Encuesta Nacional di Salud:

STEPS 2023

Dal e paso pa bo salud!

STEPS ARUBA 2023

Ministerio di Turismo y Salud Publico

DVG DIRECTIE VOLKSGEZONDHEID

Pan American Health Organization

World Health Organization

cbs central bureau of statistics

Pan American STEPS Risk Factor Surveillance Survey Aruba 2023 Report

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Abbreviations

BMI	Body Mass Index
CAPI	Computer-Assisted Personal Interviewing
CBS	Central Bureau of Statistics
CI	Confidence Interval
CM	Centimeters
DBP	Diastolic Blood Pressure
DVG	Directie Volksgezondheid
GAC	Geographical Address Classification
HDL	High-Density Lipoprotein
LDL	Low-Density Lipoprotein
MAP	Multi-Sectoral Action Plan
mg/dl	Milligrams per Deciliter
mmHG	Millimeters of Mercury
mmol/L	Millimoles per Liter
NCD	Non-Communicable Disease
PAHO	Pan American Health Organization
SBP	Systolic Blood Pressure
SPSS	Statistical Package for the Social Sciences
WHO	World Health Organization
WHR	Waist-to-Hip Ratio

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Message from the Minister of Tourism and Public Health, Aruba

As the Minister of Tourism and Public Health, I am honored to present my strategic program for 2021–2025, which prioritizes the critical task of combating non-communicable diseases (NCDs) within the population of Aruba. Recognizing the pressing challenges faced by Aruba, alongside many other Caribbean nations and the global community, we are committed to addressing the global surge in NCDs such as cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes.

In my role as Minister of Public Health, I am firm in my dedication to tackling these lifestyle diseases through strong prevention strategies and strengthening primary care services. We acknowledge that there are no quick fixes or simple solutions to addressing NCDs. The first essential step is to acquire a comprehensive understanding of our population's health status. To this end, the Public Health Department will implement the second STEPS Survey, which aims to provide deeper insights into the complexities and risk factors associated with the onset of NCDs in Aruba.

Utilizing the data obtained from initiatives like the STEPS Survey, my Ministry will develop informed policies, programs, and resource allocations necessary to address various risk factors and foster positive health outcomes. My objective as Minister of Public Health is to transform these commitments into concrete actions that yield tangible health benefits.

I extend my heartfelt gratitude to all stakeholders and individuals who have contributed to the success of the STEPS Survey. I offer my sincere appreciation to the Pan American Health Organization (PAHO) for their indispensable technical support and assistance. I also commend the dedication of my Ministry, the Department of Public Health, and the Central Bureau of Statistics for their diligent efforts in sampling, executing, and analyzing the STEPS Survey data, guided by PAHO's expertise. Special recognition is due to the interviewers and nurses who played a pivotal role in data collection. Lastly, I express my gratitude to all the respondents who participated in this survey, thereby contributing to our collective endeavor to combat NCDs and promote a healthier future for Aruba.

As the Minister of Tourism and Public Health, I am determined to integrate the insights gathered into our forward-thinking programs, advancing towards a vision of a healthier society, and enhancing the quality of life for all our citizens.

Dhr. Danguillaume P. Oduber
Minister of Tourism and Public Health

Acknowledgements

Thanks to all who have contributed to the successful execution of this very important survey for the community of Aruba. The finalization and publication of this report would not have been possible without the contribution of many stakeholders and partners. The Department of Public Health would like to give a very special thanks to PAHO for their invaluable technical support and their guidance throughout the whole process. We would also like to acknowledge the work of the agencies and people listed below:

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Sincerest gratitude is expressed to Dhr. Danguillaume P. Oduber, Minister of Tourism and Public Health, for his continuous support throughout the successful conduct of the survey and the development of the final report.

Summary

Introduction

This report presents the results of the STEPS Aruba 2023 survey. The general purpose of this survey was to gather up-to-date information on risk factors for Non-Communicable Diseases (NCDs) among the Aruban adult population. The report describes the most common modifiable risk factors underlying the major NCDs, and the results of the physical and biochemical measurements.

Methodology

STEPS Aruba 2023 followed the standardized PAHO/WHO STEPS survey methodology to gather reliable and representative data. The STEPS survey was translated into 4 languages. A simple random sample of 5,122 address points was drawn from the total number of 47,591 address points in Aruba, to ensure a diverse and representative pool of the Aruban population (18- 69 years). All data was collected using Computer Assisted Personal Interviewing and was uploaded into the online database of PAHO/WHO. STEPS Aruba 2023 consisted of 3 components; a household survey (STEP 1), physical measurements (STEP 2), and biochemical measurements (STEP 3). A total of 2,736 persons participated in STEP 1 and 2 and 2,243 persons completed STEP 3. All data underwent cleaning and validation procedures. Descriptive statistical analyses were performed to derive the results presented in this report.

Key results

Overall, high levels of risk factors were found in the population studied:

- Almost 80% of the Aruban population has an unhealthy weight, with 33% being overweight, and 46% being obese.
- A third of current drinkers engaged in heavy episodic drinking in the same period (≥6 drinks among men and ≥4 drinks among women per occasion).
- Vaping is an emerging problem among young men (18-29 years), with a prevalence of 14%.
- The Aruban population has a poor diet quality, as 88% of the people did not meet the recommended 5 servings of fruit and/or vegetables per day.
- Raised blood pressure is significantly more common among men than women, with 24% of men and 15% of women having it.
- About 10% of the population has raised blood glucose levels.
- More than 25% of the people has high cholesterol levels, with a higher prevalence among women.
- More than a third of the population with a NCD does not take their prescribed medication.
- 95% of the population is at risk of developing a NCD, and 38% is at high risk.
- Nearly a quarter of the women reported experiencing mild, moderate, or severe symptoms of anxiety and depression compared to 17% of the men.
- Almost 5% of the population ever attempted suicide, with the highest rates among the younger adults (18-44 years).
- More than half of the people that have suicidal thoughts didn't seek for professional help.

Conclusion

The results from the STEPS Aruba 2023 survey underscore a concerning scenario for NCDs within the adult Aruban population, shedding light on the high prevalence of risk factors. Immediate and decisive action is imperative to alleviate the burden of NCDs and avert preventable deaths caused by these conditions.

Introduction

In recent decades, Non-Communicable Diseases (NCDs) have emerged as a pressing global health concern. An estimated 17 million people die of NCDs each year, below the age of 70 (WHO, 2023). Cardiovascular diseases, cancers, diabetes and chronic respiratory diseases are the most prevalent causes of death, and are therefore the four leading NCDs worldwide.

In the region of the Americas, NCDs are the leading cause of death and disease burden. Four out of every five deaths in the region were caused by NCDs in 2019, equivalent to 3 million deaths among men and 2.8 million among women resulting in NCDs being major causes of years of life lost due to premature mortality, with 121 million years of life lost. Furthermore, NCDs are also a major cause of disability adjusted life years, which affects quality of life in a negative way. In 2019, NCDs accounted for 226 million disability-adjusted life years (PAHO/WHO, 2021).

The majority of these NCDs are caused by lifestyle variables; so-called modifiable risk factors. The top five most important modifiable risk factors are: insufficient physical activity, unhealthy diet, tobacco use, harmful use of alcohol, and air pollution (WHO, 2023). Similarly, biological risk factors such as overweight/obesity, raised blood pressure, high cholesterol and glucose blood levels also play a significant role in driving the global NCD epidemic (PAHO/WHO, 2023), with overweight/obesity being one of the biggest risk factors. In the Americas, it is estimated that 67% is overweight or obese among adults in 2022; the highest among all WHO regions. Chile, the Bahamas and Saint Kitts and Nevis have the highest prevalence of overweight, while Haiti has the lowest (PAHO 2023).

In the recent years, Aruba is also dealing with a growing burden of NCDs. Results from the previous STEPS survey (2006) already revealed high levels of NCD risk among the population (25-64 years). More specifically, the population consumed an unhealthy diet, was physically inactive and showed excessive alcohol consumption. Furthermore, 77% of the population was overweight, of which 41% was obese (STEPS, 2006). Results from a more recent study indicated that 73% of the Aruban population who perceived their weight as 'normal' was actually overweight or obese (GOA report, 2018). This indicates that for the majority of the Aruban population, the perception of their own weight does not comply with a healthy weight. However, results of this study need to be interpreted with caution as the sample size was very small (n=195). Therefore, these results may not be representative for the whole population.

The increasing burden of NCDs in Aruba and the significant social, economic and health consequences they bring, prompted the development of Aruba's 2020-2030 National Multi-Sectoral Action Plan for Non-Communicable Diseases (NCD MAP 2020-2030). The main goal is to "increase the protective factors for NCDs, while reducing the modifiable risk factors, using an evidence-based approach through multi-sectoral actions to enable sustained behavior change with a particular focus on prevention". It includes four strategic action areas which translate goals into actions:

1. Establish effective leadership and governance for the implementation of the Strategic MAP for the prevention and control of NCDs.
2. Strengthen NCD surveillance, monitoring, evaluation, reporting, and decision-making as part of the national information systems for health.
3. Reduce NCD risk factors, promote protective factors and address the social determinants of health.
4. Strengthen the integration of preventative and curative services for the effective management of NCDs, including self-management.

The second strategic action area highlights the importance of up-to-date and representative data for implementing, monitoring and evaluating the plan. The STEPS Aruba 2023 survey provides vital national data that will serve as the cornerstone for determining key priority actions, activities, and interventions integral to realization of the NCD MAP 2020-2030. Consequently, this can be translated into evidence-based policy and decision-making.

Purpose

The general purpose for conducting the STEPS Survey in Aruba is to produce current and representative data of NCDs and their risk factors among the adult population. This data will be used to evaluate and adjust current and future policies, programs and interventions in Aruba, in line with the NCD MAP 2020-2030.

Methods

Study design

The PAHO/WHO STEPwise approach to NCD risk factor surveillance, also called STEPS, is a standardized country-level household survey for systematically collecting, analyzing, and disseminating data on NCDs and their risk factors. It is designed to monitor, evaluate and inform public health priorities within a country in a sequential manner. The survey consists of 3 steps:
STEP 1: Household survey. STEP 2: Basic physical measurements. STEP 3: Biochemical analysis

The STEPS survey captures 11 of the 25 NCD Global Monitoring Framework indicators (PAHO, 2022). Throughout the report, data relevant for the Global Monitoring Framework are identified with this symbol. Aruba's NCD MAP 2020-2030, was developed and aligned with this framework as well.

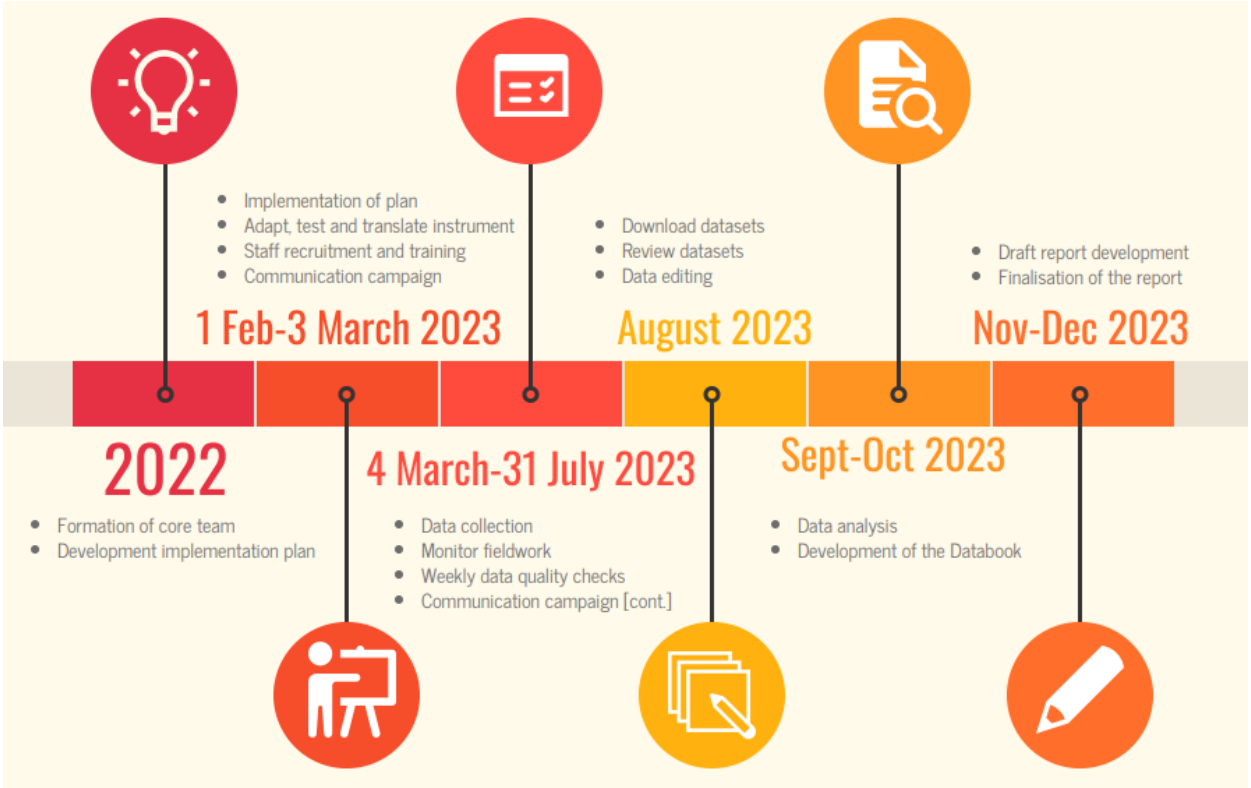
The STEPS Aruba 2023 survey was adapted in line with PAHO/WHO's recommended and standardized tool for NCD risk factor surveillance. The survey included all but one (urinary sodium and creatinine) of the core items. Furthermore, country-specific questions were added, which can be found under 'expanded items'. The optional item 'mental health/suicide' was also included to gain insight into anxiety, depressive symptoms, suicide and sleep (Table 1).

Table 1. STEPS Aruba 2023 survey items

	Core items	Expanded items	Optional items
STEP 1	**Basic demographic info**	**Basic demographic info**	**Mental health/suicide**
	Tobacco use	Tobacco cessation	Anxiety/depression
	Alcohol consumption	Alcohol use disorders	Suicide
	Cessation of alcohol	Sedentary behaviour	Sleep
	Binge drinking		
	Past 7 days drinking		
	Untaxed alcohol		
	Fruit and vegetable consumption		
	Consumption of salt and processed food		
	Physical activity at work		
	Physical activity for transport		
	Physical activity during leisure time		
	History of raised blood pressure		
	History of diabetes		
	History of raised total cholesterol		
	History of cardiovascular disease		
	Lifestyle advice		
	Cervical cancer screening		
STEP 2	Blood pressure	Hip circumference	
	Height and weight	Heart rate	
	Waist circumference		
STEP 3	Fasting blood sugar		
	Total cholesterol		

Preparations for STEPS Aruba 2023 started in 2022, by forming the survey team and developing the implementation plan. In February 2023, preparations were made by finalizing the survey, training the staff and by launching a broad campaign. Data collection was performed between March 4th and May 30th, 2023. The timing of the data collection was chosen taking local festivities into account, that could influence the lifestyle habits of the people. The data collection phase was extended for two additional months; until July 31st, 2023, in order to increase the number of completed interviews. In August 2023, all datasets were reviewed and cleaned for data analysis. Between September and October 2023, data analysis was performed and the data book was created. In November and December 2023, the results were translated into this report (Figure 1).

Figure 1. Time line of STEPS Aruba 2023



Data collection

The STEPS Instrument was used for data collection. This digital questionnaire incorporated automatic skips to appropriate questions and logical checks. The instrument was translated into 4 languages: Papiamento, Dutch, English and Spanish. Showcards on tobacco, alcohol, dietary salt, fruit, vegetables, and physical activity were included in the instrument to further explain questions. The instrument was reviewed by several core team members, and pre-testing was also done as part of the training. The instrument is presented in Annex A.

All data was collected using Computer Assisted Personal Interviewing Android tablets were provided by Central Bureau of Statistics (CBS). All data collectors also received a hard copy of a progress sheet that listed all households they needed to visit and keep track of. The progress sheets allowed supervisors to closely monitor the work of each enumerator in their team. All progress was entered into a digital progress sheet by supervisors, who then shared this weekly with the survey coordinator to keep track of the fieldwork's progress.

During the fieldwork, data collectors visited each household on their progress sheet. If no one was home, they left a notification letter with their contact information and re-visited the household numerous times. If someone was home, an explanation was given of the survey, and participation was requested. Written informed consent was always sought prior to starting data collection. At the beginning of the interview, people could choose their preferred language for the interview. A participant feedback form for the physical measurements (STEP 2) was filled in by the interviewer was and given to each respondent to inform them about their results.

Subsequently, people were informed of STEP 3 and were given the choice to participate. If written consent was given, biochemical measurements (STEP 3) were done two days after STEP 1 and 2. After taking biochemical measurements, all people received a feedback form. Medical advice was never provided to people, but if questions were asked, they were told to contact their general practitioner.

Aruban population

People eligible to participate were aged between 18 and 69 years, in line with STEPS surveys conducted in other countries. Furthermore, people were eligible for the study if they were registered in Aruba for >1 year, or intended to continue living in Aruba for 1 year, irrespective of their legal status. Children (<18 years) and older adults (>69 years) were not included in this survey as the specific health-related problems for these specific age groups require separate, age-specific health surveys.

Sampling

The STEPS Aruba 2023 sample was prepared by CBS Aruba, following the recommended STEPS sampling methodology. The sample was drawn from the Geographical Information System database of CBS (Census, 2020). The database contained 53,465 address points in Aruba, of which 47,591 households were located. Each address point was identified by a Geographical Address Classification code of 5 numbers. In addition, each address point was identified by a street name and by an address number and/or letter.

A sample of 5,122 address points was randomly drawn from the 47,591 households. This approach ensured full geographical coverage of all address points where households are residing in Aruba. The sample was drawn using the Statistical Package for the Social Sciences (SPSS). The randomly selected address points were then divided into areas coinciding in numbers with the 20 enumerators in the field.

All areas contained 256 address points to be visited by one enumerator. Within each selected household, the person to be interviewed was selected at random from all persons eligible for the study, within the household. Selection of the people was conducted automatically by the application used to conduct the survey. The sample size was calculated assuming an expected response rate of 60%. This was based on similar response rates from previous household surveys conducted in Aruba, and taking into account that people were hesitant to let others enter their houses due to the COVID-19 pandemic.

Staff recruitment and training

The Department of Public Health (DVG) was in charge of recruiting the staff and was assisted by CBS in identifying eligible candidates. The training for data collectors and supervisors was mainly provided by PAHO, in close collaboration with CBS and DVG. The training was a combination of formal classroom training and hands-on experience covering all standards and procedures for data collection.

The training also emphasized data collection for the mental health component, given its novelty within the STEPS survey and the topic's sensitivity. A mental health expert from the DVG was involved during the training and available for support throughout the survey. Close follow-up was applied after each notification to ensure the health and safety of the survey people and data collectors.

The STEPS data collectors training aimed to:

- Explain the rationale of the STEPS survey.
- Ensure uniform application of the STEPS survey methodology.
- Prepare data collectors to undertake the fieldwork for the survey.
- Prepare supervisors to guide data collectors and oversee the quality of their work.
- Motivate all staff.
- Ensure good overall data quality.

Data collectors

STEP 1 and 2 data collectors were trained for three full days. Data collectors were in charge of conducting STEP 1 and 2 at the premises. A total of 25 data collectors were trained; 20 of them started with the fieldwork right after the training, while five of them were on standby. The training focused on the following components:

- Plan fieldwork according to the progress sheet.
- Locate the selected address points.
- Determine the number of households in the selected housing units.
- Explain the purpose of STEPS Aruba 2023 to household members using an information leaflet.
- Record the age and sex of each eligible person living in the household in the tablet.
- Allow the tablet to randomly select one household member who is eligible to participate.
- Obtain written consent from each participant.
- Conduct the interview and record all answers on the tablet.
- Request participation in STEP 2 and record all answers on the tablet.
- Fill in and provide participant feedback form.
- Invite each participant to participate in STEP 3.
- Make STEP 3 appointment and share this with the STEP 3 data collector and supervisor.
- Check all completed forms and hand them over to the supervisor on a weekly basis.
- Complete the progress sheet for each visited household.
- Report any difficulties to the supervisor.

Data collectors for STEP 3 were trained for half a day (four hours). The training focused on locating households, obtaining informed consent, taking blood measurements, recording results and filling in the participant feedback form. A total of 12 persons were trained to conduct STEP 3. Data collection for STEP 3 was done either at the participant's home, the DVG in Oranjestad, or IBISA in San Nicolas, depending on the participant's preference.

Supervisors

The supervisors were included in the training with the data collectors. A training session with only supervisors was held on the last day, where tasks and responsibilities were discussed. Supervisors were tasked with closely guiding the work of the data collectors. Each supervisor was responsible for five STEP 1 and 2 data collectors, and two STEP 3 data collectors. They kept close track of progress sheets and checked in regularly with their team members. They managed human resource and performance issues and reported relevant issues to the STEPS survey coordinator. All supervisors were expected to attend the weekly update meeting with the survey coordinator to discuss the progress of the fieldwork.

Data analysis

Data quality assurance

Data quality assurance was a paramount aspect of the STEPS Aruba 2023 survey, ensuring that the information collected was accurate, reliable, and representative of the Aruban population. The data quality assurance was performed by CBS.

During the preparation and implementation of the survey, several measures were implemented to uphold data quality. This encompassed standardization of the data collection procedures, and keeping track of any discrepancies or inconsistencies during the fieldwork. The CAPI methodology was used to streamline the data collection process.
Regular validation checks were conducted to identify and rectify any abnormalities or outliers in the dataset. All data were downloaded directly from the PAHO database. Some data checks were conducted in Excel, while others were done in SPSS. Data quality checks were performed on a daily basis at the beginning of the fieldwork. Over the course of the data collection phase, this was scaled down to a weekly occurrence. During the weekly supervisor meetings, data quality issues were raised and subsequently checked with data collectors in the field. A list of rectifications was kept to facilitate editing of the data in the next phase.

Data handling, editing and weights

Data were stored in two separate files: the first file contained data from the interview and the physical measurements (STEP 1 and 2). The second file contained the biochemical measurement data (STEP 3). The first step of the data handling process was to link both files using unique identification numbers. Consequently, structural and consistency checks of the QR codes were performed. SPSS was used for all data handling and editing.

In order to have data that are representative for the entire country, the distribution of the Aruban population needed to resemble the distribution of the total population aged 18-69 years in Aruba. Therefore, data was mathematically weighted to ensure the data was proportionate to the country's actual population. All results in this report represent the weighted values.

After comparing data from the CBS with the STEPS Aruba 2023 data, we observed an overrepresentation of older adults in the survey, and an underrepresentation of young adults aged 18 – 30 years. Weights were therefore applied accordingly to correct for these discrepancies. These weights (Wa) were calculated by dividing the percentage of males/females in broad age groups from CBS' population estimates by the male/female percentages from the corresponding broad age groups in the STEPS Aruba 2023 sample.
The overall weights (W) were then calculated as:

$$W = Wh * Wa$$

Households in the STEPS Aruba 2023 sample had an equal probability of being selected, as a simple random sample was used. Therefore, no household sample weights needed to be applied. However, as the STEPS sampling design selected only one individual in each household, weights were applied to ensure the sample's representativeness, as persons in smaller households had a higher chance of being selected than persons in larger households, especially as there was an overrepresentation of smaller households. The design weight was calculated as the reciprocal of the household size:

$$Wh = 1/s$$

Where Wh is equal to the household weight and s to the household size.

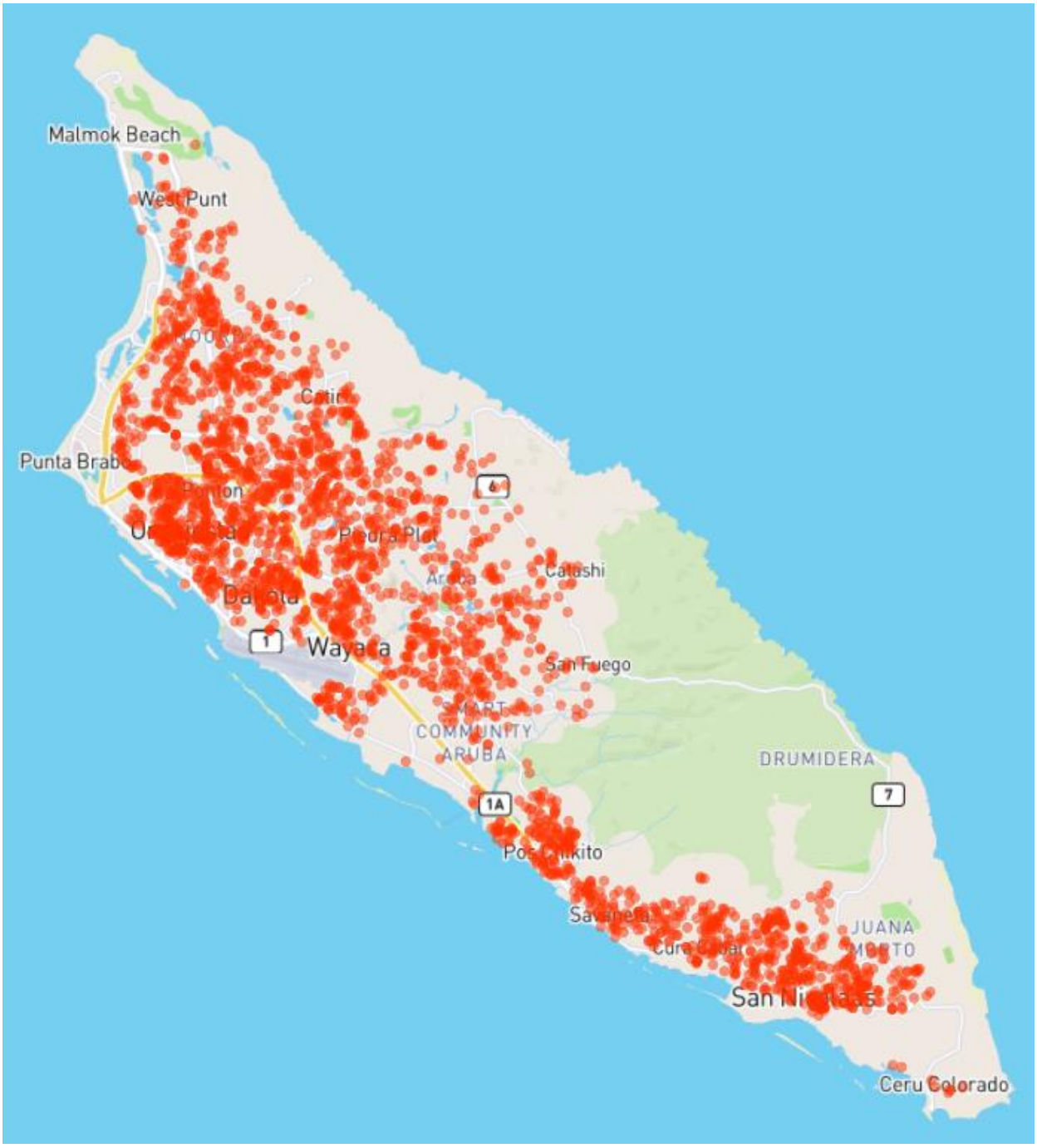
Statistical analysis

All statistical analyses were performed using Epi Info 3.5.4 and Stata 18. Results are presented as means or percentages, with associated confidence intervals. Statistical significance was defined by using the p-value ($p < 0.05$). All tables are presented for the whole population. When the sample size allowed it, results are stratified by age groups (18-29 years, 30-44 years, 45-59 years, 60-69 years) and sex (male, female).

Response

Of the 5,122 address points that were selected, a total of 2,744 participated in STEP 1 and 2. Each dot presented in Figure 2 represents a participating household. About 82% of the people that completed STEP 1 and 2, also participated in STEP 3 (n = 2,254). After cleaning all data, we had complete data of 2,736 people from STEP 1 and 2, and complete data of 2,243 people from STEP 3. This resulted in an overall response rate of 53% from STEP 1 and 2, and 44% from STEP 3. The desired response rate was 60%, however this target was not met despite extending the data collection for two months.

Figure *2*. Geographical distribution of participating households

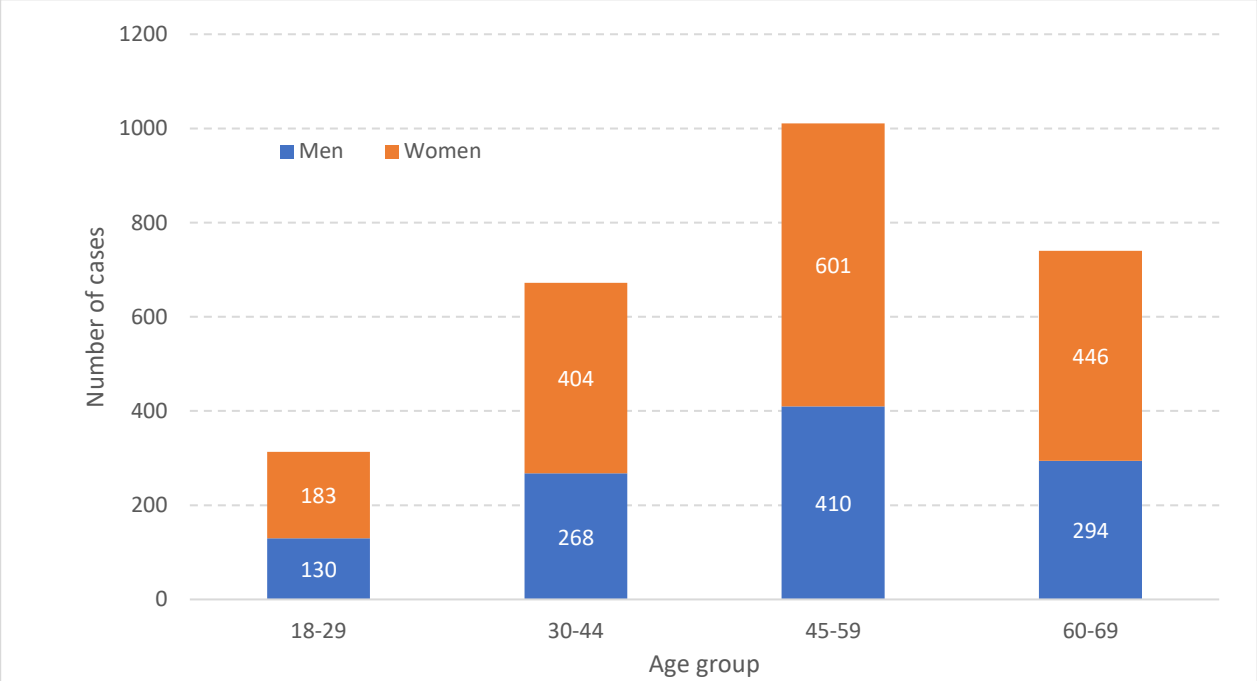


Results

Demographics

The total number of participants of STEP 1 and 2 was 2,736 people. Approximately 60% of the participants were women, and 40% were men. The 45-59 years age group showed the highest representation, with 410 men and 601 women completing the survey. The youngest age group (18-29 years) consisted of the least people. Figure 3 shows the number of people per age group and sex.

