–69	829	0.4	0.0	4.1	91.6	2.5	1.4
18–69	**2 465**	**1.8**	**8.9**	**28.1**	**41.3**	**16.8**	**3.2**

Household income

The household income of the individuals surveyed was assessed based on average earnings over the past year. A total of 3845 of the 4807 survey respondents answered the question "What was the average earning of the household in the past year?", taking into account the joint earnings of working-age adults (aged 18 years and over). Mean annual reported per capita income was MDL 28 762.2 (see Table 10).

Table 10 Mean annual per capita income (MDL)

Mean annual per capita income	
n	Mean (MDL)
3 845	28 762.2

Tobacco use

The survey participants were asked about their current smoking status, previous smoking experience, the age they started smoking, duration of smoking, the quantity of tobacco smoked daily, use of smokeless tobacco, types of tobacco products used, and duration of exposure to second-hand smoke.

The percentage of current smokers (daily and non-daily smokers) of all tobacco products among all respondents was 25.3% (95% CI: 23.4–27.2). There were more male smokers (43.6%) among the respondents than female (5.6%). There was also a notable increase in the proportion of smokers in younger age groups, observed in both the male and female respondents (see Table 11).

Table 11 Percentage of current smokers, by age and sex

Age group (years)	Men			Women			Both sexes		
	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI
18–29	327	44.5	38.1–50.9	515	7.4	4.8–10.0	842	27.4	23.2–31.5
30–44	471	47.9	42.9–52.9	758	6.6	4.7–8.5	1 229	28.9	25.7–32.1
45–59	675	42.0	37.3–46.8	1 005	4.0	2.7–5.3	1 680	22.3	19.6–24.9
60–69	346	30.6	25.5–35.7	684	1.8	0.9–2.8	1 030	16.1	13.3–18.9
18–69	**1 819**	**43.6**	**40.6–46.7**	**2 962**	**5.6**	**4.5–6.7**	**4 781**	**25.3**	**23.4–27.2**

There was no significant statistical difference between the percentage of current male smokers in urban and rural areas, aside from a slightly higher prevalence of smoking among the rural population (44.3%, 95% CI: 39.7–48.9 vs 42.9%, 95% CI: 39.0–46.7). There was a statistically significant difference in prevalence of smoking among women in rural and urban areas: 1.3% (95% CI: 0.3–2.2) and 10.4% (95% CI: 8.4–12.5), respectively (Fig. 1). The proportion of current daily and non-daily smokers was higher in the younger age groups of the study population (18–44) (Fig. 2).

Fig. 1. Percentage of current smokers, by sex and area of residence

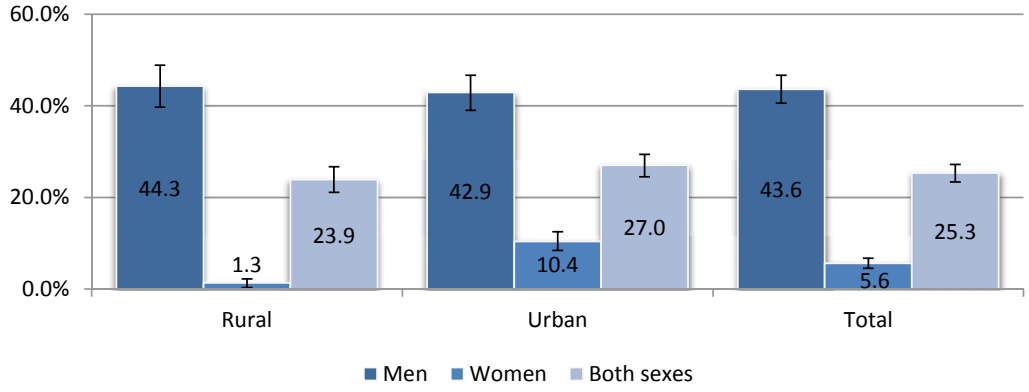
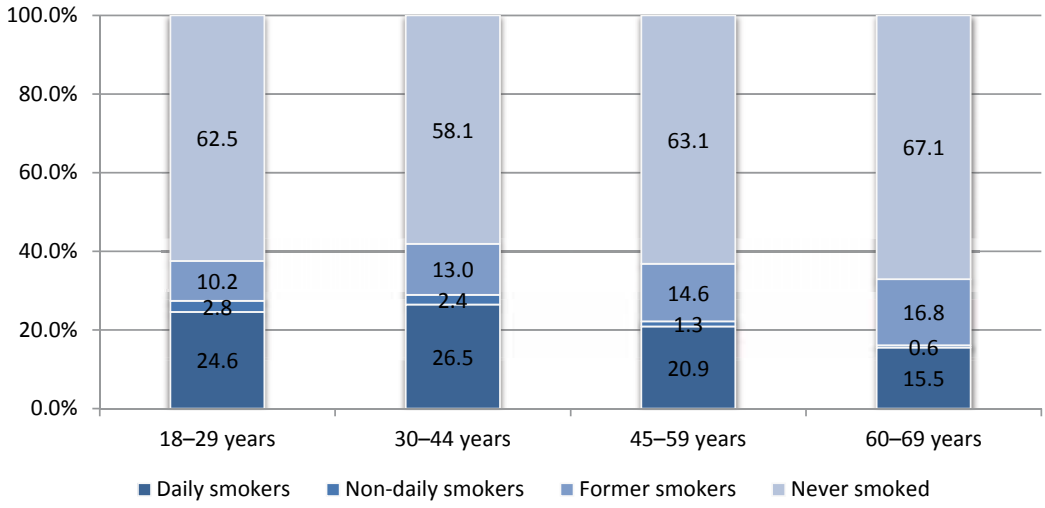


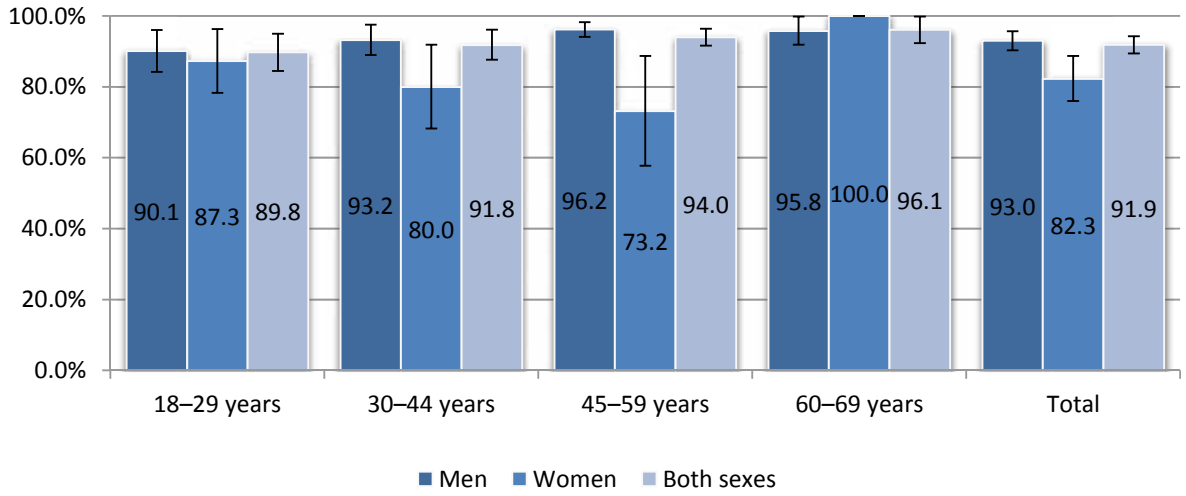
Fig. 2. Smoking status, by age group



The DHS conducted in Moldova in 2005 *(8)* revealed that the percentage of men who smoked cigarettes was 51.1% and that of women was 7.1%. It can therefore be said that anti-tobacco policies have had a positive effect in the period 2005–2014. The DHS also found smoking prevalence among women to be much higher in urban areas (14%) than in rural areas (2%). In males, the difference in smoking trends according to urban or rural area of residence was reversed in comparison with the current survey: 49% in urban areas and 53% in rural areas. It should be taken into account that the DHS was conducted in the population aged 15–59 years for men and 15–49 years for women.

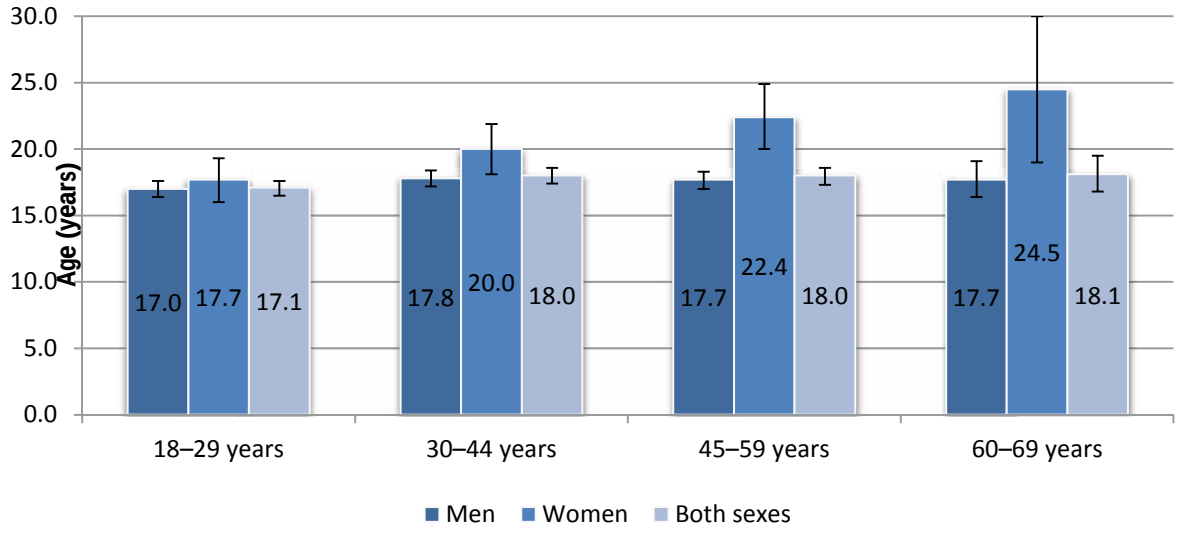
Among all current smokers of both sexes, 92% smoked daily in the Republic of Moldova. The proportion of daily smokers among men was 93%, which was higher than that of women (82.3%), but the population group with the highest prevalence of daily smokers was females aged 60–69 years (100%). The percentage of daily smokers increased marginally with the age of respondents (Fig. 3).

Fig. 3. Percentage of current daily smokers among smokers, by sex and age group



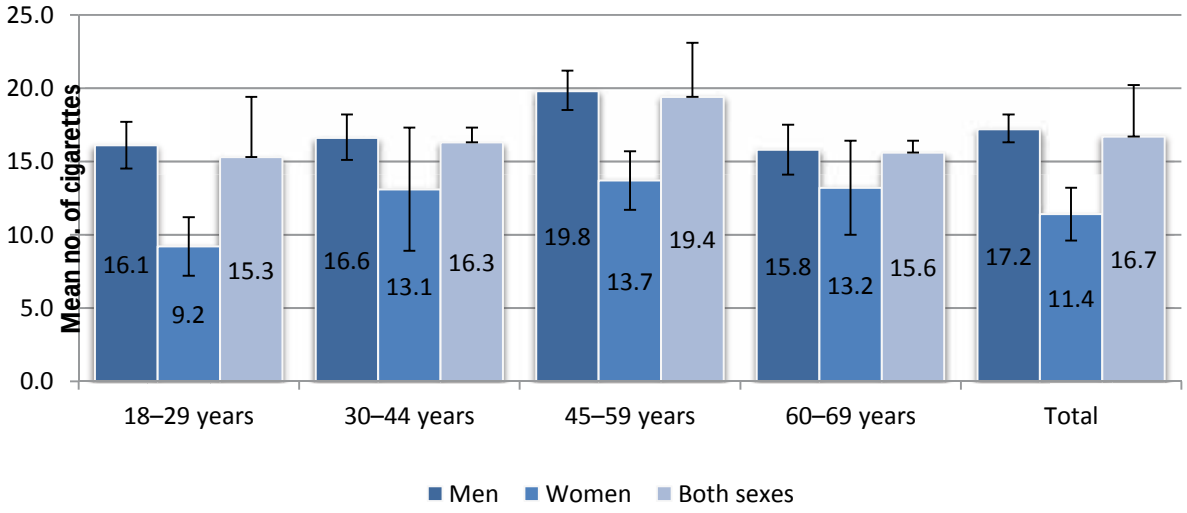
The survey revealed that men started smoking earlier than women (mean age = 17.5 years in men vs 19.5 years in women). There was almost no difference between male age groups in terms of the mean age of starting smoking and it varied from 17 years old in the age group 18–29 years to 17.7 years old in the age group 60–69 years. The variance among women was slightly greater, from 17.7 to 24.5 years on average in the respective age groups (Fig. 4).

Fig. 4. Mean age of starting smoking, by sex and age group



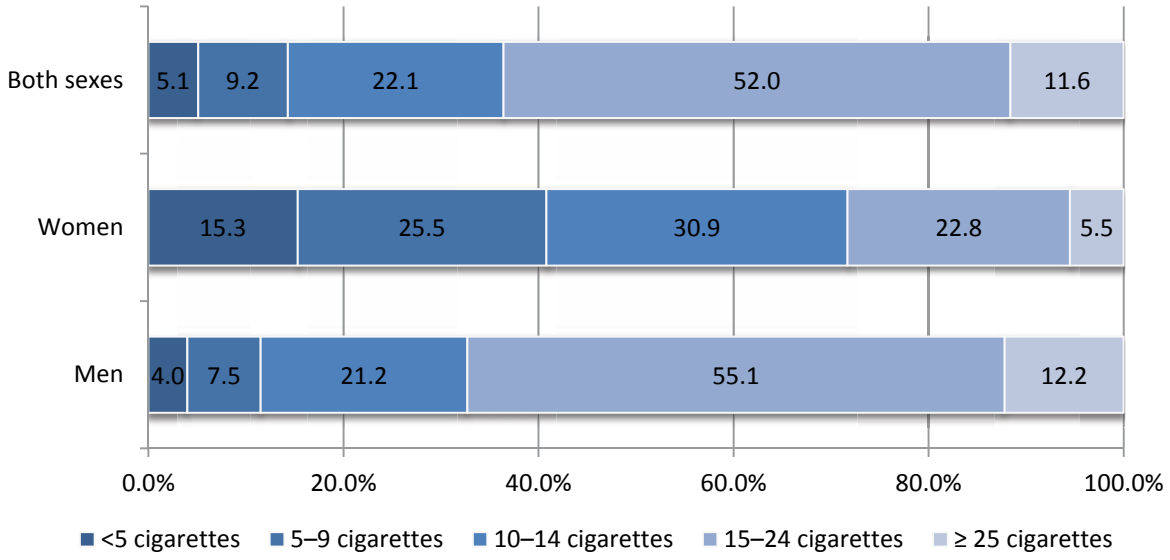
The vast majority of smokers (99%) smoked manufactured cigarettes. The mean number of cigarettes smoked per day by daily smokers was 16.7 for all age groups (95% CI: 15.8–17.6). Men smoked on average 17.2 cigarettes and women 11.4 cigarettes per day. The highest number of cigarettes smoked per day was found in the age group 45–59 years, for both sexes (Fig. 5).

Fig. 5. Mean number of manufactured cigarettes smoked by daily smokers per day, by sex and age group



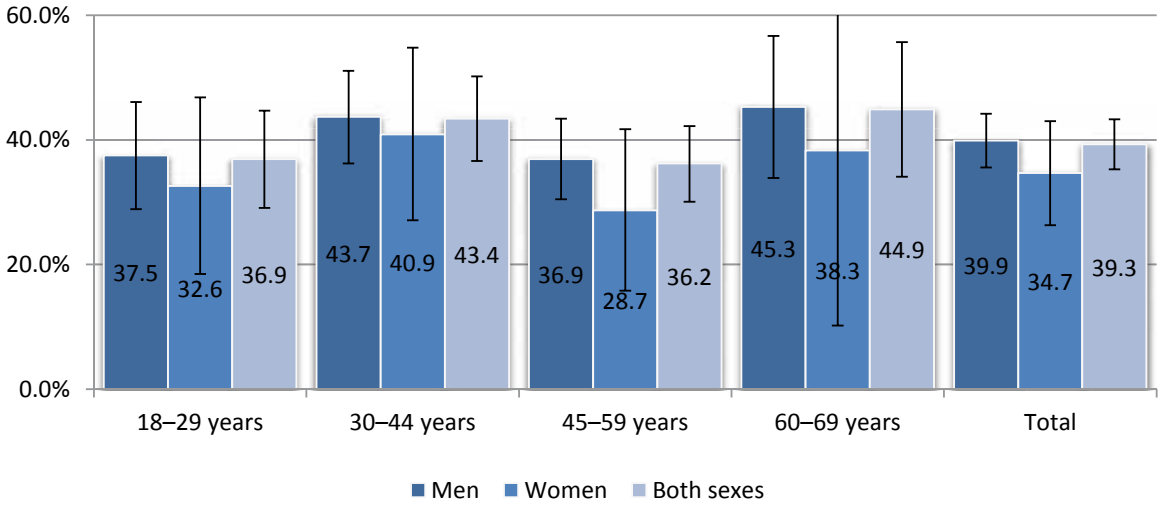
The majority of daily smokers (86%) smoked over 10 cigarettes per day (Fig. 6). The highest percentage of male daily smokers smoked 15–24 cigarettes per day (95% CI: 50.4–59.9), compared with 22.8% of women (95% CI: 14.5–31.1) that smoked the same amount.

Fig. 6. Distribution of daily smokers by quantity of manufactured or hand-rolled cigarettes smoked per day, by sex



Of the total number of currently smoking respondents, about 40% had tried to stop smoking during the last year (39.9% of men (95% CI: 35.6–44.2) and 34.7% of women (95% CI: 26.3–43.0)). The difference between the sexes in terms of the proportion of those who tried to stop smoking does not appear to be statistically significant (Fig. 7). Approximately 49% of male respondents and 39% of females among those smokers who had visited a doctor or other health worker in the past 12 months had been advised to stop smoking.

Fig. 7. Percentage of current smokers who had tried to stop smoking during the past 12 months, by sex and age group



About 16.5% of respondents in the study population were exposed to second-hand smoke at home. Contrary to expectations, men were more exposed than women (17.3% vs 15.7%) (Fig. 8). A significant difference between the sexes can be observed in exposure to second-hand smoke in the workplace: the distribution of second-hand smoking at work was 35% for men (95% CI: 31.1–38.9) and 17.2% for women (95% CI: 14.4–19.9) (Fig. 9).

Fig. 8. Percentage of respondents exposed to second-hand smoke in the home during the past 30 days, by sex and age group

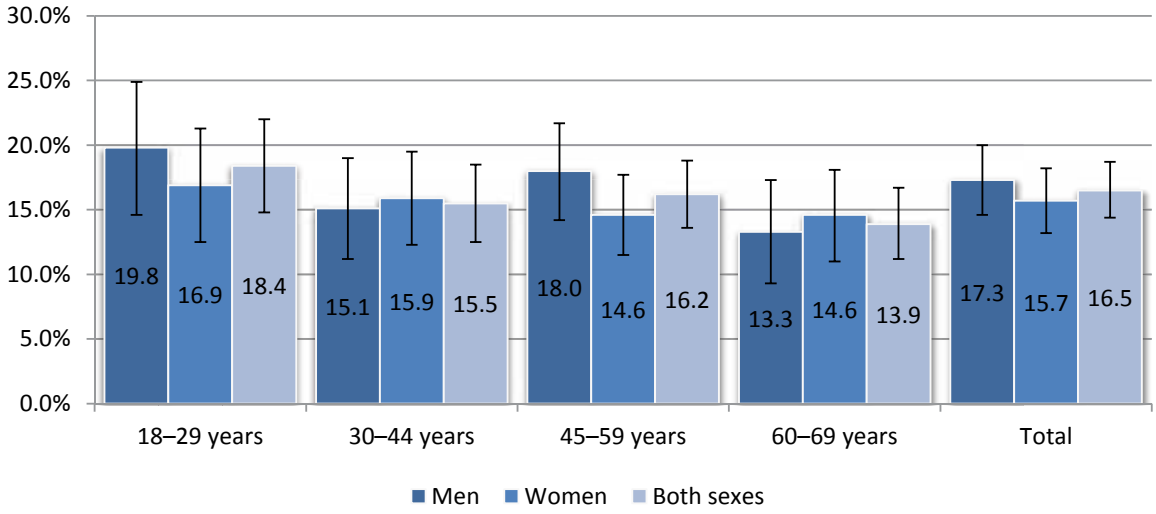
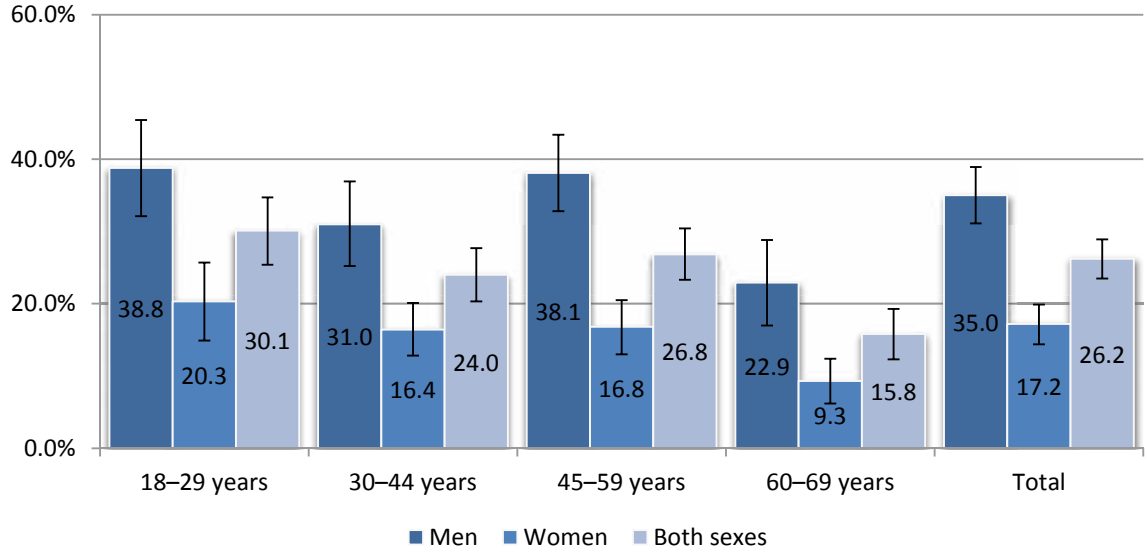


Fig. 9. Percentage of respondents exposed to second-hand smoke in the workplace during the past 30 days, by sex and age group



Conclusions

1. In the Republic of Moldova a quarter of the population (25.3%), and 4 out of 10 men were current smokers, putting them at high risk for NCDs. Women in urban areas smoked more (10.4%) than those in rural areas (1.3%).
2. Nine out of 10 smokers (92.0%) were daily smokers. The share of daily smokers among men (93.0%) was higher than among women (82.3%).
3. Manufactured cigarettes were the most commonly used tobacco product (used by 99% of the study population). Male daily smokers smoked more cigarettes (17.2 cigarettes) than females (11.4 cigarettes).
4. One in six individuals (16.5%) were exposed to second-hand smoke at home and one in four in the workplace (26.2%), with more men (35.0%) exposed than women (17.2%), which considerably increases the risk of NCDs among exposed individuals.

Alcohol consumption

Alcohol consumption patterns, frequency of alcohol drinking and risks associated with alcohol consumption were studied according to the sex, age and place of residence of the survey respondents.

Among all respondents in the age group 18–69 years, 61.9% (95% CI: 66.3–73.2) had consumed alcohol during the past 30 days. The proportion of males (69.8%, 95% CI: 66.3–73.2) was significantly higher than that of females (53.5%, 95% CI: 50.5–56.4) (see Fig. 10 and Table 12). Figures show a decrease in alcohol consumption in the Republic of Moldova in comparison with the DHS results from 2005 *(8)* that reported a prevalence of 81% among men and 59% among women. Although the DHS analysed different age groups (15–59 for men and 15–49 for women), the lower prevalence of alcohol consumption in both the youngest and eldest age groups support the conclusion that a positive trend is emerging in terms of a reduction in alcohol use.

Fig. 10. Alcohol consumption status, by sex

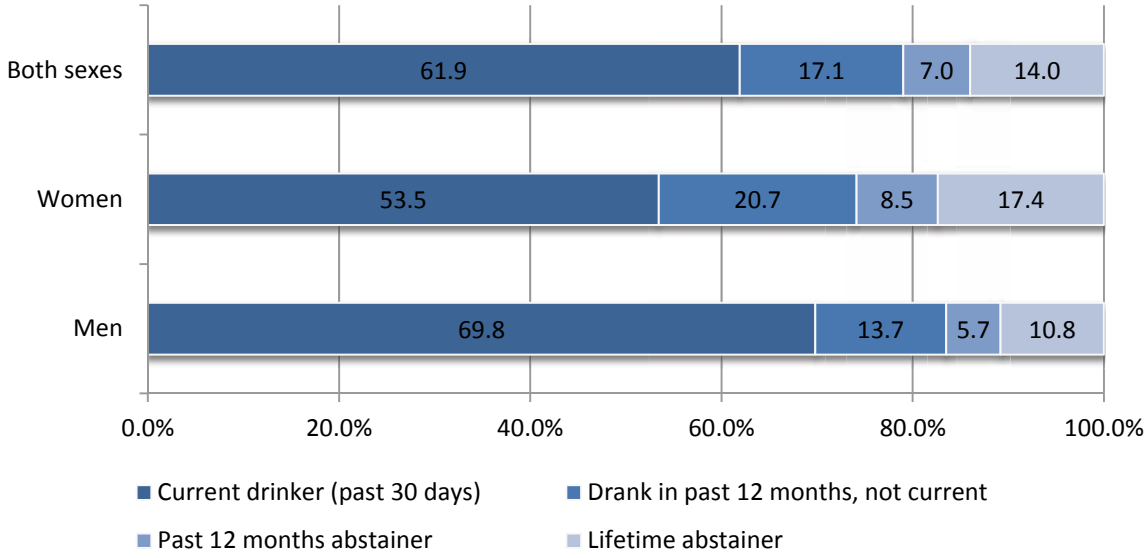
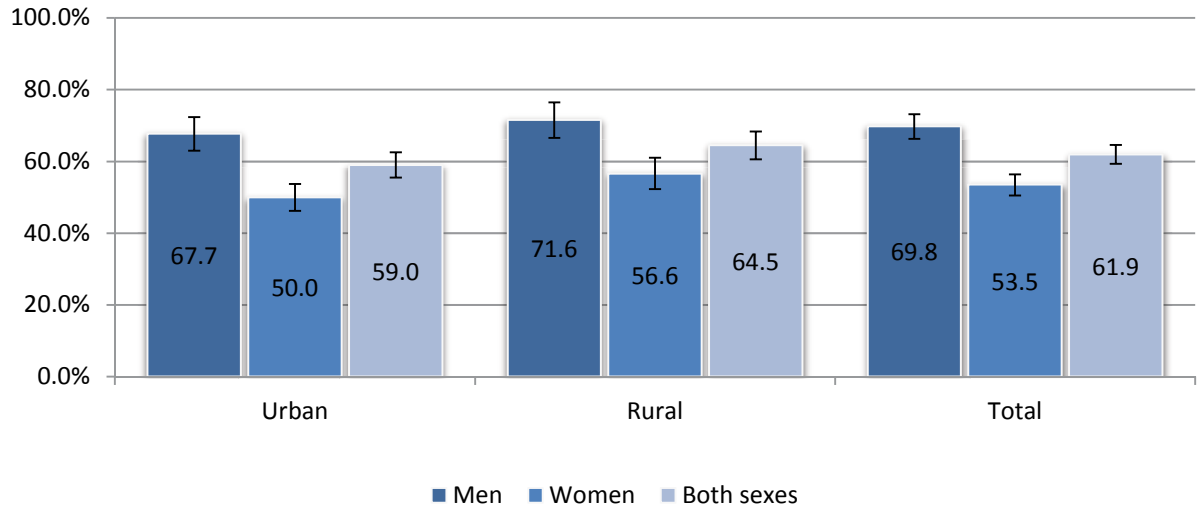


Table 12 Distribution of current alcohol consumers, by sex and age group

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	326	68.6	61.9–75.3	513	53.7	48.4–59.1	839	61.7	57.1–66.4
30–44	471	70.6	65.6–75.7	758	57.0	52.4–61.5	1 229	64.3	60.6–68.1
45–59	674	71.1	66.6–75.6	1 004	51.8	47.7–56.0	1 678	61.1	57.7–64.5
60–69	345	67.9	61.5–74.3	684	47.7	42.9–52.5	1 029	57.7	53.6–61.8
18–69	**1 816**	**69.8**	**66.3–73.2**	**2 959**	**53.5**	**50.5–56.4**	**4 775**	**61.9**	**59.3–64.6**

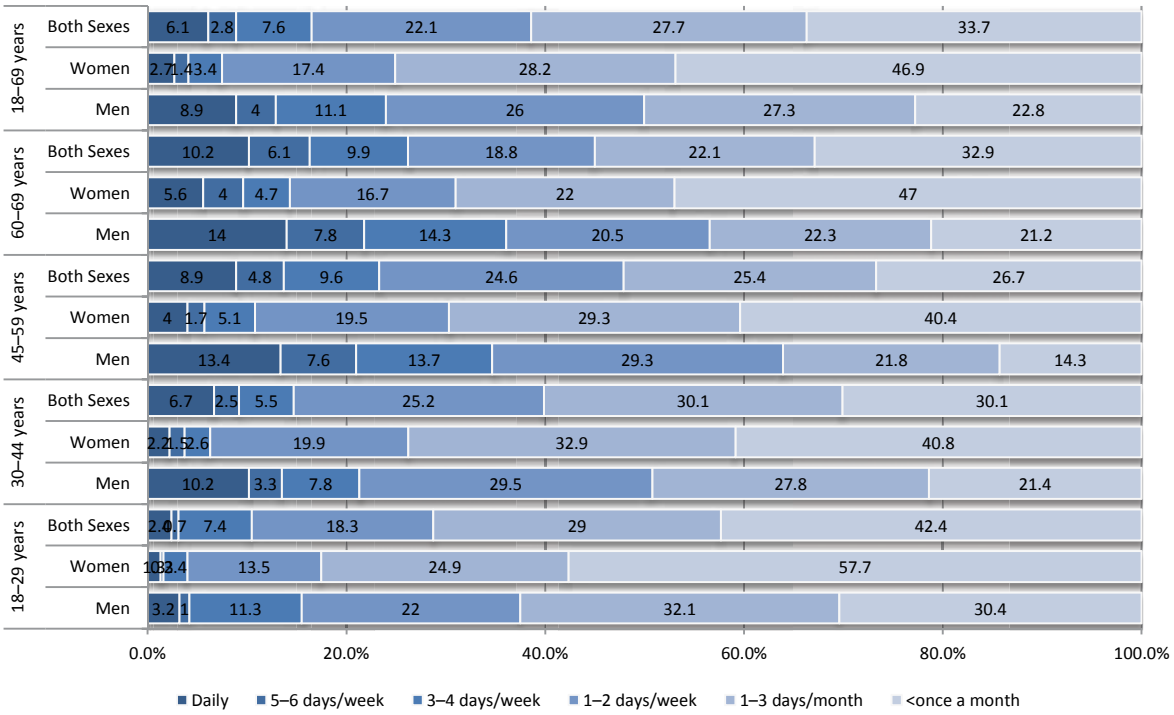
The survey results attested to a higher prevalence of current drinkers in rural areas. Of all respondents of both sexes among the rural population, 64.5% (95% CI: 60.6–68.3) had consumed alcohol in the past 30 days, while in urban areas the prevalence was 59% (95% CI: 55.5–62.5) (Fig. 11).

Fig. 11. Distribution of current drinkers, by sex and area of residence



About 9% of men and 3% of women in the study population drank alcohol every day. An increase can be seen in daily consumption of alcohol among both sexes in comparison with the 2005 DHS, which showed a prevalence of 3.8% for men and 0.7% for women *(8)*. The proportion of all respondents who drank alcohol daily constituted 6.1%; those who consumed alcohol on 5–6 days per week constituted 2.8%; and those that drank 1–3 times per week constituted 29.7%. The remainder of the respondents (71.4%) reported consuming alcohol three days per month or less often (Fig. 12).

Fig. 12 Frequency of alcohol consumption in the past 12 months, by sex and age group



The alcohol consumption pattern was further analysed by elucidating the frequency of drinking in the past 30 days and the number of standard drinks per drinking occasion. In the past 30 days current alcohol drinkers had consumed alcohol on average on 3.7 occasions (95% CI: 3.4–4.0), with men attesting to 4.5 occasions (95% CI: 4.0–5.0) and women 2.6 occasions (95% CI: 2.4–2.9). The highest average number of drinking occasions was registered in the age group 45–59 years (Fig. 13). The mean number of drinking occasions was found to be higher among rural populations, at 4.2 occasions (95% CI: 3.6–4.8) than among urban residents, at 3.1 occasions (95% CI: 2.8–3.4) (Table 13).

Fig. 13. Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers, by sex and age group

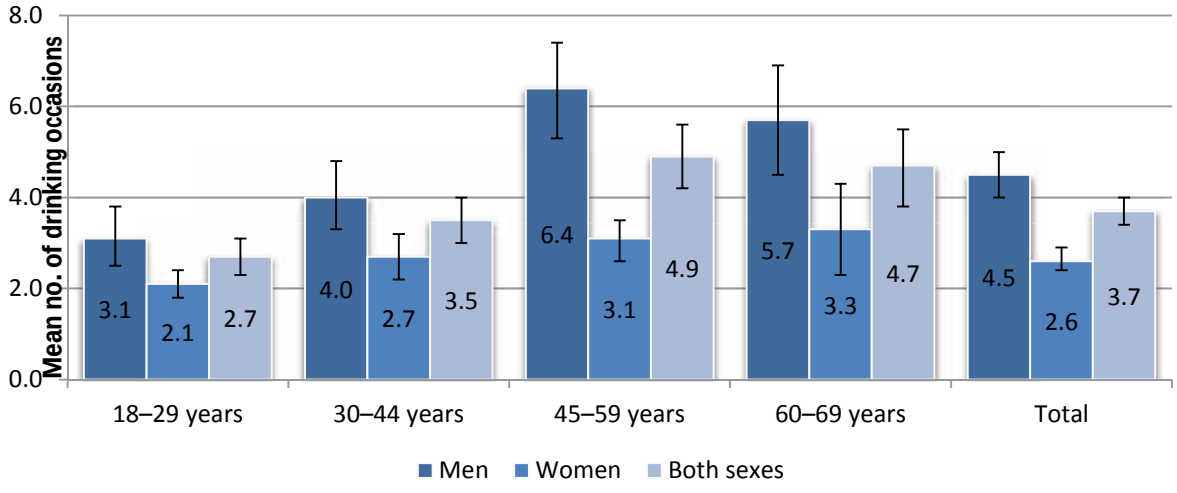


Table 13 Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers, by sex and area of residence

	Men			Women			Both sexes		
	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI
Rural	513	5.4	4.4–6.3	617	2.7	2.3–3.0	1 130	4.2	3.6–4.8
Urban	666	3.5	3.1–3.9	822	2.6	2.2–2.9	1 488	3.1	2.8–3.4
Total	**1 179**	**4.5**	**4.0–5.0**	**1 439**	**2.6**	**2.4–2.9**	**2 618**	**3.7**	**3.4–4.0**

Current drinkers consumed on average 3.4 drinks per drinking occasion (95% CI: 3.1–3.6), with men consuming 4.2 drinks (95% CI: 3.8–4.6) and women consuming 2.2 drinks (95% CI: 2.1–2.4). In all age groups men consumed almost two times more per drinking occasion than women (Fig. 14). It is noteworthy that while the number of drinking occasions was higher among the rural population, the mean number of standard drinks per drinking occasion was found to be higher among the urban population at 3.4 drinks (95% CI: 3.2–3.7) as opposed to 3.3 drinks (95% CI: 2.9–3.8) for rural residents (Table 14).

Fig. 14. Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers, by sex and age group

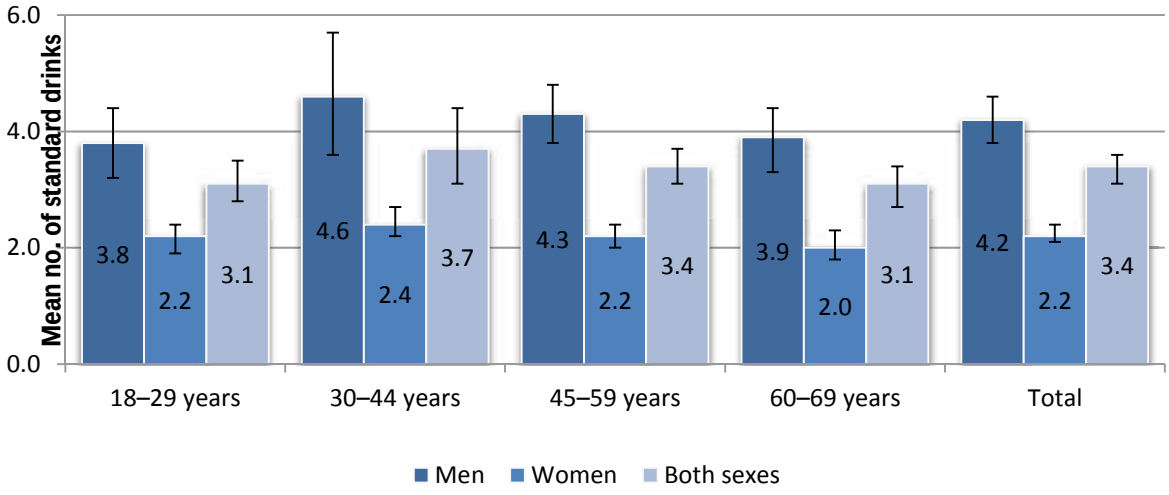


Table 14 Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers, by sex and area of residence

	Men			Women			Both sexes		
	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI
Rural	538	4.2	3.5–5.0	646	2.1	2.0–2.3	1 184	3.3	2.9–3.8
Urban	671	4.2	3.8–4.5	827	2.4	2.2–2.6	1 498	3.4	3.2–3.7
Total	**1 209**	**4.2**	**3.8–4.6**	**1 473**	**2.2**	**2.1–2.4**	**2 682**	**3.4**	**3.1–3.6**

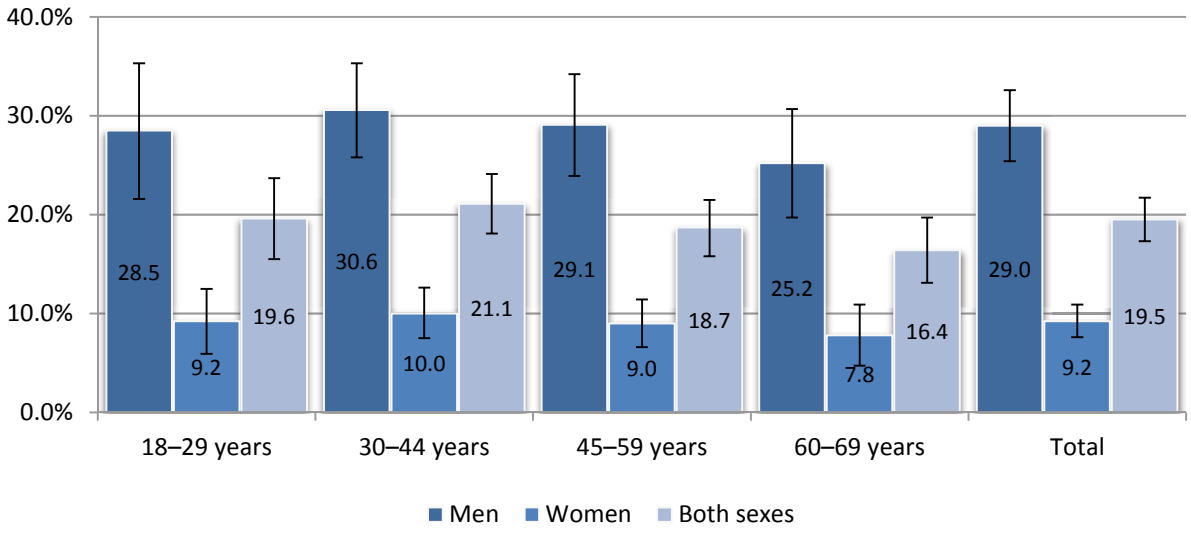
The risk associated with alcohol consumption was assessed in current (past 30 days) drinkers based on the average amount of alcohol consumed per drinking occasion in the past 30 days. Results showed that 97.5% of all current drinkers (95% CI: 96.9–98.2) had a low risk associated with alcohol consumption; 0.8% of men (95% CI: 0.3–1.2) and 0.9% of women (95% CI: 0.3–1.4) had a medium risk; and 2.4% of men (95% CI: 1.5–3.3) and 0.7% of women (95% CI: 0.3–1.2) had a high risk (Table 15).

Table 15 High-, intermediate-, and low-volume drinking levels among current (past 30 days) drinkers, by sex

	n	High level of drinking (≥ 60 g) (%)	95% CI	Intermediate drinking level (40.0–59.9 g) (%)	95% CI	Low level of drinking (< 40 g) (%)	95% CI
Men	1 147	2.4	1.5–3.3	0.8	0.3–1.2	96.9	95.9–97.9
Women	1 431	0.7	0.3–1.2	0.9	0.3–1.4	98.4	97.7–99.1
Both sexes	**2 578**	**1.7**	**1.1–2.2**	**0.8**	**0.5–1.2**	**97.5**	**96.9–98.2**

Among the survey respondents, one in five individuals had consumed six or more drinks on a single occasion at least once during the past 30 days, with a significant difference between men and women. A total of 29% of men (95% CI: 25.4–32.6) and 9.2% of women (95% CI: 7.6–10.9) reported having consumed six or more drinks at least once during the last 30 days. It is alarming that the proportion of people reporting this experience is higher in the younger age groups for both men and women (Fig. 15).

Fig. 15. Consumption of six or more drinks on a single occasion at least once during the past 30 days among total population



Almost half of the current (past 30 days) drinkers reported consuming unrecorded alcohol (homebrewed alcohol, alcohol brought across the Republic of Moldova border, alcohol not intended for drinking or other untaxed alcohol) during the past seven days: 51.2% among men (95% CI: 46.6–55.9) and 40.2% of women (95% CI: 36.1–44.2) (Table 16).

Table 16 Consumption of unrecorded alcohol*, by sex and area of residence

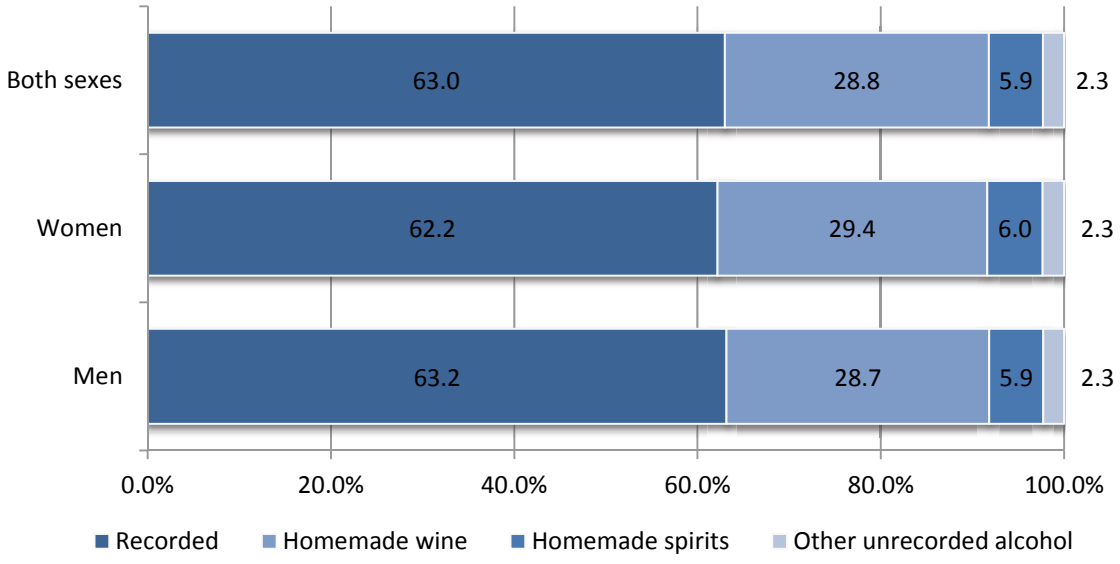
	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	567	70.0	64.2–75.9	634	53.0	47.1–58.8	1 201	63.0	58.0–67.9
Urban	674	27.7	22.4–32.9	814	24.1	19.5–28.6	1 488	26.2	21.9–30.4
Total	**1 241**	**51.2**	**46.6–55.9**	**1 448**	**40.2**	**36.1–44.2**	**2 689**	**46.6**	**42.9–50.3**

* Homebrewed alcohol, alcohol brought across the border, alcohol not intended for drinking or other untaxed alcohol.

An analysis was carried out of the different types of alcohol consumed in the past seven days among current (past 30 days) drinkers, including recorded and unrecorded types of alcohol (homemade wine and spirits, among others). Consumption of unrecorded alcohol is known to be quite high in the Republic of Moldova owing to local traditions of home alcohol production.

Fig. 16 shows that in the last seven days, of the total alcohol consumed by current drinkers, 37% constituted unrecorded alcohol. Within this trend, there was no statistically significant difference between men and women, aside from a slightly higher consumption of unrecorded alcohol among women. Consumption of homemade wine accounted for 28.8% and homemade spirits 5.9%. A total of 6.1% of all unrecorded alcohol (2.3% of all alcohol consumed) was alcohol brought across the country's border, surrogate alcohol and other types of alcohol.

Fig. 16. Alcohol consumption during the past seven days, by type and sex



Conclusions

1. Only one in seven individuals was a lifetime alcohol abstainer. The prevalence of current drinkers was higher in rural areas (64.5%) than urban (58.0%).
2. Frequency of alcohol consumption was higher in men than women.
3. On an average drinking occasion men consumed more standard drinks (4.2) than women (2.2).
4. One in five individuals was a binge drinker and binge drinking was more common in men (29.0%) than women (9.2%).
5. One in two individuals consumed unrecorded alcohol, owing to local traditions of home alcohol production.

Diet

Fruit and vegetable consumption

Consumption of fruit and vegetables was assessed in the survey population by sex, age and area of residence. The average number of days per week on which fruit and vegetables were consumed was 5.6 (95% CI: 5.5–5.7) and 5.9 (95% CI: 5.7–6.0) (for fruit and vegetables respectively). Fruit consumption was more frequent in women, at 5.8 days per week (95% CI: 5.7–5.9) than in men, at 5.4 days per week (95% CI: 5.2–5.6), with the difference being statistically significant, while men consumed vegetables on average 5.9 days per week and women 5.8 days per week. Consumption of both fruit and vegetables was more frequent in younger age groups (Table 17 and Table 18). It is worth noting that the data collection was performed in autumn, when the availability of fruit and vegetables is supposed to be at a peak for the country. These data on higher consumption of fruit and vegetables in autumn (related to increased seasonal availability) are confirmed by unpublished data from a survey on food consumption carried out in 1998.[4]

The frequency of fruit consumption was found to be higher among rural populations (5.7 days per week with a 95% CI of 5.5–5.8) than among urban populations (5.5 days, 95% CI: 5.3–5.7). Conversely, the urban population consumed vegetables more frequently (6 days per week) than those in rural areas (5.8 days per week) (Fig. 17).

Table 17 Mean number of days on which fruit was consumed in a typical week, by sex and age group

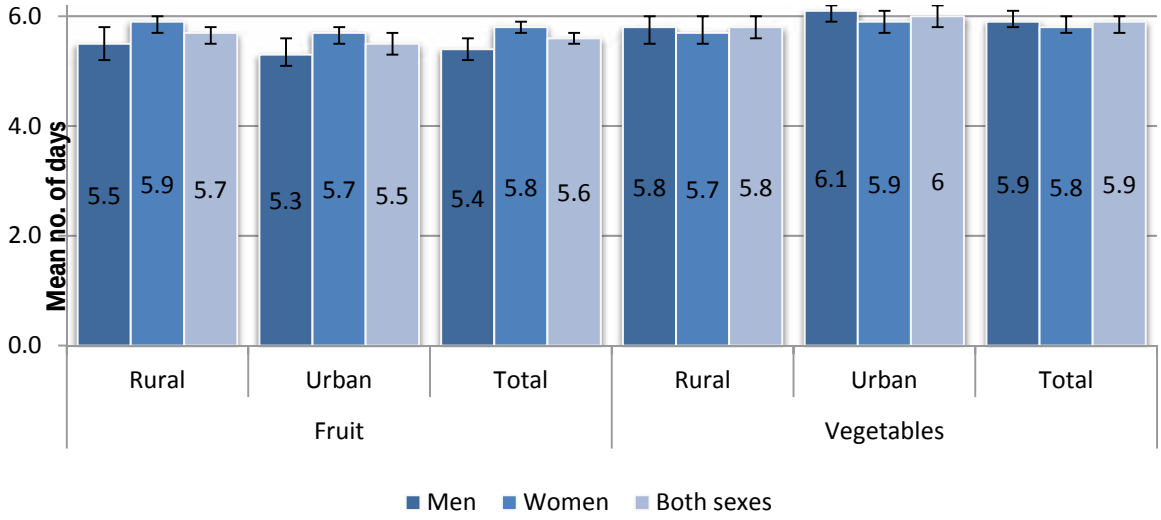
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI
18–29	325	5.4	5.0–5.7	512	5.8	5.6–6.0	837	5.6	5.4–5.8
30–44	467	5.7	5.5–5.9	754	5.8	5.6–6.0	1 221	5.7	5.6–5.9
45–59	668	5.3	5.1–5.5	997	5.8	5.7–6.0	1 665	5.6	5.4–5.7
60–69	341	5.1	4.8–5.4	682	5.5	5.3–5.7	1 023	5.3	5.1–5.5
18–69	**1 801**	**5.4**	**5.2–5.6**	**2 945**	**5.8**	**5.7–5.9**	**4 746**	**5.6**	**5.5–5.7**

4 Unpublished study from 1998 by the United Nations Children's Fund on spring–autumn dietary intake in the Republic of Moldova.

Table 18 Mean number of days on which vegetables were consumed in a typical week, by sex and age group

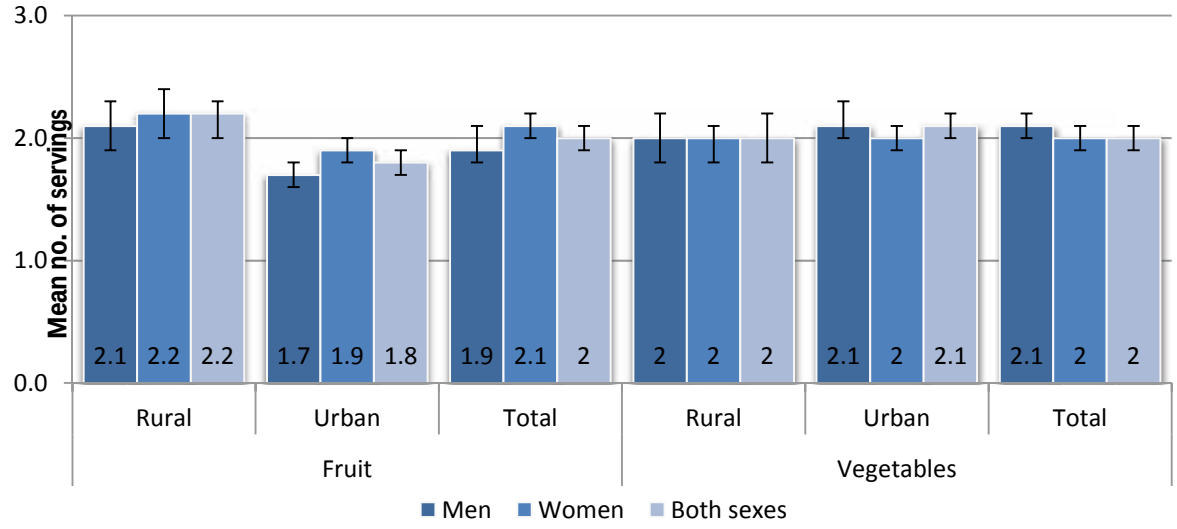
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI
18–29	323	5.9	5.6–6.2	511	5.7	5.4–6.0	834	5.8	5.6–6.1
30–44	464	6.2	6.0–6.4	755	6.0	5.8–6.1	1 219	6.1	6.0–6.2
45–59	667	5.7	5.5–5.9	997	5.9	5.7–6.0	1 664	5.8	5.6–5.9
60–69	340	5.7	5.4–5.9	681	5.6	5.4–5.8	1 021	5.6	5.5–5.8
18–69	**1 794**	**5.9**	**5.8–6.1**	**2 944**	**5.8**	**5.7–6.0**	**4 738**	**5.9**	**5.7–6.0**

Fig. 17. Mean number of days on which fruit and vegetables were consumed in a typical week, by sex and area of residence



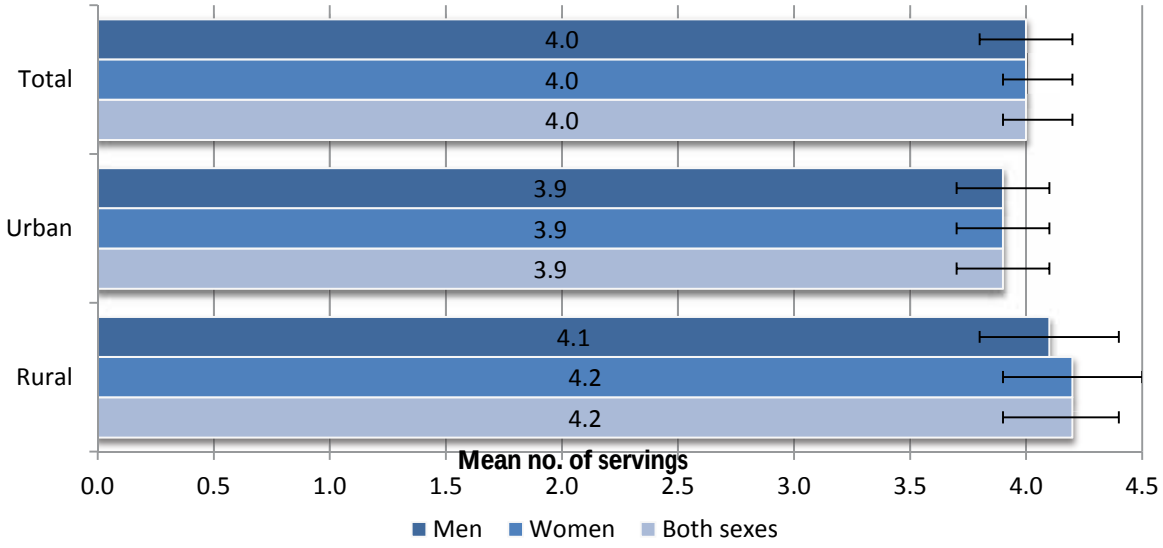
The number of servings of fruit and vegetables consumed per day was found to be very similar among the urban and rural populations, with only slightly more fruit servings consumed in rural areas (2.2 servings, 95% CI: 2.0–2.3)) than in urban areas (1.8 servings, 95% CI: 1.7–1.9), and a higher frequency of daily vegetable intake among the urban population (2.1 servings) than among the rural population (on average 2.0 servings per day) (Fig. 18).

