

STEPS Aruba 2006

Chronic Disease Risk Factor Surveillance Data Book

Department of Public Health



Central Bureau of Statistics



Preface

STEPS Aruba 2006 was conducted from October to December 2006 with the principal aim of monitoring behavioral risk factors for chronic non-communicable diseases on Aruba. For the purpose of this survey, the '*WHO STEPwise approach to chronic disease risk factor surveillance*' was adopted. STEPS Aruba 2006 was a successful inter-departmental cooperation between the Department of Public Health of Aruba (represented by the Unit of Epidemiology and the National Laboratory) and the Central Bureau of Statistics Aruba. Technical assistance was provided by the Netherlands Interdisciplinary Demographic Institute (NIDI).

The core research team consisted of Ms. Maribel Tromp, B.A. from the Department of Public Health, who acted as the project leader, Mr. Frank Eelens, PhD. from the NIDI and working under auspices of the Fondo Desaroyo Aruba (FDA) and Mrs. Desiree Helder, PhD. and Mrs. Marjolene van der Biezen-Marques, BSc, both from the Central Bureau of Statistics. During the fieldwork the core team was extended with the following members of the Central Bureau of Statistics: Mrs. Monique Plaza-Maduro, B.Sc., Mrs. drs. Karla Peterson-Kock, and Ms. drs. Myra Vigelandzoon. In addition, Mrs. Geraldine Ismail from the Department of Public Health was also part of the extended research team. Furthermore, Mr. Robert Wever, PhD. from the National Laboratory coordinated all the biochemical analyses.

We thank all the abovementioned individuals and all the other members of both the Department of Public Health and the Central Bureau of Statistics who remain unnamed, but also contributed to the successful completion of STEPS Aruba 2006. In addition, we thank our team of interviewers, assistants, nurses and laboratory technicians for doing a tremendous job.

We also thank other persons and organizations who were involved in STEPS Aruba 2006. We thank the Instituto Medico San Nicolas (IMSAN) and the Wit Gele Kruis Aruba for making their facilities available during the fieldwork to facilitate physical and biochemical data collection. In addition, we are grateful to the Fondo Desaroyo Aruba (FDA) for their continuous support. STEPS Aruba is an integral part of the partnership between the Department of Public Health Aruba and the NIDI, under auspices of the Fondo Desaroyo Aruba (FDA). Last, but no least, we thank our group of 1565 participants who gave us their precious time.

In this first publication of the results of STEPS Aruba 2006, basic tables are presented. More publications will follow with more in depth analyses and national and international comparisons on a number of important health topics.

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1. Introduction

Non-communicable diseases are the main cause of death worldwide. The World Health Organization (WHO) estimates that of the 58 million people who passed away worldwide in 2005, 35 million (60 percent) died from chronic diseases, of which 17.5 million of cardiovascular diseases, 7.6 million of cancer, 4 million of chronic respiratory diseases, and 1.1 million of diabetes. Non-communicable diseases are also major causes of disability and reduced quality of life, and have large adverse economic effects on families, communities and the society at large.¹

The most important causes of non-communicable diseases are related to lifestyle variables, the most significant modifiable ones being poor diet, physical inactivity and smoking. The majority of deaths and disabilities from non-communicable diseases could thus be prevented by eliminating these major risk factors. The WHO estimates that at least 80 percent of all heart diseases, strokes, and type II diabetes deaths could be prevented, and cancer deaths could be reduced by 40 percent.¹

At present, overweight is one of the major health issues worldwide. In 2005, the WHO estimated that over 1 billion people were overweight (Body Mass Index above 25) and over 300 million were obese (BMI above 30).¹ In addition, obesity has become so widespread that, in many countries, health officials speak of an ‘obesity epidemic’. In the United States, the number of obese adults doubled between 1976/1980 and 2002,² and in Europe the percentage of overweight and obese individuals has also increased dramatically.³ According to a study conducted by De Galdeano in 9 European countries, levels of obesity rose, by no less than 8.5 percent between 1998 and 2001.³

As in the rest of the world, overweight constitutes a major health problem on Aruba. Already in 1993, research data discussed in a publication of the Department of Public Health (“One Heavy Island”), indicated a high prevalence of overweight and obesity on Aruba.⁴ Compared to the 1950’s, the mean weight of the Aruban population had by then increased with 10 to 15 kg with men weighing an average of 82 kg and women an average of 71 kg.⁴ The 2001 Aruba Health Survey revealed a further increase in weight in both men and women.⁵ While in 1991 the prevalence of overweight in men and in women above the age of 20 was 59 percent and 57 percent respectively, in 2001, 77.7 percent of men and 69.1 percent of women above the age of 20 were overweight. In 2001, only 22.4 percent of men and 29.5 percent of women was of normal weight.⁵

Health surveys that have been conducted on Aruba in the last 15 years have depicted a precarious trend in the health status of the Aruban population. Not only the prevalence of overweight and obesity has been shown to be on a steady rise, this also has been the case for the prevalence of diabetes, high blood pressure and high cholesterol. All data collected until now has indicated that Aruba is currently facing important health challenges that need to be addressed in an effective manner.

In the light of these public health challenges, the Aruban government decided to set up a surveillance system for non-communicable diseases. As a first step in the process

of setting up such a surveillance system, a health survey was conducted to update the information on the prevalence of risk factors of chronic non-communicable diseases on the island.

After extensive deliberation the STEP-wise approach to chronic disease risk factor surveillance, developed by the WHO, was adopted. The decision to implement the STEPS program in Aruba was based on the following considerations:

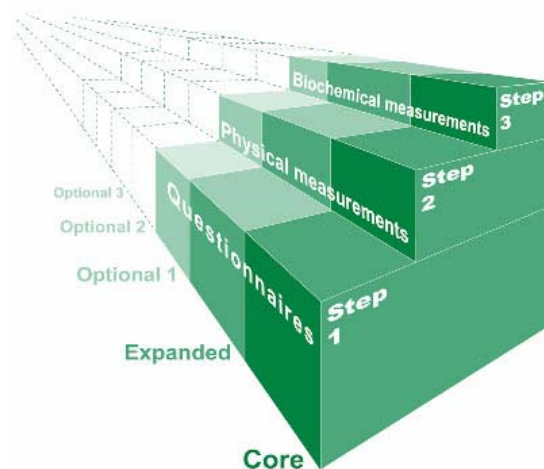
- The STEPS methodology is currently used in a large number of countries in the world. Using the same methodology as many others maximizes the comparability of the gathered information.
- The STEPS approach has been developed by a group of international experts in the field of health behavior. It is based on generally accepted WHO concepts and definitions.
- A large set of standardized documents, ranging from questionnaires to sampling procedures and table templates, is available from the WHO-STEPS team. Regularly, updates are available.
- An expert group is at hand at the WHO-headquarters, which acts as a support team in case of questions or difficulties.

The WHO STEP-wise approach to chronic disease risk factor surveillance

The WHO-STEPS Instrument is a relatively simple, standardized way to collect data on a set of recognized risk factors for non-communicable diseases.⁶ Countries that participate in the STEPS-program are advised to repeat data collection at regular intervals of several years. The information obtained can be used for within-country time trends and for international comparisons.

STEPS is a sequential process that starts with gathering key information on risk factors with a questionnaire, then continues with the physical measurements and the collection of blood samples for biochemical analysis. The STEPS Instrument thus covers three different levels or “STEPS” of risk factor assessment: STEP 1, STEP 2 and STEP 3. Within each STEP, there are three levels of data collection: the core, expanded and optional levels. Figure 1 illustrates the concept of the STEPS instrument as depicted by the WHO. Depending on the local resources and necessities countries can choose to execute only STEP 1, the first two STEPS or all three. In the case of Aruba, it was decided to execute all three STEPS on all three levels of data collection.

Figure 1: STEP-wise approach to chronic disease risk factor surveillance



STEPS provides information on eight major behavioral and biological risk factors that have the greatest impact on chronic disease mortality and morbidity, are modifiable

through effective prevention, and can be measured in a valid manner with appropriate ethical standards. These risk factors are:

- Tobacco use
- Harmful alcohol consumption
- Unhealthy diet (low fruit and vegetable consumption)
- Physical inactivity
- Overweight and obesity
- Raised blood pressure
- Raised blood glucose
- Abnormal blood lipids and its subset “raised total cholesterol”

It is important to note that the STEPS risk factor surveillance applies to persons in the age group of 25 to 64 years. Although there are some serious health problems among children, young adults, and the elderly, the specific age related health problems of both the young and the old call for separate, age specific health surveys. In the next few years more research is needed to further explore the health conditions of individuals for whom the STEPS survey does not apply.

To execute the STEPS Aruba survey, a partnership was established between the Department of Public Health, the Central Bureau of Statistics and the National Laboratory. The Department of Public Health and the Central Bureau of Statistics coordinated the fieldwork and the data collection in the health centers, while the National Laboratory was responsible for the analysis of the blood and urine samples. All three organizations contributed financially and logistically to the successful execution of the survey. Technical assistance was provided by the Netherlands Interdisciplinary Demographic Institute (NIDI).

This survey is an integral part of the project ‘Research and Integration of Information Sources’, which is a collaboration between the Aruban Public Health Department and the Netherlands Interdisciplinary Demographic Institute (NIDI, The Hague, The Netherlands), and is executed under auspices of the Fondo Desaroyo Aruba (FDA). One of the aims of this project is to set up a surveillance system for non-communicable diseases on Aruba by bringing together information from administrative sources and information gathered in health surveys, thus giving an overall view of risk factors, prevalence and consequences of non-communicable diseases.

It is envisaged that every two to three years a STEPS survey will be conducted to collect data for the surveillance system for non-communicable diseases. Being part of an international system of data collection will make it easier to gather high-quality and timely indicators related to non-communicable diseases.

2. Methods

Scope

The objectives of STEPS Aruba 2006 were:

- to collect consistent data on Aruba and make comparisons with other countries,
- to develop standard tools to enable comparisons over time,
- to predict further case loads of chronic diseases,
- to help plan health services and determine public health priorities, and
- to monitor and evaluate population-wide interventions focusing on education and prevention.

The fieldwork for STEPS Aruba was conducted from October 24 to December 4 2006, covering all three levels of assessment of the original STEPS Instrument: STEP 1, questionnaire; STEP 2, physical measurements; and STEP 3, biochemical analyses. The WHO STEPS Instrument was to some extent adapted to suit the specific circumstances of Aruba. The original English version of the STEPS questionnaire was translated into Papiamentu, Spanish, and Dutch. Below, we briefly explain the way STEPS Aruba 2006 was set up and executed.

Study population

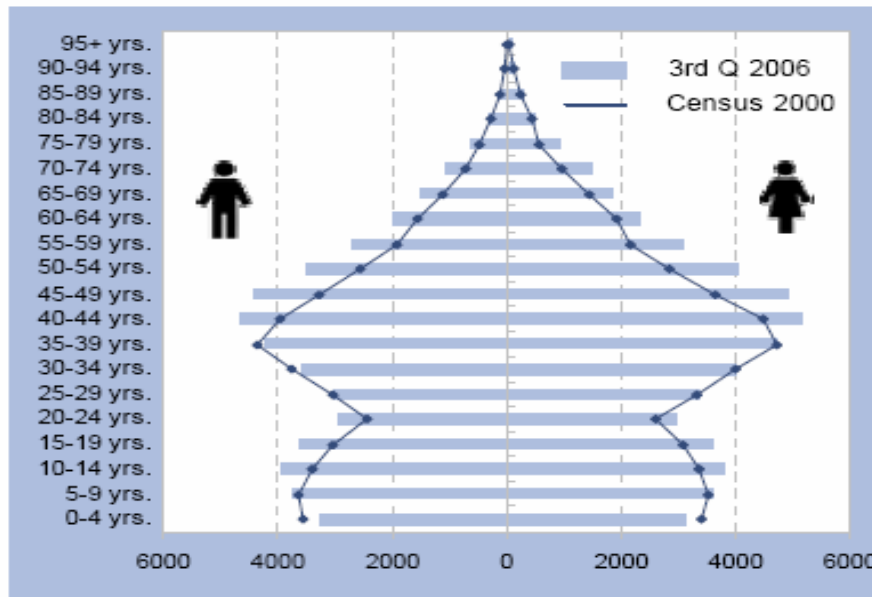
The WHO sets the minimum target sample size at 2000 adults aged 25 to 64 years, stratified by sex and ten year age groups. Table 1 shows the suggested target sample size by age and sex.

Table 1: Recruitment targets by age and gender

Gender	Age Range (years)	Recruitment target
Men	25-34	250
	35-44	250
	45-54	250
	55-64	250
Women	25-34	250
	35-44	250
	45-54	250
	55-64	250
Totals		2000

To ensure adequate representation of each stratum in the STEPS Aruba survey, the KISH-method was used for sampling persons within households. In each household, two individuals were selected; one in age group 25 to 54 years and one in age group 55 to 64 years (see Annex 2). We thus oversampled individuals in the 55 to 64 year age group to account for the fact that on Aruba the proportion of 55 to 64 years olds is considerably smaller than that of 25 to 54 year olds (see Figure 2) and selecting only one person per household would have resulted in an underrepresentation of 55–64 year olds in our sample.

Figure 2: Population pyramid, CENSUS 2000 - 3rd quarter 2006



Instrument

As mentioned earlier, the original STEPS Instrument includes three STEPS, and at each STEP specific information is gathered. Table 2 shows the different topics that are covered in each of the three STEPS.

Table 2: The STEPS Instrument, description and purpose

STEP	Description	Purpose
1	Gathering demographic and behavioral information by questionnaire in a household setting	To obtain core data on: <ul style="list-style-type: none"> ▪ Socio-demographic information ▪ Tobacco and alcohol use ▪ Nutritional status ▪ Physical activity
2	Collecting physical measurements with simple tests	To build on the core data in Step 1 and determine the proportion of adults that: <ul style="list-style-type: none"> ▪ Are overweight and obese, and ▪ Have raised blood pressure
3	Taking blood samples for biochemical measurement	To measure prevalence of diabetes or raised blood glucose and abnormal lipids

The questionnaire used in the STEPS Aruba survey consisted of an adapted version of the original STEPS questionnaire. The Aruban questionnaire included all the core questions, almost all of the expanded questions (except ethnicity and household income) and some optional ones. Furthermore, some additional questions were

included on: family and personal history of chronic diseases, health behavior, and mental health.

In table 3 on page 9 we summarize the data collected at each of the three STEPS. We indicate for each STEP which items were included from the core, expanded and 'Aruban specific' modules. Questions from the core and expanded modules were incorporated literally into our questionnaire. Additional questions were taken from the Aruba Health Survey 2001 and from other studies conducted on Aruba in the past. To optimize comparability with these earlier studies, the wording of the questions was changed as little as possible. The original English STEPS questionnaire was translated into Papiamentu and Dutch. The Spanish WHO-version was adapted to approach Aruba's Latino population. In Annex 1, we include the English version of the STEPS questionnaire. The lay-out of the questionnaires was adapted to meet the specific requirements of the data processing techniques (optical mark reading, optical character recognition and imaging).

Sampling

The sample for STEPS Aruba 2006 was drawn from the Geographical Information System (GIS) of the Central Bureau of Statistics. The GIS has a database containing all housing units on Aruba, with complete street addresses, but no information on the structure and composition of the 'families' living in these housing units (e.g. number of households, number of persons belonging to each household by age and sex, residence status of household members, etc.).

The target sample size of 2000 participants/households was increased by 20 percent to account for a number of possible events that could have affected the ultimate number of participants. These factors include:

- Housing units that were uninhabited;
- Housing units that were under construction;
- Housing units that were turned into business locations;
- Households that consisted of tourists or temporary foreign workers only;
- Households that consisted of individuals who were not able to participate due to drug or alcohol addiction or mental health problems;
- Households that could not be reached (household members were never home);
- Housing units that could not be located (in the field);
- Households without individuals in the required age categories, thus consisting of individuals younger than 25 years and/or older than 65 years only;
- Refusal to participate.

At the time the sample was drawn, the GIS-database consisted of 31,263 housing units. The sampling was done as follows: Aruba was divided into 20 different sampling areas (i.e. one area per interviewer), each consisting of 1,563 housing units. Then, 120 housing units were drawn randomly from each sampling area, using the Statistical Package for the Social Sciences (SPSS). As such, 2400 housing units were selected, ensuring a full geographical coverage of the build-on areas of Aruba (see Figure 3). Figure 3 on page 10 shows the regional distribution of all the selected households.

A household was defined as one or more persons who are living together and who have made common living arrangements. Two types of households can be distinguished:

- A one-person household that consist of one person living on his/her own and taking care of his/her own living expenses.
- A multiple-person household that consists of two or more persons who are not necessarily related to one another and who have made arrangements to take care of their daily living expenses together.

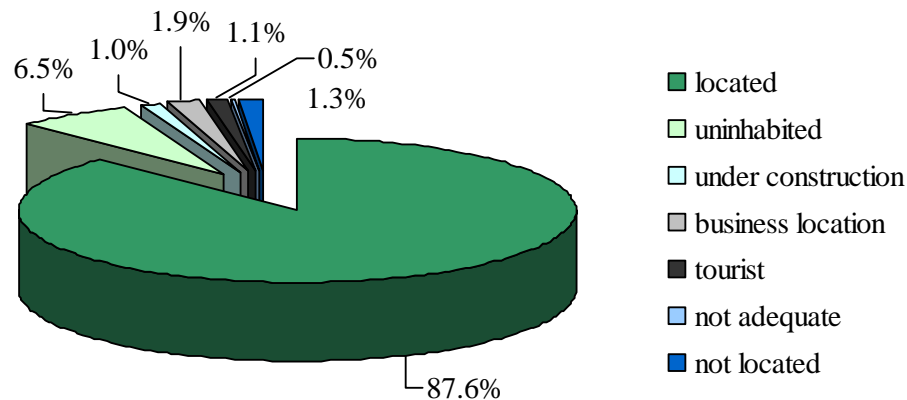
Only residents of Aruba were eligible to participate in the STEPS Aruba survey. All participants had to have lived on Aruba for at least one year or had to have the intention of residing on Aruba for at least a year. Tourists, including owners of vacation houses on Aruba, were not included in the sample.

Response proportions

STEP 1

Of the 2400 selected housing units, 2,103 (87.6 percent) were located in the field and could be contacted to participate in the STEPS Aruba survey (see Figure 4), 157 housing units were uninhabited (6.5 percent), and the remaining 140 were either under construction, had been turned into businesses, were occupied by tourists, were inadequate or could not be located in the field. In total, 66 additional households were found at the selected housing units. Thus in total, 2,169 households were invited to participate.

Figure 4: Results of the visits to the selected housing units



Of the 2,169 households that were asked to participate in the survey, 1,571 (73 percent) agreed (see Figure 5). Nine percent of contacted households refused to be interviewed and 18 percent could never be found at home.

Table 3: Items included in STEPS-Aruba 2006

Level	Core items	Expanded items	Aruba specific items
STEP 1 Behavioral Measurement	Age, sex, years of schooling	Level of education	Nationality, number of years lived on the island, marital status, living with partner, country of birth partner, income, occupation Reported height - weight, self perception of weight/overweight Second hand smoking Type of alcohol consumed
	Tobacco use	History of tobacco use	
	Alcohol consumption	Binge drinking	
	Fruit & vegetable consumption	Oil and fat consumption	Methods used to loose weight, consumption of non-alcoholic beverages, certain food items, and frequency & type of non-home cooked food Subjective appraisal of own physical condition
	Physical activity, sedentary behaviour		
		History of raised blood pressure + treatment	History of high cholesterol + treatment
		History of diabetes + treatment	History of renal problems + treatment Family history of chronic diseases and other health conditions Personal history of chronic diseases and other health conditions
			Health behavior, visit to health workers, use of preventive health measures, use of seatbelt, regular checkups of blood pressure, cholesterol, blood glucose
			Mental health
STEP 2 Physical Measurement	Height and weight		
	Waist circumference	Hip circumference	
	Blood pressure	Heart rate	
STEP 3 Biochemical Measurement	Fasting blood glucose	Triglycerides	Creatinine in urine
	Total cholesterol		

Figure 3: Selected households by region

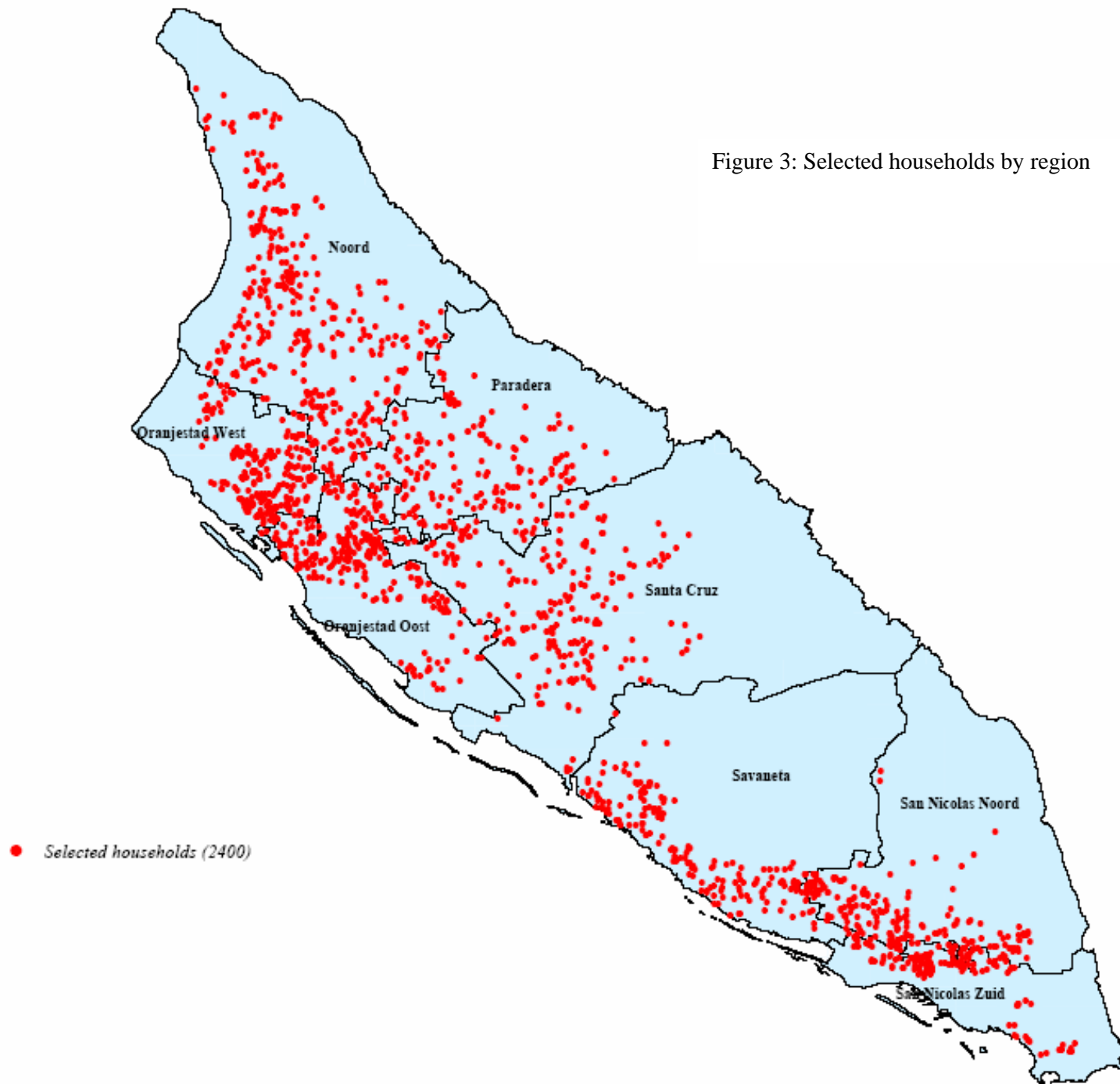
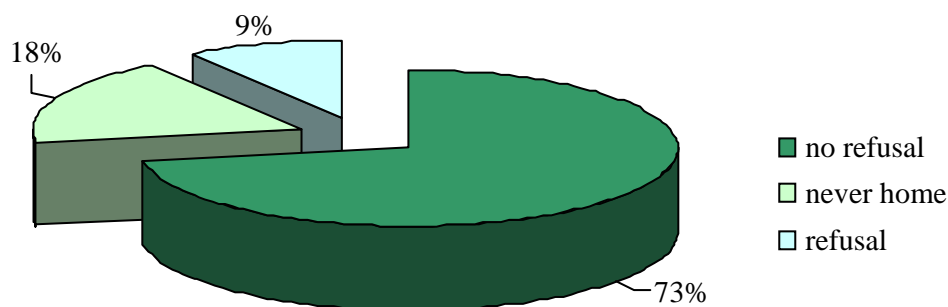


Figure 5: Results of the households that were asked to participate



In the 1,571 households that agreed to participate, 1,565 individuals (97 percent) were successfully interviewed in STEP 1. In 2 percent of households, 2 persons were selected, but one refused to participate, and in 1 percent of households, selected individuals were never found at home.

STEP 2 and STEP 3

Table 4: Participation by age and gender;

	Age Range (years)	Recruitment target	Participants STEP 1	Participants STEP 2 and 3	% of STEP 1
Men	25-34	250	130	51	39
	35-44	250	186	77	41
	45-54	250	181	94	52
	55-64	250	169	105	62
Women	25-34	250	147	61	41
	35-44	250	264	133	50
	45-54	250	274	166	61
	55-64	250	214	130	61
Totals		2000	1565	817	52

In total, of the 1,565 individuals who were successfully interviewed in STEP 1, 817 individuals visited a health center to participate in STEP 2 and 3, which represent 52 percent of all persons interviewed in STEP 1 (see Table 4). All efforts were made to get as many participants as possible to visit the health centers to complete the physical and biochemical measurements (STEP 2 and 3). Before the end of the fieldwork, individuals who had not visited the health centers as yet were approached with a letter thanking them for their participation in the survey and inviting them once again to visit one of the health centers.

Staff recruitment and training

Before the start of STEPS Aruba a total of 20 interviewers were trained in two 4 hour sessions to:

- Locate the selected housing units;
- Determine the number of households in the selected housing units;

- Explain the purpose of STEPS Aruba 2006 to household members by means of an information letter and folder;
- Record the age and sex of each person living in the household on the KISH household coversheet;
- Select the household member(s) who is(are) eligible to participate by means of the KISH tables;
- Obtain verbal and written consent from each participant;
- Conduct the interview and record each answer;
- Give each participant an ID after successfully having completed the questionnaire;
- Write down the participant ID on the questionnaire, the KISH household coversheet and the progress report;
- Complete the progress report for each visited household;
- Invite each participant to visit a health center of their choice to participate in STEP 2 and STEP 3;
- Make appointments for the participants to visit the health centers;
- Check all completed forms and hand them over to the supervisor;
- Report any difficulties to the supervisor.

In total, 18 health professionals and 6 secretaries were in charge of conducting STEP 2 and STEP 3. They were trained to:

- Obtain written consent from each participant to STEP 2 and STEP 3;
- Follow the right logistic procedures;
- Take physical measurements and record the results on a form created for that purpose;
- Take blood and label each sample with a lab code linked to the participant ID.

Survey implementation

STEP 1

The duration of the survey was six weeks, divided into three periods of 2 weeks. Per period, each interviewer was handed over a list of 40 addresses of 40 housing units they had to visit. In addition, each interviewer was given a map of the sampling area, with the selected addresses pointed in red, to make it easier to locate the addresses.

Furthermore, each interviewer was provided with:

- An official badge of the Central Bureau of Statistics or the Department of Public Health to confirm that the interviewer was a member of the STEPS Aruba team;
- A manual with information on how to conduct STEP 1 and a question by question guide;
- Writing material;
- A progress report for all selected housing units;
- KISH household cover sheets;
- Consent forms for STEP 1;
- STEPS Aruba questionnaires in Papiamentu, and translations of the questionnaire in English, Spanish, and Dutch;
- Showcards;

- Clinic appointment card (with maps to indicate location);
- Fasting instructions;
- Paper bag with a cup and a test tube to hand over to participants to STEP 3 for urine collection.

Each interviewer was assigned a personal supervisor, to whom they had to report twice a week. Supervisors, seven in total, were in charge of:

- Supplying the material for STEP 1 to the interviewers;
- Supervising the progress of the interviewers of their visits to the selected housing units and their way of conducting the interviews;
- Controlling for errors and inconsistencies of completed questionnaires;
- Assisting the interviewers with problems arisen during field work.

After a respondent had completed STEP 1 successfully, he/she was given a participant ID, which was a unique identification number consisting of two parts: a five-digit household number and a one-digit person number. The household number consisted of a two-digit interviewer number, ranging from 01 to 20, and a three-digit sequential number that represented the number of households successfully interviewed. Each household thus received a unique household number. The person number represented the age group the participant belonged to. A participant in age-group 25 to 54 years received person number '1' and one in age-group 55 to 64 years received number '2'.

STEP 2 and STEP 3

In most countries physical measurements (STEP 2) are taken at the home of the participant and blood is collected (STEP 3) at a health center. For practical reasons, on Aruba both physical measurements and blood and urine samples were collected at health centers. Participants who were successfully interviewed for STEP 1 were subsequently invited to visit one of the six health centers to participate in STEP 2 and STEP 3. Participants were informed that they could not eat or drink a thing (except plain water) starting from 10 p.m. the night before their visit to the health center. Participants were also given a small container to collect their first morning urine.

At the health centers, the identification numbers of all participants were copied onto a bio-measurement form and on a lab form (see Annex 9). The participant ID was copied onto all documents. This was crucial for linking the interview data, with the bio-chemical measurements and the laboratory results at the final stage of the data handling. In annex 2, we present the invitation letter that was issued to individuals who participated in STEP 1 to participate in STEP 2 and 3. As can be seen on the invitation letter, the interviewer had to fill in the participant ID of each participant on the invitation letter as well.

Participants could visit one of six health centers. The health centers were set up at the regional offices of the Wit Gele Kruis, at the Instituto Medico San Nicolas (IMSAN) and at the office of the Public Health Department in Oranjestad. The team in charge of STEPS Aruba 2006 is very grateful to the Wit Gele Kruis Aruba and the IMSAN for their generous support in making their facilities available. The health centers were distributed all over the island:

- Noord (Wit Gele Kruis, Don Bosco)

- Oranjestad (Public Health Department, DVG)
- Paradera (Wit Gele Kruis)
- Santa Cruz (Wit Gele Kruis)
- Brazil (Wit Gele Kruis)
- San Nicolas (IMSAN)

Health centers were open on most weekdays in the morning from 8.00 a.m. until 10.00 a.m. during the period October 26th - December 8th, 2006. Each health center was staffed with three staff members: an administrator, a nurse and a medical nurse who was certified to draw blood.

When participants arrived at the health centers, they were registered by the administrator by means of their invitation letter, with their unique participant ID. Subsequently they were asked to sign a consent form. Participants were informed they could get their final results of STEP 2 and 3 at the end of the fieldwork period at the Department of Public Health and in addition, they could give written consent to the Department of Public Health to send their final results to their family physician.

After all information was provided, physical measurements were taken by the nurse. Blood pressure was measured twice, before and after the blood sample was collected. All information gathered at the health centers was written down on a special form (see Annex 4). After the examination, participants were offered a small snack, fruit juice, coffee and tea.

Physical measurements were taken by means of standardized and well calibrated equipment. Scales were calibrated after they were installed at the health centers by the Technical Inspection Department (DTI) and blood pressure was measured by means of Digital Automatic Blood Pressure Monitors (OMRON M4-1). The latter were supplied free of charge by the WHO Department of Chronic Diseases and Health Promotion in Geneva. On a daily basis all blood and urine samples (STEP 3) were gathered at the Public Health Department and transported to the National Laboratory.

Weighting

The raw STEPS-data were weighted to make them representative for the total target population of Aruba, given that:

- The population of individuals in age category 55-64 years of age was oversampled to ensure an adequate number of respondents in this age category;
- Non-response rates were not evenly distributed among all age and sex categories;
- The age and sex composition of the sample population deviated somewhat from the age-sex structure of the entire population;
- As only one person in the household was selected for the age-group 25-54 years and one for the age-group 55-64 years, the selection probability of a person was a function of the total number of persons in the household in each age category.

Individual weights were used to compensate for the differential probabilities of selection within the household. In the analyses, population weights were also used to make the sample more representative of the target population. These population weights were calculated to adjust for differential selection probabilities, differential response proportions and age and sex differences between the sample and the target population. The weights were calculated for each record. Population weights were multiplied by the individual weights to produce an overall weight.

The Individual Weights were calculated as follows:

$$W(\text{ind}) = 1/(\text{probability of household selection} * \text{probability of individual selection})$$

The Population Weight was calculated as:

$$W(\text{pop}) = ((p1(s,x)/p2(s,x)) * ((p3(s,x)/p1(s,x))).$$

The first term in the equation $((p1(s,x)/p2(s,x))$ is a correction for non-response with $p1(s,x)$ being the proportion of all persons being selected in the sample belonging to age-sex category s and x . In other words, this is the group of persons who were selected using the KISH method who belong to category (s,x) compared to all selected persons in all categories. $p2(s,x)$ being the proportion of all persons effectively interviewed in the sample, belonging to age-sex category (s,x) .

The second term in the equation $((p3(s,x)/p1(s,x))$ is a post-stratification to the target population because the age-sex structure of the total population may be different from the sample age-sex distribution. $p3(s,x)$ is the proportion of all persons in the population belonging to age-sex category s and x . For population $p1(s,x)$ is defined above.

The overall weight was then simply calculated as follows:

$$W(\text{overall}) = W(\text{ind}) * W(\text{pop}).$$

Separate weights were calculated for variables related to STEP 1 (Weight 1) and STEPS 2 and 3 (Weight 2). All tables in this report were constructed on the basis of weighted data. Tables based on data collected in STEP 1 were adjusted with Weight 1, tables based on STEP 2 and STEP 3 data were weighted with Weight 2.

Analysis information

The information gathered at the health centers was entered daily into a SPSS-system file. At the end of the fieldwork, the data on physical measurements (STEP 2) was extensively checked and edited for errors. All the questionnaires of STEP 1, the KISH-forms, and the interview tracking forms, were scanned at the Central Bureau of Statistics using optical mark reading, optical character recognition and imaging techniques for data entry. Data sets were processed per interviewer and all data was verified and edited. An extensive SPSS-program was used to control and edit the data. Each data set was subjected to a large set of tests to control for invalid values,

structural errors and inconsistencies. Errors were corrected keeping the original questionnaires at hand. In addition to the correction of errors, a number of new variables were created. At the end of the editing process, all individual data sets were merged into one SPSS-system file. Thereafter, the data from STEP 1 was merged with the dataset of STEP 2 (physical measurements) and the data obtained from the National Laboratory (STEP 3; biochemical measurements). The final results of STEP 3 were obtained from the National Laboratory at the beginning of January 2007. The data was presented digitally in an Excel-file that could easily be converted into a SPSS-system file. All data was analyzed using SPSS Complex Samples Module and EpiInfo. Results are presented as means, medians, or percentages, with 95% confidence intervals.