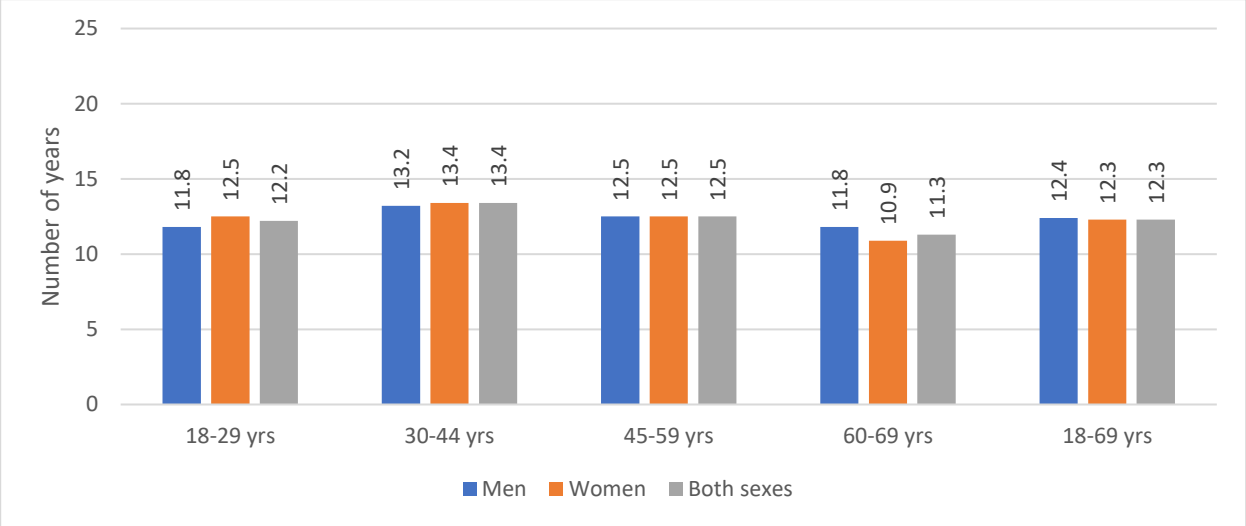
Figure 3. Number of participants, by age group and sex*



**Numbers are not weighted*

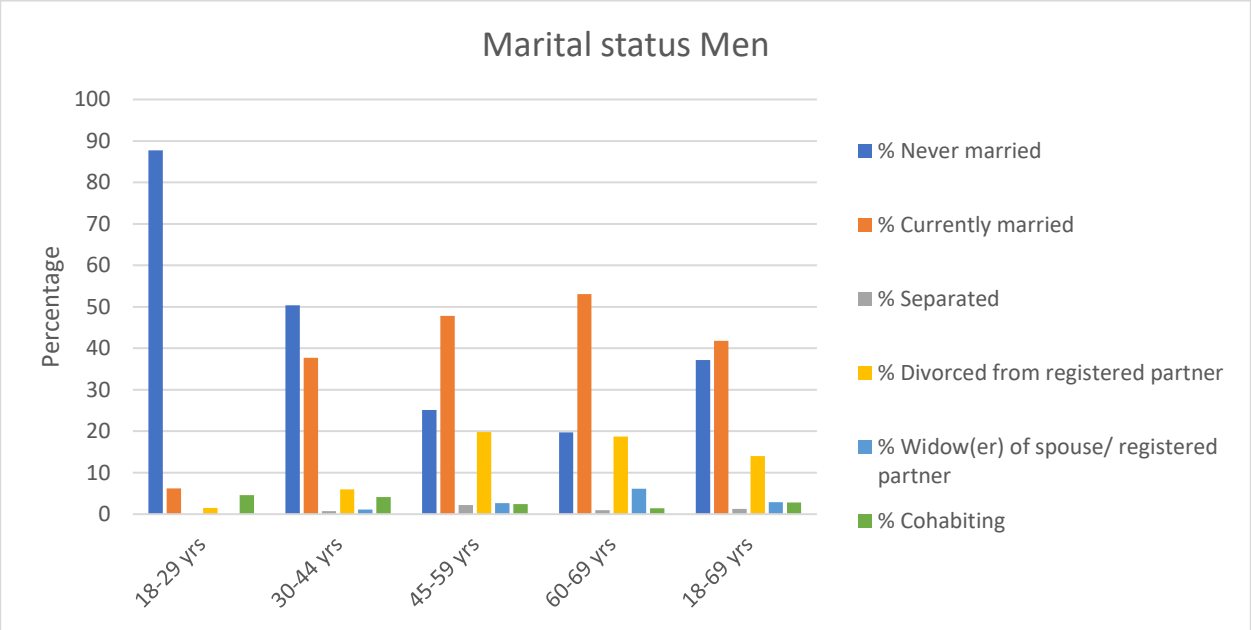
The mean number of years of education was 12.3 years. No difference was observed between sex. The 30-44 years age group had the highest number of years of education (13.4 years). The older adults (60-69 years) had the lowest number of years of education (11.3 years) (Figure 4).

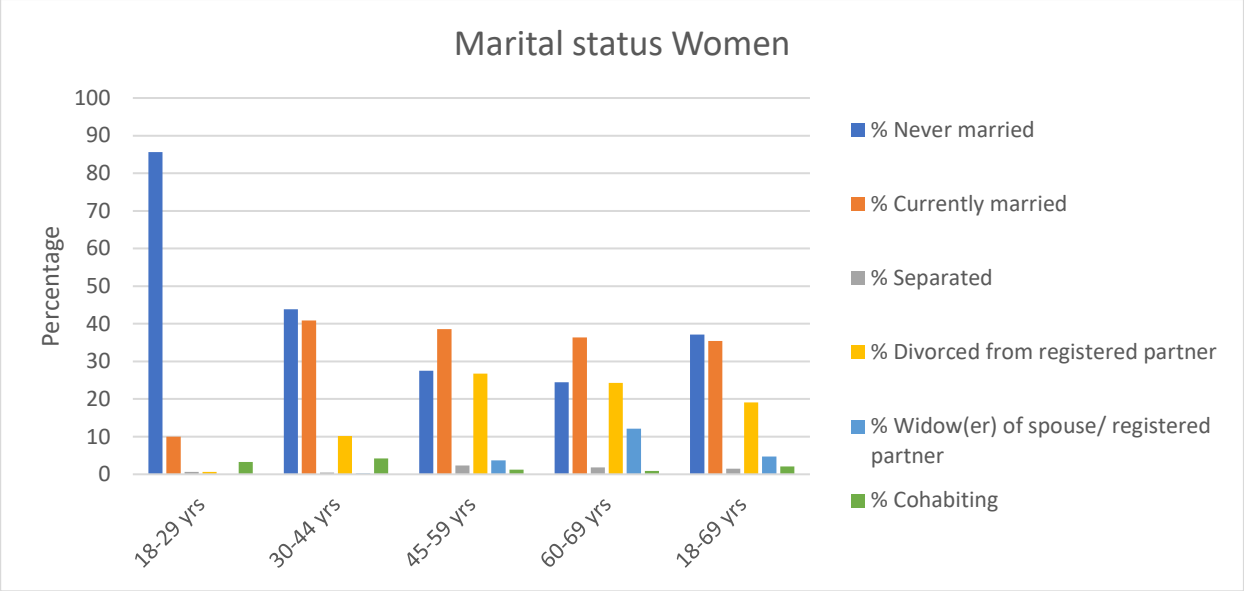
Figure 4. Mean number of years of education, by age group and sex



When looking at marital status, 38% of the participants was currently married, and 37% was never married. The remaining 25% was either divorced (17%), separated (1%), widowed (4%) or cohabiting (2%) (Figure 5).

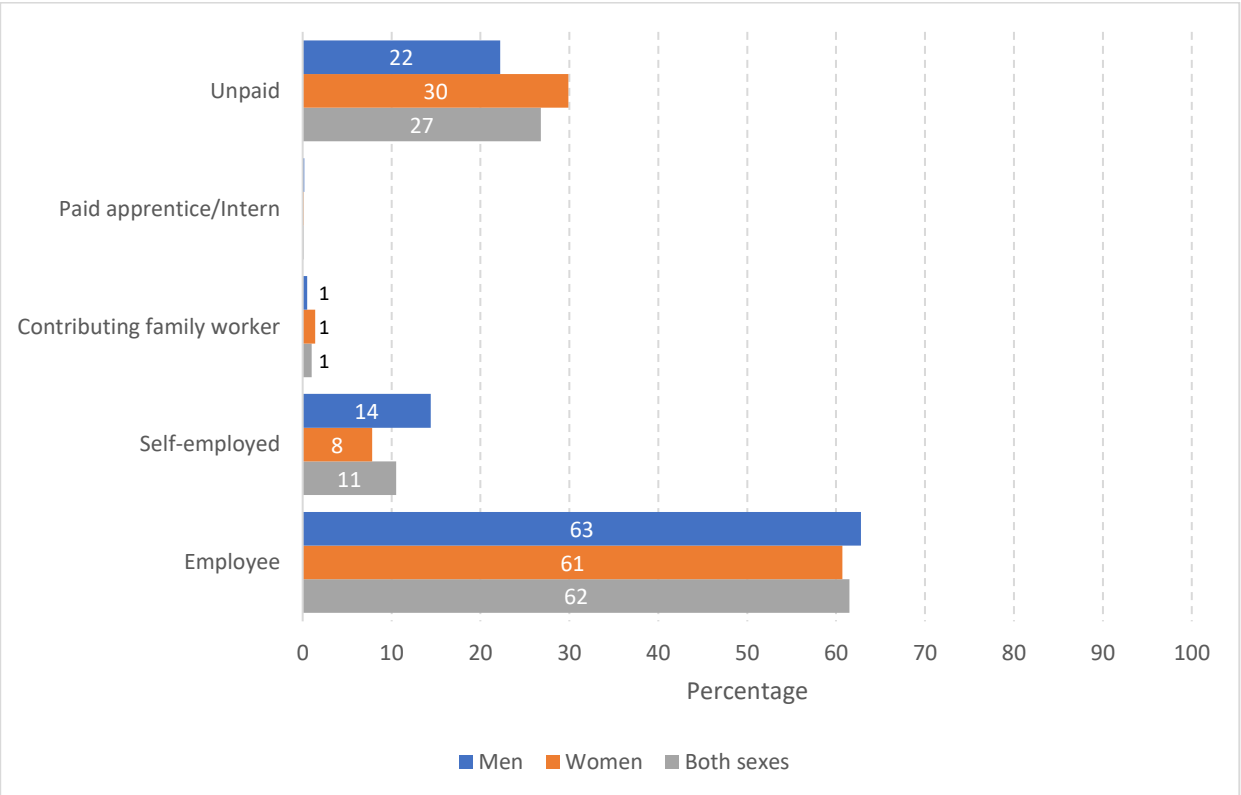
Figure 5. Percentage of participants by marital status, age group and sex





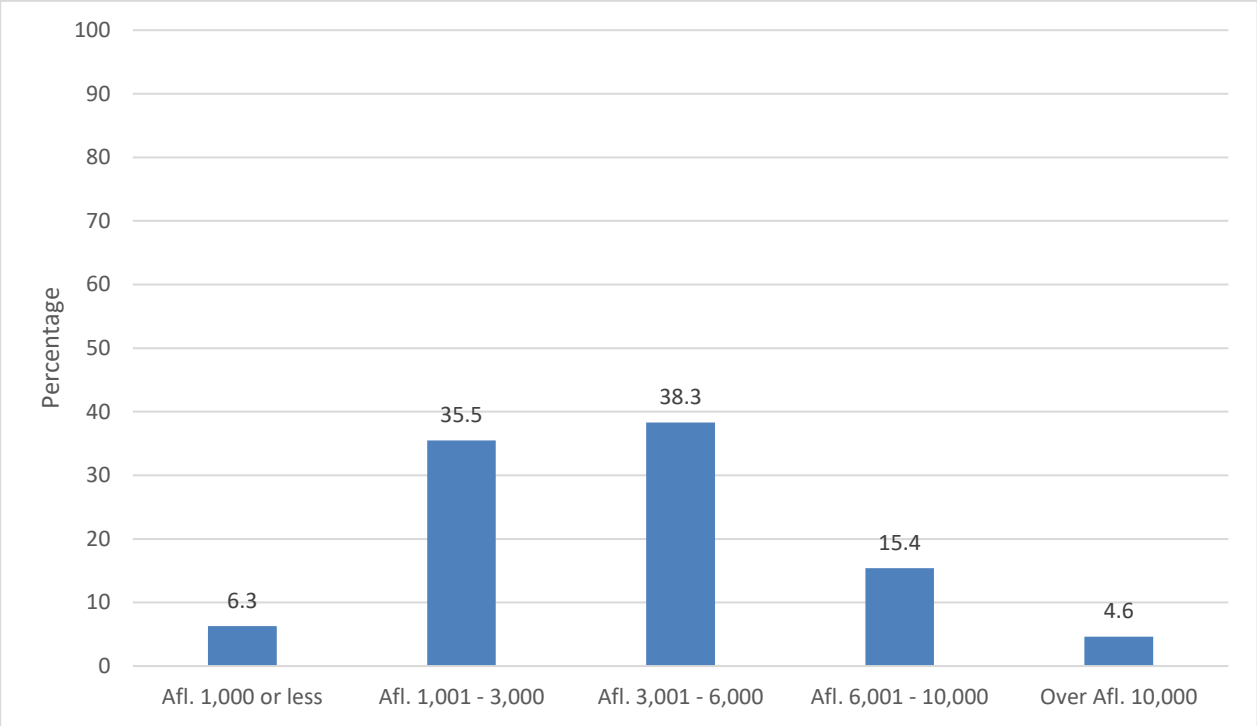
Nearly two-thirds of both men and women were employed. Younger adults (18-34 years) and older adults (60-69 years) covered the largest proportion in the unpaid category. The unpaid category includes students, homemakers, and persons that are retired or unemployed. Approximately 10% of the population was self-employed, and 1% was a contributing family worker (Figure 6).

Figure 6. Percentage of employment status of participants, by sex



The majority of the participants have either an estimated household net income between Afl. 1,001-3,000 (36%), or between Afl. 3,001-6,000 (38%). About 20% of the households earned more than Afl. 6,001 per month (Figure 7).

Figure 7. Percentage of estimated household earnings in Aruban florins



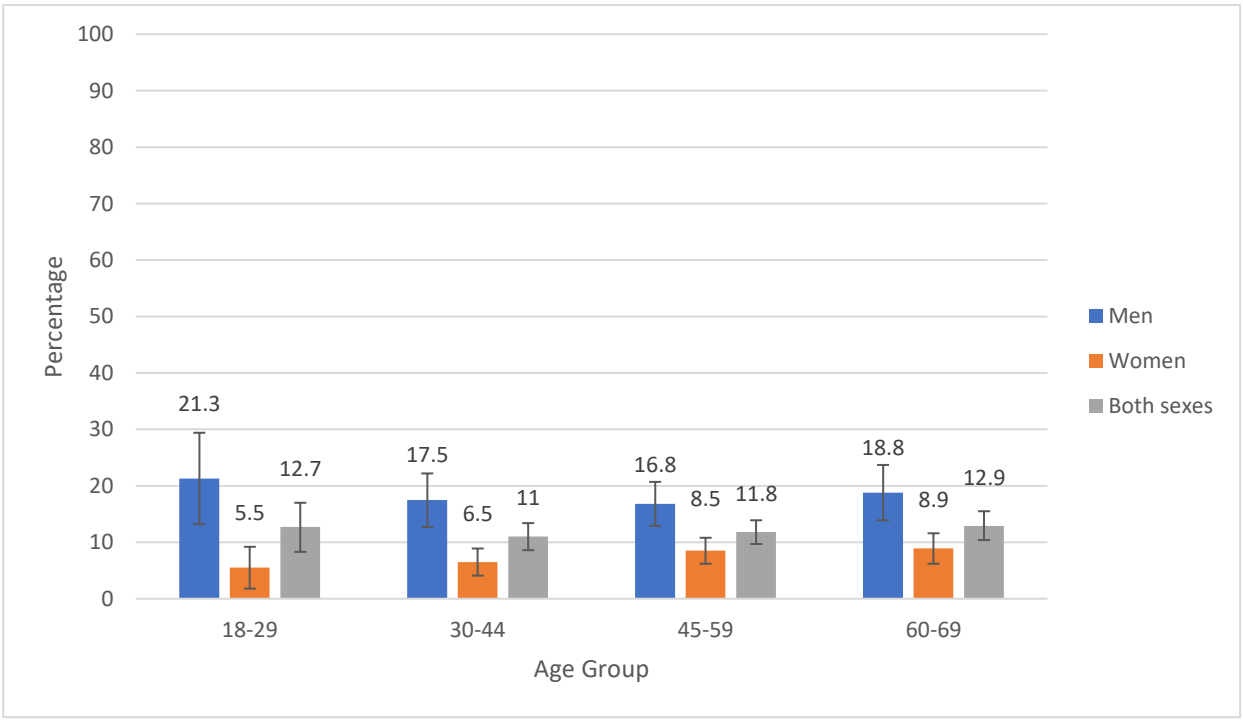
Modifiable risk factors

The four most important modifiable behavioral risk factors were included in the survey; tobacco use, harmful use of alcohol, unhealthy diet, and insufficient physical activity. Air pollution was recently added as a contributing risk factor, but was not included in the current survey.

Tobacco use

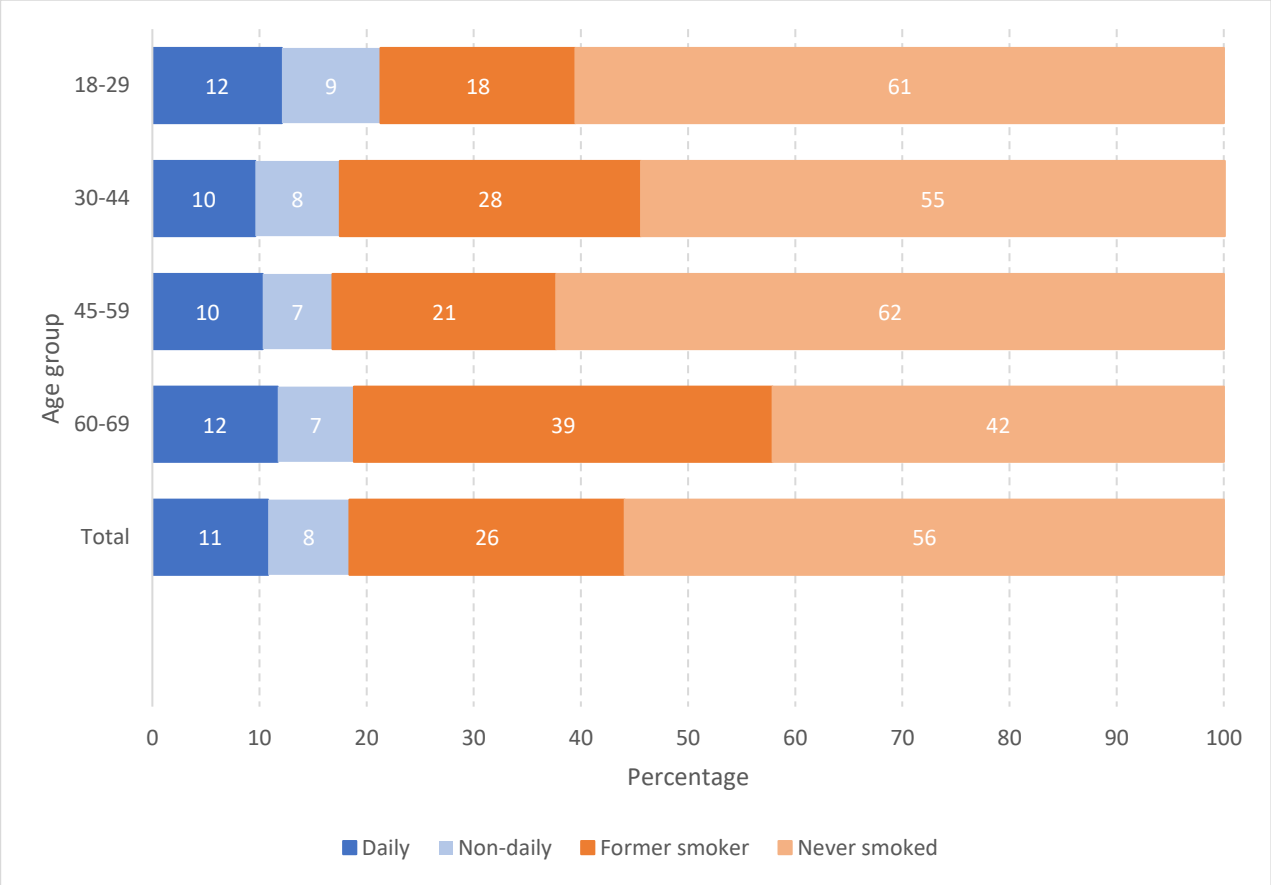
Figure 8 shows that 13% of the Aruban population currently smokes tobacco products such as cigarettes, cigars, or pipes. About 7% of the total population smokes tobacco products on a daily basis. Men were more likely to currently smoke tobacco products (19%) than women (9%). The difference is the most pronounced in the age group 18-29 years, in which the prevalence of male current smokers is 21% compared to 6% of female current smokers. Although a relatively higher percentage of younger men and older women reported being current smokers, the difference with other age groups for the same sex was not significant. Age was therefore not significantly related to current smoking status.

Figure 8. Percentage of current tobacco users 18-69, by age group and sex



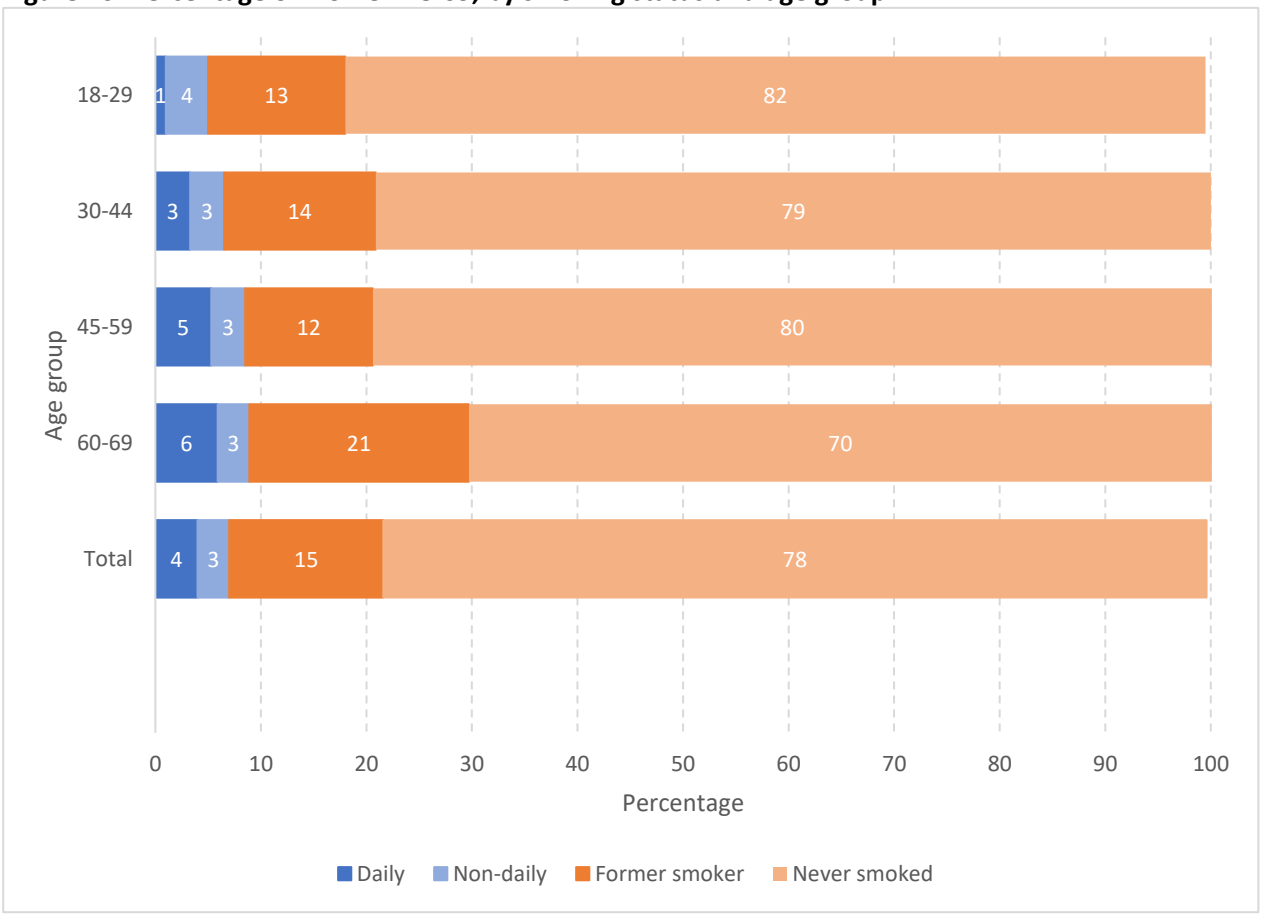
59% of the current male smokers were daily smokers. Manufactured cigarettes were the most popular tobacco products, with 90% of the men currently using this product. Among non-smokers, 26% are former smokers, and 56% never smoked (Figure 9). 43% of men who are currently smoking have tried to quit in the past year.
The average age when men started smoking was 18.9 years. Nearly a quarter of current male smokers who visited a doctor or other health worker in the past 12 months were advised to quit smoking.

Figure 9. Percentage of men 18-69, by smoking status and age group



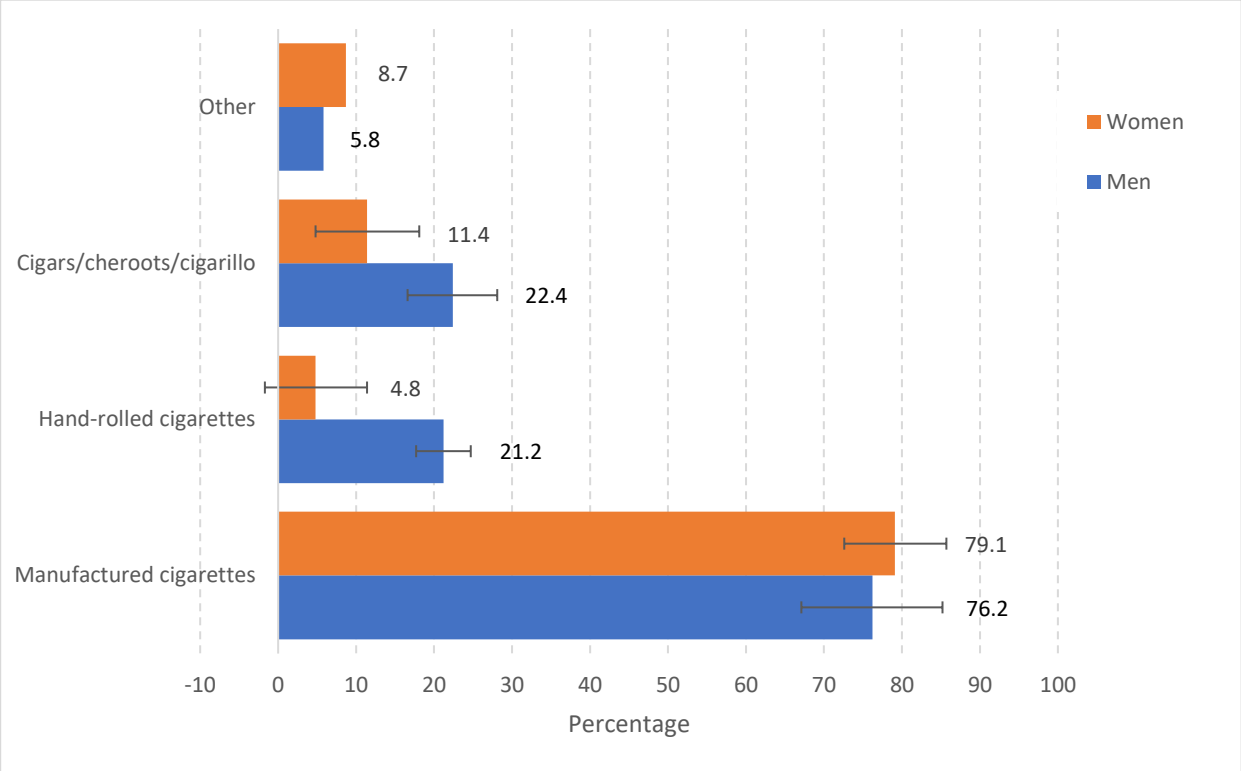
The prevalence of female current smokers is significantly lower compared to men, with 7% of women currently smoking tobacco products. 54% of women are daily smokers. Most women (96%) who currently smoke use manufactured cigarettes. 78% of the women have never smoked, and 15% of the women who previously smoked, quit (Figure 10). Nearly half of female current smokers have tried to quit in the past 12 months. On average, women started smoking at a later age (20.9 years) than men, however these results were not significant. One third of current female smokers were advised by their doctor to quit smoking.

Figure 10. Percentage of women 18-69, by smoking status and age group



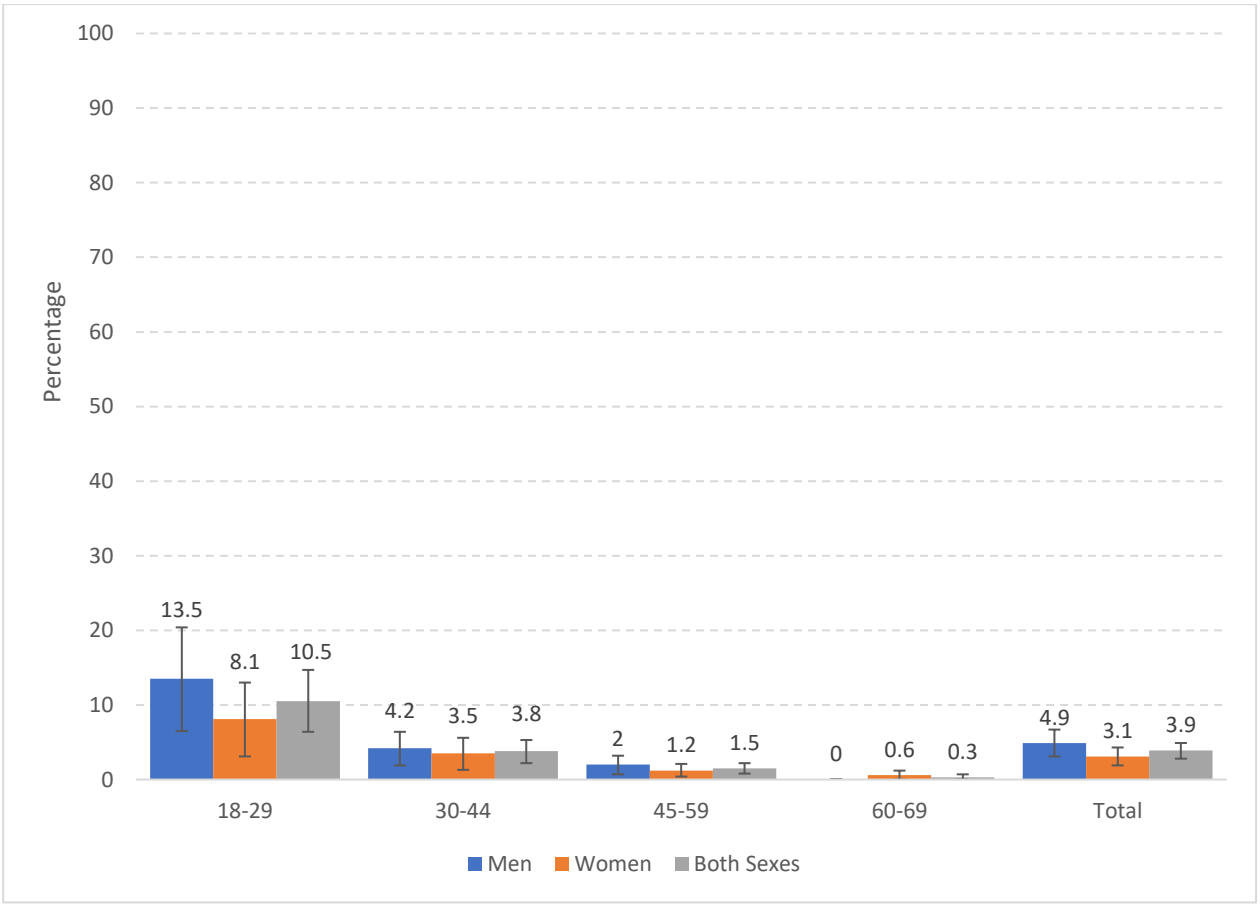
Current smokers were also asked which tobacco products they consumed. Results are shown in Figure 11. Even though the preference for manufactured cigarettes is similar between men and women, significantly more men smoked hand-rolled cigarettes compared to women. Additionally, 22% of the men smoked cigars, cheroots or cigarillos.