Fig. 18. Mean number of servings of fruit and vegetables on average per day, by sex and area of residence



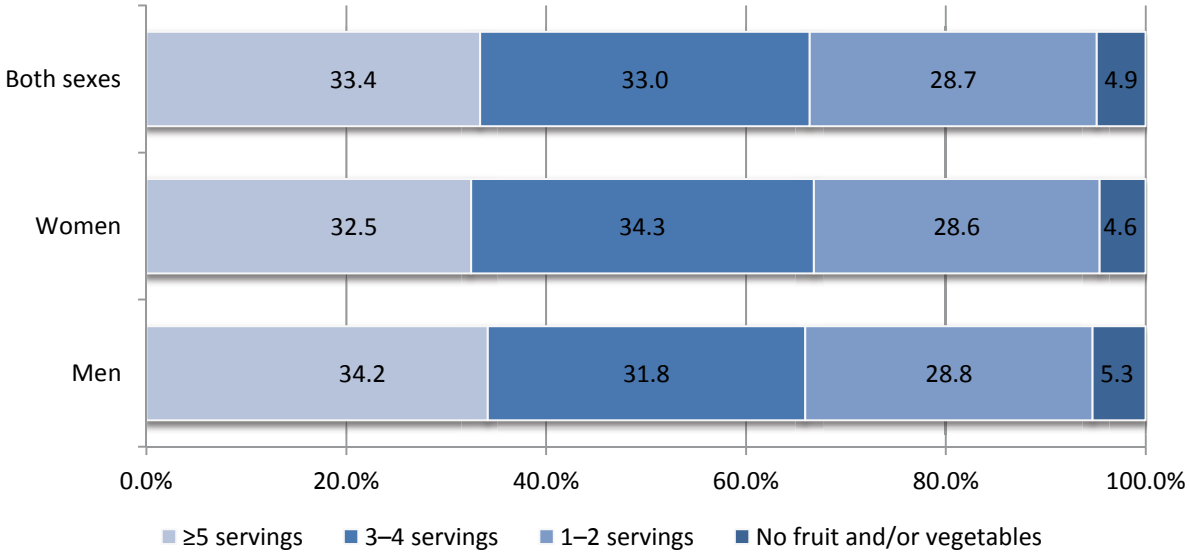
The average number of servings of both fruit and vegetables per day was equal to four and it was the same for both sexes. A higher frequency of servings could be seen in rural areas (4.2 servings, 95% CI: 3.9–4.4) than in urban areas (3.9 servings per day, 95% CI: 3.7–4.1), which could in part be explained by more access to these products in rural areas, but also by the increased availability of fruit and vegetables during the harvest period in the autumn, which is when the study population was interviewed (Fig. 19).

Fig. 19. Mean number of servings of fruit and/or vegetables on average per day, by sex and area of residence



The majority of respondents (66.4%) of both sexes consumed three or more servings of fruit and/or vegetables per day (66% of men and 66.8% of women). About 5% of the study population reported not consuming fruit or vegetables at all (Fig. 20).

Fig. 20. Distribution of respondents, by number of servings of fruit and/or vegetables per day



Oil and fat consumption

Consumption of oils and fats most often used for meal preparation in households was analysed. Of the total number of households investigated, 94.9% (95% CI: 93.5–96.40) used vegetable oil, 3.1% (95% CI: 2.2–4.0) prepared meals using animal fat, and the rest (2%) did not state any preference or did not use any oils or fats (Table 19). The survey on the health status of the population in the Republic of Moldova conducted in 2005 *(9)* showed that 65.8% of the population consumed only vegetable oils, 31.2% consumed vegetable oils and animal fats equally, and 1.4% consumed only animal fats. It should be noted that the survey was conducted among the population aged 18–75 years of both sexes.

Table 19 Type of oil or fat most often used in household meal preparation

n (house-holds)	Vegetable oil (%)	95% CI	Lard or suet (%)	95% CI	None in particular/ other (%)	95% CI	None used (%)	95% CI
4 761	**94.9**	**93.5–96.4**	**3.1**	**2.2–4.0**	**1.9**	**0.8–3.0**	**0.1**	**0.0–0.1**

Meal behaviour

On average, the number of reported meals eaten outside the home was 1.4 for both sexes and across all ages (95% CI: 1.3–1.6), with a significant difference between men and women: 1.7 meals (95% CI: 1.5–1.9) for men and 1.1 meals for women (95% CI: 1.0–1.3). There was a significant difference between age groups, with an average of 2.1 meals eaten outside the home in the age group 18–29 years, and 0.3 meals for the age group 60–69 years (Fig. 21). The frequency of eating out also significantly differed by area of residence: the urban population ate out on average two times more meals than rural respondents (Fig. 22).

Fig. 21. Mean number of meals eaten outside the home, by age and sex

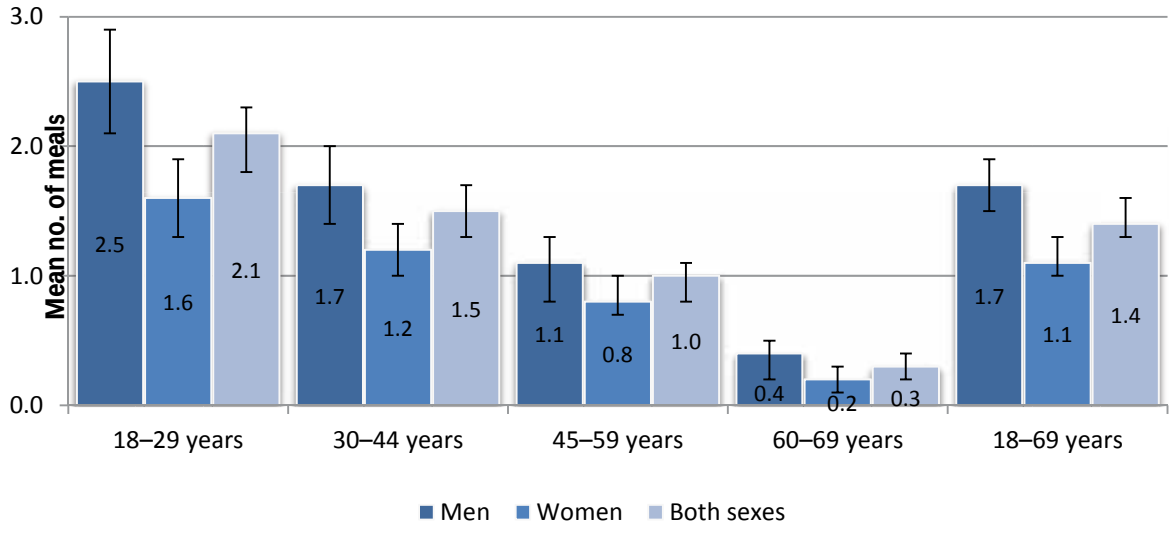
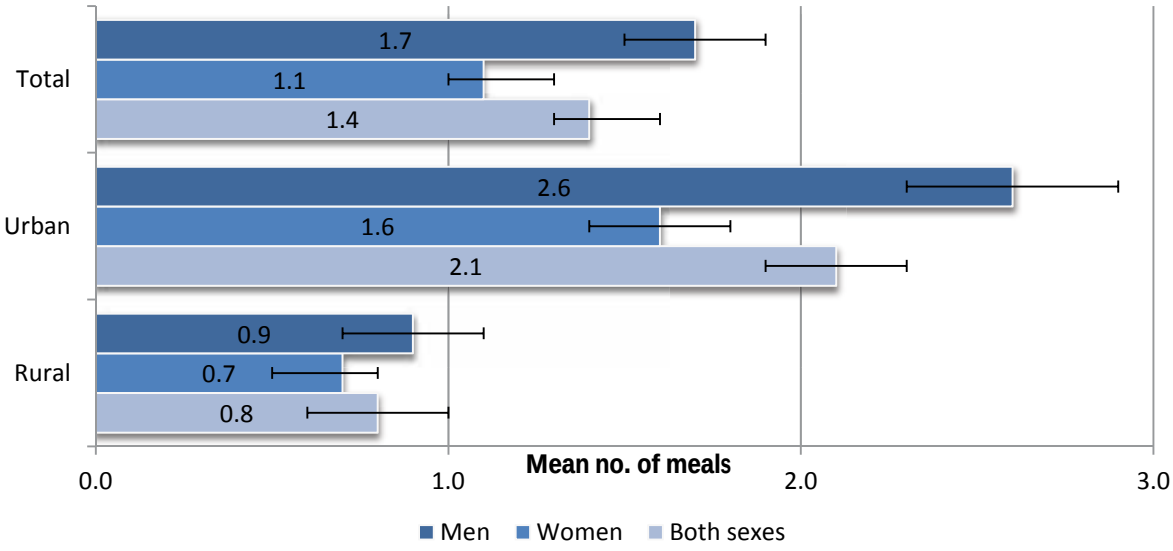


Fig. 22. Mean number of meals eaten outside the home, by sex and area of residence



Dietary salt

Consumption of salt was analysed in the study population by asking the individuals that were interviewed questions regarding the frequency, quantity and type of salt used in their household, their cooking habits and their attitude towards dietary salt. A total of 24.3% of respondents mentioned that they added salt always or often before eating or while eating, with no significant difference between age groups. The percentage of men who added salt always or often to their meal was much higher than that of women (28%, 95% CI: 24.7–31.3 vs 20.3%, 95% CI: 18.1–22.5). A higher prevalence was identified among the rural population (25.2%, 95% CI: 21.6–28.7) than among urban residents (23.4%, 95% CI: 20.6–26.3). It is noteworthy that the main difference was between urban and rural men, while almost no difference was found between women from both areas of residence (Table 20).

Table 20 Percentage of respondents always or often adding salt before or while eating

	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	791	26.4	22.2–30.6	1 220	20.2	17.3–23.2	2 011	23.4	20.6–26.3
Urban	1 000	29.8	24.8–34.8	1 724	20.4	17.0–23.7	2 724	25.2	21.6–28.7
Total	**1 791**	**28.0**	**24.7–31.3**	**2 944**	**20.3**	**18.1–22.5**	**4 735**	**24.3**	**22.0–26.5**

The majority of respondents of all ages (81.4%, 95% CI: 79.4–83.5) reported using iodized salt when cooking or preparing food at home, with no substantial difference between sexes. Consumption of iodized salt was found to decrease with age, but the difference was not found to be statistically significant (Fig. 23).

A higher prevalence and statistically significant difference was found in salt consumption between rural and urban residents: 74.4% (95% CI: 71.0–77.8) of respondents from rural areas used iodized salt more frequently, in comparison with 89.2% (95% CI: 87.4–91.0) among the urban population (Table 21).

Fig. 23. Percentage of respondents using iodized salt when cooking or preparing food at home, by age and sex

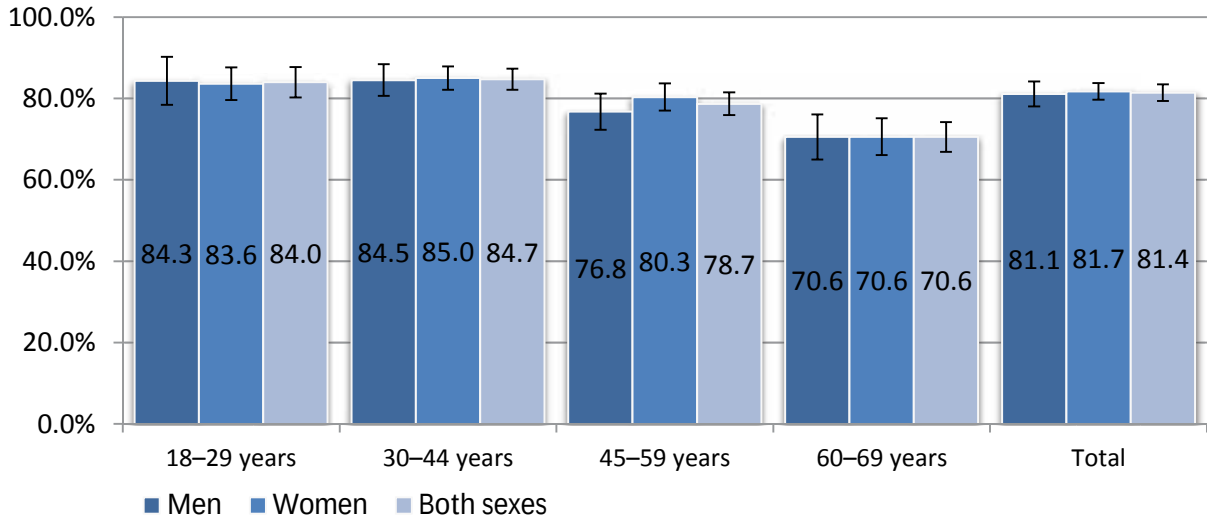


Table 21 Percentage of respondents using iodized salt when cooking or preparing food at home, by area of residence and sex

	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	748	73.4	68.3–78.5	1 208	75.5	72.0–79.0	1 956	74.4	71.0–77.8
Urban	965	89.8	87.3–92.3	1 711	88.7	86.7–90.7	2 676	89.2	87.4–91.0
Total	**1 713**	**81.1**	**78.0–84.2**	**2 919**	**81.7**	**79.7–83.8**	**4 632**	**81.4**	**79.4–83.5**

Respondents were asked how often they consumed processed food high in salt. Among all survey participants, 32.4% (95% CI: 30.1–34.7) gave an affirmative answer. The percentage of men (36.5%, 95% CI: 33.2–39.8) who reported eating processed food high in salt was higher than that of women (28.1%, 95% CI: 25.4–30.7) and the difference between the sexes was statistically significant (Fig. 24). The proportion of respondents eating such foods decreased with age. Furthermore, a significant difference was identified between rural and urban residents (Table 22), with higher prevalence for the latter (29%, 95% CI: 25.9–32.2 vs 36.3%, 95% CI: 33.0–39.5).

Fig. 24. Percentage of respondents always or often eating processed foods high in salt, by age and sex

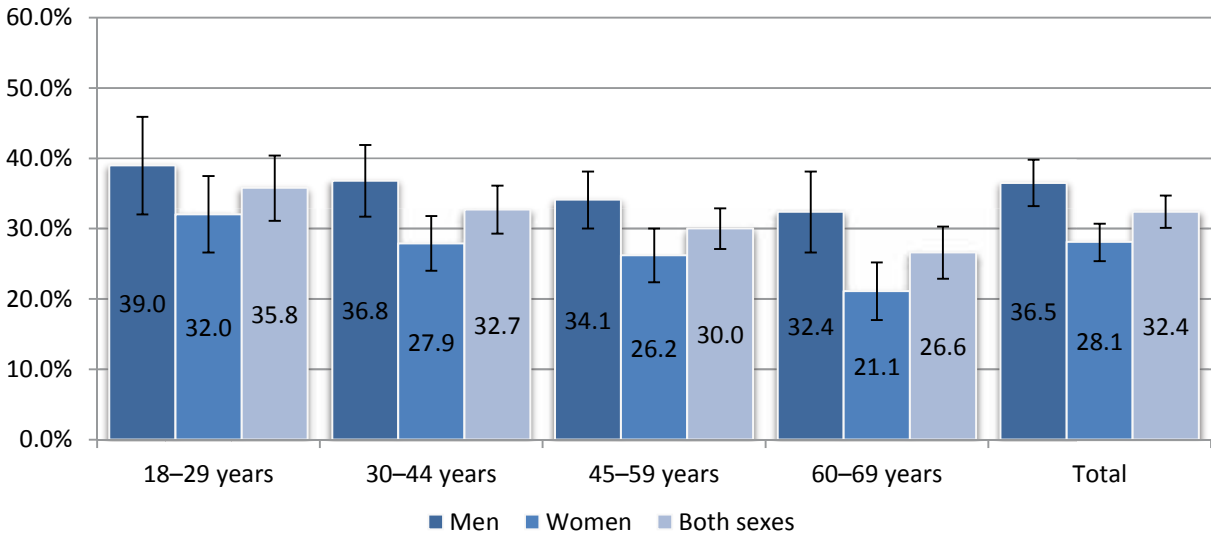
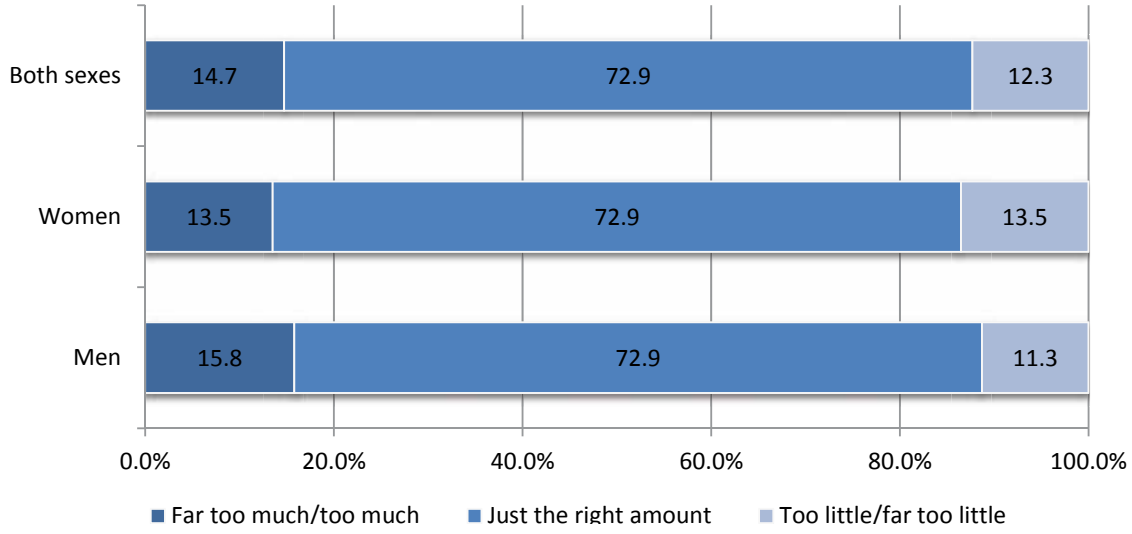


Table 22 Percentage of respondents always or often eating processed foods high in salt, by area of residence and sex

	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	794	32.0	27.5–36.4	1 218	25.8	21.6–30.0	2 012	29.0	25.9–32.2
Urban	999	41.7	37.0–46.5	1 723	30.6	27.4–33.7	2 722	36.3	33.0–39.5
Total	**1 793**	**36.5**	**33.2–39.8**	**2 941**	**28.1**	**25.4–30.7**	**4 734**	**32.4**	**30.1–34.7**

Only 14.7% of all respondents believed that they consume too much or far too much salt. The percentage of men with this perception was higher than that of women. The proportion of women who thought they consume too little or far too little is higher (13.5%) than that of men (11.3%), while the percentages of those using (in their opinion) "just the right amount" was equal across the sexes (72.9%) (Fig. 25).

Fig. 25. Self-reported quantity of salt consumed, by sex



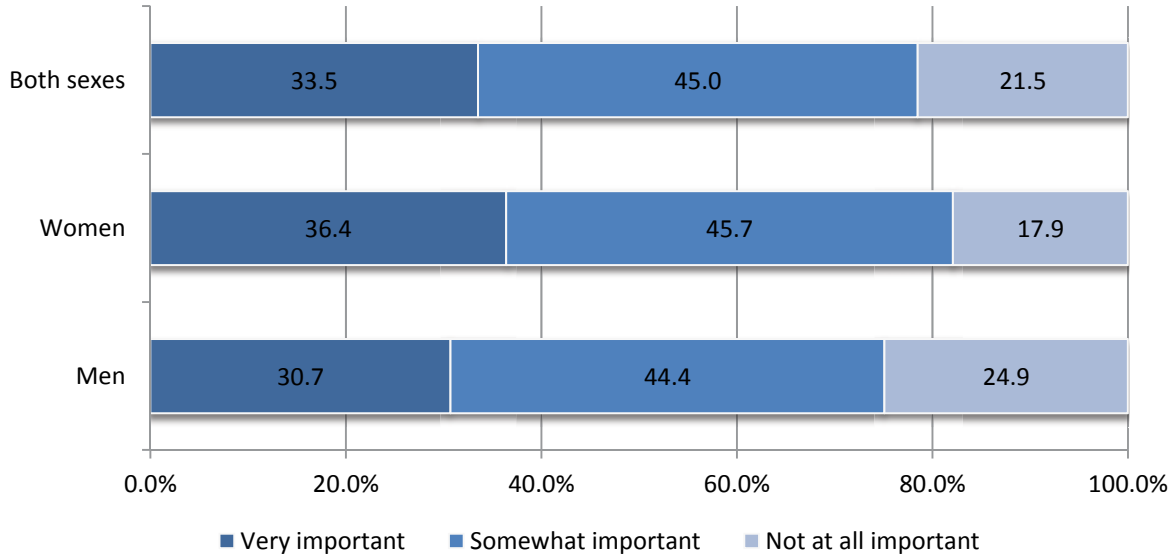
The vast majority of respondents believed that consuming too much salt could cause serious health problems (89.7%, 95% CI: 88.0–91.4). The prevalence of women (92.8%, 95% CI: 91.4–94.3) with this belief was higher than that of men (92.8%, 95% CI: 91.4–94.3) and the difference was statistically significant. No significant differences by age were identified for this specific question (Table 23).

Table 23 Percentage of respondents thinking that consuming too much salt could cause serious health problems, by age and sex

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	299	83.8	77.4–90.2	487	93.3	90.5–96.0	786	88.2	84.3–92.1
30–44	428	90.1	86.9–93.3	713	93.1	90.8–95.4	1 141	91.5	89.5–93.6
45–59	567	85.3	81.7–88.9	929	92.9	90.7–95.1	1 496	89.4	87.2–91.7
60–69	286	89.6	85.7–93.5	612	90.6	87.9–93.3	898	90.1	87.7–92.5
18–69	**1 580**	**86.6**	**83.8–89.4**	**2 741**	**92.8**	**91.4–94.3**	**4 321**	**89.7**	**88.0–91.4**

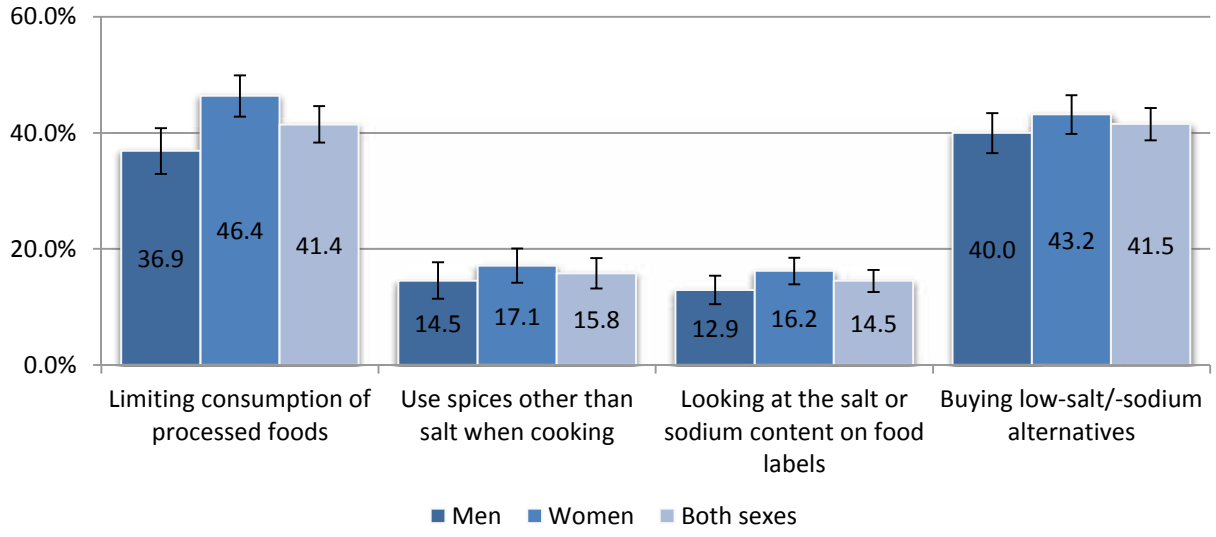
Although a high percentage of respondents were aware that salt can cause serious health problems, only 30.7% of them considered lowering salt in diet to be very important; 44.4% thought this was somewhat important; and 24.9% thought it was not at all important. The proportion of women who considered lowering salt in their diet to be very or somewhat important was higher (82.1%) than that of men (75.1%) (Fig. 26). No significant age difference was identified for the answers to this question.

Fig. 26. Importance of lowering salt in diet, by sex



Respondents were asked what actions they took to control salt intake on a regular basis. The analysis showed that less than half (41.4%) of the study population undertook actions to limit their consumption of processed foods high in salt. A statistically significant difference was identified between sexes: 46.4% (95% CI: 42.8–49.9) for women and 36.9% (95% CI: 32.9–40.8) for men (Fig. 27). A total of 41.5% of respondents of both sexes (95% CI: 38.7–44.3) reported using salty products (such as sauces) other than salt when cooking. Only 15.8% (95% CI: 13.2–18.4) of respondents mentioned that they looked at the salt or sodium content on food labels, and 14.5% of them (95% CI: 12.6–16.4) affirmed that they bought low-salt/sodium alternatives. The prevalence of respondents in the last two categories might be so low because there is no specific regulation on salt labelling for processed foods in the Republic of Moldova.

Fig. 27. Percentage of respondents taking specific action to control salt intake, by sex



Conclusions

1. The average daily intake of fruit and vegetables among the Moldovan population was four servings, with a higher frequency in rural areas (4.2) than in urban areas (3.9).
2. Two thirds of the Moldovan population consumed fewer than five servings of fruit and vegetables daily.
3. The survey population used predominantly vegetable oil for cooking.
4. Younger age groups among both sexes and among the urban population ate outside the home more frequently.
5. Every fourth person (24.3%) reported adding salt while eating, with a higher prevalence among men (28%) than among women (20.3%) and, of these men, a higher prevalence in urban areas (29.8%) than rural (26.4%).
6. The population generally know the benefits of consuming iodized salt, with 81.4% of the survey respondents using iodized salt in food preparation at home (with a higher prevalence among the urban population (89.2%) than among rural residents (74.4%)).
7. One third of the population (32.4%) often consumed processed food high in salt, with more men (36.5%) reporting this than women (28.1%) and with a higher prevalence in urban areas (36.3%) than rural (29%).
8. The survey population was aware of the increased risk associated with high levels of salt consumption. A total of 89.7% considered that the consumption of high levels of salt poses serious health risks (with a higher prevalence of this opinion among women (92.8%) than men (86.6%)), but only 30.7% of the respondents were aware of the importance of lowering salt consumption in their own diets to improve their health.
9. The population was not aware of the recommended level of salt consumption, and only 14.7% perceived that they consume too much salt. More than seven out of 10 individuals (72.9%) perceived that they consume "just the right amount of salt".

Physical activity

Physical activity in the study population was analysed using continuous indicators, such as time spent participating in different physical activities, as well as categorical indicators, such as cut-off points for specific amounts of physical activity. Total physical activity per day was recorded, taking into account all domains (work-, transport- and recreation-related activities).

Analysis of the collected data showed that one in 10 individuals in the study population (or 10.1%, 95% CI: 8.6–11.5) did not meet WHO recommendations on physical activity for health; namely, performing 150 minutes of moderate-intensity physical activity per week (or equivalent) *(19)*. No significant difference was observed between men (10.7%, 95% CI: 8.5–12.9) and women (9.4%, 95% CI: 7.7–11.1). The highest percentage of individuals not meeting the WHO recommendations was identified in the age group 60–69 years (14.6%) (Fig. 28).

Differences were also identified between the country's urban and rural populations, with a higher prevalence in urban areas of not corresponding to WHO's physical activity recommendations. The difference between sexes for all age groups constituted approximately 3% (Table 24).

Fig. 28. Proportion of respondents not meeting WHO recommendations on physical activity for health, by age and sex

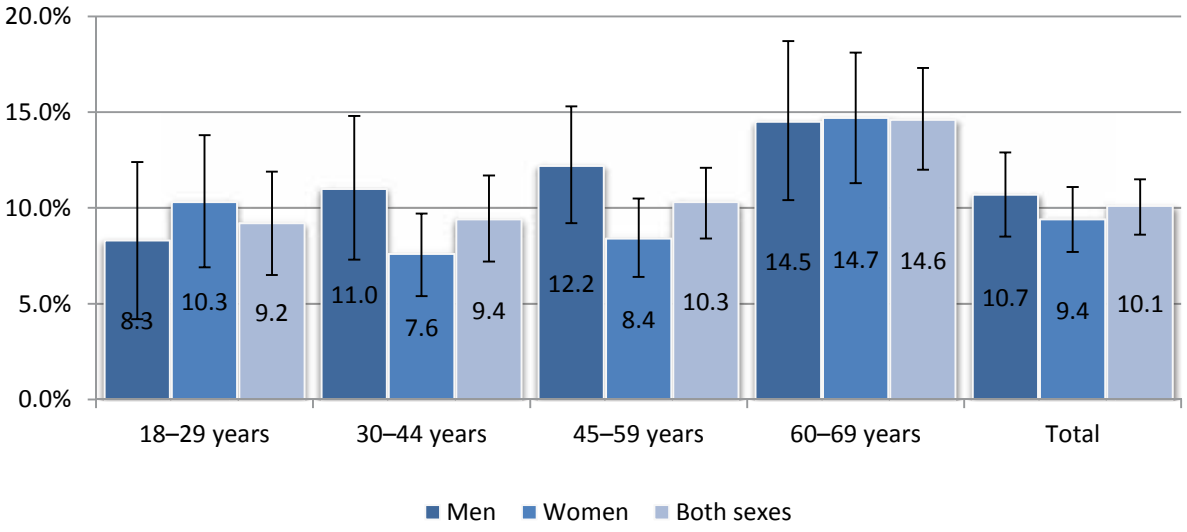


Table 24 Proportion of respondents not meeting WHO recommendations on physical activity for health, by area of residence and sex

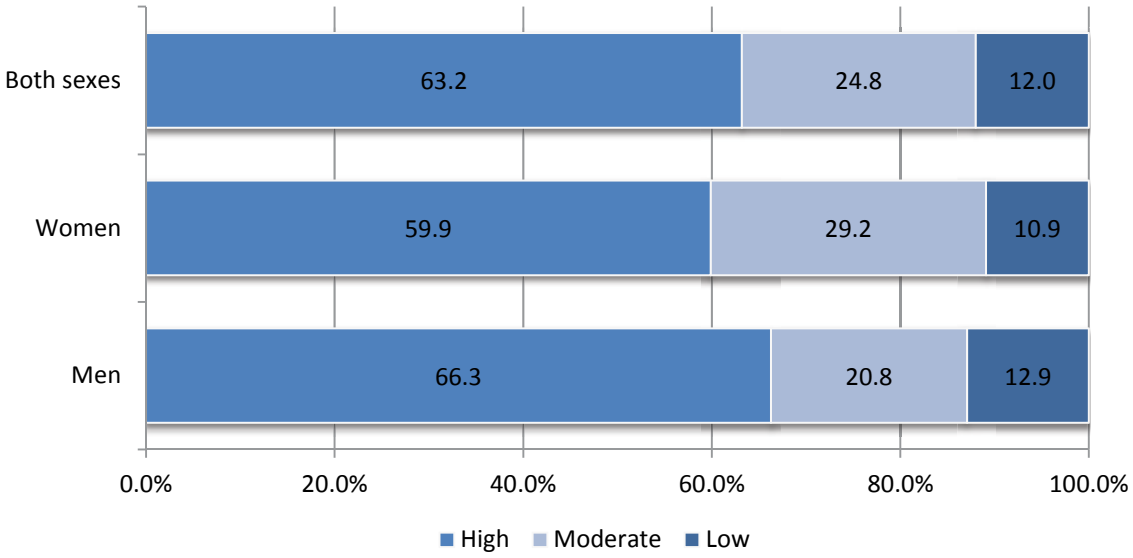
	Men			Women			Both sexes		
	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI
Rural	750	9.3	5.8–12.8	1 176	8.0	5.3–10.6	1 926	8.7	6.5–10.9
Urban	993	12.1	9.5–14.8	1 689	11.0	8.9–13.1	2 682	11.6	9.8–13.4
Total	**1 743**	**10.7**	**8.5–12.9**	**2 865**	**9.4**	**7.7–11.1**	**4 608**	**10.1**	**8.6–11.5**

Note. Rec's: recommendations.

According to WHO recommendations *(19)*, 63.2% of the study population fell into the high level of physical activity category; 24.8% were attributed to the moderate-level activity group; and 12% were in the low level of activity group.

No statistically significant difference was recorded between the sexes, with 66.3% of men (95% CI: 62.6–69.9) and 59.9% of women (95% CI: 56.9–62.9) in the high-level activity group, while 12.9% of men (95% CI: 10.5–15.3) and 10.9% of women (95% CI: 9.1–12.7) were in the low-level activity category (Fig. 29).

Fig. 29. Level of total physical activity according to WHO recommendations

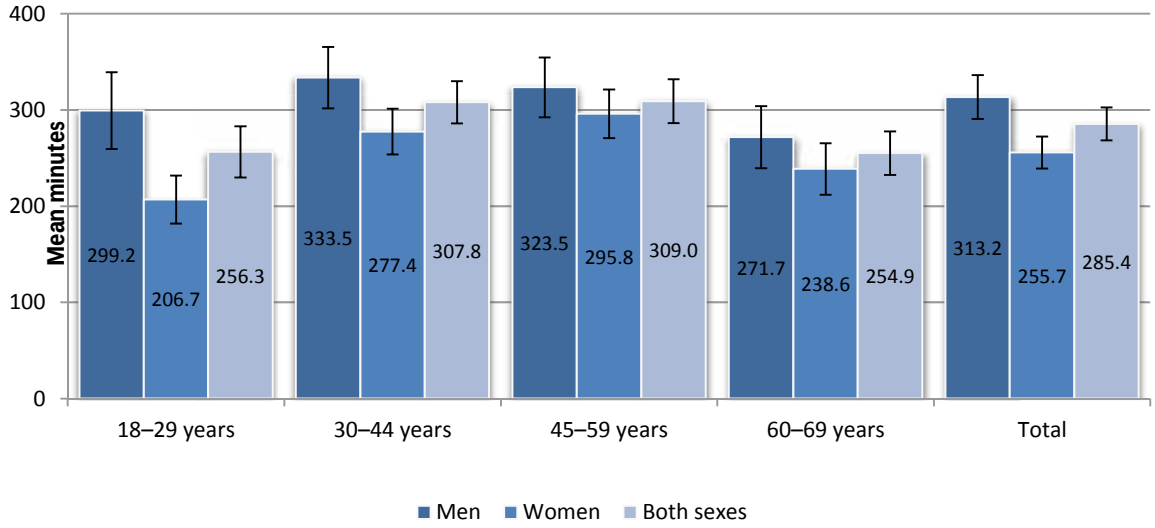


Source: WHO Global recommendations on physical activity for health, 2010.[32]

As already mentioned, total physical activity per day was recorded, including work-related, transport-related and recreation-related activities. Altogether, respondents aged 18–69 years carried out an average of 285.4 minutes of physical activity per day, with a statistically significant

difference between men (313.2 minutes, 95% CI: 290.5–336.0) and women (255.7 minutes, 95% CI: 239.0–272.4). No significant difference was recorded between age groups of the same sex (Fig. 30).

Fig. 30. Mean minutes of total physical activity per day, by age and sex



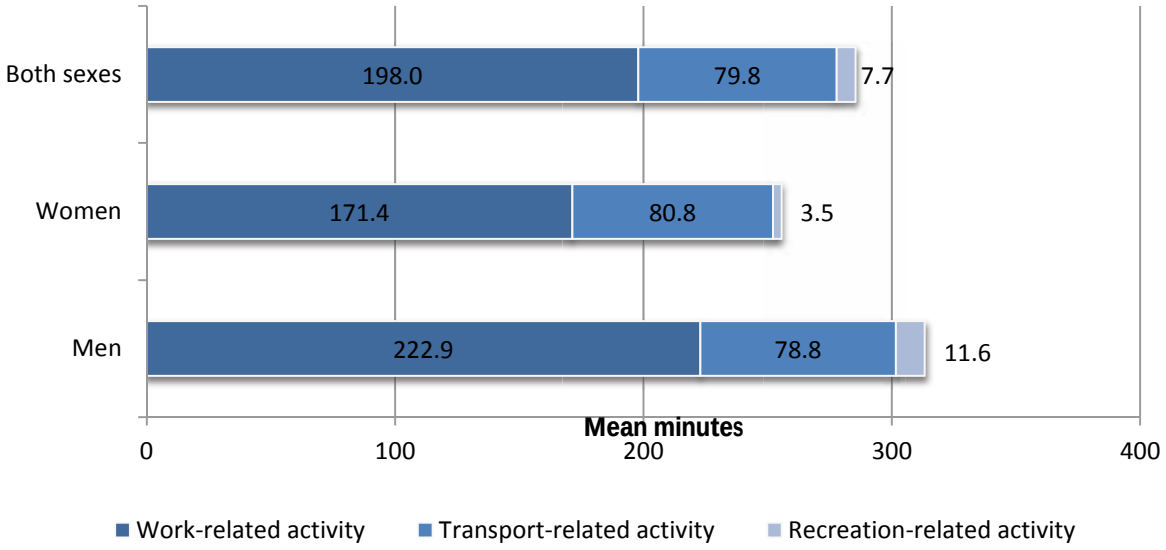
The survey showed that individuals in rural areas were more exposed to physical activity, among both men and women. The highest mean difference was discovered in women, with an average of 318.6 minutes (95% CI: 290.0–347.1) among the rural population, compared with 187.3 minutes (95% CI: 171.9–202.8) among women in urban areas (Table 25).

Table 25 Mean minutes of physical activity per day, by area of residence and sex

	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	750	361.7	324.6–398.8	1 176	318.6	290.0–347.1	1 926	341.0	312.1–369.8
Urban	993	259.7	235.4–283.9	1 689	187.3	171.9–202.8	2 682	224.6	207.6–241.6
Total	**1 743**	**313.2**	**290.5–336.0**	**2 865**	**255.7**	**239.0–272.4**	**4 608**	**285.4**	**268.3–302.6**

Fig. 31 shows the distribution of the mean minutes of total physical activity by type of activity. In terms of the amount of time spent on physical activity, the greatest differences between sexes were found in work-related and recreation-related physical activities.

Fig. 31. Mean minutes of physical activity per day, by type of activity and sex



Another measurement of the physical activity levels among the study population was the median time spent performing physical activity. Median duration of all physical activity carried out daily recorded by respondents of all ages was 228.6 minutes; 282.9 minutes for men and 180 minutes for women (Table 26). The median time spent carrying out physical activity was much lower than the mean time, especially for women (Table 25), indicating disproportional distribution of the indicator among the population, with the median value far removed from the mean.

Table 26 Median minutes of physical activity per day, by age and sex

Age group (years)	Men			Women			Both sexes		
	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)
18–29	316	282.9	60.0–462.9	505	120.0	40.0–317.1	821	171.4	60.0–390.0
30–44	459	317.1	62.1–524.3	731	220.0	60.0–445.7	1 190	270.0	60.0–480.0
45–59	638	300.0	60.0–514.3	967	240.0	60.0–437.1	1 605	270.0	60.0–471.4
60–69	330	180.0	60.0–428.6	662	171.4	40.0–381.4	992	180.0	48.6–398.6
18–69	**1 743**	**282.9**	**60.0–480.0**	**2 865**	**180.0**	**60.0–402.9**	**4 608**	**228.6**	**60.0–445.7**

Conclusions

1. One in 10 individuals was physically inactive and did not meet WHO recommendations on physical activity for health, resulting in an increased risk for NCDs. The prevalence of physical inactivity was higher in urban areas than rural, and was found to increase with age.
2. Among the rural population, both sexes were more exposed to physical activity than in urban areas, with the highest difference found in women.
3. The daily median duration of all physical activities was 228.6 minutes, and men were found to be 1.5 times more physically active than women.
4. Almost two thirds (63.4%) of time spent carrying out physical activity was work related and approximately one third was transport related. Men spent more time in work-related physical activity, while women spent longer carrying out transport-related physical activity.

History of raised blood pressure

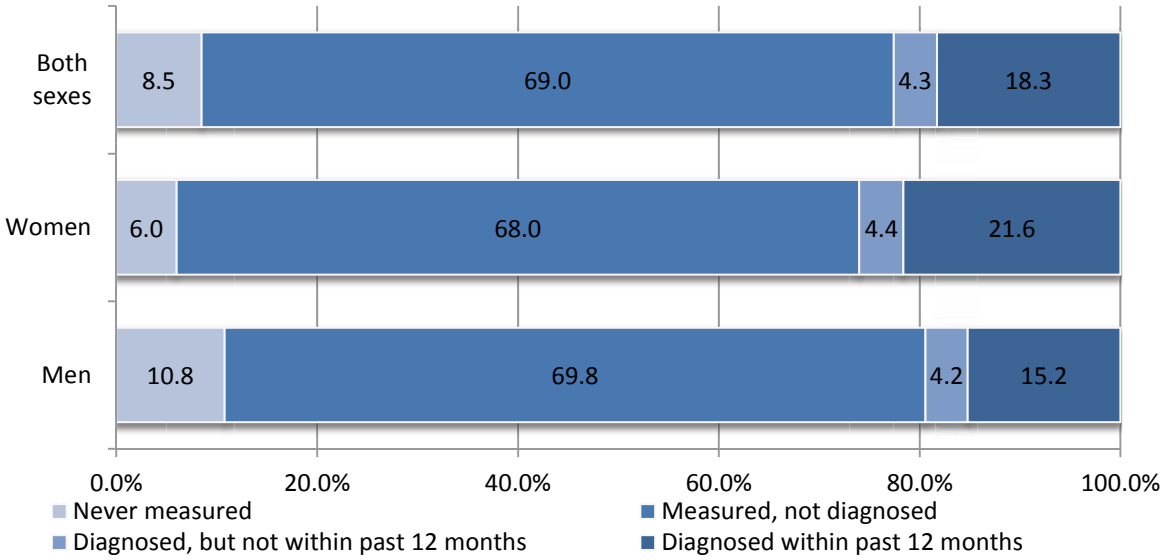
Respondents were asked whether they had ever undergone blood pressure measurement and whether they had been diagnosed with high blood pressure. Among all age groups, 8.5% reported that their blood pressure had never been measured; 69% had undergone blood pressure measurement but had not been diagnosed with hypertension; 4.3% had been diagnosed with high blood pressure more than a year before; and 18.3% had been diagnosed with hypertension within the 12 months prior to the interview. These comprehensive results could be due to the inclusion of hypertension detection and its monitoring by primary health care services as a performance indicator.[5] As the prevalence of high blood pressure is usually greater in elderly people, it follows that younger age groups answered more frequently that they were never checked or diagnosed with hypertension, while the older age groups more frequently answered that they were checked and diagnosed with blood pressure problems more often (Table 27). Some statistically significant differences emerged in terms of raised blood pressure history between the sexes. A total of 10.8% of men (95% CI: 8.6–13.0) had never had their blood pressure measured, compared with 6% of women (95% CI: 4.6–7.3). The percentage of women diagnosed with high blood pressure during the previous 12 months was higher (21.6%, 95% CI: 19.8–23.4) than that of men (15.2%, 95% CI: 13.2–17.2) (Fig. 32).

5 Common Order of the Ministry of Health and National Health Insurance Company No. 142/68A of 27 February 2014, on the approval of the Regulation on performance indicators' accomplishment and validation criteria.

Table 27 Blood pressure measurement and diagnosis, by age

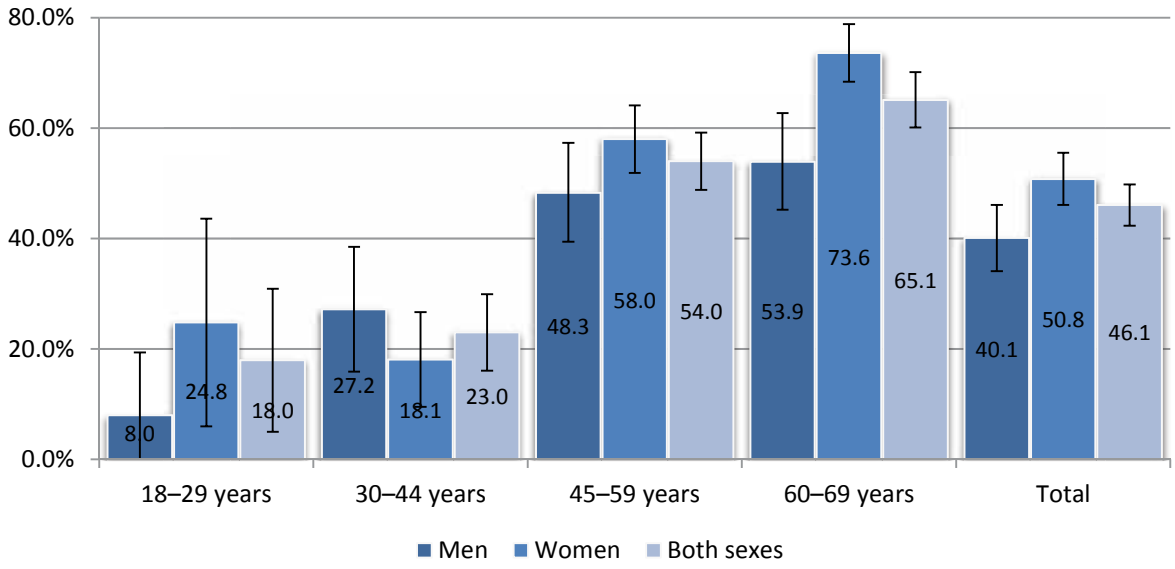
Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	836	11.1	8.1–14.1	81.3	77.8–84.7	2.5	1.3–3.6	5.2	3.1–7.3
30–44	1 223	8.3	6.1–10.5	75.6	72.5–78.8	5.5	4.0–7.1	10.5	8.5–12.6
45–59	1 668	6.4	4.9–7.9	57.3	53.9–60.7	4.4	3.2–5.6	31.9	28.8–35.0
60–69	1 026	5.5	3.7–7.4	38.3	34.8–41.8	6.7	4.9–8.5	49.4	45.9–53.0
18–69	**4 753**	**8.5**	**7.1–9.9**	**69.0**	**66.8–71.1**	**4.3**	**3.5–5.1**	**18.3**	**16.8–19.8**

Fig. 32. Blood pressure measurement and diagnosis, by sex



Compliance with high blood pressure treatment was found to be very low. Of all respondents aged 18–69 years diagnosed with high blood pressure, less than half were taking medication prescribed by a doctor or health worker. The age group difference was statistically significant, with an increase in the proportion of those taking medication from 18% (95% CI: 5.0–30.9) among the age group 18–29 years to 65.1% (95% CI: 60.1–70.1) in the age group 60–69 years (Fig. 33).

Fig. 33. Proportion currently taking medication for raised blood pressure prescribed by doctor or health worker among those diagnosed



Conclusions

1. A total of 8.5% of respondents reported that their blood pressure had never been measured, with a significant difference between the sexes (10.8% of men vs 6% of women).
2. More than a year before the survey, 4.3% of respondents had been diagnosed with high blood pressure and 18.3% had been diagnosed with hypertension within the past 12 months.
3. Compliance with high blood pressure treatment was found to be very low (less than half).

History of diabetes

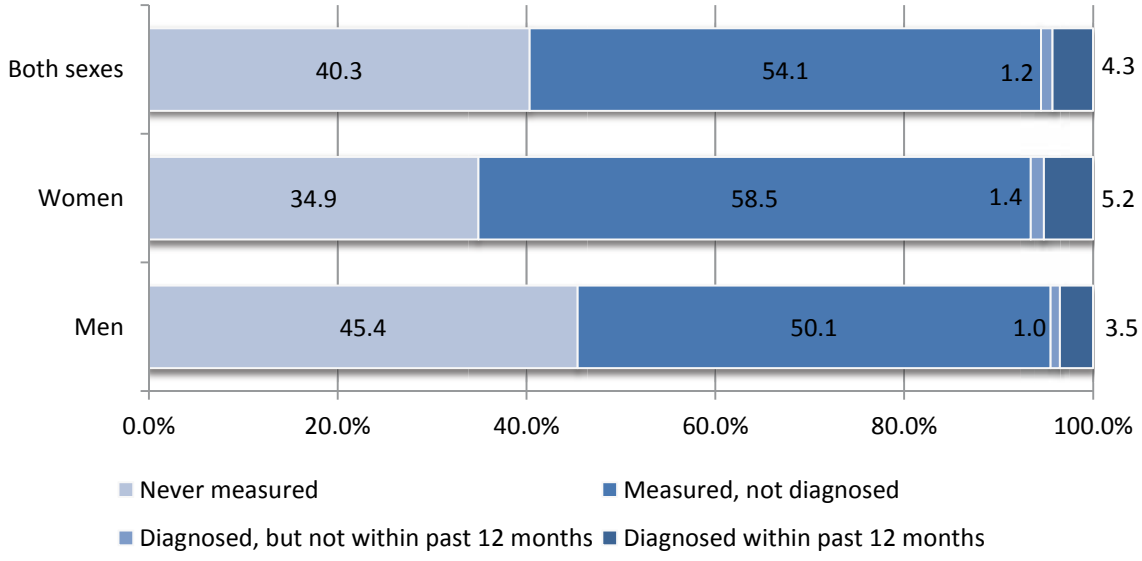
History of diabetes, including blood sugar measurement, established diagnosis and treatment for diabetes were analysed. Of all the respondents, 40.3% had never had their blood sugar measured and 54.1% of them had undergone the test but had not been diagnosed with diabetes. A total of 1.2% of the respondents of all ages had been diagnosed with high blood glucose more than 12 months before the survey and 4.3% within the previous 12 months (Table 28). The proportion of respondents that had never undergone a test for diabetes was higher in the younger age groups, with a statistically significant difference between age groups, varying from 56.1% (95% CI: 51.2–61.0) in the respondents aged 18–29 years to 22.8% (95% CI: 19.3–26.4) in those aged 60–69 years. This trend is also characteristic for those whose blood glucose level had been tested but who had not been diagnosed with high blood sugar. The percentage of people diagnosed both within the past 12 months and earlier was also associated with age, but with a positive relationship; namely, a higher proportion in the older age groups.

Table 28 Blood sugar measurement and diagnosis, by age

Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	836	56.1	51.2–61.0	43.4	38.5–48.3	0.3	0.0–0.6	0.3	0.0–0.6
30–44	1 223	37.6	34.0–41.2	59.1	55.5–62.7	0.8	0.2–1.5	2.5	1.4–3.5
45–59	1 667	29.8	26.6–33.1	60.1	56.6–63.5	2.2	1.3–3.2	7.9	6.3–9.5
60–69	1 026	22.8	19.3–26.4	60.4	56.4–64.3	2.9	1.5–4.2	13.9	11.2–16.7
18–69	**4 752**	**40.3**	**37.7–43.0**	**54.1**	**51.5–56.8**	**1.2**	**0.9–1.6**	**4.3**	**3.6–5.0**

In terms of blood sugar testing, significant differences between sexes were identified among the survey respondents: the percentage of men of all ages who had never had their blood glucose measured was 45.4% (95% CI: 41.7–49.1), compared with 34.9% of women of the same age group (95% CI: 32.0–37.8). The proportion of those who had undergone blood sugar measurement but had not been diagnosed was 34.9% (95% CI: 32.0–37.8) in men and 34.9% (95% CI: 32.0–37.8) in women. No statistically significant differences between the sexes were detected in the proportion of people diagnosed with high blood sugar (Fig. 34).