3. Results

3.a. List of tables

The following tables are included in this report:

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STEPS Aruba 2006

Chronic Disease Risk Factor Surveillance
Department of Public Health/Central Bureau of Statistics/National Laboratory

Fact Sheet

The STEPS Aruba survey was conducted from October to December 2006, covering all three levels of assessment of the original STEPS Instrument. Sociodemographic and behavioral information was collected in STEP 1. Physical measurements such as height, weight and blood pressure were taken in STEP 2, and biochemical measurements were collected to assess blood glucose and cholesterol levels in STEP 3. STEPS ARUBA 2006 was a population-based survey of adults aged 25-64. A randomized sample design was used to produce representative data for that age range in Aruba. A total of 1565 adults participated in the survey.

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Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes (95% Conf. Int)		Males (95% Conf. Int)		Females (95% Conf. Int)	
	Lower bound	Higher bound	Lower bound	Higher bound	Lower bound	Higher bound
Step 1 Tobacco Use						
Percentage who currently smoke tobacco daily	12.6		17.2		8.9	
	10.7	14.6	13.7	20.8	6.9	11.0
<i>For those who smoke tobacco daily</i>						
Average age started smoking (years)	19.2		18.0		21.1	
	18.3	20.1	17.0	18.9	19.4	22.8
Average years of smoking	24.5		26.2		22.0	
	22.9	26.2	24.1	28.2	19.5	24.5
Percentage smoking manufactured cigarettes	90.6		88.3		94.3	
	86.5	94.7	82.4	94.1	88.9	99.7
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	14.4		17.5		9.9	
	11.7	17.1	13.6	21.5	8.0	11.8
Step 1 Alcohol Consumption						
Percentage of abstainers (who did not drink alcohol in the last year)	10.9		8.2		13.0	
	9.1	12.6	6.0	10.4	10.5	15.6
Percentage of current drinkers (who drank alcohol in the past 30 days)	38.3		52.9		26.6	
	35.4	41.2	48.4	57.4	23.2	30.0
<i>For those who drank alcohol in the last 30 days</i>						
Percentage who drank alcohol on 4 or more days in the last week	8.6		12.8		1.9	
	4.4	12.8	6.3	19.4	0.3	3.6
Percentage of women who had 4 or more drinks on any day in the last week					1.4	
					1.3	1.8
Percentage of men who had 5 or more drinks on any day in the last week			3.3			
			2.7	4.0		
Step 1 Fruit and Vegetable Consumption (in a typical week)						
Mean number of days fruit consumed	4.0		3.6		4.2	
	3.8	4.1	3.4	3.9	4.0	4.4
Mean number of servings of fruit consumed per day	0.8		0.7		0.8	
	0.7	0.8	0.6	0.8	0.8	0.9
Mean number of days vegetables consumed	5.5		5.4		5.6	
	5.4	5.6	5.2	5.6	5.4	5.7
Mean number of servings of vegetables consumed per day	1.0		1.0		1.0	
	1.0	1.0	0.9	1.0	1.0	1.1
Percentage who ate less than 5 combined servings of fruit & vegetables per day	97.6		98.5		96.5	
	96.8	98.5	97.6	99.4	95.6	98.2

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes (95% Conf. Int)		Males (95% Conf. Int)		Females (95% Conf. Int)	
	Lower bound	Higher bound	Lower bound	Higher bound	Lower bound	Higher bound
Step 1 Physical Activity						
Percentage with low levels of activity (defined as <600 MET-minutes/week)	45.8		41.6		49.2	
	42.9	48.8	37.0	46.1	45.4	53.1
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)	9.5		14.0		5.9	
	7.8	11.2	11.0	17.0	4.1	7.8
Median time spent in physical activity per day (minutes)	57.9		85.7		42.9	
Mean time spent in physical activity per day (minutes)	137.7		158.5		121.1	
	127.3	148.1	141.8	157.2	108.4	133.8
Step 2 Physical Measurements						
Mean body mass index - BMI (kg/m^2)	29.3		30.0		28.8	
	28.8	29.8	29.3	30.7	28.2	29.5
Percentage who are overweight or obese ($\text{BMI} \geq 25 \text{ kg/m}^2$)	77.0		82.8		72.5	
	73.4	80.6	78.0	87.6	67.5	77.6
Percentage who are obese ($\text{BMI} \geq 30 \text{ kg/m}^2$)	40.8		46.7		36.3	
	36.6	45.1	39.9	53.6	31.1	41.5
Average waist circumference (cm)	94.8		100.6		90.4	
	93.4	96.2	98.8	102.3	88.7	92.1
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	131.7		138.3		126.7	
	130.0	133.4	135.7	140.9	124.8	128.6
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	78.6		80.6		77.1	
	77.5	79.7	78.7	82.4	75.9	78.2
Percentage with raised BP ($\text{SBP} \geq 140$ and/or $\text{DBP} \geq 90$ mmHg or currently on medication for raised BP)	39.2		50.4		31.1	
	35.1	43.3	43.6	57.2	26.4	35.8
Percentage with raised BP ($\text{SBP} \geq 160$ and/or $\text{DBP} \geq 100$ mmHg or currently on medication for raised BP)	18.5		19.2		18.0	
	15.4	21.7	13.8	24.7	14.3	21.7
Step 3 Biochemical Measurements						
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	5.0		5.0		4.9	
	4.9	5.1	4.9	5.1	4.8	5.1
Percentage with raised blood glucose (≥ 7.0 mmol/L) or currently on medication for raised blood glucose	7.2		5.6		8.4	
	5.1	9.3	2.6	8.5	5.6	11.3
Mean total blood cholesterol (mmol/L)	5.1		5.2		5.0	
	5.0	5.2	5.0	5.4	4.9	5.2
Percentage with raised total cholesterol (≥ 5.2 mmol/L)	42.2		43.4		41.3	
	37.9	46.6	36.3	50.6	35.9	46.8
Percentage with raised total cholesterol (≥ 6.5 mmol/L)	10.7		11.1		10.4	
	8.0	13.4	6.7	15.5	7.1	13.8
Summary of combined risk factors						
· current daily smokers			· overweight or obese ($\text{BMI} \geq 25 \text{ kg/m}^2$)			
· less than 5 servings of fruits & vegetables per day			· raised BP ($\text{SBP} \geq 140$ and/or $\text{DBP} \geq 90$ mmHg)			
· low level of activity (<600 MET-minutes)						
Percentage with low risk (i.e. none of the risk factors included above)	0.6		0.0		1.1	
	0.0	1.3	-	-	0.0	2.2
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	51.2		64.1		41.5	
	44.8	57.5	54.7	73.4	33.5	49.6
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	72.7		72.4		73.0	
	68.1	77.3	64.9	80.0	67.3	78.6

A. Sampling and Response Proportions

A.1. Sampling of addresses

Description: addresses eligible and sampling outcome.

Sample	Addresses	
	Number of addresses	% of all addresses
Addresses selected	2400	100.0
Addresses found	2103	87.6
Uninhabited housing units	157	6.5
Housing units under construction	24	1.0
Housing units turned into business locations	46	1.9
Housing units owned by tourists	27	1.1
Not adequate/unsafe housing units	12	0.5
Addresses not found	31	1.3
Additional households on addresses found	66	
Total households visited	2169	

A.2. Households in sample

Description: number of households in the sample.

	Households	
	Number of households visited	% of all households
Total households visited	2169	100.0
Never found home	393	18.1
Households refused	205	9.5
Households reached	1571	72.4
Households without persons in age-group 25-64 years	153	
Households with eligible participants	1418	

A.3. Persons interviewed for STEP 1

Description: number of persons contacted and successfully interviewed for STEP 1.

	Number of respondents		
	25-54 years	55-64 years	Total
Persons contacted	1220	386	1606
Persons refused	22	7	29
Persons questionnaire not completed	1	1	2
Persons never found home	8	2	10
Successfully interviewed	1189	376	1565

A.4. STEP 2 response proportions

Description: summary results for the response proportions for STEP 2.

Age Group	Men			Women			Both Sexes		
	Eligible	Participated		Eligible	Participated		Eligible	Participated	
	N	n	%	N	n	%	N	n	%
25-34 years	130	51	39.2	147	61	41.5	277	112	40.4
35-44 years	186	77	41.4	264	133	50.4	450	210	46.7
45-54 years	181	94	51.9	274	166	60.6	455	260	57.1
55-64 years	169	105	62.1	214	130	60.7	383	235	61.4
25-64 years	666	327	49.1	899	490	54.5	1565	817	52.2

A.5. STEP 3 response proportions

Description: summary results for the response proportions for STEP 3.

Age Group	Men			Women			Both Sexes		
	Eligible	Participated		Eligible	Participated		Eligible	Participated	
	N	n	%	N	n	%	N	n	%
25-34 years	130	50	38.5	147	57	38.8	277	107	38.6
35-44 years	186	69	37.1	264	121	45.8	450	190	42.2
45-54 years	181	87	48.1	274	157	57.3	455	244	53.6
55-64 years	169	100	59.2	214	123	57.5	383	223	58.2
25-64 years	666	306	45.9	899	458	50.9	1565	764	48.8

A.6.a. District response proportions

Description: summary results for the response proportions by district (men-women)

Age Group	Men (N=666)							
	Noord/Tanki Leendert	Oranjestad West	Oranjestad Oost	Paradera	Santa Cruz	Savaneta	San Nicolas Noord	San Nicolas Zuid
	n %	n %	n %	n %	n %	n %	n %	n %
25-34 yrs	35 26.9	12 9.2	18 13.8	12 9.2	18 13.8	10 7.7	16 12.3	9 6.9
35-44 yrs	42 22.6	21 11.3	10 5.4	16 8.6	24 12.9	21 11.3	26 14.0	26 14.0
45-54 yrs	27 14.9	22 12.2	19 10.5	22 12.2	30 16.6	23 12.7	25 13.8	13 7.2
55-64 yrs	28 16.6	11 6.5	23 13.6	26 15.4	18 10.7	24 14.2	27 16.0	12 7.1
25-64 years	132 19.8	66 9.9	70 10.5	76 11.4	90 13.5	78 11.7	94 14.1	60 9.0

Age Group	Women (N=899)							
	Noord/Tanki Leendert	Oranjestad West	Oranjestad Oost	Paradera	Santa Cruz	Savaneta	San Nicolas Noord	San Nicolas Zuid
	n %	n %	n %	n %	n %	n %	n %	n %
25-34 yrs	28 19.0	20 13.6	19 12.9	11 7.5	16 10.9	22 15.0	22 15.0	9 6.1
35-44 yrs	60 22.7	23 8.7	40 15.2	35 13.3	23 8.7	31 11.7	36 13.6	16 6.1
45-54 yrs	47 17.2	32 11.7	40 14.6	26 9.5	30 10.9	38 13.9	34 12.4	27 9.9
55-64 yrs	33 15.4	25 11.7	38 17.8	14 6.5	18 8.4	30 14.0	34 15.9	22 10.3
25-64 years	168 18.7	100 11.1	137 15.2	86 9.6	87 9.7	121 13.5	126 14.0	74 8.2

A.6.b. District response proportions

Description: summary results for the response proportions by district (both sexes).

Age Group	Both Sexes (N=1565)								
	Noord/ Leendert	Tanki	Oranjestad West	Oranjestad Oost	Paradera	Santa Cruz	Savaneta	San Nicolas Noord	San Nicolas Zuid
	n %	n %	n %	n %	n %	n %	n %	n %	n %
25-34 yrs	63 22.7	32 11.6	37 13.4	23 8.3	34 12.3	32 11.6	38 13.7	18 6.5	
35-44 yrs	102 22.7	44 9.8	50 11.1	51 11.3	47 10.4	52 11.6	62 13.8	42 9.3	
45-54 yrs	74 16.3	54 11.9	59 13.0	48 10.5	60 13.2	61 13.4	59 13.0	40 8.8	
55-64 yrs	61 15.9	36 9.4	61 15.9	40 10.4	36 9.4	54 14.1	61 15.9	34 8.9	
25-64 years	300 19.2	166 10.6	207 13.2	162 10.4	177 11.3	199 12.7	220 14.1	134 8.6	

B. Demographic Information

B.1. Age group by gender

Description: summary information by age group and gender of the participants.

Instrument questions:

- . Sex
- . What is your date of birth?

Age Group	Men N=666	Women N=899	Both Sexes N=1565
	n %	n %	n %
25-34 years	130 46.9	147 53.1	277 100.0
35-44 years	186 41.3	264 58.7	450 100.0
45-54 years	181 39.8	274 60.2	455 100.0
55-64 years	169 44.1	214 55.9	383 100.0
25-64 years	666 42.6	899 57.4	1565 100.0

B.2. Household composition

Description: mean number of household members by age and sex, and mean number of household members between ages 25 - 64 yrs.

Instrument question:

. Number of persons by sex and age-group as noted on the Kish-form.

Age Group	Men N=1048	Women N=1297	Both Sexes N=2345
	n mean no.	n mean no.	n mean no.
25-34 years	226 0.17	276 0.34	502 0.37
35-44 years	281 0.21	363 0.27	644 0.48
45-54 years	333 0.25	402 0.30	735 0.55
55-64 years	208 0.15	256 0.19	464 0.34
25-64 years	1048 0.78	1297 0.96	2345 1.74

B.3. Mean number of years of education

Description: mean number of years of education in population of the participants.

Instrument question:

. In total, how many years have you spent at school or in full-time study (starting from primary school)?

Age Group	Men N=666	Women N=899	Both Sexes N=1565
	Mean n	Mean n	Mean n
25-34 years	12.7 130	12.6 147	12.6 277
35-44 years	12.3 186	12.1 264	12.2 450
45-54 years	11.4 181	10.8 274	11.0 455
55-64 years	10.5 169	9.5 214	10.0 383
25-64 years	11.7 666	11.2 899	11.4 1565

B.4.a. Highest level of education

Description: highest level of education achieved by the survey participants (men-women).

Instrument question:

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

	Age Group	Less than primary education	Primary school	Vocationally oriented secondary education	Vocationally oriented secondary education EPB	General and higher secondary education (MAVO, MULO)	General and higher secondary education (HAVO)	University preparatory education (VWO)	Middle level professional education (EPI, MAO, MTS)	Higher level professional education (HBO, BA, FEF IPA)	University	Doctoral degree (PhD)	Other
		n=115 %	n=213 %	n=123 %	n=261 %	n=420 %	n=68 %	n=15 %	n=111 %	n=115 %	n=84 %	n=8 %	n=14 %
Men (N=658)	25-34 years	1.6	7.0	6.2	24.8	24.8	2.3	0.8	14.0	9.3	5.4	0.8	3.1
	35-44 years	3.2	8.6	8.6	25.4	18.4	4.9	1.1	8.1	9.7	9.2	0.5	2.2
	45-54 years	5.5	12.7	9.9	16.6	28.7	4.4	1.1	7.7	5.5	5.5	1.1	1.1
	55-64 years	14.1	20.9	6.7	13.5	26.4	2.5	0.6	3.7	5.5	4.3	0.6	1.2
	25-64 years	6.1	12.3	7.9	20.1	24.6	3.5	0.9	8.4	7.5	6.1	0.8	1.9
Women (N=889)	25-34 years	2.7	8.2	6.2	12.3	36.3	2.7	0.0	12.3	11.0	6.8	1.4	0.0
	35-44 years	4.2	10.3	6.9	14.6	29.1	6.9	2.3	9.2	8.4	7.7	0.0	0.4
	45-54 years	9.9	13.6	8.1	18.4	28.3	7.4	0.7	4.4	6.3	2.2	0.4	0.4
	55-64 years	15.2	26.2	10.0	11.4	25.2	1.0	0.5	1.9	5.2	3.3	0.0	0.0
	25-64 years	8.0	14.6	7.8	14.2	29.7	4.5	0.9	7.0	7.7	5.0	0.5	0.2

B.4.b. Highest level of education

Description: highest level of education achieved by the survey participants (both sexes).

Instrument question:

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

Age Group	Less than primary education	Primary school	Vocationally oriented secondary education	Vocationally oriented secondary education EPB	General and higher secondary education (MAVO, MULO)	General and higher secondary education (HAVO)	University preparatory education (VWO)	Middle level professional education (EPI, MAO, MTS)	Higher level professional education (HBO, BA, FEF, IPA)	University	Doctoral degree (PhD)	Other
	n=115 %	n=213 %	n=123 %	n=261 %	n=420 %	n=68 %	n=15 %	n=111 %	n=115 %	n=84 %	n=8 %	n=14 %
Both Sexes(N=1547) 25-34 years	2.2	7.6	6.2	18.2	30.9	2.5	0.4	13.1	10.2	6.2	1.1	1.5
35-44 years	3.8	9.6	7.6	19.1	24.7	6.1	1.8	8.7	9.0	8.3	0.2	1.1
45-54 years	8.2	13.2	8.8	17.7	28.5	6.2	0.9	5.7	6.0	3.5	0.7	0.7
55-64 years	14.7	23.9	8.6	12.3	25.7	1.6	0.5	2.7	5.4	3.8	0.3	0.5
25-64 years	7.2	13.6	7.8	16.8	27.5	4.1	0.9	7.6	7.7	5.5	0.6	1.0

B.5. Occupational categories

Description: proportion of participants by current occupation as categorized according to the International Standard Classification of Occupation (ISCO).

Instrument question:

. What is your current occupation?

Age Group	Men (N=555)								
	Legislators, senior officials & managers	Professionals	Technicians & associates professionals	Clerks	Service workers, shop & market sales workers	Skilled agricultural & fishery workers	Craft & related trades workers	Plant & machines operators & assemblers	Elementary occupations
	n=72 %	n=42 %	n=65 %	n=52 %	n=83 %	n=9 %	n=111 %	n=50 %	n=71 %
25-34 years	7.5	7.5	11.7	6.7	20.8	1.7	17.5	9.2	17.5
35-44 years	17.6	5.3	9.4	7.6	17.6	1.2	21.8	7.1	12.4
45-54 years	14.3	9.1	12.3	11.0	13.0	0.0	19.5	8.4	12.3
55-64 years	9.9	9.0	14.4	12.6	7.2	4.5	20.7	12.6	9.0
25-64 years	13.0	7.6	11.7	9.4	15.0	1.6	20.0	9.0	12.8

Age Group	Women (N=612)								
	Legislators, senior officials & managers	Professionals	Technicians & associates professionals	Clerks	Service workers, shop & market sales workers	Skilled agricultural & fishery workers	Craft & related trades workers	Plant & machines operators & assemblers	Elementary occupations
	n=48 %	n=34 %	n=90 %	n=127 %	n=151 %	n=2 %	n=11 %	n=10 %	n=139 %
25-34 years	3.5	6.1	16.5	25.2	27.0	0.0	2.6	0.0	19.1
35-44 years	8.8	5.9	15.7	23.5	22.1	0.5	3.4	2.0	18.1
45-54 years	7.5	4.0	16.0	20.0	27.5	0.5	0.5	1.5	22.5
55-64 years	11.8	7.5	7.5	10.8	21.5	0.0	0.0	3.2	37.6
25-64 years	7.8	5.6	14.7	20.8	24.7	0.3	1.8	1.6	22.7

Age Group	Both Sexes (N=1167)								
	Legislators, senior officials & managers	Professionals	Technicians & associates professionals	Clerks	Service workers, shop & market sales workers	Skilled agricultural & fishery workers	Craft & related trades workers	Plant & machines operators & assemblers	Elementary occupations
	n=120 %	n=76 %	n=155 %	n=179 %	n=234 %	n=11 %	n=122 %	n=60 %	n=210 %
25-34 years	5.5	6.8	14.0	15.7	23.8	0.9	10.2	4.7	18.3
35-44 years	12.8	5.6	12.8	16.3	20.1	0.8	11.8	4.3	15.5
45-54 years	10.5	6.2	14.4	16.1	21.1	0.3	8.8	4.5	18.1
55-64 years	10.8	8.3	11.3	11.8	13.7	2.5	11.3	8.3	22.1
25-64 years	10.3	6.5	13.3	15.3	20.1	0.9	10.5	5.1	18.0

B.6. Reason why not employed

Description: proportion of participants by reason why not employed.

Instrument question:

. Why are you currently not employed?

Age Group	Men (N=98)							
	Pupil or student	Pensioned/ private means/ lives of AOV	VUT	Housewife/homemaker	Dismissed (left of own accord or was fired)	Recently graduated or just left school	Health reasons	Other reasons
	n=2 %	n=39 %	n=4 %	n=4 %	n=16 %	n=0 %	n=26 %	n=7 %
25-34 years	11.1	0.0	0.0	0.0	44.4	0.0	33.3	11.1
35-44 years	7.7	0.0	0.0	15.4	30.8	0.0	30.8	15.4
45-54 years	0.0	4.5	13.6	4.5	18.2	0.0	45.5	13.6
55-64 years	0.0	70.4	1.9	1.9	7.4	0.0	16.7	1.9
25-64 years	2.0	39.8	4.1	4.1	16.3	0.0	26.5	7.1

Age Group	Women (N=277)							
	Pupil or student	Pensioned/ private means/ lives of AOV	VUT	Housewife/homemaker	Dismissed (left of own accord or was fired)	Recently graduated or just left school	Health reasons	Other reasons
	n=5 %	n=60 %	n=1 %	n=143 %	n=21 %	n=1 %	n=24 %	n=22 %
25-34 years	16.1	0.0	0.0	58.1	6.5	3.0	6.5	9.7
35-44 years	0.0	3.6	0.0	53.6	16.1	0.0	12.5	14.3
45-54 years	0.0	4.3	0.0	66.7	10.1	0.0	13.0	5.8
55-64 years	0.0	45.5	0.8	40.5	2.5	0.0	5.0	5.8
25-64 years	1.8	21.7	0.4	51.6	7.6	0.4	8.7	7.9

Age Group	Both Sexes (N=375)							
	Pupil or student	Pensioned/ private means/ lives of AOV	VUT	Housewife/homemaker	Dismissed (left of own accord or was fired)	Recently graduated or just left school	Health reasons	Other reasons
	n=7 %	n=99 %	n=5 %	n=147 %	n=37 %	n=1 %	n=50 %	n=29 %
25-34 years	15.0	0.0	0.0	45.0	15.0	2.5	12.5	10.0
35-44 years	1.4	2.9	0.0	46.4	18.8	0.0	15.9	14.5
45-54 years	0.0	4.4	3.3	51.6	12.1	0.0	20.9	7.7
55-64 years	0.0	53.1	1.1	28.6	4.0	0.0	8.6	4.6
25-64 years	1.9	26.4	1.3	39.2	9.9	0.3	13.3	7.7

B.7. Individual gross income

Description: individual gross income per month (from all sources) of participants in local currency (presented for each sex by income categories)

Instrument question:

. What is your gross monthly income?

* 1 US\$ = 1.78 Afl.

Age Group	Men (N=638)										
	No income	Afl. 449 or less	Afl. 500-999	Afl. 1000-1499	Afl. 1500-2499	Afl. 2500-3499	Afl. 3500-4499	Afl. 4500-5499	Afl. 5500-6499	Afl. 6500-7499	More than Afl 7500
	n=21 %	n=8 %	n=39 %	n=67 %	n=207 %	n=109 %	n=64 %	n=42 %	n=31 %	n=15 %	n=35 %
25-34 years	2.4	0.8	3.2	13.7	44.4	17.7	6.5	3.2	3.2	1.6	3.2
35-44 years	2.8	0.6	2.8	9.5	33.5	16.8	12.8	8.9	3.9	2.8	5.6
45-54 years	5.6	0.6	7.3	7.3	25.4	19.8	8.5	6.2	8.5	2.3	8.5
55-64 years	1.9	3.2	10.8	12.7	29.7	13.9	11.4	7.0	3.2	2.5	3.8
25-64 years	3.3	1.3	6.1	10.5	32.4	17.1	10.0	6.6	4.9	2.4	5.5

Age Group	Women (N=871)										
	No income	Afl. 449 or less	Afl. 500-999	Afl. 1000-1499	Afl. 1500-2499	Afl. 2500-3499	Afl. 3500-4499	Afl. 4500-5499	Afl. 5500-6499	Afl. 6500-7499	More than Afl 7500
	n=98 %	n=33 %	n=123 %	n=188 %	n=205 %	n=107 %	n=43 %	n=33 %	n=23 %	n=6 %	n=12 %
25-34 years	8.6	3.6	8.6	24.3	32.1	13.6	5.0	2.1	0.7	0.7	0.7
35-44 years	12.1	2.7	7.0	24.2	24.6	13.3	6.6	3.9	2.3	0.8	2.3
45-54 years	12.8	4.2	10.2	18.1	23.4	13.6	5.7	6.4	3.4	1.1	1.1
55-64 years	10.0	4.8	31.4	21.0	16.7	8.6	1.9	1.4	3.3	0.0	1.0
25-64 years	11.3	3.8	14.1	21.6	23.5	12.3	4.9	3.8	2.6	0.7	1.4

Age Group	Both Sexes (N=1509)										
	No income	Afl. 449 or less	Afl. 500-999	Afl. 1000-1499	Afl. 1500-2499	Afl. 2500-3499	Afl. 3500-4499	Afl. 4500-5499	Afl. 5500-6499	Afl. 6500-7499	More than Afl 7500
	n=119 %	n=41 %	n=162 %	n=255 %	n=412 %	n=216 %	n=107 %	n=75 %	n=54 %	n=21 %	n=47 %
25-34 years	5.7	2.3	6.1	19.3	37.9	15.5	5.7	2.7	1.9	1.1	1.9
35-44 years	8.3	1.8	5.3	18.2	28.3	14.7	9.2	6.0	3.0	1.6	3.7
45-54 years	10.0	2.7	9.0	13.8	24.2	16.1	6.8	6.3	5.4	1.6	4.1
55-64 years	6.5	4.1	22.6	17.4	22.3	10.9	6.0	3.8	3.3	1.1	2.2
25-64 years	7.9	2.7	10.7	16.9	27.3	14.3	7.1	5.0	3.6	1.4	3.1

C. Tobacco Use

C.1. Smoking status Description: smoking status among total population.

Instrument questions:

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

. Do you currently smoke tobacco products daily?

Age Group	Men (N=666)					Women (N=899)				
	Current Smoker			Does not smoke		Current Smoker			Does not smoke	
	Daily	Non-Daily	Daily & non-daily			Daily	Non-Daily	Daily & non-daily		
	% 95% CI	% 95% CI	% 95% CI	% 95% CI		% 95% CI	% 95% CI	% 95% CI	% 95% CI	
25-34 years	15.8 9.0 22.6	2.6 0.2 4.9	18.4 11.3 25.5	81.6 74.5 88.7		7.5 3.2 11.8	3.2 0.3 6.0	10.7 5.6 15.8	89.3 84.2 94.4	
35-44 years	11.8 6.9 16.7	9.1 4.8 13.5	21.0 14.8 27.1	79.0 72.9 85.2		7.9 4.6 11.2	1.2 0.2 2.3	9.1 5.7 12.6	90.9 87.4 94.3	
45-54 years	23.5 15.4 31.6	4.6 1.5 7.6	28.0 19.8 36.3	72.0 63.7 80.2		12.2 7.9 16.4	2.9 0.8 5.0	15.1 10.5 19.7	84.9 80.3 89.5	
55-64 years	18.8 12.7 24.8	2.3 0.3 4.4	21.1 14.8 27.4	78.9 72.6 85.2		7.6 3.9 11.3	1.9 0.0 3.9	9.5 5.4 13.6	90.5 86.4 94.6	
25-64 years	17.2 13.7 20.8	5.2 3.4 7.0	22.4 18.6 26.2	77.6 73.8 81.4		8.9 6.9 11.0	2.3 1.2 3.4	11.2 9.0 13.5	88.8 86.5 91.0	

Age Group	Both Sexes (N=1565)				
	Current Smoker			Does not smoke	
	Daily	Non-Daily	Daily & non-daily		
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
25-34 years	11.1 7.3 14.9	2.9 1.0 4.8	14.0 9.8 18.2	86.0 81.8 90.2	
35-44 years	9.6 6.8 12.5	4.7 2.7 6.8	14.3 10.9 17.7	85.7 82.3 89.1	
45-54 years	17.5 12.9 22.0	3.7 1.9 5.5	21.2 16.5 25.9	78.8 74.1 83.5	
55-64 years	12.4 9.0 15.8	2.1 0.7 3.5	14.5 10.9 18.1	85.5 81.9 89.1	
25-64 years	12.6 10.7 14.6	3.6 2.6 4.6	16.2 14.1 18.4	83.8 81.6 85.9	

C.2. Manufactured cigarette smokers

Description: percentage of smokers who use manufactured cigarettes.

Instrument question:

. On average, how many of the following do you smoke each day?

Age Group	Manufactured cigarette users					
	Men N=119		Women N=86		Both Sexes N=205	
	%		%		%	
	95% CI		95% CI		95% CI	
25-34 years	91.9*		-		95.0	
	80.3	100.0	-	-	87.8	100.0
35-44 years	94.3*		93.8*		94.0	
	86.3	100.0	81.7	100.0	87.1	100.0
45-54 years	85.7		94.0		88.8	
	74.9	96.5	87.1	100.0	81.7	95.9
55-64 years	80.0		85.0		81.7	
	65.9	94.1	68.6	101.4	70.9	92.5
25-64 years	88.3		94.3		90.6	
	82.4	94.1	88.9	99.7	86.5	94.7

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

C.3. Frequency of 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?

Age Group	Men (N=155)				Women (N=108)				Both Sexes (N=263)			
	Current daily smokers		Non-daily smokers		Current daily smokers		Non-daily smokers		Current daily smokers		Non-Daily Smokers	
	% 95% CI		% 95% CI		% 95% CI		% 95% CI		% 95% CI		% 95% CI	
25-34 years	86.0* 73.6 98.5		14.0* 1.5 26.4		70.4* 47.2 93.5		29.6* 6.5 52.8		79.3 66.8 91.8		20.7 8.2 33.2	
35-44 years	56.5 40.0 72.9		43.5 27.1 60.0		86.5* 74.9 98.1		13.5* 1.9 25.1		67.1 55.1 79.2		32.9 20.8 44.9	
45-54 years	83.7 72.7 94.7		16.3 5.3 27.3		80.6 67.6 93.7		19.4 6.3 32.4		82.5 74.1 90.9		17.5 9.1 25.9	
55-64 years	88.9 79.5 98.3		11.1 1.7 20.6		80.0* 61.3 98.7		20.0* 1.3 38.7		85.6 76.3 94.8		14.4 5.2 23.7	
25-64 years	76.9 69.3 84.4		23.1 15.6 30.7		79.4 70.7 88.1		20.6 11.9 29.3		77.8 72.2 83.5		22.2 16.5 27.8	

*: numbers based on 15 to 30 cases

C.4. Amount of tobacco used among smokers by type

Description: mean amount of tobacco used by daily smokers by type.

Instrument question:

. On average, how many of the following do you smoke each day?

Age Group	Manufactured cigarettes ¹					
	Men (N=118)		Women (N=85)		Both Sexes (N=203)	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	11.7*		-		10.6	
	7.6	15.8	-	-	7.7	13.5
35-44 years	15.5*		13.2*		14.5	
	9.6	21.4	8.6	17.9	10.7	18.3
45-54 years	23.4		7.9*		17.3	
	16.3	30.4	5.9	9.9	11.7	22.9
55-64 years	14.2*		-		12.8	
	11.1	17.2	-	-	10.3	15.2
25-64 years	17.5		9.9		14.4	
	13.6	21.5	8.0	11.8	11.7	17.1

¹Note: means presented in this table are calculated for those participants who smoke manufactured cigarettes. There were too few participants who used other types of tobacco products to be able to process the table for these other types of tobacco products

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

C.5. Initiation and duration of smoking

Description: average age of initiation and duration, in years, of smoking among current daily smokers.

Instrument question:

. How old were you when you first started smoking daily?

Age Group	Age started smoking (mean age)						Years of smoking (mean duration)					
	Men N=218		Women N=167		Both Sexes N=385		Men N=218		Women N=167		Both Sexes N=385	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	16.3*	-	-	-	17.2	-	14.2*	-	-	-	13.4	-
	14.4	18.2	-	-	15.4	19.0	12.0	16.4	-	-	11.7	15.1
35-44 years	18.5*	-	21.2*	-	19.7	-	20.6*	-	18.3*	-	19.5	-
	16.4	20.5	18.5	23.9	18.0	21.4	18.5	22.6	14.8	21.7	17.5	21.5
45-54 years	18.0	-	20.8	-	19.1	-	31.9	-	28.0	-	30.5	-
	16.6	19.5	18.2	23.4	17.7	20.5	30.5	33.3	25.1	31.0	28.9	32.0
55-64 years	19.9	-	27.4*	-	22.7	-	38.5	-	31.6*	-	35.9	-
	18.0	21.9	20.7	34.1	19.8	25.5	36.2	40.7	25.0	38.2	33.0	38.9
25-64 years	18.0	-	21.1	-	19.2	-	26.2	-	22.0	-	24.5	-
	17.0	18.9	19.4	22.8	18.3	20.1	24.1	28.2	19.5	24.5	22.9	26.2

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

C.6. Percentage of ex daily smokers in the population

Description: percentage of ex daily smokers and the mean duration, in years, since they quit smoking daily.

Instrument question:

. In the past did you ever smoke daily?

. How old were you when you stopped smoking daily?

Age Group	Ex daily smokers						Time since cessation (mean duration in years)					
	Men N=547		Women N=813		Both Sexes N=1360		Men N=105		Women N=84		Both Sexes N=189	
	%		%		%		Mean		Mean		Mean	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	11.2		9.4		10.1		-		-		4.5*	
	4.8	17.6	4.3	14.5	6.2	14.1	-	-	-	-	3.2	5.8
35-44 years	14.2		10.4		12.0		11.3*		8.0*		9.6	
	8.4	20.0	6.2	14.6	8.6	15.5	8.6	14.0	5.2	10.8	7.6	11.6
45-54 years	29.5		10.8		18.9		16.3		10.9*		14.5	
	21.2	37.8	6.3	15.3	14.4	23.4	13.0	19.6	7.3	14.5	11.9	17.2
55-64 years	28.3		10.3		17.5		18.6		21.1*		19.5	
	20.4	36.3	5.8	14.8	13.2	21.8	14.5	22.6	15.6	26.5	16.3	22.7
25-64 years	19.4		10.2		14.1		13.8		9.6		12.0	
	15.7	23.1	7.8	12.6	12.0	16.2	11.7	15.9	7.7	11.5	10.5	13.5

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

C.7. Main reason for having stopped smoking Description: main reason why ex daily smokers stopped smoking.

Instrument questions:

. What is the main reason you stopped smoking?