Figure 11. Percentage of current smokers 18-69, by smoke tobacco product and sex



Vaping is the use of battery-powered electronic cigarette (e-cigarette) devices which heat a liquid to produce vapor or aerosol instead of smoke. Vaping is becoming more popular in recent years, particularly among young people. E-cigarette emissions typically contain nicotine and other toxic substances that are harmful to both users, and non-users who are exposed to the aerosols second-hand (WHO, 2019). To investigate the current situation of vaping in Aruba, a question on e-cigarettes was included in the survey. People were asked whether they currently use e-cigarettes or any other vaping devices. If so, they were also asked about the frequency. Results show that nearly 5% of the men and 3% of the women in Aruba currently vape, with 1% doing so on a daily basis. Vaping was highest among young adults (18-29 years), with 14% of the men and 8% of the women currently use e-cigarettes or other vaping devices. More than 2% of the men and 1% of the women vape on a daily basis. When looking at the whole population, age is significantly related to vaping. As age increases, vaping is significantly reduced (Figure 12).

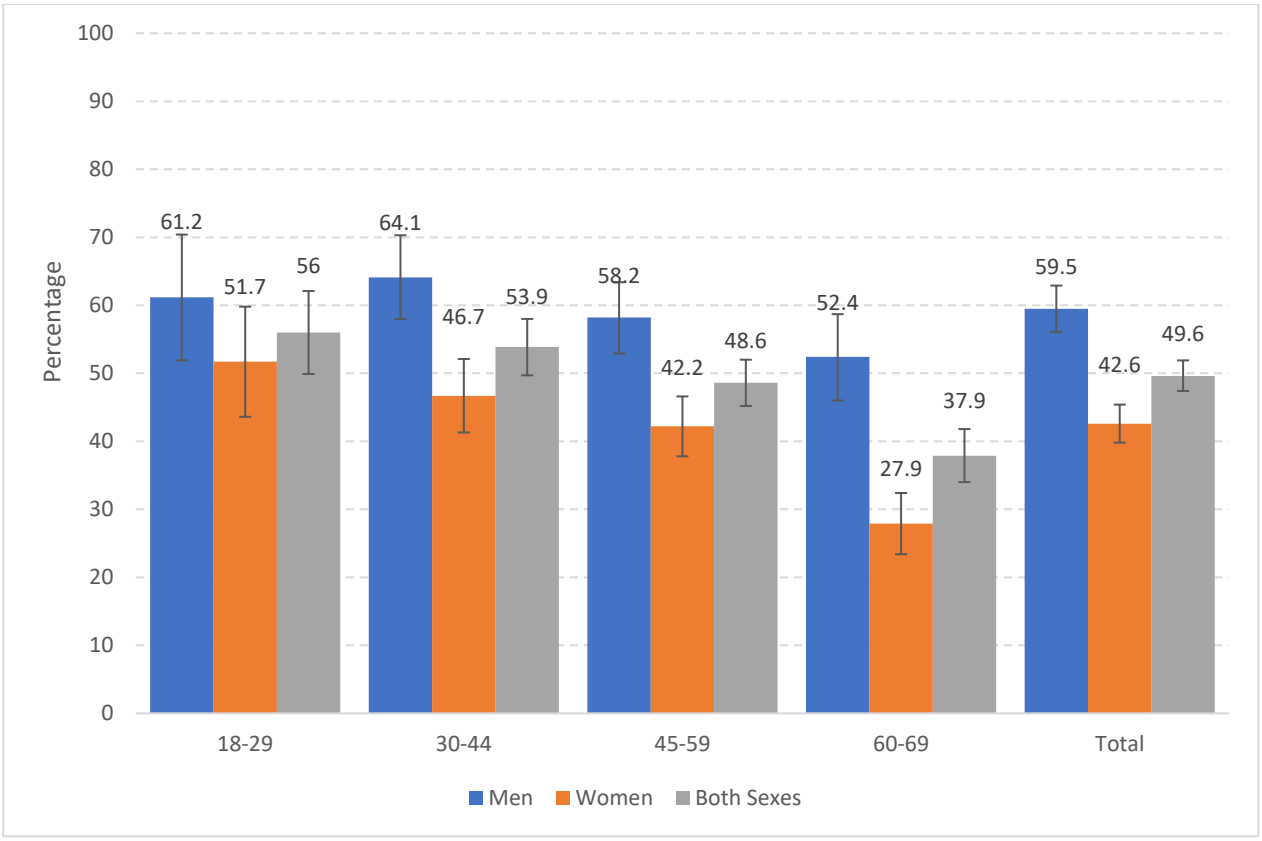
Figure 12. Percentage of adults 18-69 who currently vape, by age group and sex



Alcohol consumption

Among the total Aruban population, 50% had consumed alcohol in the past 30 days. Men were significantly more likely to consume alcohol than women. Almost 60% of the men and 43% of the women drank alcohol in the past 30 days (Figure 13). Women were significantly more likely to abstain from alcohol (26%) than men (15%). 22% of former drinkers (those who did not drink during the past 12 months) stopped drinking due to health reasons.

Figure 13. Percentage of current drinkers 18-69, by age group and sex



Male current drinkers had a significantly higher number of drinking occasions in the past 30 days than female current drinkers, with 5.2 occasions compared to 3.4 occasions, respectively.
Sex was also significantly related to the number of standard drinks per occasion. A standard drink contains approximately 10 grams of pure alcohol. Men consumed on average 5.5 standard drinks per occasion in the past 30 days, whereas women consumed 3.3 standard drinks. This difference was statistically significant. The largest number of standard alcoholic drinks that men consumed on 1 occasion was 7.4, compared to 4.2 for women. Younger age groups reported a higher number of average standard drinks consumed, although results for age were not significant (Figure 14).

Figure 14. Mean number of drinks per drinking occasion among current drinkers 18-69, by age group and sex

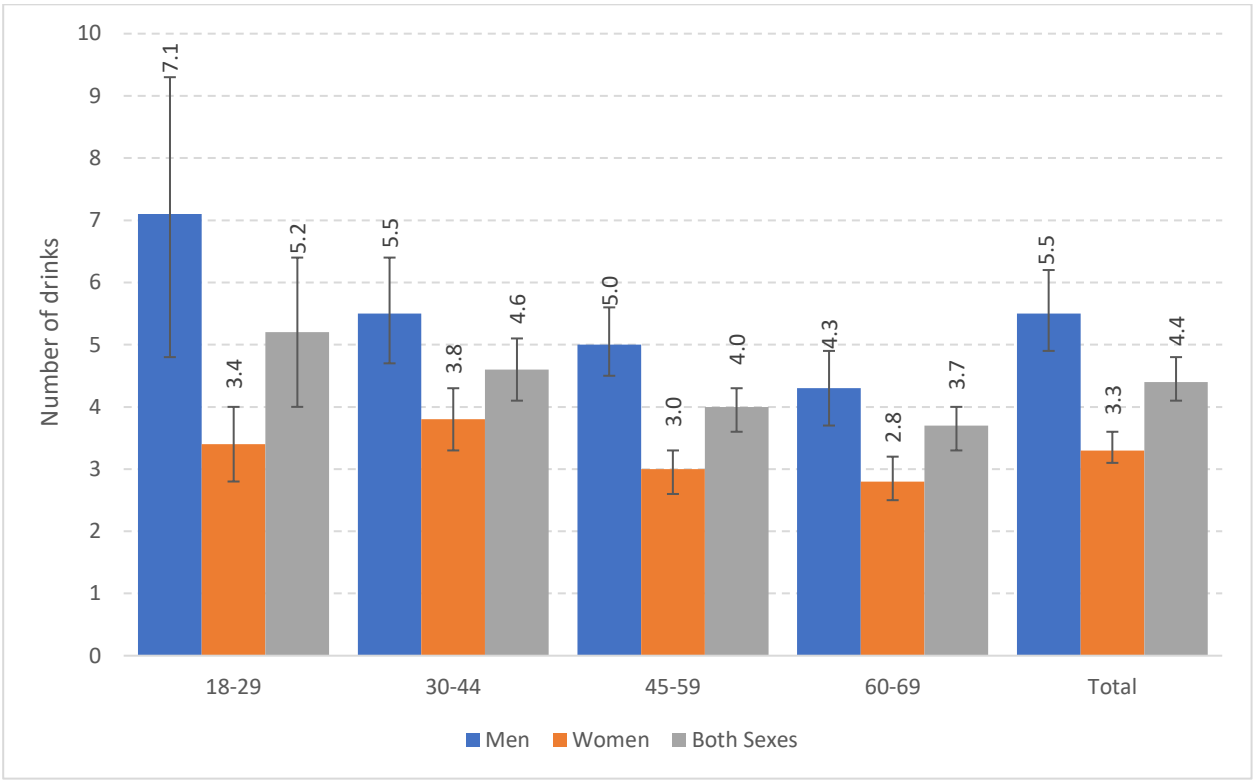
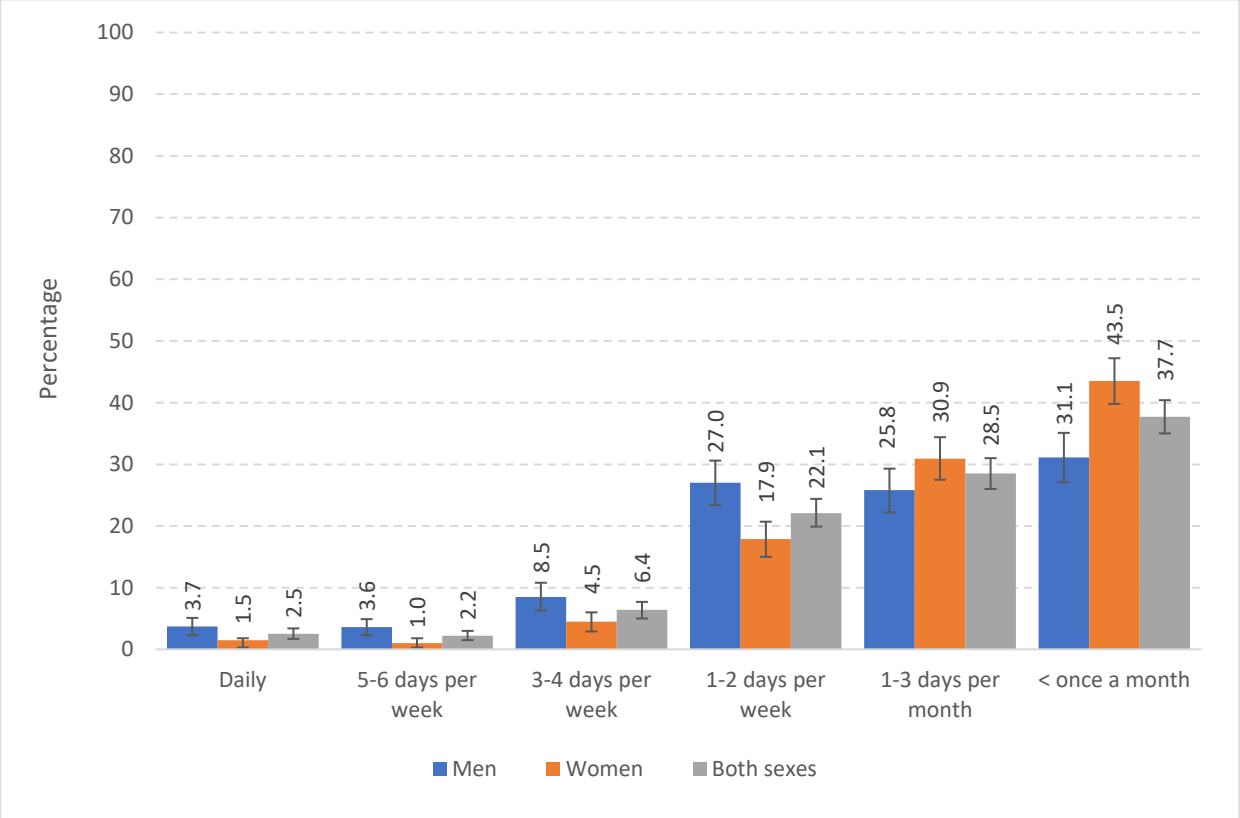


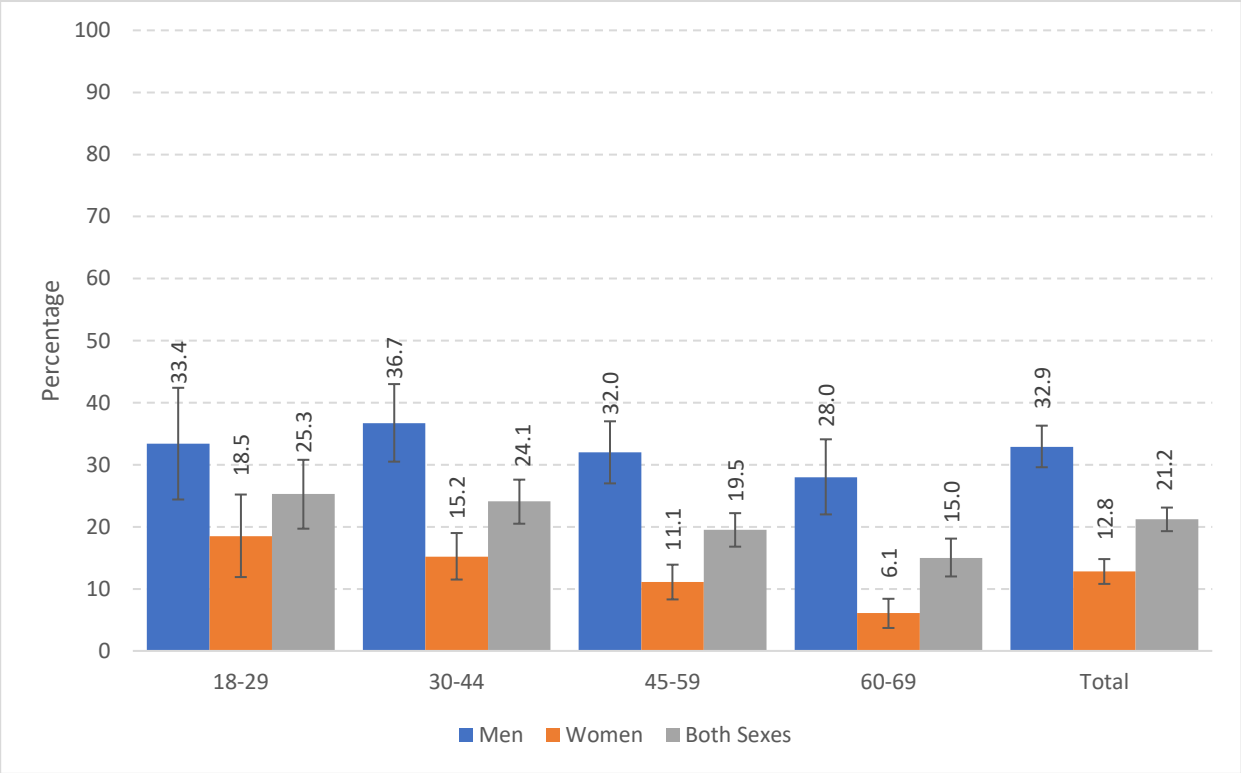
Figure 15 indicates the frequency of alcohol consumption among those who have consumed alcohol in the last 12 months. It shows that daily drinking is significantly more common among men (4%) than among women (2%). When looking at both sexes, 2% of the Aruban population consumed alcohol 5-6 days a week, 6% did so 3-4 days a week, 22% 1-2 days per week, and 29% 1-3 days per month. Nearly 40% of the population drank less than once a month in the past 12 months.

Figure 15. Percentage of current drinkers 18-69, by frequency of alcohol consumption and sex



More than 21% of the total population engaged in heavy episodic drinking during the past 30 days, defined as consumption of six or more drinks on a single occasion. 25% of the young adults (18-29 years) engaged in heavy episodic drinking in the past month. Sex was significantly related to heavy episodic drinking in all age groups. For those aged 18-29 years, 33% of the men engaged in heavy episodic drinking compared to 19% of the women. Among the 45-59 year age group, this was 32% compared to 11%, respectively (Figure 16).

Figure 16. Percentage of adults 18-69 who had six or more drinks in a single occasion in the past 30 days (heavy episodic drinking), by age group and sex

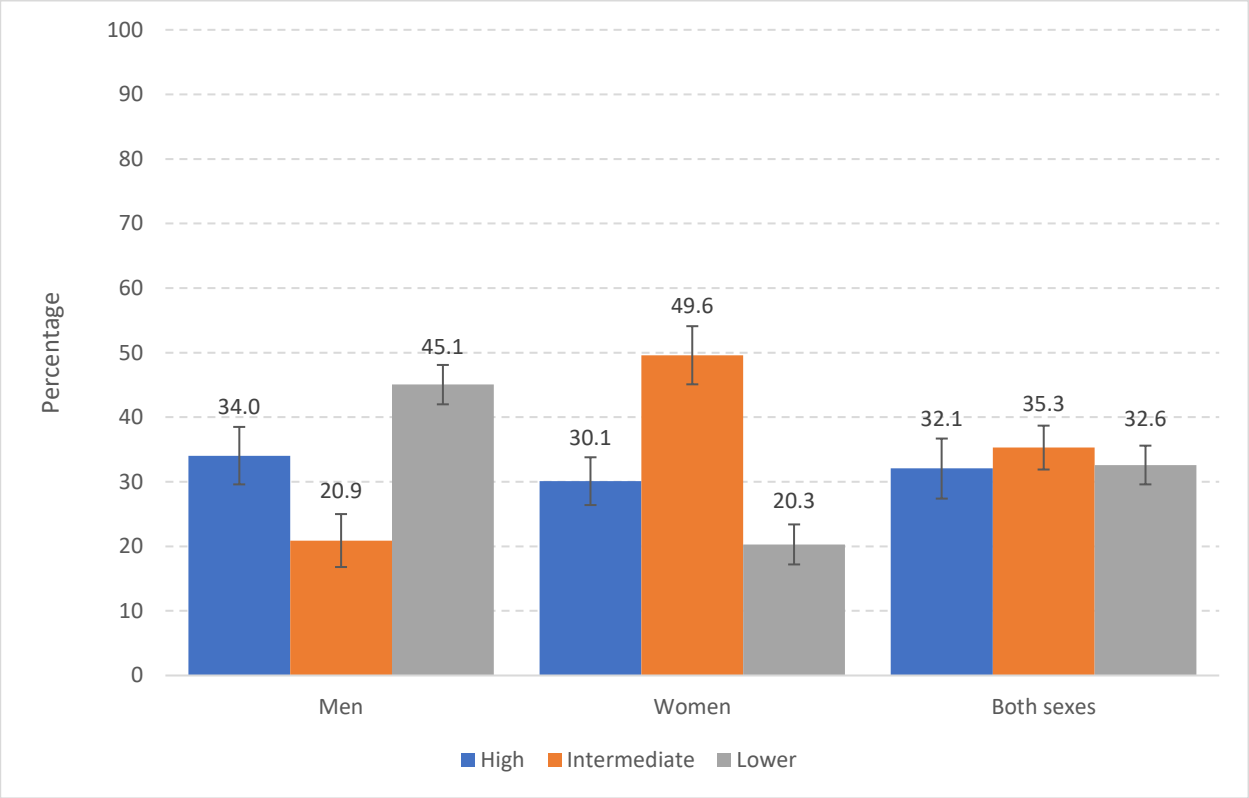


The average volume of drinking levels among the population in the past 30 days was measured and divided into 3 categories. Ten grams of pure alcohol represents a standard drink.

- Lower level: <40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women
- Intermediate level: 40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women
- High level: ≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women.

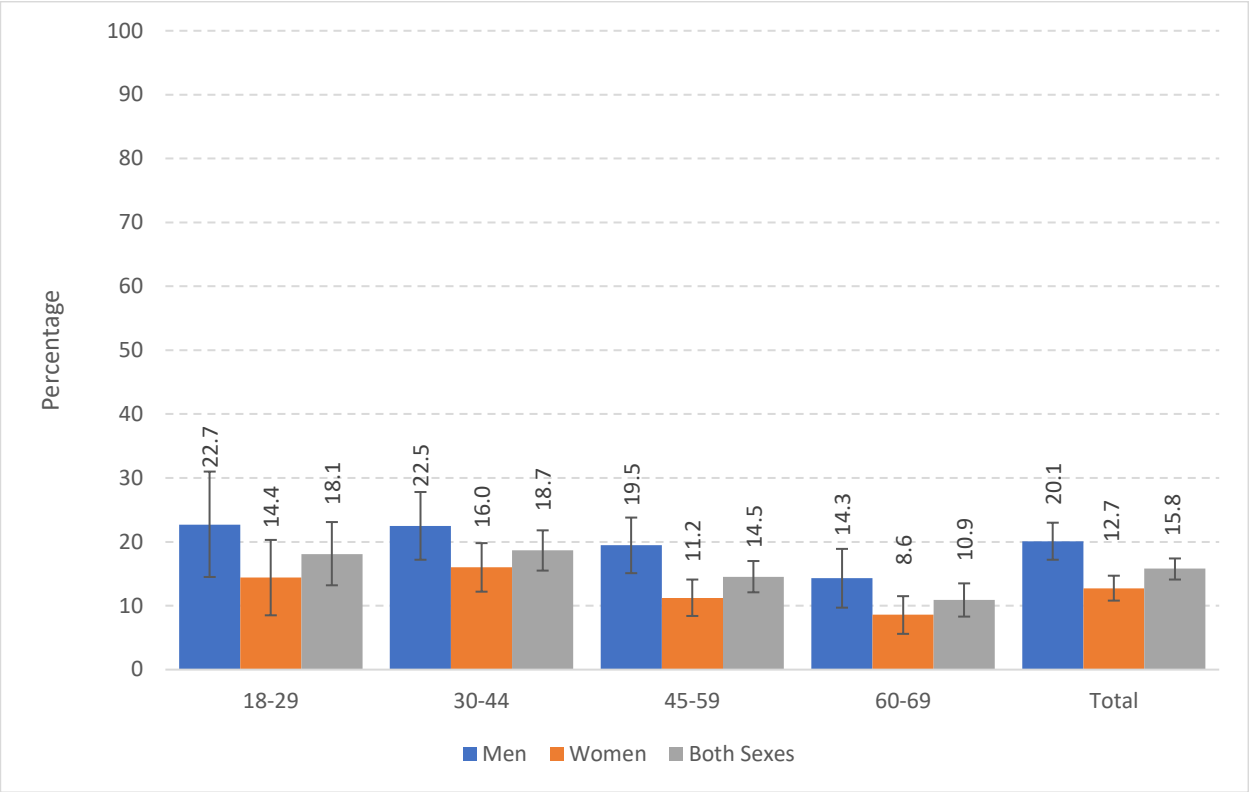
The division of drinking levels for both sexes was equally divided, with about a third of current drinkers engaging in high, intermediate or lower levels of drinking in the past 30 days. High levels of drinking occurred amongst 34% of the men and 30% of the women in the past 30 days. Women are significantly more likely to engage in intermediate drinking levels than men, with 50% of the women doing so, compared to 21% of the men (Figure 17).

Figure 17. Percentage of current drinkers 18-69, by drinking level and sex



Adult men are significantly heavier drinkers per occasion than women (Figure 18). 20% of the men engaged in high level drinking (≥60g of pure alcohol per occasion) compared to 13% of the women (≥40g of pure alcohol per occasion). Almost 16% of the total population engaged in high level drinking.

Figure 18. Percentage of adults 18-69 with high level alcohol consumption, by age group and sex

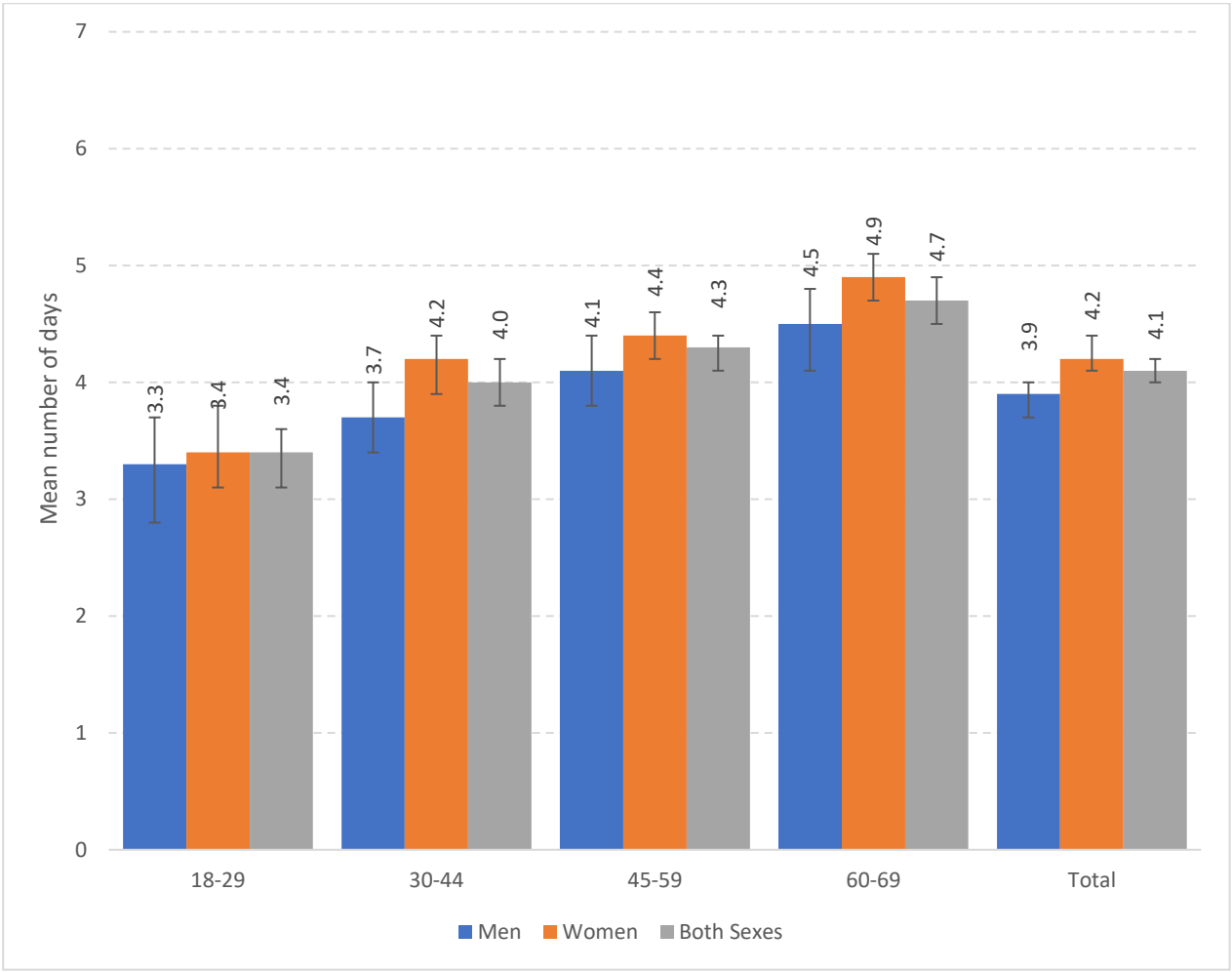


Among the people who consumed alcohol in the past 12 months, 4% of the men and 1% of the women reported not being able to stop drinking once they started. Nearly 94% of the people who consumed alcohol in the past 12 months never failed to do what was normally expected from them because of drinking. Only 1% of male current drinkers and 1% of female current drinkers reported the consumption of unrecorded alcohol in the past 7 days. Examples of unrecorded alcohol are homebrewed alcohol, any alcohol brought over the border, or other untaxed alcohol.

Dietary behavior

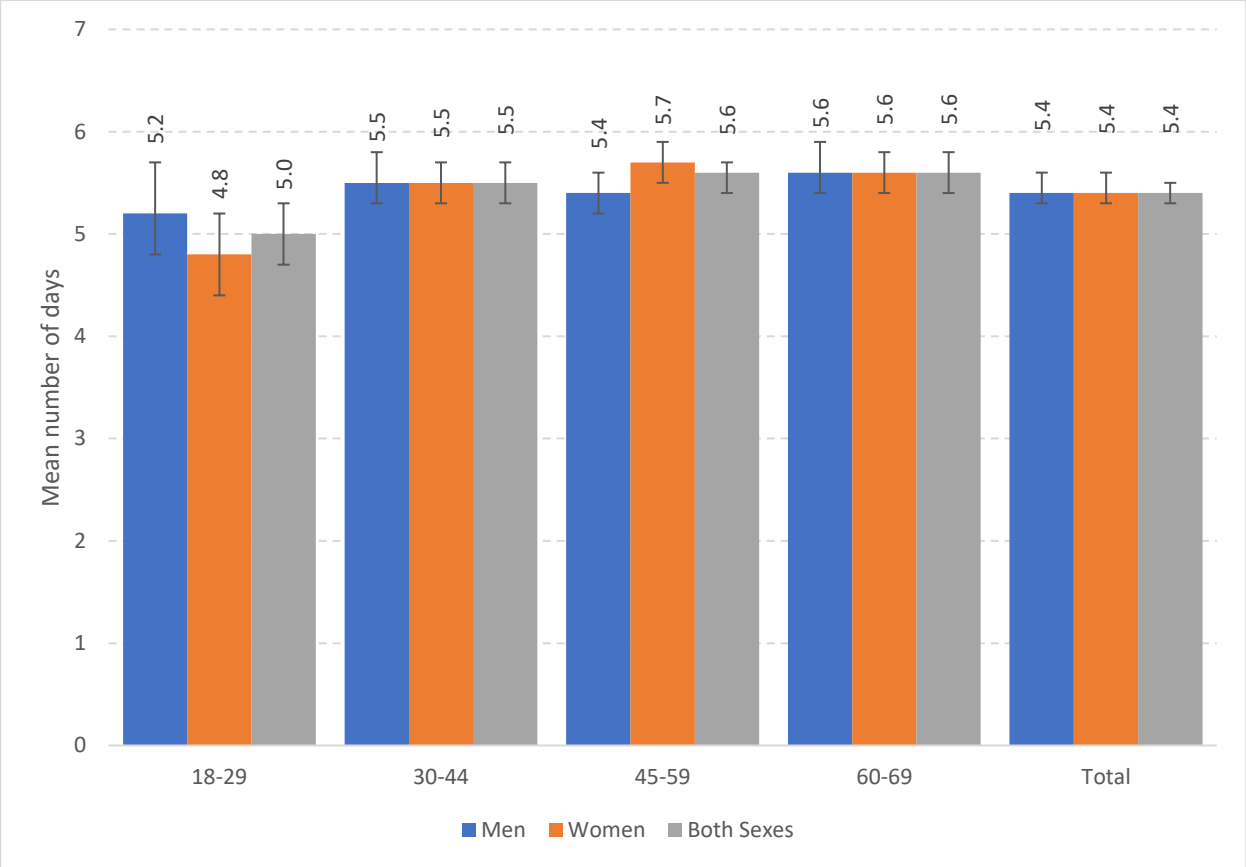
The third modifiable risk factor was dietary behavior. Therefore, fruit, vegetable and salt consumption were asked in the survey. On average, people reported to eat fruit on 4.1 days in a typical week, with no statistical difference observed between sex. Fruit consumption does increase with age as the young adults (18-29 years) consume fruit 3.4 days per week, whereas older adults (60-69 years) consume fruit 4.7 days a week (Figure 19).

Figure 19. Fruit consumption in days per week, by age group and sex



Results show that people consume vegetables more often, compared to fruit. Both men and women consumed vegetables on 5.4 days per week. Persons within all age groups reported at least 5 days of vegetable consumption, except for the young women (18-29 years), who consumed vegetables on 4.8 days per week (Figure 20).