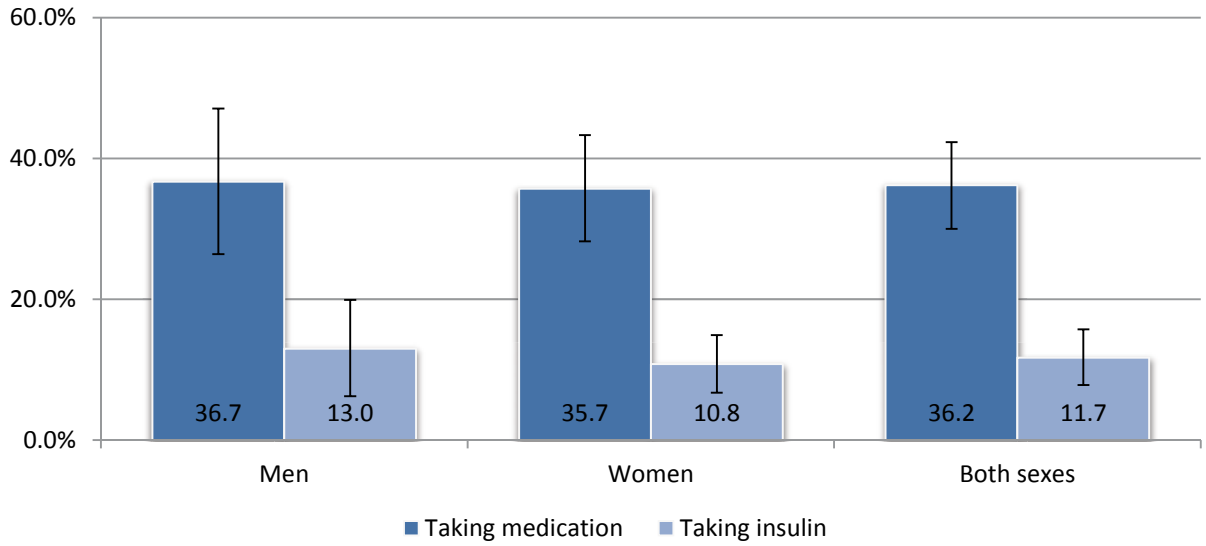
Fig. 34. Blood sugar measurement and diagnosis, by sex



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

Insignificant differences were identified between the sexes, with 36.7% of men (95% CI: 26.4–47.1) and 35.7% of women (95% CI: 28.2–43.3) taking any medication for diabetes prescribed by a doctor or a health worker. A higher discrepancy was detected for those taking nsulin, with 13% of men (95% CI: 6.2–19.9) and 10.8% of women (95% CI: 6.7–14.9) taking insulin recommended by a doctor or a health worker (Fig. 35).

Fig. 35. Proportion of respondents taking any medication or insulin prescribed for diabetes among those previously diagnosed



Conclusions

1. A total of 40.3% of respondents had never undergone blood sugar measurement/testing, with significant differences between the sexes (45.4% of men vs 34.9% of women).
2. Of all the respondents, 1.2% had been diagnosed with high blood sugar more than 12 months prior to the interview and 4.3% within the previous year.

History of raised cholesterol

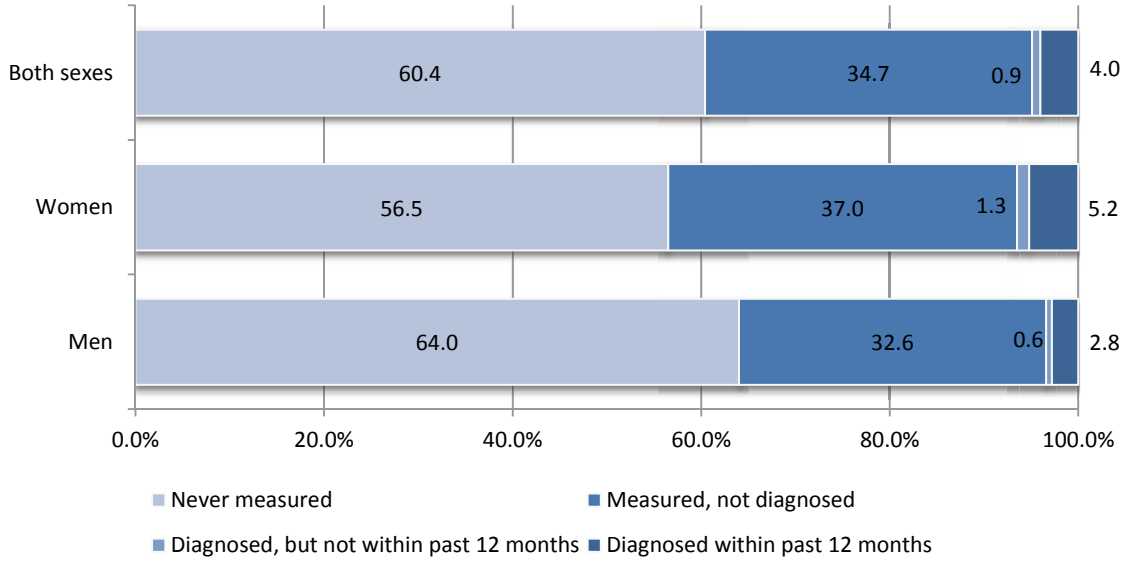
A total of 60% of respondents of all ages declared that they never had their blood cholesterol measured within a health care facility, while 34.7% had undergone a test for blood cholesterol level but had not been diagnosed with raised cholesterol. Only 0.9% of the study population had been diagnosed with a high level of cholesterol more than 12 months before the interview, and 4% within the past year. The proportion of people diagnosed with a high level of blood cholesterol was found to increase with age, while proportion of those that had never undergone a test for cholesterol decreases with age. There was no substantial difference between the sexes in terms of cholesterol measurement and diagnosis history (see Table 29 and Fig. 36). It should be noted that measurement

of total cholesterol is mandatory for the age group 40–65 years and is part of the performance indicator "determination of SCORE index" at the primary health care level.[6]

Table 29 Total cholesterol measurement and diagnosis, by age

Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	837	73.3	68.9–77.7	25.4	21.0–29.8	0.3	0.0–0.8	0.9	0.0–1.9
30–44	1 223	59.2	55.4–62.9	37.4	33.7–41.1	1.4	0.6–2.1	2.0	1.1–2.9
45–59	1 667	50.5	46.9–54.1	41.2	37.8–44.6	0.9	0.4–1.3	7.5	5.9–9.0
60–69	1 026	46.1	41.8–50.5	41.1	36.9–45.2	2.0	1.0–2.9	10.8	8.4–13.3
18–69	**4 753**	**60.4**	**57.7–63.1**	**34.7**	**32.1–37.4**	**0.9**	**0.6–1.2**	**4.0**	**3.3–4.7**

Fig. 36. Total cholesterol measurement and diagnosis, by sex



Among those diagnosed with a high level of total blood cholesterol, 24.6% had taken oral medication during the previous two weeks based on a prescription by a doctor or health worker. Of these individuals, 30.2% were men (95% CI: 18.0–42.4) and 21.5% were women (95% CI: 15.6–27.4).

6 Common Order of the Ministry of Health and National Health Insurance Company No. 142/68A of 27 February 2014, on the approval of the Regulation on performance indicators' accomplishment and validation criteria.

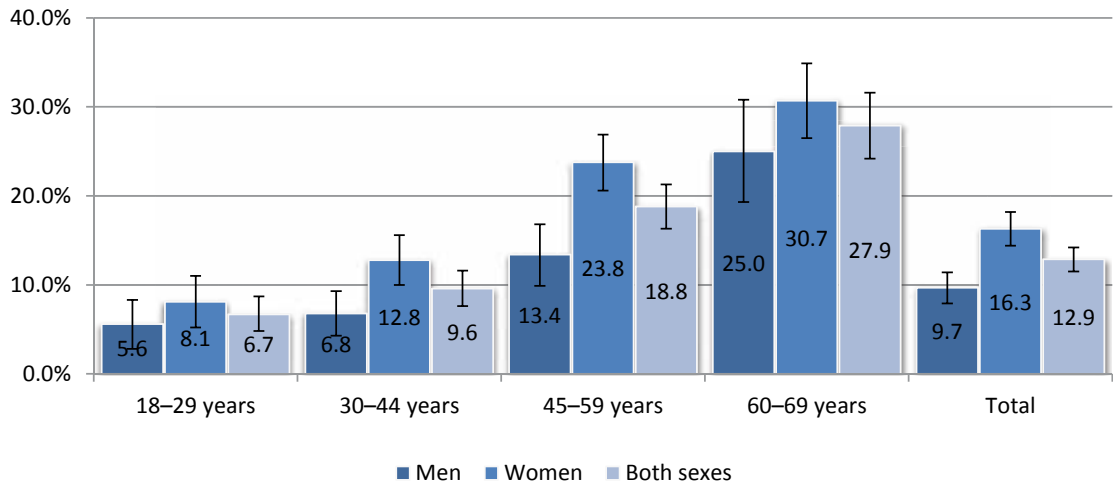
Conclusions

1. A total of 60% of respondents of all ages had never had their blood cholesterol level measured.
2. Only 0.9% of the study population had been diagnosed with high cholesterol more than 12 months before the interview, and 4% within the past year.
3. Of the respondents with high cholesterol, 24.6% had taken oral medication for it during the previous two weeks, with a significant difference between the sexes (30.2% of men vs 21.5% of women).

CVD history

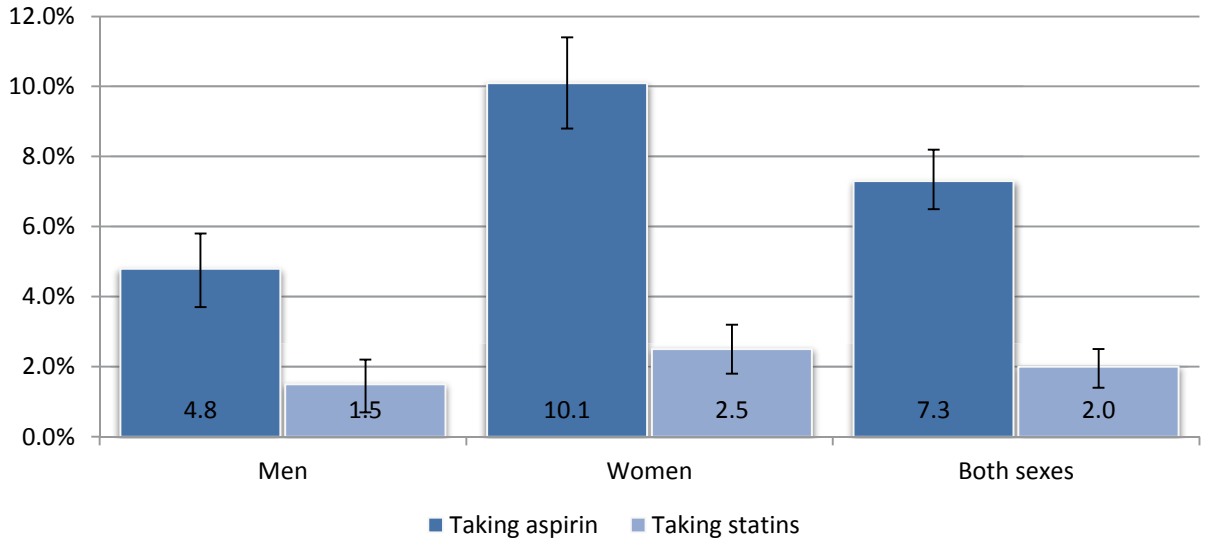
Among all respondents, 12.9% reported having ever had a heart attack or chest pain from heart disease (angina) or stroke and prevalence was found to increase gradually with age, from 6.7% (95% CI: 4.8–8.7) in the age group 18–29 years to 27.9% (95% CI: 24.2–31.6) in the age group 60–69 years. Men reported cases of heart attack or stroke less frequently (9.7%, 95% CI: 7.9–11.4) than women (16.3%, 95% CI: 14.4–18.2), with the difference being statistically significant (Fig. 37).

Fig. 37. Percentage of respondents having ever had a heart attack or chest pain from heart disease or a stroke, by age and sex



A total of 7% of all respondents reported regularly taking aspirin and 2% of them also took statins to prevent or treat heart disease (Fig. 38). The proportion of women that reported using aspirin for prevention or treatment of CVDs was twice as high as that of men: 10.1% for males (95% CI: 8.8–11.4) and 4.8% for females (95% CI: 3.7–5.8). Use of statins was less frequently reported but the proportion among women was higher (2.5%, 95% CI: 1.8–3.2) than among men (1.5%, 95% CI: 0.7–2.2).

Fig. 38. Percentage of respondents currently taking regularly aspirin or/and statins to prevent or treat heart disease



Conclusions

1. Among all respondents, 12.9% reported ever having had a heart attack or chest pain from heart disease (angina) or a stroke.
2. A total of 7% of all respondents reported taking aspirin regularly and 2% of them took statins to prevent or treat heart disease. The proportion of women who reported using aspirin for prevention or treatment of CVDs was twice as high as that of men.

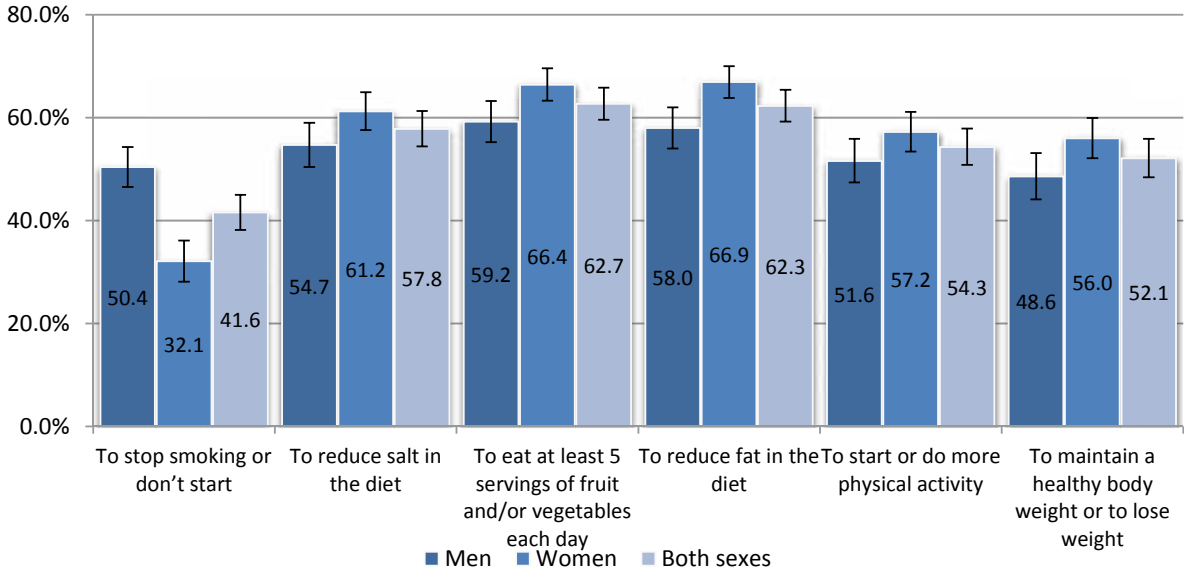
Lifestyle advice

Fig. 39 shows the proportion of respondents who reported receiving different types of lifestyle advice from a doctor or a health worker during the past three years. Some of the figures are detailed here.

- 41.6% of respondents had been advised to stop smoking or not to start: 50.4% among men (95% CI: 46.5–54.3) and 32.1% among women (95% CI: 28.1–36.1).
- 57.8% of respondents had been advised to reduce salt in their diet: 54.7% among men (95% CI: 50.4–59.0) and 61.2% among women (95% CI: 57.6–64.9).
- 62.65% of respondents had been advised to eat at least five servings of fruit and/or vegetables each day: 59.2% among men (95% CI: 55.2–63.2) and 66.4% among women (95% CI: 63.3–69.6).
- 62.3% of respondents had been advised to reduce fat in their diet: 58% among men (95% CI: 54.0–62.0) and 66.9% among women (95% CI: 63.8–70.0).
- 54.3% of respondents had been advised to start or to do more physical activity: 51.6% among men (95% CI: 47.4–55.9) and 57.2% among women (95% CI: 53.4–61.1).
- 52.1% of respondents had been advised to maintain a healthy body weight or to lose weight: 48.6% among men (95% CI: 44.1–53.1) and 56% among women (95% CI: 52.1–59.9).

Very little difference was revealed in terms of the responses provided by people from different age groups and between the sexes. The greatest difference between sexes was in the advice given to stop smoking, with a higher proportion of men answering that they had received such advice.

Fig. 39. Percentage of respondents reporting having received lifestyle advice from a doctor or health worker during the past three years, by sex



Conclusions

1. Fruit and vegetable consumption, alongside reduction of fat and salt in the diet were the most frequent health advice topics addressed by a doctor or health worker to the survey respondents. Women reported receiving such advice more frequently than men.
2. More than half of the study population received advice on physical activity for health and on healthy body weight, with a higher prevalence of this in women than men.

Cervical cancer screening

Female respondents were asked whether they had ever had a screening test for cervical cancer. Of all the women aged 18–69 years participating in the study, 63.2% (95% CI: 59.5–66.9) reported ever having undergone a screening test for cervical cancer. The highest prevalence of testing among women was in the age group 45–59 years, with 73.1% (95% CI: 68.9–77.3) and the lowest was in the age group 18–29 years, with 49.9% (95% CI: 43.3–56.5). Women in rural areas reported more frequently having ever undergone cervical cancer screening than the urban female population (see Fig. 40 and Table 30). It should be noted that according to national legislation all women aged 25–64 years should be screened for cervical cancer once every two years *(20)*, and screening for cervical cancer is also a performance indicator for primary health care. According to the Ministry of Health's official statistics, the rates of women screened for cervical cancer in 2012–2013 were 60.1% and 59.9% *(21)*.

Fig. 40. Percentage of women tested for cervical cancer, by age group

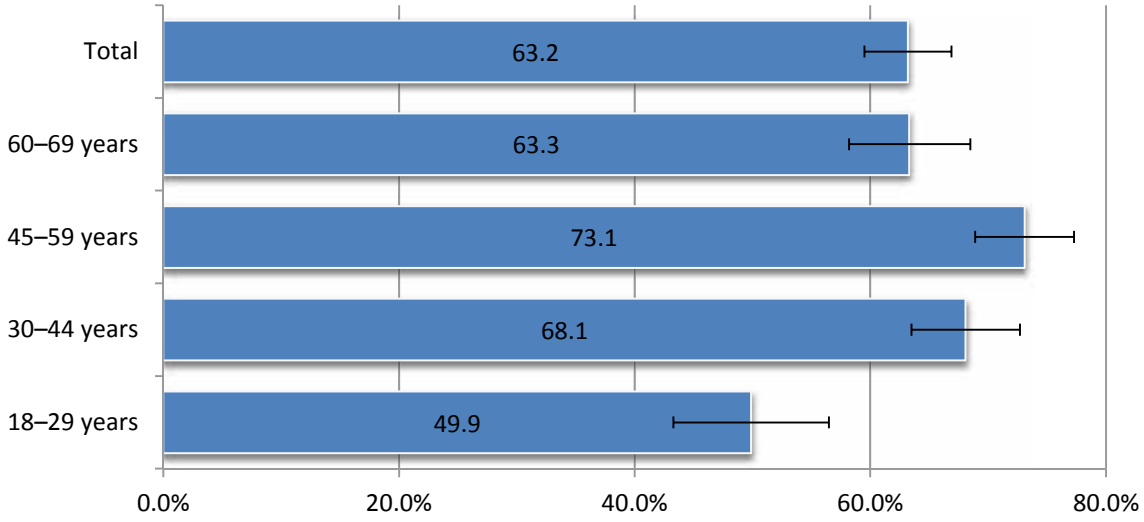


Table 30 Percentage of women aged 18–69 years tested for cervical cancer, by area of residence

	n	Ever tested (%)	95% CI
Rural	1 063	66.0	60.6–71.4
Urban	1 574	60.2	55.3–65.2
Total	**2 637**	**63.2**	**59.5–66.9**

The percentage of female respondents aged 30–49 years that had ever undergone screening for cervical cancer was 69.7% (95% CI: 65.7–73.7) (Table 31).

Table 31 Percentage of women aged 30–49 years tested for cervical cancer

n	Ever tested (%)	95% CI
939	**69.7**	**65.7–73.7**

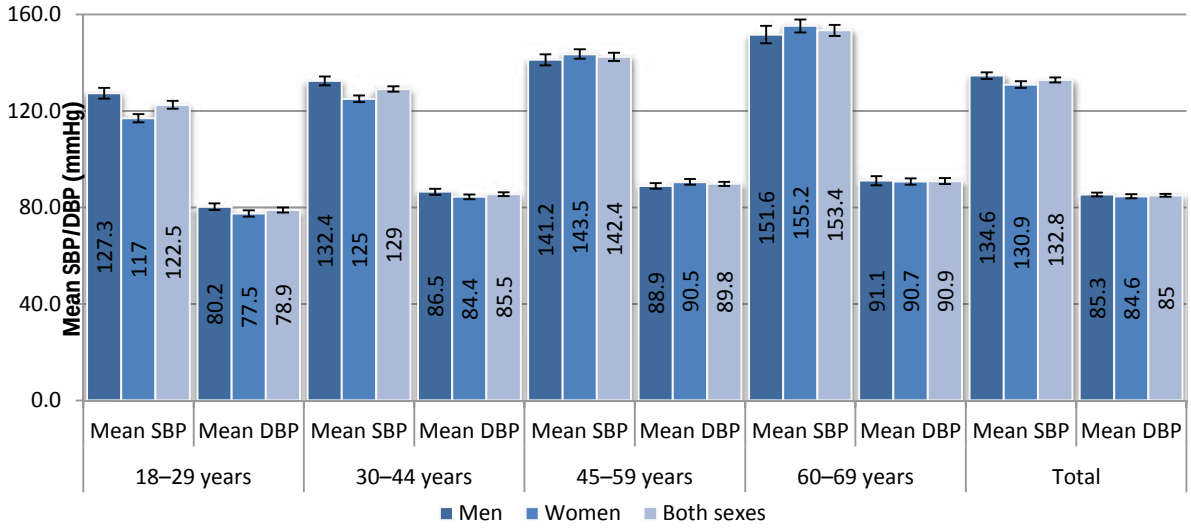
Conclusions

1. Six out of 10 women (63.2%) had been screened for cervical in the past, with a higher prevalence among women in rural areas than among those in urban areas.
2. Seven out of 10 women in the age group most at risk for cervical cancer (30–49 years) had undergone cervical cancer screening. Women aged 45–59 years had the highest (73.1%) cervical screening coverage, compared with women aged 18–29 years, who had the lowest (49.9%).

Physical measurements

Hypertension as a risk factor for NCD was assessed by means of blood pressure measurement. Mean SBP in the study population was 132.8 mmHg (95% CI: 131.8-133.9); 134.6 mmHg for men (95% CI: 133.2–136.0) and 130.9 mmHg (95% CI: 129.6–132.3) for women. Mean DBP was 85.0 mmHg (95% CI: 84.4–85.6) in the study population; 85.0 mmHg (95% CI: 84.4–85.6) in men and 84.6 mmHg (95% CI: 83.8–85.5) in women (Fig. 41). Both SBP and DBP were found to increase with age. The SBP in the age group 60–69 years was approximately 30% higher than in the age group 18–29 years, and the difference in DBP between the same age groups was about 15%.

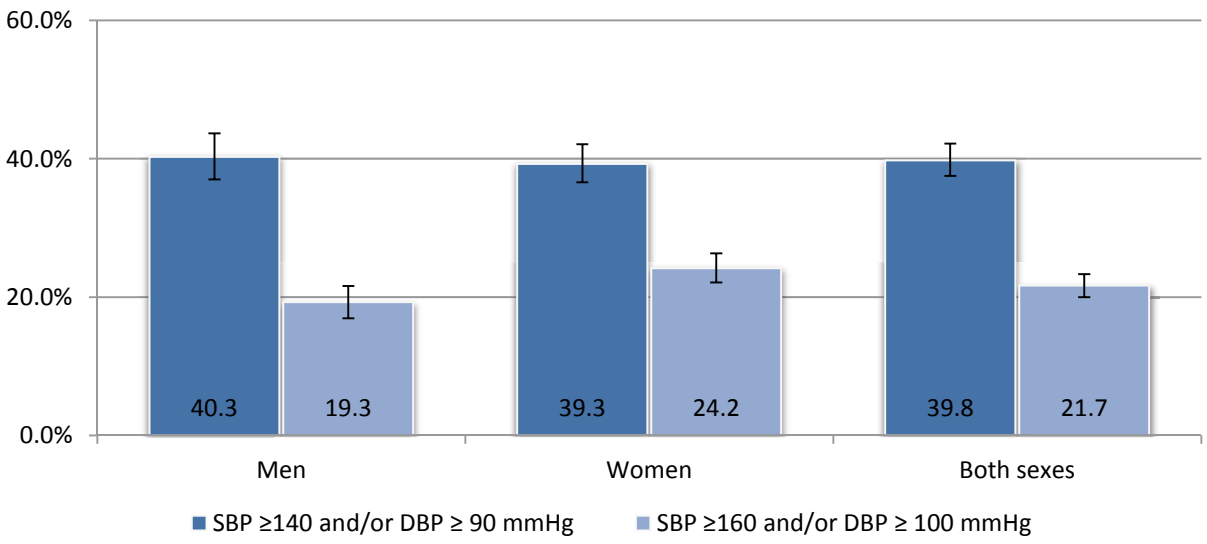
Fig. 41. Mean SBP and DBP (mmHg), by sex and age group*



*n=4226.

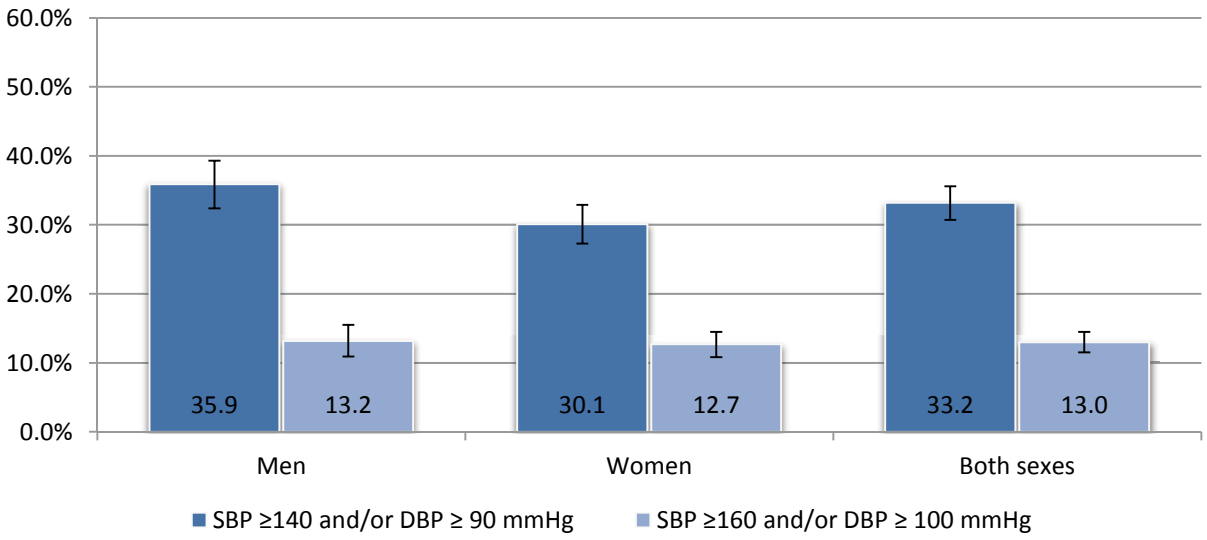
The prevalence of hypertension in the study population was 39.8% (95% CI: 37.5–42.2); 40.3% (95% CI: 37.0–43.7) for men and 39.3% (95% CI: 36.6–42.1) for women. There was a statistically significant difference between ages, with an increase in prevalence from 16.9% (95% CI: 13.3–20.5) in the younger age group, to 76.7% (95% CI: 73.2–80.3) in the older age group (Fig. 42). The percentage of those with an SBP of ≥160 mmHg and/or a DBP of ≥100 mmHg, or taking medication for raised blood pressure was 21.7% (95% CI: 20.0–23.3); 19.3% (95% CI: 16.9–21.6) for men and 24.2% (95% CI: 22.1–26.3) for women.

Fig. 42. Percentage of respondents with raised blood pressure, or currently taking medication for raised blood pressure, by sex



Of all the respondents not currently taking medication for hypertension, 33.2% (95% CI: 30.7–35.6) had an SBP of ≥140 mmHg and/or a DBP of ≥90 mmHg. The proportion of men in this category was 35.9% (95% CI: 32.4–39.3) and that of women was 30.1% (95% CI: 27.3–32.9) (Fig. 43).

Fig. 43. Percentage of respondents with raised blood pressure, excluding those taking medication for raised blood pressure, by sex



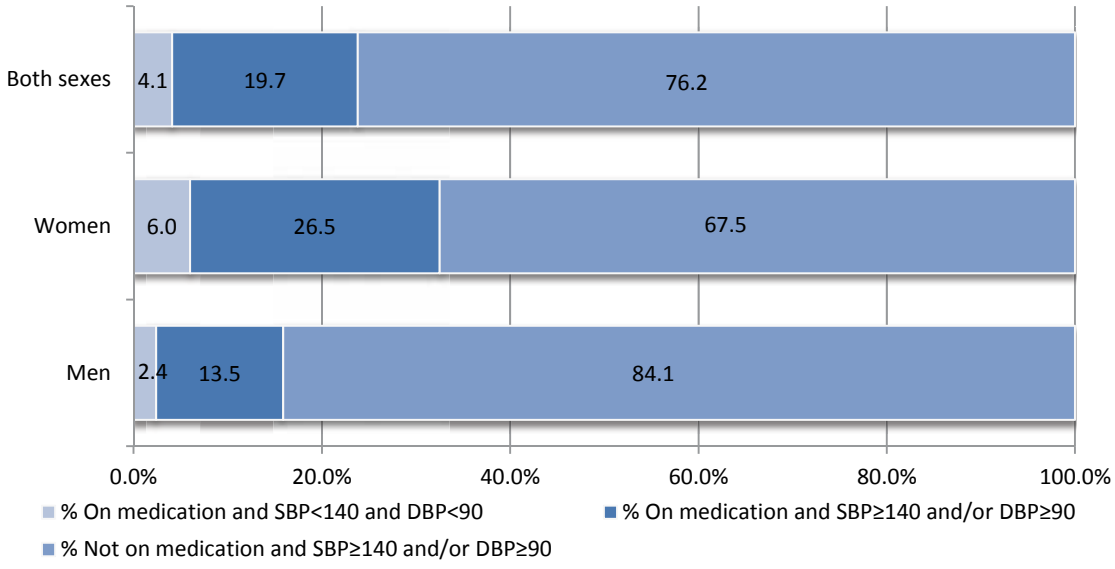
Respondents identified as having high blood pressure (SBP ≥140 mmHg and/or DBP ≥ 90 mmHg) and those taking medication for raised blood pressure were analysed together: 4.1% (95% CI: 3.0–5.2) of them were taking medication for high blood pressure (SPB <100 mmHg and DBP <90 mmHg).

A total of 19.7% (95% CI: 17.6–21.9) were taking medication but still had increased blood pressure (SBP ≥140 mmHg and/or DBP ≥90 mmHg). The remaining 76.2% (95% CI: 73.7–78.7) were not taking medication but had increased blood pressure (Fig. 44).

The percentage of respondents with controlled blood pressure was higher among the urban population (5.2%, 95% CI: 3.6–6.8) than among those in rural areas (3.4%, 95% CI: 1.9–4.9). Also, the urban population comprised a higher proportion of individuals with hypertension that and taking medication.

A statistically significant difference was identified between men and women in terms of the distribution of controlled blood pressure: 6.0% of women (95% CI: 4.0–8.0) were taking medication with SPB <100 mmHg and DBP <90 mmHg, in comparison with 2.4% among men (95% CI: 1.4–3.4). A total of 84.1% (95% CI: 80.9–87.3) of men were not taking medication but had raised blood pressure, in comparison with 67.5% of women (95% CI: 63.9–71.0). In contrast, the proportion of women that were taking medication but that still had high blood pressure was twice that of men (Fig. 44).

Fig. 44. Respondents with treated and/or controlled blood pressure among those with raised blood pressure or currently taking medication, by sex and area of residence

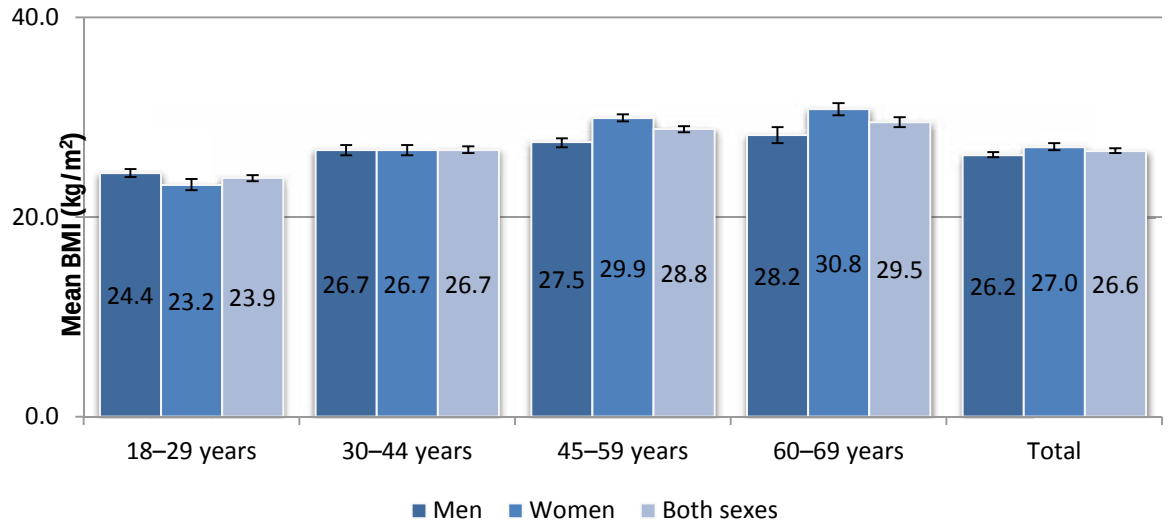


Anthropometric measurements such as height, weight, and waist and hip circumference were used to calculate BMI and mean WHR in order to estimate the prevalence of overweight and obesity in the study population (excluding pregnant women) by age, sex and area of residence.

Male respondents were on average 173 cm tall (95% CI: 172.6–173.5) and weighed on average 79.2 kg (95% CI: 78.1–80.4), and females were on average 161.8 cm tall (95% CI: 161.4–162.2) and weighed on average 70.7 kg (95% CI: 69.9–71.6). The weight and height data were used to compute

BMI. Mean BMI for the study population (both sexes) was 26.6 (95% CI: 26.4–26.9); 26.2 (95% CI: 26.0–26.5) for men and 27.0 (95% CI: 26.7–27.4) for women. The gradual increase in BMI that was found to occur with age is depicted in Fig. 45.

Fig. 45. Mean BMI (kg/m²), by sex and age group



No substantial difference between sexes was found for this indicator among the study population. However, while disaggregating by area of residence, significant differences were found in the female population, with a mean BMI of 27.8 (95% CI: 27.4–28.3) for rural women and 26.1 (95% CI: 25.6–26.6) for women in urban areas. In contrast, men from urban areas had a lower BMI than men from rural areas (Table 32).

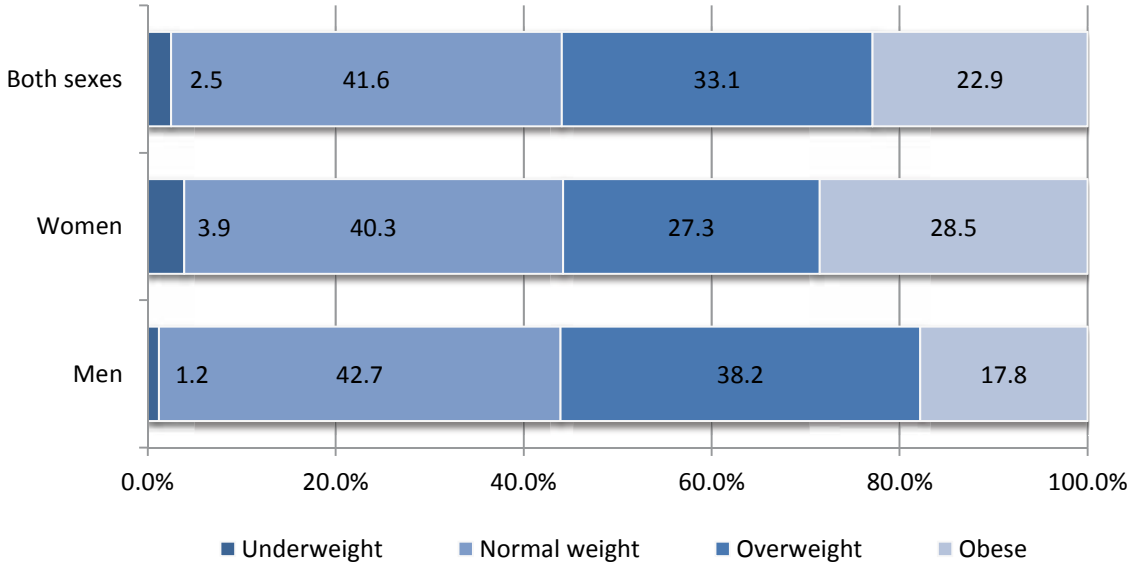
Table 32 Mean BMI (kg/m²), by sex and area of residence

	Men			Women			Both sexes		
	n	Mean BMI	95% CI	n	Mean BMI	95% CI	n	Mean BMI	95% CI
Rural	776	25.9	25.5–26.3	1 171	27.8	27.4–28.3	1 947	26.8	26.5–27.1
Urban	935	26.6	26.2–27.0	1 601	26.1	25.6–26.6	2 536	26.4	26.0–26.7
Total	**1 711**	**26.2**	**26.0–26.5**	**2 772**	**27.0**	**26.7–27.4**	**4 483**	**26.6**	**26.4–26.9**

The study population was grouped into four BMI categories: underweight (BMI <18.5), normal weight (BMI 18.5–24.9), overweight (BMI 25.0–29.9) and obese (BMI ≥30.0). A total of 56% of all respondents (both sexes) had a BMI greater than 25 and thus fell into the overweight or obese categories; 41.65% were grouped in the normal weight category and 2.5% in the underweight category (Fig. 46). The combined percentages of overweight and obese categories in men and women were very similar. Women had a higher prevalence of BMI ≥30.0 (28.5%, 95% CI: 26.3–30.7) than men (17.8%, 95% CI: 15.6–20.0), while a higher prevalence of men in the overweight category was recorded. Statistically significant differences were recorded between the sexes.

The survey on the health status of the population in the Republic of Moldova *(9)* showed that the mean BMI was 25.6, with no difference between the sexes (25.6 for both) or area of residence (25.5 in urban areas and 25.6 in rural areas). The prevalence of overweight was higher in men than in women (36.9 vs 32.7) and in rural areas in comparison with urban settings (35.1 vs 33.9). In contrast, the prevalence of obesity was higher in women than in men (17.1 vs 13.3) and in urban areas in comparison with rural settings (16.3 vs 14.7). This highlights that the situation worsens in the absence of concrete policy actions to address these issues.

Fig. 46. Distribution by BMI category



WHR was computed for all respondents (excluding pregnant women), using measurements of waist and hip circumferences. Results showed a WHR equal to 0.9 for men and 0.8 for women (Table 33). WHO defines obesity as having a WHR above 0.90 for males and above 0.86 for females. The values for both sexes in the current study were found to be at the lower limit of obesity. Almost no differences were found between the various age groups in terms of mean WHR.

Table 33 Mean WHR, by sex and age group

Age group (years)	Men			Women		
	n	Mean WHR	95% CI	n	Mean BMI	95% CI
18–29	303	0.9	0.9–0.9	461	0.8	0.8–0.8
30–44	427	0.9	0.9–0.9	693	0.8	0.8–0.8
45–59	599	0.9	0.9–0.9	946	0.9	0.9–0.9
60–69	314	0.9	0.9–1.0	636	0.9	0.9–0.9
18–69	**1 643**	**0.9**	**0.9–0.9**	**2 736**	**0.8**	**0.8–0.8**

Conclusions

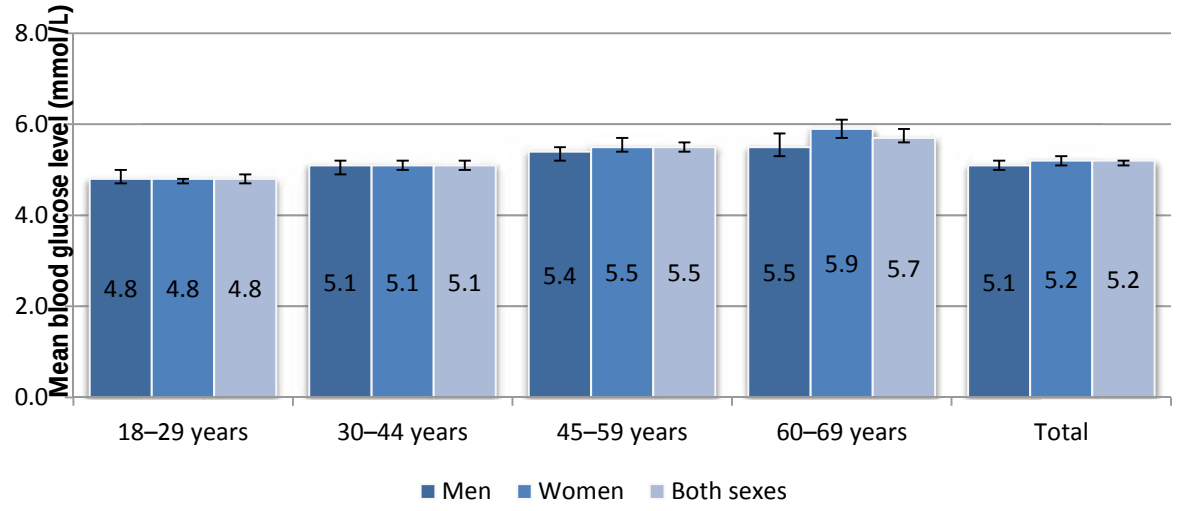
1. Mean SBP among the Moldovan population was 132.8 mmHg, with the higher values found in men (134.5 mmHg). Mean DBP was 85 mmHg, with no differences between the sexes.
2. Prevalence of hypertension among Moldova's adult population was 39.8%, with no difference between the sexes.
3. A total of eight out of 10 (76.2%) individuals identified as having hypertension were not controlling their blood pressure, with a higher prevalence of this among the rural population and among men. This could be due to the a lack of knowledge about hypertension as a risk factor for NCDs.
4. Mean body weight and height of Moldovan men was 79.2 kg and 173 cm, respectively. For women, mean body weight was 70.7 kg and height was 161.8 cm.
5. Mean BMI in the study population was 26.6; 26.2 for men and 27.0 for women. Mean BMI in women from rural areas was higher than that of urban women and rural men.
6. More than one in two individuals (56%) were overweight or obese, with a higher prevalence of overweight in men and a higher prevalence of obesity in women. The prevalence of overweight and obesity was found to increase with age.
7. The populations of both sexes were found to be at the lower limits of the obesity category, according to their WHRs.

Biochemical measurements

The level of blood glucose of the survey participants was assessed using rapid diagnostic tests and capillary whole blood values. According to the common epidemiological classification of diabetes, participants with pre-diabetes (with fasting blood glucose between 5.6 and 6.1 mmol/L) were considered at higher risk for cardiovascular pathology and were included in the group with impaired fasting glycaemia (IFG). Raised blood glucose was defined as a capillary whole blood value equal to or greater than 6.1 mmol/L.

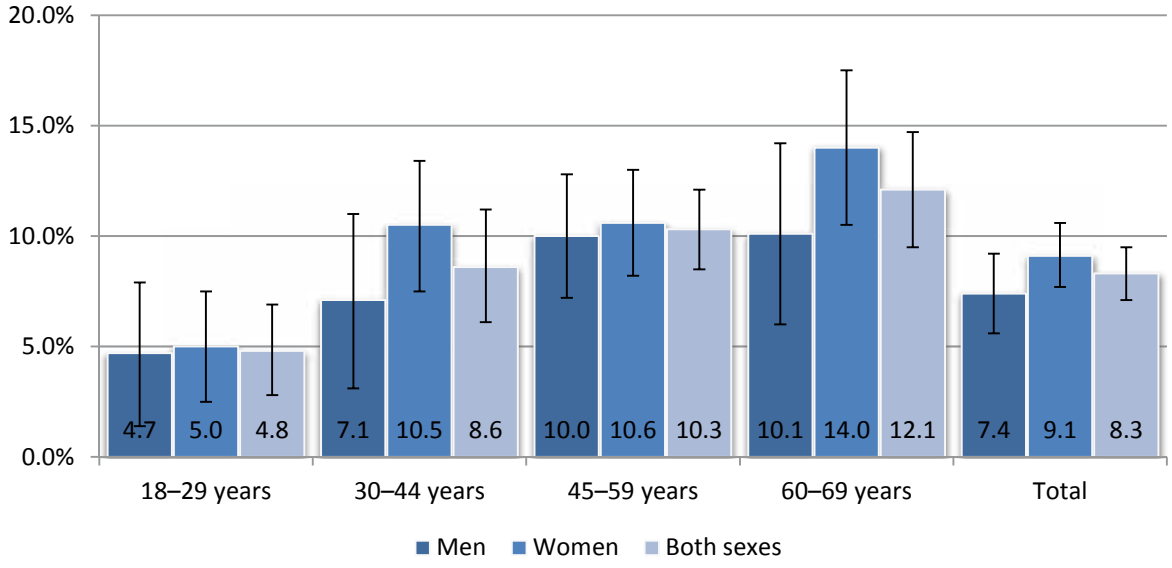
Mean fasting blood glucose level was found to be 5.2 mmol/L (95% CI: 5.1–5.2) in the total study population, including those currently taking medication for diabetes; 5.1 mmol/L (95% CI: 5.0–5.2) in men and 5.2 mmol/L (95% CI: 5.1–5.3) in women. Figures for mean fasting blood glucose were lowest in the age group 18–29 years (4.8 mmol/L, 95% CI: 4.7–4.9) and highest in the age group 60–69 years (5.7 mmol/L, 95% CI: 5.6–5.9) (Fig. 47).

Fig. 47. Mean fasting blood glucose level (mmol/L), by sex and age group



The percentage of respondents with IFG was analysed based on the aforementioned fasting blood glucose limits. Non-fasting subjects were excluded. A total of 8.3% of the study population was found to have IFG: it was detected in 7.4% of men (95% CI: 5.6–9.2) and 9.1% of women (95% CI: 7.7–10.6). Although the prevalence was higher in women, the difference was not statistically significant. Levels of IFG were found to differ among age groups, with a prevalence among people aged 60–69 years of almost three times higher than among those aged 18–29 years.

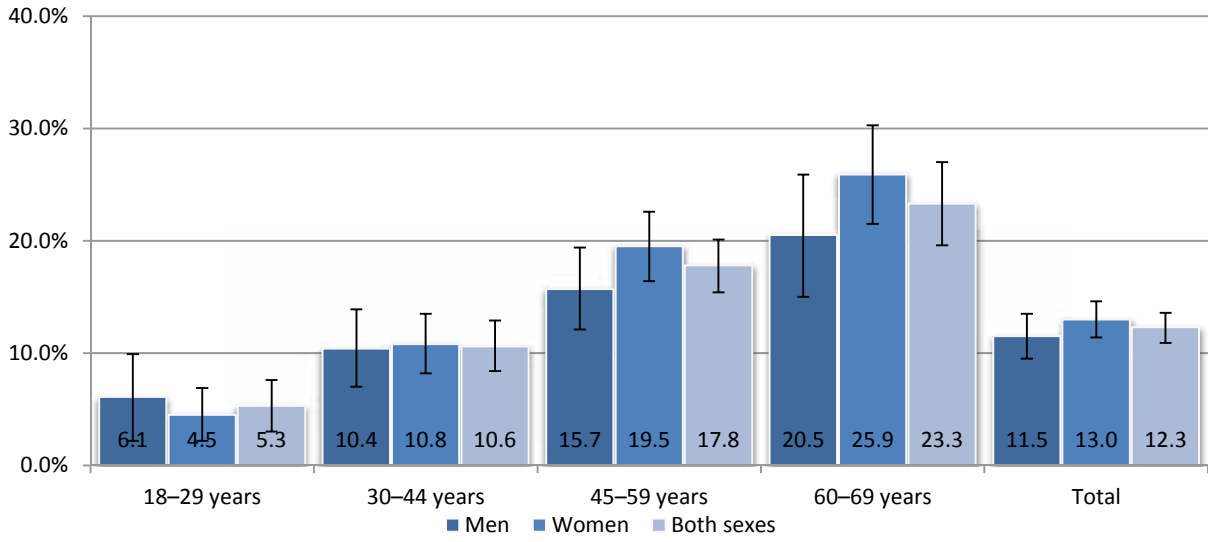
Fig. 48. Prevalence of IFG, by sex and age group



A total of 12.3% of the study population had a blood glucose level of ≥ 6.1 mmol/L, with 11.5% (95% CI: 9.5–13.5) in men and 13% (95% CI: 11.4–14.6) in women. The proportion of the study population

with raised blood glucose values was found to increase from 5.3% (95% CI: 3.0–7.6) in the age group 18–29 years to 23.3% (95% CI: 19.6–27.0) in those aged 60–69 years (Fig. 49).

Fig. 49. Prevalence of raised blood glucose or currently taking medication for diabetes, by sex and age group



Blood cholesterol level was tested in the study population, including participants receiving cholesterol-lowering medication. Mean total blood cholesterol of the survey population was 4.5 mmol/L (95% CI: 4.5–4.6); 4.4 mmol/L (95% CI: 4.4–4.5) in men and 4.6 mmol/L (95% CI: 4.5–4.7) in women. Mean total blood cholesterol levels tended to increase with age in both sexes and the difference was statistically significant (Table 34).

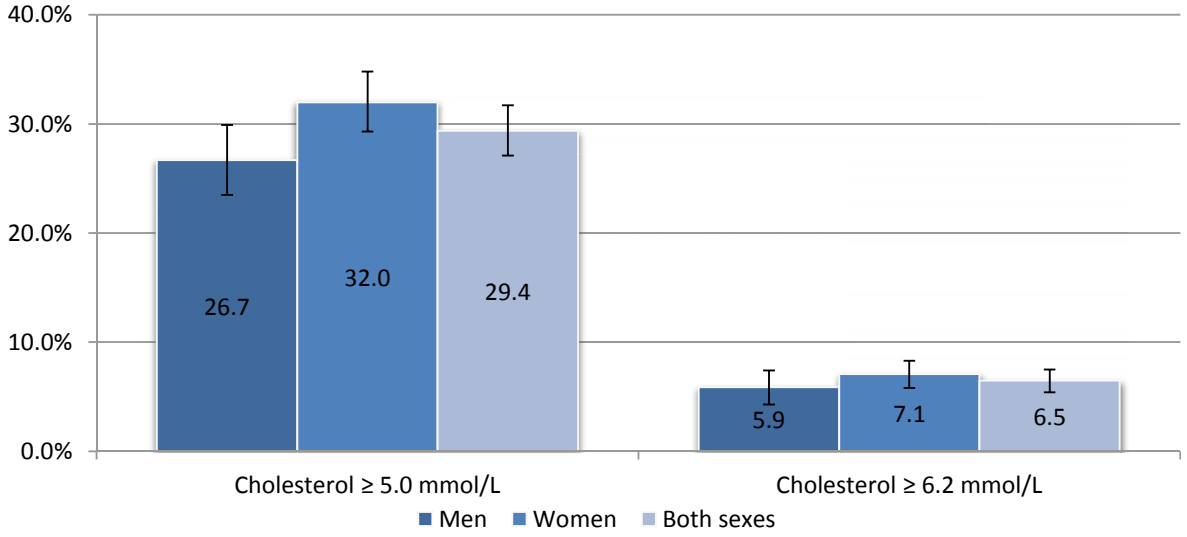
Table 34 Mean total cholesterol (mmol/L), by sex and age group

Age group (years)	Men			Women			Both sexes		
	n	Mean mmol/L	95% CI	n	Mean mmol/L	95% CI	n	Mean mmol/L	95% CI
18–29	218	4.0	3.9–4.2	394	4.2	4.1–4.4	612	4.1	4.0–4.2
30–44	354	4.5	4.4–4.6	606	4.5	4.5–4.6	960	4.5	4.4–4.6
45–59	506	4.7	4.6–4.8	821	4.9	4.8–5.0	1 327	4.8	4.8–4.9
60–69	277	4.7	4.5–4.8	571	5.1	4.9–5.2	848	4.9	4.8–5.0
18–69	**1 355**	**4.4**	**4.4–4.5**	**2 392**	**4.6**	**4.5–4.7**	**3 747**	**4.5**	**4.5–4.6**

Fig. 50 shows the percentage of respondents that had raised total cholesterol of ≥ 5.0 mmol/L and those with a blood cholesterol level of ≥ 6.2 mmol/L. Respondents that were currently taking medication for raised cholesterol were also included in these categories. A total of 29.4% of the study population had a blood cholesterol level of ≥ 5 mmol/L (95% CI: 27.1–31.7), and 6.5% had a blood

cholesterol level of ≥ 6.2 mmol/L (95% CI: 5.4–7.5). The proportion of women in both categories was higher than that of men, but the difference was not statistically significant.