Age Group	Both Sexes (N=195)															
	Medical advice concerning own health		Medical advice concerning health of family members		Worried about effects of smoking on health		Smoking is too expensive		Smoking causes premature aging		Smoking smells		Out of free will/no particular reason		Other	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
25-34 years	2.5*		0.0*		37.6*		7.6*		0.0		2.5*		49.8*		0.0	
	0.0	7.5	-	-	17.4	57.7	0.0	18.3	-	-	0.0	7.5	29.0	70.5	-	-
35-44 years	11.9		9.7		13.2		2.8		0.0		0.0		53.1		9.2	
	1.9	21.9	0.4	19.1	2.9	23.5	0.0	6.7	-	-	-	-	37.7	68.5	0.4	18.1
45-54 years	13.5		3.4		21.9		2.7		0.0		2.7		50.5		5.2	
	2.9	24.2	0.0	7.4	11.3	32.5	0.0	6.7	-	-	0.0	6.7	36.9	64.2	0.0	11.5
55-64 years	14.9		2.8		23.3		2.8		0.0		1.3		44.0		10.9	
	5.9	23.9	0.0	6.6	11.7	35.0	0.0	6.6	-	-	0.0	4.0	30.6	57.4	1.5	20.2
25-64 years	11.2		4.4		22.8		3.7		0.0		1.7		50.0		6.2	
	6.0	16.3	1.3	7.5	16.1	29.5	0.8	6.6	-	-	0.0	3.5	42.0	58.0	2.5	10.0

*: numbers based on 15 to 30 cases

C.8. Secondhand smoking Description: mean number of days in contact with tobacco smoke, at home or at the workplace.

Instrument questions:

. During the last 7 days, how many days did someone smoke in your home while you were present?

. During the last 7 days, how many days did someone smoke in closed areas in your workplace while you were present?

Age Group	At home						At workplace					
	Men N=660		Women N=895		Both Sexes N=1555		Men N=560		Women N=614		Both Sexes N=1174	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	0.8		1.3		1.1		1.8		1.1		1.4	
	0.2	1.5	0.8	1.8	0.7	1.5	1.1	2.4	0.6	1.6	1.0	1.8
35-44 years	0.7		0.8		0.8		1.4		1.0		1.2	
	0.4	1.0	0.5	1.1	0.6	1.0	1.1	1.8	0.7	1.3	1.0	1.4
45-54 years	0.7		1.0		0.9		1.5		0.9		1.2	
	0.2	1.3	0.7	1.3	0.6	1.2	0.9	2.0	0.6	1.2	0.9	1.5
55-64 years	0.7		0.7		0.7		0.9		0.7		0.8	
	0.4	1.0	0.4	1.0	0.5	0.9	0.5	1.3	0.4	1.0	0.5	1.0
25-64 years	0.8		1.0		0.9		1.5		1.0		1.2	
	0.5	1.0	0.8	1.2	0.7	1.0	1.2	1.7	0.8	1.2	1.0	1.4

D. Alcohol Consumption

D.1. Alcohol consumption status Description: alcohol consumption status of the population. Abstainers have not consumed alcohol in the last 12 months.

Instrument questions:

. Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within 12 months?

. Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within the past 30 days?

Age Group	Men (N=666)				Women (N=899)			
	Current drinker, drank alcohol in last 30 days	Drank alcohol in last 12 months, not current	Abstainer, did not drink alcohol in last 12 months	Never used alcohol	Current drinker, drank alcohol in last 30 days	Drank alcohol in last 12 months, not current	Abstainer, did not drink alcohol in last 12 months	Never used alcohol
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	58.1 48.1 68.1	17.1 10.0 24.2	5.1 1.4 8.8	19.7 11.7 27.6	30.8 22.8 38.9	22.1 14.7 29.5	13.4 7.3 19.6	33.6 25.3 41.9
35-44 years	50.4 42.7 58.0	18.6 12.7 24.5	7.8 3.7 11.9	23.3 16.9 29.7	26.8 21.1 32.6	23.4 17.9 28.9	12.3 8.0 16.6	37.4 31.1 43.8
45-54 years	55.5 47.3 63.7	15.2 9.5 21.0	7.6 3.6 11.7	21.6 15.0 28.3	28.2 22.2 34.2	21.4 16.1 26.8	10.7 6.7 14.7	39.7 33.3 46.1
55-64 years	42.3 34.3 50.2	16.9 11.0 22.8	16.9 10.9 22.9	23.9 17.0 30.9	14.1 9.1 19.0	18.3 12.8 23.7	18.6 12.9 24.3	49.0 41.9 56.2
25-64 years	52.9 48.4 57.4	17.0 13.8 20.2	8.2 6.0 10.4	21.9 18.3 25.6	26.6 23.2 30.0	21.8 18.7 25.0	13.0 10.5 15.6	38.5 1.9 34.8

Age Group	Both Sexes (N=1565)			
	Current drinker, drank alcohol in last 30 days	Drank alcohol in last 12 months, not current	Abstainer, did not drink alcohol in last 12 months	Never used alcohol
	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	42.7 36.0 49.4	19.9 14.7 25.2	9.8 5.9 13.7	27.5 21.6 33.5
35-44 years	37.2 32.4 42.0	21.3 17.2 25.3	10.3 7.3 13.3	31.2 26.6 35.8
45-54 years	41.0 35.7 46.2	18.5 14.6 22.5	9.3 6.4 12.1	31.2 26.5 35.9
55-64 years	26.2 21.5 30.8	17.7 13.7 21.7	17.9 13.8 22.0	38.3 33.1 43.4
25-64 years	38.3 35.4 41.2	19.7 17.4 21.9	10.9 9.1 12.6	31.2 28.5 33.8

D.2. Number of drinks during last seven days

Description: mean number of standard drinks consumed by current drinkers during the last 7 days.

Instrument questions:

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

Age Group	Drinks during last 7 days					
	Men N=327		Women N=226		Both Sexes N=553	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	13.6		3.8		9.6	
	8.7	18.6	2.4	5.3	6.3	13.0
35-44 years	8.0		3.1		6.1	
	6.1	10.0	2.4	3.9	4.8	7.3
45-54 years	13.5		2.0		9.2	
	4.6	22.4	1.4	2.6	3.3	15.1
55-64 years	6.0		5.1*		5.7	
	4.5	7.5	2.4	7.8	4.4	7.0
25-64 years	11.2		3.2		8.1	
	7.9	14.4	2.6	3.8	5.9	10.2

*: numbers based on 15 to 30 cases

D.3. Standard drinks per day

Description: number of standard drinks consumed per day.

Instrument questions:

. When you drink alcohol, on average, how many standard drinks do you have during one day?

Age Group	Men (N=445)					Women (N=419)				
	Drinks per day					Drinks per day				
	1	2-3	4-5	6+	Mean	1	2-3	4-5	6+	Mean
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	Mean 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	Mean 95% CI
25-34 years	4.8 0.4 9.1	19.0 10.3 27.8	23.8 10.4 37.3	52.4 39.9 64.9	7.2 5.9 8.4	14.2 5.3 23.0	40.3 28.5 52.1	20.9 11.6 30.2	24.6 13.8 35.5	3.9 3.3 4.5
35-44 years	4.0 0.4 7.5	26.7 18.7 34.7	29.7 21.0 38.5	39.6 30.6 48.7	6.5 5.3 7.6	8.5 3.1 13.8	50.2 41.0 59.5	26.4 18.4 34.3	14.9 8.4 21.4	3.6 3.2 4.0
45-54 years	2.6 0.2 5.0	21.6 13.6 29.5	16.8 10.2 23.4	59.1 49.4 68.7	7.2 6.1 8.2	18.6 11.8 25.4	37.3 28.1 46.4	28.4 19.9 37.0	15.7 8.6 22.7	3.6 3.2 4.1
55-64 years	5.6 1.0 10.2	24.0 15.0 33.0	20.8 12.4 29.2	49.6 39.2 60.0	6.8 5.6 8.1	18.8 9.8 27.9	54.1 41.8 66.4	15.3 6.9 23.7	11.8 3.6 19.9	3.0 2.5 3.5
25-64 years	3.9 2.1 5.8	22.7 18.4 27.1	23.2 18.0 28.3	50.2 44.6 55.7	6.9 6.3 7.5	14.0 10.2 17.8	43.9 38.5 49.4	24.3 19.7 28.9	17.8 13.3 22.2	3.6 3.4 3.9

Age Group	Both Sexes (N=864)				
	Drinks per day				
	1	2-3	4-5	6+	Mean
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	Mean 95% CI
25-34 years	9.4 4.4 14.4	29.5 21.9 37.1	22.4 14.1 30.7	38.8 30.6 46.9	5.6 4.8 6.3
35-44 years	6.1 2.9 9.3	38.0 31.7 44.3	28.1 22.2 34.1	27.8 21.9 33.6	5.1 4.4 5.7
45-54 years	9.7 6.3 13.1	28.5 22.4 34.6	22.0 16.6 27.4	39.8 32.7 47.0	5.6 4.9 6.3
55-64 years	11.2 6.5 15.9	36.7 28.9 44.5	18.5 12.4 24.5	33.6 26.1 41.1	5.2 4.4 6.0
25-64 years	8.6 6.5 10.7	32.6 29.0 36.2	23.7 20.2 27.2	35.1 31.3 38.8	5.4 5.0 5.8

D.4. Frequency of alcohol consumption

Description: frequency of alcohol consumption in the last year.

Instrument questions:

. In the past 12 months, how frequently have you had at least one drink?

Age Group	Men (N=446)					Women (N=419)				
	Daily	5-6 days per week	1-4 days per week	1-3 days per month	< once a month	Daily	5-6 days per week	1-4 days per week	1-3 days per month	< once a month
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	8.5 0.0 20.3	5.7 0.0 12.8	16.5 8.8 24.2	21.0 12.0 30.0	48.3 36.1 60.5	0.0 - -	0.7 0.0 2.2	14.9 6.3 23.5	13.4 5.6 21.2	70.9 60.1 81.6
35-44 years	2.0 0.0 4.3	2.0 0.0 4.7	21.7 14.2 29.2	21.2 13.4 29.0	53.2 43.9 62.4	0.0 - -	0.0 - -	7.9 3.3 12.5	11.9 5.7 18.0	80.2 72.9 87.5
45-54 years	11.3 1.7 20.9	0.9 0.0 2.6	26.1 17.7 34.5	20.4 12.7 28.1	41.3 31.5 51.1	1.0 0.0 2.9	0.0 - -	7.8 3.3 12.4	11.8 6.1 17.4	79.4 72.3 86.6
55-64 years	6.5 1.1 11.8	1.6 0.0 4.8	18.5 10.5 26.6	25.8 16.4 35.2	47.6 37.1 58.0	3.5 0.0 8.6	0.0 - -	10.6 2.7 18.5	10.6 3.3 17.9	75.3 64.5 86.1
25-64 years	7.1 2.5 11.7	2.6 0.3 4.9	21.2 17.0 25.4	21.4 17.0 25.8	47.6 42.1 53.1	0.6 0.0 1.3	0.2 0.0 0.7	10.2 6.9 13.6	12.2 8.7 15.7	76.8 72.1 81.4

Age Group	Both Sexes (N=865)				
	Daily	5-6 days per week	1-4 days per week	1-3 days per month	< once a month
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	4.4 0.0 10.8	3.3 0.0 7.2	15.7 10.0 21.5	17.4 11.4 23.4	59.1 50.5 67.8
35-44 years	1.0 0.0 2.3	1.0 0.0 2.4	15.1 10.5 19.7	16.7 11.7 21.8	66.1 59.9 72.4
45-54 years	6.7 1.1 12.3	0.5 0.0 1.4	18.0 12.8 23.1	16.6 11.6 21.5	58.3 51.2 65.4
55-64 years	5.2 1.5 8.9	0.9 0.0 2.7	15.2 9.5 20.9	19.4 13.0 25.7	59.3 51.4 67.2
25-64 years	4.1 1.5 6.6	1.5 0.3 2.8	16.1 13.4 18.9	17.1 14.2 20.0	61.1 57.2 65.1

D.5. Largest number of drinks in the last 30 days

Description: largest number of drinks consumed during a single occasion in the last 30 days

Instrument questions:

. In the past 30 days what was the largest number of drinks you had on a single occasion, counting all types of standard drinks.

Age Group	Men N=319		Women N=222		Both Sexes N=541	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	9.2	7.8 10.9	5.0	3.9 6.1	7.4	6.3 8.6
35-44 years	8.3	7.0 9.5	3.9	3.4 4.4	6.5	5.6 7.3
45-54 years	8.4	7.2 9.7	3.8	3.1 4.4	6.7	5.8 7.6
55-64 years	7.8	5.7 10.0	3.9*	2.9 4.9	6.7	5.1 8.2
25-64 years	8.5	7.8 9.3	4.2	3.8 4.6	6.8	6.3 7.4

D.6. Heavy drinking

Description: frequency and quantity of drinks consumed in the last 7 days of those who drank in the last 30 days grouped into three categories.

Instrument questions:

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

Age Group	Men (N=327)						Women (N=226)						Both Sexes (N=553)	
	Drank on 4+ days		5+ drinks on any day		20+ drinks in 7 days		Drank on 4+ days		4+ drinks on any day		15+ drinks in 7 days		Drank on 4+ days	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
25-34 years	17.6 1.4 33.9	53.7 39.3 68.1	26.5 10.6 42.3	0.0 - -	44.9 29.2 60.6	2.6 0.0 7.6	10.4 0.2 20.7							
35-44 years	9.4 3.0 15.8	43.0 32.3 53.6	9.4 2.8 16.0	0.9 0.0 2.7	37.6 25.9 49.4	0.0 - -	6.0 2.0 9.9							
45-54 years	15.2 3.0 27.3	52.8 41.1 64.5	19.7 7.7 31.7	1.7 0.0 5.1	19.8 10.5 29.1	0.0 - -	10.2 2.1 18.2							
55-64 years	2.2 0.0 5.3	38.9 26.8 50.9	4.4 0.1 8.8	16.2* 1.0 31.4	32.4* 14.7 50.1	16.2* 1.0 31.4	6.5 1.1 11.9							
25-64 years	12.8 6.3 19.4	48.7 42.1 55.3	17.0 10.4 23.6	1.9 0.3 3.6	34.4 27.2 41.5	2.0 0.0 3.9	8.6 4.4 12.8							

*: numbers based on 15 to 30 cases

D.7. Five or more drinks on a single occasion

Description: mean number of occasions where consumer drank five or more drinks during a single occasion.

Instrument questions:

. In the past 30 days, on how many days did you have five or more standard drinks in a single day?

Age Group	Men N=312	
	Mean	95% CI
25-34 years	3.3	
	2.1	4.5
35-44 years	2.9	
	2.1	3.6
45-54 years	4.1	
	2.6	5.6
55-64 years	2.3	
	1.7	3.0
25-64 years	3.3	
	2.7	4.0

D.8. Four or more drinks on a single occasion

Description: mean number of occasions where consumer drank four or more drinks during a single occasion.

Instrument questions:

. In the last 30 days, on how many days did you have four or more standard drinks in a single day?

Age Group	Women N=222	
	Mean	95% CI
25-34 years	1.5 0.8	2.2
35-44 years	1.4 0.9	1.9
45-54 years	1.3 0.9	1.8
55-64 years	1.8* 0.1	3.5
25-64 years	1.4 1.3	1.8

*: numbers based on 15 to 30 cases

D.9. Type of alcoholic drinks

Description: type of alcoholic drinks that is usually consumed.

Instrument questions:

. What kind of alcoholic drinks do you usually drink?

Age Group	Men (N=446)						Women (N=419)					
	Cognac, brandy, whisky, vodka, rum, gin, tequila (straight drinks)	Mixed drinks (e.g. cocktails, whisky coke, Smirnoff ice)	Ponche crema, wine, sherry, port, vermouth	Beer	Light beer	Other	Cognac, brandy, whisky, vodka, rum, gin, tequila (straight drinks)	Mixed drinks (e.g. cocktails, whisky coke, Smirnoff ice)	Ponche Crema, wine, sherry, port, vermouth	Beer	Light beer	Other
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	13.6 6.4 20.9	27.3 14.8 39.7	2.3 0.0 5.4	53.4 41.0 65.8	3.4 0.0 9.0	0.0 - -	14.5 6.6 22.4	26.0 15.1 36.8	30.5 19.7 41.4	26.7 15.4 38.1	2.3 0.0 5.6	0.0 - -
35-44 years	17.2 10.2 24.3	11.8 6.2 17.5	8.9 3.5 14.2	62.1 53.1 71.0	0.0 - -	0.0 - -	9.8 3.6 16.0	20.6 13.4 27.7	37.7 28.9 46.6	29.4 21.3 37.5	1.0 0.0 2.9	1.5 0.0 3.6
45-54 years	13.9 6.8 20.9	11.7 5.8 17.6	7.4 2.5 12.2	65.4 56.0 74.8	0.9 0.0 2.6	0.9 0.0 2.6	11.8 5.1 18.4	18.1 10.7 25.5	50.5 41.1 59.9	16.2 9.6 22.8	2.9 0.0 5.9	0.5 0.0 4.5
55-64 years	16.1 8.5 23.8	12.9 6.0 19.8	0.8 0.0 2.4	70.2 60.7 79.7	0.0 - -	0.0 - -	14.1 5.1 23.1	10.6 2.2 18.9	40.0 28.0 52.0	34.1 22.4 45.8	0.0 - -	1.2 0.0 3.5
25-64 years	15.1 11.3 18.9	16.3 11.5 21.0	5.7 3.3 8.1	61.5 55.9 67.1	1.2 0.0 2.9	0.3 0.0 0.8	12.1 8.4 15.9	20.6 16.0 25.2	39.4 34.1 44.8	25.3 20.5 30.1	1.8 0.4 3.3	0.7 0.0 1.5

Age Group	Both Sexes (N=865)					
	Cognac, brandy, whisky, vodka, rum, gin, tequila (straight drinks)	Mixed drinks (e.g. cocktails, whisky coke, Smirnoff ice)	Ponche Crema, wine, sherry, port, vermouth	Beer	Light beer	Other
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	14.0 8.7 19.4	26.6 18.3 35.0	15.6 9.8 21.5	40.8 32.4 49.2	2.9 0.0 6.2	0.0 - -
35-44 years	13.7 8.9 18.4	16.1 11.5 20.6	22.8 17.4 28.2	46.3 39.8 52.8	0.5 0.0 1.4	0.7 0.0 1.7
45-54 years	12.9 8.0 17.8	14.6 9.9 19.2	26.5 20.8 32.3	43.5 36.4 50.6	1.8 0.1 3.4	0.7 0.0 1.7
55-64 years	15.3 9.4 21.1	11.9 6.6 17.3	17.4 11.5 23.3	54.9 46.9 62.8	0.0 - -	0.5 0.0 1.5
25-64 years	13.7 11.0 16.4	18.3 15.0 21.6	21.3 18.3 24.3	44.7 40.8 48.6	1.5 0.4 2.6	0.5 0.0 0.9

D.10. Mean age first started drinking alcohol

Description: mean age when first started using alcohol.

Instrument questions:

. How old were you when you first started drinking?

Age Group	Mean age when first started drinking alcohol					
	Men N=502		Women N=513		Both Sexes N=1015	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	17.2		19.3		18.3	
	16.6	17.7	18.5	20.0	17.8	18.8
35-44 years	17.7		20.3		19.0	
	17.1	18.3	19.7	21.0	18.5	19.5
45-54 years	19.9		21.6		20.7	
	18.1	21.6	20.4	22.8	19.6	21.7
55-64 years	18.8		23.8		21.1	
	18.3	19.3	22.1	25.5	20.2	22.0
25-64 years	18.3		20.7		19.5	
	17.7	19.0	20.2	21.2	19.1	19.9

E. Fruit and Vegetable Consumption

E.1. Fruit and Vegetable Consumption

Description: mean number of days per week fruit, vegetables, and combined fruit and vegetables consumed.

Instrument questions:

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

Age Group	Number of days per week fruit consumed						Number of days per week vegetables consumed					
	Men N=664		Women N=895		Both Sexes N=1559		Men N=663		Women N=895		Both Sexes N=1558	
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	
25-34 years	3.5 3.1 4.0	4.0 3.5 4.4	3.8 3.5 4.1	5.4 5.0 5.9	5.5 5.2 5.9	5.5 5.2 5.8	5.5 5.2 5.8	5.6 5.3 5.8	5.5 5.3 5.7	5.5 5.2 5.7	5.6 5.3 5.8	
35-44 years	3.7 3.3 4.0	4.0 3.7 4.4	3.9 3.6 4.1	5.5 5.2 5.8	5.5 5.3 5.8	5.5 5.3 5.7	5.5 5.2 5.7	5.6 5.4 5.9	5.5 5.2 5.7	5.6 5.3 5.8	5.6 5.3 5.8	
45-54 years	3.4 3.0 3.8	4.4 4.1 4.7	3.9 3.7 4.2	5.2 4.8 5.7	5.6 5.4 5.9	5.5 5.2 5.7	5.6 5.3 5.9	5.6 5.3 5.9	5.5 5.2 5.7	5.6 5.3 5.8	5.6 5.3 5.8	
55-64 years	4.5 4.1 4.9	4.8 4.5 5.1	4.6 4.4 4.9	5.5 5.2 5.9	5.6 5.3 5.9	5.6 5.3 5.8	5.6 5.3 5.8	5.6 5.3 5.9	5.5 5.2 5.7	5.6 5.3 5.8	5.6 5.3 5.8	
25-64 years	3.6 3.4 3.9	4.2 4.0 4.4	4.0 3.8 4.1	5.4 5.2 5.6	5.6 5.4 5.7	5.5 5.4 5.6	5.6 5.4 5.7	5.6 5.4 5.7	5.5 5.4 5.6	5.6 5.4 5.6	5.6 5.4 5.6	

E.2. Fruit and Vegetable Consumption

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

Instrument questions:

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

Age Group	Number of servings of fruit per day ¹			Number of serving of vegetables per day ¹			Number of servings of fruit and/or vegetables per day ¹		
	Men N=664	Women N=895	Both Sexes N=1559	Men N=663	Women N=895	Both Sexes N=1558	Men N=665	Women N=898	Both Sexes N=1563
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	0.6 0.5 0.7	0.8 0.7 0.9	0.7 0.6 0.8	0.9 0.8 1.1	1.0 0.9 1.1	1.0 0.9 1.1	1.6 1.4 1.8	1.8 1.6 2.0	1.7 1.6 1.8
35-44 years	0.7 0.6 0.8	0.8 0.7 0.9	0.7 0.7 0.8	1.0 0.9 1.1	1.0 0.9 1.1	1.0 1.0 1.1	1.7 1.6 1.9	1.8 1.6 1.9	1.8 1.7 1.9
45-54 years	0.7 0.6 0.9	0.8 0.8 0.9	0.8 0.7 0.9	0.9 0.8 1.0	1.0 1.0 1.1	1.0 0.9 1.1	1.6 1.4 1.8	1.9 1.7 2.0	1.8 1.7 1.9
55-64 years	0.9 0.7 1.0	1.0 0.9 1.1	0.9 0.9 1.0	1.0 0.9 1.1	1.0 1.0 1.1	1.0 1.0 1.1	1.9 1.7 2.1	2.0 1.9 2.2	2.0 1.8 2.1
25-64 years	0.7 0.6 0.8	0.8 0.8 0.9	0.8 0.7 0.8	1.0 0.9 1.0	1.0 1.0 1.1	1.0 1.0 1.0	1.7 1.6 1.8	1.9 1.8 1.9	1.8 1.7 1.8

¹Note: number of servings per day on days consumed

E.3. Five or more combined fruit and vegetables per day

Description: percentage consuming five or more fruit and/or vegetables per day on days consumed.

Instrument questions:

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

Age Group	No consumption of fruit or vegetable per day			Less than five (0-4) servings of fruit and/or vegetable per day			Five or more fruit and/or vegetables per day		
	Men N=663	Women N=892	Both Sexes N=1555	Men N=663	Women N=892	Both Sexes N=1555	Men N=663	Women N=892	Both Sexes N=1555
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	1.7 0.0 3.8	1.6 0.0 3.8	1.6 0.1 3.2	99.6 98.7 100.0	96.0 92.6 99.5	97.6 95.6 99.6	0.4 0.0 1.3	4.0 0.5 7.4	2.4 0.5 4.4
35-44 years	1.4 0.0 2.7	2.0 0.4 3.5	1.7 0.7 2.7	99.3 98.0 100.0	97.5 95.5 99.6	98.3 97.0 99.6	0.7 0.0 2.0	2.5 0.4 4.5	1.7 0.4 3.0
45-54 years	1.8 0.0 3.9	0.5 0.0 1.4	1.1 0.0 2.2	97.6 95.3 99.8	97.1 95.0 99.2	97.3 95.8 98.8	2.4 0.2 4.7	2.9 0.8 5.0	2.7 1.2 4.2
55-64 years	0.9 0.0 2.2	0.0 - -	0.4 0.0 1.0	96.7 93.7 99.7	97.0 94.4 99.5	96.9 94.9 98.8	3.3 0.3 6.3	3.0 0.5 5.6	3.1 1.2 5.1
25-64 years	1.5 0.6 2.5	1.2 0.4 2.0	1.3 0.7 2.0	98.5 97.6 99.4	96.9 95.6 98.2	97.6 96.8 98.5	1.5 0.6 2.4	3.1 1.8 4.4	2.4 1.5 3.2

E.4. Fruit and vegetable consumption: Risky eating Description: percentage of population classified as "risky" based on categories provided in t

Instrument questions:

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

Age Group	Fruit or vegetables eaten on fewer than 4 days/week			Under 2 servings of fruit or vegetables/day when eaten			Under 14 servings of fruit or vegetables/week		
	Men N=664	Women N=896	Both Sexes N=1560	Men N=664	Women N=896	Both Sexes N=1560	Men N=664	Women N=896	Both Sexes N=1560
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	60.9 50.8 70.3	52.6 43.8 61.2	56.2 49.5 62.7	12.5 7.4 20.4	9.1 5.1 15.7	10.6 7.2 15.3	68.1 58.3 76.5	60.9 52.0 69.1	64.0 57.4 70.1
35-44 years	60.6 52.9 67.8	48.8 42.3 55.3	53.9 49.0 58.9	10.8 6.8 16.8	11.9 8.3 16.7	11.4 8.6 15.0	61.2 53.6 68.4	62.1 55.6 68.3	61.7 56.8 66.5
45-54 years	62.5 54.4 69.9	49.0 42.5 55.6	55.3 50.2 60.8	12.5 7.9 19.1	5.2 2.8 9.3	8.6 6.0 12.2	64.0 55.9 71.4	54.9 48.3 61.4	59.2 54.0 64.2
55-64 years	46.9 39.1 54.9	42.5 35.7 49.6	44.4 39.2 49.8	7.6 4.4 12.7	4.3 2.2 7.9	5.7 3.8 8.5	54.7 46.7 62.5	47.9 40.8 55.0	50.8 45.5 56.2
25-64 years	59.5 55.1 63.8	49.1 45.3 52.8	53.7 50.8 56.6	11.4 8.8 14.5	8.3 6.3 10.7	9.6 8.0 11.5	63.0 58.7 67.2	57.9 54.1 61.6	60.2 57.3 63.0

E.5. Type of oils used most frequently

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

Instrument questions:

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

Age Group (N=1565)	Vegetable oil	Lard	Butter	Margarine	None in particular	None used	Other
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	85.7 81.5 90.0	0.2 0.0 0.7	4.9 2.0 7.8	4.1 1.2 1.7	4.6 2.4 6.9	0.2 0.0 0.6	0.2 0.0 0.7
35-44 years	83.7 80.1 87.2	1.0 0.0 1.9	1.9 0.5 3.3	3.0 1.4 4.6	8.1 5.5 10.6	1.6 0.5 2.7	0.9 0.0 1.7
45-54 years	76.8 72.0 81.6	0.1 0.0 0.4	5.0 1.5 8.4	7.2 4.4 10.0	8.4 5.7 11.2	1.6 0.4 2.9	0.8 0.0 1.8
55-64 years	84.8 81.0 88.6	0.0 - -	2.4 0.7 4.1	5.5 2.9 8.0	6.3 3.8 8.7	0.7 0.0 1.4	0.4 0.0 1.0
25-64 years	82.4 80.1 84.6	0.4 0.1 0.8	3.6 2.3 5.0	4.8 3.6 6.0	7.0 5.6 8.4	1.1 0.6 1.6	0.6 0.2 1.0

E.6. Type of food, not prepared at home, most often eaten

Description: type of food respondent most often eats that was not prepared at home.

Instrument questions:

. What type of food do you most often eat that was not prepared at home?

Age Group	Men (N=373)						Women (N=401)					
	Chinese	Fastfood	Barbecue	Truck	Crioyo	Other	Chinese	Fastfood	Barbecue	Truck	Crioyo	Other
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	26.7 16.9 36.5	20.5 11.8 29.2	0.6 0.0 1.8	4.3 0.0 9.5	35.4 24.1 46.7	12.4 3.6 21.2	22.3 12.0 32.6	36.0 24.5 47.4	3.6 0.0 7.8	1.4 0.0 4.2	27.3 17.2 37.4	9.4 2.1 16.6
35-44 years	31.0 22.0 39.9	23.2 14.9 31.6	8.3 2.9 13.7	2.2 0.0 5.2	23.2 15.2 31.1	12.2 5.6 18.7	21.3 14.6 28.0	29.4 21.5 37.2	4.3 1.0 7.5	0.4 0.0 1.3	30.6 22.8 38.4	14.0 8.1 20.0
45-54 years	42.2 31.3 53.1	11.0 4.4 17.5	8.7 1.5 15.8	0.0 - -	26.6 17.5 35.7	11.6 4.9 18.2	31.4 21.7 41.1	19.9 11.7 28.1	2.6 0.0 5.6	1.9 0.0 5.6	30.1 20.8 39.5	14.1 6.9 21.3
55-64 years	46.6 34.4 58.7	6.8 0.7 12.9	3.4 0.0 8.3	0.0 - -	38.6 26.7 50.6	4.5 0.0 9.9	17.9 8.6 27.3	17.9 8.6 27.3	2.6 0.0 6.1	0.0 - -	37.2 24.5 49.9	24.4 11.4 37.3
25-64 years	34.1 28.7 39.5	17.6 13.3 21.9	5.6 2.8 8.4	2.1 0.2 4.0	29.3 24.0 34.5	11.4 7.4 15.4	23.5 18.8 28.3	28.4 23.3 33.6	3.5 1.6 5.5	1.0 0.0 2.3	30.0 25.1 35.0	13.4 9.7 17.2

Age Group	Both sexes (N=774)					
	Chinese	Fastfood	Barbecue	Truck	Crioyo	Other
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	24.5 17.3 31.6	28.4 21.0 35.8	2.1 0.0 4.4	2.9 0.0 5.8	31.3 23.6 38.9	10.9 5.2 16.5
35-44 years	25.7 20.2 31.2	26.6 20.8 32.3	6.1 3.0 9.1	1.2 0.0 2.7	27.2 21.6 32.9	13.2 8.8 17.6
45-54 years	37.3 29.9 44.8	15.0 9.8 20.2	5.9 1.7 10.2	0.9 0.0 2.6	28.2 21.6 34.7	12.7 7.8 17.6
55-64 years	32.6 24.4 40.8	12.2 6.7 17.8	3.0 0.0 6.0	0.0 - -	37.9 29.2 46.7	14.2 6.8 21.6
25-64 years	28.8 25.1 32.4	23.1 19.6 26.5	4.6 2.9 6.3	1.5 0.4 2.7	29.7 26.0 33.3	12.4 9.7 15.2

E.7. Perception of own weight

Description: respondents' perception of their own weight.

Instrument questions:

. Do you consider yourself being? Too skinny, skinny, of normal weight, fat, too fat.

Age Group	Men (N=662)					Women (N=894)				
	Too skinny	Skinny	Of normal weight	Fat	Too fat	Too skinny	Skinny	Of normal weight	Fat	Too fat
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	4.7 0.0 9.4	63.7 54.1 73.3	27.8 19.2 36.4	3.8 0.6 7.1	0.8 0.0 2.4	8.8 3.7 13.9	48.0 39.2 56.8	31.6 23.6 39.6	10.8 5.3 16.3
35-44 years	0.3 0.0 1.0	1.0 0.0 2.2	63.4 55.9 70.9	33.9 26.6 41.2	1.4 0.0 3.0	3.2 0.3 6.1	4.2 1.7 6.7	45.7 39.2 52.2	43.5 37.0 50.0	3.5 1.2 5.7
45-54 years	1.2 0.0 3.1	4.9 1.6 8.2	62.4 54.5 70.3	27.8 20.7 34.9	3.7 0.2 7.1	1.0 0.0 2.1	2.9 0.6 5.2	49.4 42.9 55.9	36.2 29.9 42.5	10.5 6.2 14.8
55-64 years	0.0 - -	3.3 0.6 6.1	65.9 58.2 73.6	25.1 18.0 32.2	5.7 1.9 9.5	0.4 0.0 1.1	4.9 1.8 8.1	51.0 43.9 58.1	36.1 29.2 43.0	7.6 3.9 11.3
25-64 years	0.5 0.0 1.1	3.4 1.8 5.1	63.5 59.2 67.7	29.4 25.4 33.4	3.2 1.7 4.8	1.6 0.5 2.6	5.2 3.4 7.0	48.0 44.3 51.7	37.3 33.8 40.8	7.9 5.7 10.1

Age Group	Both sexes (N=1556)				
	Too skinny	Skinny	Of normal weight	Fat	Too fat
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.5 0.0 1.3	7.0 3.5 10.5	54.8 48.2 61.5	29.9 24.0 35.9	7.8 4.3 11.2
35-44 years	1.9 0.3 3.6	2.8 1.3 4.3	53.5 48.5 58.4	39.3 34.4 44.1	2.5 1.1 4.0
45-54 years	1.1 0.0 2.2	3.9 1.9 5.8	55.5 50.3 60.7	32.3 27.5 37.1	7.3 4.5 10.1
55-64 years	0.2 0.0 0.6	4.2 2.1 6.4	57.3 52.1 62.6	31.4 26.5 36.4	6.8 4.1 9.5
25-64 years	1.1 0.4 1.7	4.4 3.2 5.6	54.9 52.0 57.8	33.7 31.0 36.5	5.8 4.5 7.2

E.8. Consumption of non-alcoholic beverages per day

Description: mean amount of non-alcoholic beverages respondent consumed per day (in ounce)

Instrument questions:

. How many of the following non-alcoholic beverages do you drink per day?