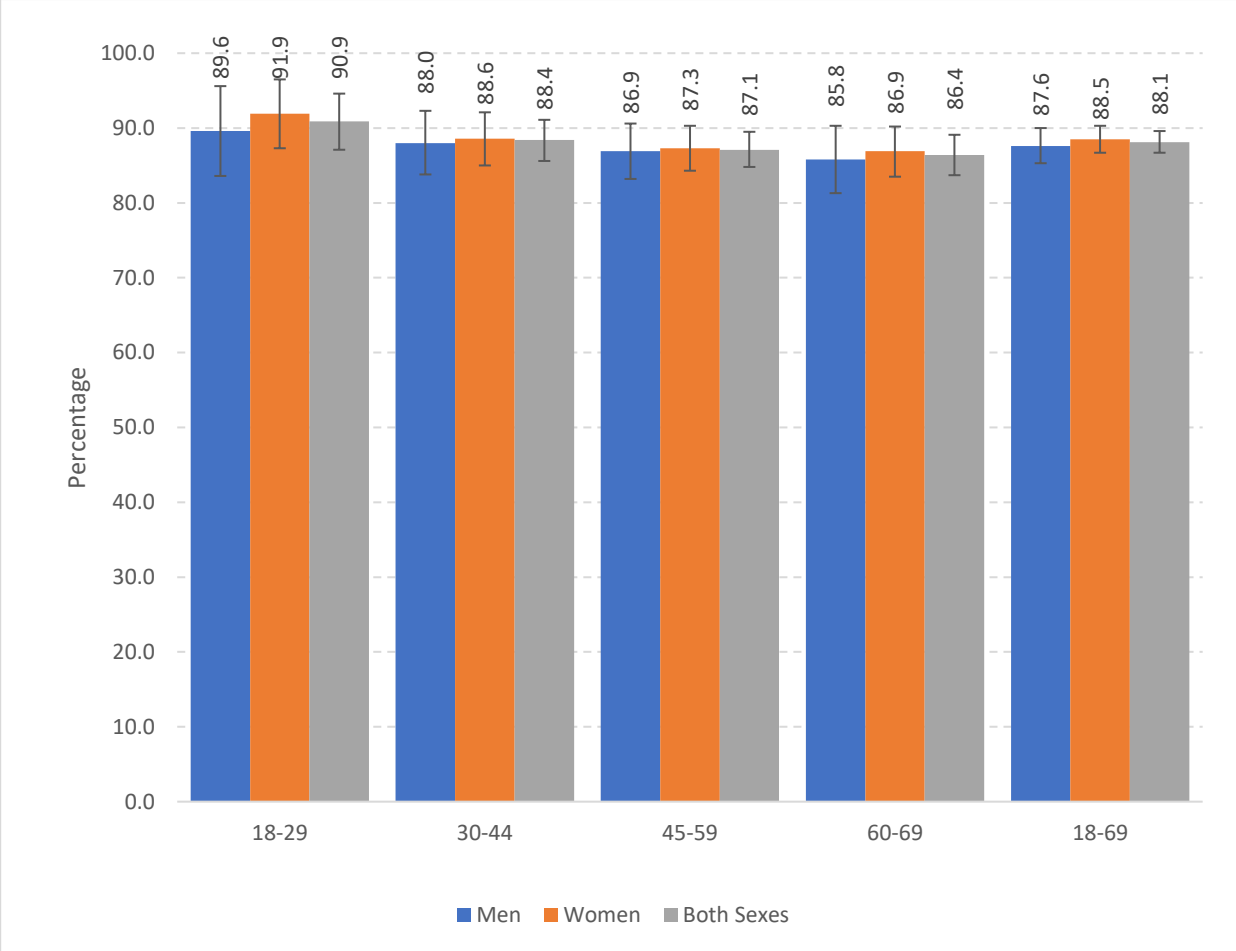
Figure 20. Vegetable consumption in days per week, by age group and sex



Besides the importance of regular fruit and vegetable consumption, the amount of fruit and vegetables is also very important. The WHO recommends at least 400g (i.e. 5 portions) of fruit and vegetables per day, excluding starchy vegetables such as potatoes, sweet potatoes, cassava and other starchy roots (WHO, 2020). The mean number of fruit servings among the people was 1 serving per day. For vegetables, this was 1.4 servings for the men and 1.5 for the women per day. This equals 2.4 servings of fruit and/or vegetables for men and 2.5 servings for women per day.

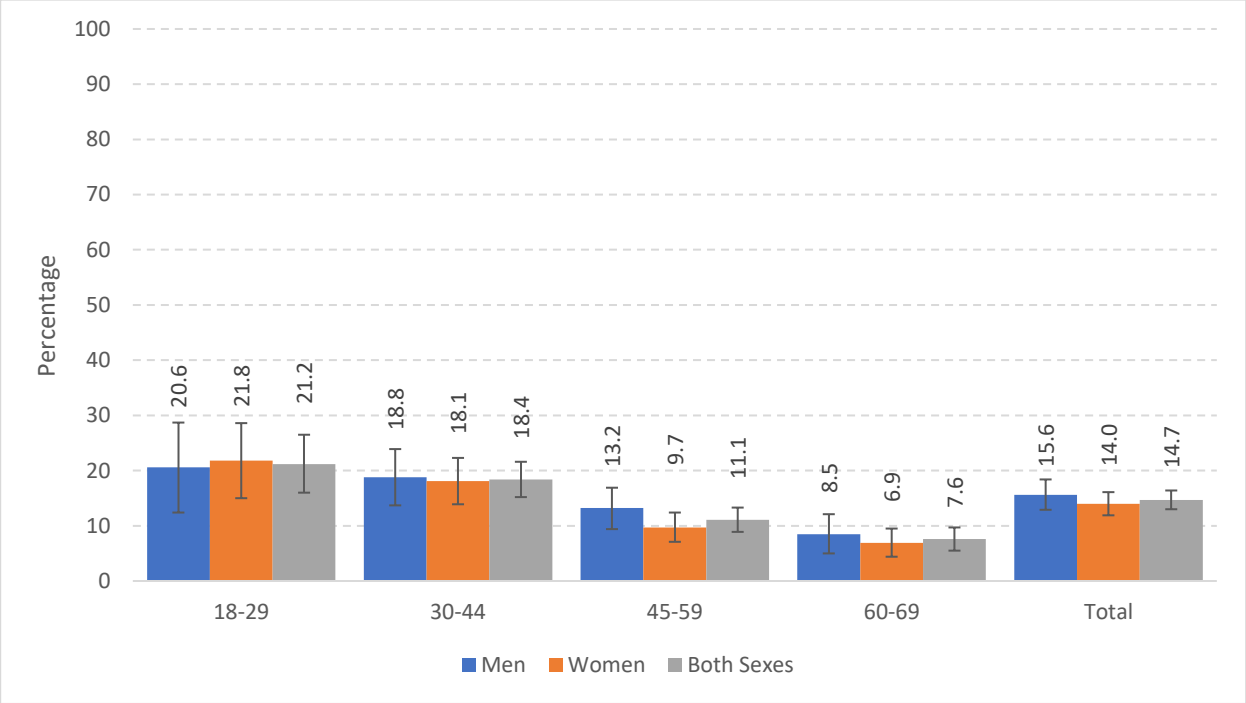
In total, 88% of the Aruban population eats less than 5 servings of fruit and/or vegetables per day. Consumption patterns are similar across sex and age groups. Furthermore, 15% of the population does not consume any fruit and/or vegetables typically. The majority of the population consumes 1-2 servings per day, with 57% of the men and 53% of the women doing so. Only 12% of the population consumes 5 or more servings of fruit and/or vegetables per day (Figure 21).

Figure 21. Percentage of adults 18-69 eating less than 5 servings of fruit and/or vegetables per day, by sex



People were asked how often they add salt or a salty sauce to their food, before or during eating. As shown in Figure 22, nearly 16% of the men and 14% of the women often or always added some type of salt to their meal. Younger adults (18-29 years) reported a significantly higher salt consumption (21%) compared to the older adults (60-69 years) (7.6%). When looking at adding salt while cooking, 71% of the population often or always added salt when cooking or preparing food at home.

Figure 22. Percentage of adults 18-69 who always or often add salt to their meal, by age group and sex



About a quarter of the population often or always consumes processed food that is high in salt, such as packaged salty snacks, pastechi, cheese, bacon or salty food that is prepared at fast-food restaurants. The younger age groups (18-44 years) consumed significantly more salt through processed food, compared to the 45-69 years age group. About 42% of the young adults aged 18-29 years often/always consumed processed food high in salt, compared to 11% of those aged 60-69 years. Women aged 18-29 reported the highest percentage of those who often/ always consumed processed food high in salt, nearing 44% (Table 2).

Table 2. Percentage of adults 18-69 who consume processed food high in salt, by age group and sex

	Men	Women	Both Sexes
18-29	39.3	43.6	41.6
30-44	33.1	28.6	30.4
45-59	20.0	19.5	19.7
60-69	14.9	8.7	11.2
18-69	**27.2**	**24.8**	**25.8**

Besides the frequency in salt consumption, people were also asked whether they think they consume too much salt. Only 12% of the people think they consume too much or far too much salt. Nearly 58% of them believe they consume 'just the right amount' of salt (Table 3).

Table 3. Self-reported salt consumption among adults 18-69, by sex

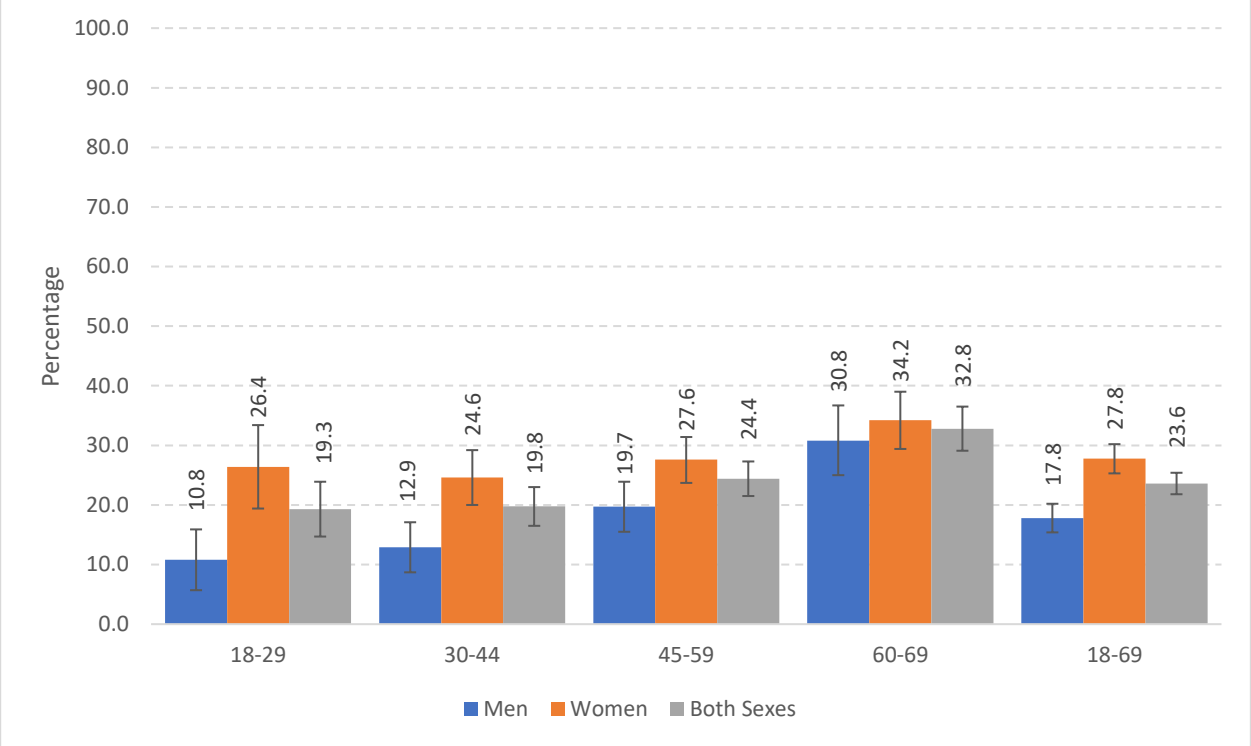
	% Far too much	% Too much	% Just the right amount	% Too little	% Far too little
Men	1.3	10.5	59.0	21.9	7.4
Women	1.8	9.5	56.9	23.1	8.6
Both sexes	**1.6**	**9.9**	**57.8**	**22.6**	**8.1**

Physical activity

WHO recommendations on physical activity for health take into account the total time spent in physical activity during a typical week and the intensity of such activity. Adults should be moderate-intense physically active for at least 150 minutes per week.

Figure 23 represents the percentage of people not meeting the WHO recommendations on physical activity for health. About a quarter of the population did not the meet WHO recommendations, with significantly more women (28%) not reaching the recommended amount of physical activity compared to men (18%). Sex was significantly related to the level of physical activity in the same age group. The largest sex difference was observed among the young adults (18-29 years), with 11% of the men not meeting the WHO recommendations, compared to 26% of the women.

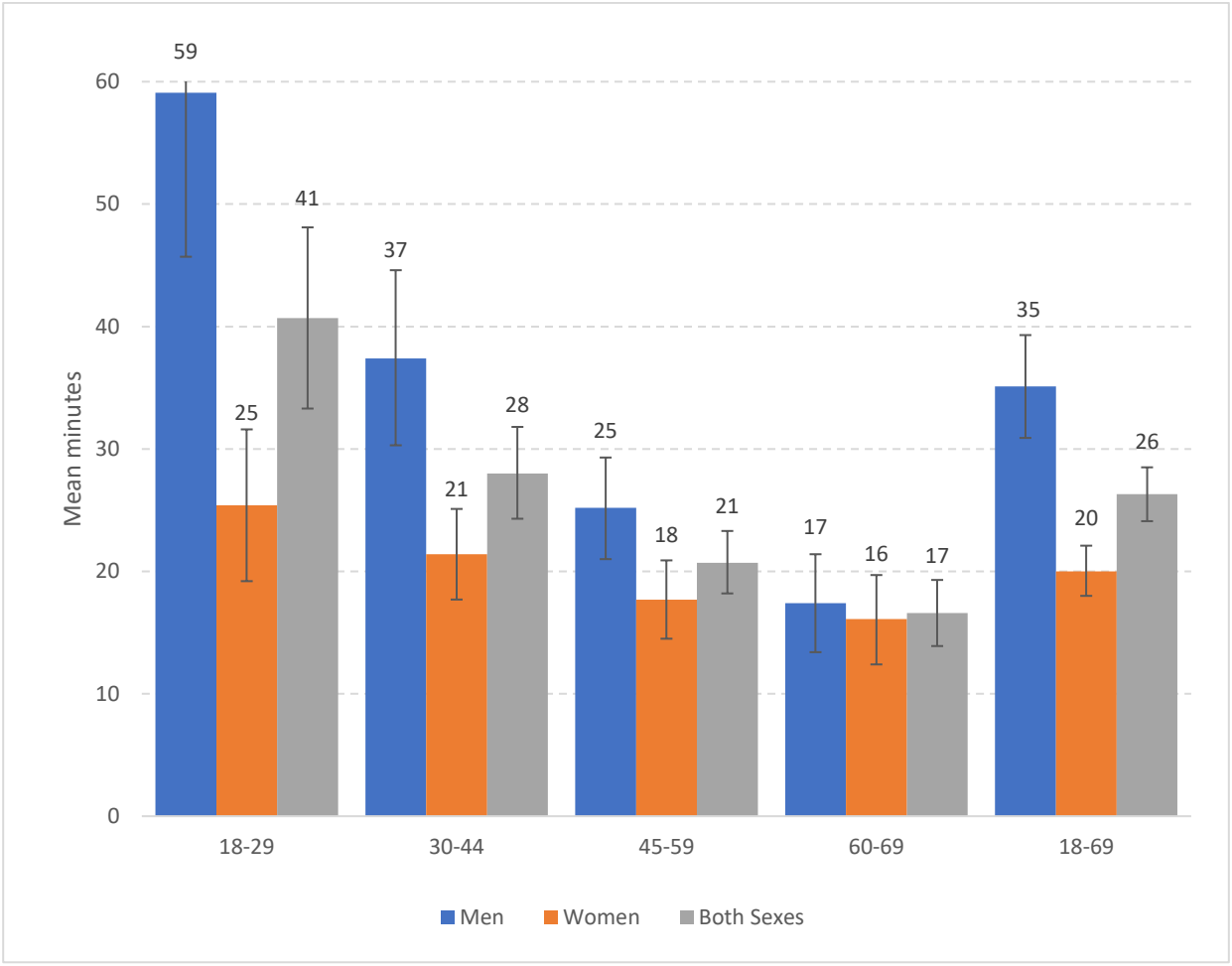
Figure 23. Percentage of adults 18-69 with insufficient physical activity, by age group and sex



Among the Aruban population, 227.8 minutes are spent on total physical activity (at work, travel to/ from places, and recreational activities) on average, per day. This was significantly more among men (267.8 minutes) compared to women (199.2 minutes). Younger men (18-29 years) spent significantly more time on physical activity (323 minutes) on average per day than women (190 minutes).

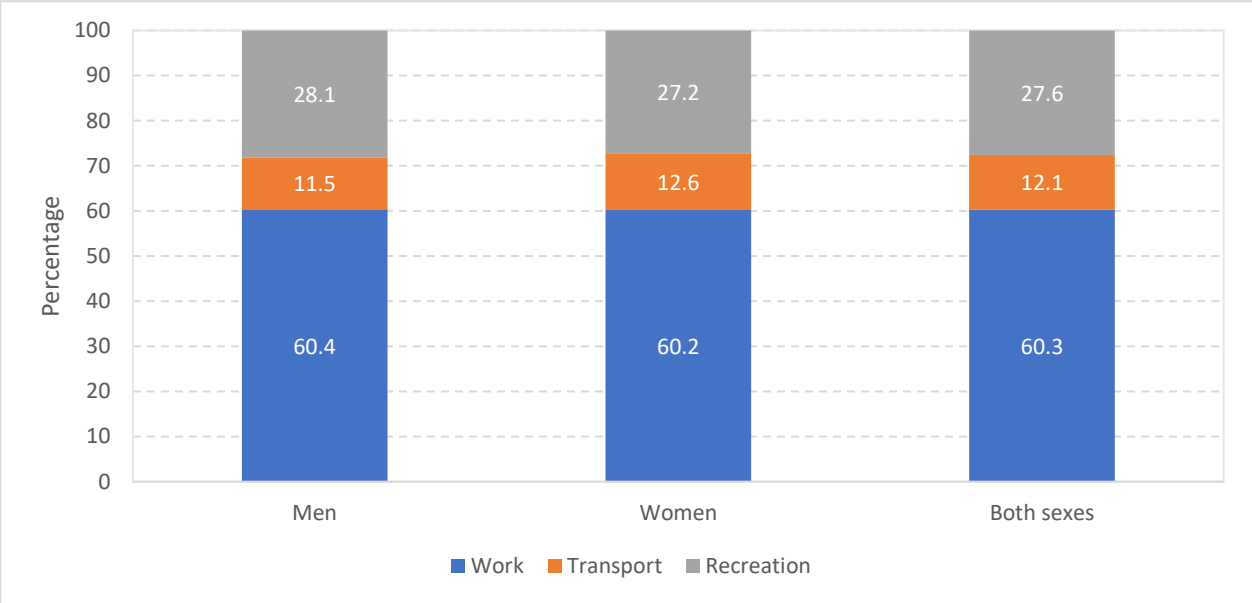
When looking at recreational-related physical activity, the Aruban population spent an average of 26 minutes per day on this. Again, the largest difference was observed among the youngest age group (18-29 years); on average, men spent 59 minutes and women spent 25 minutes on recreational activity per day. A total of 44% of the men and 56% of the women were not doing any recreation-related physical activity (Figure 24).

Figure 24. Mean minutes of recreation-related physical activity per day, by age group and sex



When looking at physical activity during work, when travelling to and from places, and during recreation, most physical activity among the people occurred during working hours. 12% of the people reported to be physically active when travelling to/ from places, 28% reported recreational physical activity, and more than 60% was physically active during work (Figure 25).

Figure 25. Percentage of adults 18-69 by composition of total physical activity, by sex



Body mass index

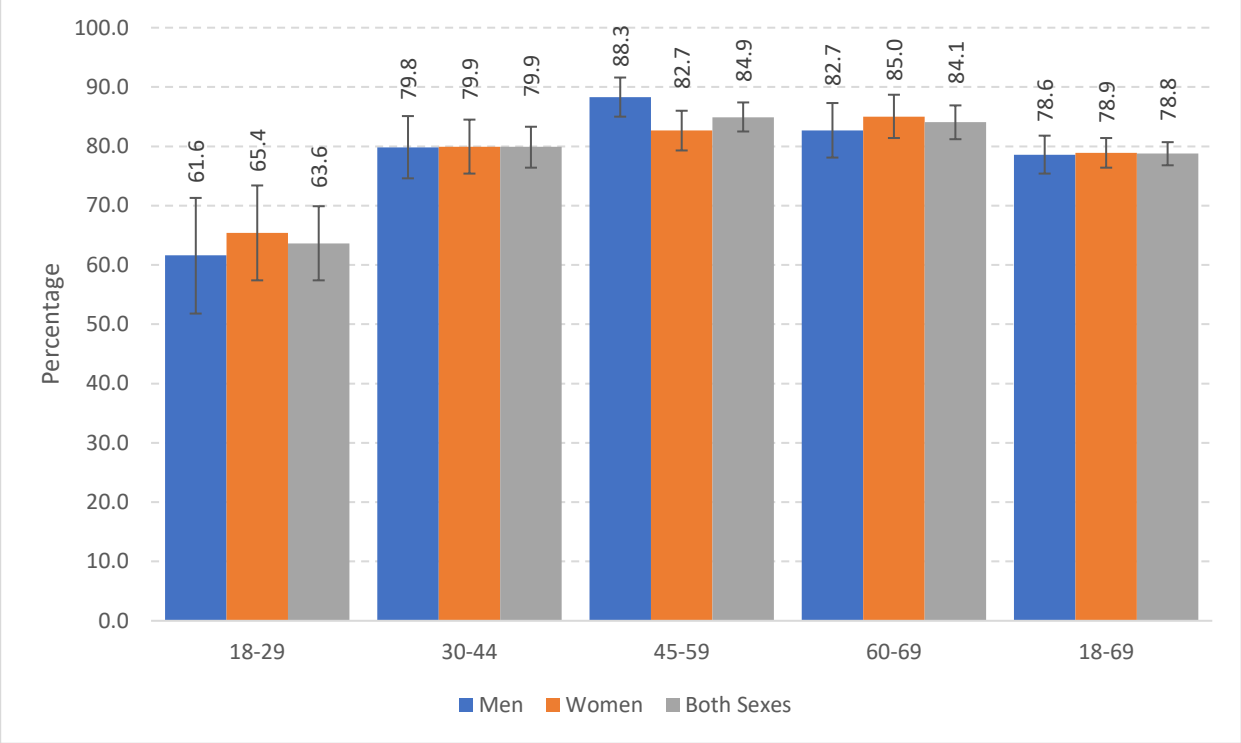
The body mass index (BMI) provides an indication of a person's health status. It is calculated as their weight in kilograms divided by the square of the person's height in meters (kg/m^2)(WHO 2010). The following classification of BMI is made: underweight (BMI: <18.5), normal weight (BMI: 18.5-24.9), overweight (BMI: 25.0-29.9) and obese (BMI: ≥30.0). Table 4 provides an overview of the mean BMI by age and sex. Women who were pregnant at the time of participation in the survey were excluded. Among the whole population, 1% is underweight, 20% has a normal weight, 33% is overweight and 46% is obese. Women showed a higher prevalence of obesity (48%) compared to men (43%). For men, the highest prevalence of obesity was observed among the 45-59 year old (51%), while the highest obesity numbers for women were observed in the 60-69 age category (53%).

Table 4. Percentage of adults 18-69, by BMI classification, age group and sex

	Men				Women				Both sexes			
	Under weight	*Normal weight*	*Over weight*	*Obese*	*Under weight*	*Normal weight*	*Over weight*	*Obese*	*Under weight*	*Normal weight*	*Over weight*	*Obese*
18-29	1.1	37.3	31.3	30.2	4.1	30.5	26.3	39.1	2.7	33.6	28.6	35.0
30-44	0.4	19.7	34.0	45.9	0.6	19.4	30.5	49.4	0.6	19.6	32.0	47.9
45-59	0.6	11.1	36.9	51.4	0.4	16.9	33.0	49.6	0.5	14.6	34.6	50.4
60-69	0.9	16.5	42.7	40.0	0.5	14.5	32.5	52.5	0.6	15.3	36.7	47.4
Total	**0.7**	**20.7**	**35.8**	**42.8**	**1.2**	**19.9**	**30.9**	**48.0**	**1.0**	**20.2**	**32.9**	**45.8**

As illustrated by Figure 26, a large proportion of the Aruban population has an unhealthy weight, with 79% having a BMI of 25 or higher. No differences were observed between men and women throughout age groups. Even though overweight prevalence increases with age, the majority of the youngest age group was already overweight. More specifically, 64% of 18–29 year old men and women has a BMI of 25 or higher.

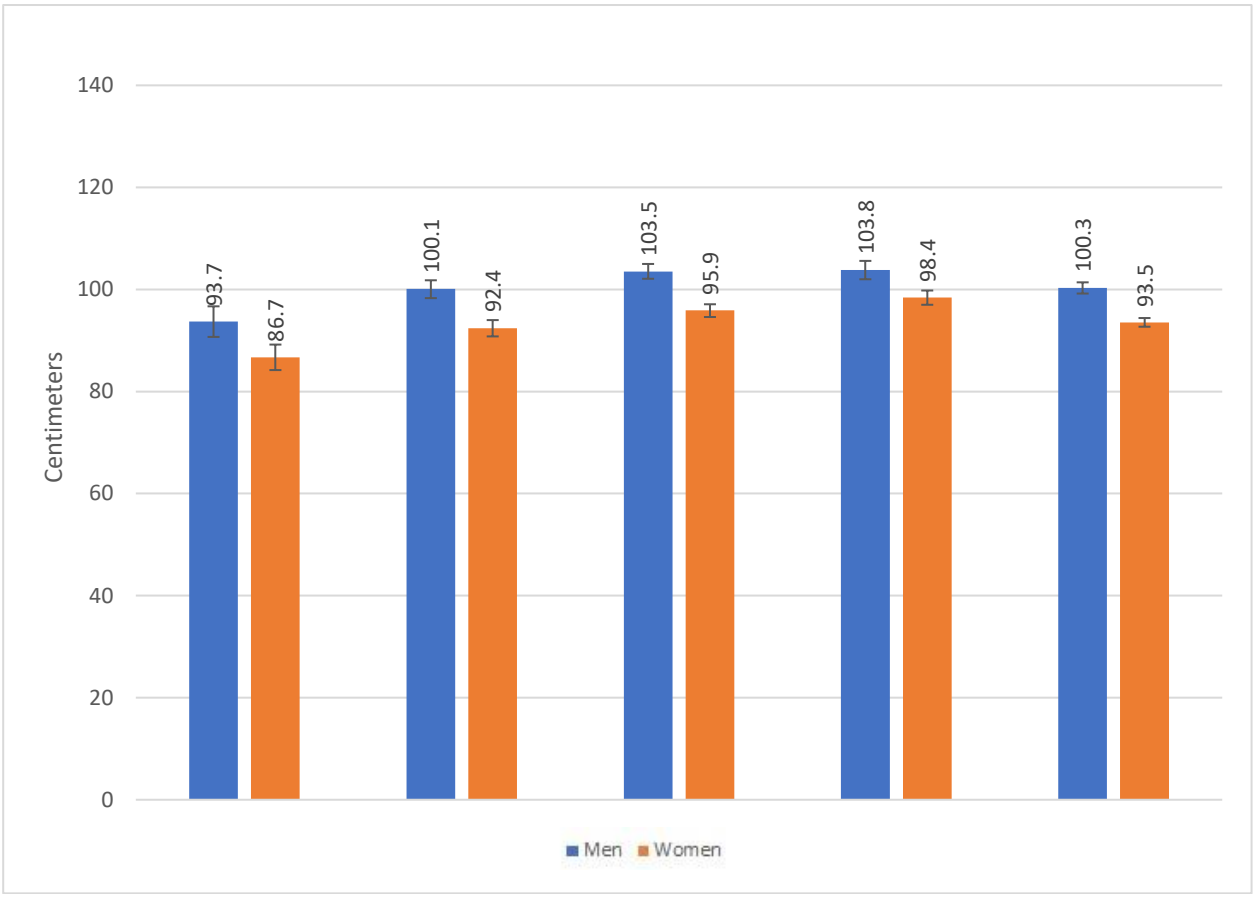
Figure 26. Percentage of adults 18-69, classified as overweight (BMI ≥25), by age group and sex



Waist and hip circumference

The waist-to-hip ratio (WHR) is calculated by dividing the measured waist circumference by the hip circumference. This ratio provides information on where body fat is stored and serves as an indirect indicator of intra-abdominal fat. A high WHR (WHR >0.85 for women and >0.9 for men) is related to an increased risk of developing type 2 diabetes, high cholesterol, high blood pressure and cardiovascular disease (WHO, 2011). A similar mean of 0.9 for WHR was observed for both men and women. The average waist circumference was 100.3 cm for men and 93.5 cm for women (Figure 27), while the mean hip circumference showed an average of 106 cm for men and 108.6 cm for women.

Figure 27. Mean waist circumference in cm of adults 18-69, by age group and sex

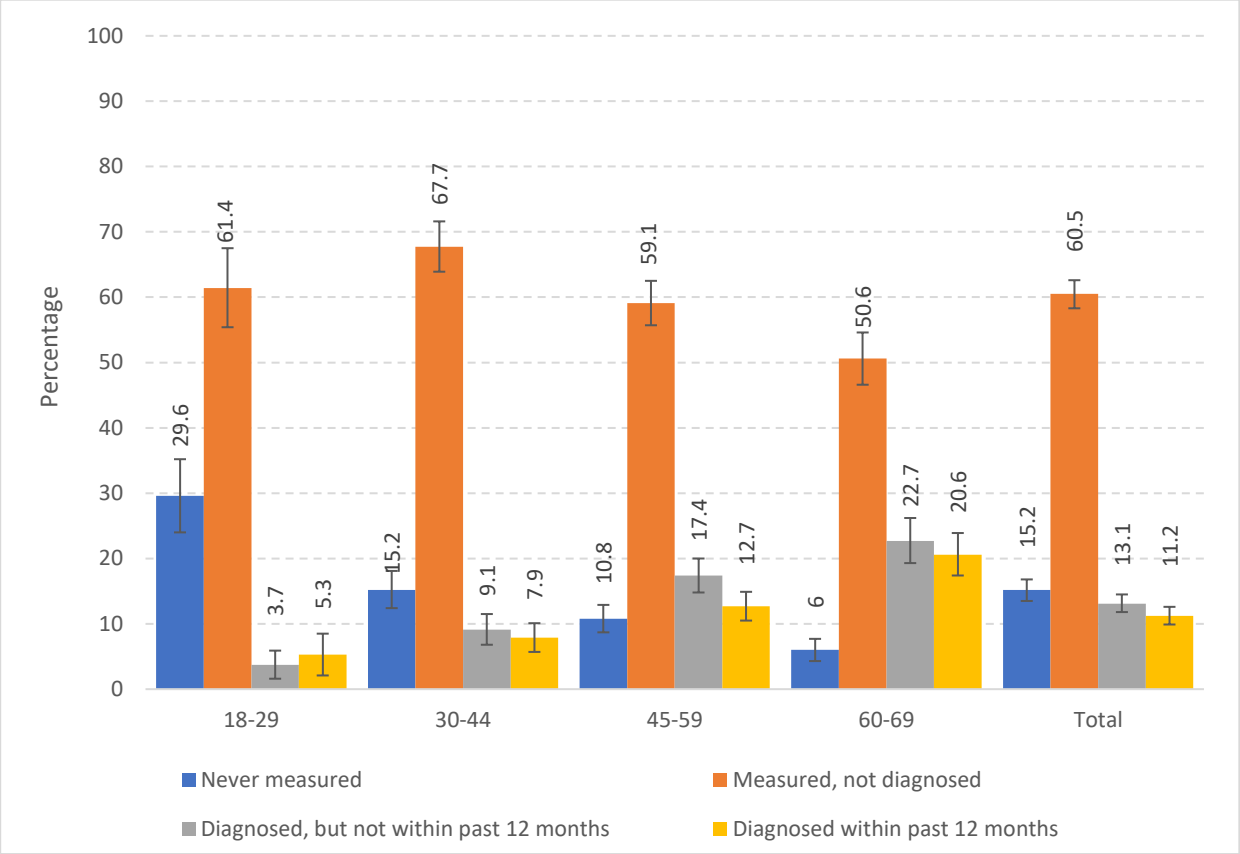


Blood pressure

History of raised blood pressure

Figure 28 shows the percentage of persons whose blood pressure has ever been measured and whether or not they were diagnosed. About 60% of the people measured their blood pressure, but were not diagnosed. 24% had been diagnosed either within the past 12 months (11%) or beyond (13%). The highest percentage of persons who had never measured their blood pressure were those aged 18-29 years (30%).