Fig. 50. Percentage of respondents with a total cholesterol level of ≥ 5.0 and ≥ 6.2 mmol/L, or currently taking medication for raised cholesterol, by sex



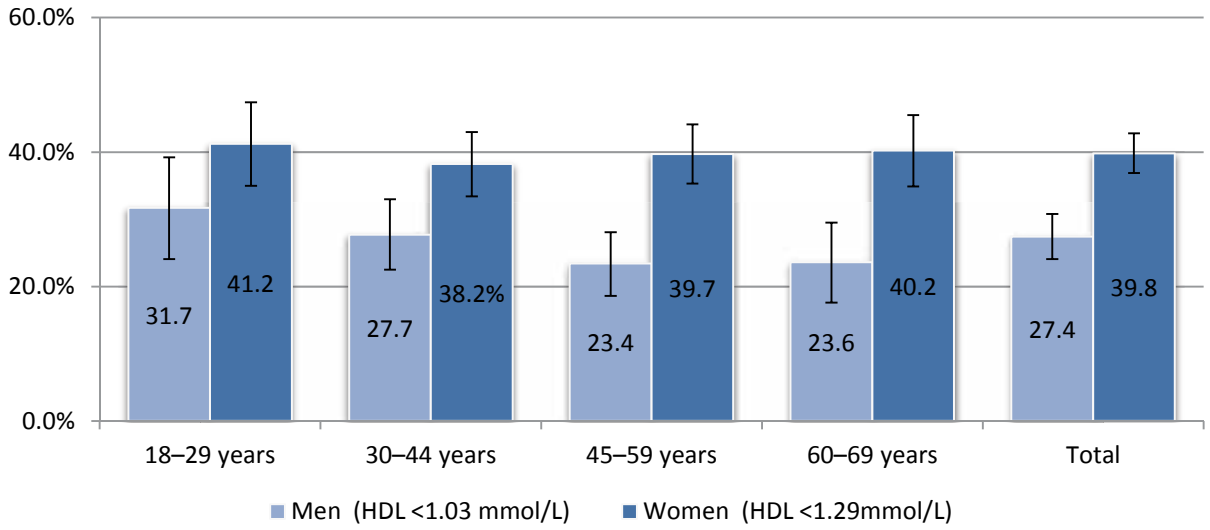
The mean level of HDL cholesterol in all respondents' blood was 1.4 mmol/L (95% CI: 1.4–1.4), with a higher level found in women (1.5 mmol/L, 95% CI: 1.4–1.5) than in men (1.3 mmol/L, 95% CI: 1.3–1.4) (Table 35).

Table 35 Mean HDL cholesterol, by sex and age group

Age group (years)	Men			Women			Both sexes		
	n	Mean HDL	95% CI	n	Mean HDL	95% CI	n	Mean HDL	95% CI
18–29	218	1.3	1.2–1.3	394	1.4	1.4–1.5	612	1.3	1.3–1.4
30–44	354	1.3	1.3–1.4	606	1.5	1.4–1.5	960	1.4	1.4–1.4
45–59	506	1.4	1.4–1.5	821	1.5	1.4–1.5	1 327	1.5	1.4–1.5
60–69	277	1.4	1.3–1.5	571	1.4	1.4–1.5	848	1.4	1.4–1.5
18–69	**1 355**	**1.3**	**1.3–1.4**	**2 392**	**1.5**	**1.4–1.5**	**3 747**	**1.4**	**1.4–1.4**

Fig. 52 shows the proportion of the population with an HDL cholesterol level under 1.29 mmol/L for women and under 1.03 mmol/L for men. Among women, 39.8% (95% CI: 36.9–42.8) had an HDL level of less than 1.29 mmol/L. Among men, 27.4% (95% CI: 24.1–30.8) had an HDL level of less than 1.03 mmol/L. No significant differences between age groups were found.

Fig. 51. Proportion of population with decreased HDL cholesterol



Conclusions

1. Mean fasting blood glucose level was 5.2 mmol/L and was found to increase with age for both sexes. It was at the lower limit for pre-diabetes in the older age group (aged 60–69 years).
2. One in 10 individuals (8.3%) were categorized as having IFG and thus a higher risk for CVD, with a higher prevalence of this in women than in men.
3. More than one in 10 individuals (12.3%) had raised blood glucose and diabetes, and the proportion was found to be four times higher in the older age group than among younger people.
4. Mean blood cholesterol level was 4.5 mmol/l and tended to increase with age for both sexes.
5. The prevalence of high-risk cholesterol level or hypercholesterolemia in the population was found to be 29.4% and the prevalence of hypercholesterolemia was 6.5% higher among women than men.
6. Four in 10 women and every fourth man had a decreased level of HDL cholesterol, resulting in them being at higher risk for CVDs.

CVD risk

Respondents aged 40–69 years were assessed to establish those with a 10-year CVD risk of ≥30%, and those with existing CVD. A 10-year CVD risk of ≥30% is defined according to age, sex, blood pressure, smoking status (current smokers or individuals who stopped smoking less than one year before the assessment), total cholesterol, and diabetes (previously diagnosed or with a fasting plasma glucose concentration of >7.0 mmol/L).

The percentage of respondents in the age group 40–69 years falling within the category of 10-year CVD risk of ≥30% or with existing CVD was 23% (95% CI: 20.5–25.4). Prevalence of this

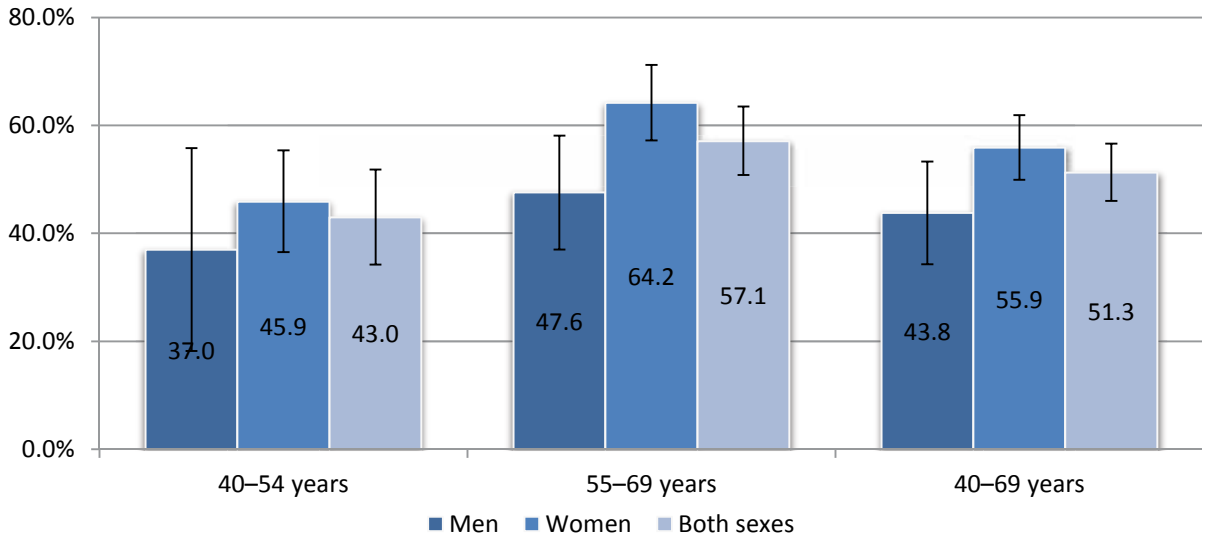
was much higher among women at 27% (95% CI: 24.1–29.8) than among men at 18.5% (95% CI: 14.8–22.3), and the difference was statistically significant. Among respondents in the age group 40–54 years, 16% (95% CI: 13.3–18.8) were found to have a 10-year CVD risk of ≥30% or existing CVD, compared with 33.1% (95% CI: 29.4–36.7) for this indicator in the age group 55–69 years, and, again, the difference was statistically significant (Table 36).

Of the aforementioned group of respondents (40–69 years old, with a 10-year CVD risk of ≥30%, including those with existing CVD), 51.3% (95% CI: 46.0–56.6) were receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes. Counselling was defined as receiving advice from a doctor or other health worker to: stop smoking or not to start; reduce salt in diet; eat at least five servings of fruit and/or vegetables per day; reduce fat in diet; start or do more physical activity; maintain a healthy body weight; or to lose weight. No significant differences were identified between the sexes or the various age groups (Fig. 52).

Table 36 Percentage of respondents with a 10-year CVD risk (≥30%) or with existing CVD

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	408	10.9	7.2–14.6	656	20.8	17.0–24.7	1 064	16.0	13.3–18.8
55–69	396	30.1	24.1–36.1	775	35.6	31.6–39.7	1 171	33.1	29.4–36.7
40–69	**804**	**18.5**	**14.8–22.3**	**1 431**	**27.0**	**24.1–29.8**	**2 235**	**23.0**	**20.5–25.4**

Fig. 52. Percentage of eligible individuals receiving drug therapy and counselling to prevent heart attacks and strokes*



*n=171.

Conclusions

1. The prevalence of individuals aged 40–69 years with a 10-year CVD risk of ≥30% or with existing CVD constituted 23% (95% CI: 20.5–25.4). Of these, 51.3% (95% CI: 46.0–56.6) were receiving drug therapy and counselling to prevent heart attack and stroke.
2. A statistically significant difference between the sexes was found, with much higher prevalence among women 27% (95% CI: 24.1–29.8) than among men 18.5% (95% CI: 14.8–22.3).

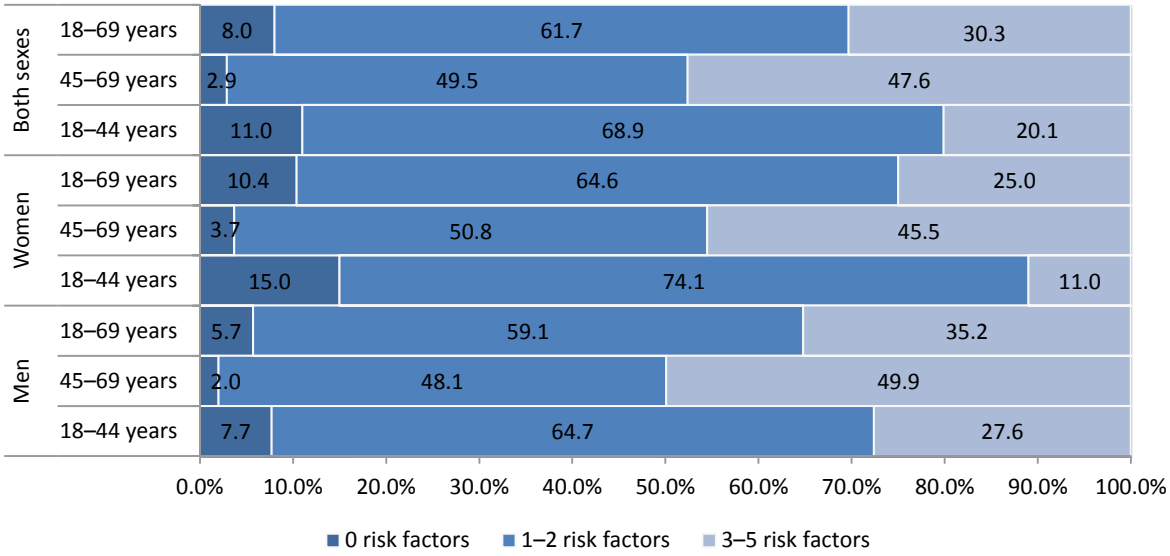
Summary of combined risk factors

Combined CVD risk factors were analysed in the study population. Based on the interview results and physical and biochemical measurements, the following risk factors were used:

- current daily smoking;
- fewer than five servings of fruit and/or vegetables per day;
- not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent);
- overweight or obese (BMI ≥ 25 kg/m2);
- raised blood pressure (SBP ≥ 140 mmHg and/or DBP ≥ 90 mmHg, or currently taking medication for raised blood pressure).

The percentage of respondents with 0, 1–2 or 3–5 risk factors by age group and sex are presented in Fig. 53. In 8% (95% CI: 6.7–9.3) of the study population, none of the abovementioned five risk factors were identified; 61.7% (95% CI: 59.7–63.7) of the respondents had 1–2 risk factors; and 30.3% (95% CI: 28.0–32.6) has 3–5 of the risk factors listed. Prevalence of 3–5 combined risk factors was much higher in the age group 45–69 years (47.6%, 95% CI: 44.7–50.5), while prevalence of 1–2 risk factors was higher in the age group 18–44 years (68.9%, 95% CI: 66.4–71.5). Differences were statistically significant. A higher proportion of men had 3–5 risk factors (35.2%, 95% CI: 31.8–38.6) than women (25%, 95% CI: 22.4–27.5). In addition, the percentage of women with 1–2 risk factors (64.6%, 95% CI: 62.0–67.3) was higher than that of men (59.1%, 95% CI: 55.9–62.2). None of the above-mentioned risk factors were identified in 5.7% of men (95% CI: 3.9–7.6), and the percentage of women with none of the risk factors was 10.4% (95% CI: 8.7–12.2).

Fig. 53. Summary of combined risk factors, by age group and sex



Health care

Level of health insurance, as well as financial and physical access to health care were analysed, based on the results of the survey questionnaires. Among all respondents aged 18–69 years, 66.4% (95% CI: 64.1–68.8) declared that they were covered by health insurance at the time of the interview, with a statistically significant difference between women and men, whereby women had better coverage (71.2%, 95% CI: 68.8–73.6 for women vs 62.1%, 95% CI: 58.4–65.7 for men). The percentage of insured individuals was found to increase with age and reached its highest level in the individuals aged 60–69 years among the study population (93%, 95% CI: 90.8–95.1) (Fig. 54). Results of the study showed a much lower level of health insurance coverage compared with official data from the Ministry of Health. The Ministry of Health's 2013 annual activity report *(22)* shows a level of population health insurance coverage of 83.2%. Taking into account that the STEPS survey only included the population aged 18–69 years, and the fact that children and retired people are insured by State, the actual difference would appear to be even higher.

A statistically significant difference was identified in terms of health insurance coverage by area of residence (Table 37). The percentage of respondents with health insurance coverage among the urban population was 79.2% (95% CI: 76.5–81.9), which is much higher than among respondents from rural areas (55.1%, 95% CI: 51.7–58.5).

Fig. 54. Percentage of respondents covered by health insurance, by age group and sex

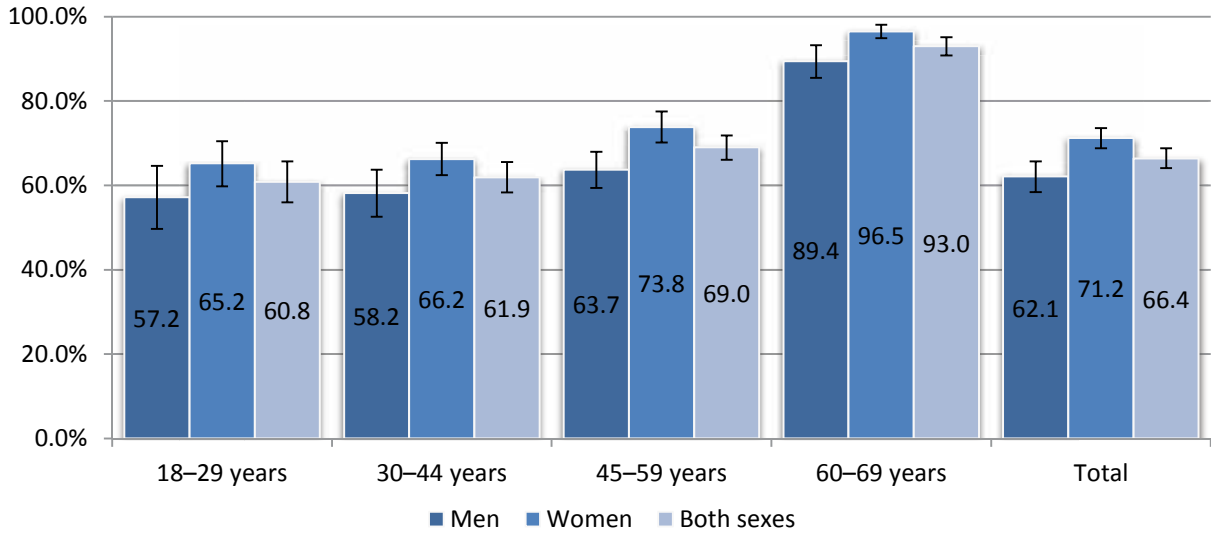
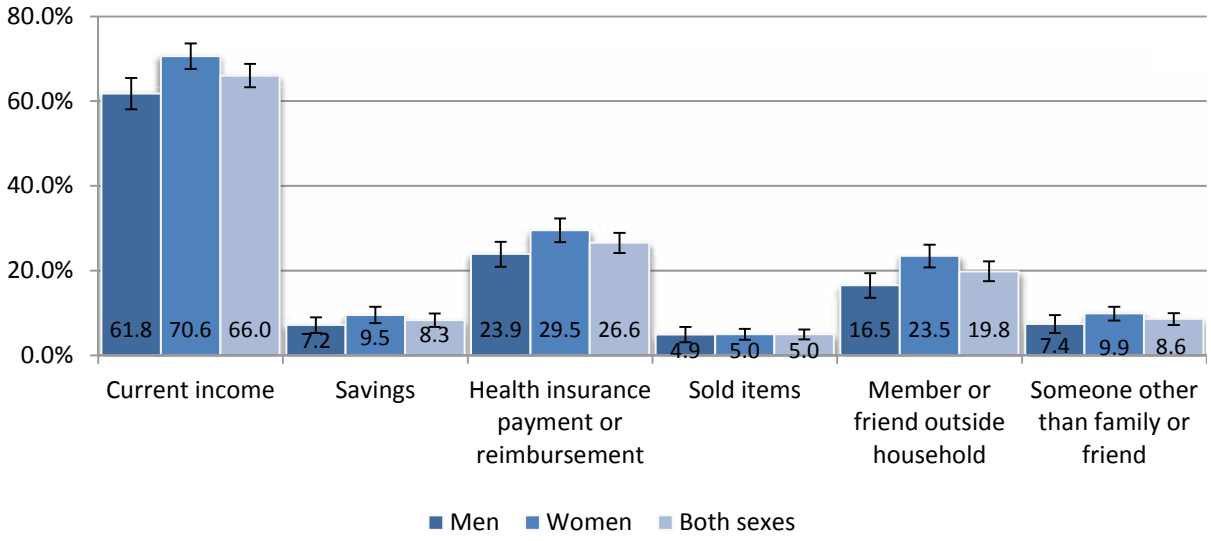


Table 37 Percentage of respondents covered by health insurance, by area of residence and sex

	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	800	48.0	42.8–53.2	1 218	62.9	59.4–66.5	2 018	55.1	51.7–58.5
Urban	1 005	78.3	74.4–82.3	1 727	80.2	77.2–83.1	2 732	79.2	76.5–81.9
Total	**1 805**	**62.1**	**58.4–65.7**	**2 945**	**71.2**	**68.8–73.6**	**4 750**	**66.4**	**64.1–68.8**

Survey participants were asked which of a list of financial sources they had used to pay for health care expenditure, such as medicines, consultations, treatment, hospitalization or patient care during the previous 12 months. The percentages of respondents using various financial sources for health expenditure are represented in Fig. 55. The majority of respondents (66%, 95% CI: 63.3–68.8) used their current income to pay for health expenditure. The second most frequent answer was "payment or reimbursement from health insurance" (26.6%, 95% CI: 24.2–28.9), followed by "financial sources from family member or friend outside household" (19.8%, 95% CI: 17.5–22.2), "borrowed from someone other than family or friend" (8.6%, 95% CI: 7.2–10.0), "savings" (8.3%, 95% CI: 6.7–9.9), and "sold items" (5%, 95% CI: 3.8–6.1).

Fig. 55. Financial sources used for health expenditure, by sex



Based on self-reported data, the percentages of respondents with NCDs (cancer, chronic respiratory disease, diabetes, or CVDs, including heart disease and stroke) were analysed. A total of 14.8% (95% CI: 13.3–16.2) of the study population (both sexes, aged 18–69 years) reported having been diagnosed with an NCD (Table 38). The prevalence of NCDs in women (18.2, 95% CI: 16.3–20.1) was significantly higher than in men (11.6%, 95% CI: 9.7–13.4) and was found to increase with age for both sexes.

Table 38 Percentage of respondents with NCDs, by age and sex

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	5.2	2.4–8.0	510	6.7	3.9–9.5	834	5.9	3.9–7.8
30–44	469	6.8	4.5–9.1	754	12.2	9.4–15.0	1 223	9.3	7.5–11.0
45–59	667	18.9	15.2–22.6	999	28.0	24.6–31.3	1 666	23.6	21.1–26.2
60–69	344	31.9	25.9–37.9	682	43.2	38.7–47.8	1 026	37.6	33.6–41.6
18–69	**1 804**	**11.6**	**9.7–13.4**	**2 945**	**18.2**	**16.3–20.1**	**4 749**	**14.8**	**13.3–16.2**

Among the respondents with NCDs, 92.1% (95% CI: 89.7–94.6) declared that they had visited a health care facility due to an NCD, excluding hospitalization, at least once (Table 39). A total of 34.3% of them (95% CI: 30.1–38.5) had visited a health care facility for a current NCD during the past 30 days. No significant differences were identified between sexes and age groups.

Table 39 Percentage of respondents with NCDs who visited a health care facility for an NCD, by sex

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–69	**284**	**91.8**	**88.7–95.0**	**676**	**92.4**	**88.9–95.9**	**960**	**92.1**	**89.7–94.6**

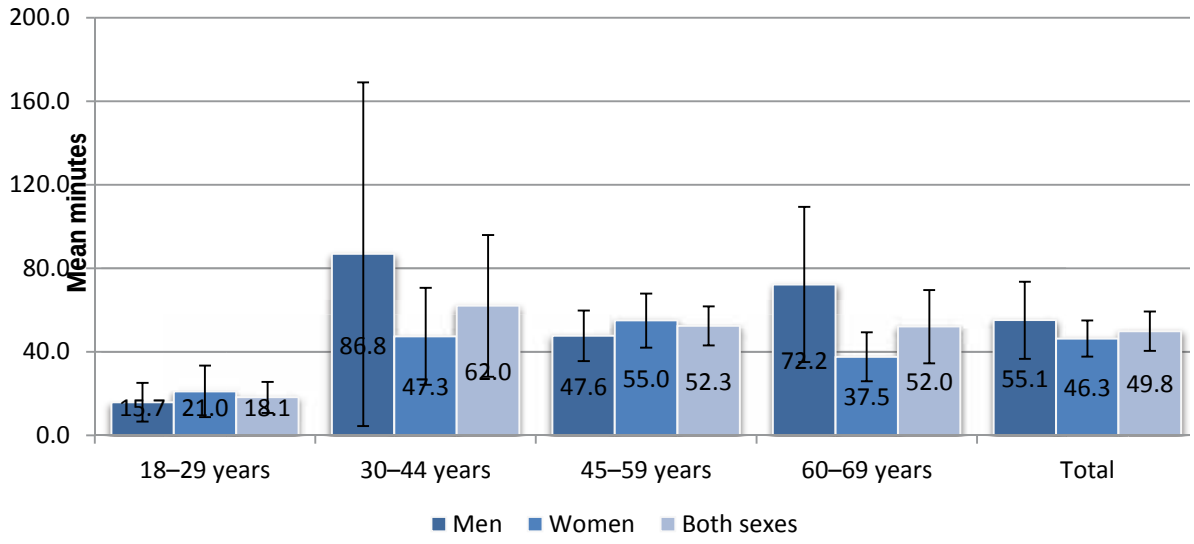
Mean travel time to a health care facility for the most recent visit, among responders with an NCD who reported ever having visited a health care facility was 79.7 minutes (95% CI: 67.7–91.7) and it was higher among women (85.3 minutes) than men (70.9 minutes). Mean travel time for the rural population was 97.2 minutes (95% CI: 78.1–116.3), whereas for the urban population it was 56.2 minutes (95% CI: 44.4–68.1), and the difference was statistically significant (Table 40).

Table 40 Mean time spent traveling to and from a health care facility during the most recent visit for an NCD, by area of residence and sex

	Men			Women			Both sexes		
	n	Mean minute)	95% CI	n	Mean minute)	95% CI	n	Mean minute)	95% CI
Rural	102	80.9	60.6–101.1	230	107.7	81.1–134.3	332	97.2	78.1–116.3
Urban	99	57.8	36.9–78.8	294	55.2	41.8–68.6	393	56.2	44.4–68.1
Total	**201**	**70.9**	**56.4–85.5**	**524**	**85.3**	**69.1–101.5**	**725**	**79.7**	**67.7–91.7**

Mean waiting time at a health care facility during the last visit, among responders with an NCD who reported ever having visited a health care facility was 49.8 minutes (95% CI: 40.4–59.2) and it was higher among men (55.1 minutes, 95% CI: 36.6–73.5) than women (46.3 minutes, 95% CI: 37.6–54.9), with no significant statistical difference. There was, however, a large difference in the mean waiting time between age groups, especially among men (Fig. 56).

Fig. 56. Mean waiting time (in minutes) before appointment at last visit to health care facility for an NCD, by age group and sex



An analysis was carried out of the mean number of visits to specific health care facilities during the past 30 days among respondents with an NCD that reported having visited a health care facility during the past 30 days. The mean number of visits to a health centre for all eligible respondents aged 18–69 years was 1.7 (95% CI: 1.3–2.1). Respondents had visited a public hospital on average 0.5 times (95% CI: 0.3–0.7), and a private hospital 0.1 times (95% CI: 0.0–0.1) during the previous 30 days (Table 41). No significant differences between sexes or age groups were identified.

Table 41 Mean number of visits to specific health care facilities

Age group (years)	Both sexes								
	n	Mean no. of visits to health centre	95% CI	n	Mean no. of visits to public hospital	95% CI	n	Mean no. of visits to private hospital	95% CI
18–69	**319**	**1.7**	**1.3–2.1**	**317**	**0.5**	**0.3–0.7**	**317**	**0.1**	**0.0–0.1**

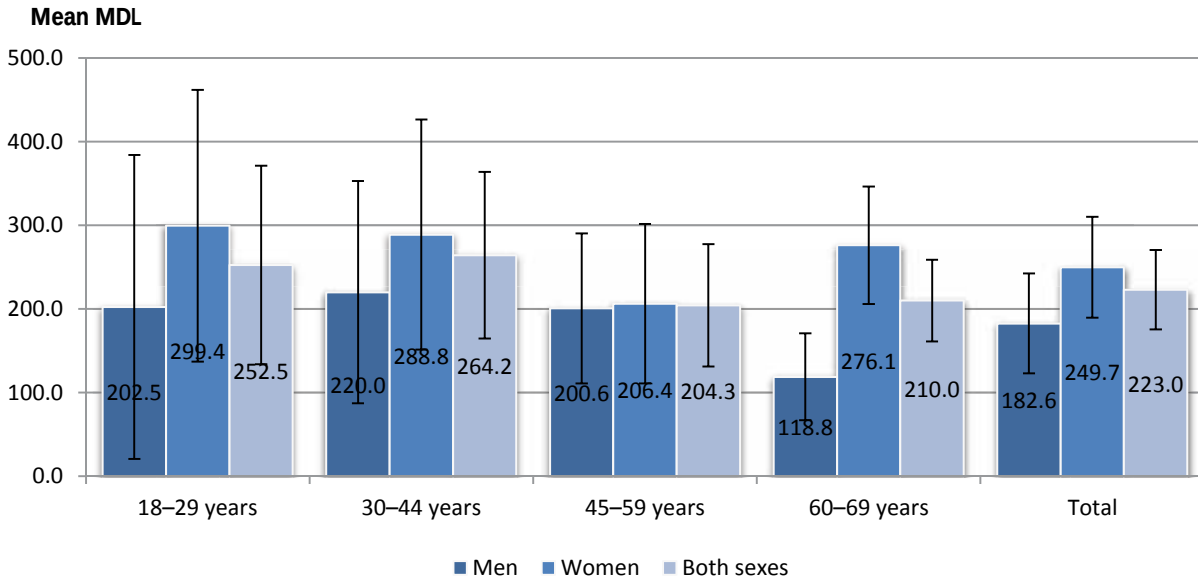
The mean amount (MDL) of expenditure by respondents for specific health care costs and in total for all visits in the past 30 days to a health care facility due to an NCD – among those with NCDs who had visited a health care facility for that NCD in the past 30 days – was MDL 456.4 (95% CI: 354.3–558.6), with no significant difference between the sexes. The highest mean amount was spent on medicines: MDL 369.7 (95% CI: 285.2–454.2) (Table 42).

Table 42 Mean MDL spent on visits to a health care facility for an NCD, by type of expenditure and sex

	Men			Women			Both sexes		
	n	MDL	95% CI	n	MDL	95% CI	n	MDL	95% CI
Provider fees	53	11.8	0.0–27.4	172	17.7	4.4–31.0	225	15.7	5.3–26.0
Medicine	54	387.3	210.7–563.8	166	359.9	270.8–448.9	220	369.7	285.2–454.2
Tests	49	27.7	0.0–73.8	166	24.6	8.9–40.3	215	25.6	8.1–43.1
Transport	57	25.7	8.7–42.8	165	30.7	17.2–44.2	222	28.9	18.3–39.5
Other expenses	58	3.3	0.0–8.4	160	6.7	0.0–15.8	218	5.4	0.0–11.4
Total	**79**	**356.3**	**216.0–496.6**	**228**	**514.6**	**382.4–646.9**	**307**	**456.4**	**354.3–558.6**

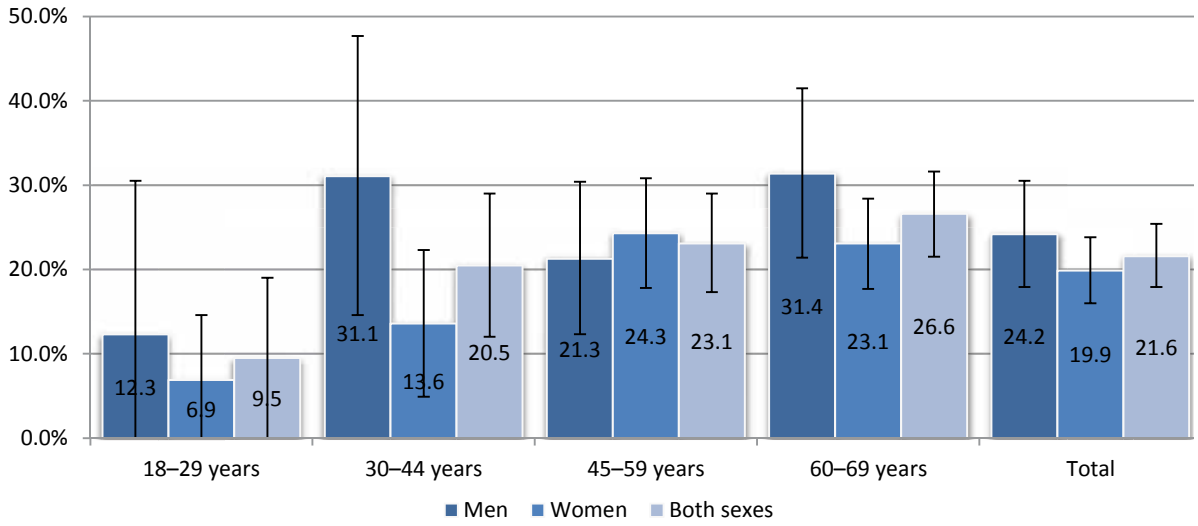
The mean amount spent by respondents on health care not related to a visit to a health care facility during the past 30 days was MDL 223 (95% CI: 175.5–270.5), with a higher mean for women (MDL 249.7, 95% CI: 189.5–309.9) than men (MDL 182.6, 95% CI: 123.0–242.3). No significant difference was identified between women and men, nor between age groups, in terms of the mean amount of money spent on health care not related to visits to health care facilities (Fig. 57).

Fig. 57. Mean MDL spent on health care not related to a visit to a health care facility or hospital, by age group and sex



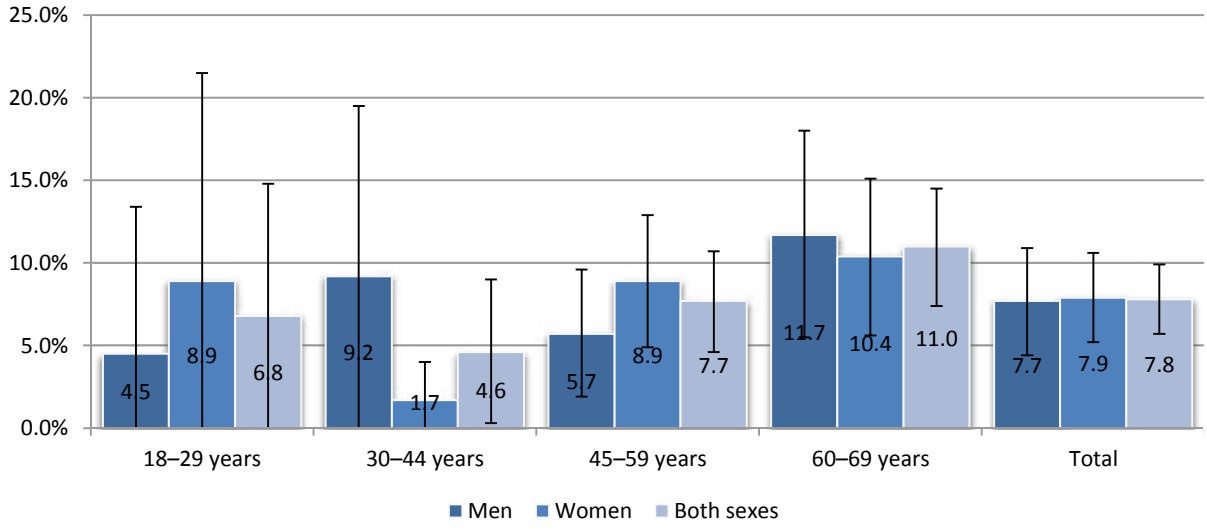
Of all respondents with an NCD, 21.6% (95% CI: 17.9–25.4) had been hospitalized due to an NCD during the 12 months prior to the interview. The percentage of hospitalizations among men was higher than among women (24.2%, 95% CI: 17.9–30.5 vs 19.9%, 95% CI: 16.0–23.8). The difference was not statistically significant (Fig. 58).

Fig. 58. Percentage of respondents with an NCD having been hospitalized as a result of that NCD, by age group and sex



Among respondents of all ages and both sexes with NCDs, 7.8% (95% CI: 5.7–9.9) had received home care from a family member or a friend during the previous 30 days due to an NCD (Fig. 59). The proportion of those who reported having received home care was found to increase with age, from 6.8% (95% CI: 0–14.8) in the age group 18–29 years to 11% (95% CI: 7.4–14.5) among individuals aged 60–69 years. No significant differences between ages or sexes were identified.

Fig. 59. Percentage of respondents with an NCD having received home care, by age and sex



Conclusions

1. Fewer than seven in 10 individuals (66.4%) had (self-reported) health insurance coverage, with a higher prevalence among women (71.2%) than men (62.1%). Population coverage was higher in urban areas (79.2%) than rural (55.1%).
2. Current income was the main source used to pay for health expenditure (66%), followed by health insurance (26.6%).
3. Self-reported prevalence of diagnosed NCDs was 14.8%, with a higher prevalence among women (18.2%) than men (11.6%), and this was found to increase with age for both sexes.
4. Nine out of 10 (92.1%) individuals with NCDs had visited a health care facility at least once. Mean travel time to and from a health care facility for the most recent visit was 80 minutes.
5. Mean expenditure on health care related to a visit to a health care facility for an NCD in the past 30 days was MDL 456.4, with 81% of this amount being spent on medication. The mean amount spent on health care not related to a visit to a health care facility in the past 30 days was MDL 223.

RECAP AND CONCLUSIONS

The current survey on the prevalence of NCD risk factors was conducted using internationally validated survey methodology, with external financial and technical support based on local capacities and effective collaboration between different stakeholders. A general summary of the STEPS survey results is detailed here.

1. One quarter of the Moldovan adult population aged 18–69 years were found to be current daily smokers; 62% were current alcohol drinkers; 66.6% consumed fewer than five servings of fruit and vegetables per day; 10% were physically inactive; 56% were overweight; and 40% had hypertension.
2. The population was found to be aware of the increased risk of high salt consumption, but unaware of the recommended salt consumption levels. Eight out of 10 individuals were aware of the benefits of iodized salt consumption.
3. One in four adults aged 40–69 years had a 10-year CVD risk of over 30%.
4. The high prevalence of NCD risk factors in the adult population is underlined by the fact that 8.3% had IFG and 12.3% had raised blood glucose levels; 29.4% had raised total cholesterol; and 39.8% of women and 27.4% of men had low levels of HDL cholesterol.
5. The summary of combined risk factors demonstrates that one in three Moldovan adults aged 18–69 years and one in two adults over 45 years of age had three or more behavioural NCD risk factors. Young men had a 2.5 times higher risk for NCDs than young women, and over half of adults over 45 years of age are at high risk for NCDs.
6. Six out of 10 women (63.2%) had undergone cervical cancer screening.
7. Seven out of 10 individuals had self-reported health insurance coverage with a higher prevalence among women (71.2%) than men (62.1%) and a greater proportion of the urban population (83.2%) than rural (55.1%).
8. Current income was the main source used to pay for health expenditure (66%). More than two thirds of the expenditure on care related to a visit to health care facility was spent on medicines.

The findings of the survey will serve as a baseline for establishing objectives for Moldova's national health policy programmes and action plans and for evaluating implemented policy actions aiming to reduce risk factors for NCDs.

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ANNEX 1

Republic of Moldova STEPS Survey 2013

FACT SHEET

The STEPS survey of noncommunicable disease (NCD) risk factors in the Republic of Moldova was carried out from September 2013 to May 2014. Field data collection was performed between 30 September and 9 November 2013. The Republic of Moldova implemented STEP 1, STEP 2 and STEP 3. Socio-demographic and behavioural information was collected in STEP 1. Physical measurements, such as height, weight, blood pressure and heart rate were collected in STEP 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in STEP 3. The survey was a population-based survey of adults aged 18–69 years. A multi-stage cluster sample design was used to produce representative data for that age range in the Republic of Moldova. A total of 4807 adults participated in the survey. The overall response rate was 83.5%. The next STEPS survey is planned for 2018, if funds permitting.

Results for adults aged 18–69 years (with a 95% confidence interval (CI))	**Both sexes (CI)**	**Males (CI)**	**Females (CI)**
STEP 1. Tobacco use			
Percentage who currently smoke tobacco	25.3% (23.4–27.2)	43.6% (40.6–46.7)	5.6% (4.5–6.7)
Percentage who currently smoke tobacco daily	23.3% (21.4–25.1)	40.6% (37.5–43.7)	4.6% (3.6–5.6)
Among those who smoke tobacco daily			
Average age started smoking (years)	17.7 (17.3–18.0)	17.5 (17.1–17.8)	19.5 (18.3–20.6)
Percentage of daily smokers smoking manufactured cigarettes	98.9% (98.1–99.7)	98.8% (97.9–99.7)	99.7% (99.2–100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	16.7 (15.8–17.6)	17.2 (16.3–18.2)	11.4 (9.6–13.2)
STEP 1. Alcohol consumption			
Percentage who are lifetime abstainers	14.0% (12.1–15.8)	10.8% (8.5–13.2)	17.4% (15.0–19.8)
Percentage who are past 12-month abstainers	7.0% (6.0–8.1)	5.7% (4.4–7.0)	8.5% (7.1–9.8)
Percentage who currently drink (drank alcohol in the past 30 days)	61.9% (59.3–64.6)	69.8% (66.3–73.2)	53.5% (50.5–56.4)
Percentage who engage in heavy episodic drinking (6 or more drinks on any one occasion in the past 30 days)	19.5% (17.3–21.7)	29.0% (25.4–32.6)	9.2% (7.6–10.9)

STEP 1. Fruit and vegetable consumption (in a typical week)			
Mean number of days consuming fruit	5.6 (5.5–5.7)	5.4 (5.2–5.6)	5.8 (5.7–5.9)
Mean number of servings of fruit consumed on average per day	2.0 (1.9–2.1)	1.9 (1.8–2.1)	2.1 (2.0–2.2)
Mean number of days consuming vegetables	5.9 (5.7–6.0)	5.9 (5.8–6.1)	5.8 (5.7–6.0)
Mean number of servings of vegetables consumed on average per day	2.0 (1.9–2.1)	2.1 (2.0–2.2)	2.0 (1.9–2.1)
Percentage who ate fewer than 5 servings of fruit and/or vegetables on average per day	66.6% (63.9–69.4)	65.8% (62.1–69.5)	67.5% (64.5–70.6)
STEP 1. Physical activity			
Percentage carrying out insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	10.1% (8.6–11.5)	10.7% (8.5–12.9)	9.4% (7.7–11.1)
Median time spent in physical activity on average per day (minutes) (presented with interquartile range)	228.6 (60.0–445.7)	282.9 (60.0–480.0)	180.0 (60.0–402.9)
Percentage not engaging in vigorous activity	75.7% (73.5–77.9)	65.7% (62.2–69.1)	86.5% (84.5–88.4)
STEP 1. Cervical cancer screening			
Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer	–	–	69.7% (65.7–73.7)
STEP 2. Physical measurements			
Mean body mass index (BMI) (kg/m^2)	26.6 (26.4–26.9)	26.2 (26.0–26.5)	27.0 (26.7–27.4)
Percentage who are overweight (BMI ≥ 25 kg/m^2)	55.9% (53.7–58.2)	56.0% (52.7–59.4)	55.9% (53.1–58.7)
Percentage who are obese (BMI ≥ 30 kg/m^2)	22.9% (21.2–24.6)	17.8% (15.6–20.0)	28.5% (26.3–30.7)
Average waist circumference (cm)	–	89.2 (88.3–90.2)	85.7 (84.8–86.6)
Mean systolic blood pressure (SBP) (mmHg), including those currently taking medication for raised blood pressure	132.8 (131.8–133.9)	134.6 (133.2–136.0)	130.9 (129.6–132.3)
Mean diastolic blood pressure (DBP) (mmHg), including those currently taking medication for raised blood pressure	85.0 (84.4–85.6)	85.3 (84.6–86.1)	84.6 (83.8–85.5)
Percentage with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently taking medication for raised blood pressure)	39.8% (37.5–42.2)	40.3% (37.0–43.7)	39.3% (36.6–42.1)
Percentage of those with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently taking medication for raised blood pressure	76.2% (73.7–78.7)	84.1% (80.9–87.3)	67.5% (63.9–71.0)
STEP 3. Biochemical measurements			
Mean fasting blood glucose (mmol/L), including those currently taking medication for raised blood glucose	5.2 (5.1–5.2)	5.1 (5.0–5.2)	5.2 (5.1–5.3)
Percentage with impaired fasting glycaemia (capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and < 6.1 mmol/L (110 mg/dl))	8.3% (7.1–9.5)	7.4% (5.6–9.2)	9.1% (7.7–10.6)
Percentage with raised fasting blood glucose as defined below or currently taking medication for raised blood glucose (capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl))	12.3% (10.9–13.6)	11.5% (9.5–13.5)	13.0% (11.4–14.6)
Mean total blood cholesterol, including those currently taking medication for raised cholesterol (mmol/L)	4.5 (4.5–4.6)	4.4 (4.4–4.5)	4.6 (4.5–4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	29.4% (27.1–31.7)	26.7% (23.5–29.9)	32.0% (29.3–34.8)

Cardiovascular disease (CVD) risk			
Percentage aged 40–69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	23.0% (20.5–25.4)	18.5% (14.8–22.3)	27.0% (24.1–29.8)
Summary of combined risk factors • current daily smokers • fewer than 5 servings of fruit and/or vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m^2) • raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently taking medication for raised blood pressure)			
Percentage with none of the above risk factors	8.0% (6.7–9.3)	5.7% (3.9–7.6)	10.4% (8.7–12.2)
Percentage with three or more of the above risk factors, aged 18–44 years	20.1% (17.5–22.7)	27.6% (23.5–31.8)	11.0% (8.8–13.1)
Percentage with three or more of the above risk factors, aged 45–69 years	47.6% (44.7–50.5)	49.9% (45.6–54.1)	45.5% (41.8–49.2)
Percentage with three or more of the above risk factors, aged 18–69 years	30.3% (28.0–32.6)	35.2% (31.8–38.6)	25.0% (22.4–27.5)

* For complete definitions of insufficient physical activity, refer to the WHO General Physical Activity Questionnaire (GPAQ) analysis guide (see the WHO global physical activity surveillance web site for details (http://www.who.int/chp/steps/resources/GPAQ_Analysis_Guide.pdf?ua=1), or the WHO Global recommendations on physical activity for health (2010) (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html).

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

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ANNEX 2

WHO STEPS Instrument
for Chronic Disease Risk Factor Surveillance
Republic of Moldova

Survey information

Location and Date	Response	Code
Cluster ID	⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋	I1
Locality name		I2
Interviewer ID	⌊_⌊_⌊_⌋	I3
Date of completion of the instrument	⌊_⌊_⌋ ⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋ dd mm yyyy	I4

	Participant ID ⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌋ ⌊_⌊_⌊_⌋	
Consent, Interview language and Name	**Response**	**Code**
Consent has been read and obtained	Yes 1 No 2 **If NO, END**	I5
Interview language	Romanian 1 *Russian* 2	I6
Time of interview (24-hour clock)	⌊_⌊_⌋ : ⌊_⌊_⌋ hrs mins	I7
Family surname		I8
First name		I9
Additional information that may be helpful		
Contact phone number (where possible)		I10

Step 1 Demographic information

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

EXPANDED: Demographic information		
What is the **highest level of education** you have completed? *[INSERT COUNTRY-SPECIFIC CATEGORIES]*	No formal schooling/less than primary school 1 Primary school completed (grades 1–4) 2 Gymnasium completed (grades 5–9) 3 Lyceum/secondary school completed 4 College/vocational school completed 5 University completed/ postgraduate degree 6 Refused 88	C5
What is your *ethnic group* **background**?	Romanian/Moldovan 1 Russian 2 Ukrainian 3 Roma 4 Gagauz 5 Other ethnic groups 6 Refused 88	C6
What is your **marital status**?	Never married 1 Currently married 2 Separated 3 Divorced 4 Widowed 5 Cohabitating 6 Refused 88	C7

Which of the following best describes your **main work** status over the past 12 months?	Government employee 1 Non-government employee 2 Self-employed 3 Non-paid 4 Student 5 Home-maker 6 Retired 7 Unemployed (able to work) 8 Unemployed (unable to work) 9 Refused 88	C8
How many people older than 18 years, including yourself, live in your household?	Number of people ⌊__⌋⌊__⌋	C9

EXPANDED: Demographic information continued		
Question	**Response**	**Code**
Taking into account the **past 12 months**, can you tell me what the average monthly earnings of the household have been?	⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ *Go to T1*	C10b
	Refused 88	C10d
If you don't know the amount, can you give an **estimate** of the monthly household income during the past 12 months if I read some options to you? Is it:	≤ 1500 1 More than 1500, ≤ 2500 2 More than 2500, ≤ 3800 3 More than 3800, ≤ 5700 4 More than 5700 5 Don't know 77 Refused 88	C11

STEP 1 Behavioural measurements

CORE: Tobacco use

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

Question	Response	Code
Do you **currently** smoke any **tobacco** products, such as cigarettes, cigars or pipes?	Yes 1 No 2 *If No, go to T8*	T1
Do you currently smoke tobacco products **daily**?	Yes 1 No 2	T2
How old were you when you **first started** smoking?	Age (years) Don't know 77 ⌊__⌋⌊__⌋ *If Known, go to T5a/T5aw*	T3
Do you remember how long ago it was?	In Years ⌊__⌋⌊__⌋ *If Known, go to T5a/T5aw*	T4a
	OR in Months ⌊__⌋⌊__⌋ *If Known, go to T5a/T5aw*	T4b
Don't know 77	OR in Weeks ⌊__⌋⌊__⌋	T4c
On average, **how many** of the following products do you smoke **each day/ week?** *Don't know 7777*	DAILY↓ WEEKLY↓	
	Manufactured cigarettes ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋	T5a/T5aw
	Hand-rolled cigarettes ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋	T5b/T5bw
	Pipes full of tobacco ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋	T5c/T5cw
	Cigars, cheroots, cigarillos ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋	T5d/T5dw
	Number of Shisha sessions ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋	T5e/T5ew
	Other ⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋ *If Other, go to T5other, else go to T6*	T5f/T5fw
	Other (please specify): ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋	T5other/ T5otherw
During the past 12 months, have you tried to **stop smoking**?	Yes 1 No 2	T6
During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?	Yes 1 *If T2=Yes, go to T12; if T2=No, go to T9* No 2 *If T2=Yes, go to T12; if T2=No, go to T9* No visit during the past 12 months 3 *If T2=Yes, go to T12; if T2=No, go to T9*	T7
In the past, did you **ever smoke** any tobacco products? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T12*	T8
In the past, did you **ever** smoke **daily**?	Yes 1 *If T1=Yes, go to T12, else go to T10* No 2 *If T1=Yes, go to T12, else go to T10*	T9

EXPANDED: Tobacco use		
Question	**Response**	**Code**
How old were you when you **stopped** smoking?	Age (years) Don't know 77 ⌊__⌋⌊__⌋ *If Known, go to T12*	T10
How **long ago** did you stop smoking? *(RECORD ONLY 1, NOT ALL 3)* *Don't know 77*	Years ago ⌊__⌋⌊__⌋ *If Known, go to T12*	T11a
	OR Months ago ⌊__⌋⌊__⌋ *If Known, go to T12*	T11b
	OR Weeks ago ⌊__⌋⌊__⌋	T11c
Do you **currently use** any **smokeless tobacco** products such as *[snuff, chewing tobacco, betel]*?	Yes 1 No 2 *If No, go to T15*	T12
Do you **currently use smokeless tobacco** products **daily?**	Yes 1 No 2 *If No, go to T14aw*	T13
On average, how many **times a day/week** do you use …. *Don't know 7777*	DAILY↓ WEEKLY↓	
	Snuff, by mouth ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	T14a/ T14aw
	Snuff, by nose ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	T14b/ T14bw
	Chewing tobacco ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	T14c/ T14cw
	Betel, quid ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	T14d/ T14dw
	Other ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ *If Other, go to T14other, if T13=No, go to T16, else go to T17*	T14e/ T14ew
	Other (please specify): ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ *If T13=No, go to T16, else go to T17*	T14other/ T14otherw
In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]*?	Yes 1 No 2 *If No, go to T17*	T15
In the **past**, did you **ever use** smokeless tobacco products such as *[snuff, chewing tobacco, or betel]* **daily**?	Yes 1 No 2	T16
During the past 30 days, did someone smoke **in your home**?	Yes 1 No 2	T17
During the past 30 days, did someone smoke in closed areas **in your workplace** (in the building, in a work area or a specific office)?	Yes 1 No 2 Don't work in a closed area 3	T18

CORE: Alcohol consumption

The next questions are about consumption of alcohol.