- . Water
- . Coffee/tea
- . Soda
- . Other

Age Group	Water			Coffee/tea			Soda		
	Men N=664	Women N=895	Both Sexes N=1559	Men N=663	Women N=895	Both Sexes N=1558	Men N=663	Women N=895	Both Sexes N=1558
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	65.2 57.1 73.2	57.4 49.2 65.5	60.8 54.9 66.6	12.2 7.4 17.0	15.1 12.1 18.1	13.8 11.2 16.5	10.1 6.9 13.3	8.2 5.7 10.6	9.0 7.0 11.0
35-44 years	64.5 58.6 70.4	55.4 48.3 62.6	59.4 54.6 64.2	14.1 11.8 16.3	17.8 15.8 19.8	16.1 14.6 17.6	8.9 6.8 11.0	7.4 5.1 9.7	8.0 6.5 9.6
45-54 years	73.0 62.7 83.2	54.9 50.6 59.2	63.4 57.8 68.9	20.9 17.1 24.8	14.9 13.2 16.7	17.7 15.7 19.8	6.6 4.6 8.7	4.0 3.0 5.0	5.2 4.1 6.3
55-64 years	71.7 65.1 78.4	60.2 54.4 66.0	65.2 60.7 69.6	18.9 15.6 22.3	18.1 16.0 20.1	18.4 16.6 20.3	5.5 3.7 7.3	3.5 2.2 4.8	4.4 3.3 5.5
25-64 years	68.1 63.8 72.4	56.4 52.9 59.9	61.6 58.9 64.4	16.2 14.3 18.2	16.3 15.1 17.5	16.3 15.2 17.4	8.1 6.8 9.4	6.2 5.1 7.2	7.0 6.2 7.8

Age Group	Other			Total		
	Men N=664	Women N=895	Both Sexes N=1559	Men (N=663)	Women N=895	Both Sexes N=1558
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	11.1 8.4 13.8	10.2 7.6 12.8	10.6 8.7 12.5	98.4 89.6 107.2	90.8 82.0 99.5	94.1 87.8 100.3
35-44 years	13.8 11.1 16.6	10.1 8.6 11.7	11.7 10.3 13.2	100.8 93.8 107.8	90.3 82.6 98.1	95.0 89.6 100.3
45-54 years	10.3 8.1 12.5	10.7 9.0 12.3	10.5 9.1 11.8	110.6 100.4 120.7	84.3 79.4 89.2	96.6 90.9 102.4
55-64 years	11.2 9.2 13.3	8.4 6.9 9.9	9.6 8.4 10.8	107.3 99.5 115.0	90.1 83.8 96.5	97.5 92.5 102.5
25-64 years	11.7 10.3 13.1	10.1 9.0 11.1	10.8 10.0 11.6	103.9 99.3 108.5	88.8 85.0 92.6	95.5 92.5 98.5

E.9. Foods eaten 3 or more days a week

Description: percentage of respondents eating specific foods 3 days or more per week.

Instrument questions:

. How often do you eat the following food products?

Age Group	Whole grain products			Beans			Snacks		
	Men N=666	Women N=899	Both Sexes N=1565	Men N=663	Women N=897	Both Sexes N=1560	Men N=663	Women N=895	Both Sexes N=1558
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	63.7 54.3 73.1	62.5 53.9 71.0	63.0 56.6 69.3	23.6 13.7 33.5	20.9 25.9 28.0	22.1 16.2 28.0	19.7 12.0 27.4	12.0 25.9 17.7	15.3 10.6 20.0
35-44 years	56.1 48.5 63.6	61.6 55.2 68.0	59.2 54.3 64.0	29.7 22.7 36.6	3.0 0.0 9.4	27.5 23.1 32.0	15.6 9.9 21.3	9.4 5.7 13.1	12.1 8.8 15.4
45-54 years	61.0 52.9 69.0	68.1 62.0 74.3	64.8 59.8 69.8	16.5 10.8 22.1	24.1 18.6 29.7	20.5 16.6 24.5	11.7 6.3 17.0	6.1 3.2 9.0	8.7 5.7 11.6
55-64 years	59.6 51.8 67.5	69.2 62.8 75.6	65.1 60.1 70.1	22.1 15.5 28.6	20.6 14.9 26.3	21.2 16.9 25.6	11.7 6.4 17.1	4.6 1.7 7.6	7.7 4.8 10.6
25-64 years	60.0 55.6 64.4	64.6 61.0 68.3	62.6 59.7 65.4	23.1 19.2 27.1	23.4 20.1 26.6	23.3 20.7 25.8	15.0 11.8 18.2	8.5 6.3 10.8	11.4 9.5 13.3

Age Group	Sweets			Meals not prepared at home		
	Men N=665	Women N=896	Both Sexes N=1561	Men N=662	Women N=894	Both Sexes N=1556
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	20.9 13.3 28.5	20.2 25.9 27.0	20.5 15.4 25.6	21.3 13.7 28.9	15.5 25.9 21.9	18.0 13.2 22.9
35-44 years	21.6 15.2 28.0	19.2 14.0 24.4	20.3 16.2 24.3	9.5 5.2 13.7	7.7 4.2 11.2	8.5 5.8 11.2
45-54 years	14.9 9.6 20.3	16.5 11.7 21.3	15.8 12.2 19.4	11.0 6.1 15.9	4.1 1.9 6.4	7.3 4.7 9.9
55-64 years	16.0 10.5 21.6	11.5 6.6 16.3	13.4 9.8 17.1	5.7 2.3 9.0	2.7 0.0 5.3	4.0 1.9 6.1
25-64 years	18.7 15.4 22.1	17.7 14.8 20.6	18.2 16.0 20.4	12.5 9.7 15.3	8.2 5.9 10.5	10.1 8.3 11.9

F. Physical Activity

F.1. Levels of total physical activity

Description: percentage of participants classified into three categories of total physical activity.

Instrument questions:

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

Age Group	Men (N=653)						Women (N=886)						Both Sexes (N=1539)					
	Low level of activity		Moderate levels of activity		High level of activity		Low level of activity		Moderate levels of activity		High level of activity		Low level of activity		Moderate levels of activity		High level of activity	
	%		%		%		%		%		%		%		%		%	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	27.9		52.8		19.2		41.1		51.8		7.1		35.5		52.2		12.3	
	18.5	37.4	42.4	63.3	11.8	26.7	32.4	49.8	42.9	60.6	2.6	11.6	29.0	42.0	45.5	59.0	8.2	16.4
35-44 years	44.5		37.9		17.6		46.8		47.3		5.9		45.8		43.2		11.0	
	36.8	52.2	30.5	45.3	11.8	23.4	40.2	53.3	40.7	53.8	2.9	9.0	40.8	50.7	38.3	48.1	7.9	14.1
45-54 years	49.5		41.5		8.9		56.7		37.3		6.0		53.3		39.3		7.4	
	41.1	57.9	33.5	49.6	4.7	13.1	50.1	63.2	31.0	43.6	2.6	9.5	48.1	58.5	34.3	44.4	4.7	10.1
55-64 years	43.2		50.0		6.8		57.2		39.7		3.1		51.2		44.1		4.7	
	35.2	51.2	41.9	58.1	2.9	10.7	50.2	64.2	32.8	46.6	0.7	5.5	45.8	56.6	38.8	49.4	2.5	6.9
25-64 years	41.6		44.4		14.0		49.2		44.8		5.9		45.8		44.6		9.5	
	37.0	46.1	39.8	49.0	11.0	17.0	45.4	53.1	41.0	48.6	4.1	7.8	42.9	48.8	41.7	47.6	7.8	11.2

F.2. Total physical activity - mean

Description: mean time of total physical activity per day in minutes

Instrument questions:

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

Age Group	Men N=653		Women N=886		Both Sexes N=1539	
	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI
25-34 years	210.9		141.3		171.5	
	169.5	252.3	109.0	173.6	145.1	197.9
35-44 years	137.9		132.4		134.8	
	112.4	163.4	111.2	153.6	118.5	151.1
45-54 years	147.1		101.2		122.8	
	120.1	174.2	82.5	119.9	106.6	139.1
55-64 years	126.8		91.4		106.5	
	101.9	151.7	70.9	111.9	90.6	122.5
25-64 years	158.5		121.1		137.7	
	141.8	175.2	108.4	133.8	127.3	148.1

¹Note: mean time in minutes

F.3. Total physical activity - median

Description: median time of total physical activity per day in minutes

Instrument questions:

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

Age Group	Men N=653	Women N=886	Both Sexes N=1539
	Median ¹	Median ¹	Median ¹
25-34 years	145.7	64.3	96.4
35-44 years	60.0	51.4	51.4
45-54 years	51.4	22.9	34.3
55-64 years	51.4	25.7	34.3
25-64 years	85.7	42.9	57.9

¹Note: median time in minutes

F.4. Setting-specific physical activity - mean

Description: mean time spent per day in minutes, in work-, transport- and recreation-related physical activity.

Instrument questions:

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

Age Group	Men (N=653)						Women (N=886)					
	Work		Transport		Recreation		Work		Transport		Recreation	
	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI
25-34 years	143.4	104.0 182.8	38.1	23.2 53.0	27.9	17.2 38.6	100.9	73.1 128.8	26.8	16.7 37.0	11.0	6.5 15.4
35-44 years	94.8	71.0 118.7	27.9	19.3 36.6	14.6	9.3 20.0	98.3	79.4 117.2	29.1	20.4 37.7	5.3	3.4 7.1
45-54 years	109.5	85.9 133.1	29.1	18.4 39.9	6.6	4.1 9.1	74.0	56.7 91.3	20.6	15.1 26.1	4.5	2.7 6.3
55-64 years	80.7	58.6 102.7	40.2	29.2 51.3	5.7	3.0 8.4	69.8	49.8 89.8	15.9	11.5 20.3	6.7	3.5 10.0
25-64 years	110.2	95.0 125.5	32.5	26.5 38.4	14.6	11.1 18.0	88.7	77.5 100.0	24.4	20.1 28.7	6.8	5.3 8.4

Age Group	Both Sexes (N=1539)					
	Work		Transport		Recreation	
	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI
25-34 years	119.1	95.6 142.7	31.7	23.0 40.4	18.3	12.9 23.6
35-44 years	96.8	81.9 111.7	28.6	22.4 34.7	9.4	6.8 12.0
45-54 years	90.5	76.1 104.9	24.7	18.8 30.6	5.5	4.0 7.0
55-64 years	74.5	59.6 89.3	26.3	20.8 31.7	6.3	4.1 8.5
25-64 years	98.2	88.9 107.5	28.0	24.4 31.6	10.3	8.5 12.1

¹Note: mean time in minutes

F.5. Setting-specific physical activity - median

Description: median time spent per day in minutes, in work-, transport- and recreation-related physical activity.

Instrument questions

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

Age Group	Men (N=653)						Women (N=886)					
	Work		Transport		Recreation		Work		Transport		Recreation	
	Median ¹	95% CI	Median ¹	95% CI	Median ¹	95% CI	Median ¹	95% CI	Median ¹	95% CI	Median ¹	95% CI
25-34 years	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-
35-44 years	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-
45-54 years	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-
55-64 years	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-
25-64 years	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-	0.0	-

Age Group	Both Sexes (N=1539)					
	Work		Transport		Recreation	
	Median ¹	95% CI	Median ¹	95% CI	Median ¹	95% CI
25-34 years	0.0	-	0.0	-	0.0	-
35-44 years	0.0	-	0.0	-	0.0	-
45-54 years	0.0	-	0.0	-	0.0	-
55-64 years	0.0	-	0.0	-	0.0	-
25-64 years	0.0	-	0.0	-	0.0	-

¹Note: median time in minutes

F.6. No physical activity by setting

Description: percentage of participants classified as doing no work-transport- or recreational-related physical activity.

Instrument questions:

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

Age Group	Men						Women					
	Work		Transport		Recreation		Work		Transport		Recreation	
	N=649		N=649		N=652		N=879		N=878		N=882	
	%		%		%		%		%		%	
95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		
25-34 years	51.1		57.7		58.1		59.3		60.5		76.5	
	40.5	61.7	46.9	68.5	47.7	68.4	50.7	67.9	51.8	69.2	69.0	84.0
35-44 years	62.5		59.0		73.5		54.4		60.8		80.4	
	55.1	69.9	51.5	66.6	66.6	80.4	47.8	61.0	54.4	67.2	75.3	85.6
45-54 years	54.1		56.9		78.6		64.4		58.5		86.0	
	46.2	62.1	48.4	65.4	72.0	85.1	58.1	70.7	51.9	65.0	81.1	90.9
55-64 years	60.3		54.4		84.0		66.9		62.5		84.8	
	52.2	68.3	46.3	62.5	77.8	90.2	60.3	73.6	55.6	69.4	79.4	90.1
25-64 years	56.7		57.5		72.3		60.1		60.3		81.4	
	52.2	61.3	52.8	62.1	68.1	76.5	56.3	63.9	56.5	64.1	78.3	84.5

Age Group	Both Sexes					
	Work		Transport		Recreation	
	N=1528		N=1527		N=1534	
	%		%		%	
95% CI		95% CI		95% CI		
25-34 years	55.8		59.3		68.6	
	49.0	62.5	52.5	66.1	62.3	74.8
35-44 years	57.9		60.0		77.4	
	53.0	62.9	55.1	64.9	73.2	81.6
45-54 years	59.6		57.7		82.5	
	54.6	64.6	52.4	63.0	78.5	86.5
55-64 years	64.1		59.1		84.4	
	58.9	69.3	53.8	64.3	80.4	88.5
25-64 years	58.6		59.1		77.4	
	55.7	61.5	56.1	62.0	74.8	79.9

F.7. Sedentary

Description: total time spent in sedentary activities per day in minutes.

Instrument question:

. How much time do you usually spend sitting or reclining on a typical day?

Age Group	Men (N=653)		Women (N=886)	
	Mean ¹ 95% CI	Median ² (Inter-quartile range)	Mean ¹ 95% CI	Median ² (Inter-quartile range)
25-34 years	270.5 235.3 305.8	240.0	265.9 229.3 302.4	180.0
35-44 years	323.4 291.6 355.2	240.0	302.5 275.8 329.1	240.0
45-54 years	294.0 257.4 330.5	240.0	271.7 247.1 296.3	240.0
55-64 years	314.1 281.8 346.3	240.0	286.4 257.2 315.6	240.0
25-64 years	299.5 281.3 317.8	240.0	281.9 266.2 297.6	240.0

Age Group	Both Sexes (N=1539)	
	Mean ¹ 95% CI	Median ² (Inter-quartile range)
25-34 years	267.9 242.1 293.6	210.0
35-44 years	311.6 291.1 332.1	240.0
45-54 years	282.2 260.6 303.9	240.0
55-64 years	298.2 276.6 319.9	240.0
25-64 years	289.7 277.8 301.7	240.0

¹Note: mean time in minutes

²Note: median time in minutes

F.8. Work related physical activity - mean

Description: mean time of work-related moderate- and vigorous-intensity physical activity per day in minutes.

Instrument questions:

. Activity at work

Age Group	Men (N=653)				Women (N=886)				Both Sexes (N=1539)			
	Moderate		Vigorous		Moderate		Vigorous		Moderate		Vigorous	
	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI
25-34 years	59.1	37.7 80.5	84.3	48.8 119.8	67.9	46.9 89.0	33.0	13.7 52.3	64.2	49.0 79.3	55.0	35.5 74.5
35-44 years	41.5	26.3 56.7	53.3	34.5 72.1	75.0	58.1 91.9	22.7	12.8 32.5	60.4	48.7 72.1	36.0	26.1 46.0
45-54 years	58.7	40.5 76.8	48.7	32.2 65.3	47.0	33.7 60.3	26.9	14.8 39.0	52.5	41.5 63.6	37.1	27.0 47.2
55-64 years	35.3	20.7 49.9	45.6	28.6 62.7	55.0	37.4 72.6	14.7	4.7 24.8	46.6	34.7 58.4	27.9	18.5 37.3
25-64 years	50.6	41.2 59.9	59.2	46.5 71.8	62.9	53.8 72.0	25.6	18.5 32.8	57.4	50.8 64.0	40.4	33.5 47.4

¹Note: mean time in minutes

F.9. Work related physical activity - median

Description: median time of work-related moderate- and vigorous-intensity physical activity per day in minutes.

Instrument questions:

. Activity at work

Age Group	Men (N=653)				Women (N=886)				
	Moderate		Vigorous		Moderate		Vigorous		
	Median ¹ (Inter-quartile range) 95% CI		Median ¹ (Inter-quartile range) 95% CI		Median ¹ (Inter-quartile range) 95% CI		Median ¹ (Inter-quartile range) 95% CI		
25-34 years	-	0.0	-	-	-	0.0	-	-	0.0
35-44 years	-	0.0	-	-	-	0.0	-	-	0.0
45-54 years	-	0.0	-	-	-	0.0	-	-	0.0
55-64 years	-	0.0	-	-	-	0.0	-	-	0.0
25-64 years	-	0.0	-	-	-	0.0	-	-	0.0

Age Group	Both Sexes (N=1539)			
	Moderate		Vigorous	
	Median ¹ (Inter-quartile range) 95% CI		Median ¹ (Inter-quartile range) 95% CI	
25-34 years	-	0.0	-	0.0
35-44 years	-	0.0	-	0.0
45-54 years	-	0.0	-	0.0
55-64 years	-	0.0	-	0.0
25-64 years	-	0.0	-	0.0

¹Note: median time in minutes

F.10. Recreational physical activity - mean

Description: mean time of recreational moderate- and vigorous-intensity physical activity per day in minutes.

Instrument questions:

. Recreational activities

Age Group	Men (N=653)				Women (N=886)				Both Sexes (N=1539)			
	Moderate		Vigorous		Moderate		Vigorous		Moderate		Vigorous	
	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI	Mean ¹	95% CI
25-34 years	9.8	4.4 15.2	18.1	11.7 24.5	4.5	2.4 6.6	6.4	2.7 10.1	6.8	4.2 9.4	11.4	7.9 14.9
35-44 years	6.4	3.4 9.4	8.3	4.9 11.6	2.6	1.6 3.6	2.7	1.3 4.1	4.2	2.8 5.7	5.1	3.5 6.8
45-54 years	3.9	2.0 5.8	2.7	1.3 4.0	2.5	1.3 3.8	2.0	0.9 3.0	3.2	2.1 4.3	2.3	1.5 3.1
55-64 years	3.7	1.9 5.5	2.0	0.6 3.4	5.8	2.7 8.9	1.1	0.3 2.0	4.9	3.0 6.8	1.5	0.7 2.3
25-64 years	6.2	4.4 8.0	8.4	6.3 10.5	3.5	2.7 4.4	3.3	2.2 4.5	4.7	3.8 5.7	5.6	4.4 6.7

¹Note: mean time in minutes

F.11. Recreational physical activity - median

Description: median time of recreational moderate- and vigorous-intensity physical activity per day in minutes.

Instrument questions:

. Recreational activities

Age Group	Men (N=653)		Women (N=886)		Both Sexes (N=1539)	
	Moderate	Vigorous	Moderate	Vigorous	Moderate	Vigorous
	Median ¹ 95% CI	Median ¹ 95% CI	Median ¹ 95% CI	Median ¹ 95% CI	Median ¹ 95% CI	Median ¹ 95% CI
25-34 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
35-44 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
45-54 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
55-64 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
25-64 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -

¹Note: median time in minutes

G. Blood Pressure, Cholesterol, Tryglicerides and Diabetes History

G.1. Blood pressure diagnosis and treatment

Description: raised blood pressure diagnosis and treatment results.

Instrument questions:

- . Has a doctor/health professional ever measured your blood pressure?
- . Have you ever been told by a doctor/health professional that you have raised blood pressure?
- . If yes, was this within the past 12 months?
- . Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health professional?
- . Drugs (medication) that you have taken in the last 2 weeks?

Age Group	Participants who have ever been told by a doctor or health professional they had raised blood pressure ¹			Raised blood pressure diagnosed by a doctor or health professional in last 12 months in participants who were ever told they had raised blood pressure ²			Currently taking blood pressure drugs prescribed by a doctor or health professional ²		
	Men N=554	Women N=790	Both Sexes N=1344	Men N=73	Women N=168	Both Sexes N=241	Men N=88	Women N=178	Both Sexes N=266
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	6.5 2.9 13.7	3.9 1.6 9.4	4.9 2.7 8.7	- -	- -	- -	- -	- -	- -
35-44 years	12.5 7.8 19.3	17.4 12.4 23.7	15.3 11.6 19.8	- -	71.2 54.9 87.5	67.7 53.2 82.3	73.3* 51.6 95.1	54.1 35.7 72.5	60.8 46.4 75.1
45-54 years	21.0 14.7 29.0	25.3 19.7 31.9	23.3 18.9 28.3	79.2* 61.2 97.1	85.9 75.3 96.4	83.3 73.9 92.7	51.7* 32.2 71.1	78.3 67.2 89.3	67.1 56.2 78.1
55-64 years	24.1 17.6 32.1	42.8 35.6 50.3	34.6 29.4 40.1	72.2* 54.3 90.2	82.1 73.3 90.9	79.5 71.5 87.5	75.6 58.4 92.7	82.8 74.1 91.6	80.7 72.7 88.7
25-64 years	15.6 12.5 19.3	19.7 16.8 22.8	17.9 15.8 20.3	72.0 59.8 84.2	79.9 72.9 86.9	77.3 71.1 83.4	58.5 46.6 70.5	70.0 62.1 77.9	65.7 59.0 72.4

¹Note: only participants who have ever had their blood pressure measured by a doctor/health professional are included in this table

²Note: only participants who have ever been diagnosed with high blood pressure are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.2. Blood pressure lifestyle advice Description: percentage of population with raised blood pressure who received lifestyle advice.
Instrument questions:
. Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health professional?

Age Group	Advised or treated by doctor or health professional to lose weight ¹			Advised or treated by doctor or health professional to stop smoking ²			Advised or treated by doctor or health professional to start or do more exercise ¹		
	Men N=88	Women N=173	Both Sexes N=261	Men N=15	Women N=21	Both Sexes N=36	Men N=85	Women N=172	Both Sexes N=257
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	-	-	-	0.0	0.0	0.0	-	-	-
35-44 years	75.0* 51.3 98.7	45.0 26.6 63.4	55.1 39.7 70.4	-	0.0	-	75.0* 51.3 98.7	45.0 26.6 63.4	55.1 39.7 70.4
45-54 years	46.7* 27.3 66.0	42.4 27.3 57.4	44.2 32.4 56.1	-	-	40.9* 12.8 69.1	46.7* 27.3 66.0	42.4 27.3 57.4	44.2 32.4 56.1
55-64 years	45.5 26.6 64.3	44.8 32.9 56.7	45.0 34.9 55.0	0.0	-	-	45.5 26.6 64.3	43.9 32.2 55.6	44.3 34.4 54.3
25-64 years	51.8 39.6 64.0	43.6 34.9 52.3	46.7 39.6 53.8	31.1* 3.6 58.6	34.0* 7.8 60.2	32.6 14.6 50.7	51.8 39.6 64.0	43.3 34.7 52.0	46.5 39.5 53.6

¹Note: only participants who have ever been diagnosed with high blood pressure are included in the table
²Note: only participants who currently smoke or have smoked in the past and have a diagnosis of high blood pressure are included in the table
*: numbers based on 15 to 30 cases
- : too few cases to process data (less than 15 cases)

G.3. Blood pressure and traditional remedy

Description: percentage of population with raised blood pressure, who take herbal or traditional remedy.

Instrument questions:

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

Age Group	Currently taking herbal or traditional remedy for high blood pressure ¹					
	Men N=85		Women N=176		Both Sexes N=261	
	% 95% CI		% 95% CI		% 95% CI	
25-34 years	-		0.0		-	
35-44 years	23.3* 2.2 44.5		21.3 6.7 35.9		22.0 10.0 34.0	
45-54 years	27.1* 10.0 44.2		36.4 22.9 49.8		32.4 21.9 43.0	
55-64 years	18.6 4.0 33.2		34.7 23.8 45.6		30.0 21.1 39.0	
25-64 years	23.7 13.6 33.9		29.6 22.2 37.0		27.4 21.4 33.4	

¹Note: only participants who have ever been diagnosed with high blood pressure are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.4. Diabetes diagnosis and treatment

Description: history of diabetes diagnosis and treatment results.

Instrument questions:

- . Has a doctor/health professional ever measured your blood sugar?
- . Have you ever been told by a doctor/health professional that you have diabetes?
- . If yes, was this within the past 12 months?
- . Are you currently taking any of the following treatments/advice for diabetes prescribed by a doctor or other health professional?

Age Group	Participants who have ever been told by a doctor or health professional they have diabetes ¹			Diabetes diagnosed by doctor or health professional in last 12 months in participants who were ever told they had diabetes ²		
	Men N = 534	Women N = 748	Both Sexes N = 1282	Men N = 43	Women N = 70	Both Sexes N = 113
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	2.0 0.5 8.4	0.6 0.1 3.8	1.1 0.3 3.7	- -	- -	- -
35-44 years	4.2 1.8 9.3	7.0 4.2 11.5	5.8 3.7 8.9	- -	- -	63.7* 38.8 88.7
45-54 years	11.3 6.9 17.8	12.4 8.4 17.8	11.9 8.8 15.8	- -	73.8* 54.5 93.1	73.1 57.7 88.5
55-64 years	13.0 8.4 19.5	19.2 13.8 26.1	16.4 12.6 21.1	65.2* 43.6 86.9	84.2 70.4 98.0	77.4 65.6 89.1
25-64 years	7.3 5.3 10.0	8.7 6.9 11.0	8.1 6.7 9.8	71.4 55.4 87.4	71.7 58.8 84.7	71.6 61.6 81.5

Age Group	Currently taking insulin prescribed for diabetes by doctor or health professional ²			Currently taking oral drugs prescribed for diabetes by doctor or health professional ²		
	Men N = 44	Women N = 74	Both Sexes N = 118	Men N = 44	Women N = 79	Both Sexes N = 123
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	0.0 - -	0.0 - -	- -	0.0 - -	- -
35-44 years	- -	13.6* 0.0 29.1	22.3* 4.7 40.0	- -	58.3* 32.0 84.7	68.2* 47.9 88.5
45-54 years	12.9* 0.0 30.3	27.5* 8.8 46.2	20.8 7.9 33.6	67.7* 43.0 92.5	81.8* 66.3 97.3	75.7 61.7 89.6
55-64 years	45.0* 20.1 69.9	43.6 24.8 62.4	44.0 29.2 58.9	52.4* 27.1 77.7	63.4 45.6 81.2	59.9 45.4 74.3
25-64 years	24.4 10.3 38.4	28.3 17.2 39.3	26.7 18.2 35.2	70.5 54.9 86.2	68.8 57.3 80.2	69.5 60.4 78.5

¹Note: only participants who have ever had their blood glucose measured by a doctor/health professional are included in this table

²Note: only participants who have ever been diagnosed with diabetes are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.5. Diabetes lifestyle advice

Description: history of diabetes lifestyle advice.

Instrument questions:

. Are you currently taking any of the following treatments/advice for diabetes prescribed by a doctor or other health professional?

Age Group	Advised or treated by doctor or health professional to lose weight ¹			Advised or treated by doctor or health professional to stop smoking ¹			Advised or treated by doctor or health professional to start or do more exercise ¹		
	Men N=44	Women N=77	Both Sexes N=121	Men N=8	Women N=8	Both Sexes N=16	Men N=85	Women N=77	Both Sexes N=257
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	- - -	0.0 - -	- - -	0.0 - -	0.0 - -	0.0 - -	100.0* 100.0 100.0	0.0 - -	45.3* 0.0 100.0
35-44 years	- - -	54.2* 27.7 80.7	65.3* 45.1 85.5	0.0 - -	- - -	- - -	90.0* 69.8 100.0	54.2* 27.7 80.7	65.3* 45.1 85.5
45-54 years	48.4* 22.7 74.1	53.5* 33.1 73.9	51.2 35.3 67.1	- - -	- - -	- - -	41.9* 16.4 67.5	43.9* 23.1 64.7	43.0 27.0 59.0
55-64 years	38.1* 13.7 62.5	50.0 31.2 68.8	46.1 31.3 60.9	- - -	0.0 - -	- - -	52.4* 27.0 77.7	42.5 23.8 61.2	45.7 30.9 60.6
25-64 years	53.2 35.9 70.4	51.8 39.2 64.5	52.3 42.2 62.5	- - -	- - -	35.5* 6.9 64.0	55.3 37.9 72.7	45.6 32.8 58.5	49.4 39.1 59.6

¹Note: only participants who have ever been diagnosed with diabetes are included in the table

*: numbers based on 15 to 30 cases

-: too few cases to process data

G.6. Diabetes and traditional remedy

Description: percentage of population with diabetes, who take herbal or traditional remedy.

Instrument questions:

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

Age Group	Current herbal or traditional treatment for diabetes ¹					
	Men N=45		Women N=77		Both Sexes N=122	
	%		%		%	
	95% CI		95% CI		95% CI	
25-34 years	0.0		0.0		0.0	
	-	-	-	-	-	-
35-44 years	-		13.0*		15.3*	
	-	-	0.0	31.3	0.0	32.1
45-54 years	41.9*		39.5*		40.6	
	16.7	67.2	18.8	60.2	24.8	56.4
55-64 years	27.3*		29.3		28.6	
	5.1	49.4	13.3	45.3	15.8	41.4
25-64 years	31.8		28.8		30.0	
	15.7	47.9	17.2	40.4	20.6	39.4

¹Note: only participants who have ever been diagnosed with diabetes are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.7. Cholesterol diagnosis and treatment

Description: raised cholesterol diagnosis and treatment results.

Instrument questions:

- . Has a doctor/health professional ever measured your cholesterol levels?
- . Have you ever been told by a doctor/health professional that you have high cholesterol?
- . If yes, was this within the past 12 months?
- . Are you currently receiving any of the following treatments/advice for high cholesterol prescribed by a doctor or other health professional?
 - . Drugs (medication) that you have taken in the last 2 weeks?

Age Group	Participants who have ever been told by a doctor or health professional they had high cholesterol ¹			High cholesterol diagnosed by a doctor or health professional in last 12 months in participants who were ever told they had high cholesterol ²			Currently taking cholesterol drugs prescribed by doctor or health professional ²		
	Men N= 536	Women N= 759	Both Sexes N= 1295	Men N=65	Women N=141	Both Sexes N=206	Men N=72	Women N=147	Both Sexes N=219
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	8.8 3.7 19.5	5.9 2.5 13.1	7.1 3.9 12.5	- - -	- - -	- - -	0.0 - - -	- - -	- - -
35-44 years	14.8 9.6 22.1	16.9 12.1 23.1	16.0 12.3 20.5	66.7* 42.3 91.0	61.4 43.6 79.2	63.2 48.9 77.5	44.1* 20.1 68.1	24.1 8.4 39.9	31.9 18.3 45.5
45-54 years	20.1 14.2 27.7	19.7 14.8 25.7	19.9 16.0 24.5	77.3* 60.1 94.4	74.2 60.0 88.4	75.5 64.7 86.4	26.9* 10.0 43.9	33.8 19.3 48.3	30.7 19.8 41.7
55-64 years	12.2 7.8 18.6	30.8 24.3 38.2	22.4 18.1 27.4	66.7* 43.2 90.2	74.6 62.0 87.2	72.8 61.8 83.8	63.6* 40.0 87.3	53.0 39.1 67.0	55.5 43.5 67.6
25-64 years	14.9 11.8 18.7	16.9 14.2 20.1	16.1 14.0 18.4	73.9 62.1 85.6	66.6 57.1 76.0	69.2 61.9 76.6	33.2 21.2 45.3	33.1 24.7 41.6	33.2 26.2 40.2

¹Note: only participants who have ever had their cholesterol levels measured by a doctor/health professional are included in this table

²Note: only participants who have ever been diagnosed with high cholesterol are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.8. Cholesterol lifestyle advice

Description: percentage of population with high cholesterol who received lifestyle advice.

Instrument questions:

. Are you currently receiving any of the following treatments/advice for high cholesterol prescribed by a doctor or other health professional?

Age Group	Advised or treated by doctor or health professional to lose weight ¹			Advised or treated by doctor or health professional to stop smoking ²			Advised or treated by doctor or health professional to start or do more exercise ¹		
	Men N=72	Women N=145	Both Sexes N=217	Men N=11	Women N=14	Both Sexes N=25	Men N=71	Women N=145	Both Sexes N=216
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	-	-	-	0.0	0.0	0.0	-	-	-
35-44 years	41.2* 17.2 65.2	26.3 9.8 42.8	32.1 18.3 46.0	-	-	-	52.9* 29.1 76.8	26.3 10.2 42.5	36.7 22.6 50.9
45-54 years	38.5* 19.7 57.2	39.4 23.8 55.1	39.0 27.1 50.9	-	-	-	53.8* 34.7 73.0	45.1 29.5 60.7	49.0 36.9 61.0
55-64 years	45.5* 20.5 70.4	35.4 22.0 48.7	37.8 26.0 49.6	0.0	0.0	0.0	47.6* 21.9 73.4	49.2 35.2 63.3	48.9 36.6 61.1
25-64 years	36.1 23.7 48.6	31.5 22.7 40.4	33.4 26.1 40.6	-	-	16.4* 0.0 33.1	50.8 37.7 64.0	38.4 29.2 47.6	43.3 35.7 50.9

¹Note: only persons who have ever been diagnosed with high cholesterol are included in the table

²Note: only persons who currently smoke or have smoked in the past and have a diagnosis of high cholesterol are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

G.9. Cholesterol and traditional remedy

Description: percentage of population with high cholesterol, who take herbal or traditional remedy.

Instrument questions:

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

Age Group	Current herbal or traditional treatment for high cholesterol ¹					
	Men N=71		Women N=141		Both Sexes N=212	
	%		%		%	
	95% CI		95% CI		95% CI	
25-34 years	-		-		-	
35-44 years	-	-	-	-	-	-
	17.6*		11.8*		14.2	
	0.0	36.2	0.1	23.4	4.0	24.5
45-54 years	14.8*		22.4		18.8	
	1.1	28.5	9.8	35.0	9.6	28.0
55-64 years	5.0*		40.0		32.2	
	0.0	14.9	26.3	53.7	20.9	43.5
25-64 years	15.8		22.4		19.7	
	6.2	25.3	15.0	29.7	13.9	25.4

¹Note: only persons who have ever been diagnosed with high cholesterol are included in the table

*: numbers based on 15 to 30 cases

- : too few cases to process data (less than 15 cases)

H. Physical Measurements

H.1. Height, weight and BMI Description: mean results for height, weight and body mass index (excluding pregnant women).
 Instrument questions:
 . Height
 . Weight

Age Group	Height (cm)			Weight (kg)			BMI (kg/m ²)		
	Men N=326	Women N=489	Both Sexes N=815	Men N=326	Women N=490	Both Sexes N=816	Men N=325	Women N=473	Both Sexes N=798
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	173.9 171.8 175.9	160.8 159.2 162.3	166.5 164.6 168.4	91.1 85.3 96.8	70.4 66.5 74.4	79.4 75.4 83.5	29.8 28.1 31.6	27.0 25.5 28.6	28.3 27.1 29.5
35-44 years	173.4 171.8 175.0	161.1 160.0 162.3	166.1 164.8 167.4	91.7 88.4 95.1	73.3 70.4 76.2	80.8 78.1 83.4	30.5 29.4 31.6	28.4 27.2 29.5	29.3 28.4 30.1
45-54 years	173.2 171.0 175.5	160.0 158.9 161.1	165.9 164.2 167.5	87.2 83.8 90.6	79.4 75.9 82.9	82.9 80.3 85.4	29.0 28.0 30.0	30.3 29.1 31.6	29.7 28.9 30.5
55-64 years	171.9 170.6 173.3	159.0 157.7 160.4	164.3 163.0 165.5	92.9 88.9 97.0	76.2 73.3 79.1	83.0 80.3 85.7	31.4 30.1 32.7	30.2 29.0 31.4	30.7 29.8 31.6
25-64 years	173.3 172.3 174.3	160.4 159.8 161.1	165.9 165.1 166.7	90.4 88.1 92.6	74.6 72.8 76.4	81.3 79.6 82.9	30.0 29.3 30.7	28.8 28.2 29.5	29.3 28.8 29.8

H.2. BMI categories

Description: BMI classifications (excluding pregnant women).