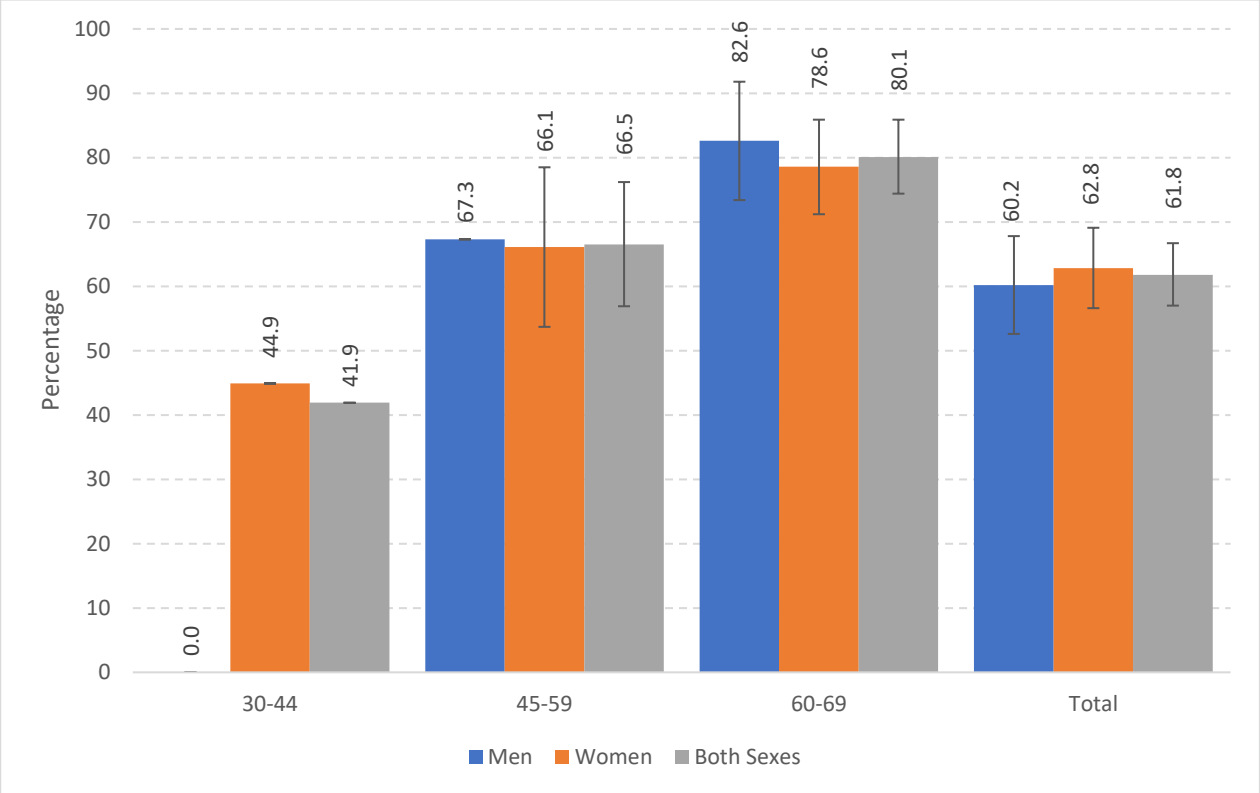
Figure 28. Percentage of adults 18-69 by blood pressure measurement and diagnosis, by age group



Of those who have ever been diagnosed with raised blood pressure, 60% of the men and 63% of the women reported that they are currently taking medication prescribed by a doctor or health worker. The young adults (18-29 years) and 30-44 year old men are not included in the graph, as the findings are based on less than 50 cases (Figure 29).

People who had previously been diagnosed with raised blood pressure, were also asked whether they had sought advice or received treatment from a traditional healer. Almost 4% of the Aruban population had seen a traditional healer, and 22% were currently taking herbal medication or a traditional remedy for raised blood pressure.

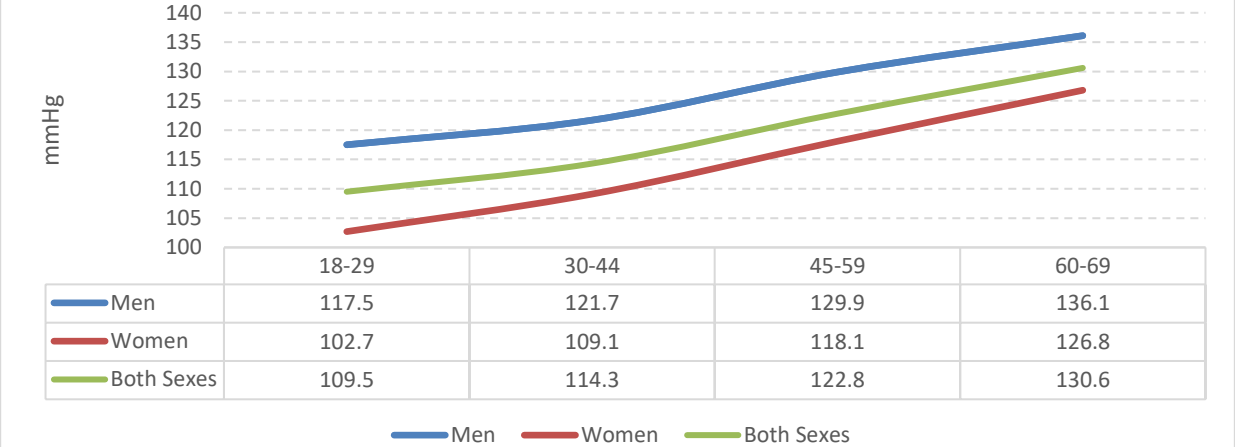
Figure 29. Percentage of adults 18-69 currently taking medication for raised blood pressure prescribed by doctor or health worker among those previously diagnosed, by age group and sex



Physical measurement of blood pressure

Raised blood pressure is defined as a systolic blood pressure of ≥140 mmHg and/or a diastolic blood pressure of ≥90 mmHg (WHO, 2023). An increase in age was significantly related to an increase of systolic blood pressure for both men and women. The young adults (18-29 years) had an average systolic blood pressure of 109.5 mmHg, compared to an average of 130.6 mmHg among the older adults (60-69 years) (Figure 30). Systolic blood pressure was significantly higher for men than for women.

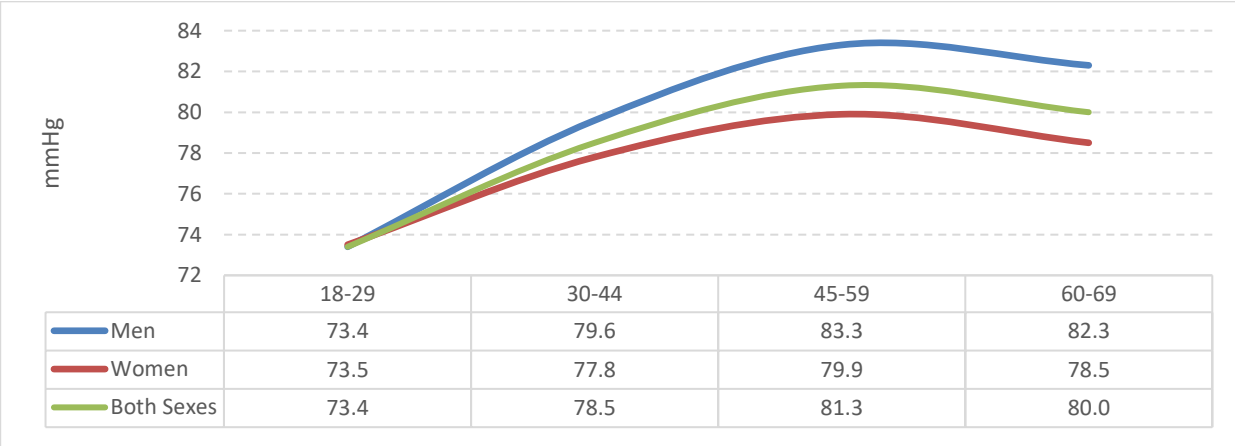
Figure 30. Mean systolic blood pressure (mmHg) among adults 18-69, by age group and sex



	18-29	30-44	45-59	60-69
Men	117.5	121.7	129.9	136.1
Women	102.7	109.1	118.1	126.8
Both Sexes	109.5	114.3	122.8	130.6

Diastolic blood pressure also increased with age between 18-59 years, whereas it decreased between 60-69 years. There was no sex difference observed among the young adults (18-29 years). Afterwards, men showed a higher mean diastolic blood pressure compared to women throughout the remaining age groups, however differences were not significant (Figure 31).

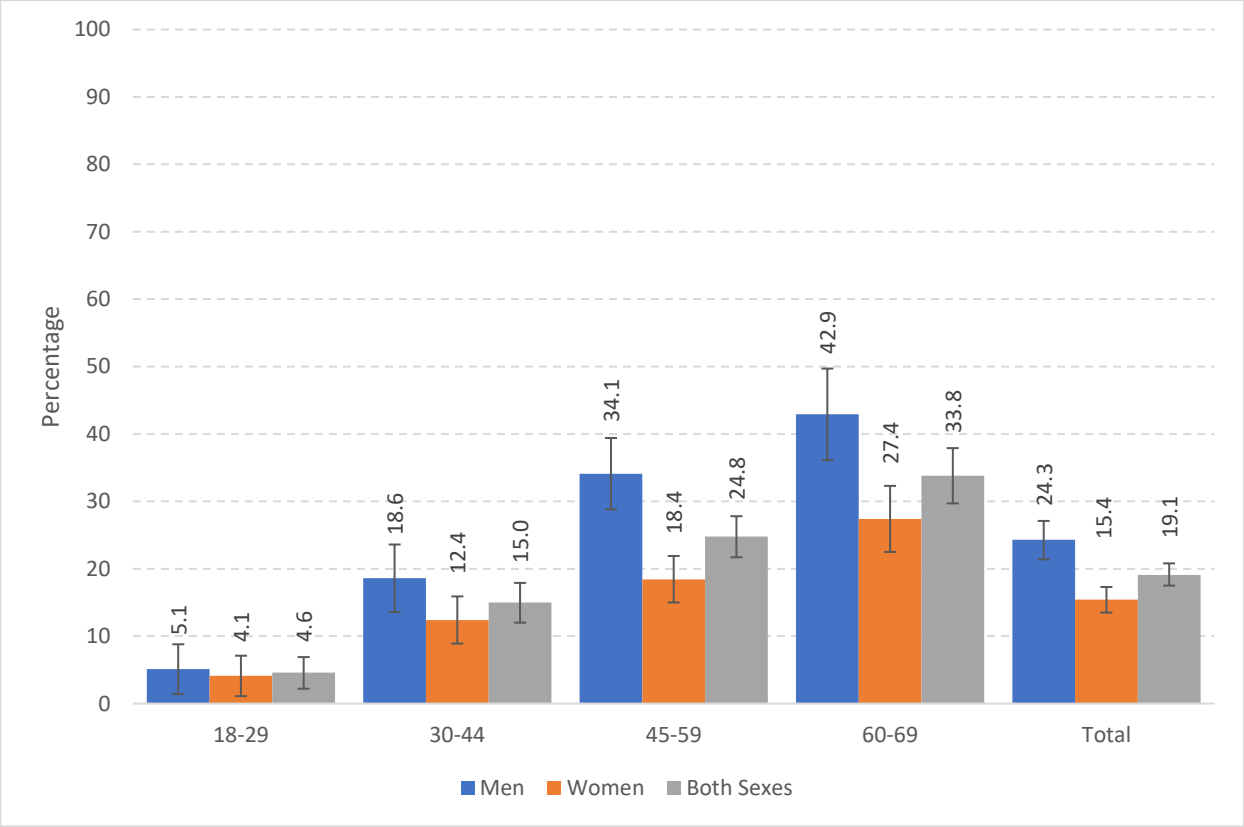
Figure 31. Mean diastolic blood pressure (mmHg) among adults 18-69, by age group and sex



	18-29	30-44	45-59	60-69
Men	73.4	79.6	83.3	82.3
Women	73.5	77.8	79.9	78.5
Both Sexes	73.4	78.5	81.3	80.0

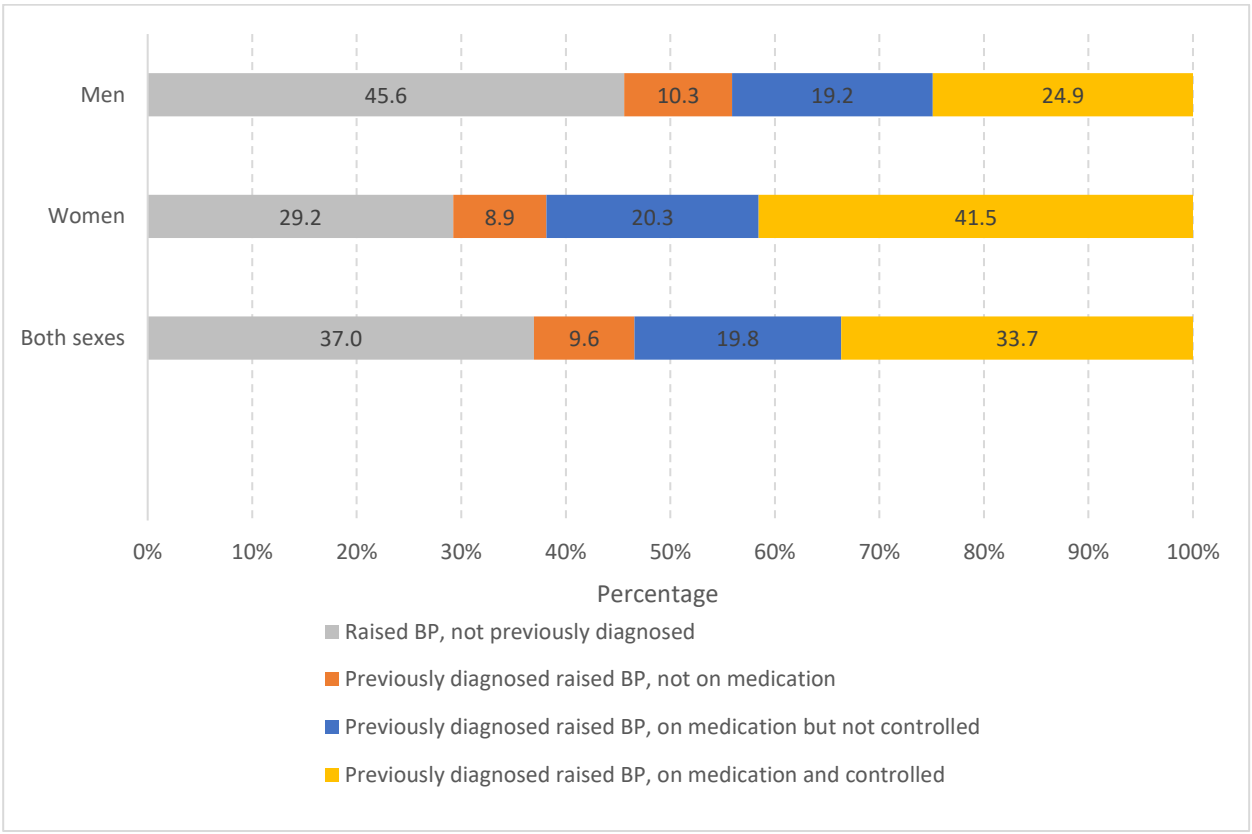
In total, 19% of the population had raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg). This was significantly more common among men (24%) compared to women (15%). Furthermore, age was also significantly related to raised blood pressure. Almost 5% of the young adults (18-29 years) showed raised blood pressure, while 34% of the older adults (60-69 years) had raised blood pressure (Figure 32).

Figure 32. Percentage of adults 18-69 with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg), by age group and sex



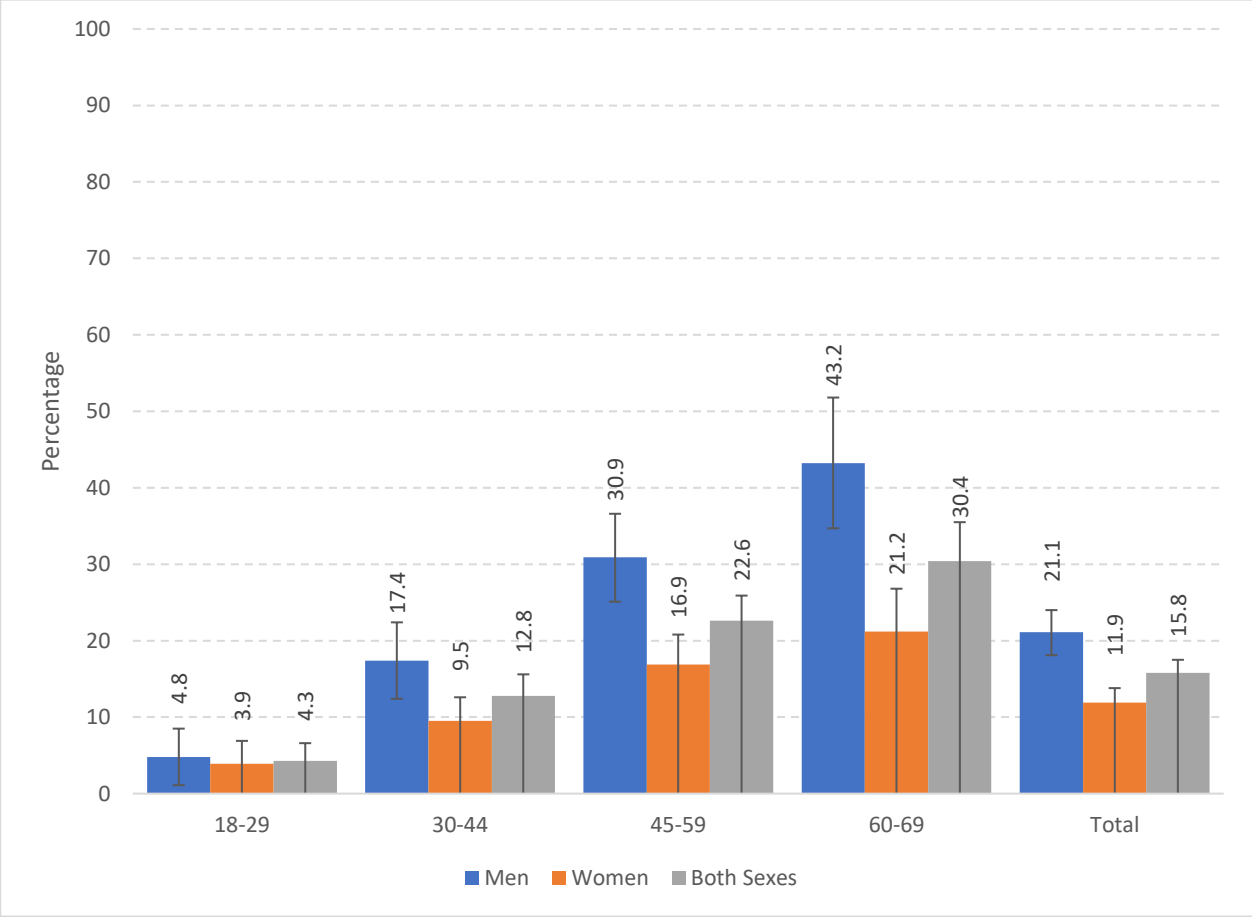
Among those with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently on medication for raised blood pressure, 34% had a previous diagnosis of raised blood pressure, is on medication and is controlled. Hypertension control was significantly higher among women (42%) than men (25%). About 20% of adults with hypertension were previously diagnosed, on medication, but still have raised blood pressure. One in every 10 persons had a previously raised blood pressure diagnosis, but was not taking medication. About 37% of the population has raised blood pressure, but has not been previously diagnosed. This was more common among men (46%) than women (29%) (Figure 33).

Figure 33. Hypertension cascade of care among adults 18-69 with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently on medication, by sex



When excluding those on medication for raised blood pressure, 16% of the Aruban population had raised blood pressure. Raised blood pressure is the highest among the oldest population (60-69 years), though age was not a statistically significant factor. There was a significant difference between sex as men were more likely to have raised blood pressure compared to women (Figure 34).

Figure 34. Percentage of adults 18-69 with raised blood pressure, excluding those on medication for raised blood pressure, by age group and sex

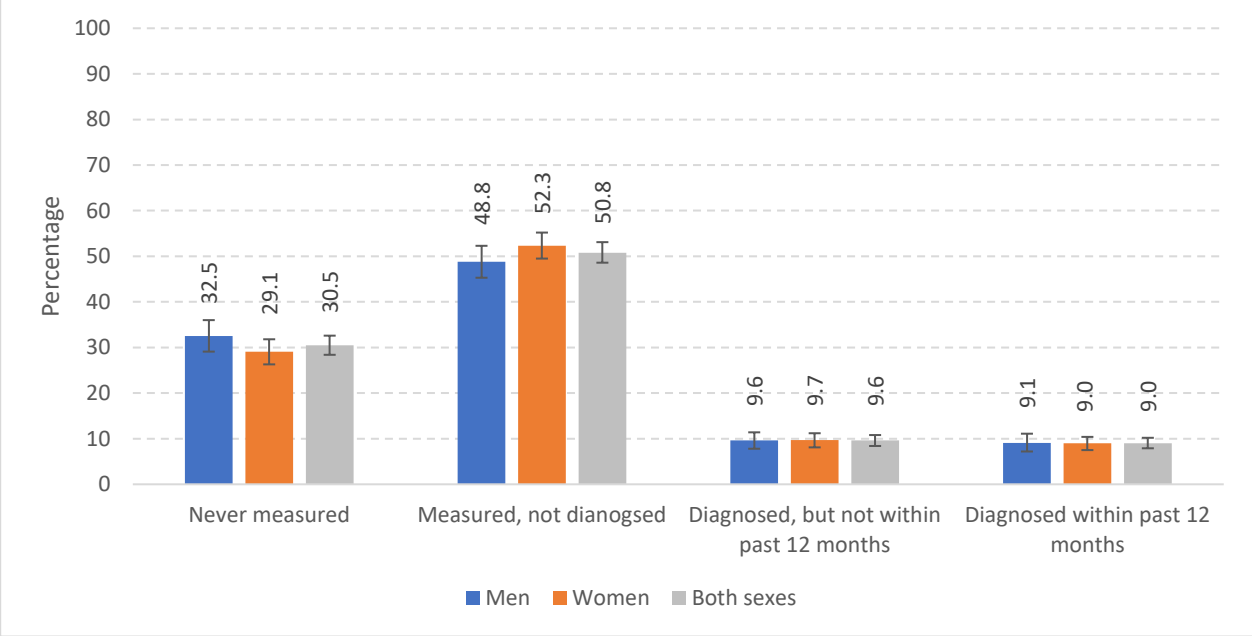


Cholesterol

History of raised total cholesterol

Figure 35 indicates that 31% has never measured their cholesterol, and 51% have, but were not diagnosed. Nine percent of the people were diagnosed with raised total cholesterol within the past year, and 10% were diagnosed but not within the past 12 months.

Figure 35. Total cholesterol measurement and diagnosis of adults 18-69, by sex



Of those previously diagnosed with raised cholesterol, 32% are currently taking medication for raised total cholesterol. No sex differences were observed. Only 2% of the people sought advice from a traditional healer, and 19% were currently taking herbal or traditional treatment for their raised cholesterol levels.

Biochemical measurement of total cholesterol

Besides self-reported history of diagnosis of raised cholesterol, biochemical measurements (fasting cholesterol) were collected. Measurements of people were taken in the morning, after at least 12 hours of not eating or drinking (other than water) through a finger prick. People were also asked whether they had taken insulin or other medication prescribed by a doctor or other health worker.

The mean total cholesterol among the Aruban population, including those currently on medication for raised cholesterol, is presented in Figure 36. The mean total cholesterol was 4.6 mmol/L for women, and 4.1 mmol/L for men. The population average is 4.4 mmol/L.

Figure 36. Mean total cholesterol (mmol/L), by sex

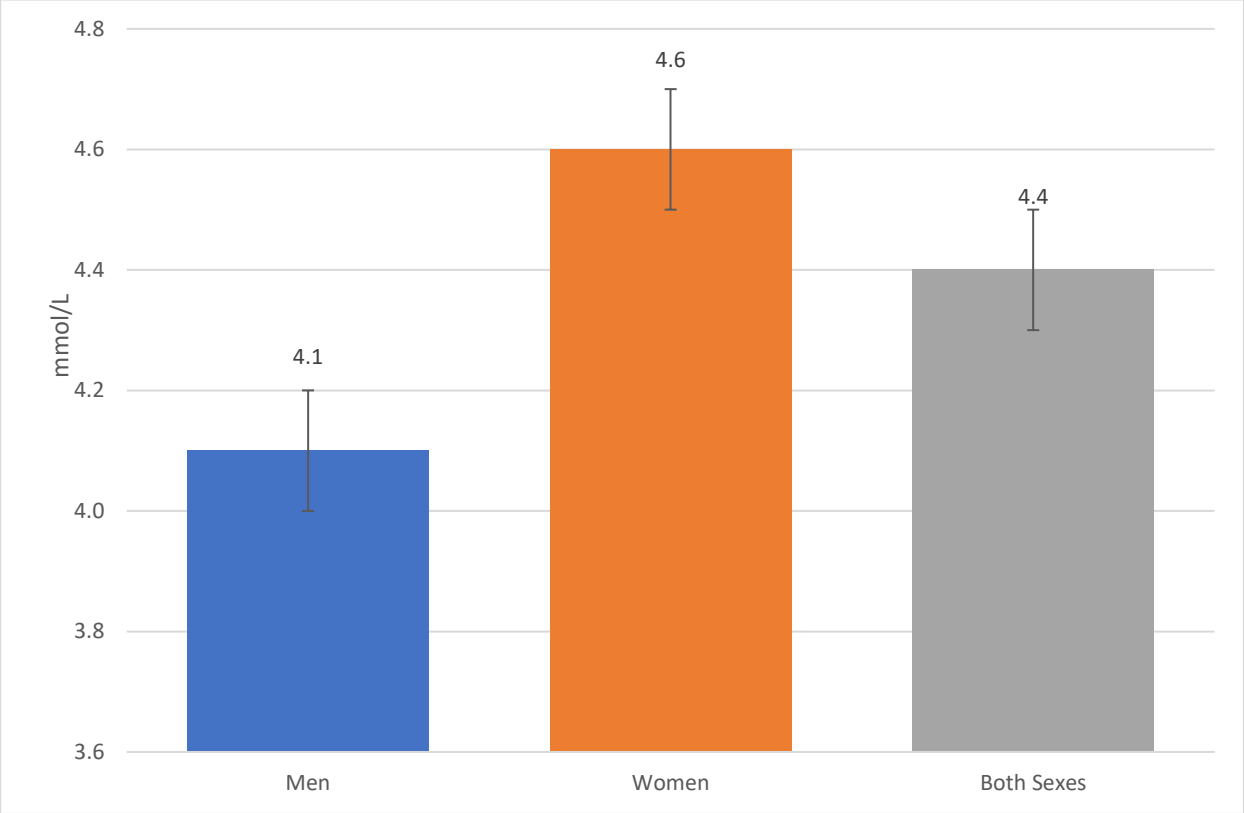
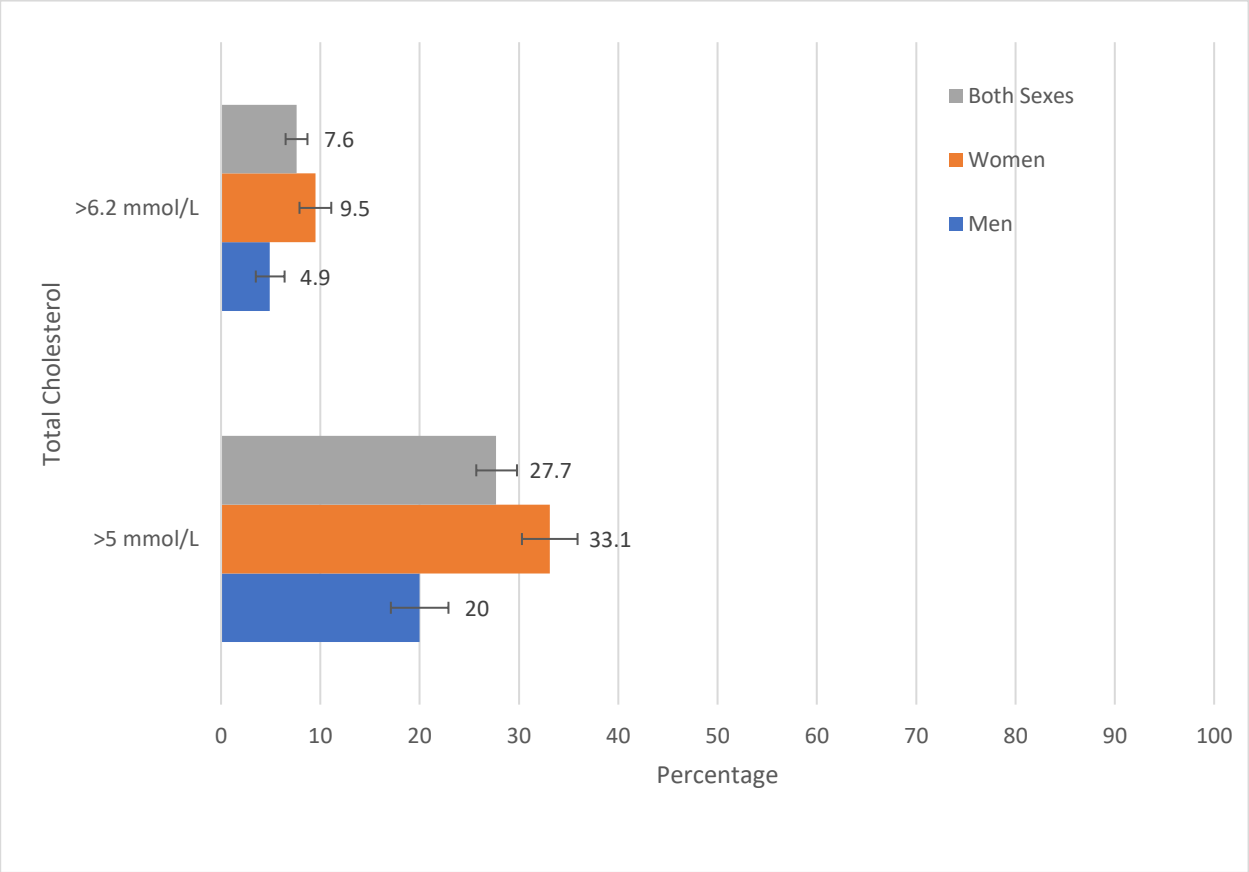


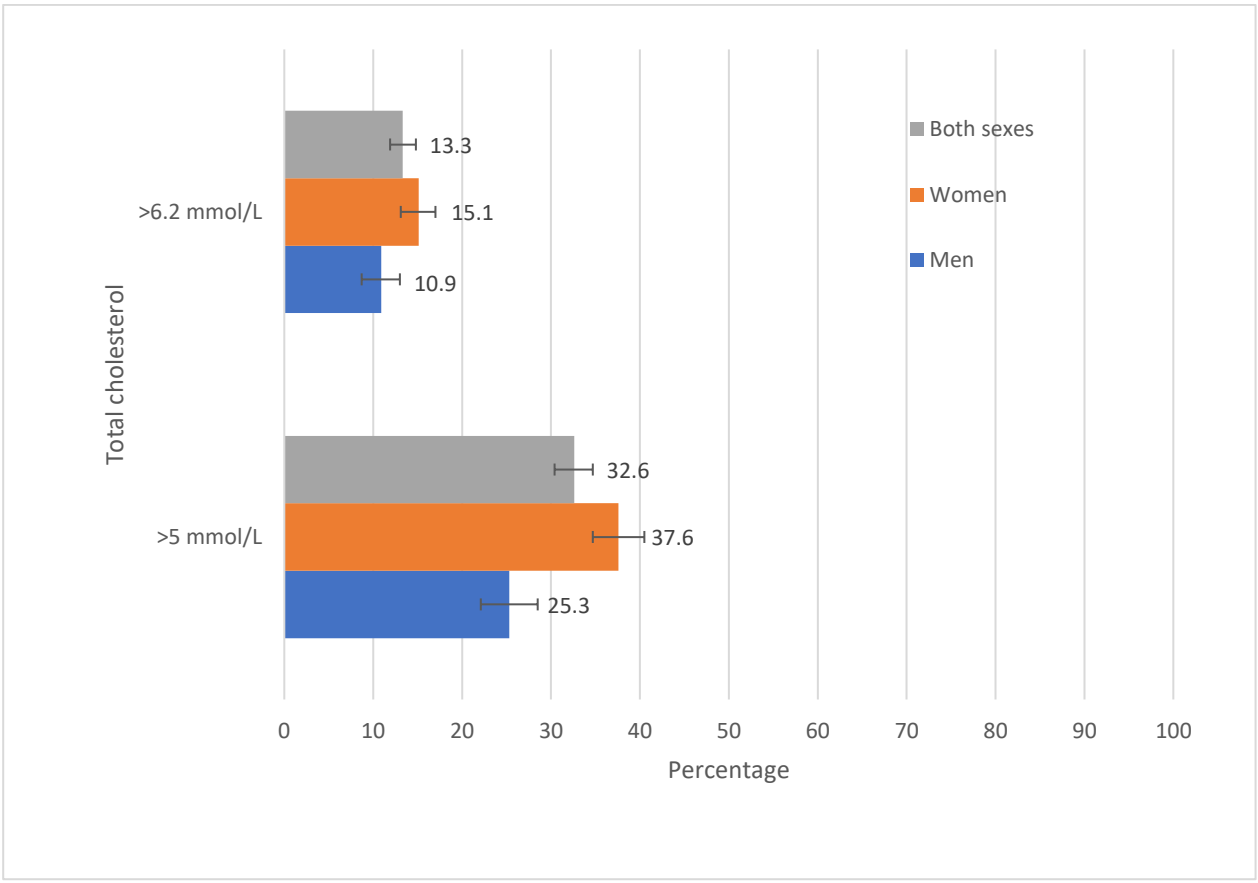
Figure 37 showcases the raised total cholesterol by sex among the Aruban population, defined as total cholesterol levels of ≥5.0 mmol/L or above. Almost 28% of the people falls into the category with a cholesterol of 5.0 mmol/L or higher, with women having significantly higher levels (33%) compared to men (20%). Nearly 8% of the population had a total cholesterol of 6.2 mmol/L or higher.