Question	Response	Code
Have you **ever** consumed any alcohol such as beer, wine, alcoholic cocktails, liqueurs, "rachiu" spirits or other alcoholic drinks?	Yes 1 No 2 *If No, go to A16*	A1
Have you consumed any alcohol within the **past 12 months**?	Yes 1 *If Yes, go to A4* No 2	A2
Have you stopped drinking due to health reasons, such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes 1 *If Yes, go to A16* No 2 *If No, go to A16*	A3
During the past 12 months, **how frequently** have you had at least 1 standard alcoholic drink?	Daily 1 5–6 days per week 2 3–4 days per week 3 1–2 days per week 4 1–3 days per month 5 Less than once a month 6	A4
Have you consumed any alcohol within the **past 30 days**?	Yes 1 No 2 *If No, go to A13*	A5
During the past 30 days, on how many **occasions** did you have at least 1 standard alcoholic drink?	Number Don't know 77 ⌊__⌋⌊__⌋	A6
During the past 30 days, when you drank alcohol, how many **standard drinks on average** did you have during 1 drinking occasion?	Number Don't know 77 ⌊__⌋⌊__⌋	A7
During the past 30 days, what was the **largest number** of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number Don't know 77 ⌊__⌋⌊__⌋	A8
During the past 30 days, how many times did you have **6 or more** standard drinks on a single drinking occasion?	Number of times Don't know 77 ⌊__⌋⌊__⌋	A9
During each of the **past 7 days**, how many standard drinks did you have each day? *Don't know 77*	Monday ⌊__⌋⌊__⌋	A10a
	Tuesday ⌊__⌋⌊__⌋	A10b
	Wednesday ⌊__⌋⌊__⌋	A10c
	Thursday ⌊__⌋⌊__⌋	A10d
	Friday ⌊__⌋⌊__⌋	A10e
	Saturday ⌊__⌋⌊__⌋	A10f
	Sunday ⌊__⌋⌊__⌋	A10g

CORE: Alcohol consumption continued

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

Question	Response	Code
During the **past 7 days**, did you consume any **homebrewed** alcohol, any alcohol **brought over the border/ from another country**, any alcohol **not intended for drinking** or other not bought/illegally received alcohol?	Yes 1 No 2 *If No, go to A13*	A11
On average, **how many standard drinks** of the following types did you consume **during the past 7 days**? *[INSERT COUNTRY-SPECIFIC EXAMPLES]* *(USE SHOWCARD)* *Don't know 77*	Homebrewed spirits, e.g. "rachiu", cherry brandy and others ⌊__⌋⌊__⌋	A12a
	Homebrewed wine ⌊__⌋⌊__⌋	A12b
	Alcohol brought over the border/from another country ⌊__⌋⌊__⌋	A12c
	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, aftershaves ⌊__⌋⌊__⌋	A12d
	Other, not bought/illegally received alcohol ⌊__⌋⌊__⌋	A12e

EXPANDED: Alcohol consumption

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

CORE: Diet

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

Question	Response	Code
In a typical week, on how many days do you **eat fruit**?	Number of days Don't know 77 ⌊__⌋__⌋ *If Zero days, go to D3*	D1
How many **servings** of fruit do you eat on **1** of those days?	Number of servings Don't know 77 ⌊__⌋__⌋	D2
In a typical week, on how many days do you **eat vegetables**?	Number of days Don't know 77 ⌊__⌋__⌋ *If Zero days, go to D5*	D3
How many **servings** of vegetables do you eat on 1 of those days?	Number of servings Don't know 77 ⌊__⌋__⌋	D4

EXPANDED: Diet

What type of **oil or fat is most often** used for meal preparation in your household?	Vegetable oil 1 Lard or suet 2 Butter or ghee 3 Margarine 4 Other 5 *If Other, go to D5 other* None in particular 6 None used 7 Don't know 77	D5
	Other ⌊__⌋__⌋__⌋__⌋__⌋__⌋__⌋	D5other
On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch or dinner	Number Don't know 77 ⌊__⌋__⌋	D6

Dietary salt

Dietary salt

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

Question	Response		Code
How often do you **add salt or a salty sauce such as ketchup, "adjica", or soya sauce** to your food before you eat it or as you are eating it?	Always	1	DS1
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	
How often is **salt, salty seasoning or a salty sauce added** in cooking or preparing foods in your household?	Always	1	DS2
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	

Dietary salt continued

Question	Response		Code
What kind of salt do you use for cooking or meal preparation in your household?	Iodized	1	DS2[1]
	Non-iodized	2	
	Don't know	77	
How often do you eat **processed food high in salt**? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food, salty foods prepared for fast-food service *[e.g. pickles, marinates, sheep's cheese, salami, sausages, pastrami, ham and other meat products, salted fish, salted nuts/biscuits]*.	Always	1	DS3
	Often	2	
	Sometimes	3	
	Rarely	4	
	Never	5	
	Don't know	77	
How much salt or salty sauce do you think you consume?	Far too much	1	DS4
	Too much	2	
	Just the right amount	3	
	Too little	4	
	Far too little	5	
	Don't know	77	

How important to you is **lowering the salt** in your diet?	Very important 1 Somewhat important 2 Not at all important 3 Don't know 77	DS5
Do you think that too much salt or salty sauce in your diet could cause a **health problem**?	Yes 1 No 2 Don't know 77	DS6
Do you do any of the following on a regular basis to **control your salt intake**?		
Limit consumption of processed foods	Yes 1 No 2	DS7a
Look at the salt or sodium content on food labels	Yes 1 No 2	DS7b
Buy low-salt/-sodium alternatives	Yes 1 No 2	DS7c
Use spices other than salt when cooking	Yes 1 No 2	DS7d
Avoid eating foods prepared outside of the home	Yes 1 No 2	DS7e
Do other things specifically to control your salt intake	Yes 1 *If Yes, go to S7other* No 2	DS7f
Other (please specify)	⌊__⌋__⌋__⌋__⌋__⌋__⌋__⌋__⌋__⌋	DS7other

CORE: Physical activity

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as the things that you have to do, such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. In answering the following questions, "vigorous-intensity activities" are activities that require hard physical effort and cause large increases in breathing or heart rate; "moderate-intensity activities" are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Question	Response	Code
Work		
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate, such as carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously?	Yes 1 No 2 *If No, go to P 4*	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days ⌊__⌋	P2

How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, which causes small increases in breathing or heart rate, such as brisk walking or carrying light loads for at least 10 minutes continuously?	Yes 1 No 2 *If No, go to P 7*	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days ⌊__⌋	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P6 (a-b)
Travel to and from places		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the way you usually travel to and from places. For example to work, for shopping, to the market, to church.		
Do you walk or use a bicycle *(pedal cycle)* for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 *If No, go to P 10*	P7
In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days ⌊__⌋	P8
How much time do you spend walking or bicycling for travel purposes on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P9 (a-b)

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

Do you do any moderate-intensity sports, fitness or recreational *(leisure)* activities that cause a small increase in breathing or heart rate, such as brisk walking, cycling, swimming, volleyball, for at least 10 minutes continuously?	Yes 1 No 2 *If No, go to P16*	P13
In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational *(leisure)* activities?	Number of days ⌊__⌋	P14
How much time do you spend doing moderate-intensity sports, fitness or recreational *(leisure)* activities on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P15 (a-b)

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

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

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

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

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

CORE: Lifestyle advice		
During the past 3 years, has a doctor or other health worker advised you to do any of the following?		
Quit using tobacco or don't start	Yes 1 No 2	H20a
Reduce salt in your diet	Yes 1 No 2	H20b
Eat at least 5 servings of fruit and/or vegetables each day	Yes 1 No 2	H20c
Reduce fat in your diet	Yes 1 No 2	H20d
Start or do more physical activity	Yes 1 No 2	H20e
Maintain a healthy body weight or lose weight	Yes 1 *If C1=1 go to M1* No 2 *If C1=1 go to M1*	H20f

CORE (for women only): cervical cancer screening		
The next question is about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in different ways, including visual inspection with acetic acid (VIA), Pap smear and human papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acetic acid (or vinegar) has been applied to it. For both a Pap smear and an HPV test, a doctor or nurse uses a swab to wipe from inside your vagina, take a sample and send it to a laboratory. It is possible that you were given the swab yourself and asked to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a Pap smear is carried out and for HPV if an HPV test is carried out.		
Question	**Response**	**Code**
Have you ever had a screening test for cervical cancer, using any of these methods described above?	Yes 1 No 2 Don't know 77	CX1

Health care

Health care

Next I am going to ask you about your health insurance coverage and your use of health services in relation to any noncommunicable disease (NCD) you may have. NCDs include cardiovascular diseases (CVDs) (such as heart disease, cerebrovascular disease and stroke, peripheral arterial disease, deep vein thrombosis, and pulmonary embolism), cancer, chronic respiratory diseases (such as asthma, chronic obstructive pulmonary disease, occupational lung diseases or pulmonary hypertension) and diabetes.

Health care coverage

Please provide information about your current health insurance coverage. Health insurance coverage means being enrolled with an organization that pays for health care costs if you get sick or injured.

Do you currently have **health insurance**?		Yes 1 No 2 *If No, go to HC3*	HC1
During the **past 12 months**, which of the following **financial sources** did you use to pay for any **health expenditure**, such as medicines, consultations, treatment, hospitalization or patient care?	Current income of any household members	Yes 1 No 2	HC3a
	Savings (e.g. bank account)	Yes 1 No 2	HC3b
	Payment or reimbursement from a health insurance plan	Yes 1 No 2	HC3c
	Sold items (e.g. furniture, animals, jewellery)	Yes 1 No 2	HC3d
	Family members or friends from outside the household	Yes 1 No 2	HC3e
	Borrowed from someone other than a friend or family member	Yes 1 No 2	HC3f
	Other	Yes 1 *If Other, go to HC3other* No 2	HC3g
	Other (please specify): ⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌊_⌋		HC3 other

Health care utilization

Please think about your visits to any health center and any treatments you received there which were related to an NCD you may have.

Have you ever had or do you currently have an **NCD**, such as any CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?	Yes 1 No 2 *If No, go to [next section]*	HC4
Have you ever visited any **health care facility** due to an NCD you have? Please **exclude** any hospitalization.	Yes 1 No 2 *If No, go to HC11*	HC5

How much **time** did you spend **travelling** the **last time** you visited a health care facility (taking the return journey (both ways) into account)? *Don't know 77:77:77*	Days : hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ days hrs mins	HC6
How long was the **waiting time** before your appointment started when you **last** visited a health care facility? *Don't know 77:77*	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	HC7
During the **past 30 days**, have you visited any health care facility due to an NCD you have? Please **exclude** any hospitalization.	Yes 1 No 2 *If No, go to HC11*	HC8

Health care continued		
During the **past 30 days**, how many times have you visited a health care facility due to an NCD you have? *Don't know 77*	Family doctors centre/ Health centre ⌊__⌋⌊__⌋	HC9a
	Public hospital ⌊__⌋⌊__⌋	HC9b
	Private hospital ⌊__⌋⌊__⌋	HC9c
	Other ⌊__⌋⌊__⌋ *If Other, go to HC9other*	HC9e
	Other (please specify): ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋	HC9otehr
During the **past 30 days**, taking all your visits to a health care facility due to an NCD into account, **how much did you pay yourself** for these visits in total? *Don't know 77777*	Health care provider's fees ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10a
	Medicines ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10b
	Tests ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10c
	Transport ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10d
	Other ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10e
	OR Total amount ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC10f
During the past 30 days, how much did you pay yourself for health care **not** related to any visit of a health care facility or hospital (such as routine medication)? *Don't know 77777*	**Amount** ⌊__⌋⌊__⌋⌊__⌋⌊__⌋⌊__⌋ [MDL]	HC11
During the **past 12 months**, have you been **hospitalized** due to an NCD?	Yes 1 No 2 *If No, go to HC15*	HC12
During the **past 12 months**, **how many days** have you been hospitalized due to an NCD? *Don't know 777*	Number of days ⌊__⌋⌊__⌋⌊__⌋	HC13

During the **past 12 months**, taking all your visits to a hospital due to an NCD into account, **how much did you pay yourself** for these visits in total? *Don't know 77777*	Health care provider's fees └─┴─┴─┴─┴─┴─┘ [MDL]	HC14a
	Medicines └─┴─┴─┴─┴─┴─┘ [MDL]	HC14b
	Tests └─┴─┴─┴─┴─┴─┘ [MDL]	HC14c
	Transport └─┴─┴─┴─┴─┴─┘ [MDL]	HC14d
	Other └─┴─┴─┴─┴─┴─┘ [MDL]	HC14e
	OR Total amount └─┴─┴─┴─┴─┴─┘ [MDL]	HC14f
Home care		
Please think about home care from family members and/or friends because of an NCD you have.		
During the **past 30 days**, has a **family member or friend provided care** for you at home due to your NCD?	Yes 1 No 2 *If No, go to HC17*	HC15
During the **past 30 days**, how many **hours per week** have they provided care for you? *Don't know 777*	Hours per week └─┴─┴─┘ hrs	HC16
Loss of productivity		
Please think about time during which you couldn't carry out your usual activities (for example, work, work at home, study) because of an NCD you have.		
During the **past 30 days**, have you **missed any of your usual activity time** (work, work at home, study) due to an NCD?	Yes 1 No 2 *If No, go to [next section]*	HC17
During the **past 30 days**, **how many days** of your usual activity have you missed due to an NCD? *Don't know 77*	Number of days └─┴─┘ days	HC18

Step 2 Physical measurements

CORE: Blood pressure		
Question	**Response**	**Code**
Interviewer ID	⌊__⌋⌊__⌋⌊__⌋	M1
Device ID for blood pressure	⌊__⌋⌊__⌋	M2
Reading 1	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M4a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M4b
Reading 2	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M5a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M5b
Reading 3	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M6a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋	M6b
During the past 2 weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	M7
CORE: Height and weight		
For women: Are you pregnant?	Yes 1 *If Yes, go to M 16* No 2	M8
Interviewer ID	⌊__⌋⌊__⌋⌊__⌋	M9
Device IDs for height and weight	⌊__⌋⌊__⌋	M10a
Height	in Centimetres (cm) ⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M11
Weight *If too large for scale, 666.6*	in Kilograms (kg) ⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M12
CORE: Waist		
Device ID for waist	⌊__⌋⌊__⌋	M13
Waist circumference	in Centimetres (cm) ⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M14

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

Step 3 Biochemical measurements

CORE: Blood glucose		
Question	**Response**	**Code**
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
Health professional ID	⌊__⌋⌊__⌋⌊__⌋	B2
Device ID	⌊__⌋⌊__⌋	B3
Time of day blood specimen taken (24-hour clock)	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ (hrs : mins)	B4
Fasting blood glucose	mmol/l ⌊__⌋⌊__⌋ . ⌊__⌋⌊__⌋	B5
Today, have you taken insulin or other medication that have been prescribed by a doctor or other health worker for raised blood glucose?	Yes 1 No 2	B6
CORE: Blood lipids		
Device ID	⌊__⌋⌊__⌋	B7
Total cholesterol	mmol/l ⌊__⌋⌊__⌋ . ⌊__⌋⌊__⌋	B8
During the past 2 weeks, have you been treated for raised cholesterol with medication prescribed by a doctor or other health worker?	Yes 1 No 2	B9

EXPANDED: high-density lipoprotein (HDL) cholesterol		
HDL cholesterol	mmol/l ⌊__⌋ . ⌊__⌋⌊__⌋	B11

ANNEX 3

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN THE REPUBLIC OF MOLDOVA STEPS 2013

Data book

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Demographic indicators

Age group by sex

Description

Summary information by age group and sex of the respondents

Instrument questions

- Sex
- Date of birth

Age group and sex of respondents						
Age group (years)	Men		Women		Both sexes	
	n	%	n	%	n	%
18–29	329	38.8	519	61.2	848	17.6
30–44	473	38.4	760	61.6	1 233	25.7
45–59	678	40.2	1010	59.8	1 688	35.1
60–69	347	33.4	691	66.6	1 038	21.6
18–69	**1 827**	**38.0**	**2 980**	**62.0**	**4 807**	**100.0**

Education

Description

Mean number of years of education among respondents

Instrument question

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

Mean number of years of education						
Age group (years)	Men		Women		Both sexes	
	n	Mean no. of years	n	Mean no. of years	n	Mean no. of years
18–29	329	12.4	518	12.3	847	12.3
30–44	472	11.8	759	12.3	1 231	12.1
45–59	674	11.4	1 007	11.5	1 681	11.4
60–69	345	11.2	687	10.8	1 032	10.9
18–69	**1 820**	**11.6**	**2 971**	**11.7**	**4 791**	**11.7**

Highest level of education

Description

Highest level of education achieved by the survey respondents.

Instrument question

- What is the highest level of education you have completed?

Highest level of education							
	Men						
Age group (years)	n	Without formal schooling/ not completed primary school (%)	Primary school completed (%)	Gymnasium completed (%)	Secondary school/lyceum completed (%)	College/ vocational school completed (%)	University/ postgraduate degree completed (%)
18–29	329	0.3	0.9	18.8	27.7	24.0	28.3
30–44	471	0.6	0.6	18.9	20.2	36.3	23.4
45–59	675	0.0	0.4	12.0	27.1	44.7	15.7
60–69	345	0.6	2.0	18.8	20.0	39.4	19.1
18–69	**1 820**	**0.3**	**0.9**	**16.3**	**24.1**	**37.8**	**20.6**

Highest level of education							
	Women						
Age group (years)	n	Without formal schooling/ not completed primary school (%)	Primary school completed (%)	Gymnasium completed (%)	Secondary school/lyceum completed (%)	College/ vocational school completed (%)	University/ postgraduate degree completed (%)
18–29	517	0.4	1.2	21.1	25.5	21.7	30.2
30–44	755	0.5	0.3	15.8	22.4	32.3	28.7
45–59	1 007	0.8	0.5	10.7	27.4	42.7	17.9
60–69	686	0.9	2.2	27.6	18.5	33.8	17.1
18–69	**2 965**	**0.7**	**0.9**	**17.7**	**23.7**	**34.3**	**22.6**

Highest level of education							
	Both sexes						
Age group (years)	n	Without formal schooling/ not completed primary school (%)	Primary school completed (%)	Gymnasium completed (%)	Secondary school/lyceum completed (%)	College/ vocational school completed (%)	University/ postgraduate degree completed (%)
18–29	846	0.4	1.1	20.2	26.4	22.6	29.4
30–44	1 226	0.6	0.4	17.0	21.5	33.8	26.7
45–59	1 682	0.5	0.5	11.2	27.3	43.5	17.0
60–69	1 031	0.8	2.1	24.6	19.0	35.7	17.7
18–69	**4 785**	**0.5**	**0.9**	**17.2**	**23.9**	**35.7**	**21.8**

Ethnicity

Description

Summary results for the ethnicity of the respondents

Instrument question

- What is your *[insert relevant ethnic group/racial group/cultural subgroup/others]* background?

Ethnic group of respondents							
Age group (years)	Both sexes						
	n	Ethnic Romanian/ Moldovan (%)	Ethnic Russian (%)	Ethnic Ukrainian (%)	Ethnic Gagauz (%)	Ethnic Roma (%)	Other ethnic group (%)
18–29	848	80.3	8.3	4	4.4	0.5	2.6
30–44	1 231	79.4	8.9	5.4	3.4	0.3	2.5
45–59	1 682	76.8	8.4	7.4	4.2	0.7	2.6
60–69	1 034	73.7	10.3	9.5	3.3	0.6	2.7
18–69	**4 795**	**77.4**	**8.9**	**6.7**	**3.8**	**0.5**	**2.6**

Martial status

Description

Marital status of survey respondents

Instrument question

- What is your marital status?

Marital status							
Age group (years)	Men						
	n	Never married (%)	Currently married (%)	Separated (%)	Divorced (%)	Widowed (%)	Cohabiting (%)
18–29	328	57.3	35.1	3.7	1.5	0.0	2.4
30–44	466	10.3	74.0	4.1	7.9	0.2	3.4
45–59	668	3.4	75.9	3.3	9.4	5.5	2.4
60–69	345	0.3	73.9	1.4	6.4	16.2	1.7
18–69	**1 807**	**14.4**	**67.6**	**3.2**	**7.0**	**5.2**	**2.5**

Marital status							
Age group (years)	Women						
	n	Never married (%)	Currently married (%)	Separated (%)	Divorced (%)	Widowed (%)	Cohabiting (%)
18–29	518	34.6	56.6	1.5	2.9	0.2	4.2
30–44	751	5.6	78.0	2.1	8.1	2.7	3.5
45–59	997	2.0	65.8	2.4	12.0	15.3	2.4
60–69	680	2.2	46.5	1.9	6.3	42.5	0.6
18–69	**2 946**	**8.7**	**62.8**	**2.1**	**8.1**	**15.7**	**2.6**

Marital status							
Age group (years)	Both sexes						
	n	Never married (%)	Currently married (%)	Separated (%)	Divorced (%)	Widowed (%)	Cohabiting (%)
18–29	846	43.4	48.2	2.4	2.4	0.1	3.5
30–44	1 217	7.4	76.5	2.9	8.1	1.7	3.5
45–59	1 665	2.6	69.8	2.8	11.0	11.4	2.4
60–69	1 025	1.6	55.7	1.8	6.3	33.7	1.0
18–69	**4 753**	**10.9**	**64.7**	**2.5**	**7.7**	**11.7**	**2.6**

Employment status

Description

Proportion of respondents in paid employment and those who are unpaid *(unpaid includes individuals who are non-paid, students, home-makers, retired people, and unemployed individuals)*

Instrument question

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

Employment status					
Age group (years)	Men				
	n	Government employee (%)	Non-government employee (%)	Self-employed (%)	Unpaid (%)
18–29	328	13.7	22.6	14.3	49.4
30–44	467	22.1	29.3	20.8	27.8
45–59	673	22.6	21.7	19.3	36.4
60–69	347	16.4	10.1	4.0	69.5
18–69	**1 815**	**19.7**	**21.6**	**15.9**	**42.9**

Employment status					
Age group (years)	Women				
	n	Government employee (%)	Non-government employee (%)	Self-employed (%)	Unpaid (%)
18–29	518	12.2	12.9	4.2	70.7
30–44	756	30.7	21.2	8.3	39.8
45–59	1 005	30.6	17.5	8.9	43.0
60–69	687	10.5	2.9	1.0	85.6
18–69	**2 966**	**22.8**	**14.3**	**6.1**	**56.9**

Employment status					
Age group (years)	Men				
	n	Government employee (%)	Non-government employee (%)	Self-employed (%)	Unpaid (%)
18–29	846	12.8	16.7	8.2	62.4
30–44	1 223	27.4	24.3	13.1	35.2
45–59	1 678	27.4	19.2	13.1	40.3
60–69	1 034	12.5	5.3	2.0	80.2
18–69	**4 781**	**21.6**	**17.0**	**9.8**	**51.6**

Unpaid work and unemployed

Description

Proportion of respondents in unpaid work

Instrument question

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

Unpaid work and unemployed							
Age group (years)	Men						
	n	Non-paid (%)	Student (%)	Home-maker (%)	Retired (%)	Unemployed	
						Able to work (%)	Not able to work (%)
18–29	162	6.2	52.5	9.9	0.0	29.0	2.5
30–44	130	2.3	0.0	25.4	9.2	57.7	5.4
45–59	245	3.3	0.0	24.5	23.7	41.6	6.9
60–69	241	0.4	0.0	7.1	84.2	5.8	2.5
18–69	**778**	**2.8**	**10.9**	**16.2**	**35.1**	**30.6**	**4.4**

Unpaid work and unemployed							
Age group (years)	Women						
	n	Non-paid (%)	Student (%)	Home-maker (%)	Retired (%)	Unemployed	
						Able to work (%)	Not able to work (%)
18–29	366	0.8	35.5	54.6	0.3	8.2	0.5
30–44	301	1.3	1.3	67.8	2.3	22.3	5.0
45–59	432	3.0	0.0	33.6	41.7	16.7	5.1
60–69	588	0.3	0.0	2.9	94.6	1.2	1.0
18–69	**1 687**	**1.3**	**7.9**	**33.6**	**44.1**	**10.4**	**2.7**

Unpaid work and unemployed							
Age group (years)	Both sexes						
	n	Non-paid (%)	Student (%)	Home-maker (%)	Retired (%)	Unemployed	
						Able to work (%)	Not able to work (%)
18–29	528	2.5	40.7	40.9	0.2	14.6	1.1
30–44	431	1.6	0.9	55.0	4.4	32.9	5.1
45–59	677	3.1	0.0	30.3	35.2	25.7	5.8
60–69	829	0.4	0.0	4.1	91.6	2.5	1.4
18–69	**2 465**	**1.8**	**8.9**	**28.1**	**41.3**	**16.8**	**3.2**

Per capita annual income

Description

Mean reported per capita annual income of respondents in local currency

Instrument questions

- How many people older than 18 years, including yourself, live in your household?
- Taking the past year, can you tell me what the average earning of the household has been?

Mean annual per capita income	
n	Mean (MDL)
3 845	**28 762.2**

Estimated household earnings

Description

Summary of participant household earnings by quintile

Instrument question

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

Estimated household earnings per month					
n	Quintile 1 (≤ MDL 1500) (%)	Quintile 2 (MDL 1501–2500) (%)	Quintile 3 (MDL 2501–3800) (%)	Quintile 4 (MDL 3801–5700) (%)	Quintile 5 (> MDL 5700) (%)
394	**42.1**	**24.1**	**12.7**	**8.4**	**12.7**

Tobacco use

Current smoking

Description
Percentage of current smokers among all respondents

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

Percentage of current smokers									
Age group (years)	Men			Women			Both sexes		
	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI
18–29	327	44.5	38.1–50.9	515	7.4	4.8–10.0	842	27.4	23.2–31.5
30–44	471	47.9	42.9–52.9	758	6.6	4.7–8.5	1 229	28.9	25.7–32.1
45–59	675	42.0	37.3–46.8	1 005	4.0	2.7–5.3	1 680	22.3	19.6–24.9
60–69	346	30.6	25.5–35.7	684	1.8	0.9–2.8	1 030	16.1	13.3–18.9
18–69	**1 819**	**43.6**	**40.6–46.7**	**2 962**	**5.6**	**4.5–6.7**	**4 781**	**25.3**	**23.4–27.2**

Percentage of current smokers									
	Men			Women			Both sexes		
	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI	n	Current smoker (%)	95% CI
Rural	809	44.3	39.7–48.9	1 226	1.3	0.3–2.2	2 035	23.9	21.1–26.7
Urban	1 010	42.9	39.0–46.7	1 736	10.4	8.4–12.5	2 746	27.0	24.5–29.4
Total	**1 819**	**43.6**	**40.6–46.7**	**2 962**	**5.6**	**4.5–6.7**	**4 781**	**25.3**	**23.4–27.2**

Smoking status

Description

Smoking status of all respondents

Instrument questions

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

Smoking status									
Age group (years)	Men								
	n	Current smokers				Non-smokers			
		Daily smokers (%)	95% CI	Non-daily smokers (%)	95% CI	Former smokers (%)	95% CI	Non-smokers (never smoked) (%)	95% CI
18–29	327	40.1	33.8–46.4	4.4	1.7–7.1	11.3	7.9–14.8	44.2	37.5–50.8
30–44	471	44.7	39.6–49.7	3.2	1.2–5.3	18.5	14.7–22.4	33.6	29.0–38.1
45–59	675	40.4	35.8–45.0	1.6	0.7–2.5	27.8	23.2–32.5	30.2	25.6–34.7
60–69	346	29.3	24.3–34.4	1.3	0.0–2.5	32.2	26.1–38.3	37.2	31.3–43.1
18–69	**1 819**	**40.6**	**37.5–43.7**	**3.1**	**1.9–4.2**	**19.6**	**17.3–21.9**	**36.8**	**33.6–39.9**

Smoking status									
Age group (years)	Women								
	n	Current smokers				Non-smokers			
		Daily smokers (%)	95% CI	Non-daily smokers (%)	95% CI	Former smokers (%)	95% CI	Non-smokers (never smoked) (%)	95% CI
18–29	515	6.5	4.0–9.0	0.9	0.3–1.6	8.8	6.4–11.3	83.7	80.2–87.2
30–44	758	5.3	3.6–7.0	1.3	0.5–2.2	6.6	4.4–8.7	86.8	84.1–89.6
45–59	1 005	2.9	1.8–4.1	1.1	0.4–1.8	2.4	1.5–3.2	93.6	92.0–95.2
60–69	684	1.8	0.9–2.8	0.0	0.0–0.0	1.7	0.7–2.7	96.5	95.0–97.9
18–69	**2 962**	**4.6**	**3.6–5.6**	**1.0**	**0.6–1.4**	**5.6**	**4.5–6.6**	**88.8**	**87.2–90.4**

Smoking status									
Age group (years)	Both sexes								
	n	Current smokers				Non-smokers			
		Daily smokers (%)	95% CI	Non-daily smokers (%)	95% CI	Former smokers (%)	95% CI	Non-smokers (never smoked) (%)	95% CI
18–29	842	24.6	20.5–28.6	2.8	1.3–4.3	10.2	8.0–12.4	62.5	58.1–66.8
30–44	1 229	26.5	23.4–29.7	2.4	1.1–3.6	13.0	10.7–15.3	58.1	54.8–61.4
45–59	1 680	20.9	18.4–23.5	1.3	0.8–1.9	14.6	12.2–17.0	63.1	60.0–66.3
60–69	1 030	15.5	12.6–18.3	0.6	0.0–1.2	16.8	13.5–20.1	67.1	63.3–70.9
18–69	**4 781**	**23.3**	**21.4–25.1**	**2.1**	**1.4–2.7**	**12.8**	**11.5–14.1**	**61.8**	**59.7–63.9**

Daily smoking

Description
Percentage of current daily smokers among smokers

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

Current daily smokers among smokers									
Age group (years)	Men			Women			Both sexes		
	n	Daily smokers (%)	95% CI	n	Daily smokers (%)	95% CI	n	Daily smokers (%)	95% CI
18–29	145	90.1	84.2–96.0	45	87.3	78.3–96.3	190	89.8	84.5–95.0
30–44	223	93.2	89.0–97.5	65	80.0	68.2–91.9	288	91.8	87.6–96.1
45–59	300	96.2	94.1–98.2	50	73.2	57.7–88.7	350	94.0	91.6–96.4
60–69	108	95.8	91.9–99.8	17	100.0	100.0–100.0	125	96.1	92.3–99.8
18–69	**776**	**93.0**	**90.3–95.7**	**177**	**82.3**	**76.0–88.7**	**953**	**91.9**	**89.4–94.3**

Initiation and duration of smoking

Description
Mean age at which respondents started smoking and mean duration of smoking, in years, among smokers
(no total age group for mean duration of smoking as age influences these values)

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

Mean age of starting smoking									
Age group (years)	Men			Women			Both sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18–29	128	17.0	16.4–17.6	37	17.7	16.0–19.3	165	17.1	16.5–17.6
30–44	208	17.8	17.2–18.4	51	20.0	18.1–21.9	259	18.0	17.4–18.6
45–59	280	17.7	17.0–18.3	34	22.4	20.0–24.9	314	18.0	17.3–18.6
60–69	98	17.7	16.4–19.1	17	24.5	19.0–30.0	115	18.1	16.8–19.5
18–69	**714**	**17.5**	**17.1–17.8**	**139**	**19.5**	**18.3–20.6**	**853**	**17.7**	**17.3–18.0**

Mean duration of smoking									
Age group (years)	Men			Women			Both sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18–29	128	7.3	6.6–8.1	37	6.3	4.5–8.2	165	7.2	6.5–7.9
30–44	208	18.9	18.0–19.7	51	16.6	14.1–19.1	259	18.6	17.8–19.4
45–59	280	34.5	33.6–35.3	34	29.0	25.8–32.2	314	34.1	33.3–34.9
60–69	98	45.4	43.9–46.8	17	39.1	33.5–44.6	115	45.0	43.6–46.4
18–69	**714**	**20.6**	**19.4–21.8**	**139**	**14.7**	**12.2–17.1**	**853**	**20.0**	**18.9–21.1**

Manufactured cigarette smokers

Description

Percentage of smokers who smoke manufactured cigarettes among daily smokers and among current smokers

Instrument questions

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

Manufactured cigarette smokers among daily smokers									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	131	99.3	97.8–100.0	37	100.0	100.0–100.0	168	99.3	98.1–100.0
30–44	211	99.6	98.9–100.0	51	99.1	97.4–100.0	262	99.5	98.9–100.0
45–59	286	96.9	94.1–99.8	39	100.0	100.0–100.0	325	97.2	94.5–99.8
60–69	103	100.0	100.0–100.0	17	100.0	100.0–100.0	120	100	100.0–100.0
18–69	**731**	**98.8**	**97.9–99.7**	**144**	**99.7**	**99.2–100.0**	**875**	**98.9**	**98.1–99.7**

Manufactured cigarette smokers among current smokers									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	144	99.3	98.0–100.0	45	100	100.0–100.0	189	99.4	98.2–100.0
30–44	221	99.6	99.0–100.0	63	99.3	97.9–100.0	284	99.6	99.0–100.0
45–59	298	96.8	94.0–99.6	49	100	100.0–100.0	347	97.1	94.5–99.6
60–69	107	100	100.0–100.0	17	100	100.0–100.0	124	100	100.0–100.0
18–69	**770**	**98.8**	**98.0–99.7**	**174**	**99.8**	**99.3–100.0**	**944**	**98.9**	**98.1–99.7**

Current tobacco users

Description

Percentage of daily and current (daily plus non-daily) tobacco smokers, including smoking and smokeless tobacco, among all respondents

Instrument questions

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

Current tobacco users

Age group (years)	Men			Women			Both sexes		
	n	Current smokers (%)	95% CI	n	Current smokers (%)	95% CI	n	Current smokers (%)	95% CI
18–29	326	44.6	38.2–51.1	515	7.5	4.9–10.1	841	27.4	23.3–31.6
30–44	471	47.9	42.9–52.9	758	6.6	4.7–8.5	1 229	28.9	25.7–32.1
45–59	675	42.0	37.3–46.8	1 004	4.0	2.7–5.3	1 679	22.3	19.6–25.0
60–69	346	30.6	25.5–35.7	684	1.8	0.9–2.8	1 030	16.1	13.3–18.9
18–69	**1 818**	**43.7**	**40.6–46.7**	**2 961**	**5.7**	**4.5–6.8**	**4 779**	**25.4**	**23.5–27.3**

Daily tobacco users

Age group (years)	Men			Women			Both sexes		
	n	Daily smokers (%)	95% CI	n	Daily smokers (%)	95% CI	n	Daily smokers (%)	95% CI
18–29	326	40.2	33.9–46.6	515	6.5	4.0–9.0	841	24.6	20.6–28.6
30–44	471	44.7	39.6–49.7	758	5.3	3.6–7.0	1 229	26.5	23.4–29.7
45–59	675	40.4	35.8–45.0	1 004	2.9	1.8–4.1	1 679	20.9	18.4–23.5
60–69	346	29.3	24.3–34.4	684	1.8	0.9–2.8	1 030	15.5	12.6–18.3
18–69	**1 818**	**40.6**	**37.5–43.8**	**2 961**	**4.6**	**3.6–5.6**	**4 779**	**23.3**	**21.4–25.2**

Amount of tobacco smoked among daily smokers by type

Description

Mean amount of tobacco smoked by daily smokers per day, by type

Instrument questions

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

Mean amount of tobacco smoked by daily smokers, by type						
Age group (years)	Men					
	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of other type of tobacco	95% CI
18–29	131	16.1	14.5–17.7	131	1.0	0.1–1.8
30–44	209	16.6	15.1–18.2	207	0.3	0.0–0.6
45–59	284	19.8	18.5–21.2	285	0.0	0.0–0.0
60–69	103	15.8	14.1–17.5	102	0.6	0.1–1.1
18–69	727	17.2	16.3–18.2	725	0.5	0.2–0.8

Mean amount of tobacco used by daily smokers, by type						
Age group (years)	Women					
	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of other type of tobacco	95% CI
18–29	37	9.2	7.2–11.2	37	0.6	0.0–1.1
30–44	50	13.1	8.9–17.3	52	0.1	0.0–0.3
45–59	39	13.7	11.7–15.7	39	0.0	–*
60–69	17	13.2	10.0–16.4	17	0.0	–*
18–69	143	11.4	9.6–13.2	145	0.3	0.0–0.6

* – denotes data not available.

Mean amount of tobacco used by daily smokers, by type						
Age group (years)	Both sexes					
	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of other type of tobacco	95% CI
18–29	168	15.3	13.8–16.8	168	0.9	0.2–1.6
30–44	259	16.3	14.9–17.7	259	0.3	0.1–0.6
45–59	323	19.4	18.1–20.6	324	0.0	0.0–0.0
60–69	120	15.6	14.0–17.3	119	0.6	0.1–1.1
18–69	870	16.7	15.8–17.6	870	0.5	0.2–0.8

Smoked tobacco consumption

Description

Percentage of current smokers who smoke each of the following products

Instrument questions

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

Percentage of current smokers smoking each of the following products							
Age group (years)	Men						
	n	Manufactured cigarettes (%)	95% CI	Hand-rolled cigarettes (%)	95% CI	Tobacco pipes (%)	95% CI
18–29	145	99.0	97.5–100.0	6.1	0.0–13.5	0.0	–*
30–44	223	97.9	95.5–100.0	3.4	0.4–6.4	0.6	0.0–1.4
45–59	300	96.3	93.4–99.2	1.0	0.0–2.1	0.5	0.0–1.5
60–69	108	98.4	95.3–100.0	8.2	2.1–14.4	0.0	0.0–0.0
18–69	776	97.9	96.7–99.1	4.1	1.2–7.0	0.3	0.0–0.7

* – denotes data not available.

Percentage of current smokers smoking each of the following products							
Age group (years)	Men						
	n	Cigars (%)	95% CI	Shisha (%)	95% CI	Other (%)	95% CI
18–29	145	2.2	0.0–4.4	8.3	3.6–13.1	0.0	–*
30–44	223	0.0	–*	3.0	0.4–5.6	0.0	–*
45–59	300	0.2	0.0–0.6	0.7	0.0–1.8	0.3	0.0–0.8
60–69	108	0.0	0.0–0.0	0.0	–*	0.0	0.0–0.0
18–69	776	0.9	0.1–1.7	4.2	2.2–6.1	0.1	0.0–0.2

* – denotes data not available

Percentage of current smokers smoking each of the following products							
Age group (years)	Women						
	n	Manufactured cigarettes (%)	95% CI	Hand-rolled cigarettes (%)	95% CI	Tobacco pipes (%)	95% CI
18–29	45	100.0	100.0–100.0	0.0	–*	0.0	–*
30–44	65	97.9	95.4–100.0	0.0	–*	0.0	–*
45–59	50	97.1	91.3–100.0	0.0	–*	0.0	–*
60–69	17	100.0	100.0–100.0	0.0	–*	0.0	–*
18–69	177	98.7	97.2–100.0	0.0	–*	0.0	–*

* – denotes data not available.

Percentage of current smokers smoking each of the following products							
Age group (years)	Women						
	N	Cigars (%)	95% CI	Shisha (%)	95% CI	Other (%)	95% CI
18–29	45	1.7	0.0–5.1	13.5	0.2–26.8	0.0	–*
30–44	65	0.0	–*	4.7	0.0–10.2	0.0	–*
45–59	50	0.0	–*	0.0	–*	0.0	–*
60–69	17	0.0	–*	0.0	–*	0.0	–*
18–69	177	0.7	0.0–2.2	7.3	1.1–13.6	0.0	–*

* – denotes data not available.

Percentage of current smokers smoking each of the following products							
Age group (years)	Both sexes						
	n	Manufactured cigarettes (%)	95% CI	Hand-rolled cigarettes (%)	95% CI	Tobacco pipes (%)	95% CI
18–29	190	99.1	97.8–100.0	5.3	0.0–11.9	0.0	–*
30–44	288	97.9	95.7–100.0	3.0	0.4–5.7	0.5	0.0–1.3
45–59	350	96.4	93.7–99.0	0.9	0.0–1.9	0.4	0.0–1.3
60–69	125	98.5	95.6–100.0	7.7	1.9–13.5	0.0	–*
18–69	953	98.0	96.9–99.1	3.6	1.0–6.3	0.3	0.0–0.6

* – denotes data not available.

Percentage of current smokers smoking each of the following products							
Age group (years)	Both sexes						
	n	Cigars (%)	95% CI	Shisha (%)	95% CI	Other (%)	95% CI
18–29	190	2.2	0.2–4.1	9.0	4.5–13.4	0.0	–*
30–44	288	0.0	–*	3.2	0.8–5.6	0.0	–*
45–59	350	0.2	0.0–0.6	0.6	0.0–1.6	0.3	0.0–0.8
60–69	125	0.0	–*	0.0	–*	0.0	–*
18–69	953	0.8	0.1–1.6	4.5	2.6–6.4	0.1	0.0–0.2

* – denotes data not available.

Frequency of daily cigarette smoking

Description

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

Instrument questions

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

Percentage of daily smokers smoking given quantities per day											
Age group (years)	Men										
	n	<5 cig's (%)	95% CI	5–9 cig's (%)	95% CI	10–14 cig's (%)	95% CI	15–24 cig's (%)	95% CI	≥ 25 cig's (%)	95% CI
18–29	130	5.3	0.4–10.2	7.6	2.7–12.5	20.0	12.0–28.0	58.3	48.4–68.2	8.7	0.4–17.1
30–44	206	4.1	1.1–7.1	9.1	4.4–13.9	26.1	18.5–33.7	50.0	41.7–58.3	10.7	6.0–15.3
45–59	281	1.9	0.4–3.4	5.1	2.7–7.5	13.9	9.2–18.5	59.5	52.5–66.5	19.6	14.2–25.0
60–69	103	4.1	0.0–8.6	7.8	1.7–13.9	30.6	19.9–41.2	46.9	35.5–58.4	10.6	4.4–16.8
18–69	720	4.0	1.8–6.2	7.5	5.1–9.9	21.2	17.1–25.3	55.1	50.4–59.9	12.2	8.5–15.9

Note. Cig's: cigarettes.

Percentage of daily smokers smoking given quantities per day											
Age group (years)	Women										
	n	<5 cig's (%)	95% CI	5–9 cig's (%)	95% CI	10–14 cig's (%)	95% CI	15–24 cig's (%)	95% CI	≥ 25 cig's (%)	95% CI
18–29	37	14.8	3.0–26.6	35.9	15.7–56.1	34.0	14.3–53.7	11.7	0.7–22.7	3.6	0.0–10.5
30–44	50	18.9	5.0–32.8	21.2	8.3–34.2	28.1	11.7–44.5	21.5	8.8–34.1	10.3	0.0–22.9
45–59	39	11.0	1.1–20.9	10.1	0.0–20.9	29.6	15.5–43.8	45.7	29.4–62.0	3.6	0.0–9.4
60–69	17	14.0	0.5–27.5	11.1	0.0–26.2	22.9	0.9–44.8	52.0	26.4–77.6	0.0	0.0–0.0
18–69	143	15.3	7.8–22.8	25.5	14.6–36.4	30.9	19.9–41.9	22.8	14.5–31.1	5.5	0.2–10.8

Note. Cig's: cigarettes.

Percentage of daily smokers smoking given quantities per day											
Age group (years)	Both sexes										
	n	<5 cig's (%)	95% CI	5–9 cig's (%)	95% CI	10–14 cig's (%)	95% CI	15–24 cig's (%)	95% CI	≥ 25 cig's (%)	95% CI
18–29	167	6.5	2.0–11.0	11.1	5.3–16.9	21.7	14.3–29.2	52.6	43.5–61.6	8.1	0.7–15.5
30–44	256	5.5	2.5–8.5	10.3	5.5–15.0	26.3	19.2–33.3	47.4	39.7–55.1	10.6	6.2–15.0
45–59	320	2.6	1.0–4.2	5.5	3.1–7.9	15.1	10.6–19.5	58.5	51.9–65.0	18.4	13.4–23.4
60–69	120	4.7	0.3–9.0	8.0	2.2–13.8	30.1	20.0–40.2	47.2	36.3–58.2	10.0	4.1–15.8
18–69	863	5.1	3.0–7.2	9.2	6.6–11.9	22.1	18.2–26.0	52.0	47.6–56.4	11.6	8.1–15.0

Note. Cig's: cigarettes.

Former daily smokers and former smokers

Description

Percentage of former daily smokers among all respondents and among respondents who have ever been daily smokers, as well as mean duration in years since former smokers stopped smoking

Instrument questions

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

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

Age group (years)	Men			Women			Both sexes		
	n	Former daily smokers (%)	95% CI	n	Former daily smokers (%)	95% CI	n	Former daily smokers (%)	95% CI
18–29	327	7.5	4.2–10.8	515	2.4	1.1–3.6	842	5.2	3.3–7.0
30–44	471	15.1	11.4–18.7	758	3.6	1.8–5.3	1 229	9.8	7.6–11.9
45–59	675	24.0	19.6–28.4	1 005	1.8	1.0–2.7	1 680	12.5	10.2–14.8
60–69	346	25.8	20.3–31.3	684	1.0	0.2–1.9	1 030	13.3	10.5–16.2
18–69	**1 819**	**15.7**	**13.5–17.8**	**2 962**	**2.4**	**1.6–3.2**	**4 781**	**9.3**	**8.1–10.4**

Former daily smokers (who don't smoke currently) among respondents that have even been daily smokers

Age group (years)	Men			Women			Both sexes		
	n	Former daily smokers (%)	95% CI	n	Former daily smokers (%)	95% CI	n	Former daily smokers (%)	95% CI
18–29	159	15.8	9.4–22.3	53	26.8	13.8–39.7	212	17.3	11.5–23.2
30–44	282	25.2	19.4–31.0	78	40.2	25.8–54.6	360	26.9	21.5–32.3
45–59	433	37.2	31.2–43.3	62	38.4	23.9–52.9	495	37.3	31.6–43.1
60–69	191	46.8	38.8–54.8	24	36.3	15.0–57.6	215	46.3	38.6–54.0
18–69	**1 065**	**27.8**	**24.4–31.3**	**217**	**34.2**	**26.3–42.1**	**1 282**	**28.5**	**25.3–31.7**

Mean years since cessation

Age group (years)	Men			Women			Both sexes		
	n	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
18–29	48	5.4	3.7–7.0	53	5.4	4.2–6.6	101	5.4	4.3–6.5
30–44	89	13.2	11.0–15.3	48	11.8	9.6–13.9	137	12.8	11.1–14.5
45–59	167	21.0	18.4–23.5	34	19.1	13.9–24.3	201	20.8	18.4–23.2
60–69	103	31.1	27.5–34.7	13	32.7	25.5–39.9	116	31.2	27.8–34.7
18–69	**407**	**16.9**	**15.3–18.6**	**148**	**10.0**	**8.5–11.6**	**555**	**15.5**	**14.1–16.9**

Cessation

Description

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

Instrument questions

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

Current smokers who have tried to stop smoking									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	145	37.5	28.9–46.1	45	32.6	18.5–46.8	190	36.9	29.1–44.7
30–44	223	43.7	36.2–51.1	65	40.9	27.1–54.8	288	43.4	36.6–50.2
45–59	300	36.9	30.5–43.4	50	28.7	15.8–41.7	350	36.2	30.1–42.2
60–69	108	45.3	33.9–56.7	17	38.3	10.2–66.4	125	44.9	34.1–55.7
18–69	**776**	**39.9**	**35.6–44.2**	**177**	**34.7**	**26.3–43.0**	**953**	**39.3**	**35.3–43.3**

Advice to stop smoking

Description

Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among smokers who have visited a doctor or other health worker in the past 12 months

Instrument questions

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

Current smokers who have been advised to stop smoking									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	103	31.6	21.7–41.5	37	23.8	7.6–40.1	140	30.5	21.7–39.4
30–44	158	62.3	53.5–71.1	50	50.7	34.9–66.4	208	61.0	53.0–69.1
45–59	210	51.2	42.6–59.9	36	47.9	28.5–67.3	246	50.9	42.8–59.0
60–69	80	66.3	54.0–78.7	15	69.5	43.5–95.6	95	66.6	54.9–78.2
18–69	**551**	**49.2**	**43.5–55.0**	**138**	**39.3**	**27.7–50.8**	**689**	**48.1**	**42.8–53.4**

Current smokers of smokeless tobacco

Description

Percentage of current smokers of smokeless tobacco among all respondents

Instrument question

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

Current smokers of smokeless tobacco									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	326	0.0	0.0–0.0	515	0.1	0.0–0.2	841	0.0	0.0–0.1
30–44	471	0.1	0.0–0.4	758	0.0	0.0–0.0	1 229	0.1	0.0–0.2
45–59	675	0.1	0.0–0.3	1 004	0.0	0.0–0.0	1 679	0.0	0.0–0.1
60–69	346	0.0	0.0–0.0	684	0.0	0.0–0.0	1 030	0.0	0.0–0.0
18–69	**1 818**	**0.1**	**0.0–0.2**	**2 961**	**0.0**	**0.0–0.1**	**4 779**	**0.0**	**0.0–0.1**

Status of smokeless tobacco use

Description

Smokeless tobacco use status among all respondents

Instrument questions

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

Smokeless tobacco use

Age group (years)	Men								
	n	Current user				Non-user			
		Daily user (%)	95% CI	Non-daily user (%)	95% CI	Past user (%)	95% CI	Never used (%)	95% CI
18–29	326	0.0	0.0–0.0	0.0	0.0–0.0	0.4	0.0–1.2	99.6	98.8–100.0
30–44	471	0.0	0.0–0.0	0.1	0.0–0.4	0.5	0.0–1.3	99.3	98.5–100.0
45–59	675	0.0	0.0–0.0	0.1	0.0–0.3	0.6	0.0–1.3	99.3	98.6–100.0
60–69	346	0.0	0.0–0.0	0.0	0.0–0.0	0.3	0.0–0.8	99.7	99.2–100.0
18–69	**1 818**	**0.0**	**0.0–0.0**	**0.1**	**0.0–0.2**	**0.5**	**0.1–0.9**	**99.5**	**99.0–99.9**

Smokeless tobacco use

Age group (years)	Women								
	n	Current user				Non-user			
		Daily user (%)	95% CI	Non-daily user (%)	95% CI	Past user (%)	95% CI	Never used (%)	95% CI
18–29	515	0.0	0.0–0.0	0.1	0.0–0.2	0.1	0.0–0.4	99.8	99.4–100.0
30–44	758	0.0	0.0–0.0	0.0	0.0–0.0	0.1	0.0–0.3	99.9	99.7–100.0
45–59	1 004	0.0	0.0–0.0	0.0	0.0–0.0	0.0	0.0–0.0	100.0	100.0–100.0
60–69	684	0.0	0.0–0.0	0.0	0.0–0.0	0.0	0.0–0.0	100.0	100.0–100.0
18–69	**2 961**	**0.0**	**0.0–0.0**	**0.0**	**0.0–0.1**	**0.1**	**0.0–0.2**	**99.9**	**99.8–100.0**

Smokeless tobacco use

Age group (years)	Both sexes								
	n	Current user				Non-user			
		Daily user (%)	95% CI	Non-daily user (%)	95% CI	Past user (%)	95% CI	Never used (%)	95% CI
18–29	841	0.0	0.0–0.0	0.0	0.0–0.1	0.3	0.0–0.7	99.7	99.2–100.0
30–44	1 229	0.0	0.0–0.0	0.1	0.0–0.2	0.3	0.0–0.7	99.6	99.2–100.0
45–59	1 679	0.0	0.0–0.0	0.0	0.0–0.1	0.3	0.0–0.6	99.7	99.3–100.0
60–69	1 030	0.0	0.0–0.0	0.0	0.0–0.0	0.1	0.0–0.4	99.9	99.6–100.0
18–69	**4 779**	**0.0**	**0.0–0.0**	**0.0**	**0.0–0.1**	**0.3**	**0.1–0.5**	**99.7**	**99.4–99.9**

Former daily users of smokeless tobacco

Description

Percentage of former daily users of smokeless tobacco among all respondents and among respondents that have ever used smokeless tobacco daily

Instrument questions

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

Former daily smokeless tobacco users (who don't use tobacco currently) among all respondents

Age group (years)	Men			Women			Both sexes		
	n	Former daily users (%)	95% CI	n	Former daily users (%)	95% CI	n	Former daily users (%)	95% CI
18–29	326	0.0	0.0–0.0	515	0.1	0.0–0.4	841	0.1	0.0–0.2
30–44	471	0.5	0.0–1.3	758	0.1	0.0–0.3	1 229	0.3	0.0–0.8
45–59	675	0.1	0.0–0.2	1 004	0.0	0.0–0.0	1 679	0.0	0.0–0.1
60–69	346	0.0	0.0–0.0	684	0.0	0.0–0.0	1 030	0.0	0.0–0.0
18–69	**1 818**	**0.2**	**0.0–0.4**	**2 961**	**0.1**	**0.0–0.2**	**4 779**	**0.1**	**0.0–0.3**

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

Description

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

Instrument question

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

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

Age group (years)	Men			Women			Both sexes		
	n	Exposed (%)	95% CI	n	Exposed (%)	95% CI	n	Exposed (%)	95% CI
18–29	326	19.8	14.6–24.9	515	16.9	12.5–21.3	841	18.4	14.8–22.0
30–44	471	15.1	11.2–19.0	758	15.9	12.3–19.5	1 229	15.5	12.5–18.5
45–59	675	18.0	14.2–21.7	1 004	14.6	11.5–17.7	1 679	16.2	13.6–18.8
60–69	346	13.3	9.3–17.3	684	14.6	11.0–18.1	1 030	13.9	11.2–16.7
18–69	**1 818**	**17.3**	**14.6–20.0**	**2 961**	**15.7**	**13.2–18.2**	**4 779**	**16.5**	**14.4–18.7**

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

Description

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

Instrument question

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

Exposure to second-hand smoke in the workplace during the past 30 days									
Age group (years)	Men			Women			Both sexes		
	n	Exposed (%)	95% CI	n	Exposed (%)	95% CI	n	Exposed (%)	95% CI
18–29	285	38.8	32.1–45.4	440	20.3	14.9–25.7	725	30.1	25.4–34.7
30–44	375	31.0	25.2–36.9	654	16.4	12.8–20.1	1 029	24.0	20.3–27.7
45–59	538	38.1	32.8–43.4	839	16.8	13.0–20.5	1 377	26.8	23.3–30.4
60–69	254	22.9	17.0–28.8	563	9.3	6.2–12.4	817	15.8	12.3–19.3
18–69	**1 452**	**35.0**	**31.1–38.9**	**2 496**	**17.2**	**14.4–19.9**	**3 948**	**26.2**	**23.5–28.9**

Alcohol consumption

Alcohol consumption status

Description
Alcohol consumption status of all respondents

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

Alcohol consumption status									
	Men								
Age group (years)	n	Current drinker (past 30 days) (%)	95% CI	Drank in past 12 months, not current (%)	95% CI	Past 12 months abstainer (%)	95% CI	Lifetime abstainer (%)	95% CI
18–29	326	68.6	61.9–75.3	15.4	10.3–20.5	2.7	1.1–4.4	13.2	8.1–18.4
30–44	471	70.6	65.6–75.7	13.1	9.5–16.7	6.1	3.5–8.7	10.2	7.1–13.2
45–59	674	71.1	66.6–75.6	12.3	9.1–15.6	8.1	5.8–10.4	8.5	5.9–11.0
60–69	345	67.9	61.5–74.3	12.8	7.9–17.8	9.2	5.7–12.8	10.1	6.4–13.8
18–69	1 816	69.8	66.3–73.2	13.7	11.3–16.1	5.7	4.4–7.0	10.8	8.5–13.2