Instrument questions:

. Height

. Weight

Age Group	Men (N=325)				Women (N=473)			
	Underweight BMI<18.5	Normal weight 18.5>BMI<24.9	Overweight 25.0>BMI<29.9	Obese BMI>30.0	Underweight BMI<18.5	Normal weight 18.5>BMI<24.9	Overweight 25.0>BMI<29.9	Obese BMI>30.0
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	24.2 11.7 36.7	23.2 10.7 35.8	52.5 36.9 68.1	0.0 - -	34.4 21.0 47.9	36.6 22.4 50.7	29.0 15.5 42.5
35-44 years	0.0 - -	12.0 4.6 19.5	39.1 27.4 50.9	48.9 36.9 60.8	1.0 0.0 2.8	29.5 20.3 38.8	37.6 28.6 46.6	31.9 23.5 40.3
45-54 years	0.0 - -	19.0 10.7 27.2	44.3 32.0 56.5	36.8 25.6 48.0	0.0 - -	21.6 14.7 28.5	34.4 26.2 42.6	44.0 35.3 52.6
55-64 years	0.0 - -	10.5 4.5 16.5	36.8 27.0 46.6	52.6 42.5 62.8	0.0 - -	19.3 11.9 26.6	36.0 27.3 44.8	44.7 35.7 53.8
25-64 years	0.0 - -	17.2 12.4 22.0	36.1 29.5 42.6	46.7 39.9 53.6	0.3 0.0 1.0	27.1 22.1 32.2	36.3 31.0 41.6	36.3 31.1 41.5

Age Group	Both Sexes (N=798)			
	Underweight BMI<18.5	Normal weight 18.5>BMI<24.9	Overweight 25.0>BMI<29.9	Obese BMI>30.0
	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	29.8 20.4 39.1	30.5 20.7 40.2	39.7 29.1 50.4
35-44 years	0.6 0.0 1.7	22.3 15.8 28.8	38.2 31.1 45.4	38.9 31.8 46.1
45-54 years	0.0 - -	20.4 15.1 25.7	38.9 31.6 46.2	40.7 33.7 47.7
55-64 years	0.0 - -	15.7 10.7 20.7	36.4 29.8 42.9	47.9 41.2 54.7
25-64 years	0.2 0.0 0.5	22.8 19.2 26.4	36.2 32.1 40.3	40.8 36.6 45.1

H.3. Waist circumference Description: mean waist circumference results (excluding pregnant women).
 Instrument questions:
 . Waist circumference measurement

Age Group	Waist circumference (cm)					
	Men N=326		Women N=477		Both Sexes N=803	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	97.1		84.4		90.2	
	92.5	101.6	80.7	88.2	87.0	93.4
35-44 years	101.7		89.5		94.6	
	98.8	104.7	86.3	92.7	92.1	97.0
45-54 years	100.4		94.7		97.2	
	97.9	102.9	92.0	97.4	95.3	99.1
55-64 years	105.7		94.6		99.1	
	102.9	108.5	92.1	97.1	97.1	101.1
25-64 years	100.6		90.4		94.8	
	98.8	102.3	88.7	92.1	93.4	96.2

H.4. Hip circumference

Description: mean hip circumference results (excluding pregnant women)

Instrument questions:

. Hip circumference measurement

Age Group	Hip circumference (cm)					
	Men N=326		Women N=477		Both Sexes N=803	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	108.3	104.6 112.0	101.9	99.2 104.7	104.9	102.5 107.2
35-44 years	108.9	106.8 111.1	105.1	102.8 107.5	106.7	105.0 108.4
45-54 years	105.8	103.9 107.8	109.6	107.4 111.9	107.9	106.4 109.5
55-64 years	110.2	107.5 112.9	109.7	107.4 111.9	109.9	108.2 111.6
25-64 years	108.0	106.6 109.4	106.2	104.9 107.5	107.0	106.0 108.0

H.5. Waist:hip ratio

Description: mean Waist: hip ratio results (excluding pregnant women).

Instrument questions:

- . Waist circumference measurement
- . Hip circumference measurement

Age Group	Waist/Hip ratio					
	Men N=326		Women N=477		Both Sexes N=803	
	Ratio 95% CI		Ratio 95% CI		Ratio 95% CI	
25-34 years	0.9		0.8		0.9	
	0.9	0.9	0.8	0.9	0.8	0.9
35-44 years	0.9		0.9		0.9	
	0.9	0.9	0.8	0.9	0.9	0.9
45-54 years	0.9		0.9		0.9	
	0.9	1.0	0.8	0.9	0.9	0.9
55-64 years	1.0		0.9		0.9	
	0.9	1.0	0.9	0.9	0.9	0.9
25-64 years	0.9		0.8		0.9	
	0.9	0.9	0.8	0.9	0.9	0.9

H.6. Blood pressure

Description: mean blood pressure results excluding those currently on medication for raised blood pressure (average of second and third readings).

Instrument questions:

. Are you currently receiving any of the following treatments for raised blood pressure prescribed by a doctor or other health worker?

. Drugs (medication) that you have taken in the last 2 weeks?

. Reading 1-3 systolic and diastolic blood pressure

Age Group	Systolic (mmHg)			Diastolic (mmHg)		
	Men N=286	Women N=408	Both Sexes N=694	Men N=285	Women N=408	Both Sexes N=693
	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI	Mean 95% CI
25-34 years	138.3 133.7 142.9	117.4 114.3 120.4	126.4 123.0 129.9	78.4 75.9 80.9	72.3 70.3 74.3	74.9 73.3 76.6
35-44 years	133.8 130.0 137.6	124.9 122.0 127.9	128.4 126.0 130.8	79.4 77.0 81.7	78.1 76.1 80.1	78.6 77.0 80.1
45-54 years	139.2 133.4 145.0	132.9 129.8 136.0	135.9 132.6 139.2	83.4 78.7 88.2	79.9 77.7 82.1	81.6 79.0 84.2
55-64 years	147.2 142.8 151.6	143.4 138.0 148.8	145.1 141.5 148.7	82.1 79.3 84.9	80.2 77.9 82.5	81.0 79.2 82.8
25-64 years	138.3 135.7 140.9	126.7 124.8 128.6	131.7 130.0 133.4	80.6 78.7 82.4	77.1 75.9 78.2	78.6 77.5 79.7

H.7. Raised blood pressure

Description: raised blood pressure.

Instrument questions:

. Are you currently receiving any of the following treatments for raised blood pressure prescribed by a doctor or other health worker?

. Drugs (medication) that you have taken in the last 2 weeks?

. Reading 1-3 systolic and diastolic blood pressure

Age Group	SBP ≥ 140 and/or DBP ≥ 90 mmHg			SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure			Currently on medication for raised blood pressure		
	Men N=321	Women N=481	Both Sexes N=802	Men N=321	Women N=481	Both Sexes N=802	Men N=319	Women N=479	Both Sexes N=798
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	52.0 36.5 67.5	6.9 0.1 13.6	26.5 17.1 35.9	53.0 37.5 68.5	6.9 0.1 13.6	26.9 17.5 36.3	1.0 0.0 3.0	0.0 - -	0.4 0.0 1.3
35-44 years	42.9 30.8 55.0	24.7 16.3 33.0	31.9 24.9 38.9	43.8 31.6 55.9	26.0 17.6 34.5	33.1 26.0 40.1	10.2 2.7 17.6	8.8 2.8 14.9	9.4 4.7 14.0
45-54 years	44.8 32.6 57.1	39.3 30.8 47.8	41.8 34.5 49.0	46.6 34.4 58.7	44.5 35.9 53.1	45.4 38.2 52.7	8.0 2.6 13.5	17.1 10.4 23.8	13.0 8.5 17.5
55-64 years	66.2 56.8 75.5	57.3 48.1 66.6	60.9 54.2 67.7	70.0 61.0 79.0	65.0 56.0 73.9	67.0 60.5 73.5	16.4 9.0 23.8	28.4 20.1 36.7	23.5 17.7 29.4
25-64 years	48.8 42.0 55.7	28.2 23.6 32.8	36.9 32.8 41.0	50.4 43.6 57.2	31.1 26.4 35.8	39.2 35.1 43.3	7.7 4.7 10.7	11.3 8.2 14.3	9.8 7.6 11.9

H.8. Raised blood pressure

Description: raised blood pressure.

Instrument questions:

. Are you currently receiving any of the following treatments for raised blood pressure prescribed by a doctor or other health worker?

. Drugs (medication) that you have taken in the last 2 weeks?

. Reading 1-3 systolic and diastolic blood pressure

Age Group	SBP ≥ 160 and/or DBP ≥ 100 mmHg			SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure			Currently on medication for raised blood pressure		
	Men N=321	Women N=481	Both Sexes N=802	Men N=321	Women N=481	Both Sexes N=802	Men N=319	Women N=479	Both Sexes N=798
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	8.0 0.4 15.6	1.0 0.0 2.9	4.0 0.5 7.6	9.0 1.1 16.9	1.0 0.0 2.9	4.5 0.8 8.1	1.0 0.0 3.0	0.0 - -	0.4 0.0 1.3
35-44 years	8.4 1.0 15.8	8.8 3.9 13.7	8.7 4.5 12.8	13.5 5.0 21.9	14.4 7.6 21.3	14.0 8.7 19.4	10.2 2.7 17.6	8.8 2.8 14.9	9.4 4.7 14.0
45-54 years	19.5 7.0 32.0	13.0 7.0 18.9	15.9 9.3 22.5	24.7 12.1 37.3	24.7 17.0 32.4	24.7 17.7 31.7	8.0 2.6 13.5	17.1 10.4 23.8	13.0 8.5 17.5
55-64 years	34.6 24.5 44.7	31.8 23.3 40.4	33.0 26.4 39.5	43.1 32.8 53.3	47.8 38.5 57.0	45.9 39.0 52.8	16.4 9.0 23.8	28.4 20.1 36.7	23.5 17.7 29.4
25-64 years	14.8 9.6 20.0	10.9 8.1 13.6	12.6 9.8 15.3	19.2 13.8 24.7	18.0 14.3 21.7	18.5 15.4 21.7	7.7 4.7 10.7	11.3 8.2 14.3	9.8 7.6 11.9

H.9. Treatment for raised blood pressure

Description: percentage of participant treated with drugs for raised blood pressure during the last 2 weeks. (All persons whether they have high blood pressure or not).

Instrument question:

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

Age Group	Treated with drugs for raised blood pressure during the last 2 weeks					
	Men N=307		Women N=469		Both Sexes N=776	
	%		%		%	
	95% CI		95% CI		95% CI	
25-34 years	3.1		0.0		1.3	
	0.0	7.5	-	-	0.0	3.3
35-44 years	15.7		13.3		14.3	
	6.5	24.9	6.0	20.6	8.6	19.9
45-54 years	19.2		24.3		22.0	
	6.6	31.7	16.7	31.8	15.1	28.9
55-64 years	28.2		29.3		28.9	
	18.8	37.7	21.0	37.6	22.7	35.1
25-64 years	14.7		14.9		14.8	
	9.5	19.8	11.4	18.4	11.8	17.8

H.10. Heart rates

Description: mean heart rate result and percentage with increased heart rates.

Instrument questions:

. Heart rate measurement

Age Group	Beats per minute						Beats per minute over 100 (increased heart rate)					
	Men N=321		Women N=481		Both Sexes N=802		Men N=321		Women N=481		Both Sexes N=802	
	Mean 95% CI		Mean 95% CI		Mean 95% CI		Mean 95% CI		Mean 95% CI		Mean 95% CI	
25-34 years	69.4 66.1 72.7		73.3 70.5 76.1		71.6 69.5 73.7		0.0 - -		2.0 0.0 5.8		1.1 0.0 3.3	
35-44 years	70.9 68.7 73.1		74.8 72.6 77.0		73.3 71.7 74.8		0.0 - -		2.3 0.0 5.0		1.4 0.0 3.0	
45-54 years	71.8 69.7 73.9		74.7 72.8 76.6		73.4 72.0 74.8		0.0 - -		1.6 0.0 3.9		0.9 0.0 2.1	
55-64 years	71.1 68.9 73.2		73.5 71.6 75.4		72.5 71.1 74.0		0.0 - -		1.3 0.0 3.0		0.8 0.0 1.8	
25-64 years	70.8 69.5 72.1		74.2 73.0 75.4		72.8 71.9 73.6		0.0 - -		1.9 0.4 3.4		1.1 0.2 2.0	

I. Biochemical Measurements

I.1. Mean fasting blood glucose

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

Instrument questions:

- . Are you currently receiving any of the following treatments for diabetes prescribed by a doctor or other health worker?
 - . Insulin?
 - . Oral drugs (medication) that you have taken in the last 2 weeks?
- . During the last 12 hours have you had anything to eat or drink, other than water?
- . Blood glucose measurement

Age Group	Fasting blood glucose (mmol/L)					
	Men N=261		Women N=372		Both Sexes N=633	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
25-34 years	4.7	4.5 4.9	4.5	4.3 4.6	4.6	4.5 4.7
35-44 years	4.9	4.7 5.1	4.9	4.6 5.3	4.9	4.7 5.1
45-54 years	5.3	5.0 5.5	5.2	4.8 5.6	5.2	5.0 5.5
55-64 years	5.4	5.0 5.7	5.5	5.2 5.8	5.4	5.2 5.7
25-64 years	5.0	4.9 5.1	4.9	4.8 5.1	5.0	4.9 5.1

1.2. Raised blood glucose

Description: participants with raised fasting blood glucose, or currently on medication for raised blood glucose (Non-fasting recipients excluded).

Instrument questions:

- . Are you currently receiving any of the following treatments for diabetes prescribed by a doctor or other health worker?
 - . Insulin?
 - . Oral drugs (medication) that you have taken in the last 2 weeks?
- . During the last 12 hours have you had anything to eat or drink, other than water?
- . Blood glucose measurement

Age Group	Raised blood glucose ¹			Raised blood glucose ¹ or currently on medication for diabetes			Currently on medication for diabetes		
	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
35-44 years	3.0 0.0 8.9	6.4 1.1 11.6	5.0 1.1 8.9	5.1 0.0 11.5	8.1 2.3 13.9	6.9 2.6 11.2	5.1 0.0 11.5	5.2 0.4 10.0	5.1 1.3 9.0
45-54 years	9.9 2.9 16.8	8.5 3.2 13.8	9.1 4.8 13.4	9.9 2.9 16.8	14.6 8.0 21.3	12.5 7.6 17.3	5.9 0.7 11.2	11.3 5.6 17.0	8.9 4.9 12.8
55-64 years	6.4 0.6 12.1	11.5 5.0 17.9	9.4 4.9 13.8	9.1 2.7 15.5	13.0 6.2 19.7	11.4 6.6 16.1	4.5 0.6 8.5	6.1 1.5 10.7	5.5 2.3 8.6
25-64 years	4.6 1.8 7.5	6.0 3.5 8.4	5.4 3.5 7.2	5.6 2.6 8.5	8.4 5.6 11.3	7.2 5.1 9.3	3.8 1.3 6.3	5.7 3.3 8.0	4.9 3.1 6.6

¹Note: Raised blood glucose is defined as plasma venous value ≥ 7.0 mmol/L

I.3. Total cholesterol

Description: mean total cholesterol results.

Instrument questions:

. Total cholesterol measurement

Age Group	Total cholesterol (mmol/L)					
	Men N=295		Women N=441		Both Sexes N=736	
	Mean 95% CI		Mean 95% CI		Mean 95% CI	
25-34 years	4.8		4.7		4.7	
	4.5	5.1	4.4	5.0	4.5	4.9
35-44 years	5.4		5.0		5.1	
	4.7	6.0	4.8	5.2	4.8	5.4
45-54 years	5.5		5.2		5.3	
	5.2	5.7	5.1	5.4	5.2	5.5
55-64 years	5.1		5.4		5.3	
	4.8	5.4	5.2	5.6	5.1	5.5
25-64 years	5.2		5.0		5.1	
	5.0	5.4	4.9	5.2	5.0	5.2

I.4. Raised total cholesterol Description: participants with raised cholesterol.
Instrument questions:
. Total cholesterol measurement

Age Group	Total cholesterol \geq 5.2 mmol/L			Total cholesterol \geq 6.5 mmol/L		
	Men N=295	Women N=441	Both Sexes N=736	Men N=295	Women N=441	Both Sexes N=736
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	23.7 10.9 36.5	23.6 11.3 35.9	23.6 14.8 32.5	7.2 0.0 15.3	9.0 0.1 17.9	8.2 2.1 14.2
35-44 years	44.5 31.7 57.4	40.0 30.3 49.7	41.8 34.1 49.6	10.2 1.6 18.8	8.4 3.1 13.7	9.1 4.5 13.8
45-54 years	62.3 50.6 74.1	49.3 40.5 58.2	55.0 47.7 62.4	16.9 8.1 25.7	9.6 4.9 14.3	12.8 8.1 17.4
55-64 years	43.3 32.7 53.9	61.5 52.2 70.8	54.2 47.1 61.3	9.2 2.7 15.6	19.6 11.7 27.5	15.4 10.0 20.8
25-64 years	43.4 36.3 50.6	41.3 35.9 46.8	42.2 37.9 46.6	11.1 6.7 15.5	10.4 7.1 13.8	10.7 8.0 13.4

I.5. Triglycerides Description: mean triglyceride results.
Instrument questions:
. Triglyceride measurement

Age Group	Triglycerides (mmol/L)			Triglycerides > 2.26 mmol/L		
	Men N=296	Women N=439	Both Sexes N=735	Men N=296	Women N=439	Both Sexes N=735
	Mean 95% CI	Mean 95% CI	Mean 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	1.3 1.1 1.6	1.1 0.9 1.3	1.2 1.1 1.4	10.3 1.2 19.4	5.6 0.0 12.1	7.8 2.3 13.2
35-44 years	1.8 1.4 2.2	1.2 1.0 1.3	1.4 1.2 1.6	20.6 10.0 31.2	11.1 5.0 17.3	14.9 9.2 20.6
45-54 years	2.1 1.7 2.5	1.4 1.2 1.6	1.7 1.5 1.9	27.9 17.3 38.6	11.5 6.1 16.8	18.7 13.1 24.2
55-64 years	1.7 1.4 2.0	1.4 1.2 1.6	1.5 1.4 1.7	17.2 8.9 25.6	8.1 3.3 12.9	11.8 7.3 16.3
25-64 years	1.7 1.5 1.9	1.3 1.2 1.3	1.5 1.4 1.6	19.3 14.0 24.6	9.4 6.3 12.5	13.6 10.7 16.5

I.6. Creatinine

Description: mean total creatinine results.

Instrument questions:

. Total creatinine measurement

Age Group	Total creatinine (mmol/L)					
	Men N=298		Women N=441		Both Sexes N=739	
	Mean 95% CI		Mean 95% CI		Mean 95% CI	
25-34 years	93.9 89.1 98.6		67.8 64.8 70.8		80.0 75.8 84.1	
35-44 years	89.7 85.9 93.5		69.1 66.4 71.7		77.4 74.7 80.1	
45-54 years	86.2 83.2 89.2		70.8 69.0 72.7		77.5 75.6 79.5	
55-64 years	90.6 87.1 94.0		72.7 70.6 74.8		80.0 77.7 82.2	
25-64 years	90.0 87.9 92.2		69.7 68.4 71.1		78.5 76.9 80.0	

J. Raised Risk

J.1. Raised Risk

Description: summary of combined risk factors.

- . current daily smokers
- . less than 5 servings of fruits & vegetables per day
- . low level of activity (<600 MET -minutes)
- . overweight or obese (BMI \geq 25 kg/m²)
- . raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg).

Instrument questions: combined from STEP 1

Age Group	Low risk: none of the risk factors			Raised risk: at least 3 of the risk factors		
	Men N=320	Women N=465	Both Sexes N=785	Men N=320	Women N=465	Both Sexes N=785
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	0.0 - -	0.0 - -	59.6 44.5 74.7	34.4 20.5 48.3	45.9 35.2 56.6
35-44 years	0.0 - -	2.9 0.0 6.1	1.7 0.0 3.7	68.2 56.7 79.6	46.9 37.4 56.3	55.5 48.0 63.0
45-54 years	0.0 - -	0.4 0.0 1.2	0.2 0.0 0.7	67.8 57.5 78.2	71.5 64.0 79.1	69.8 63.6 76.1
55-64 years	0.0 - -	0.0 - -	0.0 - -	83.8 76.6 91.1	75.8 67.8 83.8	79.1 73.4 84.7
25-44 years	0.0 - -	1.7 0.0 3.5	0.9 0.0 2.0	64.1 54.7 73.4	41.5 33.5 49.6	51.2 44.8 57.5
45-64 years	0.0 - -	0.3 0.0 0.8	0.2 0.0 0.5	72.4 64.9 80.0	73.0 67.3 78.6	72.7 68.1 77.3
25-64 years	0.0 - -	1.1 0.0 2.2	0.6 0.0 1.3	67.6 61.3 73.9	54.5 48.9 60.0	60.2 55.9 64.4

K. Self-Reported Health Status

K.1. Self reported physical condition

Description: self reported physical condition on a 5-point scale (excellent, very good, good, fair, poor).

Instrument question:

. Considering your age how would you describe your physical condition?

Age Group	Excellent			Very good			Good		
	Men N=661	Women N=896	Both Sexes N=1557	Men N=661	Women N=896	Both Sexes N=1557	Men N=661	Women N=896	Both Sexes N=1557
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	11.2 5.8 16.6	8.7 3.3 14.2	9.8 6.0 13.6	27.2 18.0 36.3	15.1 9.2 21.0	20.3 15.1 25.6	33.6 22.9 44.4	50.4 41.6 59.2	43.1 36.4 49.9
35-44 years	13.5 8.7 18.4	7.6 4.5 10.8	10.2 7.4 13.0	15.5 9.9 21.2	13.8 9.3 18.3	14.6 11.0 18.1	34.8 27.6 42.0	45.8 39.3 52.4	41.0 36.1 45.8
45-54 years	8.0 4.2 11.8	10.5 6.5 14.6	9.3 6.5 12.1	17.5 11.4 23.6	13.7 9.0 18.4	15.5 11.7 19.3	41.7 33.2 50.2	38.2 31.9 44.6	39.9 34.6 45.1
55-64 years	7.1 3.2 11.0	6.5 2.9 10.1	6.7 4.1 9.4	20.9 14.1 27.6	15.6 10.3 20.8	17.8 13.7 22.0	39.8 32.0 47.6	41.1 34.0 48.1	40.5 35.3 45.8
25-64 years	10.4 8.0 12.9	8.6 6.4 10.7	9.4 7.8 11.0	19.8 16.2 23.4	14.4 11.7 17.0	16.8 14.6 19.0	37.2 32.7 41.7	44.4 40.6 48.1	41.2 38.3 44.1

Age Group	Fair			Poor		
	Men (N=661)	Women (N=896)	Both sexes (N=1557)	Men (N=661)	Women (N=896)	Both sexes (N=1557)
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	24.1 15.9 32.4	14.7 8.2 21.2	18.8 13.7 23.9	3.9 0.4 7.3	11.1 5.4 16.9	8.0 4.3 11.6
35-44 years	27.7 20.8 34.6	23.9 18.3 29.4	25.6 21.2 29.9	8.4 3.9 13.0	8.9 5.2 12.6	8.7 5.8 11.5
45-54 years	23.9 17.1 30.8	24.0 18.5 29.6	24.0 19.6 28.3	8.9 4.5 13.3	13.5 9.0 17.9	11.3 8.2 14.5
55-64 years	23.7 16.8 30.6	28.9 22.5 35.3	26.7 22.0 31.4	8.5 4.0 13.1	8.0 4.5 11.5	8.2 5.4 11.0
25-64 years	25.1 21.4 28.9	22.1 19.0 25.2	23.4 21.0 25.8	7.4 5.2 9.6	10.6 8.3 13.0	9.2 7.5 10.8

K.2.a. Current health problems

Description: diseases/health problems from which the respondent suffered during the last 12 months according to

Instrument question:

. Do you suffer from any of the following diseases/health problems or did you suffer from them during the last 12 months?

Age Group	Self reported diseases/health problems during last 12 months								
	Asthma/chronic bronchitis			Sinusitis			Serious heart condition or heart attack		
	Men N=663	Women N=899	Both Sexes N=1562	Men N=664	Women N=899	Both Sexes N=1563	Men N=661	Women N=898	Both Sexes N=1559
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	3.9 0.4 7.3	5.9 1.6 10.2	5.0 2.2 7.9	20.2 12.1 28.3	30.0 21.8 38.3	25.8 19.9 31.7	3.0 0.0 6.0	2.4 0.0 5.2	2.6 0.6 4.7
35-44 years	1.7 0.0 3.7	6.4 3.0 9.8	4.3 2.2 6.5	16.9 11.2 22.6	25.6 20.0 31.3	21.8 17.7 25.8	3.0 0.4 5.7	1.5 0.0 3.0	2.2 0.7 3.6
45-54 years	2.4 0.0 5.8	6.8 3.4 10.2	4.8 2.4 7.2	17.7 11.2 24.2	25.1 19.1 31.0	21.6 17.2 26.0	5.2 1.7 8.7	3.7 1.1 6.2	4.4 2.3 6.5
55-64 years	3.8 0.9 6.7	3.4 0.8 6.1	3.6 1.6 5.5	15.6 10.1 21.1	14.4 9.6 19.4	14.9 11.3 18.6	6.2 2.4 9.9	8.0 4.3 11.7	7.2 4.5 9.9
25-64 years	2.7 1.2 4.3	6.0 4.1 7.9	4.5 3.3 5.8	17.8 14.4 21.3	25.2 21.8 28.6	21.9 19.5 24.4	4.1 2.4 5.7	3.2 1.9 4.5	3.6 2.6 4.6

Age Group	Self reported diseases/health problems during last 12 months								
	Problems of the stomach			Constipation			Chronic bladder infection		
	Men N=661	Women N=899	Both Sexes N=1560	Men N=662	Women N=899	Both Sexes N=1561	Men N=663	Women N=895	Both Sexes N=1558
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	16.5 9.0 24.0	26.9 18.8 35.0	22.4 16.7 28.2	3.9 0.4 7.4	26.5 18.8 34.2	16.8 11.9 21.6	1.3 0.0 3.2	10.7 4.9 16.5	6.6 3.2 10.1
35-44 years	21.0 14.6 27.3	20.0 14.6 25.3	20.4 16.3 24.5	7.4 3.1 11.7	20.9 15.6 26.2	15.0 11.4 18.6	3.0 0.2 5.9	10.6 6.6 14.6	7.3 4.7 9.9
45-54 years	15.2 9.3 21.2	23.1 17.3 28.9	19.4 15.2 23.6	2.7 0.5 5.0	19.0 13.5 24.4	11.4 8.1 14.6	3.0 0.3 5.8	12.0 7.3 16.6	7.8 4.9 10.6
55-64 years	14.2 8.7 19.7	16.0 10.8 21.2	15.2 11.4 19	4.8 1.4 8.2	15.2 10 20.4	10.8 7.4 14.1	6.6 2.4 10.8	3.9 1.1 6.6	5.0 2.6 7.5
25-64 years	17.2 13.8 20.7	22.2 18.9 25.5	20.0 17.6 22.4	4.8 2.9 6.6	21.1 18 24.3	13.9 11.9 15.9	3.0 1.6 4.5	10.1 7.7 12.5	7.0 5.5 8.5

K.2.b. Current health problems

Description: diseases/health problems from which the respondent suffered during the last 12 months according to

Instrument question:

. Do you suffer from any of the following diseases/health problems or did you suffer from them during the last 12 months?

Age Group	Self reported diseases/health problems during last 12 months								
	Chronic spinal problems longer than 3 months			Arthrosis/arthritis of the joints			Migraine or heavy headaches		
	Men N=663	Women N=899	Both Sexes N=1562	Men N=660	Women N=899	Both Sexes N=1559	Men N=662	Women N=898	Both Sexes N=1560
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	16.5 8.4 24.5	12.6 6.8 18.5	14.3 9.5 19.1	3.1 0.2 6.0	5.9 2.1 9.7	4.7 2.2 7.2	18.6 10.7 26.5	40.3 31.6 49.0	31.0 24.7 37.2
35-44 years	14.5 9.0 20.1	18.0 12.9 23.0	16.4 12.7 20.2	7.1 3.1 11.1	5.2 2.2 8.2	6.0 3.6 8.5	7.8 3.4 12.2	30.0 24.0 36.1	20.2 16.2 24.3
45-54 years	21.3 14.9 27.8	19.2 14.1 24.4	20.2 16.1 24.3	7.9 3.8 12.1	17.5 12.0 23.0	13.0 9.4 16.6	14.3 8.7 19.9	31.6 25.4 37.9	23.5 19.2 27.9
55-64 years	16.5 10.7 22.3	18.3 13 23.5	17.5 13.6 21.4	12.9 7.3 18.5	10.3 6.0 14.6	11.4 8.0 14.8	10.0 5.1 14.9	16.4 11.1 21.8	13.6 9.9 17.4
25-64 years	17.3 13.9 20.7	16.9 14.1 19.7	17.1 14.9 19.3	7.1 5.0 9.1	9.4 7.2 11.7	8.4 6.9 9.9	12.8 9.8 15.9	31.5 27.9 35.1	23.2 20.7 25.7

Age Group	Self reported diseases/health problems during last 12 months								
	Chronic skin disease or eczema			Malignant neoplasm or cancer			Allergy		
	Men N=660	Women N=896	Both Sexes N=1556	Men N=661	Women N=895	Both Sexes N=1556	Men N=661	Women N=899	Both Sexes N=1560
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	3.0 0.0 6.0	4.0 0.2 7.7	3.6 1.1 6.1	0.0 - -	1.6 0.0 3.8	0.9 0.0 2.1	13.3 7.4 19.2	24.5 16.6 32.4	19.7 14.4 24.9
35-44 years	3.1 0.5 5.6	4.7 1.9 7.5	4.0 2.0 5.9	0.0 - -	2.2 0.3 4.2	1.2 0.1 2.4	15.9 10.1 21.6	25.1 19.6 30.7	21.1 17.0 25.1
45-54 years	4.3 1.2 7.5	5.1 2.1 8.2	4.8 2.6 7.0	0.0 - -	2.0 0.5 3.5	1.0 0.2 1.9	14.1 8.2 20.0	20.0 14.7 25.2	17.2 13.3 21.1
55-64 years	8.1 4.1 12	6.5 2.9 10.1	7.2 4.5 9.8	0.5 0.0 1.4	2.7 0.5 4.9	1.7 0.4 3.1	12.9 7.3 18.5	17.9 12.4 23.3	15.8 11.8 19.7
25-64 years	4.0 2.5 5.6	4.9 3.2 6.5	4.5 3.3 5.7	0.1 0.0 0.2	2.0 1.0 3.0	1.2 0.6 1.7	14.3 11.3 17.3	22.6 19.3 25.8	18.9 16.6 21.2

K.2.c. Current health problems

Description: diseases/health problems from which the respondent suffered during the last 12 months according to

Instrument question:

. Do you suffer from any of the following diseases/health problems or did you suffer from them during the last 12 months?

Age Group	Self reported diseases/health problems during last 12 months								
	Psychological problems			Serious consequences due to an accident			Stroke or effects of a stroke		
	Men N=665	Women N=898	Both Sexes N=1563	Men N=664	Women N=897	Both Sexes N=1561	Men N=664	Women N=898	Both Sexes N=1562
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	18.5 10.7 26.2	31.6 23.6 39.7	25.9 20.2 31.7	6.9 2.4 11.4	1.2 0.0 2.6	3.7 1.5 5.8	0.0 - -	1.2 0.0 2.9	0.7 0.0 1.7
35-44 years	23.3 16.8 29.9	27.1 21.3 32.9	25.4 21.1 29.8	5.4 2.1 8.7	2.0 0.3 3.6	3.5 1.8 5.2	0.0 - -	0.5 0.0 1.2	0.3 0.0 0.7
45-54 years	17.4 11.4 23.4	25.7 19.8 32.6	21.8 17.5 26.0	7.3 2.8 11.8	1.5 0.0 3.3	4.2 1.9 6.5	0.0 - -	1.5 0.0 3.2	0.8 0.0 1.7
55-64 years	13.1 7.7 18.6	19.0 13.5 24.5	16.5 12.6 20.4	6.6 2.6 10.6	2.7 0.2 5.1	4.3 2.1 6.6	0.9 0.0 2.2	0.8 0.0 2.3	0.8 0.0 1.9
25-64 years	19.0 15.5 22.5	26.9 23.4 30.3	23.4 20.9 25.8	6.5 4.4 8.6	1.7 0.8 2.6	3.9 2.8 4.9	0.1 0.0 0.3	1.0 0.2 1.7	0.6 0.2 1.0

Age Group	Self reported diseases/health problems during last 12 months								
	Varicose vein			Stomach ulcer			Kidney stone		
	Men N=663	Women N=897	Both Sexes N=1560	Men N=661	Women N=899	Both Sexes N=1560	Men N=661	Women N=897	Both Sexes N=1558
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	1.3 0.0 3.2	7.1 2.7 11.5	4.6 2.0 7.3	1.7 0.0 4.2	2.4 0.0 4.8	2.1 0.4 3.8	0.0 - -	1.6 0.0 3.8	0.9 0.0 2.2
35-44 years	1.7 0.0 3.7	15.6 10.9 20.3	9.4 6.6 12.3	4.7 1.6 7.9	2.7 0.4 5.0	3.6 1.7 5.5	2.0 0.0 4.1	5.2 2.4 8.0	3.8 2.0 5.6
45-54 years	3.4 0.7 6.1	17.8 12.7 22.8	11.0 8.0 14.1	2.1 0.0 4.6	3.4 0.9 5.9	2.8 1.1 4.6	5.5 0.0 12.1	2.7 0.6 4.7	4.0 0.7 7.3
55-64 years	2.3 0.3 4.4	23.0 16.6 29.4	14.1 10.1 18.0	2.8 0.3 5.4	0.8 0 1.8	1.6 0.4 2.9	7.5 3.4 11.7	3.1 1.0 5.2	5.0 2.8 7.2
25-64 years	2.2 1.0 3.4	14.8 12.3 17.4	9.2 7.7 10.8	2.9 1.5 4.4	2.5 1.3 3.8	2.7 1.8 3.7	3.3 1.0 5.5	3.2 2.0 4.5	3.2 2.0 4.4

K.2.d. Current health problems

Description: diseases/health problems from which the respondent suffered during the last 12 months according to Instrument question:

. Do you suffer from any of the following diseases/health problems or did you suffer from them during the last 12 months?