Figure 37. Percentage of adults 18-69 with raised total cholesterol, by sex



Almost 33% of the population had a raised cholesterol of 5.0 mmol/L or more, or is currently taking medication. More women had higher cholesterol levels (38%) compared to men (25%). When looking at total cholesterol levels of ≥ 6.2 mmol/L or who is taking medication, 13% of the people revealed having this, of which 11% of men and 15.1% of women (Figure 38).

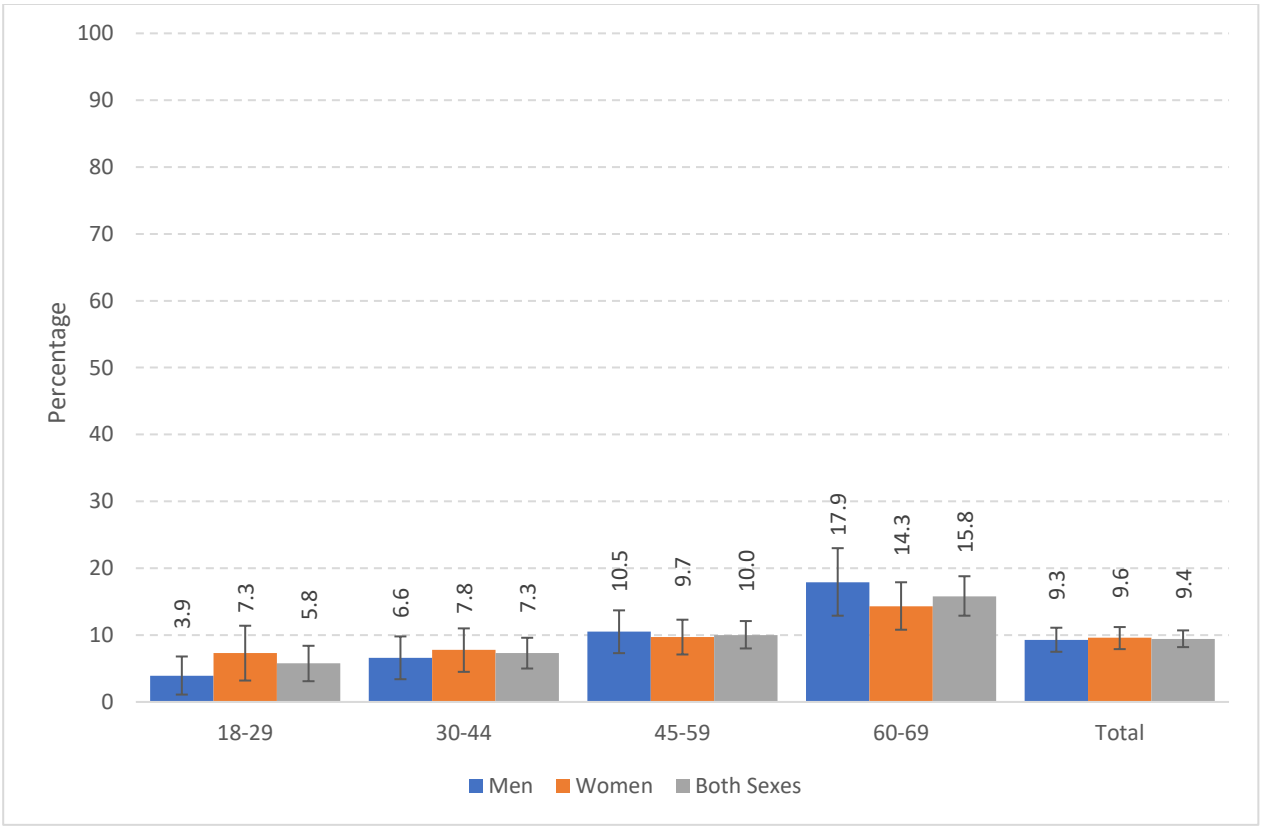
Figure 38. Percentage of adults 18-69 with raised total cholesterol or on medication for raised cholesterol, by sex



History of cardiovascular diseases

In total, 9% of the Aruban population ever had a heart attack or chest pain from heart disease (angina) or a stroke. Higher percentages of both men and women were reported amongst older age groups (45-69 years), but neither age nor sex was found to be statistically significant (Figure 39). Almost 5% of the people are regularly taking aspirin to prevent or treat heart disease. Statins are taken by 4% of the population for the same reason.

Figure 39. Percentage of adults 18-69 who reported ever having a heart attack or chest pain from heart disease or a stroke, by age group and sex

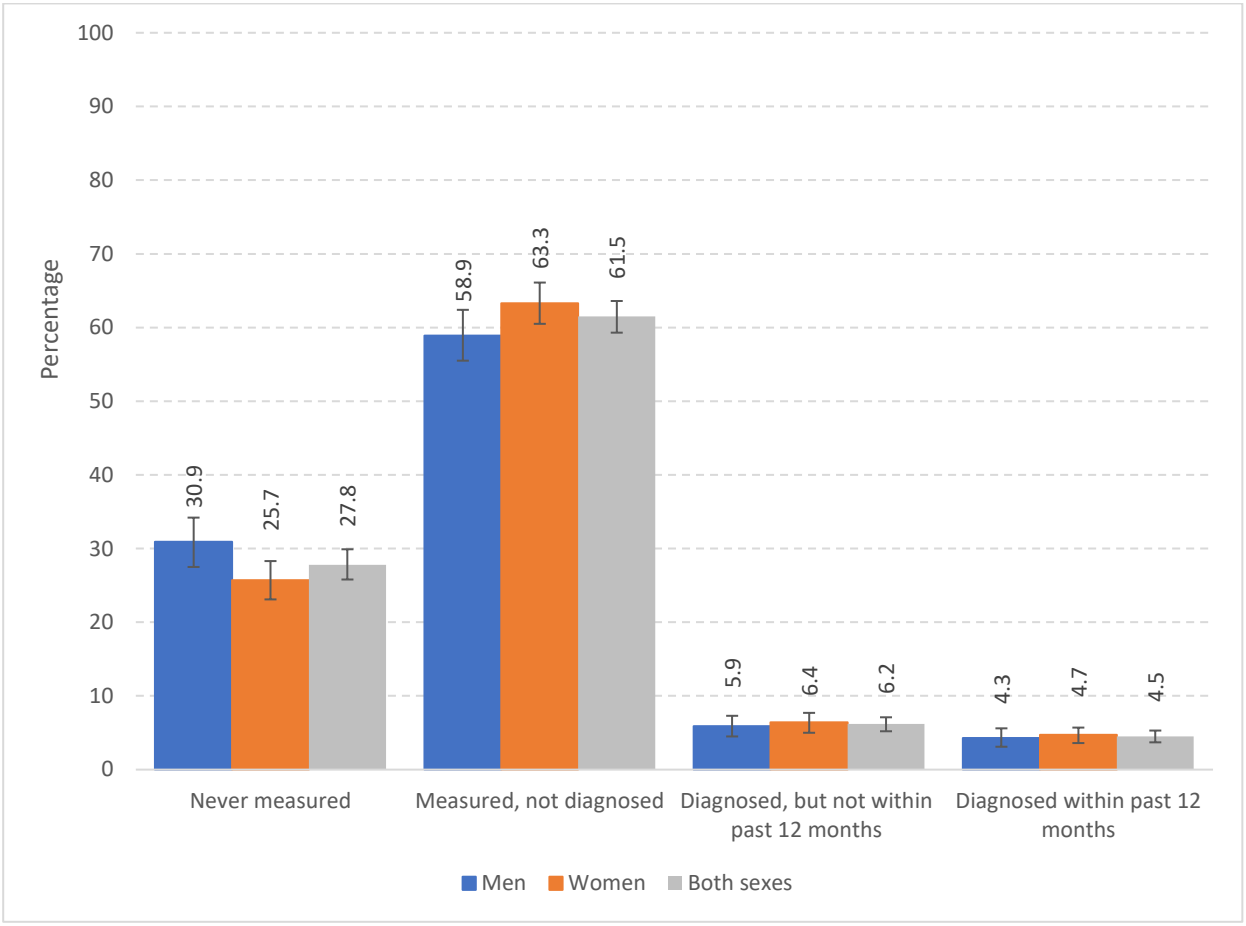


Diabetes

History of diabetes

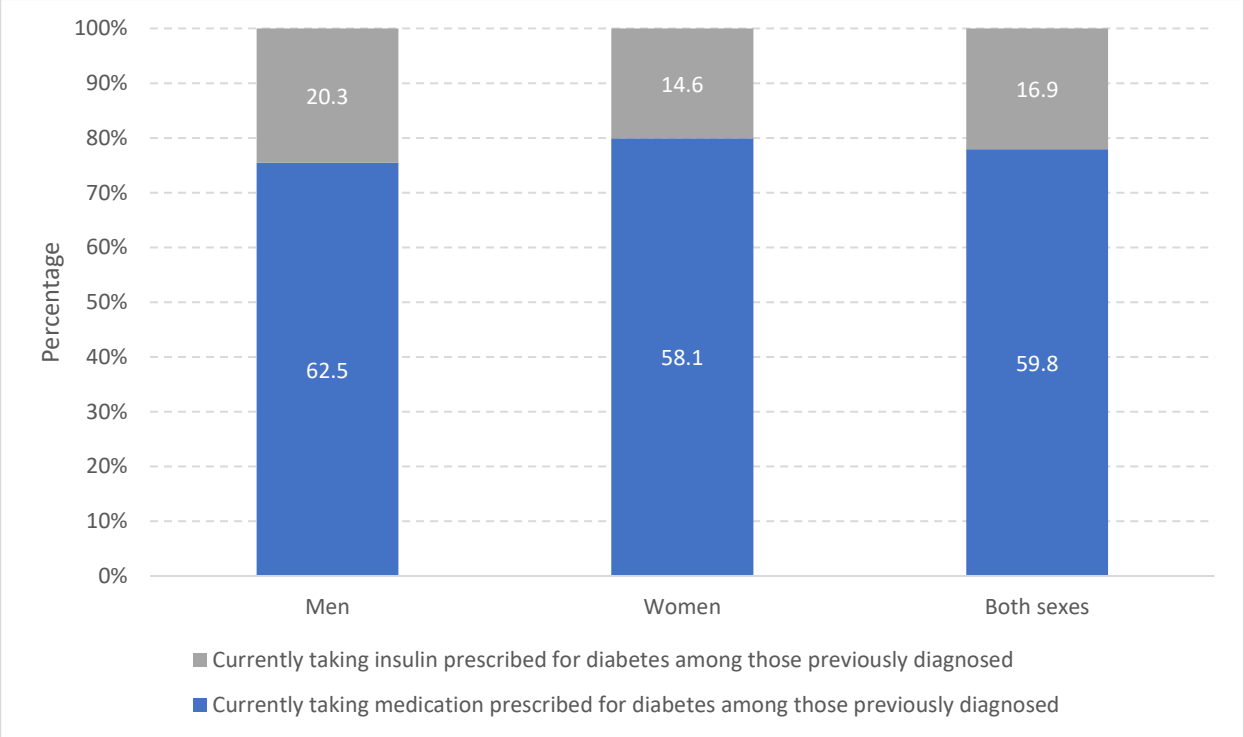
Almost 28% of the Aruban population never had a blood sugar measurement. This percentage is higher for men (31%) than for women (26%). Two-thirds of the population was measured before; however, diabetes was not diagnosed (Figure 40).

Figure 40. Percentage of adults 18-69 by blood sugar measurement and diagnosis, by sex



Of those who were previously diagnosed with raised blood sugar or diabetes, 60% indicated that they are currently taking medication for diabetes prescribed by a doctor or other health worker in the past two weeks. About 17% were currently taking prescribed insulin (Figure 41). Among those previously diagnosed, 4% visited a traditional healer, and 24% are currently taking herbal medication or traditional treatments for diabetes.

Figure 41. Percentage of adults 18-69 previously diagnosed with diabetes and on medication for diabetes, by sex



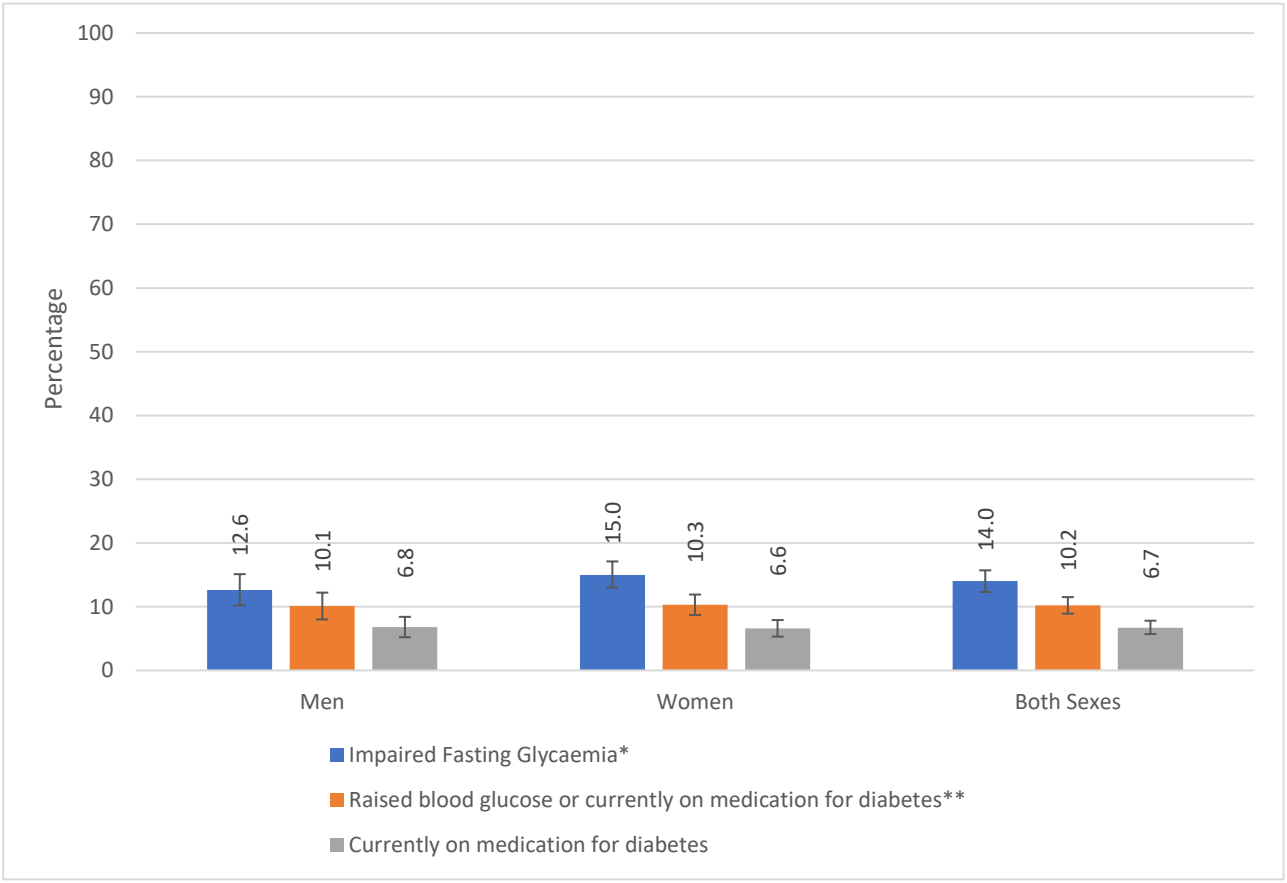
Among those previously diagnosed with diabetes, 61% received at least two HbA1C tests in the past year. Additionally, less than half (47%) of the people who have been diagnosed with diabetes had their eyes checked in the past two years, and only 38% had their feet examined in the past year. There was no difference between sex.

Biochemical measurement of fasting blood glucose

Blood glucose level was measured by a drop of blood from a finger prick, to get a blood glucose reading using a dry chemistry analyzer. The mean fasting blood glucose was 5.6 mmol/L for both men and women.

The categorization of blood glucose levels and currently using medication for raised blood glucose is presented in Figure 42. Of the Aruban population, 14% had impaired fasting glycaemia (capillary whole blood value between ≥ 5.6 mmol/L and <6.1 mmol/L). Hyperglycemia, or raised blood sugar, was defined as a blood value of ≥ 6.1 mmol/L. About 10% of all men and women had raised blood glucose, or is currently on medication for diabetes. Nearly 7% of the population was currently on medication for diabetes.

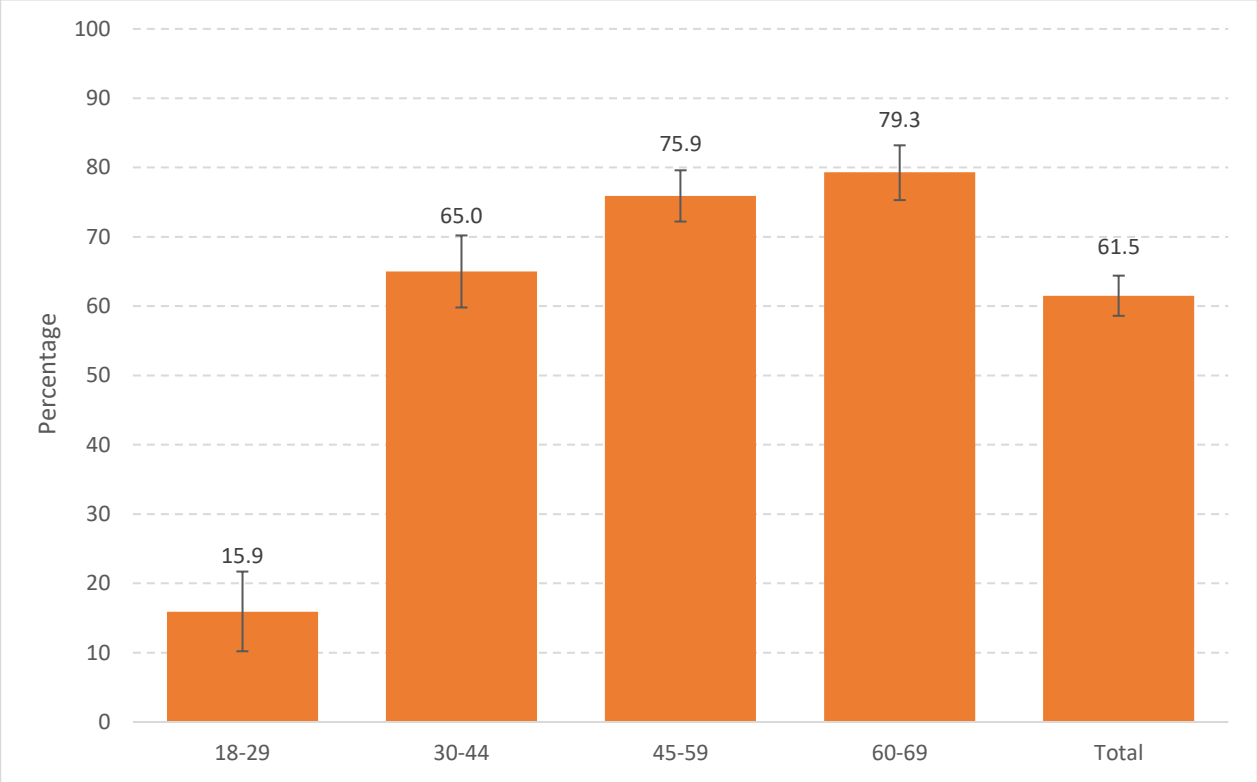
Figure 42. Percentage of adults 18-69 by blood glucose level categories and currently using medication for raised blood glucose, by sex



Cervical cancer screening

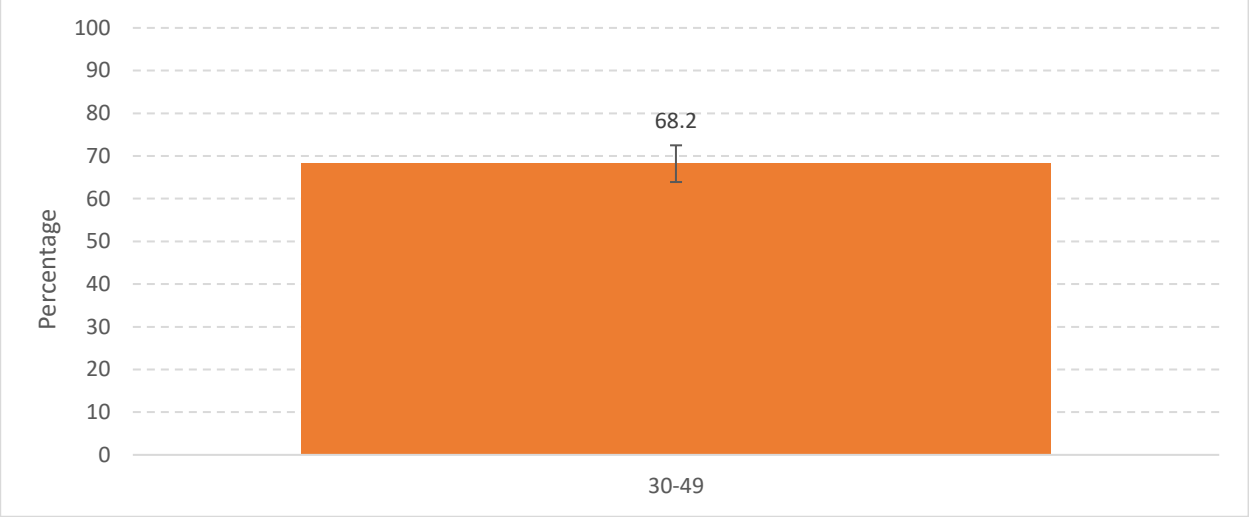
Overall, 62% of women ever had a screening test for cervical cancer. Among the 30-44 year-old women, 65% ever had a screening test for cervical cancer. Nearly 80% of women aged 60-69 years were ever tested for cervical cancer (Figure 43). Tests included in the survey question were the Visual Inspection with Acetic Acid/Vinegar Pap smear, and the Human Papillomavirus test.

Figure 43. Percentage of women 18-69 who ever had a screening test for cervical cancer, by age group



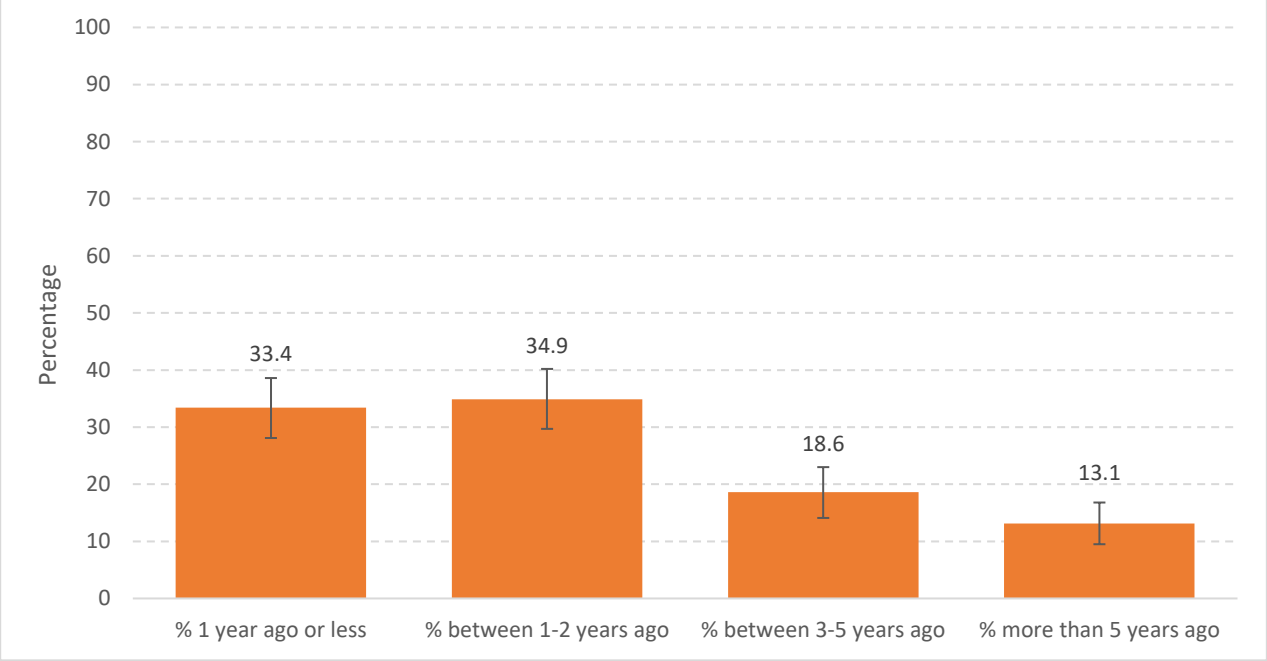
Separate analyses were performed for the population-at-risk (30-49 year old women) for developing cervical cancer. Among this specific age group, 68% has ever had a screening test for cervical cancer (Figure 44).

Figure 44. Percentage of women 30-49 who ever had a screening test for cervical cancer



Women were also asked when they were last tested for cervical cancer. About one third of women reported they did this in the last year, 35% mentioned this was done 1 to 2 years ago. Moreover, 19% of the women mentioned it was done 3 to 5 years ago, and 13% of the women mentioned it had been more than 5 years ago (Figure 45).

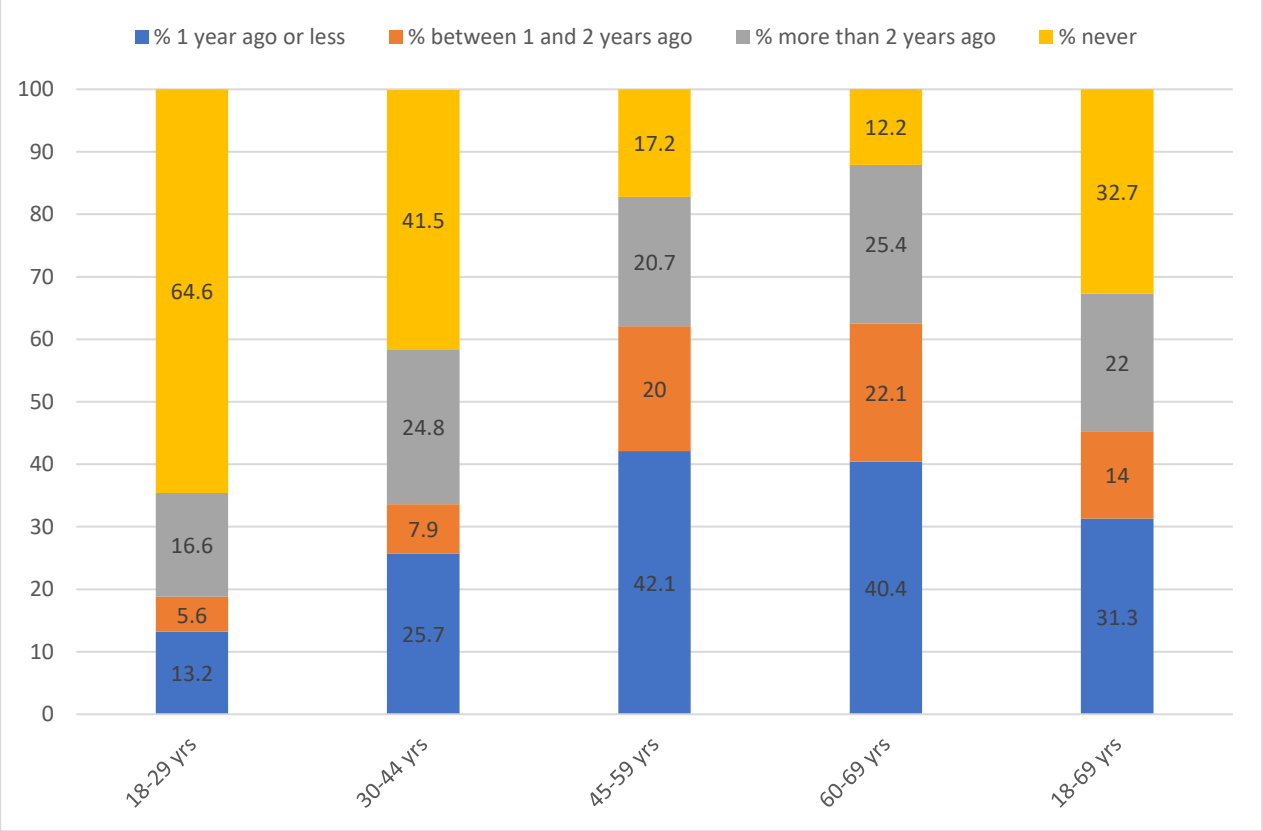
Figure 45. Percentage of women 30-49 having their last screening test for cervical cancer



Breast cancer screening

Among the women, 33% never had a breast examination before. There is a significant difference between age. Only 12% of the 60-69 year old women, and 17% of the 45-59 year old women, never had an examination. More than 40% of the 30-44 year old and almost 65% of the 18-29 year old women never had a breast examination (Figure 46). More than half of the 18-44 year old women never have been informed how to do a breast examination.

Figure 46. Percentage of women 18-69 having their last breast examination, by age group



Prostate cancer screening

When looking at prostate cancer screening, the majority of the 45-59 year old men (60%), and 60-69 year old men (77%) have been screened for prostate cancer. The screening was very low among the younger men, aged 18-44 year old (Table 5).