Alcohol consumption status									
	Women								
Age group (years)	n	Current drinker (past 30 days) (%)	95% CI	Drank in past 12 months, not current (%)	95% CI	Past 12 months abstainer (%)	95% CI	Lifetime abstainer (%)	95% CI
18–29	513	53.7	48.4–59.1	22.2	17.9–26.5	4.7	2.6–6.8	19.4	14.6–24.1
30–44	758	57.0	52.4–61.5	20.8	17.5–24.1	6.6	4.5–8.8	15.6	12.1–19.0
45–59	1 004	51.8	47.7–56.0	19.9	16.7–23.0	10.8	8.4–13.2	17.5	14.4–20.6
60–69	684	47.7	42.9–52.5	18.0	14.5–21.5	18.9	15.2–22.6	15.4	12.2–18.6
18–69	2 959	53.5	50.5–56.4	20.7	18.6–22.8	8.5	7.1–9.8	17.4	15.0–19.8

Alcohol consumption status									
	Both sexes								
Age group (years)	n	Current drinker (past 30 days) (%)	95% CI	Drank in past 12 months, not current (%)	95% CI	Past 12 months abstainer (%)	95% CI	Lifetime abstainer (%)	95% CI
18–29	839	61.7	57.1–66.4	18.6	14.9–22.2	3.6	2.3–4.9	16.1	12.4–19.8
30–44	1 229	64.3	60.6–68.1	16.7	14.2–19.1	6.4	4.4–8.3	12.7	10.1–15.2
45–59	1 678	61.1	57.7–64.5	16.2	13.8–18.7	9.5	7.8–11.2	13.2	10.8–15.5
60–69	1 029	57.7	53.6–61.8	15.4	12.3–18.5	14.1	11.4–16.8	12.8	10.2–15.3
18–69	4 775	61.9	59.3–64.6	17.1	15.3–18.9	7.0	6.0–8.1	14.0	12.1–15.8

Alcohol consumption status (urban areas)									
Age group (years)	Men			Women			Both sexes		
	n	Current drinker (past 30 days) (%)	95% CI	n	Current drinker (past 30 days) (%)	95% CI	n	Current drinker (past 30 days) (%)	95% CI
18–29	216	65.8	57.1–74.4	338	50.5	43.9–57.2	554	58.6	52.6–64.5
30–44	271	72.1	65.6–78.5	426	56.9	50.9–62.9	697	65.1	60.2–70.1
45–59	342	62.7	56.5–68.9	551	45.6	40.8–50.5	893	53.7	49.5–57.8
60–69	180	74.8	67.9–81.7	418	41.3	34.7–47.8	598	56.1	51.1–61.0
18–69	**1 009**	**67.7**	**63.0–72.4**	**1 733**	**50.0**	**46.2–53.7**	**2 742**	**59.0**	**55.5–62.5**

Alcohol consumption status (rural areas)									
Age group (years)	Men			Women			Both sexes		
	n	Current drinker (past 30 days) (%)	95% CI	n	Current drinker (past 30 days) (%)	95% CI	n	Current drinker (past 30 days) (%)	95% CI
18–29	110	71.8	61.6–82.0	175	57.6	49.1–66.1	285	65.4	58.2–72.6
30–44	200	69.4	61.8–76.9	332	57.0	50.3–63.8	532	63.7	58.1–69.2
45–59	332	76.6	70.5–82.8	453	56.2	50.0–62.3	785	66.1	61.3–70.9
60–69	165	63.2	53.6–72.8	266	54.2	47.2–61.2	431	59.1	52.7–65.4
18–69	**807**	**71.6**	**66.6–76.5**	**1 226**	**56.6**	**52.3–61.0**	**2 033**	**64.5**	**60.6–68.3**

Stopping drinking due to health reasons

Description

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

Instrument questions

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

Stopping drinking due to health reasons									
Age group (years)	Men			Women			Both sexes		
	n	Stopped due to health reasons (%)	95% CI	n	Stopped due to health reasons (%)	95% CI	n	Stopped due to health reasons (%)	95% CI
18–29	13	6.0	0.0–17.8	27	44.3	21.1–67.4	40	28.8	11.5–46.2
30–44	31	47.0	27.0–67.1	49	32.0	17.5–46.5	80	39.8	27.5–52.0
45–59	58	49.1	33.6–64.6	123	53.3	42.3–64.3	181	51.6	42.9–60.3
60–69	36	59.7	37.9–81.4	142	63.7	54.0–73.4	178	62.4	52.1–72.7
18–69	**138**	**42.7**	**32.2–53.3**	**341**	**49.3**	**41.5–57.2**	**479**	**46.5**	**40.0–53.1**

Frequency of alcohol consumption

Description

Frequency of alcohol consumption in the past 12 months among respondents who drank in the last 12 months

Instrument question

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

Frequency of alcohol consumption in the past 12 months													
	Men												
Age group (years)	n	Daily (%)	95% CI	5–6 days/ week (%)	95% CI	3–4 days/ week (%)	95% CI	1–2 days/ week (%)	95% CI	1–3 days/ month (%)	95% CI	< once a month (%)	95% CI
18–29	270	3.2	0.4–6.0	1.0	0.0–2.2	11.3	6.1–16.6	22.0	16.2–27.8	32.1	25.7–38.5	30.4	24.0–36.8
30–44	387	10.2	6.6–13.8	3.3	1.1–5.5	7.8	4.7–10.9	29.5	24.1–34.8	27.8	22.5–33.2	21.4	16.2–26.6
45–59	555	13.4	10.3–16.4	7.6	5.0–10.2	13.7	10.2–17.1	29.3	24.8–33.8	21.8	17.4–26.2	14.3	10.7–17.9
60–69	271	14.0	9.2–18.7	7.8	4.1–11.4	14.3	9.6–19.0	20.5	14.1–26.9	22.3	16.2–28.4	21.2	14.5–27.8
18–69	1 483	8.9	7.1–10.6	4.0	2.9–5.1	11.1	8.8–13.4	26.0	23.1–28.9	27.3	24.1–30.5	22.8	19.4–26.1

Frequency of alcohol consumption in the past 12 months													
	Women												
Age group (years)	n	Daily (%)	95% CI	5–6 days/ week (%)	95% CI	3–4 days/ week (%)	95% CI	1–2 days/ week (%)	95% CI	1–3 days/ month (%)	95% CI	< once a month (%)	95% CI
18–29	389	1.3	0.0–2.8	0.3	0.0–0.8	2.4	0.4–4.5	13.5	9.4–17.5	24.9	19.7–30.1	57.7	51.4–63.9
30–44	588	2.2	0.8–3.6	1.5	0.4–2.7	2.6	0.9–4.3	19.9	16.0–23.9	32.9	28.6–37.1	40.8	36.4–45.2
45–59	678	4.0	2.2–5.7	1.7	0.4–3.0	5.1	3.0–7.1	19.5	15.5–23.6	29.3	25.3–33.4	40.4	36.2–44.5
60–69	424	5.6	2.8–8.4	4.0	1.0–6.9	4.7	1.8–7.5	16.7	12.8–20.6	22.0	17.3–26.7	47.0	41.3–52.8
18–69	2 079	2.7	1.9–3.6	1.4	0.8–1.9	3.4	2.3–4.6	17.4	15.0–19.7	28.2	25.7–30.8	46.9	43.6–50.2

Frequency of alcohol consumption in the past 12 months													
	Both sexes												
Age group (years)	n	Daily (%)	95% CI	5–6 days/ week (%)	95% CI	3–4 days/ week (%)	95% CI	1–2 days/ week (%)	95% CI	1–3 days/ month (%)	95% CI	< once a month (%)	95% CI
18–29	659	2.4	0.7–4.1	0.7	0.0–1.4	7.4	4.0–10.8	18.3	14.7–21.8	29.0	24.9–33.0	42.4	37.6–47.1
30–44	975	6.7	4.5–8.8	2.5	1.2–3.8	5.5	3.5–7.4	25.2	21.8–28.6	30.1	26.7–33.5	30.1	26.5–33.7
45–59	1 233	8.9	7.1–10.7	4.8	3.2–6.4	9.6	7.3–11.8	24.6	21.6–27.7	25.4	22.5–28.3	26.7	23.7–29.8
60–69	695	10.2	7.3–13.0	6.1	3.7–8.4	9.9	7.1–12.7	18.8	14.9–22.7	22.1	18.2–26.1	32.9	28.3–37.4
18–69	3 562	6.1	5.0–7.2	2.8	2.1–3.5	7.6	6.1–9.1	22.1	20.2–24.0	27.7	25.6–29.8	33.7	31.2–36.2

Drinking occasions in the past 30 days

Description

Mean number of occasions drinking at least one drink in the past 30 days among current (past 30 days) drinkers

Instrument question

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

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI
18–29	203	3.1	2.5–3.8	268	2.1	1.8–2.4	471	2.7	2.3–3.1
30–44	316	4.0	3.3–4.8	417	2.7	2.2–3.2	733	3.5	3.0–4.0
45–59	442	6.4	5.3–7.4	471	3.1	2.6–3.5	913	4.9	4.2–5.6
60–69	218	5.7	4.5–6.9	283	3.3	2.3–4.3	501	4.7	3.8–5.5
18–69	**1 179**	**4.5**	**4.0–5.0**	**1 439**	**2.6**	**2.4–2.9**	**2 618**	**3.7**	**3.4–4.0**

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers									
	Men			Women			Both sexes		
	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI	n	Mean no. of occasions	95% CI
Rural	513	5.4	4.4–6.3	617	2.7	2.3–3.0	1 130	4.2	3.6–4.8
Urban	666	3.5	3.1–3.9	822	2.6	2.2–2.9	1 488	3.1	2.8–3.4
18–69	**1 179**	**4.5**	**4.0–5.0**	**1 439**	**2.6**	**2.4–2.9**	**2 618**	**3.7**	**3.4–4.0**

Standard drinks per drinking occasion

Description

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

Instrument question

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

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI
18–29	210	3.8	3.2–4.4	269	2.2	1.9–2.4	479	3.1	2.8–3.5
30–44	318	4.6	3.6–5.7	421	2.4	2.2–2.7	739	3.7	3.1–4.4
45–59	457	4.3	3.8–4.8	487	2.2	2.0–2.4	944	3.4	3.1–3.7
60–69	224	3.9	3.3–4.4	296	2.0	1.8–2.3	520	3.1	2.7–3.4
18–69	**1 209**	**4.2**	**3.8–4.6**	**1 473**	**2.2**	**2.1–2.4**	**2 682**	**3.4**	**3.1–3.6**

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers									
	Men			Women			Both sexes		
	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI
Rural	538	4.2	3.5–5.0	646	2.1	2.0–2.3	1 184	3.3	2.9–3.8
Urban	671	4.2	3.8–4.5	827	2.4	2.2–2.6	1 498	3.4	3.2–3.7
18–69	**1 209**	**4.2**	**3.8–4.6**	**1 473**	**2.2**	**2.1–2.4**	**2 682**	**3.4**	**3.1–3.6**

Average drinking levels (volume) among all respondents

Description

Percentage of respondents with different drinking levels
(a standard drink contains approximately 10 g of pure alcohol)

Instrument questions

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

High volume consumed among all respondents (≥ 60g of pure alcohol for men and ≥ 40g of pure alcohol for women)

Age group (years)	Men			Women			Both sexes		
	n	≥ 60 g (%)	95% CI	n	≥ 40 g (%)	95% CI	n	High volume consumed (%)	95% CI
18–29	306	0.0	0.0–0.0	510	0.0	0.0–0.0	816	0.0	0.0–0.0
30–44	448	2.0	0.5–3.6	745	0.6	0.0–1.2	1 193	1.4	0.5–2.2
45–59	620	2.8	1.4–4.2	978	0.6	0.1–1.1	1 598	1.6	0.9–2.4
60–69	322	3.0	0.9–5.1	666	0.5	0.0–1.1	988	1.7	0.6–2.8
18–69	**1 696**	**1.6**	**1.0–2.2**	**2 899**	**0.4**	**0.1–0.6**	**4 595**	**1.0**	**0.7–1.3**

Intermediate volume consumed among all respondents (40.0–59.9 g of pure alcohol for men and 20.0–39.9 g of pure alcohol for women)

Age group (years)	Men			Women			Both sexes		
	n	40.0–59.9 g (%)	95% CI	n	20.0–39.9 g (%)	95% CI	N	Inter-mediate volume consumed (%)	95% CI
18–29	306	0.1	0.0–0.4	510	0.4	0.0–0.9	816	0.2	0.0–0.5
30–44	448	0.4	0.0–1.0	745	0.6	0.0–1.4	1 193	0.5	0.1–1.0
45–59	620	1.2	0.4–2.1	978	0.2	0.0–0.4	1 598	0.7	0.2–1.1
60–69	322	0.3	0.0–0.6	666	1.1	0.0–2.3	988	0.7	0.1–1.3
18–69	**1 696**	**0.5**	**0.2–0.8**	**2 899**	**0.5**	**0.2–0.8**	**4 595**	**0.5**	**0.3–0.7**

Low volume consumed among all respondents (< 40 g of pure alcohol for men and < 20g of pure alcohol for women)

Age group (years)	Men			Women			Both sexes		
	n	< 40 g (%)	95% CI	n	< 20 g (%)	95% CI	n	Low volume consumed (%)	95% CI
18–29	306	66.1	59.1–73.1	510	53.1	47.8–58.4	816	59.9	55.1–64.6
30–44	448	66.4	61.0–71.8	745	55.0	50.2–59.7	1 193	61.0	57.1–64.9
45–59	620	65.0	60.2–69.7	978	49.6	45.4–53.8	1 598	56.8	53.4–60.2
60–69	322	62.1	55.2–68.9	666	44.4	39.7–49.1	988	52.9	48.8–57.1
18–69	**1 696**	**65.5**	**62.0–69.0**	**2 899**	**51.7**	**48.8–54.7**	**4 595**	**58.7**	**56.1–61.3**

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

Description

Percentage of current (past 30 days) drinkers with different drinking levels *(a standard drink contains approximately 10 g of pure alcohol)*

Instrument questions

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

High- intermediate- and low-volume drinking among current (past 30 days) drinkers

Age group (years)	Men						
	n	High-volume (≥ 60 g) (%)	95% CI	Intermediate-volume (40.0–59.9 g) (%)	95% CI	Low-volume (< 40 g)	95% CI
18–29	198	0.0	0.0–0.0	0.2	0.0–0.5	99.8	99.5–100.0
30–44	308	3.0	0.7–5.2	0.7	0.0–1.4	96.4	94.0–98.8
45–59	429	4.1	2.0–6.1	1.8	0.5–3.1	94.1	91.7–96.6
60–69	212	4.6	1.4–7.8	0.4	0.0–0.9	95.0	91.6–98.4
18–69	1 147	2.4	1.5–3.3	0.8	0.3–1.2	96.9	95.9–97.9

High- intermediate- and low-volume drinking among current (past 30 days) drinkers

Age group (years)	Women						
	n	High-volume (≥ 40 g) (%)	95% CI	Intermediate-volume (20.0–39.9 g) (%)	95% CI	Low-volume (< 20 g) (%)	95% CI
18–29	267	0.0	0.0–0.0	0.7	0.0–1.7	99.3	98.3–100.0
30–44	413	1.0	0.0–2.2	1.1	0.0–2.4	97.8	96.1–99.6
45–59	469	1.2	0.2–2.1	0.4	0.0–0.8	98.5	97.4–99.5
60–69	282	1.1	0.0–2.3	2.5	0.0–4.9	96.5	93.8–99.2
18–69	1 431	0.7	0.3–1.2	0.9	0.3–1.4	98.4	97.7–99.1

High- intermediate- and low-volume drinking among current (past 30 days) drinkers

Age group (years)	Both sexes						
	n	High-volume (%)	95% CI	Intermediate-volume (%)	95% CI	Low-volume (%)	95% CI
18–29	465	0.0	0.0–0.0	0.4	0.0–0.9	99.6	99.1–100.0
30–44	721	2.1	0.7–3.6	0.9	0.2–1.6	97.0	95.4–98.6
45–59	898	2.7	1.5–4.0	1.2	0.4–1.9	96.1	94.6–97.6
60–69	494	3.1	1.2–5.0	1.3	0.2–2.4	95.6	93.4–97.9
18–69	2 578	1.7	1.1–2.2	0.8	0.5–1.2	97.5	96.9–98.2

Largest number of drinks in the past 30 days

Description

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

Instrument question

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

Mean maximum number of standard drinks consumed on one occasion in the past 30 days									
Age group (years)	Men			Women			Both sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
18–29	207	4.6	4.0–5.3	265	2.5	2.2–2.8	472	3.8	3.3–4.2
30–44	316	5.2	4.4–5.9	421	2.7	2.5–3.0	737	4.1	3.7–4.6
45–59	448	5.1	4.6–5.7	488	2.6	2.3–2.9	936	4.0	3.7–4.3
60–69	224	4.5	3.9–5.1	294	2.4	2.1–2.7	518	3.6	3.2–4.0
18–69	1 195	4.9	4.5–5.3	1 468	2.6	2.4–2.7	2 663	3.9	3.7–4.2

Six or more drinks on a single occasion

Description

Percentage of respondents who drank six or more drinks at any time in the past 30 days during a single occasion among the total population

Instrument question

- During the past 30 days, how many times did you drink **6 or more** standard alcoholic drinks in a single drinking occasion?

6 or more drinks on a single occasion at least once during the past 30 days among the total population									
Age group (years)	Men			Women			Both sexes		
	n	≥ 6 drinks (%)	95% CI	n	≥ 6 drinks (%)	95% CI	n	≥ 6 drinks (%)	95% CI
18–29	326	28.5	21.6–35.3	513	9.2	5.9–12.5	839	19.6	15.5–23.7
30–44	471	30.6	25.8–35.3	758	10.0	7.5–12.6	1 229	21.1	18.1–24.1
45–59	674	29.1	23.9–34.2	1 004	9.0	6.6–11.4	1 678	18.7	15.8–21.5
60–69	345	25.2	19.7–30.7	684	7.8	4.7–10.9	1 029	16.4	13.1–19.7
18–69	1 816	29.0	25.4–32.6	2 959	9.2	7.6–10.9	4 775	19.5	17.3–21.7

Six or more drinks on a single occasion

Description

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

Instrument question

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

Mean number of times drinking 6 or more drinks during a single occasion in the past 30 days									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of times	95% CI	n	Mean no. of times	95% CI	n	Mean no. of times	95% CI
18–29	210	1.0	0.5–1.5	269	0.3	0.2–0.4	479	0.7	0.4–1.1
30–44	321	1.3	0.9–1.8	422	0.4	0.2–0.5	743	0.9	0.7–1.2
45–59	443	1.9	1.4–2.4	489	0.5	0.3–0.8	932	1.3	1.0–1.6
60–69	223	2.0	1.3–2.8	294	0.5	0.2–0.8	517	1.4	0.9–1.8
18–69	1 197	1.4	1.1–1.7	1 474	0.4	0.3–0.5	2 671	1.0	0.8–1.2

Drinking in the past seven days

Description

Frequency of alcohol consumption in the past seven days by current (past 30 days) drinkers

Instrument question

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

Frequency of alcohol consumption in the past 7 days											
Age group (years)	Men										
	n	Daily (%)	95% CI	5–6 days (%)	95% CI	3–4 days (%)	95% CI	1–2 days (%)	95% CI	0 days (%)	95% CI
18–29	**212**	**4.2**	**0.5–7.9**	**7.3**	**2.7–11.9**	**14.3**	**8.2–20.4**	**51.1**	**42.0–60.3**	**23.0**	**16.5–29.6**
30–44	**321**	**12.2**	**7.9–16.4**	**6.6**	**3.3–9.9**	**17.0**	**12.0–22.1**	**43.9**	**37.2–50.6**	**20.3**	**15.3–25.3**
45–59	**450**	**20.2**	**15.9–24.4**	**10.6**	**7.4–13.9**	**20.2**	**15.7–24.7**	**38.2**	**32.7–43.7**	**10.8**	**7.3–14.3**
60–69	**222**	**20.6**	**14.3–27.0**	**10.8**	**6.3–15.3**	**20.4**	**13.5–27.2**	**34.4**	**26.9–41.9**	**13.8**	**8.6–19.0**
18–69	1 205	12.1	9.9–14.3	8.2	6.1–10.4	17.2	14.1–20.2	44.2	40.0–48.3	18.3	15.3–21.2

Frequency of alcohol consumption in the past 7 days											
Age group (years)	Women										
	n	Daily (%)	95% CI	5–6 days (%)	95% CI	3–4 days (%)	95% CI	1–2 days (%)	95% CI	0 days (%)	95% CI
18–29	**267**	**1.4**	**0.0–3.4**	**1.1**	**0.0–2.6**	**8.8**	**4.8–12.8**	**50.3**	**43.2–57.5**	**38.4**	**31.2–45.6**
30–44	**421**	**3.3**	**1.3–5.2**	**2.8**	**0.8–4.8**	**9.1**	**5.4–12.7**	**52.9**	**46.6–59.1**	**32.0**	**26.6–37.3**
45–59	**483**	**7.6**	**4.8–10.4**	**3.4**	**0.8–6.0**	**8.0**	**5.0–11.0**	**50.5**	**44.7–56.4**	**30.4**	**25.7–35.2**
60–69	**291**	**7.2**	**3.7–10.6**	**7.2**	**3.0–11.4**	**7.4**	**4.1–10.8**	**47.2**	**40.3–54.2**	**30.9**	**24.9–37.0**
18–69	1 462	4.3	3.0–5.5	2.8	1.6–4.0	8.5	6.5–10.6	50.9	47.4–54.4	33.6	30.2–36.9

Frequency of alcohol consumption in the past 7 days											
Age group (years)	Both sexes										
	n	Daily (%)	95% CI	5–6 days (%)	95% CI	3–4 days (%)	95% CI	1–2 days (%)	95% CI	0 days (%)	95% CI
18–29	**479**	**3.1**	**0.7–5.4**	**4.8**	**1.9–7.6**	**12.1**	**7.8–16.3**	**50.8**	**44.9–56.7**	**29.3**	**24.3–34.2**
30–44	**742**	**8.5**	**5.8–11.2**	**5.0**	**2.9–7.2**	**13.7**	**10.4–17.1**	**47.6**	**43.1–52.2**	**25.1**	**21.4–28.8**
45–59	**933**	**14.5**	**11.8–17.3**	**7.4**	**5.1–9.7**	**14.7**	**11.7–17.7**	**43.8**	**39.5–48.1**	**19.6**	**16.4–22.9**
60–69	**513**	**14.9**	**10.8–18.9**	**9.3**	**6.0–12.5**	**14.9**	**10.6–19.1**	**39.9**	**34.7–45.1**	**21.1**	**17.2–25.1**
18–69	2 667	8.8	7.3–10.3	5.9	4.6–7.3	13.5	11.4–15.6	47.0	44.1–49.9	24.7	22.4–27.1

Standard drinks per day in the past seven days

Description

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

Instrument question

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

Mean number of standard drinks consumed on average per day in the past 7 days									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI
18–29	212	0.8	0.6–0.9	267	0.3	0.2–0.4	479	0.6	0.5–0.7
30–44	321	1.0	0.8–1.3	421	0.4	0.3–0.5	742	0.8	0.6–0.9
45–59	450	1.5	1.3–1.6	483	0.5	0.4–0.5	933	1.0	0.9–1.1
60–69	222	1.4	1.1–1.6	291	0.5	0.4–0.6	513	1.0	0.8–1.2
18–69	1 205	1.1	1.0–1.2	1 462	0.4	0.4–0.4	2 667	0.8	0.7–0.9

Consumption of unrecorded alcohol

Description

Percentage of respondents who consumed unrecorded alcohol *(homebrewed alcohol, alcohol brought over the border, alcohol not intended for drinking or other untaxed alcohol)* during the past seven days among current (past 30 days) drinkers

Instrument questions

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

Consumption of unrecorded alcohol									
Age group (years)	Men			Women			Both sexes		
	n	Consumed unrecorded alcohol (%)	95% CI	n	Consumed unrecorded alcohol (%)	95% CI	n	Consumed unrecorded alcohol (%)	95% CI
18–29	210	39.0	30.5–47.6	263	27.1	20.1–34.1	473	34.2	28.2–40.2
30–44	326	47.5	40.6–54.4	413	44.9	38.8–51.1	739	46.5	41.5–51.5
45–59	475	67.9	62.7–73.1	481	47.1	41.0–53.2	956	58.7	54.1–63.4
60–69	230	62.0	54.5–69.5	291	50.1	43.4–56.9	521	57.1	51.4–62.8
18–69	1 241	51.2	46.6–55.9	1 448	40.2	36.1–44.2	2 689	46.6	42.9–50.3

Consumption of unrecorded alcohol									
	Men			Women			Both sexes		
	n	Consumed unrecorded alcohol (%)	95% CI	n	Consumed unrecorded alcohol (%)	95% CI	n	Consumed unrecorded alcohol (%)	95% CI
Rural	567	70.0	64.2–75.9	634	53.0	47.1–58.8	1 201	63.0	58.0–67.9
Urban	674	27.7	22.4–32.9	814	24.1	19.5–28.6	1 488	26.2	21.9–30.4
Total	**1 241**	**51.2**	**46.6–55.9**	**1 448**	**40.2**	**36.1–44.2**	**2 689**	**46.6**	**42.9–50.3**

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

Description

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

Instrument question

- On average, how many standard drinks of the following type(s) did you consume during the past seven days?

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

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI	n	Mean no. of drinks	95% CI
18–29	62	0.7	0.5–0.9	64	0.4	0.3–0.5	126	0.6	0.4–0.7
30–44	131	1.0	0.6–1.3	151	0.4	0.3–0.5	282	0.7	0.5–1.0
45–59	265	0.8	0.7–1.0	194	0.4	0.4–0.5	459	0.7	0.6–0.8
60–69	125	0.8	0.6–1.0	136	0.5	0.3–0.6	261	0.7	0.5–0.8
18–69	583	0.8	0.7–0.9	545	0.4	0.4–0.5	1 128	0.7	0.6–0.8

Proportion of unrecorded alcohol (% of all alcohol consumed)

Description

Proportion of unrecorded alcohol as a percentage all alcohol consumed during the past seven days among current (past 30 days) drinkers

Instrument questions

- During each of the past seven days, how many standard drinks did you have each day?
- During the past seven days, did you consume any homebrewed alcohol, any alcohol brought over the border, alcohol not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of those types did you consume during the past seven days?

Proportion of unrecorded alcohol as a percentage of all alcohol consumed during the past 7 days

Age group (years)	Men		Women		Both sexes	
	n	Unrecorded alcohol (% of all alcohol)	n	Unrecorded alcohol (% of all alcohol)	n	Unrecorded alcohol (% of all alcohol)
18–29	153	33.2	163	31.2	305	32.8
30–44	254	41.6	269	35.6	508	40.2
45–59	381	36.0	310	42.0	664	37.2
60–69	187	34.2	192	46.8	367	36.9
18–69	**933**	**36.8**	**911**	**37.8**	**1844**	**37.0**

Types of unrecorded alcohol

Description

Proportion of each type of unrecorded alcohol as a percentage of all unrecorded alcohol consumed in the past seven days among current (past 30 days) drinkers

Instrument questions

- During the past seven days, did you consume any homebrewed alcohol, any alcohol brought over the border, alcohol not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of those types did you consume during the past seven days?

Unrecorded alcohol consumption during the past 7 days by type

Age group (years)	Men					
	n	Homebrewed spirits (%)	Homebrewed wine (%)	Alcohol brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	60	13.1	74.4	4.8	0.0	7.7
30–44	127	17.0	79.4	2.5	0.0	1.1
45–59	241	17.0	77.1	2.6	0.9	2.4
60–69	121	14.7	82.6	2.0	0.1	0.7
18–69	**549**	**16.0**	**77.9**	**3.0**	**0.3**	**2.9**

Unrecorded alcohol consumption during the past 7 days by type

Age group (years)	Women					
	n	Homebrewed spirits (%)	Homebrewed wine (%)	Alcohol brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	64	12.5	76.0	11.5	0.0	0.0
30–44	147	12.1	80.5	4.4	1.3	1.6
45–59	191	11.3	84.5	2.2	0.2	1.8
60–69	133	12.8	86.3	0.9	0.0	0.1
18–69	**549**	**16.0**	**77.9**	**3.0**	**0.3**	**2.9**

Unrecorded alcohol consumption during the past 7 days by type

Age group (years)	Both sexes					
	n	Homebrewed spirits (%)	Homebrewed wine (%)	Alcohol brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	314	13.0	74.7	6.2	0.0	6.1
30–44	512	16.0	79.6	2.9	0.3	1.2
45–59	680	15.7	78.8	2.5	0.7	2.3
60–69	378	14.2	83.6	1.7	0.0	0.5
18–69	**1 084**	**15.1**	**78.7**	**3.3**	**0.3**	**2.5**

Frequency of impaired control relating to drinking

Description

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

Instrument questions

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

Frequency of not being able to stop drinking once started during the past 12 months							
	Men						
Age group (years)	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	272	0.0	0.0–0.0	2.3	0.1–4.4	97.7	95.6–99.9
30–44	392	1.4	0.0–2.7	5.0	2.9–7.0	93.7	91.1–96.2
45–59	557	4.3	2.5–6.1	8.3	5.5–11.1	87.4	84.0–90.9
60–69	273	4.2	1.7–6.7	6.1	3.0–9.1	89.7	85.8–93.6
18–69	1 494	1.9	1.2–2.5	5.0	3.6–6.3	93.2	91.6–94.7

Frequency of not being able to stop drinking once started during the past 12 months							
	Women						
Age group (years)	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	390	0.0	0.0–0.0	2.0	0.5–3.5	98.0	96.5–99.5
30–44	590	0.4	0.0–0.8	0.9	0.0–1.9	98.7	97.7–99.7
45–59	696	1.0	0.3–1.7	1.3	0.4–2.2	97.7	96.5–98.9
60–69	429	1.2	0.1–2.3	1.2	0.0–2.3	97.7	96.1–99.2
18–69	2 105	0.5	0.2–0.8	1.4	0.8–2.1	98.1	97.4–98.8

Frequency of not being able to stop drinking once started during the past 12 months							
	Both sexes						
Age group (years)	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	662	0.0	0.0–0.0	2.2	0.8–3.5	97.8	96.5–99.2
30–44	982	0.9	0.1–1.7	3.2	2.0–4.4	95.9	94.4–97.4
45–59	1 253	2.7	1.7–3.7	4.9	3.2–6.6	92.4	90.4–94.3
60–69	702	2.8	1.4–4.3	3.8	2.0–5.7	93.3	91.0–95.6
18–69	3 599	1.3	0.9–1.6	3.4	2.5–4.2	95.4	94.5–96.3

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

Description

Frequency of failing to do what was normally expected of you as a result of drinking during the past 12 months among past 12-month drinkers

Instrument questions

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

Frequency of failing to do what was normally expected during the past 12 months							
Age group (years)	Men						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	272	2.1	0.0–4.7	5.8	2.4–9.2	92.1	87.9–96.2
30–44	392	1.7	0.3–3.1	6.3	3.7–8.8	92.1	89.2–95.0
45–59	557	3.6	2.0–5.2	8.9	6.5–11.3	87.5	84.5–90.5
60–69	273	3.8	1.5–6.2	7.1	3.8–10.4	89.0	85.1–93.0
18–69	1 494	2.5	1.4–3.6	6.9	5.2–8.5	90.6	88.8–92.5

Frequency of failing to do what was normally expected during the past 12 months							
Age group (years)	Women						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	390	0.0	0.0–0.0	0.8	0.0–1.7	99.2	98.3–100.0
30–44	590	0.4	0.0–0.9	1.3	0.3–2.4	98.2	97.1–99.4
45–59	696	0.9	0.2–1.6	1.6	0.6–2.6	97.5	96.2–98.8
60–69	429	0.7	0.0–1.5	0.6	0.0–1.5	98.8	97.6–100.0
18–69	2 105	0.4	0.2–0.7	1.2	0.7–1.7	98.4	97.8–99.0

Frequency of failing to do what was normally expected during the past 12 months							
Age group (years)	Both sexes						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	662	1.2	0.0–2.7	3.7	1.6–5.7	95.2	92.7–97.6
30–44	982	1.1	0.3–1.9	4.1	2.5–5.6	94.8	93.1–96.5
45–59	1 253	2.3	1.4–3.2	5.4	4.1–6.7	92.3	90.7–93.9
60–69	702	2.4	1.0–3.8	4.1	2.2–6.1	93.5	91.1–95.8
18–69	3 599	1.6	0.9–2.2	4.3	3.3–5.2	94.1	93.0–95.2

Frequency of morning drinking

Description

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

Instrument questions

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

Frequency of needing a first drink in the morning to get going during the past 12 months							
Age group (years)	Men						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	272	3.6	0.1–7.0	3.9	1.3–6.4	92.6	88.5–96.7
30–44	392	2.0	0.4–3.6	3.6	1.7–5.4	94.4	92.0–96.8
45–59	557	5.3	3.3–7.4	8.7	6.2–11.3	86.0	82.6–89.3
60–69	273	5.7	2.6–8.9	6.4	3.4–9.4	87.8	83.5–92.2
18–69	1 494	3.7	2.3–5.2	5.2	3.9–6.6	91.0	89.1–92.9

Frequency of needing a first drink in the morning to get going during the past 12 months							
Age group (years)	Women						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	390	0.5	0.0–1.4	0.5	0.0–1.3	99.0	97.8–100.0
30–44	590	0.3	0.0–0.8	1.0	0.1–1.9	98.7	97.7–99.7
45–59	696	1.0	0.3–1.7	0.6	0.0–1.2	98.4	97.4–99.4
60–69	429	0.7	0.0–1.5	1.8	0.1–3.4	97.6	95.8–99.4
18–69	2 105	0.6	0.2–1.0	0.8	0.4–1.2	98.6	98.0–99.2

Frequency of needing a first drink in the morning to get going during the past 12 months							
Age group (years)	Both sexes						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	662	2.2	0.2–4.2	2.4	0.9–3.9	95.4	92.9–97.8
30–44	982	1.3	0.3–2.2	2.4	1.3–3.5	96.3	94.9–97.7
45–59	1 253	3.2	2.1–4.3	4.8	3.4–6.2	92.0	90.2–93.8
60–69	702	3.4	1.6–5.2	4.3	2.5–6.1	92.3	89.7–94.8
18–69	3 599	2.3	1.5–3.1	3.2	2.4–4.0	94.5	93.4–95.6

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

Description

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

Instrument question

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

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age group (years)	Men						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	326	0.6	0.0–1.4	4.7	1.4–8.0	94.7	91.3–98.1
30–44	470	0.6	0.0–1.3	2.7	1.0–4.3	96.8	95.0–98.6
45–59	672	2.8	1.4–4.2	5.3	3.4–7.3	91.9	89.6–94.2
60–69	345	2.0	0.4–3.7	4.6	2.2–6.9	93.4	90.6–96.2
18–69	1 813	1.3	0.7–1.8	4.2	2.8–5.7	94.5	93.0–96.0

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age group (years)	Women						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	512	0.9	0.0–1.9	2.8	1.2–4.5	96.3	94.4–98.1
30–44	756	0.6	0.0–1.2	1.9	0.9–2.9	97.5	96.4–98.7
45–59	1 002	2.7	1.1–4.3	3.1	1.9–4.4	94.2	92.2–96.2
60–69	684	2.1	0.6–3.5	2.3	1.0–3.6	95.6	93.7–97.5
18–69	2 954	1.4	0.8–2.1	2.6	1.9–3.4	96.0	95.0–96.9

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all respondents							
Age group (years)	Both sexes						
	n	Monthly or more frequently (%)	95% CI	Less than monthly (%)	95% CI	Never (%)	95% CI
18–29	838	0.7	0.1–1.4	3.8	1.9–5.8	95.4	93.4–97.4
30–44	1 226	0.6	0.1–1.0	2.3	1.3–3.3	97.1	96.0–98.3
45–59	1 674	2.7	1.7–3.8	4.2	3.0–5.4	93.1	91.5–94.6
60–69	1 029	2.1	1.0–3.1	3.4	2.0–4.9	94.5	92.8–96.3
18–69	4 767	1.4	1.0–1.8	3.5	2.6–4.3	95.2	94.3–96.1

Fruit and vegetable consumption

Fruit and vegetable consumption (mean number of days)

Description
Mean number of days fruit and vegetables consumed

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

Mean number of days consuming fruit in a typical week

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean No. of days	95% CI	n	Mean no. of days	95% CI
18–29	325	5.4	5.0–5.7	512	5.8	5.6–6.0	837	5.6	5.4–5.8
30–44	467	5.7	5.5–5.9	754	5.8	5.6–6.0	1 221	5.7	5.6–5.9
45–59	668	5.3	5.1–5.5	997	5.8	5.7–6.0	1 665	5.6	5.4–5.7
60–69	341	5.1	4.8–5.4	682	5.5	5.3–5.7	1 023	5.3	5.1–5.5
18–69	1 801	5.4	5.2–5.6	2 945	5.8	5.7–5.9	4 746	5.6	5.5–5.7

Mean number of days consuming fruit in a typical week

	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean No. of days	95% CI	n	Mean no. of days	95% CI
Rural	803	5.5	5.2–5.8	1 219	5.9	5.7–6.0	2 022	5.7	5.5–5.8
Urban	998	5.3	5.1–5.6	1 726	5.7	5.5–5.8	2 724	5.5	5.3–5.7
Total	1 801	5.4	5.2–5.6	2 945	5.8	5.7–5.9	4 746	5.6	5.5–5.7

Mean number of days consuming vegetables in a typical week

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean No. of days	95% CI	n	Mean no. of days	95% CI
18–29	323	5.9	5.6–6.2	511	5.7	5.4–6.0	834	5.8	5.6–6.1
30–44	464	6.2	6.0–6.4	755	6.0	5.8–6.1	1 219	6.1	6.0–6.2
45–59	667	5.7	5.5–5.9	997	5.9	5.7–6.0	1 664	5.8	5.6–5.9
60–69	340	5.7	5.4–5.9	681	5.6	5.4–5.8	1 021	5.6	5.5–5.8
18–69	1 794	5.9	5.8–6.1	2 944	5.8	5.7–6.0	4 738	5.9	5.7–6.0

Mean number of days consuming vegetables in a typical week

	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean No. of days	95% CI	n	Mean no. of days	95% CI
Rural	795	5.8	5.5–6.0	1 219	5.7	5.5–6.0	2 014	5.8	5.6–6.0
Urban	999	6.1	5.9–6.2	1 725	5.9	5.7–6.1	2 724	6.0	5.8–6.2
Total	1 794	5.9	5.8–6.1	2 944	5.8	5.7–6.0	4 738	5.9	5.7–6.0

Fruit and vegetable consumption (mean number of servings)

Description

Mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day.

Instrument questions

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

Mean number of servings of fruit on average per day

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
18–29	324	1.9	1.7–2.1	511	2.2	2.0–2.4	835	2.1	1.9–2.2
30–44	462	2.1	1.9–2.3	745	2.1	1.9–2.3	1 207	2.1	2.0–2.2
45–59	665	1.9	1.8–2.0	988	2.0	1.9–2.1	1 653	2.0	1.9–2.1
60–69	340	1.7	1.5–1.9	677	1.8	1.6–1.9	1 017	1.7	1.6–1.9
18–69	1 791	1.9	1.8–2.1	2 921	2.1	2.0–2.2	4 712	2.0	1.9–2.1

Mean number of days consuming fruit in a typical week

	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
Rural	795	2.1	1.9–2.3	1 206	2.2	2.0–2.4	2 001	2.2	2.0–2.3
Urban	996	1.7	1.6–1.8	1 715	1.9	1.8–2.0	2 711	1.8	1.7–1.9
Total	1 791	1.9	1.8–2.1	2 921	2.1	2.0–2.2	4 712	2.0	1.9–2.1

Mean number of servings of vegetables on average per day

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
18–29	322	2.0	1.8–2.2	509	1.9	1.7–2.1	831	2.0	1.8–2.1
30–44	459	2.2	2.1–2.4	750	2.1	1.9–2.2	1 209	2.1	2.0–2.3
45–59	663	2.0	1.8–2.1	989	2.0	1.8–2.1	1 652	2.0	1.8–2.1
60–69	340	2.1	1.8–2.3	678	1.8	1.7–2.0	1 018	2.0	1.8–2.1
18–69	1 784	2.1	2.0–2.2	2 926	2.0	1.9–2.1	4 710	2.0	1.9–2.1

Mean number of days consuming fruit in a typical week

	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
Rural	787	2.0	1.8–2.2	1 210	2.0	1.8–2.1	1 997	2.0	1.8–2.2
Urban	997	2.1	2.0–2.3	1 716	2.0	1.9–2.1	2 713	2.1	2.0–2.2
Total	1 784	2.1	2.0–2.2	2 926	2.0	1.9–2.1	4 710	2.0	1.9–2.1

Mean number of servings of fruit and/or vegetables on average per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
18–29	325	4.0	3.6–4.3	511	4.1	3.8–4.5	836	4.0	3.8–4.3
30–44	462	4.3	4.0–4.5	750	4.1	3.9–4.4	1 212	4.2	4.0–4.4
45–59	666	3.9	3.6–4.1	992	4.0	3.8–4.2	1 658	3.9	3.7–4.1
60–69	340	3.8	3.4–4.2	678	3.6	3.4–3.8	1 018	3.7	3.4–3.9
18–69	1 793	4.0	3.8–4.2	2 931	4.0	3.9–4.2	4 724	4.0	3.9–4.2

Mean number of days consuming fruit in a typical week									
	Men			Women			Both sexes		
	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI	n	Mean no. of servings	95% CI
Rural	796	4.1	3.8–4.4	1 211	4.2	3.9–4.5	2 007	4.2	3.9–4.4
Urban	997	3.9	3.7–4.1	1 720	3.9	3.7–4.1	2 717	3.9	3.7–4.1
Total	**1 793**	**4.0**	**3.8–4.2**	**2 931**	**4.0**	**3.9–4.2**	**4 724**	**4.0**	**3.9–4.2**

Fruit and vegetable consumption per day

Description

Frequency of fruit and/or vegetable consumption

Instrument questions

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

Number of servings of fruit and/or vegetables on average per day									
Age group (years)	Men								
	n	No fruit and/or vegetables (%)	95% CI	1–2 servings (%)	95% CI	3–4 servings (%)	95% CI	≥ 5 servings (%)	95% CI
18–29	325	7.1	2.6–11.7	26.2	19.7–32.7	34.9	29.0–40.8	31.7	24.9–38.6
30–44	462	3.0	1.6–4.4	25.3	20.5–30.1	30.4	25.7–35.1	41.3	36.1–46.4
45–59	666	4.8	3.1–6.5	33.7	28.9–38.4	30.3	26.2–34.5	31.2	26.6–35.8
60–69	340	6.6	3.9–9.2	36.4	29.8–42.9	28.1	22.7–33.6	28.9	22.8–35.0
18–69	1 793	5.3	3.4–7.2	28.8	25.4–32.1	31.8	28.9–34.7	34.2	30.5–37.9

Number of servings of fruit and/or vegetables on average per day									
Age group (years)	Women								
	n	No fruit and/or vegetables (%)	95% CI	1–2 servings (%)	95% CI	3–4 servings (%)	95% CI	≥ 5 servings (%)	95% CI
18–29	511	4.8	2.4–7.1	27.2	22.4–32.0	35.9	31.0–40.7	32.2	26.6–37.7
30–44	750	3.8	2.2–5.4	27.6	23.1–32.1	33.7	29.3–38.0	34.9	30.3–39.5
45–59	992	4.4	3.0–5.9	28.5	24.7–32.3	35.0	31.3–38.8	32.0	28.1–36.0
60–69	678	6.8	4.3–9.4	36.6	31.8–41.4	28.7	24.4–33.0	27.9	23.5–32.3
18–69	2 931	4.6	3.5–5.7	28.6	25.7–31.5	34.3	31.7–36.9	32.5	29.4–35.5

Number of servings of fruit and/or vegetables on average per day									
Age group (years)	Both sexes								
	n	No fruit and/or vegetables (%)	95% CI	1–2 servings (%)	95% CI	3–4 servings (%)	95% CI	≥ 5 servings (%)	95% CI
18–29	836	6.0	3.4–8.7	26.7	22.4–31.0	35.4	31.7–39.0	31.9	27.3–36.6
30–44	1 212	3.4	2.2–4.6	26.4	22.9–29.8	31.9	28.6–35.3	38.3	34.5–42.1
45–59	1 658	4.6	3.5–5.8	31.0	27.8–34.2	32.8	29.8–35.7	31.6	28.4–34.8
60–69	1 018	6.7	4.9–8.5	36.5	32.3–40.7	28.4	24.8–32.0	28.4	24.3–32.5
18–69	4 724	4.9	3.8–6.1	28.7	26.2–31.1	33.0	31.0–35.0	33.4	30.6–36.1

Fruit and vegetable consumption per day

Description

Percentage of respondents eating fewer than five servings of fruit and/or vegetables on average per day

Instrument questions

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

Fewer than 5 servings of fruit and/or vegetables on average per day									
Age group (years)	Men			Women			Both sexes		
	n	< 5 servings per day (%)	95% CI	n	< 5 servings per day (%)	95% CI	n	< 5 servings per day (%)	95% CI
18–29	325	68.3	61.4–75.1	511	67.8	62.3–73.4	836	68.1	63.4–72.7
30–44	462	58.7	53.6–63.9	750	65.1	60.5–69.7	1 212	61.7	57.9–65.5
45–59	666	68.8	64.2–73.4	992	68.0	64.0–71.9	1 658	68.4	65.2–71.6
60–69	340	71.1	65.0–77.2	678	72.1	67.7–76.5	1 018	71.6	67.5–75.7
18–69	1 793	65.8	62.1–69.5	2 931	67.5	64.5–70.6	4 724	66.6	63.9–69.4

Type of oil used most frequently

Description

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

Instrument question

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

Type of oil or fat most often used for meal preparation in household								
n (households)	Vegetable oil (%)	95% CI	Lard or suet (%)	95% CI	None in particular/ Other (%)	95% CI	None used (%)	95% CI
4 761	94.9	93.5–96.4	3.1	2.2–4.0	1.9	0.8–3.0	0.1	0.0–0.1

Eating outside the home

Description

Mean number of meals per week eaten outside (a) home

Instrument question

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

Mean number of meals eaten outside (a) home									
Age group (years)	Men			Women			Both sexes		
	n	Mean no. of meals	95% CI	n	Mean no. of meals	95% CI	n	Mean no. of meals	95% CI
18–29	316	2.5	2.1–2.9	500	1.6	1.3–1.9	816	2.1	1.8–2.3
30–44	451	1.7	1.4–2.0	739	1.2	1.0–1.4	1 190	1.5	1.3–1.7
45–59	648	1.1	0.8–1.3	971	0.8	0.7–1.0	1 619	1.0	0.8–1.1
60–69	338	0.4	0.2–0.5	677	0.2	0.1–0.3	1 015	0.3	0.2–0.4
18–69	1 753	1.7	1.5–1.9	2 887	1.1	1.0–1.3	4 640	1.4	1.3–1.6

Mean number of meals eaten outside (a) home									
	Men			Women			Both sexes		
	n	Mean no. of meals	95% CI	n	Mean no. of meals	95% CI	n	Mean no. of meals	95% CI
Rural	766	0.9	0.7–1.1	1 183	0.7	0.5–0.8	1 949	0.8	0.6–1.0
Urban	987	2.6	2.3–2.9	1 704	1.6	1.4–1.8	2 691	2.1	1.9–2.3
Total	**1 753**	**1.7**	**1.5–1.9**	**2 887**	**1.1**	**1.0–1.3**	**4 640**	**1.4**	**1.3–1.6**

Dietary salt

Adding salt to meal

Description

Percentage of all respondents who always or often add salt or salty sauces to their food before eating or while they are eating

Instrument question

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

Add salt always or often before eating or while eating									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	323	26.9	20.1–33.7	511	23.3	18.5–28.1	834	25.2	20.4–30.0
30–44	462	23.5	19.3–27.8	755	17.0	13.8–20.3	1 217	20.5	17.7–23.2
45–59	664	33.5	29.0–37.9	997	19.5	16.7–22.4	1 661	26.2	23.4–29.0
60–69	342	31.6	25.9–37.3	681	21.7	17.8–25.6	1 023	26.6	23.0–30.3
Total	1 791	28.0	24.7–31.3	2 944	20.3	18.1–22.5	4 735	24.3	22.0–26.5

Add salt always or often before eating or while eating									
	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	791	26.4	22.2–30.6	1 220	20.2	17.3–23.2	2 011	23.4	20.6–26.3
Urban	1 000	29.8	24.8–34.8	1 724	20.4	17.0–23.7	2 724	25.2	21.6–28.7
Total	**1 791**	**28.0**	**24.7–31.3**	**2 944**	**20.3**	**18.1–22.5**	**4 735**	**24.3**	**22.0–26.5**

Consumption of iodized salt

Description

Percentage of all respondents who use iodized salt when cooking or preparing food at home

Instrument question

- What type of salt do you use while cooking or preparing food in your household?