Age Group	Self reported diseases/health problems during last 12 months									
	Arthrosis of the joints			Cataract, glaucoma			Problems with menstruation or menopause	Myoma or fibroid	Prostate problems	
	Men N=658	Women N=897	Both Sexes N=1555	Men N=659	Women N=899	Both Sexes N=1558	Women N=899	Women N=899	Men N=666	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
25-34 years	2.2 0.0 5.2	0.0 - -	0.9 0.0 2.3	3.5 0.3 6.7	2.0 0.0 4.3	2.6 0.7 4.5	22.5 15.1 30.0	4.3 0.7 8	0.0 - -	
35-44 years	2.7 0.4 5.0	1.5 0.0 3.1	2.0 0.7 3.4	3.1 0.4 5.8	2.5 0.6 4.4	2.7 1.1 4.3	17.0 12.3 21.7	3.4 1.2 5.7	0.7 0 2	
45-54 years	9.8 2.6 17.0	6.4 3.2 9.5	8.0 4.2 11.8	3.7 0.9 6.5	4.6 1.8 7.5	4.2 2.2 6.2	21.7 16.2 27.1	5.4 2.2 8.5	1.8 0.0 3.9	
55-64 years	9.2 4.5 13.9	12.9 7.9 17.9	11.3 7.8 14.8	11.3 6.0 16.6	8.4 4.5 12.3	9.6 6.4 12.8	8.7 4.9 12.6	1.5 0.0 3.3	3.3 0.9 5.7	
25-64 years	5.5 3.0 8.1	3.9 2.7 5.2	4.6 3.3 6.0	4.4 2.8 6.0	3.7 2.4 5.0	4.0 3.0 5.0	18.7 15.7 21.7	4.0 2.4 5.5	1.2 0.4 2.0	

Age Group	Self reported diseases/health problems during last 12 months		
	Other chronic condition		
	Men N=666	Women N=899	Both Sexes N=1565
	% 95% CI	% 95% CI	% 95% CI
25-34 years	2.6 0.0 5.4	3.6 0.0 7.2	3.1 0.7 5.5
35-44 years	4.7 1.4 8.0	4.2 1.7 6.7	4.4 2.4 6.4
45-54 years	6.4 2.9 9.9	3.9 1.4 6.4	5.1 3.0 7.2
55-64 years	5.6 2.1 9.2	5.7 2.4 9.0	5.7 3.2 8.1
25-64 years	4.8 3.1 6.5	4.1 2.6 5.7	4.4 3.3 5.6

K.3. Handicapped status

Description: percentage of participants reporting a handicap.

Instrument question:

. Do you have a handicap?

Age Group	Men N=665		Women N=897		Both Sexes N=1562	
	%	95% CI	%	95% CI	%	95% CI
25-34 years	3.0	0.2 5.8	1.2	0.0 2.9	2.0	0.4 3.5
35-44 years	2.7	0.4 5.0	3.2	0.9 5.5	3.0	1.4 4.6
45-54 years	4.9	2.0 7.8	5.6	2.5 8.7	5.3	3.1 7.4
55-64 years	8.0	3.4 12.6	4.9	1.9 7.9	6.2	3.6 8.9
25-64 years	4.1	2.6 5.6	3.5	2.3 4.8	3.8	2.8 4.8

K.4.a. Type of handicap

Description: percentage of participants suffering from a number of types of handicap.

Instrument question:

. Do you have a handicap?

. What type of handicap do you have? (Cross as many boxes as necessary)

Age group	Motor dysfunction ¹						Visual handicap ¹					
	Men N=35		Women N=35		Both Sexes N=70		Men N=35		Women N=35		Both Sexes N=70	
	%		%		%		%		%		%	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	57.1 10.8 100.0	0.0 - -	37.7 0.4 745.0	0.0 - -	100.0 100.0 100.0	34.1 0.0 73.0						
35-44 years	19.5 0.0 75.8	23.0 0.0 48.5	28.8 7.0 50.7	21.7 7.5 92.5	38.5 3.1 73.8	43.1 15.3 70.9						
45-54 years	10.3 61.0 100.0	39.1 10.8 67.5	57.4 37.0 77.8	11.7 2.1 47.9	17.4 0.0 37.0	20.7 5.8 35.6						
55-64 years	52.9 22.8 83.1	41.7 9.2 74.1	48.1 26.0 70.2	47.1 17.0 77.2	8.3 0.0 24.2	30.4 9.5 51.3						
25-64 years	60.7 43.3 78.1	31.2 14.5 48.0	45.5 32.8 58.3	30.8 14.0 47.5	29.6 12.1 47.2	42.3 18.1 42.3						

Age group	Auditory handicap ¹						Organ handicap ¹					
	Men N=35		Women N=35		Both Sexes N=70		Men N=35		Women N=35		Both Sexes N=70	
	%		%		%		%		%		%	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -						
35-44 years	12.5 0.0 36.3	30.8 0.0 67.8	23.5 0.0 49.1	12.5 0.0 36.3	23.1 0.0 60.3	18.9 0.0 43.9						
45-54 years	0.0 - -	8.7 0.0 25.0	4.9 0.0 14.3	0.0 - -	13.0 0.0 31.1	7.4 0.0 17.8						
55-64 years	17.6 0.0 36.9	15.6 0.0 55.6	20.8 3.3 38.3	17.6 0.0 36.9	0.0 - -	10.0 0.0 21.1						
25-64 years	6.9 0.0 13.9	17.2 1.9 32.5	12.2 3.4 21.0	6.9 0.0 13.9	12.5 0.0 26.9	9.8 1.5 18.1						

¹Note: only participants who indicated they had a handicap are included in this table

K.4.b. Type of handicap

Description: percentage of participants suffering from a number of types of handicap.

Instrument question:

. Do you have a handicap?

. What type of handicap do you have? (Cross as many boxes as necessary)

Age group	Severe mental handicap ¹			Moderate mental handicap ¹		
	Men N=35	Women N=35	Both Sexes N=70	Men N=35	Women N=35	Both Sexes N=70
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	28.6 0.0 73.9	0.0 - -	18.8 0.0 51.6	0.0 - -	66.7 5.0 100.0	22.7 0.0 60.2
35-44 years	0.0 - -	0.0 - -	0.0 - -	12.5 0.0 36.3	0.0 - -	5.0 0.0 14.7
45-54 years	0.0 - -	0.0 - -	0.0 - -	0.0 - -	17.4 0.0 41.4	9.8 0.0 24.1
55-64 years	0.0 - -	0.0 - -	0.0 - -	11.8 0.0 27.7	0.0 - -	6.7 0.0 15.8
25-64 years	5.4 0.0 15.6	0.0 - -	2.6 0.0 7.7	5.5 0.0 11.9	13.8 0.0 29.2	9.8 1.1 18.5

Age group	Other handicap ¹		
	Men N=35	Women N=35	Both Sexes N=70
	% 95% CI	% 95% CI	% 95% CI
25-34 years	14.3 0.0 41.5	0.0 - -	9.4 0.0 27.7
35-44 years	12.5 0.0 36.3	7.7 0.0 22.7	9.6 0.0 22.7
45-54 years	0.0 - -	4.3 0.0 12.9	2.5 0.0 7.3
55-64 years	23.5 0.0 48.5	25.0 0.0 50.9	24.2 6.1 42.2
25-64 years	11.0 1.3 20.8	8.5 0.9 16.2	9.7 3.6 15.9

¹Note: only participants who indicated they had a handicap are included in this table

K.5.a. Family history of chronic diseases

Description: percentage of respondents with immediate blood relatives that have been diagnosed with chronic diseases/health conditions.

Instrument question:

. Has any of your immediate blood relatives (including siblings, parents, grandparents, and excluding children, spouse, and in-laws) ever been diagnosed with the following diseases/health

Age group	High blood pressure			Diabetes or high (elevated) blood sugar		
	Men N=663	Women N=894	Both Sexes N=1557	Men N=664	Women N=895	Both Sexes N=1559
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	48.7 38.4 59.1	60.1 51.5 68.7	55.1 48.3 61.8	48.3 37.9 58.7	49.2 40.4 58.0	48.8 42.1 55.5
35-44 years	50.0 42.4 57.7	57.4 50.9 64.0	54.2 49.2 59.1	44.7 37.2 52.3	47.0 40.5 53.6	46.0 41.1 51.0
45-54 years	43.7 35.6 51.9	59.8 53.4 66.2	52.3 47.0 57.5	45.7 37.5 54.0	55.3 48.7 61.8	50.8 45.5 56.0
55-64 years	42.9 35.0 50.9	59.9 53.0 66.9	52.6 47.3 57.9	41.0 33.2 48.9	45.8 38.7 52.9	43.8 38.5 49.1
25-64 years	46.9 42.4 51.4	59.1 55.4 62.9	53.7 50.7 56.6	45.5 41.0 50.0	49.7 45.9 53.5	47.8 44.9 50.8

Age group	High cholesterol			High triglycerides		
	Men N=659	Women N=895	Both Sexes N=1554	Men N=658	Women N=886	Both Sexes N=1544
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	31.6 21.9 41.3	38.9 30.3 47.4	35.7 29.3 42.2	12.1 5.8 18.3	19.0 12.2 25.8	15.9 11.2 20.6
35-44 years	29.7 22.7 36.7	35.4 29.2 41.6	32.9 28.2 37.6	15.9 10.2 21.6	17.6 12.7 22.6	16.9 13.1 20.6
45-54 years	25.9 19.0 32.9	34.6 28.5 40.8	30.6 25.9 35.2	13.5 8.1 18.9	20.8 15.3 26.4	17.4 13.4 21.3
55-64 years	34.3 26.5 42.1	30.4 23.9 36.9	32.1 27.0 37.1	21.0 14.5 27.4	17.9 12.4 23.5	19.2 15.0 23.5
25-64 years	29.7 25.5 33.8	35.5 31.8 39.1	32.9 30.1 35.6	14.8 11.8 17.9	18.9 16.0 21.9	17.1 14.9 19.2

K.5.b. Family history of chronic diseases Description: percentage of respondents with immediate blood relatives that have been diagnosed with chronic diseases/health conditions.

Instrument question:

. Has any of your immediate blood relatives (including siblings, parents, grandparents, and excluding children, spouse, and in-laws) ever been diagnosed with the following

Age group	Dementia			Stroke		
	Men N=661	Women N=894	Both Sexes N=1555	Men N=663	Women N=895	Both Sexes N=1558
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	8.1 2.8 13.4	7.5 2.8 12.3	7.8 4.2 11.4	11.1 4.3 18.0	21.4 14.0 28.9	16.9 11.7 22.2
35-44 years	6.5 2.6 10.4	11.7 7.4 15.9	9.4 6.4 12.3	13.9 8.5 19.2	19.0 13.7 24.4	16.8 12.9 20.6
45-54 years	6.8 2.6 11.1	7.3 4.2 10.4	7.1 4.5 9.7	15.3 7.7 23.0	21.8 16.4 27.1	18.8 14.2 23.3
55-64 years	8.5 4.0 13.0	8.4 4.4 12.5	8.5 5.4 11.5	17.0 10.9 23.1	19.0 13.3 24.7	18.1 14.0 22.3
25-64 years	7.3 5.0 9.6	8.9 6.8 11.1	8.2 6.6 9.8	14.0 10.5 17.4	20.4 17.3 23.6	17.6 15.2 19.9

Age group	Early heart attack			Cancer or malignant tumor		
	Men N=663	Women N=895	Both Sexes N=1558	Men N=663	Women N=896	Both Sexes N=1559
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	19.7 11.3 28.0	25.0 17.3 32.7	22.7 17.0 28.4	26.1 17.5 34.7	29.4 21.4 37.3	27.9 22.1 33.8
35-44 years	15.6 10.1 21.1	25.4 19.6 31.2	21.1 17.0 25.2	24.0 17.5 30.7	32.8 26.8 38.9	29.0 24.5 33.5
45-54 years	17.2 11.2 23.2	23.5 17.7 29.2	20.5 16.3 24.7	27.3 20.0 34.6	33.7 27.5 39.8	30.7 25.9 35.5
55-64 years	19.3 13.0 25.7	16.0 10.8 21.2	17.4 13.4 21.5	29.7 22.3 37.1	33.5 26.6 40.3	31.9 26.8 36.9
25-64 years	17.6 14.2 21.0	23.5 20.2 26.9	20.9 18.5 23.3	26.3 22.4 30.2	32.2 28.7 35.7	29.6 26.9 32.2

K.6. Self-reported height, weight and BMI

Description: mean results for reported height, weight and body mass index (excluding pregnant women).

Instrument questions:

. What is your height without shoes?

. What is your weight without clothes?

Age Group	Reported height (cm)						Reported weight (kg)						BMI (kg/m2) based on reported height and weight					
	Men N=666		Women N=899		Both Sexes N=1565		Men N=666		Women N=899		Both Sexes N=1565		Men N=666		Women N=899		Both Sexes N=1565	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	%	95% CI	%	95% CI	%	95% CI
25-34 years	175.8		162.0		167.9		83.0		66.4		73.6		27.2		25.3		26.2	
	174.2	177.3	160.8	163.3	166.6	169.2	79.8	86.2	63.8	69.1	71.3	75.9	26.1	28.4	24.4	26.3	25.4	26.9
35-44 years	174.1		162.6		167.7		86.0		71.0		77.5		28.3		26.7		27.4	
	172.9	175.3	161.7	163.5	166.8	168.6	83.5	88.5	68.9	73.1	75.7	79.3	27.5	29.1	25.9	27.4	26.8	27.9
45-54 years	174.5		162.3		168.1		86.9		75.3		80.8		28.5		28.8		28.7	
	173.1	175.9	161.2	163.3	167.0	169.2	84.4	89.5	73.2	77.4	79.0	82.7	27.7	29.3	28.0	29.6	28.1	29.2
55-64 years	173.1		163.1		167.5		87.2		75.4		80.5		29.2		28.7		28.9	
	171.8	174.5	161.8	164.4	166.4	168.6	84.5	90.0	73.0	77.8	78.6	82.4	28.4	30.1	27.8	29.6	28.3	29.5
25-64 years	174.5		162.4		167.8		85.7		71.5		77.9		28.2		27.2		27.6	
	173.8	175.2	161.9	163.0	167.3	167.3	84.3	87.1	70.3	72.8	76.8	78.9	27.8	28.7	26.7	27.6	27.3	28.0

K.7. Tried to loose weight

Description: percentage of participants trying to loose weight.

Instrument question:

. During the past 12 months, have you done something to loose weight?

Age Group	Men N=657		Women N=894		Both Sexes N=1551	
	95% CI		95% CI		95% CI	
25-34 years	33.8		45.9		40.6	
	24.5	43.1	37.1	54.6	34.1	47.1
35-44 years	31.1		37.3		34.6	
	23.9	38.2	31.0	43.6	29.8	39.3
45-54 years	30.2		39.2		34.9	
	22.7	37.7	32.7	45.6	30.0	39.9
55-64 years	24.2		26.2		25.3	
	17.2	31.1	19.8	32.5	20.6	30.0
25-64 years	30.6		38.7		35.1	
	26.5	34.8	35.0	42.4	32.3	37.9

K.8.a. Means used to loose weight

Description: means used by participants who tried to loose weight

Instrument question:

. What have you done to loose weight (more than one option can be chosen).

Age group	Eat less ¹			Eat differently ¹			Liquid diet ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	27.2 14.1 40.3	47.4 34.7 60.1	40.0 30.4 49.6	29.6 16.1 43.2	39.7 27.4 52.0	36.0 26.7 45.3	2.5 0.0 7.3	3.4 0.0 7.5	3.1 0.0 6.2
35-44 years	33.0 20.0 46.0	50.7 40.3 61.1	43.6 35.3 51.8	29.8 17.5 42.1	5.1 27.5 47.5	34.4 26.6 42.2	4.3 0.0 10.0	6.6 0.8 12.4	5.6 1.5 9.8
45-54 years	32.7 19.2 46.2	56.7 46.5 66.9	47.0 38.5 55.5	45.5 31.3 59.8	26.8 18.0 35.7	34.4 26.4 42.5	0.0 - -	2.4 0.0 5.3	1.5 0.0 3.2
55-64 years	45.3 29.0 61.6	46.5 32.6 60.3	46.0 35.4 56.5	39.6 23.2 56.1	33.8 20.5 47.1	36.2 25.8 46.6	3.8 0.0 11.0	0.0 - -	1.5 0.0 4.6
25-64 years	32.4 25.3 39.6	50.9 44.9 57.0	43.7 39.0 48.4	35.4 28.1 42.7	34.9 29.1 40.6	35.1 30.5 39.6	2.4 0.0 4.9	3.8 1.4 6.2	3.3 1.5 5.0

Age group	Use less alcohol ¹			Appetite suppressants ¹			Diuretics/"water pills" ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	2.5 0.0 7.3	1.7 0.0 5.1	2.0 0.0 4.5	1.2 0.0 3.7	8.6 1.7 15.5	5.9 1.4 10.4	0.0 - -	6.0 0.0 12.4	3.8 0.0 7.9
35-44 years	0.0 - -	4.6 0.1 9.1	2.8 0.0 5.5	2.1 0.0 6.3	11.2 4.1 18.3	7.6 2.9 12.2	0.0 - -	3.9 0.0 8.0	2.4 0.0 4.8
45-54 years	1.0 0.0 2.9	0.6 0.0 1.8	0.8 0.0 1.8	4.0 0.0 11.5	0.0 - -	1.6 0.0 4.7	0.0 - -	1.2 0.0 3.6	0.7 0.0 2.2
55-64 years	5.7 0.0 12.0	0.0 - -	2.3 0.0 4.9	1.9 0.0 5.6	0.0 - -	0.8 0.0 2.3	1.9 0.0 5.6	1.4 0.0 4.2	1.6 0.0 3.8
25-64 years	1.6 0.0 3.2	2.1 0.3 3.9	1.9 0.6 3.2	2.4 0.0 5.1	6.2 3.0 9.4	4.7 2.5 6.9	0.2 0.0 0.6	3.6 1.1 6.1	2.3 0.7 3.8

¹Note: only those participants who indicated they tried to loose weight are included in this table

K.8.b. Means used to loose weight

Description: means used by participants who tried to loose weight

Instrument question:

. What have you done to loose weight (more than one option can be chosen).

Age group	Fatburners ¹			Laxatives ¹			DiETING products ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	1.2 0.0 3.7	20.7 9.5 31.9	13.6 6.1 21.1	0.0 - -	9.5 1.8 17.2	6.0 1.0 11.0	0.0 - -	1.7 0.0 5.1	1.1 0.0 3.2
35-44 years	2.1 0.0 6.3	7.2 2.1 12.4	5.2 1.7 8.7	2.1 0.0 6.3	9.2 2.8 15.7	6.4 2.1 10.6	2.1 0.0 6.3	3.3 0.0 7.1	2.8 0.0 5.6
45-54 years	5.0 0.0 12.7	6.1 0.5 11.7	5.6 1.1 10.2	0.0 - -	3.0 0.0 6.6	1.8 0.0 3.9	2.0 0.0 5.8	1.2 0.0 3.6	1.5 0.0 3.6
55-64 years	1.9 0.0 5.6	1.4 0.0 4.2	1.6 0.0 3.8	0.0 - -	0.0 - -	0.0 - -	1.9 0.0 5.6	2.8 0.0 8.2	2.4 0.0 6.0
25-64 years	2.7 0.0 5.5	10.7 6.3 15.1	7.6 4.6 10.5	0.7 0.0 2.0	6.7 3.4 10.1	4.3 2.2 6.5	1.4 0.0 3.2	2.2 0.4 4.0	1.9 0.6 3.2

Age group	Alternative medicine ¹			Dr. Atkin's diet ¹			DiETING programs ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	1.7 0.0 5.1	1.1 0.0 3.2	2.5 1.0 5.9	3.4 0.0 8.2	3.1 0.0 6.3	3.7 0.0 9.0	0.9 0.0 2.6	1.9 0.0 4.2
35-44 years	0.0 - -	5.3 0.6 10.0	3.2 0.3 6.0	3.2 0.0 7.8	2.6 0.1 5.2	2.9 0.5 5.3	0.0 - -	3.3 0.0 7.1	2.0 0.0 4.3
45-54 years	2.0 0.0 5.8	1.2 0.0 2.9	1.5 0.0 3.4	2.0 0.0 5.8	1.8 0.0 3.9	1.9 0.0 3.9	4.0 0.0 9.4	7.3 1.9 12.7	6.0 2.1 9.9
55-64 years	0.0 - -	0.0 - -	0.0 - -	1.9 0.0 5.6	2.8 0.0 8.2	2.4 0.0 6.0	0.0 - -	8.5 0.1 16.8	5.0 0.0 10.0
25-64 years	0.6 0.0 1.7	2.5 0.6 4.4	1.8 0.5 3.0	2.5 0.4 4.6	2.7 0.8 4.6	2.6 1.2 4.0	2.2 0.0 4.5	4.1 2.0 6.3	3.4 1.8 5.0

¹Note: only those participants who indicated they tried to loose weight are included in this table

K.8.c. Means used to loose weight

Description: means used by participants who tried to loose weight

Instrument question:

. What have you done to loose weight (more than one option can be chosen).

Age group	Diet from a magazine ¹			(More) exercise/sport ¹			Consult a family physician ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	2.5 0.0 7.3	5.6 0.0 6.3	2.5 0.0 5.5	66.7 52.6 80.7	40.5 28.1 53.0	50.1 40.3 59.9	0.0 - -	3.4 0.0 8.2	2.2 0.0 5.2
35-44 years	0.0 - -	2.0 0.0 4.8	1.2 0.0 2.9	64.9 51.9 77.9	49.3 38.9 59.8	55.6 47.3 63.8	2.1 0.0 6.3	1.3 0.0 3.1	1.6 0.0 3.6
45-54 years	0.0 - -	2.4 0.0 6.2	1.5 0.0 3.7	53.5 39.1 67.8	36.6 26.5 46.7	43.4 35.0 51.8	0.0 - -	3.0 0.0 6.2	1.8 0.0 3.7
55-64 years	0.0 - -	0.0 - -	0.0 - -	41.5 25.6 57.4	36.6 23.3 49.9	38.6 28.4 48.8	0.0 - -	2.8 0.0 6.7	1.7 0.0 4.0
25-64 years	0.7 0.0 2.1	2.1 0.3 3.9	1.6 0.3 2.8	59.7 52.2 67.2	41.8 35.7 47.8	48.8 44.0 53.6	0.7 0.0 2.0	2.6 0.8 4.5	1.9 0.6 3.1

Age group	Consult a dietist ¹			Other ¹		
	Men N=202	Women N=331	Both Sexes N=533	Men N=202	Women N=331	Both Sexes N=533
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	1.7 0.0 5.1	1.1 0.0 3.2	12.3 1.8 22.9	9.5 2.4 16.6	10.5 4.6 16.5
35-44 years	0.0 - -	2.6 0.0 5.8	1.6 0.0 3.5	5.3 0.0 12.0	1.3 0.0 3.9	2.9 0.0 6.0
45-54 years	2.0 0.0 5.8	1.8 0.0 3.9	1.9 0.0 3.9	7.9 0.9 15.0	6.1 1.2 11.0	6.8 2.8 10.9
55-64 years	0.0 - -	4.2 0.0 9.0	2.5 0.0 5.3	9.4 0.1 18.8	5.6 0.2 11.1	7.2 2.2 12.2
25-64 years	0.6 0.0 1.7	2.3 0.7 3.9	1.6 0.5 2.7	8.5 4.1 12.9	5.7 2.9 8.5	6.8 4.4 9.2

¹Note: only those participants who indicated they tried to loose weight are included in this table

K.9. Self-reported weight

Description: respondents' self-reported weight.

Instrument questions:

. Do you consider yourself being? (too skinny, skinny, of normal weight, fat, too fat)

Age Group	Too skinny			Skinny			Of normal weight		
	Men N=662	Women N=882	Both Sexes N=1444	Men N=662	Women N=882	Both Sexes N=1444	Men N=662	Women N=882	Both Sexes N=1444
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	0.0 - -	0.7 0.0 2.0	0.4 0.0 1.1	4.7 4.0 5.4	8.8 8.0 9.6	7.0 6.5 7.6	63.7 62.1 65.2	48.0 46.6 49.4	54.8 53.8 55.9
35-44 years	0.5 0.0 1.6	2.7 0.7 4.6	1.8 0.6 3.0	1.0 0.7 1.3	4.2 3.7 4.7	2.8 2.5 3.1	63.4 62.0 64.8	45.7 44.4 47.0	53.5 52.5 54.4
45-54 years	1.1 0.0 2.6	1.1 0.0 2.3	1.1 0.1 2.1	4.9 4.2 5.5	2.9 2.5 3.4	3.9 3.5 4.2	62.4 60.9 63.8	49.4 48.0 50.8	55.5 54.5 56.5
55-64 years	0.0 0.0 0.0	0.5 0.0 1.4	0.3 0.0 0.8	3.3 2.5 4.2	4.9 4.1 5.8	4.3 3.6 4.9	65.9 63.7 68.1	51.0 48.9 53.0	57.3 55.8 58.8
25-64 years	0.5 0.0 1.0	1.3 0.6 2.1	1.0 0.5 1.4	3.4 3.1 3.7	5.2 4.9 5.5	4.4 4.2 4.6	63.5 62.7 64.3	48.0 47.3 48.8	54.9 54.4 55.5

Age Group	Fat			Too fat		
	Men N=662	Women N=882	Both Sexes N=1444	Men N=662	Women N=882	Both Sexes N=1444
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	27.8 26.3 29.2	31.6 30.3 32.9	29.9 29.0 30.9	3.8 3.2 4.5	10.8 9.9 11.7	7.8 7.2 8.3
35-44 years	33.9 32.5 35.3	43.5 42.2 44.7	39.3 38.3 40.2	1.4 1.0 1.7	3.5 3.0 3.9	2.5 2.2 2.8
45-54 years	27.8 26.5 29.2	36.2 34.8 37.5	32.3 31.3 33.2	3.7 3.1 4.2	10.5 9.7 11.4	7.3 6.8 7.8
55-64 years	25.1 23.1 27.1	36.1 34.2 38.1	31.4 30.0 32.8	5.7 4.6 6.8	7.6 6.5 8.7	6.8 6.0 7.6
25-64 years	29.4 28.6 30.1	37.3 36.5 38.0	33.7 33.2 34.3	3.2 3.0 3.5	7.9 7.5 8.3	5.8 5.6 6.1

K.10. Reported and measured blood glucose

Description: respondents' self reported diabetes status and measured blood glucose (Non-fasting recipients excluded).

Instrument questions:

- . Has a doctor/health professional ever measured your blood sugar?
- . Have you ever been told by a doctor/health professional that you have diabetes?
- . During the last 12 hours have you had anything to eat or drink, other than water?
- . Blood glucose measurement

Age Group	Respondents who were never told by a doctor/health professional they had diabetes and who had a measured blood glucose < 7mmol/L			Respondents who were never told by a doctor/health professional they had diabetes and who had a measured blood glucose ≥ 7mmol/L			Respondents who were told by a doctor/health professional they had diabetes and who had a measured blood glucose < 7mmol/L		
	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674
	%	%	%	%	%	%	%	%	%
	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI
25-34 years	57.3 40.4 72.7	66.7 51.9 78.7	62.4 51.2 72.5	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -	0.0 - -
35-44 years	74.7 61.3 84.6	68.2 57.6 77.2	70.8 62.7 77.8	0.0 - -	1.2 0.2 7.8	0.7 0.1 4.7	2.0 0.5 7.8	3.5 1.2 9.4	2.9 1.2 6.5
45-54 years	71.1 58.8 80.8	71.2 62.4 78.7	71.1 64.0 77.4	3.3 0.8 12.6	0.9 0.2 3.7	2.0 0.7 5.9	3.3 0.8 12.6	6.6 3.3 12.9	5.1 2.7 9.5
55-64 years	79.1 68.6 86.8	71.8 61.8 80.0	74.8 67.6 80.77	0.9 0.1 6.2	3.1 0.9 9.6	2.2 0.8 6.0	6.4 3.0 12.9	2.3 0.7 6.9	4.0 2.1 7.3
25-64 years	69.1 61.7 75.7	69.1 63.4 74.3	69.1 64.6 73.3	1.1 0.3 4.0	1.0 0.4 2.6	1.1 0.5 2.3	2.3 1.1 4.9	3.3 1.9 5.6	10.0 2.9 19

Age Group	Respondents who were told by a doctor/health professional they had diabetes and who had a measured blood glucose ≥ 7mmol/L			Respondents who never had their blood glucose measured and who had a measured blood glucose < 7mmol/L			Respondents who never had their blood glucose measured and who had a measured blood glucose ≥ 7mmol/L		
	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674	Men N=274	Women N=400	Both Sexes N=674
	Mean	Mean	Mean	%	%	%	%	%	%
	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI	95% CI
25-34 years	0.0 - -	0.0 - -	0.0 - -	42.7 27.3 59.6	33.3 21.3 48.1	37.6 27.5 48.8	0.0 - -	0.0 - -	0.0 - -
35-44 years	3.0 0.4 18.5	5.2 2.0 12.7	4.3 1.8 10.0	20.2 11.6 33.0	22.0 14.3 32.1	21.3 15.2 28.9	0.0 - -	0.0 - -	0.0 - -
45-54 years	5.9 2.4 13.9	5.7 2.8 11.0	5.8 3.3 9.9	15.8 8.9 26.6	13.7 8.8 20.7	14.6 10.2 20.5	0.7 0.1 4.6	1.9 0.3 12.2	1.3 0.3 6.2
55-64 years	5.5 2.0 14.3	6.9 3.2 14.3	6.3 3.4 11.3	8.2 3.6 17.6	14.5 8.5 23.6	11.9 7.6 18.1	0.0 - -	1.5 0.4 5.9	0.9 0.2 3.5
25-64 years	3.3 1.6 6.8	4.2 2.6 6.8	3.8 2.5 5.7	23.9 17.8 31.3	21.6 17.0 27.1	22.6 18.8 27.0	0.2 0.0 1.4	0.7 0.2 3.1	0.5 0.1 1.8

L. Mental Health

L.1.a. Mental Health Status

Description: percentage of participants reporting their emotional state.

Instrument questions:

- . Have you had problems falling asleep or staying asleep?
- . Have you felt loved or wanted?
- . Have you felt anger or bad tempered easily or without reason?
- . Have you experienced having one or more persons to confide in or whom to ask for help if needed?
- . Have you felt sad without reason?
- . Have you felt that you could control your thoughts, emotions and behavior?
- . Have you felt lonely most of the time?
- . Have you felt fear without reason?
- . Have you felt life is not worth living?
- . Have you felt emotionally stable?
- . Have you felt capable of making decisions and managing situations of everyday life?
- . Have you felt uptight or nervous without reason?
- . Have you felt satisfied with the way you are?

Age Group	Percentage of respondents reporting always, almost always or frequently having felt or experienced the following																	
	Had problems falling asleep				Felt loved or wanted				Felt anger or bad tempered without reason									
	Men N=665		Women N=896		Both Sexes N=1561		Men N=660		Women N=890		Both Sexes N=1550		Men N= 665		Women N=894		Both Sexes N=1559	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
25-34 years	15.4 7.6 23.2	21.3 14.4 28.3	18.8 13.6 24.0	96.6 93.5 99.7	96.0 92.9 99.1	12.0 4.9 19.0	24.2 17.0 31.5	18.9 13.7 24.0										
35-44 years	15.2 9.8 20.6	21.3 15.8 26.8	18.6 14.7 22.5	95.9 92.8 99.1	97.0 95.1 98.9	11.2 6.4 15.9	23.6 18.1 29.2	18.1 14.3 21.9										
45-54 years	15.6 7.9 23.3	18.9 13.8 23.9	17.3 12.9 21.8	94.1 87.5 100.8	97.5 95.8 99.3	9.8 5.4 14.2	17.6 12.6 22.7	14.0 10.5 17.4										
55-64 years	13.1 8.0 18.3	18.3 13.0 23.5	16.1 12.3 19.8	95.7 92.4 99.0	96.6 94.1 99.0	10.3 5.3 15.4	13.7 9.1 18.2	12.2 8.9 15.6										
25-64 years	15.1 11.5 18.7	20.2 17.2 23.3	18.0 15.6 20.3	95.5 93.1 98.0	96.8 95.6 98.0	10.9 8.1 13.6	20.8 17.7 23.9	16.4 14.2 18.5										

L.1.b. Mental Health Status

Description: percentage of participants reporting their emotional state.

Instrument questions:

- . Have you had problems falling asleep or staying asleep?
- . Have you felt loved or wanted?
- . Have you felt anger or bad tempered easily or without reason?
- . Have you experienced having one or more persons to confide in or whom to ask for help if needed?
- . Have you felt sad without reason?
- . Have you felt that you could control your thoughts, emotions and behavior?
- . Have you felt lonely most of the time?
- . Have you felt fear without reason?
- . Have you felt life is not worth living?
- . Have you felt emotionally stable?
- . Have you felt capable of making decisions and managing situations of everyday life?
- . Have you felt uptight or nervous without reason?
- . Have you felt satisfied with the way you are?

Age Group	Percentage of respondents reporting always, almost always or frequently having felt or experienced the following														
	Had one or more persons to confide in or whom to ask for help if needed			Felt sad without reason			Felt that could control own thoughts, emotions and behavior								
	Men N=660		Women N=894	Both Sexes N=1554		Men N=662		Women N=892	Both Sexes N=1554		Men N=661		Women N=887	Both Sexes N=1548	
	% 95% CI		% 95% CI	% 95% CI		% 95% CI		% 95% CI	% 95% CI		% 95% CI		% 95% CI	% 95% CI	
25-34 years	88.3 81.6 95.0	90.9 85.6 96.2	89.8 85.6 93.9		9.5 3.8 15.2	20.6 13.7 27.5	15.8 11.1 20.5	97.4 94.7 100.1	96.4 93.5 99.4	96.8 94.8 98.9					
35-44 years	93.9 90.4 97.4	92.6 89.1 96.1	93.1 90.6 95.7		4.7 2.0 7.4	16.6 11.7 21.5	11.4 8.3 14.5	96.9 94.6 99.3	95.5 92.7 98.2	96.1 94.3 98.0					
45-54 years	91.3 84.2 98.4	92.6 89.1 96.1	92.0 88.2 95.8		8.0 3.5 12.5	16.0 11.1 20.9	12.2 8.9 15.5	96.6 94.2 99.1	98.0 96.2 99.8	97.4 95.9 98.9					
55-64 years	91.1 86.4 95.8	94.3 91.2 97.4	92.9 90.1 95.6		7.5 3.0 12.0	14.9 10.0 19.8	11.7 8.2 15.2	99.1 97.8 100.4	96.6 93.9 99.2	97.6 96.0 99.3					
25-64 years	91.3 88.4 94.2	92.4 90.2 94.6	91.9 90.1 93.7		7.3 4.9 9.7	17.3 14.4 20.2	12.8 10.8 14.8	97.2 96.0 98.5	96.6 95.2 97.9	96.9 95.9 97.8					

L.1.c. Mental Health Status

Description: percentage of participants reporting their emotional state.