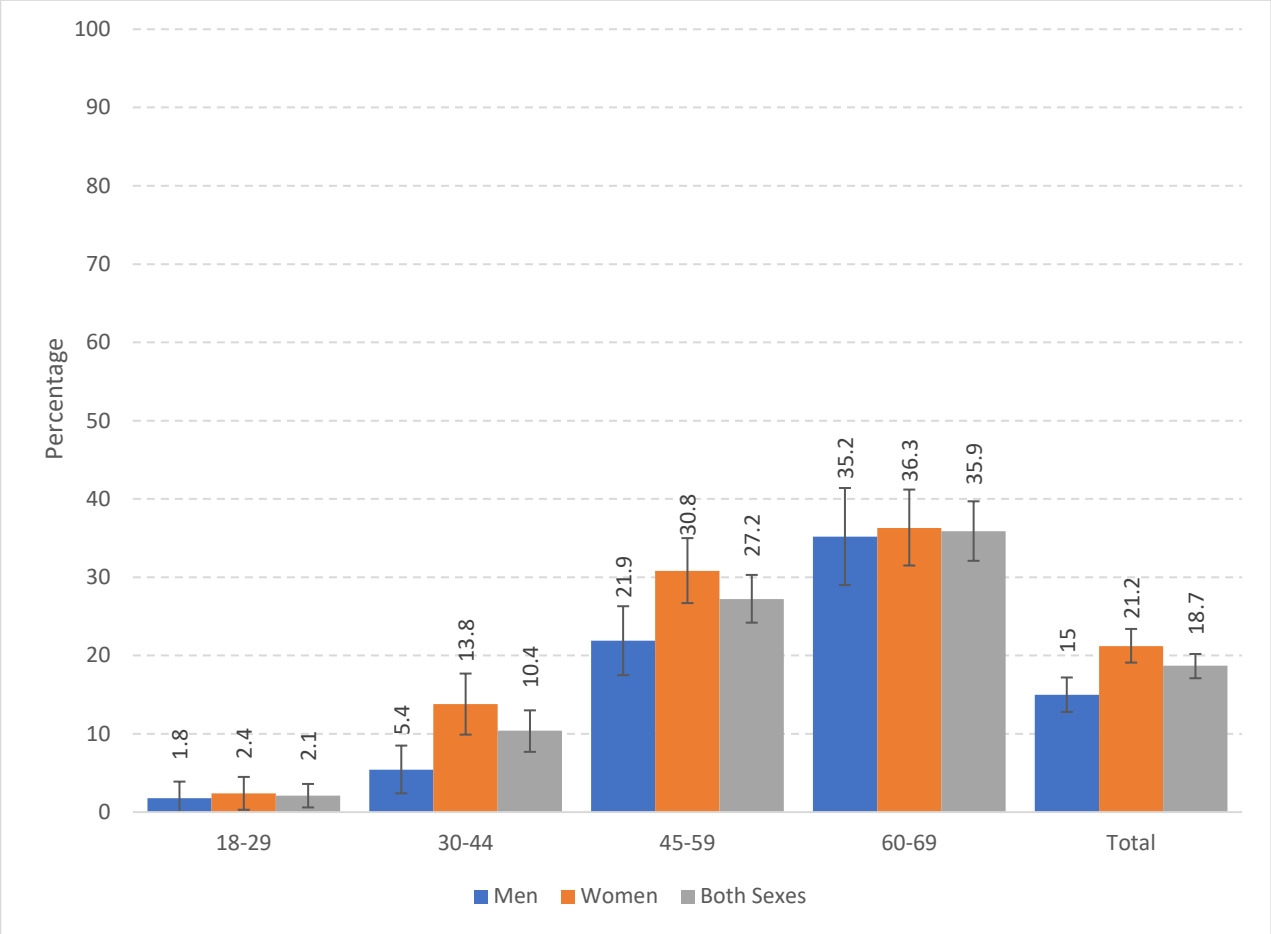
Table 5. Percentage of men 18-69 having their prostate examination, by age group

Age Group	Men	
	%	95% CI
18-29	1.4	0.0-3.2
30-44	10.1	6.4-13.7
45-59	60.0	54.8-65.2
60-69	77.4	72.3-82.5
18-69	**35.4**	**32.3-38.5**

Colon cancer screening

Only 19% of the Aruban population has ever done a colon examination. No differences were observed between sex, however significant differences were observed between age groups. About 36% of the 60-69 year olds were ever screened for colon cancer, and 27% of the 45-59 year old people (Figure 47).

Figure 47. Percentage of adults 18-69 having their colon examination, by age group and sex



Mental health

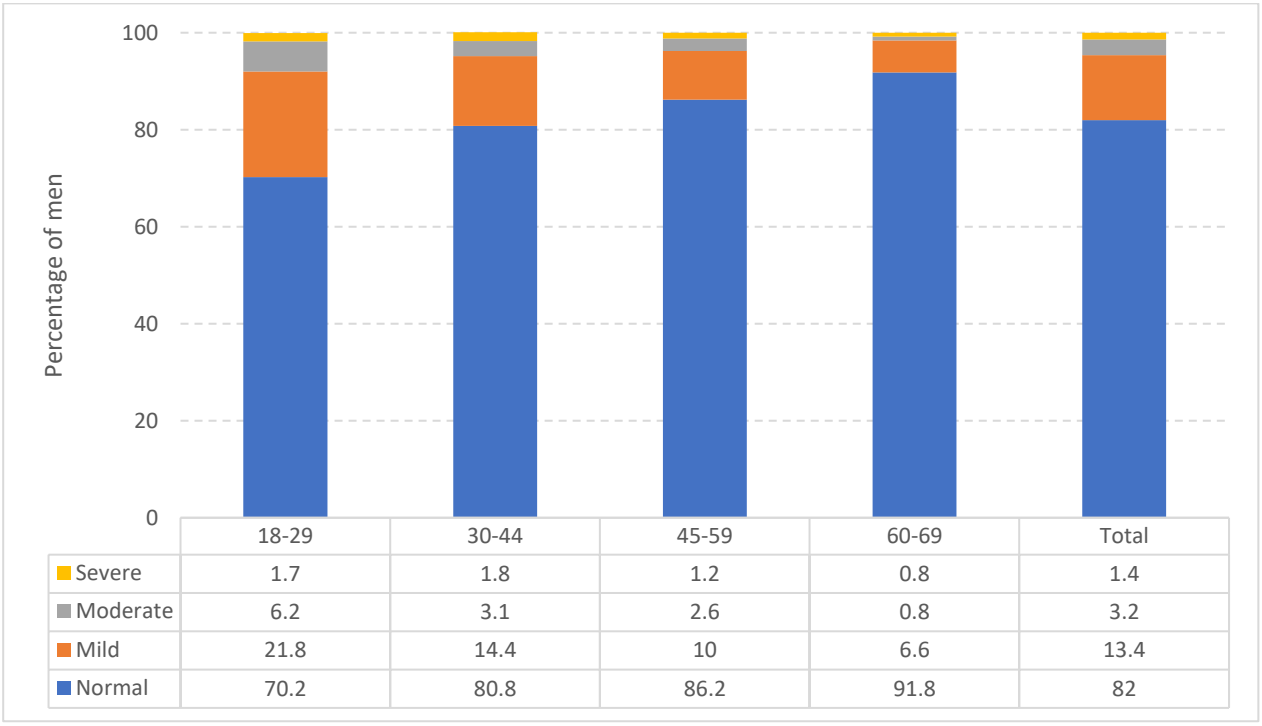
Anxiety and depressive symptoms

People were asked how often they were bothered by the following feelings in the previous two weeks:

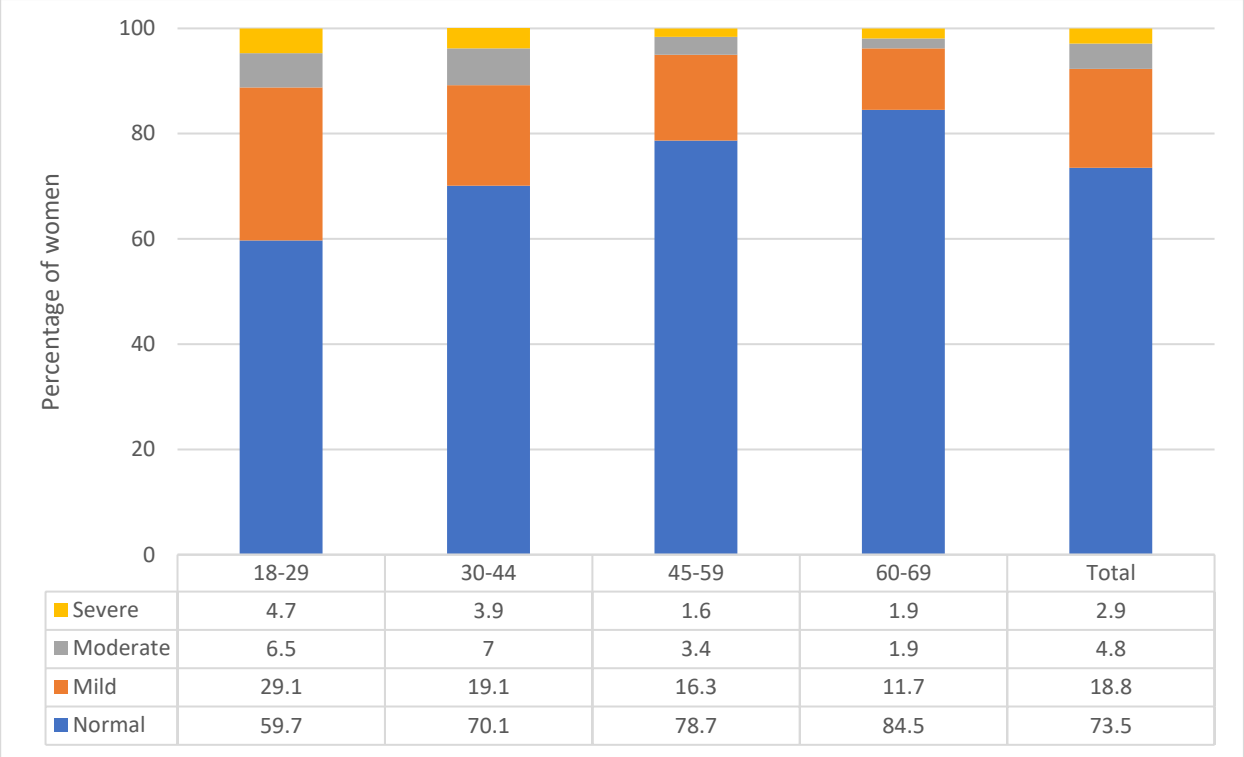
- Feeling nervous, anxious or on edge.
- Not being able to stop or control worrying.
- Feeling down, depressed or hopeless.
- Little interest or pleasure in doing things.

The severity of these symptoms was then classified as normal, mild, moderate and severe. Among the Aruban population, 17% reported mild levels of anxiety and depressive symptoms, 4% reported moderate levels, and 2% reported severe levels. When looking at men and women separately, more than 25% of the women reported mild, moderate or severe symptoms compared to 18% of the men. Even though age was not significantly related to reporting anxiety and depressive symptoms, younger age groups did report more mental health problems than older age groups in both men and women (Figure 48).

Figure 48. Percentage of adults 18-69 classified by anxiety and depression symptom severity, by age group and sex



	18-29	30-44	45-59	60-69	Total
Severe	1.7	1.8	1.2	0.8	1.4
Moderate	6.2	3.1	2.6	0.8	3.2
Mild	21.8	14.4	10	6.6	13.4
Normal	70.2	80.8	86.2	91.8	82



	18-29	30-44	45-59	60-69	Total
Severe	4.7	3.9	1.6	1.9	2.9
Moderate	6.5	7	3.4	1.9	4.8
Mild	29.1	19.1	16.3	11.7	18.8
Normal	59.7	70.1	78.7	84.5	73.5

Suicide

People were asked who seriously considered attempting suicide, or who made plans to commit suicide in the past. Almost 5% of the Aruban population ever attempted suicide, with no significant difference between sex. There is a significant difference between age. The highest rates of suicide attempts were observed among the young adults (18-29 years), with 8% of the young men and 11% of young women. As age increases, the suicide attempts decreased (Table 6). Among those who ever attempted suicide, 15% did this in the past year.

Table 6. Percentage of adults 18-69 having ever attempted suicide, by age group and sex

Percentage having ever attempted suicide						
Age Group (years)	**Men**		**Women**		**Both sexes**	
	Attempted suicide %	95% CI	Attempted suicide %	95% CI	Attempted suicide %	95% CI
18-29	7.6	2.9-12.3	11.2	5.7-16.7	9.6	5.9-13.3
30-44	4.6	1.8-7.4	6.2	3.6-8.7	5.5	3.6-7.4
45-59	2.4	0.6-4.2	2.8	1.5-4.1	2.6	1.6-3.7
60-69	2.0	0.5-3.6	1.5	0.5-2.5	1.7	0.8-2.6
18-69	**4.2**	**2.7-5.7**	**5.2**	**3.8-6.6**	**4.8**	**3.7-5.8**

Among the Aruban population, 3% have considered attempting suicide in the past year, of which 4% of the women and 2% of the men. The highest number of suicidal thoughts were seen among the young adults (18-29 years). Four percent of the young men and 7% of the young women had suicidal thoughts in the past year (Figure 49). Only 44% of the people with suicidal thoughts sought for professional help.

Figure 49. Percentage of adults 18-69 that considered attempting suicide in the past year, by age group and sex

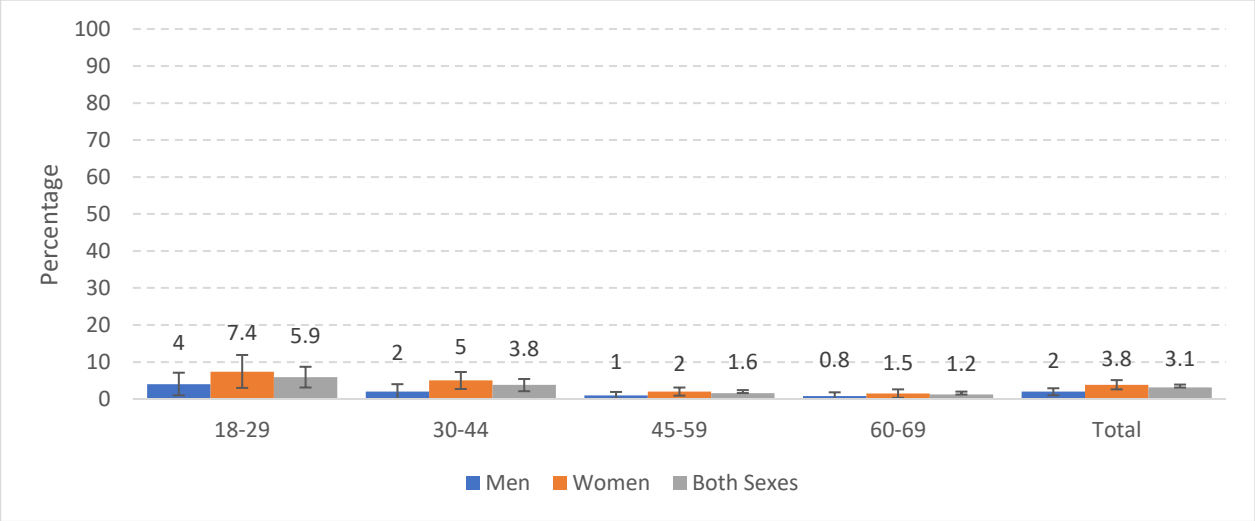
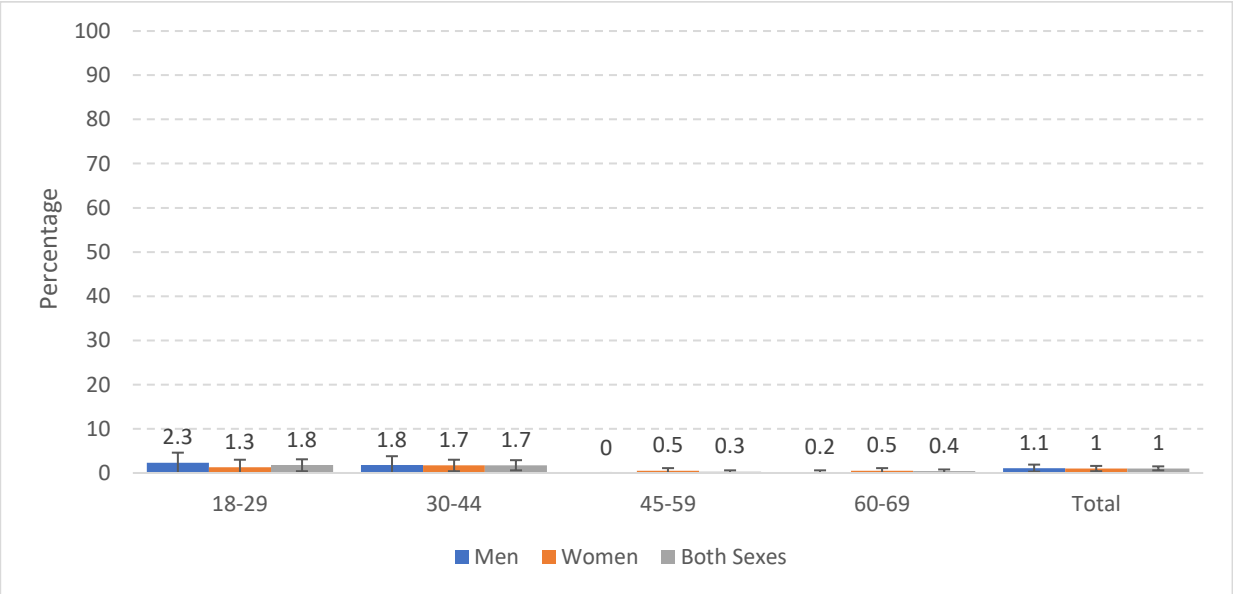


Figure 50 reveals that 1% of the Aruban population made an actual suicide plan in the past year. No differences were observed between sex. Again, this number was the highest among the young adults (18-29 years) with 2% of the young men and 1% of the young women doing so.

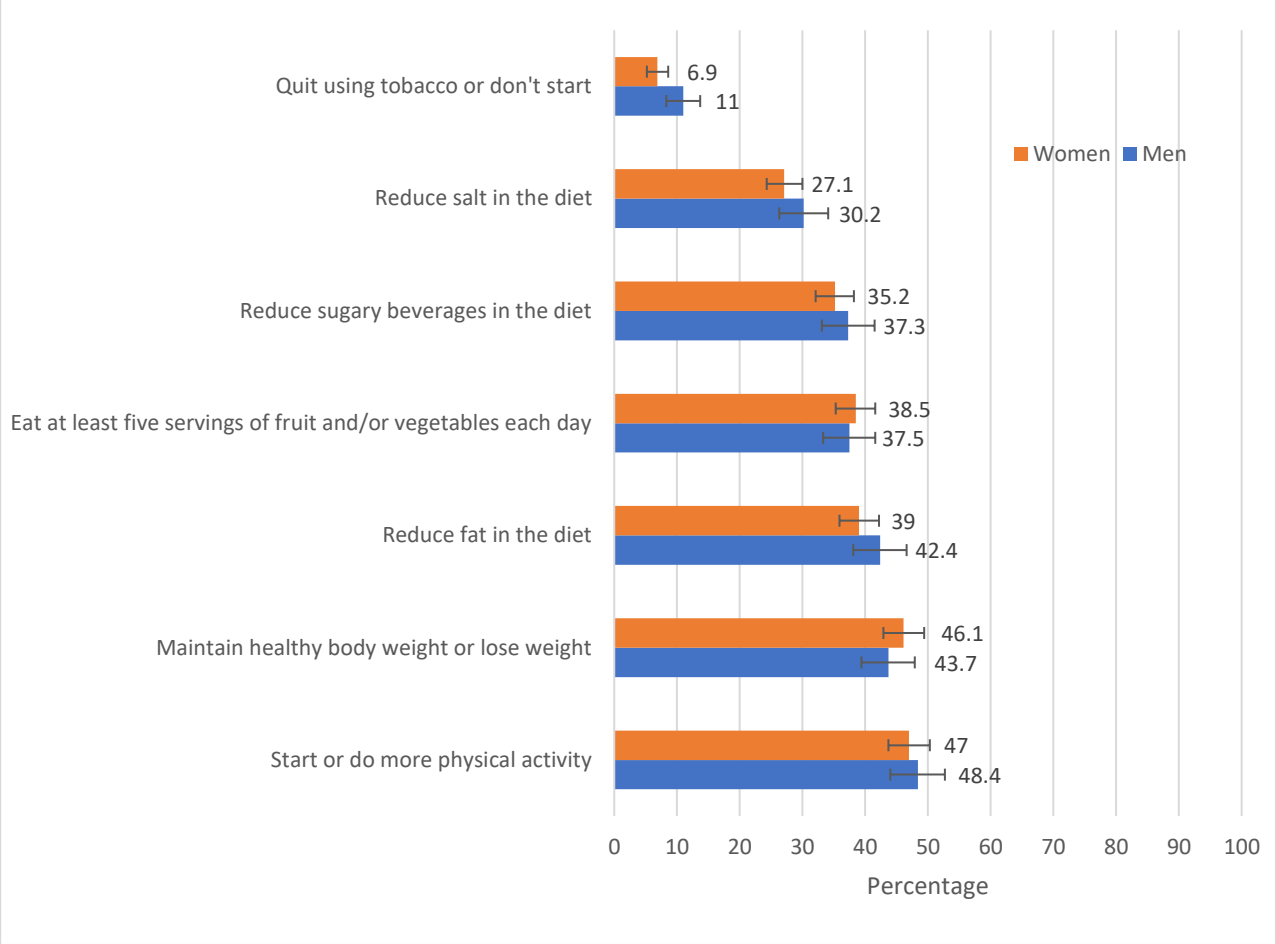
Figure 50. Percentage of adults 18-69 having made a suicide plan in the past year, by age group and sex



Lifestyle advice

Persons who indicated they had visited a doctor or other health worker in the past 12 months, were asked if they had received any lifestyle advice during any of those visits. Advice on maintaining a healthy weight, engaging in physical activity, and reducing fat in their diet was the most common advice received. Nearly half of both women and men were told by their doctor or other health worker that they should start or do more physical activity, for example (Figure 51).

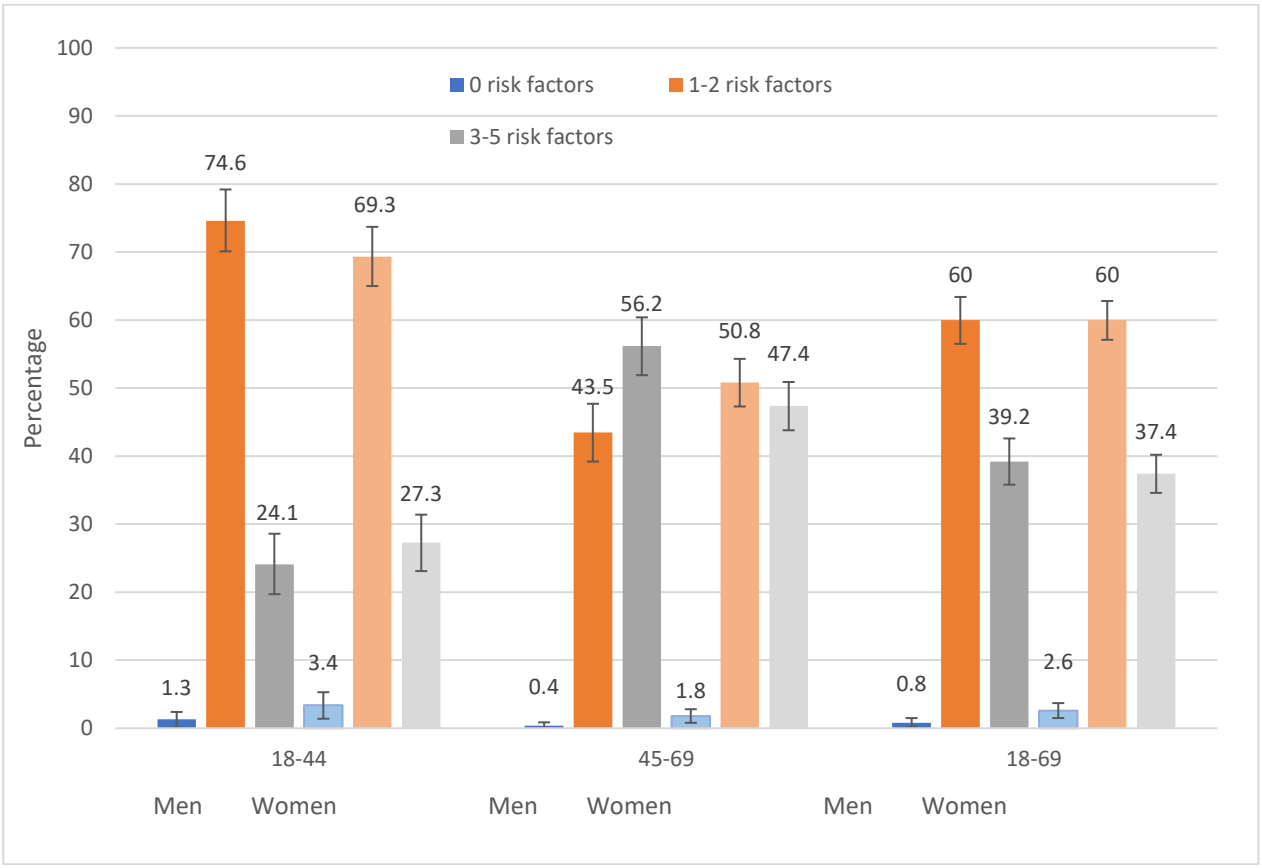
Figure 51. Percentage of adults 18-69 who received lifestyle advice from a doctor or health worker, by sex



Combined risk factors summary

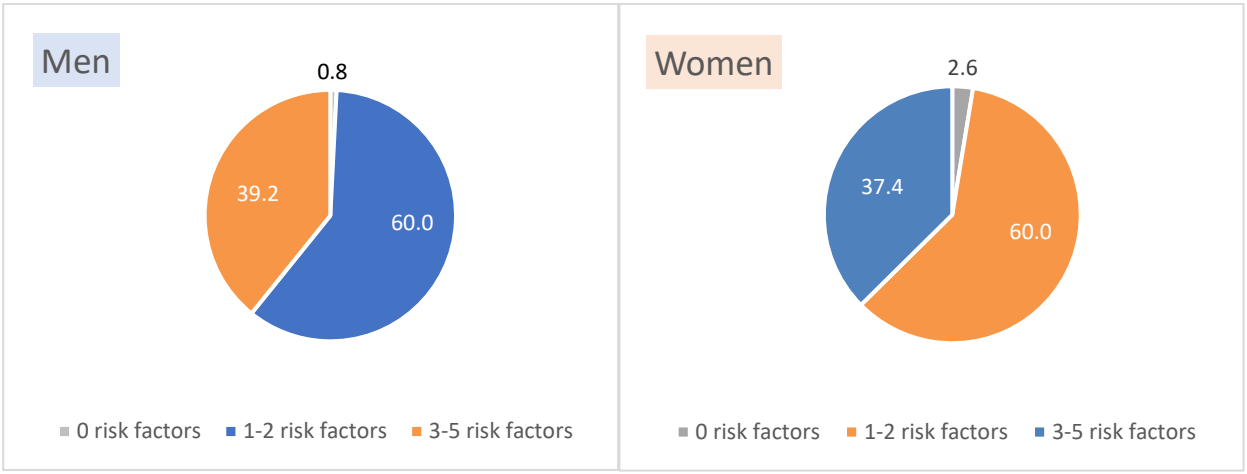
The combined risk factor approach includes daily smoking, eating less than 5 servings of fruit and/or vegetables per day, not meeting WHO recommendations on physical activity (<150 minutes of moderate activity per week, or equivalent), raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure) and being overweight (BMI ≥ 25 kg/m^2). Almost all men had at least 1 risk factor (99%), compared to 9% of women. Roughly 40% of men and women were at high risk of developing a NCD, as they had 3-5 risk factors. Older adults (45-69 years) had a higher proportion of 3-5 risk factors among both men (56%) and women (47%), compared to the 18-44 year old men (24%) and women (27%). However, age differences were not statistically significant (Figure 52).

Figure 52. Summary of combined risk factors of adults 18-69, by age group and sex



When looking at the summary of combined risk factors by sex, 60% of both men and women currently have 1-2 risk factors. Only 1% of men and 3% of women are at low risk of developing NCDs, as they had none of the top 5 risk factors (Figure 53).

Figure 53. Summary of combined risk factors of adults 18-69, by sex



Discussion

The prevalence of NCDs is a significant problem worldwide. Besides genetic predisposition, socioeconomic disparities and environmental influences, the most important risk factors for developing NCDs are lifestyle related, and therefore modifiable. Poor diet, physical inactivity, smoking and alcohol consumption are the top 4 modifiable risk factors, which in turn increase the risk of developing overweight/obesity, raised blood pressure, high blood glucose, high cholesterol and consequently NCDs.

The STEPS Aruba 2023 survey was developed to get more insight into the current physical and mental health status of the Aruban adult population. The survey reveals that the Aruban people face numerous (combined) health risks. The majority of the Aruban population is at high risk of developing a NCD, as 98% of the men and women have at least 1 risk factor, of which 38% has 3-5 risk factors (overweight, high blood pressure, daily smoking, poor diet, physical inactivity). The most important risk factor on Aruba is overweight and obesity. Furthermore, the study shows a high prevalence of heavy episodic drinking, especially amongst men. Additionally, there is an emerging rise in vaping among the young adults. Another concerning aspect is taking herbal medication or going to a traditional healer instead of taking the medication prescribed by a doctor or health worker.

Besides the physical health challenges, we also observed mental health challenges among the Aruban adults. About 20% of the population suffered from anxiety or depressive symptoms, and 17% of the younger women (18-44 years), ever attempted to commit suicide. Of the people that had suicidal thoughts, only 44% sought for professional help, which means that the majority of people with these thoughts don't seek for help.

Modifiable risk factors

Tobacco use

Overall, 12% of the Aruban population currently uses tobacco products. This is lower than the global (22%) and regional (16%) prevalence of current tobacco use among adults (PAHO/WHO, 2022). Sex and age are significantly related to tobacco use in Aruba. Men use more tobacco products than women. The highest percentage of tobacco use was amongst 18-29 year old men. Similar sex and age differences were observed at the regional and global levels.

Even though tobacco use is relatively low in Aruba, vaping has gained global popularity in recent years, particularly amongst the youth. In line with tobacco use, vaping is most popular among the young adults (18-29 years), and more men vape compared to women. This is a phenomenon that is also seen in other countries, whereby 9 out of 10 smokers started vaping before the age of 18 (WHO, 2023).

Reduction of tobacco use, consistent with WHO's Framework Convention on Tobacco Control regulation, is a key component of the NCD MAP of Aruba, which aims to reduce NCD risk factors and promote protective factors through the social and environmental determinants of health. In 2022, the National Ordinance Restriction Tobacco Products was introduced (AB 2016 no. 44). It includes a prohibition of smoking in public places and public transportation, and banning the sale or providing tobacco products to anyone under the age of 21, amongst others. Based on the STEPS findings, it is unclear whether the adopted measures have impacted the use of tobacco products. However, improvements can still be made in Aruba for tobacco use, for example, by placing large graphic health warnings on the packages, as this is one of WHO's Best Buys on tobacco. Unfortunately, we still see advertisements and promotion of vaping products on large billboards and supermarket entrances on the island. This can be banned by adapting the law, and to increase regular checks on compliance of these laws.

Alcohol

Current alcohol use on Aruba (50%) is similar to other countries in the Caribbean. Similar to tobacco use, men drink more frequently, and consume more drinks per occasion compared to women. STEPS shows concerning numbers of heavy episodic drinking (6 or more drinks on a single occasion) in Aruba, with 21% of the population doing so in the last month. Heavy episodic drinking varied widely between countries in the Americas, ranging from 31% in Trinidad and Tobago to 9% in Guatemala (PAHO/WHO, 2019). No major differences were observed of alcohol use amongst age groups. However, the highest alcohol intake was found in the young adults. Also, it needs to be taken into account that the reported intake may be under-reported, due to socially desirable answers. Finally, it needs to be taken into account which period the survey was done, as the people tend to drink more during specific holidays like the carnival season. Therefore, the survey was performed between March and July, after carnival season.

The NCD MAP of Aruba includes a priority action on the reduction of harmful use of alcohol through targeted and collaborative interventions and programs. Laws are already in place on sale, distribution and taxation of alcohol. In 2019, the Aruban Government introduced an increase in taxation for importing and consuming distilled drinks and wine (Government of Aruba, 2019). This is in line with WHO's Best Buy on increasing taxes on alcoholic beverages, though the impact on alcohol reduction in Aruba is unclear. Enacting and enforcing bans or comprehensive restrictions on exposure to alcohol advertising (across multiple media types) is another WHO Best Buy to reduce alcohol consumption. However, advertisements of alcohol remain widely seen and heard in Aruba.

Further considerations should be made on how to reduce heavy episodic drinking amongst the total population, but also particularly targeting the youth and young adults. For example, the development and implementation of more extensive awareness campaigns targeted at schools and universities. In line with smoking, more frequent check-ups can be done at work places, schools and in traffic. For this, close collaboration is necessary with the Ministry of Justice, as part of health in all policies.