Use iodized salt when cooking or preparing food at home									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	309	84.3	78.4–90.2	501	83.6	79.6–87.6	810	84.0	80.2–87.7
30–44	444	84.5	80.6–88.4	753	85.0	82.1–87.9	1 197	84.7	82.1–87.3
45–59	629	76.8	72.3–81.2	994	80.3	77.0–83.7	1 623	78.7	75.9–81.5
60–69	331	70.6	65.0–76.1	671	70.6	66.1–75.1	1 002	70.6	66.9–74.2
Total	1 713	81.1	78.0–84.2	2 919	81.7	79.7–83.8	4 632	81.4	79.4–83.5

Use iodized salt when cooking or preparing food at home									
	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	748	73.4	68.3–78.5	1 208	75.5	72.0–79.0	1 956	74.4	71.0–77.8
Urban	965	89.8	87.3–92.3	1 711	88.7	86.7–90.7	2 676	89.2	87.4–91.0
Total	**1 713**	**81.1**	**78.0–84.2**	**2 919**	**81.7**	**79.7–83.8**	**4 632**	**81.4**	**79.4–83.5**

Adding salt when cooking

Description

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

Instrument question

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

Add salt always or often when cooking or preparing food at home									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	323	51.1	44.3–58.0	511	49.2	43.2–55.2	834	50.2	45.3–55.2
30–44	460	50.0	44.3–55.7	756	52.1	47.1–57.1	1 216	51.0	46.8–55.1
45–59	661	54.7	49.3–60.0	998	50.2	45.4–55.0	1 659	52.3	48.0–56.6
60–69	343	56.1	49.4–62.7	683	48.2	43.4–52.9	1 026	52.1	47.6–56.5
Total	1 787	52.2	48.3–56.0	2 948	50.2	46.6–53.8	4 735	51.2	48.0–54.4

Salty processed food consumption

Description

Percentage of all respondents who always or often eat processed food high in salt

Instrument questions

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

Always or often consume processed food high in salt									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	39.0	32.0–45.9	511	32.0	26.6–37.5	835	35.8	31.1–40.4
30–44	464	36.8	31.7–41.9	753	27.9	24.0–31.8	1 217	32.7	29.3–36.1
45–59	663	34.1	30.0–38.1	995	26.2	22.4–30.0	1 658	30.0	27.1–32.9
60–69	342	32.4	26.6–38.1	682	21.1	17.0–25.2	1 024	26.6	22.9–30.3
Total	1 793	36.5	33.2–39.8	2 941	28.1	25.4–30.7	4 734	32.4	30.1–34.7

Always or often consume processed food high in salt									
	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	794	32.0	27.5–36.4	1 218	25.8	21.6–30.0	2 012	29.0	25.9–32.2
Urban	999	41.7	37.0–46.5	1 723	30.6	27.4–33.7	2 722	36.3	33.0–39.5
Total	**1 793**	**36.5**	**33.2–39.8**	**2 941**	**28.1**	**25.4–30.7**	**4 734**	**32.4**	**30.1–34.7**

Salt consumption

Description

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

Instrument questions

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

Think they consume far too much or too much salt									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	319	10.6	6.3–14.9	506	12.6	9.4–15.9	825	11.6	8.8–14.3
30–44	460	17.6	13.3–21.8	751	12.1	9.3–14.9	1 211	15.0	12.4–17.6
45–59	654	19.1	15.6–22.5	991	16.1	12.7–19.5	1 645	17.5	15.0–20.0
60–69	335	20.7	15.3–26.1	670	13.3	10.2–16.5	1 005	17.0	13.6–20.3
Total	1 768	15.8	13.3–18.2	2 918	13.6	11.8–15.3	4 686	14.7	13.1–16.3

Self-reported quantity of salt consumed											
Age group (years)	Men										
	n	Far too much (%)	95% CI	Too much (%)	95% CI	Just the right amount (%)	95% CI	Too little (%)	95% CI	Far too little (%)	95% CI
18–29	319	1.1	0.0–2.3	9.6	5.5–13.7	77.6	71.8–83.4	11.3	6.5–16.1	0.5	0.0–1.2
30–44	460	2.7	0.9–4.5	14.9	11.1–18.6	71.9	67.1–76.7	10.0	6.5–13.6	0.5	0.0–1.1
45–59	654	2.9	1.3–4.4	16.2	12.9–19.5	70.2	65.8–74.5	9.1	6.2–12.0	1.6	0.5–2.8
60–69	335	4.3	1.8–6.8	16.4	11.5–21.3	65.6	59.2–71.9	12.2	7.9–16.5	1.6	0.1–3.0
Total	**1 768**	**2.3**	**1.4–3.2**	**13.5**	**11.2–15.8**	**72.9**	**70.0–75.8**	**10.4**	**8.3–12.6**	**0.9**	**0.4–1.3**

Self-reported quantity of salt consumed											
Age group (years)	Women										
	n	Far too much (%)	95% CI	Too much (%)	95% CI	Just the right amount (%)	95% CI	Too little (%)	95% CI	Far too little (%)	95% CI
18–29	506	1.1	0.3–1.9	11.5	8.3–14.7	74.5	69.7–79.3	12.5	8.8–16.3	0.4	0.0–0.8
30–44	751	0.9	0.0–1.7	11.2	8.5–13.9	76.8	73.2–80.4	10.8	8.2–13.4	0.3	0.0–0.7
45–59	991	2.5	1.3–3.8	13.6	10.4–16.8	68.1	63.7–72.5	13.8	10.8–16.7	2.0	0.9–3.1
60–69	670	1.9	0.8–3.0	11.4	8.6–14.3	71.4	67.3–75.5	13.3	10.4–16.3	1.9	0.8–3.1
Total	**2 918**	**1.5**	**1.0–2.1**	**12.0**	**10.3–13.8**	**72.9**	**70.3–75.6**	**12.5**	**10.8–14.3**	**1.0**	**0.6–1.4**

Self-reported quantity of salt consumed											
Age group (years)	Both sexes										
	n	Far too much (%)	95% CI	Too much (%)	95% CI	Just the right amount (%)	95% CI	Too little (%)	95% CI	Far too little (%)	95% CI
18–29	825	1.1	0.3–1.9	10.5	7.8–13.1	76.1	72.5–79.8	11.9	8.8–14.9	0.4	0.0–0.9
30–44	1 211	1.8	0.8–2.9	13.2	10.8–15.5	74.2	71.1–77.2	10.4	8.3–12.5	0.4	0.1–0.8
45–59	1 645	2.7	1.7–3.7	14.8	12.5–17.2	69.1	65.8–72.5	11.6	9.3–13.8	1.8	1.0–2.7
60–69	1 005	3.1	1.7–4.5	13.9	10.8–17.0	68.5	64.5–72.5	12.8	10.0–15.5	1.8	0.8–2.7
Total	**4 686**	**1.9**	**1.4–2.5**	**12.8**	**11.2–14.3**	**72.9**	**70.8–75.1**	**11.4**	**10.0–12.9**	**0.9**	**0.6–1.3**

Salt knowledge

Description

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

Instrument questions

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

Think consuming too much salt could cause a serious health problem									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	299	83.8	77.4–90.2	487	93.3	90.5–96.0	786	88.2	84.3–92.1
30–44	428	90.1	86.9–93.3	713	93.1	90.8–95.4	1 141	91.5	89.5–93.6
45–59	567	85.3	81.7–88.9	929	92.9	90.7–95.1	1 496	89.4	87.2–91.7
60–69	286	89.6	85.7–93.5	612	90.6	87.9–93.3	898	90.1	87.7–92.5
Total	**1 580**	**86.6**	**83.8–89.4**	**2 741**	**92.8**	**91.4–94.3**	**4 321**	**89.7**	**88.0–91.4**

Lowering salt in diet

Description

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

Instrument questions

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

Importance of lowering salt in diet							
Age group (years)	Men						
	n	Very important (%)	95% CI	Somewhat important (%)	95% CI	Not-at-all important (%)	95% CI
18–29	314	31.4	24.6–38.3	42.5	35.1–49.9	26.0	19.2–32.9
30–44	441	33.5	28.6–38.5	43.9	38.6–49.3	22.6	17.9–27.2
45–59	600	27.3	23.3–31.3	46.5	41.4–51.6	26.2	21.4–31.0
60–69	303	27.6	21.5–33.8	47.8	41.0–54.5	24.6	18.5–30.7
Total	**1 658**	**30.7**	**27.3–34.1**	**44.4**	**40.5–48.2**	**24.9**	**21.4–28.4**

Importance of lowering salt in diet							
Age group (years)	Women						
	n	Very important (%)	95% CI	Somewhat important (%)	95% CI	Not-at-all important (%)	95% CI
18–29	500	34.7	29.4–40.0	47.1	42.0–52.2	18.2	13.6–22.9
30–44	725	36.3	31.8–40.9	45.5	40.6–50.4	18.2	14.3–22.1
45–59	961	38.6	34.6–42.7	44.1	40.0–48.1	17.3	13.9–20.7
60–69	642	35.6	31.0–40.2	46.7	41.6–51.9	17.7	13.6–21.7
Total	**2 828**	**36.4**	**33.5–39.3**	**45.7**	**42.8–48.6**	**17.9**	**15.4–20.4**

Importance of lowering salt in diet							
Age group (years)	Both sexes						
	n	Very important (%)	95% CI	Somewhat important (%)	95% CI	Not-at-all important (%)	95% CI
18–29	814	32.9	28.3–37.6	44.6	39.5–49.7	22.4	17.9–26.9
30–44	1 166	34.9	31.4–38.3	44.6	40.9–48.4	20.5	17.3–23.7
45–59	1 561	33.4	30.3–36.5	45.2	41.7–48.7	21.4	18.1–24.7
60–69	945	31.8	27.7–35.8	47.2	42.9–51.6	21.0	17.1–24.9
Total	**4 486**	**33.5**	**31.0–36.0**	**45.0**	**42.2–47.8**	**21.5**	**19.0–24.0**

Controlling salt intake

Description

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

Instrument questions

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

Limit consumption of processed food

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	38.5	31.5–45.6	512	47.0	40.5–53.6	837	42.5	37.2–47.7
30–44	469	40.2	34.4–45.9	756	45.6	40.9–50.3	1 225	42.7	38.6–46.8
45–59	670	32.6	27.7–37.5	1 000	45.5	40.9–50.1	1 670	39.3	35.5–43.1
60–69	344	31.4	25.2–37.6	683	48.9	44.1–53.8	1 027	40.3	36.0–44.5
Total	**1 808**	**36.9**	**32.9–40.8**	**2 951**	**46.4**	**42.8–49.9**	**4 759**	**41.4**	**38.3–44.6**

Look at the salt or sodium content on food labels

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	19.1	12.3–26.0	512	18.7	12.3–25.2	837	18.9	13.5–24.3
30–44	469	12.9	9.0–16.7	756	17.3	13.6–21.0	1 225	14.9	12.0–17.9
45–59	670	12.0	8.7–15.2	1 000	16.3	13.2–19.3	1 670	14.2	11.8–16.6
60–69	344	9.6	6.2–12.9	683	14.2	10.5–17.9	1 027	11.9	9.1–14.8
Total	**1 808**	**14.5**	**11.4–17.7**	**2 951**	**17.1**	**14.2–20.1**	**4 759**	**15.8**	**13.2–18.4**

Buy low salt/sodium alternatives

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	13.9	8.9–18.9	512	14.6	10.1–19.2	837	14.2	10.5–17.9
30–44	469	14.4	10.7–18.1	756	16.9	13.3–20.4	1 225	15.5	12.8–18.3
45–59	670	11.4	8.3–14.4	1 000	17.7	14.8–20.7	1 670	14.7	12.3–17.0
60–69	344	8.8	5.7–11.9	683	14.8	11.6–18.0	1 027	11.8	9.4–14.2
Total	**1 808**	**12.9**	**10.5–15.4**	**2 951**	**16.2**	**13.9–18.5**	**4 759**	**14.5**	**12.6–16.4**

Use spices other than salt when cooking

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	40.8	33.9–47.7	512	46.2	39.8–52.6	837	43.3	38.1–48.5
30–44	469	42.3	36.8–47.8	756	43.8	39.0–48.7	1 225	43.0	38.9–47.1
45–59	670	35.9	31.1–40.7	1 000	40.4	36.1–44.7	1 670	38.3	34.8–41.7
60–69	344	40.5	34.4–46.6	683	39.7	34.7–44.6	1 027	40.1	36.0–44.1
Total	**1808**	**40.0**	**36.5–43.4**	**2 951**	**43.2**	**39.8–46.5**	**4 759**	**41.5**	**38.7–44.3**

Avoid eating food prepared outside of (a) home									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	27.8	21.4–34.1	512	38.7	32.9–44.4	837	32.8	28.2–37.4
30–44	469	37.1	31.3–42.9	756	36.8	32.2–41.3	1 225	37.0	32.9–41.0
45–59	670	39.3	34.2–44.4	1 000	46.3	42.0–50.5	1 670	42.9	39.3–46.6
60–69	344	45.3	38.6–52.0	683	47.9	43.1–52.8	1 027	46.6	42.1–51.2
Total	**1808**	**35.1**	**31.4–38.9**	**2951**	**41.3**	**38.1–44.5**	**4 759**	**38.1**	**35.2–41.0**

Take other measures specifically to control your salt intake									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	325	0.0	0.0–0.0	512	0.2	0.0–0.4	837	0.1	0.0–0.2
30–44	469	0.0	0.0–0.0	756	0.7	0.0–1.4	1 225	0.3	0.0–0.6
45–59	670	0.1	0.0–0.4	1 000	0.4	0.0–0.8	1 670	0.3	0.0–0.5
60–69	344	0.3	0.0–0.9	683	0.0	0.0–0.0	1 027	0.2	0.0–0.4
Total	**1 808**	**0.1**	**0.0–0.1**	**2 951**	**0.4**	**0.1–0.6**	**4 759**	**0.2**	**0.1–0.3**

Physical activity

Introduction

A population's physical activity (or inactivity) can be described in different ways. The two most common ways are:
(1) estimating a population's mean or median physical activity using a continuous indicator such as metabolic equivalent (MET)-minutes per week or time spent carrying out physical activity; and
(2) classifying certain percentages of a population into specific groups by setting up cut-off points for specific amounts of physical activity.

When analysing General Physical Activity Questionnaire (GPAQ) data, both continuous and categorical indicators were used.

MET

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

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

Therefore, for the calculation of a person's total physical activity using GPAQ data, the MET values given in the table below were used.

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

WHO Global recommend-dations on physical activity for health

To calculate the categorical indicator for the recommended amount of physical activity for health, the total time spent carrying out physical activity during a typical week and the intensity of the physical activity are taken into account.

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

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

Former recom-men-dations for comparison pur-poses

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

The 3 levels of physical activity suggested for classifying populations were low, moderate, and high. The criteria for these levels are shown below.

High

A person reaching any of the following criteria is classified in the category of high-level physical activity:

- vigorous-intensity activity at least three days per week, achieving at least 1500 MET-minutes per week; OR

- seven or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a at least 3000 MET-minutes per week.

Moderate

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in the category of moderate-level physical activity:

- 3 or more days of vigorous-intensity activity of at least 20 minutes per day; or

- 5 or more days of moderate-intensity activity or walking for at least 30 minutes per day; or

- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving at least 600 MET-minutes per week.

- **Low**

A person not meeting any of the above-mentioned criteria falls into the category of low-level physical activity.

Not meeting WHO recommendations on physical activity for health

Description

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

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

Not meeting WHO recommendations on physical activity for health									
Age group (years)	Men			Women			Both sexes		
	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI
18–29	316	8.3	4.2–12.4	505	10.3	6.9–13.8	821	9.2	6.5–11.9
30–44	459	11.0	7.3–14.8	731	7.6	5.4–9.7	1 190	9.4	7.2–11.7
45–59	638	12.2	9.2–15.3	967	8.4	6.4–10.5	1 605	10.3	8.4–12.1
60–69	330	14.5	10.4–18.7	662	14.7	11.3–18.1	992	14.6	12.0–17.3
18–69	**1 743**	**10.7**	**8.5–12.9**	**2 865**	**9.4**	**7.7–11.1**	**4 608**	**10.1**	**8.6–11.5**

Not meeting WHO recommendations on physical activity for health									
	Men			Women			Both sexes		
	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI	n	Not meeting rec's (%)	95% CI
Rural	750	9.3	5.8–12.8	1 176	8.0	5.3–10.6	1 926	8.7	6.5–10.9
Urban	993	12.1	9.5–14.8	1 689	11.0	8.9–13.1	2 682	11.6	9.8–13.4
Total	**1 743**	**10.7**	**8.5–12.9**	**2 865**	**9.4**	**7.7–11.1**	**4 608**	**10.1**	**8.6–11.5**

Levels of total physical activity according to former recommendations

Description

Percentage of respondents classified into 3 categories of total physical activity according to former recommendations

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

Level of total physical activity according to former recommendations							
Age group (years)	Men						
	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18–29	316	10.1	5.8–14.3	22.8	16.9–28.7	67.1	60.8–73.4
30–44	459	13.5	9.5–17.5	19.0	15.1–22.8	67.6	62.6–72.5
45–59	638	14.9	10.9–18.9	20.4	16.3–24.5	64.8	59.5–70.0
60–69	330	17.0	12.7–21.4	20.4	14.9–25.9	62.6	56.2–68.9
18–69	**1 743**	**12.9**	**10.5–15.3**	**20.8**	**17.9–23.7**	**66.3**	**62.6–69.9**

Level of total physical activity according to former recommendations							
Age group (years)	Women						
	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18–29	505	11.3	7.8–14.9	35.8	30.6–41.0	52.9	47.5–58.2
30–44	731	9.0	6.6–11.4	27.7	23.7–31.8	63.3	58.8–67.9
45–59	967	10.2	8.0–12.4	23.9	20.8–27.1	65.9	61.9–69.9
60–69	662	17.2	13.5–20.9	26.6	22.6–30.6	56.2	51.3–61.1
18–69	**2 865**	**10.9**	**9.1–12.7**	**29.2**	**26.7–31.6**	**59.9**	**56.9–62.9**

Level of total physical activity according to former recommendations							
Age group (years)	Both sexes						
	n	Low (%)	95% CI	Moderate (%)	95% CI	High (%)	95% CI
18–29	821	10.6	7.8–13.5	28.8	24.5–33.2	60.5	55.9–65.2
30–44	1 190	11.4	8.9–13.9	23.0	20.1–25.9	65.6	62.1–69.1
45–59	1 605	12.4	10.2–14.7	22.2	19.4–25.0	65.3	61.7–69.0
60–69	992	17.1	14.3–20.0	23.5	20.0–27.1	59.3	55.2–63.5
18–69	**4 608**	**12.0**	**10.4–13.5**	**24.8**	**22.6–27.1**	**63.2**	**60.4–65.9**

Total physical activity (mean)

Description
Mean minutes of total physical activity on average per day

Instrument questions
- Activity at work
- Travel to and from places
- Recreational activities

Mean minutes of total physical activity on average per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	316	299.2	259.2–339.3	505	206.7	181.8–231.6	821	256.3	229.7–283.0
30–44	459	333.5	301.5–365.5	731	277.4	253.6–301.2	1 190	307.8	285.8–329.7
45–59	638	323.5	292.4–354.5	967	295.8	270.5–321.1	1 605	309.0	286.3–331.7
60–69	330	271.7	239.5–304.0	662	238.6	211.8–265.4	992	254.9	232.3–277.5
18–69	**1 743**	**313.2**	**290.5–336.0**	**2 865**	**255.7**	**239.0–272.4**	**4 608**	**285.4**	**268.3–302.6**

Mean minutes of total physical activity on average per day									
	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	750	361.7	324.6–398.8	1 176	318.6	290.0–347.1	1 926	341.0	312.1–369.8
Urban	993	259.7	235.4–283.9	1 689	187.3	171.9–202.8	2 682	224.6	207.6–241.6
Total	**1 743**	**313.2**	**290.5–336.0**	**2 865**	**255.7**	**239.0–272.4**	**4 608**	**285.4**	**268.3–302.6**

Total physical activity (median)

Description
Median minutes of total physical activity on average per day

Instrument questions
- Activity at work
- Travel to and from places
- Recreational activities

Median minutes of total physical activity on average per day									
Age group (years)	Men			Women			Both sexes		
	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)
18–29	316	282.9	60.0–462.9	505	120.0	40.0–317.1	821	171.4	60.0–390.0
30–44	459	317.1	62.1–524.3	731	220.0	60.0–445.7	1 190	270.0	60.0–480.0
45–59	638	300.0	60.0–514.3	967	240.0	60.0–437.1	1 605	270.0	60.0–471.4
60–69	330	180.0	60.0–428.6	662	171.4	40.0–381.4	992	180.0	48.6–398.6
18–69	**1 743**	**282.9**	**60.0–480.0**	**2 865**	**180.0**	**60.0–402.9**	**4 608**	**228.6**	**60.0–445.7**

Domain-specific physical activity (mean)

Description

Mean minutes spent carrying out work-, transport- and recreation-related physical activity on average per day

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

Mean minutes of physical activity on average per day (Men)									
Age group (years)	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	316	202.3	169.0–235.5	316	74.1	62.6–85.7	316	22.8	10.5–35.1
30–44	459	249.2	220.0–278.4	459	76.7	67.2–86.1	459	7.7	3.7–11.7
45–59	638	235.3	207.6–263.0	638	85.1	75.8–94.4	638	3.1	1.4–4.7
60–69	330	181.1	152.9–209.2	330	87.1	75.9–98.3	330	3.6	0.7–6.4
18–69	**1 743**	**222.9**	**202.9–242.8**	**1 743**	**78.8**	**72.8–84.8**	**1 743**	**11.6**	**6.8–16.3**

Mean minutes of physical activity on average per day (Men)									
	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	750	271.0	237.7–304.2	750	84.3	74.6–94.0	750	6.4	3.0–9.9
Urban	993	169.7	150.7–188.7	993	72.7	65.8–79.7	993	17.2	8.2–26.3
Total	**1 743**	**222.9**	**202.9–242.8**	**1 743**	**78.8**	**72.8–84.8**	**1 743**	**11.6**	**6.8–16.3**

Mean minutes of physical activity on average per day (Women)									
Age group (years)	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	505	125.0	104.6–145.4	505	76.9	65.9–88.0	505	4.8	3.1–6.5
30–44	731	194.5	173.0–215.9	731	79.1	70.0–88.2	731	3.8	1.5–6.2
45–59	967	204.8	183.6–226.0	967	88.7	78.8–98.7	967	2.3	1.3–3.2
60–69	662	162.4	139.7–185.0	662	74.4	64.1–84.7	662	1.8	0.8–2.8
18–69	**2 865**	**171.4**	**157.1–185.8**	**2 865**	**80.8**	**74.3–87.3**	**2 865**	**3.5**	**2.6–4.4**

Mean minutes of physical activity on average per day (Women)									
	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	1 176	226.8	203.1–250.5	1 176	90.0	78.7–101.2	1 176	1.8	0.5–3.1
Urban	1 689	111.2	96.8–125.6	1 689	70.8	64.7–76.8	1 689	5.3	4.0–6.6
Total	**2 865**	**171.4**	**157.1–185.8**	**2 865**	**80.8**	**74.3–87.3**	**2 865**	**3.5**	**2.6–4.4**

Mean minutes of physical activity on average per day (Both sexes)									
Age group (years)	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	821	166.4	144.8–188.1	821	75.4	67.1–83.8	821	14.5	7.7–21.3
30–44	1 190	224.1	203.7–244.4	1 190	77.8	70.5–85.0	1 190	5.9	3.5–8.3
45–59	1 605	219.4	199.2–239.6	1 605	87.0	79.6–94.4	1 605	2.7	1.7–3.6
60–69	992	171.6	151.6–191.6	992	80.7	73.0–88.3	992	2.7	1.2–4.2
18–69	**4 608**	**198.0**	**183.0–213.1**	**4 608**	**79.8**	**74.6–84.9**	**4 608**	**7.7**	**5.1–10.2**

Mean minutes of physical activity on average per day (Both sexes)									
	Work-related			Transport-related			Recreation-related		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	1 926	249.7	224.5–275.0	1 926	87.0	78.3–95.7	1 926	4.2	2.3–6.1
Urban	2 682	141.3	127.1–155.6	2 682	71.8	66.5–77.1	2 682	11.4	6.6–16.2
Total	**4 608**	**198.0**	**183.0–213.1**	**4 608**	**79.8**	**74.6–84.9**	**4 608**	**7.7**	**5.1–10.2**

Domain-specific physical activity (median)

Description

Median minutes spent on average per day carrying out work-, transport- and recreation-related physical activity

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

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

Age group (years)	Men			Women			Both sexes		
	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)
18–29	316	145.7	0.0–377.1	505	0.0	0.0–214.3	821	42.9	0.0–308.6
30–44	459	205.7	0.0–420.0	731	128.6	0.0–360.0	1 190	171.4	0.0–411.4
45–59	638	214.3	0.0–411.4	967	154.3	0.0–360.0	1 605	180.0	0.0–411.4
60–69	330	85.7	0.0–308.6	662	0.0	0.0–308.6	992	68.6	0.0–308.6
18–69	**1 743**	**171.4**	**0.0–411.4**	**2 865**	**68.6**	**0.0–334.3**	**4 608**	**120.0**	**0.0–360.0**

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

Age group (years)	Men			Women			Both sexes		
	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)	n	Median minutes	Interquartile range (P25–P75)
18–29	316	60.0	21.4–120.0	505	51.4	25.7–90.0	821	60.0	25.7–102.9
30–44	459	60.0	20.0–120.0	731	60.0	28.6–90.0	1 190	60.0	25.0–102.9
45–59	638	60.0	20.0–120.0	967	60.0	25.7–120.0	1 605	60.0	21.4–120.0
60–69	330	60.0	20.0–120.0	662	42.9	20.0–90.0	992	60.0	20.0–120.0
18–69	**1 743**	**60.0**	**20.0–120.0**	**2 865**	**60.0**	**25.7–102.9**	**4 608**	**60.0**	**25.0–120.0**

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

Age group (years)	Men			Women			Both sexes		
	n	Mean minutes	Interquartile range (P25–P75)	n	Mean minutes	Interquartile range (P25–P75)	n	Mean minutes	Interquartile range (P25–P75)
18–29	316	0.0	0.0–17.1	505	0.0	0.0–0.0	821	0.0	0.0–0.0
30–44	459	0.0	0.0–0.0	731	0.0	0.0–0.0	1 190	0.0	0.0–0.0
45–59	638	0.0	0.0–0.0	967	0.0	0.0–0.0	1 605	0.0	0.0–0.0
60–69	330	0.0	0.0–0.0	662	0.0	0.0–0.0	992	0.0	0.0–0.0
18–69	**1 743**	**0.0**	**0.0–0.0**	**2 865**	**0.0**	**0.0–0.0**	**4 608**	**0.0**	**0.0–0.0**

No physical activity by domain

Description

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

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

No work-related physical activity									
Age group (years)	Men			Women			Both sexes		
	n	No activity at work (%)	95% CI	n	No activity at work (%)	95% CI	n	No activity at work (%)	95% CI
18–29	316	40.4	33.3–47.4	505	54.8	48.9–60.6	821	47.0	41.8–52.3
30–44	459	38.0	32.5–43.4	731	42.8	37.7–47.8	1 190	40.2	36.1–44.3
45–59	638	39.6	34.2–45.0	967	39.5	34.8–44.2	1 605	39.5	35.3–43.8
60–69	330	43.3	36.4–50.1	662	50.2	44.7–55.8	992	46.8	42.0–51.6
18–69	**1 743**	**39.7**	**35.6–43.8**	**2 865**	**46.5**	**43.0–50.0**	**4 608**	**43.0**	**39.7–46.3**

No transport-related physical activity									
Age group (years)	Men			Women			Both sexes		
	n	No activity for transport (%)	95% CI	n	No activity for transport (%)	95% CI	n	No activity for transport (%)	95% CI
18–29	316	14.1	8.9–19.3	505	5.4	3.1–7.8	821	10.1	7.1–13.0
30–44	459	16.3	11.8–20.7	731	7.2	4.8–9.7	1 190	12.1	9.3–14.9
45–59	638	14.1	10.7–17.5	967	7.6	5.5–9.8	1 605	10.7	8.7–12.7
60–69	330	15.9	11.5–20.3	662	10.4	7.8–13.0	992	13.1	10.5–15.6
18–69	**1 743**	**14.9**	**12.2–17.6**	**2 865**	**7.1**	**5.7–8.4**	**4 608**	**11.1**	**9.5–12.8**

No recreation-related physical activity									
Age group (years)	Men			Women			Both sexes		
	n	No activity at recreation (%)	95% CI	n	No activity at recreation (%)	95% CI	n	No activity at recreation (%)	95% CI
18–29	316	68.3	61.3–75.3	505	84.6	79.6–89.6	821	75.9	71.2–80.6
30–44	459	82.8	78.8–86.7	731	91.7	89.6–93.7	1 190	86.9	84.5–89.3
45–59	638	92.4	90.0–94.8	967	92.7	90.6–94.7	1 605	92.6	91.0–94.1
60–69	330	94.2	91.4–97.0	662	94.9	93.0–96.8	992	94.5	92.8–96.3
18–69	**1 743**	**81.1**	**77.9–84.3**	**2 865**	**89.9**	**88.0–91.9**	**4 608**	**85.4**	**83.4–87.4**

Composition of total physical activity

Description

Percentage of work, transport and recreational activity contributing to total activity

Instrument questions

- Activity at work
- Travel to and from places
- Recreational activities

Composition of total physical activity							
Age group (years)	Men						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
18–29	301	46.5	40.6–52.3	43.8	38.7–48.9	9.7	6.6–12.9
30–44	432	53.6	48.9–58.4	41.4	36.9–45.9	5.0	3.4–6.6
45–59	595	52.7	48.1–57.3	45.3	40.7–49.8	2.0	1.0–2.9
60–69	294	47.1	41.5–52.7	51.5	45.9–57.0	1.4	0.5–2.3
18–69	**1 622**	**50.3**	**46.8–53.7**	**44.1**	**41.0–47.2**	**5.6**	**4.3–7.0**

Composition of total physical activity							
	Men						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
Rural	704	59.0	53.8–64.2	38.5	33.5–43.5	2.6	1.5–3.6
Urban	918	40.7	36.9–44.6	50.3	46.8–53.7	9.0	6.5–11.5
Total	**1 622**	**50.3**	**46.8–53.7**	**44.1**	**41.0–47.2**	**5.6**	**4.3–7.0**

Composition of total physical activity							
Age group (years)	Women						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
18–29	484	34.7	30.2–39.3	61.2	56.8–65.5	4.1	2.8–5.5
30–44	710	47.0	42.6–51.3	50.2	45.9–54.5	2.8	1.8–3.8
45–59	928	49.3	45.2–53.5	49.1	44.9–53.2	1.6	0.8–2.3
60–69	613	42.8	38.0–47.6	55.8	51.1–60.4	1.4	0.6–2.3
18–69	**2 735**	**43.2**	**40.3–46.2**	**54.0**	**51.2–56.9**	**2.7**	**2.1–3.3**

Composition of total physical activity							
	Women						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
Rural	1 134	55.1	50.7–59.4	44.0	39.7–48.2	1.0	0.4–1.5
Urban	1 601	30.3	26.9–33.8	65.0	61.7–68.4	4.6	3.6–5.7
Total	**2 735**	**43.2**	**40.3–46.2**	**54.0**	**51.2–56.9**	**2.7**	**2.1–3.3**

Composition of total physical activity							
Age group (years)	Both sexes						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
18–29	785	41.0	36.8–45.2	51.9	48.1–55.7	7.1	5.1–9.1
30–44	1 142	50.5	46.9–54.1	45.5	42.1–49.0	4.0	2.9–5.0
45–59	1 523	50.9	47.2–54.7	47.3	43.6–51.0	1.8	1.2–2.4
60–69	907	44.9	41.0–48.9	53.7	49.8–57.5	1.4	0.8–2.1
18–69	**4 357**	**46.8**	**44.0–49.6**	**49.0**	**46.4–51.6**	**4.2**	**3.4–5.0**

Composition of total physical activity							
	Both sexes						
	n	Activity at work (%)	95% CI	Activity using transport (%)	95% CI	Activity during leisure time (%)	95% CI
Rural	1 838	57.1	52.8–61.3	41.2	37.0–45.3	1.8	1.2–2.4
Urban	2 519	35.6	32.5–38.7	57.5	54.7–60.2	6.9	5.3–8.4
Total	**4 357**	**46.8**	**44.0–49.6**	**49.0**	**46.4–51.6**	**4.2**	**3.4–5.0**

No vigorous physical activity

Description

Percentage of respondents not engaging in vigorous physical activity

Instrument questions

- Activity at work
- Recreational activities

No vigorous physical activity									
Age group (years)	Men			Women			Both sexes		
	n	No vigorous activity (%)	95% CI	n	No vigorous activity (%)	95% CI	n	No vigorous activity (%)	95% CI
18–29	316	61.7	55.0–68.5	505	90.8	87.2–94.4	821	75.2	70.9–79.5
30–44	459	64.6	59.4–69.9	731	86.0	82.9–89.1	1 190	74.4	71.0–77.9
45–59	638	68.2	63.6–72.8	967	81.3	77.7–84.9	1 605	75.0	72.0–78.1
60–69	330	77.6	71.9–83.3	662	88.8	85.3–92.2	992	83.3	79.9–86.7
18–69	**1 743**	**65.7**	**62.2–69.1**	**2 865**	**86.5**	**84.5–88.4**	**4 608**	**75.7**	**73.5–77.9**

Sedentary

Description

Minutes spent in sedentary activities on a typical day

Instrument question

- Sedentary behaviour

Sedentary minutes on average per day					
Age group (years)	Men				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
18–29	325	203.4	174.7–232.2	180.0	60.0–300.0
30–44	469	151.3	136.9–165.8	120.0	60.0–240.0
45–59	668	154.9	142.1–167.8	120.0	60.0–180.0
60–69	344	180.5	162.3–198.6	120.0	80.0–240.0
18–69	1 806	173.3	160.1–186.5	120.0	60.0–240.0

Sedentary minutes on average per day					
	Men				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
Rural	801	127.5	115.0–140.0	60.0	0–90.0
Urban	1 005	226.7	205.2–248.2	120.0	0–180.0
Total	**1 806**	**173.3**	**160.1–186.5**	**120.0**	**60.0–240.0**

Sedentary minutes on average per day					
Age group (years)	Women				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
18–29	512	211.9	184.1–239.6	180.0	80.0–300.0
30–44	754	159.3	146.9–171.7	120.0	60.0–240.0
45–59	1000	149.8	139.9–159.7	120.0	60.0–180.0
60–69	682	171.0	157.6–184.3	120.0	60.0–240.0
18–69	2948	174.8	163.4–186.2	120.0	60.0–240.0

Sedentary minutes on average per day					
	Women				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
Rural	1 220	134.9	123.2–146.6	120.0	60.0–180.0
Urban	1 728	218.7	200.0–237.4	180.0	120.0–300.0
Total	**2 948**	**174.8**	**163.4–186.2**	**120.0**	**60.0–240.0**

Sedentary minutes on average per day					
Age group (years)	Both sexes				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
18–29	837	207.3	183.3–231.4	180.0	60.0–300.0
30–44	1 223	155.0	144.6–165.4	120.0	60.0–240.0
45–59	1 668	152.3	143.4–161.1	120.0	60.0–180.0
60–69	1 026	175.7	163.7–187.6	120.0	60.0–240.0
18–69	4 754	174.0	163.3–184.8	120.0	60.0–240.0

Sedentary minutes on average per day					
	Both sexes				
	n	Mean minutes	95% CI	Median minutes	Interquartile range (P25–P75)
Rural	2 021	131.0	120.7–141.3	120.0	60.0–180.0
Urban	2 733	222.8	204.9–240.7	180.0	120.0–300.0
Total	**4 754**	**174.0**	**163.3–184.8**	**120.0**	**60.0–240.0**

History of raised blood pressure

Blood pressure measurement and diagnosis

Description

Blood pressure measurement and diagnosis among all respondents

Instrument questions

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you been told this in the past 12 months?

Blood pressure measurement and diagnosis									
	Men								
Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	325	14.1	9.2–19.0	80.2	74.6–85.7	1.1	0.0–2.2	4.6	1.6–7.7
30–44	469	10.5	7.0–14.0	73.4	68.7–78.2	6.5	4.0–9.1	9.5	6.6–12.4
45–59	668	7.8	5.5–10.1	60.6	55.4–65.7	4.7	2.8–6.7	26.9	22.3–31.5
60–69	344	7.4	4.1–10.6	43.6	37.7–49.4	6.5	3.7–9.3	42.6	37.0–48.2
18–69	1 806	10.8	8.6–13.0	69.8	66.7–73.0	4.2	3.0–5.3	15.2	13.2–17.2

Blood pressure measurement and diagnosis									
	Women								
Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	511	7.6	5.0–10.2	82.6	78.7–86.4	4.0	1.8–6.2	5.8	3.0–8.6
30–44	754	5.8	3.8–7.7	78.2	74.6–81.8	4.3	2.6–6.1	11.7	9.1–14.4
45–59	1 000	5.1	3.5–6.7	54.3	50.5–58.1	4.1	2.8–5.4	36.5	33.0–40.0
60–69	682	3.7	2.0–5.5	33.1	29.2–37.1	6.9	4.8–9.1	56.2	52.0–60.3
18–69	2 947	6.0	4.6–7.3	68.0	65.7–70.3	4.4	3.4–5.4	21.6	19.8–23.4

Blood pressure measurement and diagnosis									
Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	836	11.1	8.1–14.1	81.3	77.8–84.7	2.5	1.3–3.6	5.2	3.1–7.3
30–44	1 223	8.3	6.1–10.5	75.6	72.5–78.8	5.5	4.0–7.1	10.5	8.5–12.6
45–59	1 668	6.4	4.9–7.9	57.3	53.9–60.7	4.4	3.2–5.6	31.9	28.8–35.0
60–69	1 026	5.5	3.7–7.4	38.3	34.8–41.8	6.7	4.9–8.5	49.4	45.9–53.0
18–69	4 753	8.5	7.1–9.9	69.0	66.8–71.1	4.3	3.5–5.1	18.3	16.8–19.8

Blood pressure treatment among those diagnosed

Description

Raised blood pressure treatment results among respondents previously diagnosed with raised blood pressure

Instrument questions

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- In the past two weeks, have you taken any medication for raised blood pressure prescribed by a doctor or other health worker?

Currently taking medication for raised blood pressure prescribed by doctor or health worker among those diagnosed									
Age group (years)	Men			Women			Both sexes		
	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI
18–29	18	8.0	0.0–19.4	42	24.8	6.0–43.6	60	18.0	5.0–30.9
30–44	78	27.2	15.9–38.5	113	18.1	9.5–26.7	191	23.0	16.1–29.9
45–59	209	48.3	39.4–57.3	397	58.0	51.9–64.1	606	54.0	48.8–59.2
60–69	172	53.9	45.2–62.7	424	73.6	68.4–78.8	596	65.1	60.1–70.1
18–69	**477**	**40.1**	**34.1–46.1**	**976**	**50.8**	**46.1–55.5**	**1 453**	**46.1**	**42.3–49.8**

Blood pressure advice by a traditional healer

Description

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

Instrument questions

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Have you ever seen a traditional healer for raised blood pressure?
- Are you currently taking any herbal or traditional remedy for high blood pressure?

Seen a traditional healer

Age group (years)	Men			Women			Both sexes		
	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI
18–29	18	0.0	0.0–0.0	42	1.0	0.0–3.1	60	0.6	0.0–1.8
30–44	78	4.4	0.4–8.4	113	4.1	0.4–7.8	191	4.3	1.6–7.0
45–59	209	11.5	3.6–19.3	397	6.8	3.6–10.0	606	8.8	4.9–12.6
60–69	171	4.2	1.2–7.2	424	9.3	4.9–13.7	595	7.1	4.2–10.0
18–69	**476**	**6.8**	**3.2–10.5**	**976**	**6.3**	**4.2–8.3**	**1 452**	**6.5**	**4.4–8.7**

Currently taking herbal or traditional remedy for raised blood pressure

Age group (years)	Men			Women			Both sexes		
	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI
18–29	18	0.0	0.0–0.0	42	0.0	0.0–0.0	60	0.0	0.0–0.0
30–44	78	2.4	0.0–5.3	113	3.0	0.0–6.3	191	2.7	0.5–4.8
45–59	209	10.0	4.9–15.0	397	6.6	3.6–9.6	606	8.0	5.1–10.9
60–69	171	4.0	1.2–6.9	424	11.3	7.5–15.1	595	8.2	5.5–10.8
18–69	**476**	**5.7**	**3.3–8.1**	**976**	**6.3**	**4.5–8.1**	**1 452**	**6.0**	**4.5–7.6**

History of diabetes

Blood sugar measurement and diagnosis

Description

Blood sugar measurement and diagnosis among all respondents

Instrument questions

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you been told this in the past 12 months?

Blood sugar measurement and diagnosis									
	Men								
Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	325	58.8	51.6–65.9	40.8	33.7–48.0	0.4	0.0–0.9	0.0	0.0–0.0
30–44	469	40.3	35.3–45.4	57.2	52.1–62.4	0.6	0.0–1.2	1.8	0.6–3.1
45–59	668	38.0	33.3–42.7	52.9	48.2–57.5	2.1	0.7–3.5	7.0	4.6–9.5
60–69	344	30.3	24.4–36.3	54.8	48.3–61.4	2.0	0.5–3.6	12.8	8.7–16.9
18–69	1 806	45.4	41.7–49.1	50.1	46.5–53.7	1.0	0.6–1.5	3.5	2.7–4.3

Blood sugar measurement and diagnosis									
	Women								
Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	511	52.9	47.2–58.6	46.4	40.5–52.3	0.1	0.0–0.3	0.6	0.0–1.3
30–44	754	34.4	30.0–38.8	61.3	56.8–65.8	1.1	0.0–2.2	3.2	1.5–4.9
45–59	999	22.3	18.8–25.9	66.7	62.5–70.8	2.4	1.1–3.7	8.6	6.5–10.7
60–69	682	15.5	12.2–18.8	65.8	61.6–70.0	3.7	1.9–5.4	15.1	12.0–18.1
18–69	2 946	34.9	32.0–37.8	58.5	55.5–61.4	1.4	0.9–2.0	5.2	4.3–6.0

Blood sugar measurement and diagnosis									
Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	836	56.1	51.2–61.0	43.4	38.5–48.3	0.3	0.0–0.6	0.3	0.0–0.6
30–44	1 223	37.6	34.0–41.2	59.1	55.5–62.7	0.8	0.2–1.5	2.5	1.4–3.5
45–59	1 667	29.8	26.6–33.1	60.1	56.6–63.5	2.2	1.3–3.2	7.9	6.3–9.5
60–69	1 026	22.8	19.3–26.4	60.4	56.4–64.3	2.9	1.5–4.2	13.9	11.2–16.7
18–69	4 752	40.3	37.7–43.0	54.1	51.5–56.8	1.2	0.9–1.6	4.3	3.6–5.0

Diabetes treatment among those diagnosed

Description

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

Instrument questions

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- In the past two weeks, have you taken any medication for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

Currently taking medication prescribed for diabetes									
Age group (years)	Men			Women			Both sexes		
	n	Taking insulin (%)	95% CI	n	Taking insulin (%)	95% CI	n	Taking insulin (%)	95% CI
18–29	2	0.0	0.0–0.0	5	0.0	0.0–0.0	7	0.0	0.0–0.0
30–44	13	44.2	14.6–73.9	26	15.9	0.8–31.0	39	27.2	10.9–43.5
45–59	56	29.4	15.6–43.2	110	38.9	26.5–51.2	166	34.8	25.3–44.2
60–69	50	49.0	32.1–65.9	139	47.5	37.4–57.5	189	48.1	37.9–58.3
18–69	**121**	**36.7**	**26.4–47.1**	**280**	**35.7**	**28.2–43.3**	**401**	**36.2**	**30.0–42.3**

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age group (years)	Men			Women			Both sexes		
	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI
18–29	2	0.0	0.0–0.0	5	0.0	0.0–0.0	7	0.0	0.0–0.0
30–44	13	11.0	0.0–31.3	26	5.9	0.0–13.2	39	7.9	0.0–17.3
45–59	56	9.7	2.1–17.2	110	10.2	3.2–17.2	166	10.0	5.0–14.9
60–69	50	21.2	6.4–36.0	139	16.3	9.2–23.4	189	18.5	9.6–27.3
18–69	**121**	**13.0**	**6.2–19.9**	**280**	**10.8**	**6.7–14.9**	**401**	**11.7**	**7.8–15.7**

Diabetes advice from a traditional healer

Description

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

Instrument questions

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you ever seen a traditional healer for diabetes or raised blood sugar?
- Are you currently taking any herbal or traditional remedy for your diabetes?

Seen a traditional healer for diabetes

Age group (years)	Men			Women			Both sexes		
	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI
18–29	2	0.0	0.0–0.0	5	0.0	0.0–0.0	7	0.0	0.0–0.0
30–44	13	0.0	0.0–0.0	26	4.7	0.0–11.4	39	2.8	0.0–6.9
45–59	56	2.2	0.0–4.8	110	4.2	0.4–8.0	166	3.3	0.9–5.8
60–69	50	7.6	0.0–16.5	139	5.9	1.8–10.0	189	6.6	1.3–11.9
18–69	**121**	**3.4**	**0.3–6.4**	**280**	**4.6**	**2.1–7.2**	**401**	**4.1**	**2.0–6.2**

Currently taking herbal or traditional treatment for diabetes

Age group (years)	Men			Women			Both sexes		
	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI
18–29	2	0.0	0.0–0.0	5	0.0	0.0–0.0	7	0.0	0.0–0.0
30–44	13	0.0	0.0–0.0	26	4.2	0.0–12.5	39	2.5	0.0–7.5
45–59	56	4.3	0.0–9.8	110	7.8	2.5–13.1	166	6.3	2.1–10.5
60–69	50	13.0	2.5–23.6	139	7.9	2.8–13.0	189	10.1	4.1–16.2
18–69	**121**	**6.1**	**1.8–10.3**	**280**	**6.9**	**3.5–10.3**	**401**	**6.6**	**3.7–9.4**

History of raised cholesterol

Cholesterol measurement and diagnosis

Description
Total cholesterol measurement and diagnosis among all respondents

Instrument questions

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Have you been told this in the past 12 months?

Total cholesterol measurement and diagnosis

Age group (years)	Men								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	326	73.3	66.4–80.1	25.1	18.4–31.8	0.6	0.0–1.4	1.1	0.0–2.6
30–44	469	62.0	56.6–67.3	35.2	29.9–40.6	0.9	0.0–1.8	1.9	0.6–3.2
45–59	668	57.1	52.2–61.9	37.7	33.1–42.3	0.3	0.0–0.8	5.0	2.7–7.2
60–69	344	53.7	46.9–60.6	38.9	32.5–45.4	0.4	0.0–1.0	6.9	3.6–10.2
18–69	1 807	64.0	60.3–67.7	32.6	28.9–36.2	0.6	0.2–1.0	2.8	1.9–3.8

Total cholesterol measurement and diagnosis

Age group (years)	Women								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	511	73.4	68.9–77.9	25.7	21.3–30.1	0.1	0.0–0.2	0.8	0.0–1.9
30–44	754	56.0	51.2–60.7	40.0	35.1–44.8	1.9	0.7–3.2	2.1	0.9–3.3
45–59	999	44.5	40.5–48.5	44.4	40.4–48.5	1.4	0.6–2.1	9.7	7.5–12.0
60–69	682	38.6	34.0–43.3	43.2	38.1–48.3	3.5	1.7–5.2	14.7	11.7–17.8
18–69	2 946	56.5	53.6–59.4	37.0	34.2–39.8	1.3	0.8–1.8	5.2	4.3–6.1

Total cholesterol measurement and diagnosis

Age group (years)	Both sexes								
	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within past 12 months (%)	95% CI	Diagnosed within past 12 months (%)	95% CI
18–29	837	73.3	68.9–77.7	25.4	21.0–29.8	0.3	0.0–0.8	0.9	0.0–1.9
30–44	1 223	59.2	55.4–62.9	37.4	33.7–41.1	1.4	0.6–2.1	2.0	1.1–2.9
45–59	1 667	50.5	46.9–54.1	41.2	37.8–44.6	0.9	0.4–1.3	7.5	5.9–9.0
60–69	1 026	46.1	41.8–50.5	41.1	36.9–45.2	2.0	1.0–2.9	10.8	8.4–13.3
18–69	4 753	60.4	57.7–63.1	34.7	32.1–37.4	0.9	0.6–1.2	4.0	3.3–4.7

Cholesterol treatment among those diagnosed

Description

Cholesterol treatment results among respondents previously diagnosed with raised cholesterol

Instrument questions

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- In the past two weeks, have you taken oral medication for raised total cholesterol prescribed by a doctor or other health worker?

Currently taking oral medication prescribed for raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI	n	Taking medication (%)	95% CI
18–29	4	0.0	0.0–0.0	3	0.0	0.0–0.0	7	0.0	0.0–0.0
30–44	13	42.9	13.1–72.6	25	11.6	0.0–29.1	38	25.6	8.9–42.3
45–59	31	21.3	3.5–39.2	119	21.9	13.5–30.3	150	21.7	14.0–29.4
60–69	23	56.9	33.4–80.3	120	30.4	21.5–39.2	143	37.9	28.4–47.3
18–69	**71**	**30.2**	**18.0–42.4**	**267**	**21.5**	**15.6–27.4**	**338**	**24.6**	**19.0–30.2**

Cholesterol advice from traditional healer

Description

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

Instrument questions

- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Have you ever seen a traditional healer for raised cholesterol?
- Are you currently taking any herbal or traditional remedy for raised cholesterol?

Seen a traditional healer for raised cholesterol

Age group (years)	Men			Women			Both sexes		
	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI	n	Seen traditional healer (%)	95% CI
18–29	4	0.0	0.0–0.0	3	7.8	0.0–25.2	7	2.4	0.0–7.5
30–44	13	0.0	0.0–0.0	25	0.0	0.0–0.0	38	0.0	0.0–0.0
45–59	31	1.8	0.0–5.2	119	4.8	0.0–11.6	150	4.0	0.0–8.9
60–69	23	0.0	0.0–0.0	120	4.4	0.0–9.1	143	3.2	0.0–6.6
18–69	**71**	**0.7**	**0.0–2.0**	**267**	**4.0**	**0.2–7.8**	**338**	**2.8**	**0.3–5.3**

Currently taking herbal or traditional treatment for raised cholesterol

Age group (years)	Men			Women			Both sexes		
	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI	n	Taking traditional medication (%)	95% CI
18–29	4	0.0	0.0–0.0	3	7.8	0.0–25.2	7	2.4	0.0–7.5
30–44	13	0.0	0.0–0.0	25	0.0	0.0–0.0	38	0.0	0.0–0.0
45–59	31	2.4	0.0–7.4	119	0.8	0.0–2.3	150	1.2	0.0–3.0
60–69	23	5.9	0.0–17.5	120	4.4	0.0–8.8	143	4.8	0.0–10.7
18–69	**71**	**2.1**	**0.0–5.1**	**267**	**1.9**	**0.3–3.6**	**338**	**2.0**	**0.3–3.7**

Cardiovascular disease (CVD) history

History of CVDs

Description

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

Instrument questions

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

Having ever had a heart attack or chest pain from heart disease, or a stroke									
Age group (years)	Men			Women			Both sexes		
	n	CVD history (%)	95% CI	n	CVD history (%)	95% CI	n	CVD history (%)	95% CI
18–29	326	5.6	2.8–8.3	511	8.1	5.2–11.0	837	6.7	4.8–8.7
30–44	469	6.8	4.3–9.3	754	12.8	10.0–15.6	1 223	9.6	7.6–11.6
45–59	667	13.4	9.9–16.8	999	23.8	20.6–26.9	1 666	18.8	16.3–21.3
60–69	344	25.0	19.3–30.8	682	30.7	26.5–34.9	1 026	27.9	24.2–31.6
18–69	**1 806**	**9.7**	**7.9–11.4**	**2 946**	**16.3**	**14.4–18.2**	**4 752**	**12.9**	**11.5–14.2**

Prevention and treatment of heart disease

Description

Percentage of respondents currently taking aspirin or statins regularly to prevent or treat heart disease

Instrument questions

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

Currently taking aspirin regularly to prevent or treat heart disease

Age group (years)	Men			Women			Both sexes		
	n	Taking aspirin (%)	95% CI	n	Taking aspirin (%)	95% CI	n	Taking aspirin (%)	95% CI
18–29	326	0.9	0.0–2.1	511	1.3	0.2–2.4	837	1.1	0.3–1.9
30–44	469	3.1	1.2–5.0	754	4.9	3.0–6.9	1 223	3.9	2.4–5.5
45–59	667	7.9	5.8–10.0	999	18.1	15.2–21.0	1 666	13.2	11.2–15.2
60–69	344	16.6	11.8–21.3	682	29.7	25.4–34.0	1 026	23.2	20.0–26.4
18–69	**1 806**	**4.8**	**3.7–5.8**	**2 946**	**10.1**	**8.8–11.4**	**4 752**	**7.3**	**6.5–8.2**

Currently taking statins regularly to prevent or treat heart disease

Age group (years)	Men			Women			Both sexes		
	n	Taking statins (%)	95% CI	n	Taking statins (%)	95% CI	n	Taking statins (%)	95% CI
18–29	326	0.2	0.0–0.5	511	0.4	0.0–1.2	837	0.3	0.0–0.7
30–44	469	0.4	0.0–1.0	754	1.3	0.3–2.3	1 223	0.8	0.2–1.4
45–59	667	3.7	1.1–6.3	999	3.9	2.5–5.2	1 666	3.8	2.3–5.3
60–69	344	3.7	1.6–5.8	682	8.7	6.0–11.3	1 026	6.2	4.4–8.0
18–69	**1 806**	**1.5**	**0.7–2.2**	**2 946**	**2.5**	**1.8–3.2**	**4 752**	**2.0**	**1.4–2.5**

Lifestyle advice

Lifestyle advice

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

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

Advised by doctor or health worker to stop smoking/using tobacco products or not to start

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	47.3	40.2–54.4	511	37.7	30.7–44.8	835	42.9	37.5–48.3
30–44	469	55.4	49.9–60.9	754	29.5	24.9–34.1	1 223	43.5	39.2–47.8
45–59	667	52.0	46.5–57.5	999	31.5	26.4–36.6	1 666	41.3	37.0–45.7
60–69	344	41.4	34.5–48.4	682	22.5	18.1–26.9	1 026	31.9	27.4–36.3
18–69	**1 804**	**50.4**	**46.5–54.3**	**2 946**	**32.1**	**28.1–36.1**	**4 750**	**41.6**	**38.2–45.0**

Advised by doctor or health worker to reduce salt in diet

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	49.3	41.6–57.1	511	58.4	51.7–65.2	835	53.5	47.7–59.4
30–44	469	55.6	49.9–61.3	754	58.6	54.0–63.2	1 223	57.0	52.8–61.1
45–59	667	60.2	55.1–65.3	999	65.8	61.2–70.5	1 666	63.1	59.3–66.9
60–69	344	57.3	50.4–64.2	682	64.0	59.1–68.8	1 026	60.7	56.1–65.3
18–69	**1 804**	**54.7**	**50.4–59.0**	**2 946**	**61.2**	**57.6–64.9**	**4 750**	**57.8**	**54.4–61.3**

Advised by doctor or health worker to eat at least 5 servings of fruit and/or vegetables each day

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	56.0	48.2–63.8	510	68.0	62.1–74.0	834	61.5	56.0–67.1
30–44	469	58.3	52.8–63.9	754	64.6	60.3–68.9	1 223	61.2	57.2–65.2
45–59	667	63.8	59.1–68.5	999	66.3	61.7–70.8	1 666	65.1	61.4–68.8
60–69	344	61.6	55.4–67.9	682	66.8	62.2–71.5	1 026	64.3	60.1–68.4
18–69	**1 804**	**59.2**	**55.2–63.2**	**2 945**	**66.4**	**63.3–69.6**	**4 749**	**62.7**	**59.6–65.8**

Advised by doctor or health worker to reduce fat in diet									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	52.3	44.6–60.1	510	67.2	61.4–73.0	834	59.2	53.7–64.7
30–44	469	59.5	53.8–65.1	754	63.9	59.5–68.3	1 223	61.5	57.5–65.5
45–59	667	64.5	59.7–69.3	999	68.8	64.6–73.1	1 666	66.8	63.2–70.3
60–69	344	57.3	50.7–63.9	682	68.4	64.0–72.8	1 026	62.9	58.6–67.3
18–69	**1 804**	**58.0**	**54.0–62.0**	**2 945**	**66.9**	**63.8–70.0**	**4 749**	**62.3**	**59.2–65.4**

Advised by doctor or health worker to start or do more physical activity									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	49.9	42.3–57.6	510	59.8	53.2–66.4	834	54.5	48.7–60.3
30–44	469	51.9	45.9–58.0	754	56.1	51.1–61.0	1 223	53.8	49.4–58.3
45–59	667	54.8	49.5–60.0	999	58.1	53.1–63.2	1 666	56.5	52.4–60.7
60–69	344	48.6	41.8–55.5	682	49.5	44.4–54.7	1 026	49.1	44.3–53.9
18–69	**1 804**	**51.6**	**47.4–55.9**	**2 945**	**57.2**	**53.4–61.1**	**4 749**	**54.3**	**50.8–57.9**

Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	44.0	36.1–52.0	510	57.0	50.1–63.9	834	50.0	43.9–56.1
30–44	469	52.0	45.8–58.2	754	52.5	47.5–57.5	1 223	52.2	47.7–56.7
45–59	667	51.3	45.9–56.8	999	59.0	53.9–64.2	1 666	55.4	51.0–59.7
60–69	344	47.2	40.3–54.1	682	53.3	48.2–58.4	1 026	50.3	45.7–54.9
18–69	**1 804**	**48.6**	**44.1–53.1**	**2 945**	**56.0**	**52.1–59.9**	**4 749**	**52.1**	**48.4–55.9**

Cervical cancer screening

Cervical cancer screening

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

Instrument question
- Have you ever had a screening test for cervical cancer *(using any of these methods)*?