Instrument questions:

- . Have you had problems falling asleep or staying asleep?
- . Have you felt loved or wanted?
- . Have you felt anger or bad tempered easily or without reason?
- . Have you experienced having one or more persons to confide in or whom to ask for help if needed?
- . Have you felt sad without reason?
- . Have you felt that you could control your thoughts, emotions and behavior?
- . Have you felt lonely most of the time?
- . Have you felt fear without reason?
- . Have you felt life is not worth living?
- . Have you felt emotionally stable?
- . Have you felt capable of making decisions and managing situations of everyday life?
- . Have you felt uptight or nervous without reason?
- . Have you felt satisfied with the way you are?

Age Group	Percentage of respondents reporting always, almost always or frequently having felt or experienced the following											
	Felt lonely most of the time						Felt fear without reason					
	Men N=663		Women N=891		Both Sexes N=1554		Men N=659		Women N=892		Both Sexes N=1651	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	12.9 5.7 20.1	21.3 14.1 28.6	17.7 12.5 22.9	2.2 0.0 4.7	9.1 4.2 14.0	6.1 3.1 9.1	10.1 3.3 16.9	8.8 3.5 14.1	9.4 5.1 13.6			
35-44 years	9.5 5.2 13.8	22.7 17.2 28.3	16.8 13.2 20.5	3.1 0.5 5.6	9.7 5.9 13.4	6.8 4.4 9.2	8.2 4.2 12.2	7.0 3.8 10.2	7.5 5.0 10.0			
45-54 years	11.0 6.5 15.6	22.8 17.3 28.3	17.3 13.6 21.0	3.7 0.8 6.6	7.1 3.7 10.6	5.5 3.2 7.8	11.3 6.0 16.6	10.1 6.0 14.2	10.7 7.4 14.0			
55-64 years	15.0 9.4 20.7	16.1 11.0 21.2	15.6 11.8 19.4	4.7 1.6 7.8	6.9 3.5 10.3	5.9 3.6 8.3	9.0 4.2 13.7	7.4 3.8 10.9	8.1 5.2 10.9			
25-64 years	11.5 8.7 14.3	21.5 18.3 24.6	17.0 14.9 19.2	3.2 1.8 4.6	8.5 6.4 10.5	6.1 4.8 7.5	9.7 7.0 12.5	8.4 6.2 10.5	9.0 7.3 10.7			

L.1.d. Mental Health Status

Description: percentage of participants reporting their emotional state.

Instrument questions:

- . Have you had problems falling asleep or staying asleep?
- . Have you felt loved or wanted?
- . Have you felt anger or bad tempered easily or without reason?
- . Have you experienced having one or more persons to confide in or whom to ask for help if needed?
- . Have you felt sad without reason?
- . Have you felt that you could control your thoughts, emotions and behavior?
- . Have you felt lonely most of the time?
- . Have you felt fear without reason?
- . Have you felt life is not worth living?
- . Have you felt emotionally stable?
- . Have you felt capable of making decisions and managing situations of everyday life?
- . Have you felt uptight or nervous without reason?
- . Have you felt satisfied with the way you are?

Age Group	Percentage of respondents reporting always, almost always or frequently having felt or experienced the following											
	Felt emotionally stable						Felt capable of making decisions and managing situations in life					
	Male (N=660)		Female (N=888)		Total (N=1548)		Male (N=660)		Female (N=892)		Total (N=1552)	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
25-34 years	97.3		96.8		97.0		98.7		98.4		98.5	
	94.2	100.4	93.9	99.7	94.9	99.2	96.1	101.3	96.2	100.6	96.8	100.2
35-44 years	96.9		96.2		96.5		99.3		98.8		99.0	
	94.3	99.5	93.5	98.9	94.7	98.4	98.0	100.7	97.5	100.0	98.1	99.9
45-54 years	96.6		97.5		97.1		98.2		98.8		98.5	
	93.7	99.5	95.5	99.5	95.4	98.8	95.6	100.7	97.2	100.4	97.0	99.9
55-64 years	97.6		96.9		97.2		99.5		98.1		98.7	
	95.2	100.0	94.5	99.3	95.5	98.9	98.6	100.5	96.4	99.8	97.7	99.7
25-64 years	97.0		96.8		96.9		98.8		98.6		98.7	
	95.4	98.6	95.4	98.2	95.9	97.9	97.7	99.9	97.7	99.5	98.0	99.4

L.1.e. Mental Health Status

Description: percentage of participants reporting their emotional state.

Instrument questions:

- . Have you had problems falling asleep or staying asleep?
- . Have you felt loved or wanted?
- . Have you felt anger or bad tempered easily or without reason?
- . Have you experienced having one or more persons to confide in or whom to ask for help if needed?
- . Have you felt sad without reason?
- . Have you felt that you could control your thoughts, emotions and behavior?
- . Have you felt lonely most of the time?
- . Have you felt fear without reason?
- . Have you felt life is not worth living?
- . Have you felt emotionally stable?
- . Have you felt capable of making decisions and managing situations of everyday life?
- . Have you felt uptight or nervous without reason?
- . Have you felt satisfied with the way you are?

Age Group	Percentage of respondents reporting always, almost always or frequently having felt or experienced the following											
	Felt uptight or nervous without reason						Felt satisfied with the way they are					
	Male (N=662)		Female (N=892)		Total (N=1544)		Male (N=664)		Female (N=895)		Total (N=1559)	
	%		%		%		%		%		%	
95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		
25-34 years	5.6		11.1		8.7		97.8		96.8		97.3	
	0.0	11.3	5.8	16.4	4.8	12.6	94.8	100.9	93.8	99.9	95.1	99.4
35-44 years	4.1		10.9		7.9		98.6		96.5		97.5	
	1.3	6.9	6.8	15.0	5.3	10.5	96.8	100.5	94.3	98.8	96.0	99.0
45-54 years	6.2		13.6		10.1		98.2		97.8		98.0	
	2.4	9.9	8.8	18.3	7.0	13.2	96.5	99.9	95.7	99.9	96.6	99.3
55-64 years	8.5		10.3		9.5		99.1		98.1		98.5	
	4.0	12.9	6.2	14.4	6.5	12.5	97.8	100.4	96.4	99.8	97.4	99.6
25-64 years	5.7		11.6		9.0		98.3		97.2		97.7	
	3.5	7.8	9.2	14.0	7.3	10.6	97.2	99.5	95.9	98.4	96.8	98.6

M. Health Behaviours

M.1. Needed to see doctor in last 12 months

Description: percentage of participants who needed to see a doctor in the last 12 months.

Instrument questions:

- . Have you needed to see a doctor during the past 12 months?
- . Did something prevent you from doing this?

Age Group	Needed to see a doctor						Something prevented participant from seeing a doctor					
	Men N=665		Women N=895		Both Sexes N=1560		Men N=468		Women N=743		Both Sexes N=1211	
	%		%		%		%		%		%	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	64.8		78.3		72.4		6.0		3.0		4.2	
	55.2	74.5	70.7	85.8	66.5	78.4	1.0	10.9	0.0	6.1	1.5	6.9
35-44 years	68.6		79.3		74.6		2.5		5.9		4.5	
	61.5	75.7	73.7	85.0	70.1	79.0	0.0	5.3	2.4	9.4	2.1	6.9
45-54 years	70.1		84.9		78.0		0.9		4.3		2.9	
	61.9	78.4	80.3	89.5	73.2	82.7	0.0	2.6	1.2	7.4	0.9	4.8
55-64 years	73.7		79.5		77.0		7.0		1.0		3.4	
	66.7	80.8	73.6	85.4	72.5	81.5	2.1	12.0	0.0	2.8	1.1	5.8
25-64 years	68.7		80.6		75.3		3.4		4.0		3.8	
	64.4	73.0	77.5	83.7	72.7	77.9	1.7	5.2	2.4	5.7	2.6	5.0

M.2. Reason preventing visit to a doctor

Description: reason why participants were prevented from seeing a doctor in the past 12 months.

Instrument questions:

. What prevented you from seeing a doctor during the past 12 months? (More than one option can be chosen)

Gender ¹	Reason preventing visit to a doctor									
	Waiting time		Waiting lists		Clinic hours not convenient		Cost concerns		Other ²	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Men	21.3*		26.2*		5.2		0.0		63.2*	
	0.0	42.8	2.9	49.5	0.0	15.2	-	-	38.4	87.9
Women	14.9*		28.6*		15.5		2.1*		34.8*	
	0.4	29.4	8.7	48.5	0.2	30.8	0.0	6.1	15.2	54.5
Total	17.2		27.8		11.9		1.3		44.7	
	5.0	29.4	12.6	42.9	1.2	22.6	0.0	4.0	28.5	60.8

¹Note: results are presented by gender only because there were too few cases to be able to present the results by gender and age category combined

²Note: other reasons preventing participants from visiting a doctor were mainly problems with transportation and inability to contact the doctor

M.3. Visit to a health worker Description: percentage of participants who visited a health worker in the last 12 months.
Instrument questions:
. During the past 12 months, which of the following did you visit? (Check all that apply)

Age Group	Health worker visited in the last 12 months											
	General physician			Emergency physician or nurse			Medical specialist			Pharmacist		
	Men N=666	Women N=899	Both Sexes N=1565	Men N=666	Women N=899	Both Sexes N=1565	Men N=666	Women N=899	Both Sexes N=1565	Men N=666	Women N=899	Both Sexes N=1565
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	65.0 55.5 74.4	77.5 70.1 84.9	72.0 66.2 77.9	6.8 2.1 11.6	9.1 4.0 14.2	8.1 4.6 11.7	11.5 6.2 16.9	23.3 16.0 30.7	18.2 13.3 23.1	35.0 24.4 45.7	35.2 26.7 43.6	35.1 28.5 41.8
35-44 years	69.2 62.2 76.3	82.3 77.1 87.4	76.5 72.3 80.8	6.4 2.8 10.0	7.9 4.2 11.6	7.2 4.6 9.8	15.2 9.8 20.6	29.1 23.2 34.9	23.0 18.9 27.1	30.1 23.2 36.9	39.2 32.8 45.6	35.2 30.4 39.9
45-54 years	70.4 62.1 78.8	89.5 85.5 93.6	80.6 75.9 85.3	7.3 3.4 11.3	7.8 4.2 11.4	7.6 4.9 10.2	24.4 17.5 31.3	25.1 19.3 30.8	24.7 20.3 29.2	34.8 27.2 42.3	41.1 34.7 47.5	38.1 33.2 43.1
55-64 years	79.3 73.0 85.7	81.7 76.0 87.5	80.7 76.5 85.0	4.2 1.0 7.5	7.6 3.8 11.4	6.2 3.6 8.7	32.9 25.3 40.4	36.1 29.3 43.0	34.7 29.6 39.8	30.0 22.8 37.3	41.1 34.1 48.0	36.3 31.2 41.4
25-64 years	69.7 65.5 74.0	82.9 79.9 85.9	77.0 74.5 79.6	6.5 4.4 8.6	8.1 6.0 10.3	7.4 5.9 8.9	19.2 16.0 22.5	27.3 24.0 30.6	23.7 21.4 26.1	32.8 28.4 37.1	38.9 35.1 42.6	36.2 33.3 39.0

Age Group	Health worker visited in the last 12 months								
	Traditional healer			Other			None		
	Men N=666	Women N=899	Both Sexes N=1565	Men N=666	Women N=899	Both Sexes N=1565	Men N=666	Women N=899	Both Sexes N=1565
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	2.6 0.0 7.5	0.4 0.0 1.1	1.3 0.0 3.5	4.7 1.5 7.9	2.4 0.0 4.8	3.4 1.4 5.4	25.6 16.9 34.3	14.2 8.0 20.5	19.2 14.0 24.4
35-44 years	0.0 - -	1.5 0.0 3.1	0.8 0.0 1.8	1.4 0.0 3.0	4.9 2.0 7.8	3.4 1.6 5.1	21.0 14.7 27.2	11.1 6.7 15.5	15.4 11.7 19.1
45-54 years	0.0 - -	0.0 - -	0.0 - -	2.7 0.5 5.0	3.9 1.3 6.5	3.4 1.6 5.1	21.3 13.4 29.3	7.8 4.3 11.3	14.1 9.8 18.5
55-64 years	0.5 0.0 1.4	0.4 0.0 1.1	0.4 0.0 1.0	5.6 0.8 9.4	2.7 0.2 5.1	3.9 1.8 6.1	13.1 8.0 18.3	8.0 4.0 12.0	10.2 7.0 13.4
25-64 years	0.7 0.0 2.0	0.6 0.1 1.2	0.7 0.0 1.3	3.2 1.9 4.5	3.6 2.3 5.0	3.4 2.5 4.4	21.3 17.4 25.2	10.6 8.2 13.1	15.4 13.1 17.6

M.4. Mammogram

Description: last time female participant had a mammogram.

Instrument question:

. When was the last time you had a mammogram?

Age Group	Last time female participant had a mammogram			
	1 year ago or less (N=899)	Between 1 and 2 years ago (N=899)	More than 2 years ago (N=899)	Never (N=899)
	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	13.7 8.0 19.4	8.0 3.3 12.7	20.9 13.2 28.6	57.4 48.6 66.2
35-44 years	33.0 26.9 39.1	15.5 10.8 20.2	20.0 14.7 25.3	31.5 25.4 37.6
45-54 years	37.2 30.7 43.7	18.7 13.6 23.8	24.8 19.3 30.3	19.2 14.1 24.3
55-64 years	24.7 18.4 31.0	14.4 9.7 19.1	41.4 34.3 48.5	19.4 13.9 24.9
25-64 years	27.8 24.5 31.1	14.2 11.6 16.8	24.4 21.1 27.7	33.5 29.8 37.2

M.5. Mammogram after irregularity

Description: percentage of female participants who had a mammogram after an irregularity had been detected.

Instrument questions:

. Was the last mammogram carried out after an irregularity was detected?

Age Group	Yes (N=620)	
	%	95% CI
25-34 years	28.2	
	15.2	41.2
35-44 years	18.2	
	12.1	24.3
45-54 years	17.3	
	11.5	23.1
55-64 years	18.2	
	11.8	24.7
25-64 years	19.6	
	15.9	23.4

M.6. Opinion about frequency of having a mammogram

Description: participants' opinion about the frequency of having a mammogram.

Instrument question:

. In your opinion, how often should women have a mammogram?

Age Group	Once a year (N=897)	Once every two years (N=897)	Once every 3 years (N=897)	After more than 3 years (N=897)	Without any frequency (N=897)	Don't know (N=897)
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	72.7 64.7 80.7	11.6 5.9 17.3	0.0 0.0 0.0	0.0 - -	1.2 0.0 3.6	14.5 8.0 21.0
35-44 years	73.2 67.5 78.9	15.3 10.8 19.8	1.0 0.0 2.4	1.0 0.0 2.4	0.5 0.0 1.1	9.1 5.6 12.6
45-54 years	73.0 67.3 78.7	16.1 11.6 20.6	1.5 0.1 2.9	0.0 - -	3.6 1.2 6.0	5.8 2.9 8.7
55-64 years	70.3 64.0 76.6	15.6 10.5 20.7	0.0 0.0 0.0	0.0 - -	3.8 1.1 6.5	10.3 6.4 14.2
25-64 years	72.6 69.3 75.9	14.6 12.0 17.2	0.7 0.1 1.3	0.0 - -	2.0 1.0 3.0	9.8 7.4 12.2

M.7. Last paptest

Description: last time female participants had a paptest.

Instrument question:

. When was the last time you had a paptest?

Age Group	1 year ago or less (N=895)		Between 1 and 2 years ago (N=895)		More than 2 years ago (N=895)		Never (N=895)	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
25-34 years	48.2		17.1		16.7		17.9	
	39.4	57.0	10.6	23.7	9.9	23.5	10.7	25.1
35-44 years	58.9		19.8		15.8		5.4	
	52.4	65.4	14.6	25.0	10.9	20.8	2.6	8.3
45-54 years	50.6		20.4		23.8		5.1	
	44.1	57.2	15.2	25.7	18.3	29.4	2.3	7.9
55-64 years	31.5		14.2		43.5		10.8	
	24.8	38.3	9.4	19.1	36.4	50.6	6.5	15.1
25-64 years	50.1		18.5		22.0		9.5	
	46.3	53.9	15.6	21.4	18.9	25.0	7.0	11.9

M.8. Opinion of frequency of having a paptest

Description: participants' opinion on the frequency of having a paptest.

Instrument question:

. In your opinion, how often should women have a paptest?

Age Group	Once a year (N=897)		Once every two years (N=897)		Once every 3 years (N=897)		After more than 3 years (N=897)		Without any frequency (N=897)		Don't know (N=897)	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI		
25-34 years	85.1 78.2 92.0	5.6 0.9 10.3	0.0 - -	0.0 - -	0.8 0.0 2.4	8.4 3.3 13.5						
35-44 years	90.4 86.9 93.9	5.2 2.5 7.9	0.2 0.0 0.6	0.0 - -	0.2 0.0 0.6	4.0 1.6 6.4						
45-54 years	90.5 87.0 94.0	5.4 2.7 8.1	0.7 0.0 1.7	0.7 0.0 1.7	1.0 0.0 2.0	1.7 0.0 3.5						
55-64 years	82.8 77.5 88.1	8.8 4.9 12.7	0.0 0.0 0.0	0.0 - -	0.4 0.0 1.2	8.0 4.3 11.7						
25-64 years	88.0 85.4 90.6	5.8 4.0 7.6	0.3 0.0 0.7	0.2 0.0 0.6	0.6 0.0 1.2	5.1 3.3 6.9						

M.9. Prostate exam Description: percentage of male participants who had a prostate exam.
 Instrument questions:
 . Have you had a rectum exam/prostate exam?

Age Group	Yes (N=666)	
	% 95% CI	
25-34 years	1.7	
	0.0	4.4
35-44 years	12.2	
	7.1	17.4
45-54 years	40.5	
	32.2	48.9
55-64 years	54.0	
	46.0	62.0
25-64 years	23.3	
	19.6	27.0

M.10. Seatbelt use

Description: percentage of participants who used a car seatbelt.

Instrument question:

. How often do you use a seatbelt when driving or as a passenger in the front seat of a motor vehicle?

Age Group	Men (N=666)					Women (N=899)				
	Always	Regularly	Sometimes	Never	Not applicable	Always	Regularly	Sometimes	Never	Not applicable
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	40.3 29.6 51.1	12.9 6.4 19.4	23.2 14.8 31.5	21.0 13.6 28.4	2.6 0.0 5.2	51.6 42.7 60.5	10.4 5.1 15.7	17.6 11.0 24.2	15.2 8.7 21.7	5.2 1.5 8.9
35-44 years	36.8 29.3 44.2	21.5 15.4 27.7	26.4 19.4 33.4	13.2 7.9 18.5	2.1 0.2 4.0	43.8 37.2 50.4	12.9 8.7 17.1	21.0 15.6 26.4	19.5 14.0 25.0	2.8 1.0 4.6
45-54 years	44.0 35.8 52.2	14.8 9.2 20.3	21.5 15.1 28.0	15.1 7.5 22.6	4.6 1.5 7.7	43.3 36.8 49.8	20.0 14.6 25.3	15.1 10.4 19.8	16.5 11.6 21.5	5.1 2.4 7.8
55-64 years	49.3 41.2 57.3	18.0 11.8 24.2	13.3 8.0 18.5	16.1 10.3 21.9	3.3 0.6 6.1	51.9 44.8 59.1	16.5 11.4 21.7	14.2 9.2 19.2	6.5 3.2 9.9	10.8 6.3 15.3
25-64 years	41.5 36.9 46.0	16.8 13.6 20.0	22.4 18.7 26.1	16.2 12.7 19.7	3.1 1.8 4.5	46.9 43.1 50.7	14.7 12.1 17.2	17.5 14.6 20.4	15.8 12.9 18.7	5.2 3.6 6.7

Age Group	Both Sexes (N=1565)				
	Always	Regularly	Sometimes	Never	Not applicable
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	46.7 39.8 53.6	11.5 7.4 15.6	20.0 14.7 25.3	17.7 12.8 22.6	4.1 1.7 6.5
35-44 years	40.7 35.8 45.6	16.7 13.2 20.2	23.4 19.1 27.7	16.7 12.8 20.6	2.5 1.1 3.9
45-54 years	43.6 38.5 48.7	17.5 13.6 21.4	18.1 14.2 22.0	15.9 11.6 20.2	4.9 2.9 6.9
55-64 years	50.8 45.5 56.1	17.2 13.3 21.1	13.8 10.1 17.5	10.7 7.6 13.8	7.6 4.7 10.5
25-64 years	44.5 41.6 47.4	15.6 13.6 17.6	19.7 17.3 22.1	16.0 13.8 18.2	4.3 3.3 5.3

M.11. Regular blood checks

Description: percentage of participants who had regular blood checks.

Instrument questions:

- . Do you regularly measure your own/regularly ask a doctor/health professional to measure your:
 - . Blood sugar
 - . Blood pressure
 - . Cholesterol levels

Age Group	Had blood sugar regularly measured			Had blood pressure regularly measured			Had cholesterol level regularly measured		
	Men N=663	Women N=899	Both Sexes N=1562	Men N=644	Women N=899	Both Sexes N=1563	Men N=663	Women N=899	Both Sexes N=1562
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
25-34 years	22.0 13.9 30.1	28.5 20.7 36.2	25.7 20.0 31.3	23.1 14.9 31.3	32.8 24.6 41.0	28.6 22.7 34.5	21.6 13.5 29.6	28.5 20.6 36.3	25.5 19.8 31.1
35-44 years	37.9 30.4 45.4	43.6 37.1 50.1	41.1 36.2 46.0	39.2 31.7 46.8	47.3 40.8 53.8	43.8 38.8 48.7	38.6 31.0 46.1	41.9 35.4 48.3	40.4 35.5 45.3
45-54 years	46.0 37.8 54.3	49.6 43.1 56.2	48.0 42.7 53.2	47.9 39.6 56.2	53.8 47.2 60.3	51.0 45.8 56.2	45.7 37.5 54.0	48.9 42.4 55.5	47.4 42.2 52.6
55-64 years	55.4 47.5 63.3	54.8 47.7 61.8	55.0 49.8 60.3	58.2 50.4 66.0	61.6 54.7 68.5	60.1 55.0 65.3	54.5 46.5 62.4	54.0 46.9 61.1	54.2 48.9 59.5
25-64 years	38.4 34.1 42.7	42.6 38.9 46.3	40.7 37.9 43.6	40.0 35.7 44.3	47.0 43.2 50.8	43.9 41.0 46.8	38.3 34.0 42.6	41.8 38.0 45.5	40.2 37.4 43.1

M.12. Regular blood checks for preventive purposes

Description: percentage of participants who check their blood for preventive reasons.

Instrument questions:

.What is the main reason for measuring your own/asking a doctor to measure your:

- . Blood sugar
- . Blood pressure
- . Cholesterol levels

Age Group	Had blood sugar regularly measured for preventive purposes						Had blood pressure regularly measured for preventive purposes						Had cholesterol level regularly measured for preventive purposes					
	Men N=268		Women N=404		Both Sexes N=672		Men N=281		Women N=433		Both Sexes N=724		Men N=265		Women N=397		Both Sexes N=662	
	%		%		%		%		%		%		%		%		%	
	95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI		95% CI	
25-34 years	56.9		38.9		45.5		55.6		36.1		42.9		60.0		41.7		48.4	
	36.9	76.9	23.3	54.5	33.1	58.0	36.1	75.0	21.6	50.7	31.1	54.8	40.0	80.0	25.8	57.6	35.7	61.0
35-44 years	54.0		51.4		52.5		46.9		49.5		48.5		49.5		50.6		50.1	
	41.4	66.6	41.5	61.3	44.7	60.3	34.5	59.4	39.9	59.0	40.9	56.1	36.9	62.1	40.5	60.7	42.2	58.0
45-54 years	56.4		47.8		51.6		52.9		40.6		46.0		54.0		47.2		50.3	
	44.7	68.0	38.5	57.1	44.2	59.0	41.3	64.4	31.7	49.5	38.8	53.2	42.2	65.8	37.7	56.7	42.8	57.8
55-64 years	47.0		43.7		45.1		42.7		35.8		38.7		48.7		43.7		45.8	
	36.0	58.0	34.0	53.3	37.9	52.4	32.1	53.3	27.2	44.5	32.0	45.4	37.5	59.9	34.0	53.3	38.5	53.1
25-64 years	54.0		46.6		49.7		49.6		41.7		44.9		52.5		46.6		49.1	
	47.2	60.9	41.1	52.2	45.4	54.1	43.0	56.3	36.4	47.0	40.7	49.1	45.6	59.5	41.0	52.3	44.7	53.6

4. Concepts and definitions

In this section we provide a number of definitions and concepts used in this report.

<i>Abstainer (alcohol):</i>	A person who has not consumed alcohol in the last 12 months. ⁶
<i>Average:</i>	See mean.
<i>Blood pressure:</i>	A measure of the force that circulating blood exerts on the walls of the arteries. Raised blood pressure occurs when the systolic blood pressure is equal or higher than 140 mmHg and/or the diastolic blood pressure is equal or higher than 90 mmHg. ⁶
<i>Body Mass Index (BMI):</i>	A measure of a person's weight in relation to his/her height calculated as weight in kilograms divided by height in meters squared (synonym: Quetelet index). ⁷
<i>Cholesterol:</i>	A fat-like substance found in the bloodstream, in various bodily organs and nerve fibers. Most cholesterol is made in the liver from a variety of foods but particularly from saturated fats. Cholesterol is a key component in the development of atherosclerosis, the accumulation of fatty deposits on the inner lining of the arteries, and as such is a determinant for increased risk of stroke and heart disease. ⁶
<i>Creatinine:</i>	A chemical waste molecule that is generated from muscle metabolism. Creatinine is produced from creatine, a molecule of major importance for energy production in muscles. Approximately 2% of the body's creatine is converted to creatinine every day. Creatinine is transported through the bloodstream to the kidneys. The kidneys filter out most of the creatinine and dispose of it in the urine. Creatinine has been found to be a fairly reliable indicator of kidney function. As the kidneys become impaired the creatinine will rise. Abnormally high levels of creatinine thus warn of possible malfunction or failure of the kidneys, sometimes even before a patient reports any symptoms. ⁸
<i>Diastolic blood pressure (DBP):</i>	The blood pressure created when the heart fills with blood. ⁶
<i>Combined risk factors for chronic diseases:</i>	Is a summary measure of risk factors: Current daily smokers, less than 5 servings of fruits & vegetables per day, low level of activity (<600 MET -minutes), overweight or obese (BMI \geq 25 kg/m ²), raised blood pressure (SBP \geq 140 and/or DBP \geq 90 mmHg). ⁶

<i>Confidence interval:</i>	A confidence interval is a measure of precision of the data of interest. All sample-based surveys lack some amount of precision due to non-sampling error and sampling error. To improve on point estimates, statisticians usually report an interval of values that they believe the parameter is highly likely to lie in. Usually the point estimate is the middle point of the interval and the endpoints of the interval communicate the size of the error associated with the estimate and how “confident” we are that the population parameter is in the interval. The intervals are called confidence intervals. The tables include confidence intervals at the 95% level.
<i>Diabetes mellitus:</i>	A group of heterogeneous disorders with the common elements of hyperglycaemia and glucose intolerance, resulting from insulin deficiency, impaired effectiveness of insulin action or both. ⁶
<i>Handicapped persons:</i>	Handicapped persons are persons with a physical or a mental disorder. The handicap is formed by the limitations of the personal abilities due to the disorder. 'Handicapped persons' do not include individuals who are recovering from an illness or an accident and who will be cured within a limited period. Their perspective is, after all, to be completely healed. ⁹
<i>Household:</i>	A household may either be (a) a one-person household, i.e. a person who makes provision for his or her own food or other essentials for living, without combining with any other person to form part of a multi-person household or (b) a multi-person household, i.e. a group of two or more persons living together who make common provision for food or other essentials for living. A criterion, to determine if persons belong to the same household is to detect whether these persons use a common room. Another important indicator is that the persons share their meals. In this respect, we must note that a live-in housemaid sometimes belongs to the household where she works and sometimes not. It all depends on whether or not the housemaid has her own quarters where she lives, separately and almost independently, after her daily work. ⁹
<i>Hypertension:</i>	High blood pressure: occurs when the systolic blood pressure is equal or higher than 140 mmHg and/or the systolic blood pressure is equal or higher than 90 mmHg. ⁶
<i>Incidence:</i>	The number of new events (i.e. new cases of disease) in a defined population, within a specified period of time. ⁶
<i>Income:</i>	Refers to gross income in the month preceding the survey. All data on income are presented in Aruban florins. The Aruban florin is pegged to the US dollar at an exchange rate of 1.79 Afl. per 1 US\$. The income includes salaries and wages from employment, profits from businesses, pension, welfare, alimony, income from property rental, etc. ⁹

<i>Interquartile range:</i>	An alternative for the median. The interquartile range is defined as the sum of the 25th and 75th quartile divided by 2.
<i>Kish method:</i>	The Kish method provides a sampling procedure for randomly selecting one individual from each household in the sample.
<i>Mean:</i>	The arithmetic mean is the average of a set of values, that is, the sum of all the values divided by number of values. Because of its simplicity and its statistical properties, it is used more than any of the other measures of central tendency (e.g. median).
<i>Median:</i>	The middle value in a distribution of values.
<i>METs:</i>	A method for characterizing physical activities at different levels of effort based on the standard of a metabolic equivalent (MET). This unit is used to estimate the amount of oxygen used by the body during physical activity. For example, 1 MET = the energy (oxygen) used by the body as a person sits quietly, perhaps while talking on the phone or reading a book. ⁶
<i>Moderate intensity physical activity:</i>	Refers to activities which take moderate physical effort and make a person breathe somewhat harder than normal. Examples include cleaning, vacuuming, polishing, gardening, cycling at a regular pace or horse-riding. Moderate intensity activities require an energy expenditure of 3-6 METs. ⁶
<i>Obese:</i>	A measure of how overweight an individual is. A person is considered to be obese when he/she has a BMI equal to or greater than 30.
<i>Participant:</i>	An individual who responds to the STEPS Instrument.
<i>Prevalence:</i>	The number of instances of a given disease or other condition in a given population at a designated time. When used without qualification the term usually refers to the situation at a specified point in time (point prevalence). Prevalence is similar to and often analyzed as a probability, though multiplied by 100 and represented as a percentage.
<i>Risk factor:</i>	Refers to any attribute, characteristic, or exposure of an individual, which increases the likelihood of developing a disease, or other unwanted condition/event.
<i>Serving (fruit or vegetable):</i>	For vegetables this refers to one cup of raw, leafy green vegetables, (spinach, salad etc.), one half cup of other vegetables, cooked or chopped raw (tomatoes, pumpkin, beans etc.), or half a cup of vegetable juice. For fruits, this refers to one medium sized piece of fruit (banana, apple, kiwi etc.) or half a cup of chopped, cooked or canned fruit or half a cup of juice from a fruit (not artificially flavored). ⁶

<i>Standard drink:</i>	The net alcohol content of a standard drink is generally 10 grams of ethanol depending on the country/site. This is the equivalent of 1 regular beer (285ml), a single measure of spirits (30 ml), a medium-sized glass of wine (120 ml), or a measure of aperitif (60 ml). ⁶
<i>Surveillance:</i>	Systematic, ongoing collection, collation, and analysis of data and the timely dissemination of information to those who need to know so that action can be taken. ⁶
<i>Survey:</i>	An investigation in which information is systematically collected not using experimental method but by using a questionnaire or medical examination. ⁶
<i>Systolic blood pressure (SBP):</i>	The blood pressure that is created by the heart contracting. ⁶
<i>Target population:</i>	The entire population that the results of the survey should be representing. The target population can be the entire country or a single province. The sample is then selected from the target population.
<i>Triglycerides:</i>	‘The major form of fat. A triglyceride consists of three molecules of fatty acid combined with a molecule of the alcohol glycerol. Triglycerides serve as the backbones of many types of lipids (fats). Triglycerides come from the food we eat as well as from being produced by the body’. ⁷
<i>Vigorous intensity activity:</i>	Refers to activities which take hard physical effort and which make you breathe much harder than normal. Examples include loading furniture, digging, playing football, tennis or fast swimming. Vigorous activities require an energy expenditure of greater than 6 METs.

5. References

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Annex 1:
**English version of the STEPS Aruba 2006
questionnaire**



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Aruba



Participant ID

Interview date 06
Day Month Year

GAC-code

Interview time
(24 hour clock) :
Hrs Mins



Directie Volksgezondheid



Directie Volksgezondheid/Centraal Bureau voor de Statistiek/Landslaboratorium
October-December 2006

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A. Survey information

- A1. Consent has been read out to participant? Yes No → **IF NO, read consent**
- A2. Consent has been obtained (written)? Yes
- A3. Interview language? Papiamentu English
Dutch Spanish

B. Demographic information

- B1. Sex? Male Female
- B2. What is your date of birth?
Day Month Year
- B3. How old are you? years old
Please specify
- B4. What is your country of birth? Aruba Other →
Name of country
Please specify
- B5. What is your nationality? Dutch Other →
Nationality
- B6. In total, how many years have you lived in Aruba? years
- B7. Are you currently living with your spouse or with a life partner? Yes No → **GO TO B9**
- B8. What is the country of birth of the partner you are currently living with? Aruba Other →
Name of country
- B9. What is your current marital status? Never married Widowed Separated
Married Divorced

C. Physical measurements

- C1. What is your height without shoes? in or in
meters centimeters feet inches
- C2. How much do you weigh without clothes? in or in
kilograms pounds

D. Tobacco use and second-hand smoking

- D1. Do you currently smoke **tobacco products**, such as cigarettes, cigars or pipe? Yes No → **GO TO D3**
- D2. Do you currently smoke tobacco products **daily**? **GO TO D7** ← Yes No
- D3. Did you **ever** smoke daily in the past? Yes No → **GO TO D10**
- D4. How old were you when you **stopped smoking daily**? years old → **If known, GO TO D6 if not known, GO TO D5**
- D5. Do you remember how long ago it was? *(Record only 1, not all 2)*
In Years → **If known, GO TO D6**
Or in Months → **If known, GO TO D6**
- D6. What is the **main reason** you stopped smoking?
 Medical advice concerning own health (e.g. heart disease) Smoking is too expensive Out of free will/ no particular reason
 Medical advice concerning the health of family members (e.g. child with asthma) Smoking causes premature aging (e.g. wrinkles)
 Worried about effects of smoking on health Smoking smells Other
Please specify

D7. How old were you when you first started smoking daily?

years old

If known, GO TO D9
if not known, GO TO D8

D8. Do you remember how long ago it was?
(Record only 1, not all 3)

In Years

If known, GO TO D9

Or in Months

If known, GO TO D9

Or in Weeks

GO TO D9

D9. For daily smokers only,

On average, how many of the following do you smoke each day? (Record for each type)

Manufactured cigarettes

Pipes full of tobacco

Other

Hand-rolled cigarettes

Cigars, cheroots, cigarillos

Please specify

D10. During the last 7 days, how many days did someone smoke in your home while you were present?

0 days 1-2 days 3-4 days 5-6 days 7 days

D11. During the last 7 days, how many days did someone smoke in closed areas in your workplace (in the building, in the workstation or a specific office) while you were present?

0 days 1-2 days 3-4 days 5-6 days 7 days

E. Alcohol consumption

E1. Have you ever consumed alcohol?

Yes No → GO TO F1

E2. How old were you when you first started using alcohol?

years old

E3. Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within the past 12 months? (Use Showcard 1)

Yes No → GO TO F1

E4. In the past 12 months, how frequently have you had at least one drink? (Use Showcard 2)

Daily 1-4 days per week Less than once a month
5-6 days per week 1-3 days per month Only on special occasions (a few times a year)

E5. When you drink alcohol, on average, how many drinks do you have during one day?

Number of drinks

E6. What kind of alcoholic drinks do you usually drink? (Indicate only 1; Use Showcard 3)

Cognac, brandy, whisky, vodka, rum, gin, tequila (straight drinks)

Ponche crema, wine, sherry, port, vermouth

Light beer

Mixed drinks (e.g. cocktails, whisky coke, Smirnoff ice)

Beer

Other → Please specify

E7. Have you consumed alcohol (such as beer, wine, spirits, fermented cider) within the past 30 days?

Yes No → GO TO F1

E8. In the last 30 days, how many days did you consume alcoholic beverages?

Number of days

E9. In the past 30 days, what was the largest number of drinks you had on a single occasion, counting all types of standard drinks together? (Use Showcard 4)

Largest number

E10. For men only:

In the past 30 days, on how many days did you have five or more standard drinks in a single day?

Number of days

E11. For women only:

In the past 30 days, on how many days did you have four or more standard drinks in a single day?

Number of days

E12. During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day? (Record for each day)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

F. Eating habits and dieting

Next I am going to ask you some questions about your eating habits. They refer to how you normally eat.

F1. In a typical week, on how many days do you eat fruit? (Use Showcard 5)

→ **If none, GO TO F3**
Number of days

F2. How many servings of fruit do you eat on one of those days? (Use Showcard 6)

Number of servings

F3. In a typical week, on how many days do you eat vegetables? (Use Showcard 7)

→ **If none, GO TO F5**
Number of days

F4. How many servings of vegetables do you eat on one of those days? (Use Showcard 8)

Number of servings

F5. What type of oil or fat is most often used for meal preparation in your household?

- Vegetable oil/olive oil
- Lard or suet
- None in particular
- Butter or ghee
- Margarine
- None used

Other
Please specify

F6. How often do you eat the following food products?
(Use Showcard 9)

Daily or almost daily
 3-5 days per week
 1-2 days per week
 1-3 days per month
 Seldom or never

a. Whole grain products like whole grain bread or whole grain (breakfast) cereals (Use Showcard 10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Beans such as red beans, black beans, garbanzos?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Snacks like pastechi, lumpia, croquet, empana, chips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Sweets like chocolate, cake, cookies, ice cream, candy, donut, drigidek, pan boyo, pan dushi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Meals not prepared at home (dine-in, take away meals like Chinese, hamburger, pizza)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GO TO F8

F7. What type of food do you most often eat when you pay for food that was not prepared at home?

- Chinese
- Barbecue
- Crioyo
- Fast-food
- Truck
- Other →

Please specify

+

F8. How many of the following non-alcoholic beverages do you drink per day? (Indicate number of servings and average amount of fluid ounces; Use Showcard 11)

Water
No. of servings Ounces

Soda
No. of servings Ounces

Coffee/tea
No. of servings Ounces

Other →

Please specify

F9. Do you consider yourself being?

- Too skinny
- Skinny
- Of normal weight
- Fat
- Too fat

F10. During the past 12 months, have you done something to loose weight? Yes

No → **GO TO G1**

F11. What have you done to loose weight? (More than one option can be chosen; Use Showcard 12)

Change in food intake

- Eat less
- Eat differently
- Liquid diet
- Use less alcohol

Dieting products

- Appetite suppressants
- Diuretics/"water pills" (to stimulate urination)
- Fatburners
- Laxatives (tablets or tea)
- Dieting products (Slimfast, etc.)
- Alternative medicine

Diets

- Dr. Atkin's diet
- Dieting programs (Weight Watchers, Shlomo, etc.)
- Diet from a magazine
- (More) exercise/sport
- Consult a family physician
- Consult a dietist

Other

Please specify

G. Physical activity

G1. Considering your age, how would you describe your physical condition? Excellent Very good Good Fair Poor

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 physical active person.

Recreational activities

Now I would like to ask you about sports, fitness and recreational activities (leisure). 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.

G2. Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like running or football, for at least 10 minutes continuously? (Use Showcard 13)

Yes No → **GO TO G5**

G3. In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?

Number of days

G4. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

:
Hours Minutes

G5. Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that causes a small increase in breathing or heart rate such as brisk walking, cycling, swimming, volleyball for at least 10 minutes continuously? (Use Showcard 14)

Yes No → **GO TO G8**

G6. In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?

Number of days

G7. How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

:
Hours Minutes

Working activities

The next questions exclude the recreational activities that you have already mentioned. Now I would like to ask you 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, seeking employment, etc.

G8. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work, for at least 10 minutes continuously? (Use Showcard 15)

Yes No → **GO TO G11**

G9. In a typical week, on how many days do you do vigorous-intensity activities as part of your work?

Number of days

G10. How much time do you spend doing vigorous-intensity activities at work on a typical day?

:
Hours Minutes

G11. Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for at least 10 minutes continuously? (Use Showcard 16)

Yes No → **GO TO G14**

G12. In a typical week, on how many days do you do moderate-intensity activities as part of your work?

Number of days

G13. How much time do you spend doing moderate-intensity activities at work on a typical day?

:
Hours Minutes

Travel to and from places

The next questions exclude the recreational activities and physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship, etc.

G14. Do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?

Yes No → **GO TO G17**

G15. In a typical week, on how many days do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?

Number of days

G16. How much time do you spend walking or cycling for travel on a typical day?

:
Hours Minutes

Sedentary behaviour

The following question is about sitting or reclining at home, or with friends, including time spent sitting at a desk, at work, sitting with friends, traveling in car, bus, reading, playing cards, playing games on your computer or Playstation or watching television, but does not include time spent sleeping.

G17. How much time do you usually spend sitting or reclining on a typical day? (Use Showcard 17)

:
Hours Minutes

H. History of risk conditions

H1A. Has a doctor/health professional ever measured your:

H1B. **If yes**, was this within the past 12 months?

a. Blood sugar?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	} → GO TO H5	Yes <input type="checkbox"/>	No <input type="checkbox"/>
b. Blood pressure?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>
c. Cholesterol levels?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>
d. Kidney functions, via blood/urine analyses?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>

H2A. Have you ever been told by a doctor/health professional that you have: H2B. **If yes**, was this within the past 12 months?

a. Diabetes?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	} → GO TO H5	Yes <input type="checkbox"/>	No <input type="checkbox"/>	(Complete H3.1.)
b. High blood pressure?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>	(Complete H3.2.)
c. High cholesterol?	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>	(Complete H3.3.)
d. Serious kidney problems (excl. kidney stones and infections)	Yes <input type="checkbox"/>	No <input type="checkbox"/>		Yes <input type="checkbox"/>	No <input type="checkbox"/>	(Complete H3.4.)

H3. Are you currently receiving any of the following treatments/advice given by a doctor/health professional for your:

	1. Diabetes		2. High blood pressure		3. High cholesterol		4. Kidney problems		+
	Yes	No	Yes	No	Yes	No	Yes	No	
a. Insulin (for diabetes only)	<input type="checkbox"/>	<input type="checkbox"/>							
b. Drugs (medication) that you have taken in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Special prescribed diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
d. Advice or treatment to lose weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
e. Advice or treatment to stop smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
f. Advice to start or do more exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
g. Hemodialysis (for kidney problems only)							<input type="checkbox"/>	<input type="checkbox"/>	
h. Peritoneal dialysis (for kidney problems only)							<input type="checkbox"/>	<input type="checkbox"/>	

H4. Are you currently taking any herbal or traditional remedy for your:

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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H5. Do you regularly measure your own/regularly ask a doctor/health professional to measure your:

a. Blood sugar?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	} → GO TO H5
b. Blood pressure?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
c. Cholesterol levels?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

H6. What is the main reason for measuring your own/regularly asking a doctor/health to measure your (Choose only 1 option):

	For prevention purposes, without actually suffering from diabetes/high blood pressure/high cholesterol	Because of a history of diabetes/high blood pressure/high cholesterol	To keep other diseases/health conditions under control	Other (Please specify)
a. Blood sugar?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
b. Blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
c. Cholesterol levels?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

I. Family history

I1. Has any of your immediate blood relatives (including siblings, parents, grandparents, and excluding children, spouse, and in-laws) ever been diagnosed with the following diseases/health conditions?

High blood pressure	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Stroke	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diabetes or high (elevated) blood sugar	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Early heart attack (before the age of 55 for males and before the age of 65 for females)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
High cholesterol	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Cancer or malignant tumor	Yes <input type="checkbox"/>	No <input type="checkbox"/>
High triglycerides	Yes <input type="checkbox"/>	No <input type="checkbox"/>			
Dementia (Alzheimer's,..)	Yes <input type="checkbox"/>	No <input type="checkbox"/>			

J. Personal history



J1. Do you suffer from any of the following diseases/health problems or did you suffer from them in the last 12 months?

Asthma/chronic bronchitis	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Psychological problems (stress, depression, nervousness, fear,...)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sinusitis	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Serious consequences due to an accident, such as broken bones, serious burns	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Serious heart condition or heart attack	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Stroke or effects of a stroke	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Problems of the stomach	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Varicose vein	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Constipation	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Stomach ulcer	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic bladder infection	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Kidney stone	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic spinal problems longer than 3 months, slipped disc	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Arthrosis of the joints (osteoporosis)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Arthrosis/Arthritis of the joints (rheumatism, rheumatoid arthritis)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Cataract, glaucoma	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Migraine or heavy headaches	Yes <input type="checkbox"/>	No <input type="checkbox"/>	[Women] Problems with menstruation or menopause	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic skin disease or eczema	Yes <input type="checkbox"/>	No <input type="checkbox"/>	[Women] Myoma or fibroid	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Malignant neoplasm or cancer	Yes <input type="checkbox"/>	No <input type="checkbox"/>	[Men] Prostate problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Allergy	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Other chronic condition: <i>Please specify</i>	<input type="text"/>	

J2. Do you have a handicap? (Check definition of handicap) Yes No → **GO TO K1**

J3. What type of handicap do you have? (Cross as many boxes as necessary)

Motor dysfunction (moving) <input type="checkbox"/>	Severe mental handicap <input type="checkbox"/>
Visual handicap (seeing) <input type="checkbox"/>	Moderate mental handicap <input type="checkbox"/>
Auditory handicap (hearing) <input type="checkbox"/>	Other handicap (e.g. speaking) <input type="checkbox"/>
Organ handicap (e.g. asthma) <input type="checkbox"/>	

K. Health behaviour

K1. Have you needed to see a doctor during the past 12 months? Yes No → **GO TO K4**

K2. Did something prevent you from doing this? Yes No → **GO TO K4**

K3. What prevented you from seeing a doctor during the past 12 months? (More than one option can be chosen)

Waiting time <input type="checkbox"/>	Cost concerns <input type="checkbox"/>	<i>Please specify</i> <input type="text"/>
Waiting lists <input type="checkbox"/>	Other <input type="checkbox"/>	
Clinic hours were not convenient <input type="checkbox"/>		

K4. During the past 12 months, which of the following did you visit? (Check all that apply)

General physician <input type="checkbox"/>	Traditional healer <input type="checkbox"/>	<i>Please specify</i> <input type="text"/>
Emergency physician or nurse <input type="checkbox"/>	Other <input type="checkbox"/>	
Medical specialist <input type="checkbox"/>	None <input type="checkbox"/>	
Pharmacist <input type="checkbox"/>		

For women only

K5. When was the last time you had a mammogram? 1 year or less ago Between 1 and 2 years ago More than 2 years ago Never → **GO TO K7**

K6. Was the last mammogram carried out after an irregularity was detected? Yes No

K7. In your opinion, how often should women have a mammogram?

Once a year <input type="checkbox"/>	Once every 2 years <input type="checkbox"/>	Once every 3 years <input type="checkbox"/>	After more than 3 years <input type="checkbox"/>	Without any frequency <input type="checkbox"/>	Don't know <input type="checkbox"/>
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K8. When was the last time you had a Pap test? 1 year or less ago Between 1 and 2 years ago More than 2 years ago Never

K9. In your opinion, how often should women have a Pap test?

Once a year <input type="checkbox"/>	Once every 2 years <input type="checkbox"/>	Once every 3 years <input type="checkbox"/>	After more than 3 years <input type="checkbox"/>	Without any frequency <input type="checkbox"/>	Don't know <input type="checkbox"/>
--------------------------------------	---	---	--	--	-------------------------------------

For men only

K10. Have you had a rectum exam/prostate exam? Yes No

Seatbelts

K11. How often do you use a seatbelt when driving or as a passenger in the front seat of a motor vehicle?

Always <input type="checkbox"/>	Regularly <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Never <input type="checkbox"/>	Not applicable <input type="checkbox"/>
---------------------------------	------------------------------------	------------------------------------	--------------------------------	---



L. Mental Health

The following questions help us knowing a lot more about the emotional state of persons, that is why there are no good or wrong answers. All answers refer to how you have been or how you have felt **during the last month**. Please choose the answer that is closest to your situation: (1) Always, (2) Almost always, (3) Frequently, (4) Almost never, (5) Never.

During the last month: (Use Showcard 18)

	Always	Almost always	Frequently	Almost never	Never
L1. Have you had problems falling asleep or staying asleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L2. Have you felt loved or wanted?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L3. Have you felt anger or bad tempered easily or without reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L4. Have you experienced having one or more persons to confide in or whom to ask for help if needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L5. Have you felt sad without reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L6. Have you felt that you could control your thoughts, emotions and behavior?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L7. Have you felt lonely most of the time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L8. Have you felt fear without reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L9. Have you felt life is not worth living?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L10. Have you felt emotionally stable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L11. Have you felt capable of making decisions and managing situations of everyday life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L12. Have you felt uptight or nervous without reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L13. Have you felt satisfied with the way you are?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

M. Economic activity, education, and income

M1. Are you currently employed? Yes No → **GO TO M3** +

M2. What is your current occupation? → **GO TO M4**

M3. Why are you currently not employed?

- Pupil or student Recently graduated or just left school *Please specify*
 Pensioned/private means/lives of AOV Health reasons →
 VUT Other reasons
 Housewife/homemaker *Please specify*
 Dismissed (left of own accord or was fired)

M4. In total how many years have you spent at school or in a full-time study (starting from primary school)? years

M5. What is the highest level of education that you have completed? (Use Showcard 19)

- Less than primary education University preparatory education VWO
 Primary school Middle level professional education EPI, MAO, MTS
 Vocationally oriented secondary education Aspirantenopleiding EPB Higher level professional education HBO, BA, FEF, IPA
 Vocationally oriented secondary education EPB Excluding aspirantenopleiding University
 General and higher secondary education MAVO, MULO Doctoral degree PhD
 General and higher secondary education HAVO Other
Please specify

M6. What is your gross monthly income? (Use Showcard 20)

- (1) No income (5) Afl. 1,500-2,499 (9) Afl. 5,500-6,499
 (2) Afl. 499 or less (6) Afl. 2,500-3,499 (10) Afl. 6,500-7,499
 (3) Afl. 500-999 (7) Afl. 3,500-4,499 (11) More than Afl. 7,500
 (4) Afl. 1,000-1,499 (8) Afl. 4,500-5,499

Annex 2:
Kish household coversheet

KISH-Form

Interviewer no. Address no. Kish-code Total number of persons



+ Table 1: Number of persons in the household by sex and age category +

Male						Female					
0-24	25-34	35-44	45-54	55-64	65+	0-24	25-34	35-44	45-54	55-64	65+
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Table 2: All persons in the household ages 25-54

(Always start with oldest person)

Male			Female		
Age	Adult No.	Selected respondent	Age	Adult No.	Selected respondent
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/> +	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Did the selected individual complete the interview successfully? N Y → Participant ID 1

Table 3: All persons in the household ages 55-64

(Always start with oldest person)

Male			Female		
Age	Adult No.	Selected respondent	Age	Adult No.	Selected respondent
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Did the selected individual complete the interview successfully? N Y → Participant ID 2

KISH-Table

Kish-Code (see Voortgangs form)	If the number of adults in table 2 (green) or table 3 (yellow) is:					
	1	2	3	4	5	6 or more
	Select adult numbered:					
A	1	1	1	1	1	1
B1	1	1	1	1	2	2
B2	1	1	1	2	2	2
C	1	1	2	2	3	3
D	1	2	2	3	4	4
E1	1	2	3	3	3	5
E2	1	2	3	4	5	5
F	1	2	3	4	5	6

Annex 3:
Household information letter



ARUBA

Uw kenmerk: Uw brief: Ons kenmerk:

Onderwerp: STEPS-onderzoek

Oranjestad, , October 11, 2006

Dear Sir/madam,

The protection of general health is one of the central tasks of the Department of Public Health. An important aspect of this task involves the monitoring of diseases and conditions that can endanger the health and well being of the population living on Aruba. Currently, the Public Health Department is developing a surveillance system for chronic non-infectious diseases. Chronic diseases include cardio-vascular diseases, cancers but also a number of other diseases and health conditions. Also in the study, attention will be paid to certain important risk factors that have an influence on the incidence of chronic diseases.

As part of these activities, the Public Health Department collaborates with the Central Bureau of Statistics and the National Laboratory for the execution of a health survey (STEPS). The STEPS- study forms part of an international program and is executed in close collaboration with the World Health Organization. During this survey 2400 persons will be approached for an interview.

Your address was randomly selected to form part of this survey. Shortly one of our interviewers will visit your address to contact you. The study consists of an interview and a free medical check-up.

We have included a folder in which we emphasize the importance to cooperate with the study. We sincerely hope that you will give your cooperation to this survey and indirectly that you will help to improve the general health of our community.

Kind regards,

Drs. T. van Gellecum, arts
Wnmd Directeur Directie Volksgezondheid
Caya Ing. R.H.Lacle 4
Oranjestad.

Directie Volksgezondheid • Hospitaalstraat 4
Tel. 824200 • Fax: 824636 • e-mail: dphaua@setarnet.com

Annex 4:
Information folder

A Step for your Health

From October 21 to December 3, 2006 the Department of Public Health, in conjunction with the Central Bureau of Statistics will organize a health survey. This will be the third survey held in the last 15 years. Five years ago the Department of Health held a similar survey which resulted in interesting and important information about the health of the population of Aruba. By routinely organizing a health survey we will keep ourselves informed and updated about the latest developments in the public health domain of Aruba.

Do you want to take a STEP?

In total, 2400 persons living in Aruba will be asked to participate in this survey. The group will consist of men and women in the age group of 25 to 64 years of age. The participants will be randomly selected by means of their home address. In the months October and November 2006 the selected home addresses will be visited by our interviewers. During the visit, one or more persons of the household will be selected to participate.

Take a STEP for your health,... participate!

The Health Survey consists of three steps.

STEP 1. Consists of an interview with questions on general health, eating habits and emotional state.

STEP 2. Each participant will get an invitation for a physical examination in which health professionals will measure the health condition of the participant, by measuring weight, length and blood pressure.

STEP 3. A blood and urine analysis to test for blood sugar, level of cholesterol and level of triglycerides.

Take a STEP for your health, ... where?

STEP 1. The interviewer will visit the home of the participant (s).

STEP 2. Medical examination will be held at the centers of the "Wit Gele Kruis" in your district and at the "Centro Medico San Nicolas".

STEP 3. The National Laboratory of Aruba will be present at the medical examination to take a blood sample. After the medical examination there will be a small breakfast available for the participants.

Take a STEP for your health,...colaborate!

We ask all those selected to cooperate with this important investigation. The information gathered will be handled with the utmost discretion and your privacy is guaranteed. The information gathered will be processed strictly anonymously.

For more information, please call the Department of Public Health, Telephone 5524200

Un Paso Pa Bo Salud



Oktober – December 2006



Department
of Public Health
Aruba



Central Bureau
of Statistics
Aruba

Un Paso Pa Bo Salud

Durante e periodo di 21 di oktober pa 3 di december 2006, Departamento di Salud Publico conjuntamente cu Oficina Central di Estadistica (CBS) lo tene un investigacion di salud. Esaki lo ta e tercer encuesta teni den e ultimo 15 aña. Cinco aña pasa Departamento di Salud Publico a haci un investigacion similar for di cual hopi informacion interesante y importante tocante e salud di e poblacion di Aruba a sali na cla. Door di haci un investigacion di salud cu frecuencia, nos por keda na altura di e ultimo desaroyonan riba e tereno di salud di Aruba.

Abo kier dal un paso?

Lo aserca 2400 persona homber y muher entre 25 pa 64 aña cu ta biba na Aruba. E seleccion lo tuma lugar a base di adres di cas.

Den luna di oktober y november 2006 e adresnan selecciona lo haya bishita di un encuestador.

Un of mas habitante di cada hogar selecciona ta haya e oportunidad pa participa na e investigacion.

Dal un paso pa bo salud, ... participa !

E investigacion di salud lo consisti di tres parti.

PASO 1. Pregunta tocante salud en general customer di come y estado emocional. E encuestador ta haci 1 bishita na cas pa yena e encuesta di esnan selecciona.

PASO 2. Cada participante ta haya un invitacion pa acudi na un saminacion medico. Aki lo midi condicion di salud, cintura, peso y presion.

PASO 3. Un test di sanger y urina pa controla sucu, colesterol y triglicerida.

Dal un paso pa bo salud,...na unda ?

PASO 1. Encuestador ta bishita cas di e participante (nan).

PASO 2. Saminacion medico na oficina di Wit Gele Kruis den bo distrito of na Centro Medico San Nicolas.

PASO 3. Laboratorio Nacional di Aruba lo ta presente na e lugar di e saminacion medico pa tuma muestra di sanger. Despues di saminacion medico lo tin un desayuno chiquito disponibel pa e participante.

Dal un paso pa bo salud,...coopera !

Un peticion special ta bai na tur esnan selecciona pa participa na e investigacion. Bo privacidad ta garantisa. Tur informacion compila ta permanece anonimo. Masha danki pa bo cooperacion!

Un Paso Pa Bo Salud



Pa mas informacion
yama Departamento di Salud Publico,
Telefon 582-4200



Annex 5:
Consent form STEP 1



Consent for Interview

PLEASE READ THIS DOCUMENT CAREFULLY AND INDICATE YOUR CONSENT TO BE INTERVIEWED OR YOUR REFUSAL TO BE INTERVIEWED.

(Participant) _____

You have been randomly selected to be part of this survey and this is why we would like to interview you. This survey is conducted by the Department of Public Health with the Central Bureau of Statistics and will be carried out by professional interviewers.

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

Your participation is voluntary and you can withdraw from the survey after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this survey you can contact the Directorate of Public Health (tel. 5824200) and ask for Geraldine.

PLEASE INITIAL **ONE** CHOICE (CONSENT OR REFUSAL) AND SIGN BELOW:

- _____ I CONSENT to being interviewed
- _____ I REFUSE to be interviewed

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM!

(Respondent/Responsible Party)

Date _____

Annex 6:
Consent STEP 2 and STEP 3



Consent for Blood Withdrawal

PLEASE READ THIS DOCUMENT CAREFULLY AND INDICATE YOUR CONSENT TO BLOOD WITHDRAWAL OR YOUR REFUSAL TO BLOOD WITHDRAWAL.

(Participant) _____

Blood withdrawal will serve only the purpose of the Health Survey Aruba 2001. Blood is needed to measure certain products that are related to health conditions such as cholesterol and blood sugar.

All results obtained from the patient's blood will be strictly confidential as stated in the constitution.

The results of the laboratory tests will be sent to your family physician. If you wish to obtain the results of the examination directly, you can come and collect the results personally at the Public Health Department, section Epidemiology (Caya Ing.R.Lacle 4, Oranjestad) after December 3rd 2006.

PLEASE INITIAL **ONE** CHOICE (CONSENT OR REFUSAL) AND SIGN BELOW:

- _____ I CONSENT to blood withdrawal
- _____ I REFUSE to blood withdrawal

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM!

(Patient/Responsible Party)

Date _____

Annex 7:
Clinic appointment card

STEPS Aruba 2006



AFSPRAAK / APPOINTMENT

Participant ID

*Danki pa bai di acuerdo pa participa cu STEPS Aruba 2006
Thank you for agreeing to participate in the STEPS Aruba 2006.*

Centro di Salud/ Health Centre: _____

Fecha/ Date: _____ Sexo/Sex: _____

Ora/ Time: _____ Fecha di nacemento/Date of birth: _____

ORA CU BO TA ACUDI CERCA NOS PA E INVESTIGACION POR FABOR TRECE E FORMULARIO AKI CU BO

Instruccion pa ora di yuna

Pa haya resultado confiabel di e test di sanger ta necesario pa bo persona acudi na e centro di salud NA YUNA. Por favor, percura pa bo NO COME (incluyendo bals) of BEBE nada (cu excepcion di awa) despues di 10 or di e anochi prome cu bo cita na e centro di salud, tampoco riba e mainta di bo cita.

Aviso special pa e persona cu ta diabetico

Si bo ta un persona cu ta sufri di diabetes (“sucu”) y ta tumando pilder of insulina pa esaki, NO usa nan riba e mainta di bo cita. Trece e remedi(nan) cu bo ora bo ta acudi na e centro di salud y bo ta tuma nan despues di e test di sanger. Tuma bo otro remedi(nan) manera di custumber.

Muestra di urina

Despues di e entrevista bo ta haya un pochi chikito pa pone urina aden. Un muestra mester keda tuma di e prome urina riba e mainta di investigacion. Yena e pochi completamente. Percura pa e tapadera di e pochi ta bon sera. Por favor, sea asina bon di trece e muestra di urina cu bo ora cu bo ta acudi na e centro di salud.

BRENG ALSTUBLIEFT DEZE UITNODIGING MEE ALS U ZICH MELDT VOOR EEN BEZOEK VOOR HET ONDERZOEK.

Instructies nuchter zijn

Om accurate resultaten te krijgen van het bloedonderzoek is het noodzakelijk dat U nuchter verschijnt op het gezondheidscentrum. Alstublieft, zorg ervoor dat U NIETS gegeten of gedronken hebt inclusief kauwgom (maar met uitzondering van water) na 10 uur de avond voor de afspraak op het gezondheidscentrum en ook niet tijdens de ochtend voor de afspraak.

Opmerking voor diabetici

Als U diabetes patiënt bent en hiervoor tabletten of insuline neemt, probeer dan om deze middelen niet te nemen op de ochtend van uw afspraak. Breng de middelen mee naar het centrum en neem ze na de tests. Neem enig andere medicamenten zoals normaal.

Urinestaal

Na het interview hebt U een klein potje gekregen voor een urinestaal. Een staal moet worden genomen van de eerste ochtend urine op de dag van het onderzoek. Vul het potje volledig. Zorg ervoor dat het potje goed is gesloten. Alstublieft, breng het urinestaal met U wanneer U het gezondheidscentrum bezoekt.

PLEASE BRING THIS FORM WITH YOU WHEN YOU COME FOR AN APPOINTMENT

Fasting instructions

To get accurate results from the blood test it is very important that you have fasted. Please ensure that you DO NOT have anything to eat or drink including chewing gum (except plain water) after 10:00 PM on the night BEFORE the clinic appointment or on the morning of the clinic appointment.

Note for diabetics/medicines

If you have diabetes controlled with tablets and/or insulin, please AVOID taking these on the morning of your appointment, but bring them with you to take after testing is completed. Please take any other morning medications as usual.

Urine sample

After the interview you have been given a small urine sample collector. A sample should be taken from the first morning urine at the day of the examination. Fill the collector completely. Make sure to close the collector properly. Please, be kind to bring a sample with you when you go to visit the health center.

POR FAVOR TRAIGA ESTE FORMULARIO CON USTED CUANDO SE PRESENTA A LA CITA.

Instrucciones de ayuno

Para obtener un resultado exacto de análisis de la sangre es muy importante que usted este en ayuno. Por favor asegúrese de que NO coma o beba algo incluyendo goma de mascar (excepto agua) después de la 10.00 PM de la noche antes de la cita clínica o en la mañana de la cita clínica.

Advertencia para los diabéticos

Si usted es un paciente diabético y tiene que tomar pastillas o insulina, por favor no tomar estos medicamentos en la mañana antes de la cita. Traiga los medicamentos con usted para tomarlos después del examen.

Por favor tomar cualquier otro medicamento como de costumbre.

Examen de la orina

Después de la entrevista te van a dar un vasito para la orina. Una muestra de la orina tiene que ser de la primera orina de la mañana del examen. Llene el vasito completamente. Tenga cuidado que el vasito este bien cerrado. Por favor, traiga la muestra de la orina con usted cuando venga al centro.

Annex 8:
Letter to the employer



ARUBA

Onderwerp: Gezondheidsonderzoek STEPS 2006 Oranjestad,

To the employer of _____

Dear Sir/Madam

Herewith the Department of Public Health would like to ask your cooperation for the following. The Department of Public Health is currently executing a Health Survey, named STEPS Aruba. The purpose of this study is to obtain important data on the health of the Aruban population.

We would like to inform you that the aforementioned person has been selected to participate in this study. We would like to ask your permission to allow the aforementioned person 2 hours of free time to participate in this study.

His/her appointment will take place on ____ / ____ /2006 ____ : ____ a.m.

To avoid any misunderstanding, we will give him/her a letter directed to you in which we will affirm that aforementioned person indeed has presented him/herself for the examination. In this letter we will also indicate at what time he/she left our premises.

If you have any questions please feel free to contact us at the Department of Public Health, tel. 5824200 and ask for Mrs. Geraldine Ismael.

Thank you in advance.

Yours kindly,

Drs. T. van Gellecum, arts
Wnmd Directeur Directie Volksgezondheid
Caya Ing. R.H.Lacle 4
Oranjestad.

Annex 9:
STEP 2 and STEP 3 form



STEPS-Aruba 2006

Surveillance System Risk Factors Chronic Diseases Questionnaire 2006

Directie Volksgezondheid/Centraal Bureau voor de Statistiek/Landslaboratorium

To be filled in during visit to the lab/health office

11

Respondent identification

Date visit health office

Day	Month	Year

12

Participant Identification Number

--	--

13

Physical Measurements

A.1. Technician ID

--

A.2. Blood pressure
First reading

Systolic blood pressure

--	--	--

mmHg

Diastolic blood pressure

--	--	--

mmHg

A.3. Heart rate: beats per minute

First reading

--	--	--

beats

A.4. Height in centimeters

--	--	--

cm

A.5. Weight in kilograms

--	--	--

kg

A.6. Waist circumference in centimeters

--	--	--

cm

A.7. Hip circumference in centimeters

--	--	--

cm

A.8. During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor?

Yes No

A.9. *Only for women:* Are you currently pregnant?

Yes No

Biochemical Measurements

A.10. Lab. Technician ID

--

A.11. Date measurements/blood sample was taken

Day	Month	Year

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

Yes No

A.13. Time of day blood specimen taken (24 hour clock)

Hour	Minutes

A.14. Did respondent bring urine sample?

Yes No

If 'no': was urine sample obtained at the center?

Yes No

Physical Measurements: part 2.

A.15. Blood pressure
Second reading

Systolic blood pressure

--	--	--

mmHg

Diastolic blood pressure

--	--	--

mmHg

A.16. Heart rate: beats per minute

Second reading

--	--	--

beats

Annex 10:

**Form to inform participants of their results of the
physical and biochemical measurements taken during
STEP 2 and STEP 3**

STEPS-Aruba 2006

Resultaten Check-up

In te vullen voor de respondent (Optioneel: indien de respondent de resultaten van het onderzoek wil ontvangen).

Datum:/...../.....
Dag Maand Jaar

Gegevens respondent

Naam:

Geboortedatum:/...../.....
Dag Maand Jaar

Adres:
.....

Naam huisarts:

Uitslagen biometrie en laboratorium onderzoek

Bloeddrukmeting I/Hartslag I Systolische druk mmHg. Diastolische druk mmHg. Hartslag slagen per min.	Bloedonderzoek Bloedglucose mmol/L Cholesterol mmol/L Triglyceride mmol/L
Antropometrie: Gewicht: kg. Lengte: m. Buikomtrek: cm. Heupomtrek: cm.	Urineonderzoek Microalbumine mmol/L
Bloeddrukmeting II/Hartslag II Systolische druk mmHg. Diastolische druk mmHg. Hartslag slagen per min.	

Annex 11:
Letter to the family physicians



ARUBA

Aan:

Uw kenmerk:

Uw brief:

Ons kenmerk:

Onderwerp: Uitslagen STEPS Aruba 2006 2001

Oranjestad, 10-5-2007

Geachte

Zoals U waarschijnlijk weet wordt er op dit ogenblik een onderzoek verricht door de Directie Volksgezondheid, het Centraal Bureau voor de Statistiek en het Landslaboratorium. Dit onderzoek vormt een onderdeel van het opzetten van een surveillance systeem voor chronische niet-besmettelijke ziekten op Aruba. Tijdens dit onderzoek worden 2000 personen benaderd om te worden geïnterviewd. Elk van deze personen wordt ook uitgenodigd voor een biometrisch en een laboratorium onderzoek. Naast enkele antropometrie maten wordt ook de bloeddruk en de hartslag gemeten. Bij het labonderzoek wordt glucose, cholesterol en tryglyceriden gemeten. Ook is ochtend urine verzameld ter bepaling van microalbumine.

De uitslagen van dit onderzoek worden gebruikt voor statistisch onderzoek. Het biometrisch en laboratorium onderzoek kan ook gebruikt worden als een gratis check-up. Daarom houden wij er aan om de individuele uitslagen door te geven aan de huisartsen. Bij het onderzoek geeft elk der respondenten hiervoor de naam van hun huisarts op.

Hierbij doe ik in bijlage toekomen de individuele uitslagen van de personen die U als huisarts hebben opgegeven. Wij verzoeken U de uitslagen door te nemen en de uitslagen aan uw patiënten door te geven. Wij gaan er van uit dat indien de uitslagen bepaalde problemen aantonen dat U in onderling overleg met uw patiënt de nodige actie zult nemen.

Hoogachtend,

Mevr. mr. A.V. Cordero
Wvd. Directeur Directie Volksgezondheid