Age group (years)	Women		
	n	%	95% CI
18–29	459	49.9	43.3–56.5
30–44	689	68.1	63.5–72.7
45–59	890	73.1	68.9–77.3
60–69	599	63.3	58.2–68.5
18–69	2 637	63.2	59.5–66.9

	Women 18–69		
	n	%	95% CI
Rural	1 063	66.0	60.6–71.4
Urban	1 574	60.2	55.3–65.2
Total	**2 637**	**63.2**	**59.5–66.9**

Cervical cancer screening among women aged 30–49 years

Description
Percentage of female respondents aged 30–49 years who have ever had a screening test for cervical cancer among all female respondents aged 30–49 years.

Instrument question
- Have you ever had a screening test for cervical cancer *(using any of these methods)*?

Age group (years)	Women		
	n	%	95% CI
30–49	939	69.7	65.7–73.7

	Women 30–49		
	n	%	95% CI
Rural	394	72.4	66.6–78.1
Urban	545	66.5	61.0–72.1
Total	**939**	**69.7**	**65.7–73.7**

Physical measurements

Blood pressure

Description

Mean blood pressure among all respondents, including those currently taking medication for raised blood pressure

Instrument question

- Reading 1–3 systolic blood pressure (SBP) and diastolic blood pressure (DBP)

Mean systolic blood pressure (mmHg)									
Age group (years)	Men			Women			Both sexes		
	n	Mean SBP	95% CI	n	Mean SBP	95% CI	n	Mean SBP	95% CI
18–29	291	127.3	125.1–129.6	455	117.0	115.3–118.6	746	122.5	120.9–124.1
30–44	421	132.4	130.6–134.2	670	125.0	123.6–126.4	1 091	129.0	127.9–130.2
45–59	585	141.2	138.8–143.5	898	143.5	141.6–145.5	1 483	142.4	140.7–144.1
60–69	304	151.6	148.0–155.2	602	155.2	152.5–157.9	906	153.4	151.1–155.7
18–69	**1 601**	**134.6**	**133.2–136.0**	**2 625**	**130.9**	**129.6–132.3**	**4 226**	**132.8**	**131.8–133.9**

Mean diastolic blood pressure (mmHg)									
Age group (years)	Men			Women			Both sexes		
	n	Mean DBP	95% CI	n	Mean DBP	95% CI	n	Mean DBP	95% CI
18–29	291	80.2	78.9–81.6	455	77.5	76.1–78.8	746	78.9	77.9–80.0
30–44	421	86.5	85.2–87.7	670	84.4	83.4–85.4	1 091	85.5	84.7–86.3
45–59	585	88.9	87.7–90.1	898	90.5	89.4–91.7	1 483	89.8	88.9–90.6
60–69	304	91.1	89.2–93.0	602	90.7	89.4–92.0	906	90.9	89.7–92.1
18–69	**1 601**	**85.3**	**84.6–86.1**	**2 625**	**84.6**	**83.8–85.5**	**4 226**	**85.0**	**84.4–85.6**

Raised blood pressure

Description

Percentage of respondents with raised blood pressure

Instrument question

- Reading 1–3 SBP and DBP
- During the past two weeks, have you been treated for raised blood pressure with medication prescribed by a doctor or other health worker?

SBP ≥ 140 and/or DBP ≥ 90 mmHg, excluding those taking medication for raised blood pressure

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	290	20.4	14.8–26.0	449	10.9	7.0–14.9	739	16.0	12.4–19.6
30–44	407	35.7	30.1–41.3	653	25.9	22.2–29.6	1 060	31.2	27.7–34.8
45–59	516	52.1	46.7–57.5	687	52.6	47.9–57.3	1 203	52.4	48.6–56.1
60–69	228	61.5	53.8–69.1	341	65.8	60.0–71.6	569	63.3	58.2–68.4
18–69	**1 441**	**35.9**	**32.4–39.3**	**2 130**	**30.1**	**27.3–32.9**	**3 571**	**33.2**	**30.7–35.6**

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	291	20.6	14.9–26.2	456	12.7	8.5–16.9	747	16.9	13.3–20.5
30–44	424	38.0	32.4–43.5	671	28.6	24.8–32.4	1 095	33.7	30.2–37.2
45–59	588	58.2	53.3–63.2	908	63.7	60.0–67.4	1 496	61.1	57.8–64.4
60–69	315	72.2	66.2–78.2	616	81.3	77.6–85.0	931	76.7	73.2–80.3
18–69	**1 618**	**40.3**	**37.0–43.7**	**2 651**	**39.3**	**36.6–42.1**	**4 269**	**39.8**	**37.5–42.2**

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	290	5.8	2.0–9.7	449	1.8	0.5–3.2	739	4.0	1.9–6.1
30–44	407	12.1	8.7–15.5	653	9.8	6.9–12.6	1 060	11.0	8.9–13.2
45–59	516	20.4	15.8–25.0	687	25.2	21.0–29.4	1 203	22.8	19.4–26.1
60–69	228	32.6	25.8–39.3	341	36.1	29.7–42.6	569	34.1	29.4–38.8
18–69	**1 441**	**13.2**	**10.9–15.5**	**2 130**	**12.7**	**10.8–14.5**	**3 571**	**13.0**	**11.5–14.5**

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	291	6.0	2.2–9.8	456	3.8	1.6–6.0	747	5.0	2.7–7.2
30–44	424	15.1	11.5–18.8	671	13.0	9.9–16.1	1 095	14.2	11.9–16.5
45–59	588	30.5	25.5–35.5	908	42.8	39.0–46.6	1 496	37.0	33.6–40.3
60–69	315	51.3	44.9–57.7	616	65.1	60.6–69.6	931	58.2	54.3–62.1
18–69	**1 618**	**19.3**	**16.9–21.6**	**2 651**	**24.2**	**22.1–26.3**	**4 269**	**21.7**	**20.0–23.3**

Treatment and control of raised blood pressure

Description

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

Instrument questions

- During the past two weeks, have you been treated for raised blood pressure with medication prescribed by a doctor or other health worker?
- Reading 1–3 SBP and DBP

Respondents with treated and/or controlled raised blood pressure							
Age group (years)	Men						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/ or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
18–29	62	1.0	0.0–2.8	0.0	0.0–0.0	99.0	97.2–100.0
30–44	165	1.4	0.0–3.0	6.5	2.3–10.8	92.1	87.4–96.7
45–59	347	2.9	1.0–4.8	18.2	12.5–23.8	78.9	73.2–84.7
60–69	226	4.4	1.7–7.1	30.7	23.4–38.0	64.9	57.3–72.5
18–69	**800**	**2.4**	**1.4–3.4**	**13.5**	**10.6–16.5**	**84.1**	**80.9–87.3**

Respondents with treated and/or controlled raised blood pressure							
	Men						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/ or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
Rural	380	1.0	0.2–1.8	12.4	8.1–16.7	86.6	82.2–91.0
Urban	420	4.3	2.2–6.5	15.2	11.4–19.0	80.4	76.0–84.9
Total	**800**	**2.4**	**1.4–3.4**	**13.5**	**10.6–16.5**	**84.1**	**80.9–87.3**

Respondents with treated and/or controlled raised blood pressure							
Age group (years)	Women						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
18–29	50	10.4	0.0–22.8	4.5	0.0–9.8	85.1	72.0–98.2
30–44	178	1.8	0.0–3.7	10.4	4.9–16.0	87.8	82.1–93.5
45–59	558	7.0	4.5–9.4	28.8	24.3–33.2	64.2	59.2–69.3
60–69	476	5.8	3.4–8.2	48.6	43.4–53.8	45.6	40.5–50.7
18–69	**1 262**	**6.0**	**4.0–8.0**	**26.5**	**23.5–29.5**	**67.5**	**63.9–71.0**

Respondents with treated and/or controlled raised blood pressure							
	Women						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
Rural	586	5.9	3.0–8.9	23.5	19.6–27.4	70.6	65.8–75.4
Urban	676	6.2	4.0–8.4	31.3	26.8–35.8	62.5	57.7–67.3
Total	**1 262**	**6.0**	**4.0–8.0**	**26.5**	**23.5–29.5**	**67.5**	**63.9–71.0**

Respondents with treated and/or controlled raised blood pressure							
Age group (years)	Both sexes						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
18–29	112	4.3	0.0–9.0	1.6	0.0–3.4	94.2	89.2–99.2
30–44	343	1.5	0.3–2.7	8.1	4.7–11.4	90.4	86.8–94.0
45–59	905	5.1	3.5–6.8	24.0	20.6–27.3	70.9	67.3–74.5
60–69	702	5.1	3.3–7.0	40.3	35.6–44.9	54.6	49.8–59.4
18–69	**2 062**	**4.1**	**3.0–5.2**	**19.7**	**17.6–21.9**	**76.2**	**73.7–78.7**

Respondents with treated and/or controlled raised blood pressure							
	Both sexes						
	n	Taking medication and SBP < 140 and DBP < 90 (%)	95% CI	Taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not taking medication and SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI
Rural	966	3.4	1.9–4.9	17.8	14.9–20.7	78.8	75.3–82.3
Urban	1 096	5.2	3.6–6.8	22.7	19.8–25.6	72.1	68.8–75.4
Total	**2 062**	**4.1**	**3.0–5.2**	**19.7**	**17.6–21.9**	**76.2**	**73.7–78.7**

Mean heart rate

Description
Mean heart rate *(beats per minute)*

Instrument question
- Reading 1–3 heart rate

Mean heart rate (beats per minute)									
Age group (years)	Men			Women			Both sexes		
	n	Mean beats per minute	95% CI	n	Mean beats per minute	95% CI	n	Mean beats per minute	95% CI
18–29	314	74.1	72.9–75.4	494	76.9	75.7–78.2	808	75.4	74.5–76.4
30–44	450	78.0	76.7–79.4	728	75.2	74.3–76.1	1 178	76.7	75.9–77.6
45–59	633	78.0	76.9–79.2	979	75.4	74.6–76.3	1 612	76.7	75.9–77.4
60–69	332	77.0	75.4–78.7	661	76.7	75.6–77.9	993	76.9	75.8–77.9
18–69	**1 729**	**76.6**	**75.8–77.4**	**2 862**	**76.0**	**75.4–76.6**	**4 591**	**76.3**	**75.8–76.8**

Height, weight and body mass index (BMI)

Description
Mean height, weight, and BMI among all respondents *(excluding pregnant women)*

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

Mean height (cm)						
Age group (years)	Men			Women		
	n	Mean height (cm)	95% CI	n	Mean height (cm)	95% CI
18–29	314	174.9	174.1–175.7	464	163.4	162.7–164.1
30–44	447	173.3	172.5–174.1	700	161.9	161.2–162.5
45–59	629	171.6	170.9–172.4	972	161.0	160.4–161.6
60–69	326	169.0	167.9–170.0	646	159.0	158.2–159.9
18–69	**1 716**	**173.0**	**172.6–173.5**	**2 782**	**161.8**	**161.4–162.2**

Mean weight (kg)						
Age group (years)	Men			Women		
	n	Mean height (cm)	95% CI	n	Mean height (cm)	95% CI
18–29	314	74.9	73.5–76.3	464	62.1	60.5–63.7
30–44	447	81.0	79.0–82.9	699	70.0	68.7–71.3
45–59	629	82.8	79.9–85.8	970	77.7	76.7–78.7
60–69	326	80.7	78.2–83.2	647	78.1	76.4–79.7
18–69	**1 716**	**79.2**	**78.1–80.4**	**2 780**	**70.7**	**69.9–71.6**

Mean BMI (kg/m2)									
Age group (years)	Men			Women			Both sexes		
	n	Mean BMI (kg/m^2)	95% CI	n	Mean BMI (kg/m^2)	95% CI	n	Mean BMI (kg/m^2)	95% CI
18–29	314	24.4	24.0–24.8	464	23.2	22.7–23.8	778	23.9	23.6–24.2
30–44	446	26.7	26.2–27.2	698	26.7	26.2–27.2	1 144	26.7	26.4–27.1
45–59	625	27.5	27.0–27.9	967	29.9	29.6–30.3	1 592	28.8	28.5–29.1
60–69	326	28.2	27.4–29.0	643	30.8	30.2–31.4	969	29.5	29.0–30.0
18–69	**1 711**	**26.2**	**26.0–26.5**	**2 772**	**27.0**	**26.7–27.4**	**4 483**	**26.6**	**26.4–26.9**

Mean BMI (kg/m2)									
	Men			Women			Both sexes		
	n	Mean BMI (kg/m^2)	95% CI	n	Mean BMI (kg/m^2)	95% CI	n	Mean BMI (kg/m^2)	95% CI
Rural	776	25.9	25.5–26.3	1 171	27.8	27.4–28.3	1 947	26.8	26.5–27.1
Urban	935	26.6	26.2–27.0	1 601	26.1	25.6–26.6	2 536	26.4	26.0–26.7
Total	**1 711**	**26.2**	**26.0–26.5**	**2 772**	**27.0**	**26.7–27.4**	**4 483**	**26.6**	**26.4–26.9**

BMI categories

Description

Percentage of respondents in each BMI category *(excluding pregnant women)*

Instrument questions

- For women: Are you pregnant?
- Height
- Weight

BMI classifications									
	Men								
Age group (years)	n	Underweight < 18.5 (%)	95% CI	Normal weight 18.5–24.9 (%)	95% CI	Overweight 25.0–29.9 (%)	95% CI	Obese ≥ 30.0 (%)	95% CI
18–29	314	1.7	0.2–3.2	58.7	52.0–65.4	34.1	27.5–40.7	5.5	3.0–8.0
30–44	446	0.9	0.1–1.7	36.2	30.8–41.5	43.1	38.3–48.0	19.8	15.5–24.1
45–59	625	1.0	0.0–1.9	32.2	27.9–36.5	40.8	36.0–45.5	26.1	22.2–29.9
60–69	326	1.4	0.0–2.8	31.1	25.4–36.8	31.3	25.4–37.1	36.2	30.3–42.1
18–69	1 711	1.2	0.6–1.9	42.7	39.3–46.1	38.2	35.1–41.4	17.8	15.6–20.0

BMI classifications									
	Women								
Age group (years)	n	Underweight < 18.5 (%)	95% CI	Normal weight 18.5–24.9 (%)	95% CI	Overweight 25.0–29.9 (%)	95% CI	Obese ≥ 30.0 (%)	95% CI
18–29	464	10.4	6.9–13.8	64.6	59.7–69.4	15.5	11.9–19.2	9.5	5.9–13.1
30–44	698	1.8	0.8–2.8	44.7	40.2–49.3	30.5	26.3–34.7	23.0	19.2–26.8
45–59	967	0.2	0.0–0.5	20.0	17.1–22.9	34.1	30.8–37.4	45.7	42.1–49.4
60–69	643	0.2	0.0–0.5	14.6	11.2–18.0	34.8	30.3–39.3	50.4	45.8–54.9
18–69	2 772	3.9	2.6–5.1	40.3	37.7–42.9	27.3	25.3–29.3	28.5	26.3–30.7

BMI classifications									
	Both sexes								
Age group (years)	n	Underweight < 18.5 (%)	95% CI	Normal weight 18.5–24.9 (%)	95% CI	Overweight 25.0–29.9 (%)	95% CI	Obese ≥ 30.0 (%)	95% CI
18–29	778	5.6	3.7–7.4	61.3	57.2–65.4	25.8	22.0–29.7	7.3	5.1–9.5
30–44	1 144	1.3	0.7–1.9	40.0	36.3–43.8	37.4	34.0–40.8	21.2	18.3–24.2
45–59	1 592	0.6	0.1–1.0	25.7	23.2–28.3	37.2	34.3–40.2	36.5	33.6–39.4
60–69	969	0.8	0.1–1.5	22.9	19.4–26.4	33.0	29.4–36.7	43.3	39.5–47.1
18–69	4 483	2.5	1.8–3.2	41.6	39.4–43.8	33.1	31.1–35.0	22.9	21.2–24.6

BMI ≥ 25

Description

Percentage of respondents classified as overweight (BMI ≥ 25) *(excluding pregnant women)*

Instrument questions

- For women: Are you pregnant?
- Height
- Weight

BMI ≥ 25									
Age group (years)	Men			Women			Both sexes		
	n	BMI ≥ 25 (%)	95% CI	n	BMI ≥ 25 (%)	95% CI	n	BMI ≥ 25 (%)	95% CI
18–29	314	39.6	33.0–46.2	464	25.0	20.5–29.6	778	33.1	29.1–37.1
30–44	446	63.0	57.6–68.3	698	53.5	48.8–58.1	1 144	58.7	54.9–62.4
45–59	625	66.8	62.6–71.1	967	79.8	76.9–82.7	1 592	73.7	71.1–76.2
60–69	326	67.5	61.8–73.2	643	85.2	81.8–88.6	969	76.3	72.8–79.9
18–69	**1 711**	**56.0**	**52.7–59.4**	**2 772**	**55.9**	**53.1–58.7**	**4 483**	**55.9**	**53.7–58.2**

BMI ≥ 25									
	Men			Women			Both sexes		
	n	BMI ≥ 25 (%)	95% CI	n	BMI ≥ 25 (%)	95% CI	n	BMI ≥ 25 (%)	95% CI
Rural	776	52.4	47.7–57.1	1 171	62.4	58.8–66.0	1 947	57.1	54.2–60.0
Urban	935	60.4	55.5–65.2	1 601	48.6	44.5–52.6	2 536	54.7	51.2–58.1
Total	**1 711**	**56.0**	**52.7–59.4**	**2 772**	**55.9**	**53.1–58.7**	**4 483**	**55.9**	**53.7–58.2**

Waist circumference

Description

Mean waist circumference among all respondents *(excluding pregnant women)*

Instrument questions

- For women: Are you pregnant?
- Waist circumference measurement

Waist circumference (cm)						
Age group (years)	Men			Women		
	n	Mean circumference (cm)	95% CI	n	Mean circumference (cm)	95% CI
18–29	303	83.4	81.4–85.4	461	75.9	74.5–77.3
30–44	428	89.6	88.2–91.0	694	83.4	82.2–84.6
45–59	600	94.1	92.8–95.4	946	94.1	93.0–95.3
60–69	314	97.2	95.0–99.5	636	96.8	95.3–98.2
18–69	**1 645**	**89.2**	**88.3–90.2**	**2 737**	**85.7**	**84.8–86.6**

Hip circumference

Description

Mean hip circumference among all respondents *(excluding pregnant women)*

Instrument questions

- For women: Are you pregnant?
- Hip circumference measurement

Hip circumference (cm)						
Age group (years)	Men			Women		
	n	Mean circumference (cm)	95% CI	n	Mean circumference (cm)	95% CI
18–29	303	94.2	92.2–96.2	461	94.5	93.3–95.8
30–44	427	99.1	97.7–100.4	693	101.7	100.5–102.9
45–59	599	100.3	99.3–101.3	946	108.3	107.3–109.3
60–69	314	102.6	100.9–104.3	636	109.8	108.4–111.2
18–69	**1 643**	**98.0**	**97.0–98.9**	**2 736**	**102.3**	**101.5–103.0**

Waist / hip ratio

Description

Mean waist-to-hip ratio among all respondents *(excluding pregnant women)*

Instrument questions

- For women: Are you pregnant?
- Waist circumference measurement
- Hip circumference measurement

Mean waist–hip ratio						
Age group (years)	Men			Women		
	n	Mean circumference (cm)	95% CI	n	Mean circumference (cm)	95% CI
18–29	303	0.9	0.9–0.9	461	0.8	0.8–0.8
30–44	427	0.9	0.9–0.9	693	0.8	0.8–0.8
45–59	599	0.9	0.9–0.9	946	0.9	0.9–0.9
60–69	314	0.9	0.9–1.0	636	0.9	0.9–0.9
18–69	**1 643**	**0.9**	**0.9–0.9**	**2 736**	**0.8**	**0.8–0.8**

Biochemical measurements

Mean fasting blood glucose

Description

Mean fasting blood glucose results, including respondents currently taking medication for diabetes *(non-fasting recipients excluded)*

Instrument questions

- During the past 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement

Mean fasting blood glucose (mmol/L)									
Age group (years)	Men			Women			Both sexes		
	n	Mean mmol/L	95% CI	n	Mean mmol/L	95% CI	n	Mean mmol/L	95% CI
18–29	210	4.8	4.7–5.0	393	4.8	4.7–4.8	603	4.8	4.7–4.9
30–44	352	5.1	4.9–5.2	601	5.1	5.0–5.2	953	5.1	5.0–5.2
45–59	501	5.4	5.2–5.5	816	5.5	5.4–5.7	1 317	5.5	5.4–5.6
60–69	274	5.5	5.3–5.8	560	5.9	5.7–6.1	834	5.7	5.6–5.9
18–69	**1 337**	**5.1**	**5.0–5.2**	**2 370**	**5.2**	**5.1–5.3**	**3 707**	**5.2**	**5.1–5.2**

Raised blood glucose

Description

Categorization of respondents into blood glucose level categories and percentage of respondents currently taking medication for raised blood glucose *(non-fasting recipients excluded)*

Instrument questions

- In the past two weeks, have you taken any medication for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement
- Today, have you taken insulin or other medication that has been prescribed by a doctor or other health worker?

IFG*									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	210	4.7	1.4–7.9	393	5.0	2.5–7.5	603	4.8	2.8–6.9
30–44	352	7.1	3.1–11.0	601	10.5	7.5–13.4	953	8.6	6.1–11.2
45–59	501	10.0	7.2–12.8	816	10.6	8.2–13.0	1 317	10.3	8.5–12.1
60–69	274	10.1	6.0–14.2	560	14.0	10.5–17.5	834	12.1	9.5–14.7
18–69	**1 337**	**7.4**	**5.6–9.2**	**2 370**	**9.1**	**7.7–10.6**	**3 707**	**8.3**	**7.1–9.5**

Raised blood glucose** or currently taking medication for diabetes									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	210	6.1	2.2–9.9	393	4.5	2.2–6.9	603	5.3	3.0–7.6
30–44	352	10.4	7.0–13.9	601	10.8	8.2–13.5	953	10.6	8.4–12.9
45–59	501	15.7	12.1–19.4	816	19.5	16.4–22.6	1 317	17.8	15.4–20.1
60–69	274	20.5	15.0–25.9	560	25.9	21.5–30.3	834	23.3	19.6–27.0
18–69	**1 337**	**11.5**	**9.5–13.5**	**2 370**	**13.0**	**11.4–14.6**	**3 707**	**12.3**	**10.9–13.6**

* Impaired fasting glycaemia (IFG) is defined as either:

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

** Raised blood glucose is defined as either:

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

Currently taking medication for diabetes									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	329	0.0	0.0–0.0	519	0.0	0.0–0.0	848	0.0	0.0–0.0
30–44	473	1.3	0.2–2.3	760	0.9	0.1–1.7	1 233	1.1	0.4–1.8
45–59	678	3.1	1.7–4.5	1 010	4.7	2.9–6.4	1 688	3.9	2.8–5.0
60–69	347	7.6	4.4–10.8	691	9.6	7.1–12.2	1 038	8.6	6.4–10.9
18–69	**1 827**	**1.9**	**1.3–2.4**	**2 980**	**2.6**	**2.0–3.2**	**4 807**	**2.2**	**1.8–2.7**

Total cholesterol

Description

Mean total cholesterol among all respondents, including those currently taking medication for raised cholesterol

Instrument question

- Total cholesterol measurement

Mean total cholesterol (mmol/L)									
Age group (years)	Men			Women			Both sexes		
	n	Mean cholesterol level	95% CI	n	Mean cholesterol level	95% CI	n	Mean cholesterol level	95% CI
18–29	218	4.0	3.9–4.2	394	4.2	4.1–4.4	612	4.1	4.0–4.2
30–44	354	4.5	4.4–4.6	606	4.5	4.5–4.6	960	4.5	4.4–4.6
45–59	506	4.7	4.6–4.8	821	4.9	4.8–5.0	1 327	4.8	4.8–4.9
60–69	277	4.7	4.5–4.8	571	5.1	4.9–5.2	848	4.9	4.8–5.0
18–69	**1 355**	**4.4**	**4.4–4.5**	**2 392**	**4.6**	**4.5–4.7**	**3 747**	**4.5**	**4.5–4.6**

Raised total cholesterol

Description

Percentage of respondents with raised total cholesterol and percentage of respondents currently taking medication for raised cholesterol

Instrument questions

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

Total cholesterol ≥ 5.0 mmol/L or currently taking medication for raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	218	15.5	9.7–21.4	394	20.0	15.1–24.9	612	17.8	13.9–21.7
30–44	354	27.4	22.3–32.5	606	26.7	22.7–30.7	960	27.1	23.7–30.5
45–59	506	35.3	30.0–40.5	821	42.3	38.0–46.6	1 327	39.1	35.5–42.6
60–69	277	37.7	30.7–44.7	571	52.8	47.5–58.2	848	45.6	41.2–50.0
18–69	**1 355**	**26.7**	**23.5–29.9**	**2 392**	**32.0**	**29.3–34.8**	**3 747**	**29.4**	**27.1–31.7**

Total cholesterol ≥ 6.2 mmol/L or currently taking medication for raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	218	3.2	0.5–5.9	394	3.7	1.4–5.9	612	3.4	1.7–5.2
30–44	354	4.8	2.0–7.6	606	5.3	3.3–7.4	960	5.1	3.3–6.8
45–59	506	8.4	5.3–11.5	821	9.3	7.1–11.6	1 327	8.9	7.0–10.8
60–69	277	11.1	6.3–15.9	571	15.3	11.4–19.2	848	13.3	10.1–16.4
18–69	**1 355**	**5.9**	**4.3–7.4**	**2 392**	**7.1**	**5.8–8.3**	**3 747**	**6.5**	**5.4–7.5**

High density lipoprotein (HDL)

Description

Mean HDL among all respondents and percentage of respondents with low HDL

Instrument question

- HDL cholesterol measurement

Mean HDL (mmol/L)									
Age group (years)	Men			Women			Both sexes		
	n	Mean HDL	95% CI	n	Mean HDL	95% CI	n	Mean HDL	95% CI
18–29	218	1.3	1.2–1.3	394	1.4	1.4–1.5	612	1.3	1.3–1.4
30–44	354	1.3	1.3–1.4	606	1.5	1.4–1.5	960	1.4	1.4–1.4
45–59	506	1.4	1.4–1.5	821	1.5	1.4–1.5	1 327	1.5	1.4–1.5
60–69	277	1.4	1.3–1.5	571	1.4	1.4–1.5	848	1.4	1.4–1.5
18–69	**1 355**	**1.3**	**1.3–1.4**	**2 392**	**1.5**	**1.4–1.5**	**3 747**	**1.4**	**1.4–1.4**

Percentage of respondents with HDL < 1.29mmol/L			
Age group (years)	Women		
	n	%	95% CI
18–29	394	41.2	35.0–47.4
30–44	606	38.2	33.4–43.0
45–59	821	39.7	35.3–44.1
60–69	571	40.2	34.9–45.5
18–69	**2 392**	**39.8**	**36.9–42.8**

Percentage of respondents with HDL < 1.03mmol/L			
Age group (years)	Men		
	n	%	95% CI
18–29	218	31.7	24.1–39.2
30–44	354	27.7	22.5–33.0
45–59	506	23.4	18.6–28.1
60–69	277	23.6	17.6–29.5
18–69	**1 355**	**27.4**	**24.1–30.8**

Cardiovascular disease (CVD) risk

CVD risk of ≥ 30% or existing CVD

Description
Percentage of respondents aged 40–69 years with a 10-year CVD risk* ≥30% or with existing CVD

Instrument questions *(combined from STEPS 1, 2 and 3)*

- Gender, age
- Current and former smoking status
- History of diabetes, CVD
- SBP measurements
- Fasting status, glucose and total cholesterol measurements

Percentage of respondents with a 10-year CVD risk ≥ 30% or with existing CVD									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	408	10.9	7.2–14.6	656	20.8	17.0–24.7	1 064	16.0	13.3–18.8
55–69	396	30.1	24.1–36.1	775	35.6	31.6–39.7	1 171	33.1	29.4–36.7
40–69	**804**	**18.5**	**14.8–22.3**	**1 431**	**27.0**	**24.1–29.8**	**2 235**	**23.0**	**20.5–25.4**

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

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

Description

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

Instrument questions *(combined from STEPS 1, 2 and 3)*

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

Percentage of eligible persons receiving drug therapy and counseling to prevent heart attacks and strokes									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	50	37.0	18.2–55.8	133	45.9	36.5–55.4	183	43.0	34.2–51.8
55–69	121	47.6	37.0–58.1	290	64.2	57.2–71.2	411	57.1	50.8–63.5
40–69	**171**	**43.8**	**34.3–53.3**	**423**	**55.9**	**49.9–61.9**	**594**	**51.3**	**46.0–56.6**

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

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

Summary of combined risk factors

Summary of combined risk factors

Description

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

Instrument questions *(combined from STEPS 1 and 2)*

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

Summary of combined risk factors							
Age group (years)	Men						
	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	681	7.7	5.0–10.3	64.7	60.6–68.8	27.6	23.5–31.8
45–69	832	2.0	0.9–3.1	48.1	43.9–52.3	49.9	45.6–54.1
18–69	1 513	5.7	3.9–7.6	59.1	55.9–62.2	35.2	31.8–38.6

Summary of combined risk factors							
Age group (years)	Women						
	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	1 041	15.0	12.3–17.7	74.1	71.0–77.1	11.0	8.8–13.1
45–69	1 418	3.7	2.4–5.0	50.8	47.1–54.4	45.5	41.8–49.2
18–69	2 459	10.4	8.7–12.2	64.6	62.0–67.3	25.0	22.4–27.5

Summary of combined risk factors							
Age group (years)	Both sexes						
	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	1 722	11.0	9.1–12.8	68.9	66.4–71.5	20.1	17.5–22.7
45–69	2 250	2.9	2.1–3.7	49.5	46.7–52.3	47.6	44.7–50.5
18–69	3 972	8.0	6.7–9.3	61.7	59.7–63.7	30.3	28.0–32.6

Health care

Health insurance

Description
Percentage of respondents with health insurance

Instrument question
- Do you currently have health insurance?

Percentage with health insurance									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	57.2	49.7–64.6	510	65.2	59.8–70.5	834	60.8	56.0–65.7
30–44	469	58.2	52.6–63.7	754	66.2	62.4–70.1	1 223	61.9	58.3–65.5
45–59	667	63.7	59.4–68.0	999	73.8	70.2–77.5	1 666	69.0	66.1–71.8
60–69	345	89.4	85.5–93.2	682	96.5	94.9–98.1	1 027	93.0	90.8–95.1
18–69	**1 805**	**62.1**	**58.4–65.7**	**2 945**	**71.2**	**68.8–73.6**	**4 750**	**66.4**	**64.1–68.8**

Percentage with health insurance									
	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
Rural	800	48.0	42.8–53.2	1 218	62.9	59.4–66.5	2 018	55.1	51.7–58.5
Urban	1 005	78.3	74.4–82.3	1 727	80.2	77.2–83.1	2 732	79.2	76.5–81.9
Total	**1 805**	**62.1**	**58.4–65.7**	**2 945**	**71.2**	**68.8–73.6**	**4 750**	**66.4**	**64.1–68.8**

Financial sources used for health expenditure

Description

Percentage of respondents using different financial sources for health expenditure

Instrument questions

- During the past 12 months, which of the following financial sources did you use to pay for any health expenditure, such as medicines, consultations, treatment, hospitalization or patient care?

Financial sources used for health expenditure							
Age group (years)	Men						
	n	Current income (%)	95% CI	Savings (%)	95% CI	Payment or reimbursement from health insurance (%)	95% CI
18–29	324	60.9	53.6–68.2	5.0	1.8–8.2	19.5	14.0–25.1
30–44	469	61.9	56.5–67.4	6.4	3.5–9.4	19.8	15.7–23.8
45–59	667	61.5	57.1–66.0	9.2	6.6–11.8	28.6	24.3–33.0
60–69	344	65.8	59.9–71.6	12.5	8.3–16.7	40.8	34.3–47.4
18–69	**1 804**	**61.8**	**58.1–65.5**	**7.2**	**5.3–9.0**	**23.9**	**20.9–26.8**

Financial sources used for health expenditure									
Age group (years)	Women								
	n	Sold items (%)	95% CI	Family member or friend outside household (%)	95% CI	Borrowed from someone other than family or friend (%)	95% CI	Other (%)	95% CI
18–29	510	69.8	63.9–75.7	7.2	4.3–10.2	23.6	18.7–28.6	0.0	0.0–0.0
30–44	754	67.1	62.1–72.1	9.7	6.8–12.5	25.0	21.0–29.0	0.2	0.0–0.5
45–59	999	73.2	69.4–77.0	11.6	8.8–14.4	35.3	31.2–39.3	0.1	0.0–0.3
60–69	682	75.2	70.8–79.6	10.6	7.7–13.4	43.9	38.7–49.0	0.0	0.0–0.0
18–69	**2 945**	**70.6**	**67.6–73.6**	**9.5**	**7.6–11.5**	**29.5**	**26.7–32.3**	**0.1**	**0.0–0.2**

Financial sources used for health expenditure									
Age group (years)	Women								
	N	Sold items (%)	95% CI	Family member or friend outside household (%)	95% CI	Borrowed from someone other than family or friend (%)	95% CI	Other (%)	95% CI
18–29	510	4.0	1.5–6.6	22.8	18.1–27.5	8.3	5.5–11.2	0.2	0.0–0.5
30–44	754	4.1	2.2–6.0	22.1	18.1–26.1	8.9	6.3–11.5	0.1	0.0–0.3
45–59	999	6.2	4.2–8.1	24.2	20.4–28.0	10.9	8.3–13.6	0.0	0.0–0.1
60–69	682	7.0	4.6–9.5	27.4	23.2–31.5	14.1	10.8–17.5	0.3	0.0–1.0
18–69	**2 945**	**5.0**	**3.7–6.3**	**23.5**	**20.8–26.1**	**9.9**	**8.2–11.5**	**0.1**	**0.0–0.3**

Financial sources used for health expenditure									
Age group (years)	Both sexes								
	n	Current income (%)	95% CI	Savings (%)	95% CI	Payment or reim-burse-ment from health insurance (%)	95% CI	Other (%)	95% CI
18–29	834	65.0	59.7–70.3	6.0	3.8–8.3	21.4	17.3–25.5	0.2	0.0–0.5
30–44	1 223	64.3	60.2–68.4	7.9	5.7–10.1	22.2	19.0–25.3	0.1	0.0–0.3
45–59	1 666	67.6	64.6–70.7	10.5	8.2–12.7	32.1	28.9–35.3	0.0	0.0–0.1
60–69	1 026	70.5	66.6–74.4	11.5	8.8–14.2	42.4	37.8–46.9	0.3	0.0–1.0
18–69	**4 749**	**66.0**	**63.3–68.8**	**8.3**	**6.7–9.9**	**26.6**	**24.2–28.9**	**0.1**	**0.0–0.3**

Financial sources used for health expenditure									
Age group (years)	Both sexes								
	n	Sold items (%)	95% CI	Family member or friend outside household (%)	95% CI	Borrowed from someone other than family or friend (%)	95% CI	Other (%)	95% CI
18–29	834	4.2	1.9–6.4	19.6	15.4–23.7	8.0	5.3–10.6	0.1	0.0–0.2
30–44	1 223	4.9	3.0–6.7	19.1	16.0–22.2	7.5	5.7–9.4	0.1	0.0–0.3
45–59	1 666	5.5	3.9–7.1	19.6	16.8–22.4	9.5	7.4–11.6	0.1	0.0–0.2
60–69	1 026	6.4	4.5–8.2	23.8	20.4–27.2	11.3	8.7–13.9	0.2	0.0–0.5
18–69	**4 749**	**5.0**	**3.8–6.1**	**19.8**	**17.5–22.2**	**8.6**	**7.2–10.0**	**0.1**	**0.0–0.2**

Prevalence of noncommunicable disease (NCD)

Description

Percentage of respondents who had in the past or currently have an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?

Percentage who had in the past or currently have an NCD									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	324	5.2	2.4–8.0	510	6.7	3.9–9.5	834	5.9	3.9–7.8
30–44	469	6.8	4.5–9.1	754	12.2	9.4–15.0	1 223	9.3	7.5–11.0
45–59	667	18.9	15.2–22.6	999	28.0	24.6–31.3	1 666	23.6	21.1–26.2
60–69	344	31.9	25.9–37.9	682	43.2	38.7–47.8	1 026	37.6	33.6–41.6
18–69	**1 804**	**11.6**	**9.7–13.4**	**2 945**	**18.2**	**16.3–20.1**	**4 749**	**14.8**	**13.3–16.2**

Visits to health care facilities for NCDs

Description

Percentage of respondents who have ever visited a health care facility due to an NCD, among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- Have you ever visited any health care facility due to an NCD you have? Please exclude any hospitalization.

Percentage who visited a health care facility for an NCD									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	16	97.0	91.1–100.0	28	77.4	56.5–98.4	44	86.7	74.3–99.1
30–44	39	86.3	76.1–96.5	85	94.9	90.4–99.3	124	91.5	86.7–96.2
45–59	126	91.7	86.6–96.8	268	94.2	91.4–97.0	394	93.3	90.6–95.9
60–69	103	92.6	87.8–97.5	295	94.4	90.9–97.9	398	93.6	90.7–96.6
18–69	**284**	**91.8**	**88.7–95.0**	**676**	**92.4**	**88.9–95.9**	**960**	**92.1**	**89.7–94.6**

Travel time to and from last visit to health care facility

Description

Mean travel time to a health care facility for the last visit, among those with an NCD who have ever visited a health care facility

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- Have you ever visited any health care facility due to an NCD you have? Please exclude any hospitalization.
- How much time did you spend traveling the last time you visited a health care facility (taking both ways into account)?

Mean travel time (minutes) to and from last visit to health care facility for an NCD

Age group (years)	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	14	48.7	30.7–66.8	20	70.2	40.0–100.5	34	58.7	41.6–75.9
30–44	21	69.2	31.0–107.4	71	74.5	51.2–97.8	92	72.9	53.0–92.8
45–59	93	74.1	49.8–98.5	199	96.8	66.8–126.7	292	88.3	66.6–110.0
60–69	73	83.8	53.6–114.0	234	79.3	63.1–95.4	307	81.1	65.0–97.2
18–69	**201**	**70.9**	**56.4–85.5**	**524**	**85.3**	**69.1–101.5**	**725**	**79.7**	**67.7–91.7**

Mean travel time (minutes) to and from last visit to health care facility for an NCD

	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
Rural	102	80.9	60.6–101.1	230	107.7	81.1–134.3	332	97.2	78.1–116.3
Urban	99	57.8	36.9–78.8	294	55.2	41.8–68.6	393	56.2	44.4–68.1
Total	**201**	**70.9**	**56.4–85.5**	**524**	**85.3**	**69.1–101.5**	**725**	**79.7**	**67.7–91.7**

Waiting time at last visit to a health care facility

Description

Mean waiting time at a health care facility at the last visit, among respondents with an NCD who have ever visited a health care facility

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- Have you ever visited any health care facility due to an NCD you have? Please exclude any hospitalization.
- How long was the waiting time before your appointment started when you last visited a health care facility?

Mean waiting time (minutes) at last visit to health care facility for an NCD

Age group (years)	Men			Women			Both sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
18–29	14	15.7	6.5–25.0	20	21.0	8.6–33.3	34	18.1	10.6–25.5
30–44	30	86.8	4.4–169.1	76	47.3	24.1–70.6	106	62.0	28.0–95.9
45–59	102	47.6	35.5–59.7	229	55.0	42.0–67.9	331	52.3	43.0–61.7
60–69	84	72.2	35.1–109.4	258	37.5	25.8–49.3	342	52.0	34.5–69.5
18–69	**230**	**55.1**	**36.6–73.5**	**583**	**46.3**	**37.6–54.9**	**813**	**49.8**	**40.4–59.2**

Visits to health care facilities for NCDs in the past 30 days

Description

Percentage of respondents who have visited a health care facility due to an NCD during the past 30 days, among those with an NCD

Instrument question

- Have you ever had or do you currently have a noncommunicable disease (NCD) such as a CVD including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, have you visited any health care facility due to an NCD you have? Please exclude any hospitalization.

Percentage who visited a health care facility for an NCD in the past 30 days

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	15	26.5	3.5–49.5	22	20.0	0.0–41.2	37	23.4	8.0–38.9
30–44	32	26.8	9.8–43.8	79	27.1	16.1–38.2	111	27.0	17.6–36.4
45–59	115	30.8	22.1–39.6	245	42.7	35.4–50.0	360	38.2	32.2–44.2
60–69	93	40.6	28.6–52.6	280	36.4	29.6–43.2	373	38.1	31.7–44.5
18–69	**255**	**31.9**	**25.0–38.9**	**626**	**35.9**	**31.0–40.9**	**881**	**34.3**	**30.1–38.5**

Visits to specific health care facilities in the past 30 days

Description

Mean number of visits to specific health care facilities during the past 30 days among respondents with an NCD that have visited a health care facility during the past 30 days

Instrument questions

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, have you visited any health care facility due to an NCD you have? Please exclude any hospitalization.
- During the past 30 days, how many times have you visited a health care facility due to an NCD you have?

Mean number of visits to specific health care facilities in the past 30 days

Age group (years)	Men								
	n	Mean no. of visits to a health centre	95% CI	n	Mean no. of visits to a public hospital	95% CI	n	Mean no. of visits to a private hospital	95% CI
18–29	5	1.5	0.2–2.8	5	0.7	0.3–1.1	5	0.2	0.0–0.7
30–44	8	0.9	0.3–1.4	8	0.6	0.0–1.3	8	0.1	0.0–0.4
45–59	38	1.6	0.9–2.2	37	0.3	0.1–0.5	37	0.04	0.0–0.1
60–69	34	2.2	0.8–3.5	34	0.3	0.1–0.6	34	0.00	–*
18–69	**85**	**1.6**	**1.1–2.2**	**84**	**0.4**	**0.3–0.6**	**84**	**0.1**	**0.0–0.1**

* – denotes data not available.

Mean number of visits to specific health care facilities in the past 30 days

Age group (years)	Women								
	n	Mean no. of visits to a health centre	95% CI	n	Mean no. of visits to a public hospital	95% CI	n	Mean no. of visits to a private hospital	95% CI
18–29	3	3.8	0.0–8.8	3	0.1	0.0–0.4	3	0.1	0.0–0.4
30–44	22	0.9	0.6–1.2	22	0.5	0.3–0.7	22	0.4	0.0–0.9
45–59	104	1.8	1.2–2.4	103	0.6	0.1–1.1	103	0.0	0.0–0.1
60–69	105	1.5	1.2–1.9	105	0.4	0.2–0.5	105	0.0	0.0–0.0
18–69	**234**	**1.7**	**1.2–2.2**	**233**	**0.5**	**0.2–0.8**	**233**	**0.1**	**0.0–0.2**

Mean number of visits to specific health care facilities in the past 30 days									
Age group (years)	Both sexes								
	n	Mean no. of visits to a health centre	95% CI	n	Mean no. of visits to a public hospital	95% CI	n	Mean no. of visits to a private hospital	95% CI
18–29	8	2.4	0.1–4.8	8	0.5	0.1–0.9	8	0.2	0.0–0.5
30–44	30	0.9	0.6–1.2	30	0.6	0.3–0.8	30	0.3	0.0–0.7
45–59	142	1.7	1.2–2.2	140	0.5	0.2–0.9	140	0.0	0.0–0.1
60–69	139	1.8	1.1–2.5	139	0.3	0.2–0.5	139	0.0	0.0–0.0
18–69	**319**	**1.7**	**1.3–2.1**	**317**	**0.5**	**0.3–0.7**	**317**	**0.1**	**0.0–0.1**

Spending on health care visits in last 30 days

Description

Mean amount spent *[local currency]* by respondents on specific health care costs and in total for all visits in the past 30 days to a health care facility due to an NCD, among those with NCDs who have visited a health care facility for an NCD in the past 30 days

Instrument questions

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, have you visited any health care facility due to an NCD? Please exclude any hospitalization.
- During the past 30 days, taking all your visits to health care facilities due to an NCD into account, how much did you pay yourself for these visits in total?

Mean MDL spent on visits to health care facilities for NCDs									
	Men			Women			Both sexes		
	n	Mean MDL	95% CI	n	Mean MDL	95% CI	n	Mean MDL	95% CI
Provider's fees	53	11.8	0.0–27.4	172	17.7	4.4–31.0	225	15.7	5.3–26.0
Medicine	54	387.3	210.7–563.8	166	359.9	270.8–448.9	220	369.7	285.2–454.2
Tests	49	27.7	0.0–73.8	166	24.6	8.9–40.3	215	25.6	8.1–43.1
Transport	57	25.7	8.7–42.8	165	30.7	17.2–44.2	222	28.9	18.3–39.5
Other expenses	58	3.3	0.0–8.4	160	6.7	0.0–15.8	218	5.4	0.0–11.4
Total	**79**	**356.3**	**216.0–496.6**	**228**	**514.6**	**382.4–646.9**	**307**	**456.4**	**354.3–558.6**

Spending on health care not related to any visit to health care facilities in the past 30 days

Description

Mean amount spent by respondents on health care **not** related to any visit to a health care facility or hospital during the past 30 days

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, how much did you pay from your own funds for health care not related to any visit of a health care facility or hospital, such as routine medication?

Mean MDL spent on health care not related to a visit to a health care facility or hospital

Age group (years)	Men			Women			Both sexes		
	n	Mean MDL	95% CI	n	Mean MDL	95% CI	n	Mean MDL	95% CI
18–29	16	202.5	20.9–384.1	26	299.4	137.0–461.7	42	252.5	134.0–371.0
30–44	31	220.0	87.1–352.9	80	288.8	151.3–426.3	111	264.2	164.8–363.7
45–59	106	200.6	110.8–290.4	245	206.4	111.1–301.7	351	204.3	131.3–277.3
60–69	94	118.8	66.9–170.7	267	276.1	205.8–346.4	361	210.0	161.3–258.8
18–69	247	182.6	123.0–242.3	618	249.7	189.5–309.9	865	223.0	175.5–270.5
Total	**79**	**356.3**	**216.0–496.6**	**228**	**514.6**	**382.4–646.9**	**307**	**456.4**	**354.3–558.6**

Hospitalization in the past 12 months due to an NCD

Description

Percentage of respondents having been hospitalized due to an NCD during the past 12 months, among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 12 months, have you been hospitalized due to an NCD?

Percentage with an NCD who were hospitalized as a result of that NCD

Age group (years)	Men			Women			Both sexes		
	n	Hospitalized (%)	95% CI	n	Hospitalized (%)	95% CI	n	Hospitalized (%)	95% CI
18–29	16	12.3	0.0–30.5	28	6.9	0.0–14.6	44	9.5	0.0–19.0
30–44	39	31.1	14.6–47.7	85	13.6	4.9–22.3	124	20.5	12.0–29.0
45–59	126	21.3	12.3–30.4	268	24.3	17.8–30.8	394	23.1	17.3–29.0
60–69	103	31.4	21.4–41.5	295	23.1	17.7–28.4	398	26.6	21.5–31.6
18–69	**284**	**24.2**	**17.9–30.5**	**676**	**19.9**	**16.0–23.8**	**960**	**21.6**	**17.9–25.4**

Number of days hospitalized due to an NCD

Description

Mean number of days in hospital among respondents that have been hospitalized due to an NCD during the past 12 months

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 12 months, have you been hospitalized due to an NCD?
- During the past 12 months, how many days have you been hospitalized due to an NCD?

Mean number of days hospitalized due to an NCD

Age group (years)	Men			Women			Both sexes		
	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI	n	Mean no. of days	95% CI
18–29	2	5.3	3.7–6.9	3	19.5	0.0–40.6	5	10.7	1.0–20.5
30–44	11	13.0	7.9–18.1	11	12.9	9.9–15.9	22	12.9	9.8–16.1
45–59	28	10.5	8.8–12.3	58	14.4	11.2–17.7	86	13.1	10.8–15.3
60–69	32	22.2	9.6–34.7	70	13.1	9.2–17.0	102	17.6	11.2–24.1
18–69	**73**	**14.5**	**9.9–19.1**	**142**	**14.1**	**11.8–16.4**	**215**	**14.3**	**11.9–16.6**

Spending on hospitalizations in the past 12 months

Description

Mean amount spent *[local currency]* by respondents on specific health care costs and in total during the past 12 months for hospitalizations due to an NCD, among those with an NCD that have visited a hospital during the past 12 months

Instrument questions

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 12 months, have you been hospitalized due to an NCD?
- During the past 12 months, taking all your visits to a hospital due to an NCD into account, how much did you pay from your own funds for these visits in total?

Mean MDL spent on hospitalizations due to NCDs

	Men			Women			Both sexes		
	n	Mean MDL	95% CI	n	Mean MDL	95% CI	n	Mean MDL	95% CI
Provider's fees	44	90.8	0.0–190.0	86	18.6	0.4–36.7	130	48.3	6.2–90.4
Medicine	40	1 006.4	0.0–2044.6	86	557.3	355.9–758.7	126	731.8	316.2–1147.3
Tests	42	11.2	0.0–22.3	81	84.8	0.0–178.3	123	53.6	0.0–109.0
Transport	45	105.2	19.3–191.1	86	60.7	32.5–88.8	131	79.5	40.0–119.1
Other expenses	43	277.7	0.0–743.3	81	118.7	0.0–285.8	124	184.8	0.0–397.1
Total	**67**	**1 853.8**	**636.0–3071.7**	**132**	**1 559.7**	**938.9–2180.6**	**199**	**1 688.8**	**1057.0–2320.6**

Home care for NCDs

Description

Percentage of respondents receiving home care from a family member or friend during the past 30 days due to an NCD, among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, has a family member or friend provided care for you at home due to your NCD?

Percentage with an NCD that received home care									
Age group (years)	Men			Women			Both sexes		
	n	Received home care (%)	95% CI	n	Received home care (%)	95% CI	n	Received home care (%)	95% CI
18–29	16	4.5	0.0–13.4	28	8.9	0.0–21.5	44	6.8	0.0–14.8
30–44	39	9.2	0.0–19.5	85	1.7	0.0–4.0	124	4.6	0.3–9.0
45–59	126	5.7	1.9–9.6	268	8.9	4.9–12.9	394	7.7	4.6–10.7
60–69	103	11.7	5.5–18.0	295	10.4	5.6–15.1	398	11.0	7.4–14.5
18–69	**284**	**7.7**	**4.4–10.9**	**676**	**7.9**	**5.2–10.6**	**960**	**7.8**	**5.7–9.9**

Hours per week spent giving home care

Description

Mean time spent per week during the past 30 days by a family member or friend to provide care for a respondent with an NCD, among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, has a family member or friend provided care for you at home due to your NCD?
- During the past 30 days, how many hours per week has this person/have these people provided care for you?

Mean time (in hours) spent giving home care for an NCD									
	Men			Women			Both sexes		
	n	Mean hours	95% CI	n	Mean hours	95% CI	n	Mean hours	95% CI
Rural	13	22.9	0.0–53.7	20	6.8	3.7–10.0	33	11.9	2.0–21.8
Urban	12	9.0	1.3–16.7	30	8.4	0.0–18.4	42	8.7	2.0–15.3
Total	**25**	**16.2**	**0.0–32.9**	**50**	**7.5**	**3.1–11.8**	**75**	**10.5**	**4.2–16.9**

Missing activities due to NCD

Description

Percentage of respondents who missed their usual activity in the past 30 days due to an NCD, among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, have you missed any of your usual activity (work, work at home, study) due to an NCD?

Percentage having missed usual activity due to an NCD									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	16	14.5	0.0–33.4	28	0.0	0.0–0.0	44	6.8	0.0–16.1
30–44	39	16.3	3.7–28.9	85	8.4	1.0–15.8	124	11.5	4.9–18.2
45–59	126	8.9	3.5–14.2	268	10.1	5.9–14.3	394	9.6	6.2–13.1
60–69	103	15.9	8.0–23.7	295	8.8	5.2–12.4	398	11.8	7.7–15.8
18–69	**284**	**12.8**	**7.8–17.8**	**676**	**8.3**	**5.6–11.0**	**960**	**10.1**	**7.4–12.9**

Mean days of usual activity missed due to NCD

Description

Mean number of days of usual activity missed due to an NCD among those with an NCD

Instrument question

- Have you ever had or do you currently have an NCD such as a CVD, including heart disease and stroke, cancer, chronic respiratory disease, or diabetes?
- During the past 30 days, have you missed any of your usual activity (work, work at home, study) due to an NCD?
- During the past 30 days, how many days of your usual activity have you missed due to an NCD?

Mean number of days of usual activity missed due to an NCD									
Age group (years)	Men			Women			Both sexes		
	N	Mean no. of days	95% CI	N	Mean no. of days	95% CI	N	Mean no. of days	95% CI
18–29	2	6.9	0.0–16.7	–*	–*	–*	2	6.9	0.0–16.2
30–44	4	15.4	3.5–27.2	7	5.9	1.8–10.0	11	10.3	3.0–17.5
45–59	11	10.8	2.3–19.3	26	7.2	4.6–9.9	37	8.5	5.1–11.8
60–69	16	13.1	7.2–19.1	25	10.4	5.8–14.9	41	12.0	8.2–15.8
18–69	**33**	**11.6**	**6.6–16.5**	**58**	**7.7**	**5.5–9.9**	**91**	**9.7**	**7.0–12.3**

* – denotes data not available.

World Health Organization

REGIONAL OFFICE FOR Europe

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