Dietary behaviors

The Aruban population is not eating enough fruit and vegetables. Even though people consumed fruit and/ or vegetables about 5 times per week, the number of servings is well below WHO recommendations. About 88% of the people is not reaching the recommended 5 portions of fruit and vegetables per day, excluding starchy vegetables such as potatoes, sweet potatoes and cassava (WHO, 2020). These results are consistent with other countries in the Americas.

Moreover, Aruban adults are eating too much salt by adding salt while cooking, and especially by eating fast foods. Almost 71% of the people often or always add salt when preparing food at home, and 25% of the population often or always consumes processed food that is high in salt. This was done significantly more by younger age groups (18-44 years) compared to older age groups (45-69 years). Interestingly, most people self-reported the quantity of salt that they consumed to be 'just the right amount.'

The findings of the STEPS survey showcase that the Aruban population consumes a poor diet. A possible explanation for this could be that people have the perception that healthy foods (particularly fruit and vegetables) are much more expensive compared to unhealthy foods. Moreover, it may be that people don't have sufficient knowledge on what is healthy and what is not, and which products are high in salt. For example; salads are often prepared with starchy vegetables such as potatoes or macaroni with a lot of creamy sauce (high in salt and sugar). Future surveys should measure actual salt intake, instead of only relying on self-reported intake, which was the case for this STEPS survey. This will give valuable insight into the actual salt intake versus the perception of people, as we know that the average estimated salt consumption is 8.5 grams per day, while the WHO recommends a maximum of 5 grams per day (PAHO/WHO, 2023).

No questions were included in STEPS about sugar sweetened beverage intake, nor the frequency of eating out. This should remain an important area of concern for improving dietary habits of the population. The fact that Aruba has a wide range of food trucks and fast-food places, including in close proximity to schools, should also be taken into consideration. Moreover, supermarkets can contain about 80% of unhealthy foods and many times it can be difficult for the general public to understand food labels and health claims. For example, sugar has more than 50 synonyms that are used on food labels. A national nutrition survey would provide more detailed information for developing targeted policies on food labelling, interventions and programs for a healthier food and beverage market. A specific example of food labelling is the Front-Of-Package Labelling, which is one of the best buys of the WHO (PAHO 2023). This allows the customers to correctly, quickly and easily identify products that contain excessive amounts of sugar, total fat, saturated fat, trans fat and sodium.

Physical activity

The Aruban population is quite active during the day, as almost 75% of the people met the WHO recommendations (at least 150 minutes of moderate-intensity physical activity per week, or equivalent). The country with the highest prevalence of insufficient physical activity in the region was Brazil (47% not meeting the WHO guidelines). These numbers are in line with other countries meeting the WHO guidelines like Chile (73%), Ecuador (73%) and Grenada (71%) (PAHO/WHO, 2016).

Men were physically more active compared to women for all three physical activity indicators; work-related, transport-related, and recreational-related. Most physical activity was done at work, whereas the people were the least active in transport-related physical activity, because the majority of people use a car or public transport on Aruba. Not many people walk or bike due to the warm climate, and due to a lack of safe biking/walking paths in some areas.

The biggest sex differences were found for recreation-related physical activity, especially among the younger age groups. Young adult men showed a mean of almost 60 minutes of recreation-related exercise; as for young women, this was only 25 minutes on average. This is because the majority of women don't do any recreation-related physical activity, which is concerning. To further stimulate physical activity, the WHO Best Buys to promote physical activity need to be closely considered. For example, development of mass media campaigns and motivational programs with special focus on women and the elderly. Another best buy is to provide physical activity counselling and referral as part of routine primary health care. There are sufficient opportunities to go to a gym on Aruba. It may be that the gyms are too expensive, people have a lack of transportation to the gym, or they find it intimidating to go to a gym. This is why the Healthy Lifestyle Center will start offering free community-based exercise programs. This may stimulate the recreational physical activity among the Aruban community. Finally, even though Aruba invested a lot in biking/walking paths in the last decade, this can be expanded to stimulate physical activity even more as part of environmental programs.

Physical measurements and disease history

Overweight and obesity

Overweight and obesity is a major health problem on Aruba, as 79% of the population is too heavy, with 33% of the people being overweight and 46% being obese. This problem was consistent among age groups, and also among sex. This results in Aruba having the highest number of overweight people in the Americas together with Chile (both 79%), followed by the Bahamas (76%) and Saint Kitts and Nevis (76%) (WHO, 2022).

Based on the STEPS results, it could be indicated that poor diet, heavy episodic drinking and low recreational physical activity are the most important risk factors for the high prevalence of overweight and obesity. Additionally, the unhealthy environment with an extremely high number of fast-food restaurants and snack trucks on the island, may play an important role as well. Finally, cultural aspects may also play an important role that go on for generations. A former survey in Aruba showed that the perception of what a healthy weight is does not comply with people's own perception of their weight (GOA, 2018). In other words, if people don't see their overweight status as a problem, their motivation to do something about it is likely to be low. This can be tackled by starting with awareness campaigns to teach people what/when somebody is overweight and why this is so unhealthy. This is the first step to react on the possible stigma of overweight and obesity.

The Minister of Public Health and Tourism already anticipated these high overweight numbers. A primary prevention clinic was opened in February 2023, before the STEPS survey took place. The Healthy Lifestyle Center Aruba is open for the community for free nutrition and lifestyle advice, given by licensed dietitians. There are plans to open more locations and to expand the professional team with mental and exercise coaches. Herewith, Aruba took a very important step toward closing the gap between not knowing where to seek professional help, and possible financial obstacles for the community. Finally, the consensus around healthy lifestyles indicates a need to start from a young age. This is already been done through several programs and initiatives at schools, but these programs can be strengthened and expanded. Also, education on health may be further incorporate into the curriculums of all primary and secondary schools. For this to be implemented, a health in all policies approach is needed.

Cancer screening

Early detection of cancer increases the life expectancy of cancer survivors, and makes a less invasive and intensive treatment possible. Therefore, cancer screening is extremely important. At the moment, there is only a national screening program for breast cancer on the island. We observed a high response rate as 85% of the targeted women (45-69 years) were ever screened for breast cancer in the STEPS survey. This is higher compared to the screening of other type of cancers. Among the 30-59 year old women, 70% was ever tested for cervical cancer. For prostate cancer, 69% of the 45-69 year old men were ever screened, and for colon cancer this was only 32% among the 45-69 year old men and women.

Whilst cancer screening is covered by national insurance, it is clear that not everybody is screened or encouraged to do so. Early detection of NCDs, including cancer, is an important strategic area in the NCD MAP to ensure that care is integrated, people-centered and community-oriented. By looking at the high rate of breast cancer screening, and taking into account Aruba has a National screening program for this, it is highly recommended to expand the breast cancer screening organization by developing national screening programs for the other types of cancer as well; cervical cancer, prostate cancer and colon cancer.

In addition to the lower the prevalence of cervical cancer, vaccination against the human papillomavirus among girls – another WHO Best Buy – should be continued, and expanded, by the Department of Youth Health Care. It is also advised to start a vaccination program against the human papillomavirus for young boys.

Mental health

The survey included questions about anxiety, depressive symptoms and suicide. Overall, there are quite some mental health challenges amongst the Aruban population, especially among the younger age groups (18-44 years). Even though there were no significant sex differences, women reported more mental health problems compared to men. There is also a concerning prevalence of suicide attempts/ suicidal thoughts among the younger age groups, especially among 18-44 year old women. Also, for men, the highest suicide attempts were observed among the younger age groups. Another concerning aspect is that more than 60% of the people with suicidal thoughts are not seeking professional help. It is not known why they don't seek professional help. Possible explanations for this are that there is still a stigma surrounding mental health problems on Aruba. Furthermore, it may be that people don't know where to go, or that they are on a waiting list for the institution for mental health. Further analyses need to be performed to get insight into the underlying causes of the mental health problems on Aruba. For example, the relationship between demographic variables marital status, employment status, income, and mental health. Moreover, valuable insights can be obtained by investigating the association between lifestyle factors, alcohol use, sleep, obesity and mental health.

In 2022, the Ministry of Justice and Social Affairs, with support of the Ministry of Public Health and Tourism, developed the Roadmap for Mental Health and Substance Use Disorders in Aruba 2021-2030. One of the key building blocks of this roadmap is lowering the numbers of depression and anxiety, and also decreasing the number of suicide attempts. Important projects of this roadmap are, amongst others, improving forensic care, setting up a national crisis service, and intensify the youth mental health care. Additionally, Aruba is currently engaged in efforts to enhance its mental health services through the implementation of the POH-GGZ program, aimed at reducing waiting lists at mental health institutions. However, challenges persist in integrating basic primary mental health care into the National Insurance package. This endeavor requires meticulous attention and collaborative strategies to overcome obstacles, and ensure comprehensive mental health coverage for all individuals. The persistent challenge is the recruitment of psychologists and psychiatrists, a dilemma not confined to Aruba, but prevalent globally. Aruba, in response, is meticulously exploring various avenues to address this issue. Among the strategies being considered is the broadening of recruitment horizons to include professionals from Latin America and other regions beyond the Netherlands. Simultaneously, discussions are underway regarding the establishment of local training programs facilitated by relevant foundations.

Moreover, concrete steps are being taken to enhance mental health services on the island. This includes the establishment of a FACT-Team, and the implementation of a crisis intervention service, both slated for completion by September. Additionally, a secondary cadre of street-corner caregivers ("bemoeizorg") is being mobilized to alleviate waiting lists at mental health institutions.

Furthermore, community organizations such as the Foundation Anti-Drugs Aruba (F.A.D.A.) are intensifying their involvement in mental health prevention initiatives. F.A.D.A. has expanded its focus beyond substance abuse to encompass broader mental health issues like family dynamics, anxiety, depression, and eating disorders. Biannual mental health conferences are being organized to foster awareness and combat stigmas associated with mental health conditions on the island, with the most recent event held in May, and the next scheduled for October.

Notably, F.A.D.A. is spearheading the development of a suicide prevention hotline in collaboration with Dutch counterparts. This initiative, supported by a diverse stakeholder group including the Netherlands' suicide prevention hotline 113 and the Dutch Ministry of Health, Welfare, and Sport, aims to proactively identify and address suicidal ideation. Efforts are also underway to integrate the hotline's data into a digital tracking system, in coordination with various telephone service organizations.

Blood pressure

Raised blood pressure is a persistent problem on Aruba as well, especially amongst men. Almost 30% of the population has hypertension (SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure). This is lower compared to the average of the Americas which is 35%. Even though this number is age-standardized, the age group was a bit older (30-79 years) compared to our study population (18-69 years). Moreover, 34% of the Aruban population has a controlled blood pressure after having a diagnosis and taking medication. This is lower compared to most other countries in the Americas, because regionwide, 60% of people treated for hypertension achieved hypertension control (PAHO, 2019).

It was observed that for the physical measurements, 20% of the people had hypertension, and nearly half of those were new cases. This means that chances are high that a great proportion of the population has raised blood pressure, without them knowing. Raised blood pressure numbers increase when people get older. However, among the young adults (18-29 years), 9% already has raised blood pressure. The high number of people with raised blood pressure may be explained by the poor diet quality, especially the high salt intake, by adding salt while cooking, and frequently consuming fast foods high in salt. Mainly this last aspect may be related to the high prevalence of raised blood pressure amongst the young adults, as they eat more fast foods compared to the other age groups. The higher occurrence of raised blood pressure amongst men may be, amongst others, explained by the fact that men drink more alcohol and smoke more tobacco compared to women. And it is known that high alcohol intake and tobacco use are related to raised blood pressure. Further analyses need to confirm this theory. Another concerning factor is the low medication adherence. Almost 40% of the people that were known to have raised blood pressure are not taking their medication prescribed by the doctor. They go either to alternative healers, take herbal medicine, or are not taking any medication at all. Both late diagnosis and not adhering to medication increase the risk of developing cardiovascular diseases, amongst others.

Efforts should prominently target men, given the survey findings. Furthermore, the focus should be on early detection at primary care level, but also through health checks at work or at universities, as quite some young people already have raised blood pressure. Special attention should be on follow-up check-ups to track the progress of people. Pharmacies may play a more prominent role in explaining the importance of medication adherence, and also to track the follow-ups, as people are coming back on a regular basis to pick up their medication. Moreover, intensive campaigns should be developed and launched to increase the awareness of early detection, and also the importance of medication adherence. Lastly, as mentioned before, it may be that people don't have the right knowledge on which foods are high in salt. Therefore, programs and campaigns should be launched to increase the knowledge and awareness on healthy/ unhealthy foods of the Aruban population.

Biochemical measurements

Fasting blood glucose

In total, 10% of the Aruban population has raised blood glucose, or is currently on medication for diabetes. In addition, another 14% of the population is pre-diabetic based on the blood measurements. These people are at high risk for developing type-2 diabetes, although this can be prevented or delayed by pursuing a healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use (WHO, 2023). The average prevalence of diabetes worldwide is about 8%. This means that Aruba scores a bit higher compared to the global average. However, there are countries that show a higher diabetes prevalence, such as Saint Kitts and Nevis, which reveal a prevalence of 15% among adults (PAHO/WHO, 2014). A concerning result was the fact that about one third of the population with a diabetes diagnosis was taking herbal medication or was going to a traditional healer. The low medication adherence may (partly) explain the high rates of diabetes complications, such as diabetic foot, and dialysis.

It is crucial that interventions and programs target the population-at-risk to avoid the development of diabetes. Furthermore, current diabetes patients may need to receive more intensive care in line with the recent healthcare agreement (Zorgakkoord), with special focus on weight loss, diet quality and exercise. Additionally, people need to be aware of their behavior towards their health and medication adherence. Therefore, it is advised to expand the current PRISMA program, which is focused on the self-management and education for diabetes patients, that they are currently working on. PRISMA started a pre-diabetes program and they are developing a program for cardiovascular disease as well. The quality of care may also be improved by closer collaboration between different stakeholders on the island. The first step to achieve this is to develop an up-to-date protocol, including treatment plans and referral systems. Finally, extensive awareness campaigns about the importance of medication adherence are also highly advised.

Fasting total cholesterol

More than a quarter of the population had high cholesterol levels, specifically the women. This is lower than other countries that have conducted a STEPS survey in the region. Despite the lower prevalence of high cholesterol compared to other countries, it is still quite high, and results in being at higher risk of developing cardiovascular diseases. Again, medication adherence is a major issue here. About a third of the Aruban population is not taking the medication prescribed by the health professional.

In line with the advised campaigns for diabetes and blood pressure, extensive awareness campaigns on the importance of medication adherence are highly advised for cholesterol as well. Furthermore, new insights about nutrition and cholesterol need to be translated into campaigns to increase the knowledge about which foods decrease/ increase cholesterol levels. Moreover, updating the new nutrition guidelines will support this as well.

Combined risk factors

When looking at the combined risk factors: overweight, high blood pressure, daily smoking, poor diet and physical inactivity, 98% of the population have at least 1 risk factor, of which about 38% has 3-5 risk factors. There was no difference between men and women. From this we can conclude that only 2% of the Aruban population is at low risk of developing a NCD. Consequently, people are at high risk of developing some type of NCD in the future.

General recommendations

Besides reflections and suggestions on the specific topics made above, the following general recommendations can be made based on the findings of the STEPS Aruba 2023 survey:

Enforce full implementation of the NCD Multi-sectoral Action Plan

This report serves as a reminder of the considerable threat posed by NCDs and their associated risk factors in Aruba. Addressing the NCD burden requires comprehensive multi-sectoral strategies that encompass public health education, lifestyle interventions, regulatory measures, adjustment of legislation, and community support systems to promote healthier behaviors and healthy environments, and reduce the prevalence of these risk factors. Further gains are also to be made in providing preventive lifestyle advice in healthcare settings. Solutions to the alarming trends identified in the Aruba STEPS 2023 survey are already outlined in the NCD MAP and have been collectively agreed upon through multi-sectoral consultations. The full-scale implementation of the plan, with adequate costing and financing, as well as political commitment and coordinated action, is now needed. The NCD MAP is a key document that outlines high-level strategic areas and priority actions. Finally, regular tracking of NCD indicators (e.g. by conducting the STEPS survey every five years) is crucial to ensure that commitments in the NCD MAP are translated into concrete and sustainable action. By doing this, results can be tracked after five years, and proper evaluations can be performed to improve the health of the Aruban community.

The importance of a sustainable NCD surveillance system

Addressing the burden of NCDs requires a comprehensive understanding of their risk factors, prevalence, and progression over time. To achieve this, a sustainable NCD surveillance system is needed. By implementing a sustainable NCD surveillance system, data on NCDs and risk factors is collected in a periodic, systematic and standardized manner. This includes the implementation and execution of health surveys, such as STEPS every five years. The previous STEPS survey was performed in 2006, and included different age groups compared with the current STEPS survey. Hereby, results are not directly comparable, and are therefore not presented in this report. Further analyses should be conducted to make this important comparison and create more in-depth findings.

In addition, further research to better understand certain patterns is needed. The survey has shown that the consumption of daily fruit and/ or vegetable servings was low, though reasons for this were not investigated. Moreover, STEPS did not collect data on the youth and adolescents. The implementation of school health surveys, such as the Global School-based Student Health Survey and the Global Youth Tobacco Survey, might provide valuable complementary information on risk factors and protective behaviors among adolescents.

Other important aspects of a sustainable NCD surveillance system are collecting and reporting mortality data, health system information, and an active cancer registry. Indeed Aruba is collaborating with the RIVM to set up a cancer registry. This is in progress on a four-country level, and the goal is to start with the cancer registry in 2025. Finally, even though Aruba has mortality surveillance in place, it can still be strengthened.

Limitations of the study

Recognizing the limitations of the Aruba STEPS 2023 survey is essential for readers to interpret the results accurately, and make informed decisions based on the presented data. Limitations of the survey methodology and implementation were mitigated to the extent possible, but several are worth mentioning explicitly:

- *Low response rate*. Despite significant efforts to engage the target population, the overall response rate was below 60%. Several factors may have contributed to the low response, including an ineffective communication campaign, competing priorities, survey fatigue, or hesitance to participate after the COVID-19 pandemic, among others. However, the survey uses a probabilistic sample, and data are presented weighted, which means the results from this survey are representative of the whole 18-69 Aruban adult population.
- *Additional analyses*: this report is based on standard descriptive analyses of the data. More in-depth analyses need to be performed to better understand the relationship between demographics, risk factors and the development of NCDs (physical as well as mental). However, these analyses fall out of the scope of this report. Also, to make better comparisons with the 2006 STEPS survey, separate analyses need to be done on the age group 25-64 years.

Conclusion

The results from the 2023 STEPS Aruba survey underscore a concerning scenario for NCDs within the adult Aruban population, as nearly the entire population has at least one risk factor of developing an NCD. The most important risk factors were excessive alcohol intake and poor diet quality. The consequences of these risk factors are evident in the high prevalence of overweight and obesity, high blood pressure, and metabolic risk factors such as raised blood glucose and total cholesterol. Finally, there are also many mental health problems, of which the majority does not seek professional help for. All these NCDs are already prevalent from a young age.

Immediate and decisive action is imperative to alleviate the burden of NCDs, and avert preventable deaths stemming from these conditions. Concrete policy action and follow-up through sufficient investment in cost-effective interventions, as proposed in the above-mentioned recommendations, is necessary. This also includes adapting legislation to enable more opportunities to create healthier environments so that people are stimulated to make healthier choices. The NCD MAP serves as an excellent guide for such efforts. More detailed action plans need to be continuously developed, implemented and evaluated for this. Failure to do so puts the country at risk of exacerbating the NCD burden, and putting the sustainability of the universal healthcare that Aruba offers in danger. In turn, this can negatively affect the workforce, the productivity, and the social security of the island.

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Pan American Version of STEPS Instrument 3.2

(Core and Expanded)

The PAHO/WHO STEPwise approach to noncommunicable disease risk factor surveillance (STEPS)

Pan American Health Organization
World Health Organization
Americas

PAHO

PAN AMERICAN STEPS Instrument
for Noncommunicable Disease Risk Factor Surveillance

ARUBA 2023

Survey Information

Location and Date	Response	Code
Address point	⌊_⌊_⌊_⌊_⌊_⌊_⌋	I1
Interviewer ID	⌊_⌊_⌊_⌋	I3
Date of completion of the instrument	⌊_⌊_⌋ ⌊_⌊_⌋ ⌊_⌊_⌊_⌊_⌋ dd mm year	I4

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

Step 1 Demographic Information

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

EXPANDED: Demographic Information		
What is the **highest level of education** you have completed?	Less than primary education 1 Primary school/Special education 2 Vocationally oriented secondary special education (SPO, Tarabana) 3 Vocationally oriented secondary education (EPB, LTS, Huishoudschool) 4 General and higher secondary education (MAVO, MULO) 5 General and higher secondary education (HAVO, High School) 6 University preparatory education (VWO) 7 Middle level professional education (EPI, MAO, MTS) 8 Higher level professional education (HBO, FEF, IPA) 9 University 10 Doctoral degree PhD 11 Other 12 *If Other, go to C5other* Refused 88	C5
	Other (please specify):	C5other
What is your country of birth?	Aruba 1 The Netherlands 2 Colombia 3 Dominican Republic 4 Venezuela 5 Curaçao 6 Other 77 Refused 88	X1
What is your nationality?	Dutch 1 Colombian 2 Dominican 3 Venezuelan 4 Haitian 5 Other 77 Refused 88	X2
What is your **marital status**?	Never married 1 Currently married 2 Legally divorced from spouse 3	X3

	Separated from bed and board 4 Widow(er) of spouse 5 Cohabitation agreement with registered partner 6 Divorced from registered partner (according to a cohabitation agreement) 7 Widow(er) from registered partner (according to a cohabitation agreement) 8 Refused 88	
Are you currently living on a durable basis with your spouse or (life) partner?	Yes 1 No 2	X4
Which of the following best describes your **main work** status over the past 12 months?	Employee 1 Self-employed 2 Contributing family worker 3 Paid apprentice/Intern 4 Unpaid apprentice/Intern/Volunteer 5 Student/Attending school 6 Pensioned 7 Housewife/Houseman 8 Unemployed (able to work) 9 Unemployed (unable to work) 10 Refused 88	C8
How many people older than 18 years, including yourself, live in your household?	Number of people ⌊__⌋⌊__⌋	C9

EXPANDED: Demographic Information, Continued

Question	Response	Code
Can you give an **estimate** of the monthly household income if I read some options to you? Is it *(READ OPTIONS)*	Afl. 1,000 or less 1 Afl. 1,001-2,000 2 Afl. 2,001-2,500 3 Afl. 2,501-3,000 4 Afl. 3,001-3,500 5 Afl. 3,501-4,000 6 Afl. 4,001-5,000 7 Afl. 5,001-6,000 8 Afl. 6,001-7,000 9 Afl. 7,001-8,000 10 Afl. 8,001-10,000 11 Afl 10,001 or more 12 Don't know 77 Refused 88	X5

Step 1 Behavioural Measurements

CORE: Tobacco Use

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

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

EXPANDED: Tobacco Use		
Question	**Response**	**Code**
How old were you when you **stopped** smoking?	Age (years) Don't Know 77 ⌊_⌊_⌋ *If Known, go to T12*	T10
How **long ago** did you stop smoking? *(RECORD ONLY 1, NOT ALL 3)* *Don't Know 77*	Years ago ⌊_⌊_⌋ *If Known, go to T12*	T11a
	OR Months ago ⌊_⌊_⌋ *If Known, go to T12*	T11b
	OR Weeks ago ⌊_⌊_⌋	T11c
Do you **currently use** any **smokeless tobacco** products such as snuff, chewing tobacco, betel? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to A1*	T12
Do you **currently use smokeless tobacco** products **daily?**	Yes 1 No 2 *If No, go to A1*	T13
Now I will ask you about electronic cigarettes, which are also called e-cigarettes or vaping devices. These devices are battery powered and heat a liquid to produce vapor or aerosol instead of smoke. *(USE SHOWCARD)*		
Do you currently use electronic cigarettes or any other vaping device?	Yes 1 No 2 *If No, go to A1*	X6
Do you currently use electronic cigarettes or any other vaping device daily?	Yes 1 No 2	X7

CORE: Alcohol Consumption

The next questions ask about the consumption of alcohol.

Question	Response	Code
Have you **ever** consumed any alcohol such as beer, wine or spirits~~?~~ *(USE SHOWCARD OR SHOW EXAMPLES)*	Yes 1 No 2 *If No, go to A16*	A1
Have you consumed any alcohol within the **past 12 months**?	Yes 1 *If Yes, go to A4* No 2	A2
Have you stopped drinking due to health reasons, such as a negative impact on your health or on the advice of your doctor or other health worker?	Yes 1 *If Yes, go to A16* No 2 *If No, go to A16*	A3
During the past 12 months, **how frequently** have you had at least one standard alcoholic drink? *(READ RESPONSES, USE SHOWCARD)*	Daily 1 5-6 days per week 2 3-4 days per week 3 1-2 days per week 4 1-3 days per month 5 Less than once a month 6 Never 7	A4
Have you consumed any alcohol within the **past 30 days**?	Yes 1 No 2 *If No, go to A13*	A5
During the past 30 days, on how many **occasions** did you have at least one standard alcoholic drink?	Number Don't know 77 ⌊_⌋⌊_⌋ *If Zero, go to A13*	A6
During the past 30 days, when you drank alcohol, how many **standard drinks on average** did you have during one drinking occasion? *(USE SHOWCARD)*	Number Don't know 77 ⌊_⌋⌊_⌋	A7
During the past 30 days, what was the **largest number** of standard drinks you had on a single occasion, counting all types of alcoholic drinks together?	Largest number Don't Know 77 ⌊_⌋⌊_⌋	A8
During the past 30 days, how many times did you have **six or more** standard drinks in a single drinking occasion?	Number of times Don't Know 77 ⌊_⌋⌊_⌋	A9
During each of the **past 7 days**, how many standard drinks did you have each day? *(USE SHOWCARD)* *Don't Know 77*	Monday ⌊_⌋⌊_⌋	A10a
	Tuesday ⌊_⌋⌊_⌋	A10b
	Wednesday ⌊_⌋⌊_⌋	A10c
	Thursday ⌊_⌋⌊_⌋	A10d
	Friday ⌊_⌋⌊_⌋	A10e
	Saturday ⌊_⌋⌊_⌋	A10f
	Sunday ⌊_⌋⌊_⌋	A10g

CORE: Alcohol Consumption, continued

I have just asked you about your consumption of alcohol during the past 7 days. The questions were about alcohol in general, while the next questions refer to your consumption of homebrewed alcohol, alcohol brought to the country without going through Customs, any alcohol not intended for drinking or other untaxed alcohol. Please only think about these types of alcohol when answering the next questions.

Question	Response	Code
During the **past 7 days**, did you consume any **homebrewed** alcohol, any alcohol brought to the country without going through Customs, any alcohol **not intended for drinking** or other **untaxed** alcohol? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to A13*	A11
On average, **how many standard drinks** of the following did you consume **during the past 7 days**? *(USE SHOWCARD)* *Don't Know 77*	Homebrewed spirits, e.g. moonshine ⌊_⌋⌊_⌋	A12a
	Homebrewed beer or wine, e.g. beer, palm or fruit wine ⌊_⌋⌊_⌋	A12b
	Alcohol that was brought to the country without going through Customs ⌊_⌋⌊_⌋	A12c
	Alcohol not intended for drinking, e.g. alcohol-based medicines, perfumes, after shaves ⌊_⌋⌊_⌋	A12d
	Other untaxed alcohol in the country ⌊_⌋⌊_⌋	A12e

EXPANDED: Alcohol Consumption

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

CORE: Diet

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

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

Dietary salt

With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce. The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as SPAM, bacon, pot ham and corned beef and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.

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

CORE: Physical Activity

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

Question	Response	Code
Work		
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to P4*	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days ⌊__⌋	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking or carrying light loads? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to P7*	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days ⌊__⌋	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P6 (a-b)
Travel to and from places		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship.		
Do you walk or use a bicycle *(pedal cycle)* to get to and from places?	Yes 1 No 2 *If No, go to P10*	P7
In a typical week, on how many days do you walk or bicycle to get to and from places?	Number of days ⌊__⌋	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	P9 (a-b)

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

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

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

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

PANAM CORE: History of Diabetes		
Have you received at least two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control?	Yes 1 No 2 Don't know 77	H11a
When was the last time your eyes were examined as part of your diabetes control?	Within the past 2 years 1 More than 2 years ago 2 Never 3 Don't know 77	H11b
When was the last time your feet were examined as part of your diabetes control?	Within the past year 1 More than 1 year ago 2 Never 3 Don't know 77	H11c

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

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

CORE: Lifestyle Advice		
During the past 12 months, have you visited a doctor or other health worker?	Yes 1 No 2 *If No and C1=1 go to S1* *If No and C1=2 go to CX1*	H20
During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following? (RECORD FOR EACH)		
Quit using tobacco or don't start	Yes 1 No 2	H20a
Reduce salt in your diet	Yes 1 No 2	H20b
Eat at least five servings of fruit and/or vegetables each day	Yes 1 No 2	H20c
Reduce fat in your diet	Yes 1 No 2	H20d
Start or do more physical activity	Yes 1 No 2	H20e
Maintain a healthy body weight or lose weight	Yes 1 No 2	H20f
Reduce sugary beverages in your diet	Yes 1 *If C1=1 go to S1* No 2 *If C1=1 go to S1*	H20g

CORE (for women only): Cervical Cancer Screening		
The next question asks about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in different ways, including Visual Inspection with Acetic Acid/vinegar (VIA), pap smear and Human Papillomavirus (HPV) test. VIA is an inspection of the surface of the uterine cervix after acetic acid (or vinegar) has been applied to it. For both pap smear and HPV test, a doctor or nurse uses a swab to wipe from inside your vagina, take a sample and send it to a laboratory. It is even possible that you were given the swab yourself and asked to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a pap smear is done, and for the HP virus if an HPV test is done.		
Question	**Response**	**Code**
Have you ever had a screening test for cervical cancer, using any of these methods described above?	Yes 1 No 2 Don't know 77 Refused 88	CX1
When was your last test for cervical cancer?	Less than 1 year ago 1 1-2 years ago 2 3-5 years ago 3 More than 5 years ago 4 Don't know 77 Refused 88	CX2

Pan-Am Optional module		
Section: Health Screening	**Response**	**Code**
Have you ever had your feces examined to look for hidden blood?	Yes 1 No 2 Don't know 77	S1
Have you ever had a colonoscopy?	Yes 1 No 2	S2
This question is for men only:- Have you ever had an examination of your prostate?	Yes 1 No 2	S3
The following questions are for women only: Have you been shown how to examine your breasts?	Yes 1 No 2	S4
When was the last time you had an examination of your breasts?	1 year or less 1 Between 1 and 2 years 2 More than 2 years 3 Never 4 Don't know 77	S5
When was the last time you had a mammogram?	1 year or less 1 Between 1 and 2 years 2 More than 2 years 3 Never 4 Don't know 77	S6

Mental Health/Suicide

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

Question	Response	Code
During the past 12 months, have you seriously considered attempting suicide?	Yes 1 No 2 *If No, go to MH3* Refused 88	MH1
Did you seek professional help for these thoughts?	Yes 1 No 2 Refused 88	MH2
During the past 12 months, have you made a plan about how you would attempt suicide?	Yes 1 No 2 *If No, go to AD1* Refused 88	MH3
Have you ever attempted suicide?	Yes 1 No 2 Refused 88	MH4
During the past 12 months, have you attempted suicide?	Yes 1 No 2 Refused 88	MH5

Anxiety and depression

The next questions ask about your mental wellbeing.

Question	Response	Code
Over the last two weeks, how often have you been bothered by the following problems?		
Feeling nervous, anxious or on edge	Not at all 1 Several days 2 More than half the days 3 Nearly every day 4	AD1
Not being able to stop or control worrying	Not at all 1 Several days 2 More than half the days 3 Nearly every day 4	AD2
Feeling down, depressed or hopeless	Not at all 1 Several days 2 More than half the days 3 Nearly every day 4	AD3
Little interest or pleasure in doing things	Not at all 1 Several days 2 More than half the days 3 Nearly every day 4	AD4

During the last month, have you had problems falling asleep of staying asleep?	Always 1 Almost always 2 Frequently 3 Almost never 4 Never 5	X8
On average, how many hours do you sleep at night?	Number of hours ⌊_⌋⌊_⌋ *Don't know 77*	X9

Step 2 Physical Measurements

CORE: Blood Pressure		
Question	**Response**	**Code**
Interviewer ID	⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M1
Device ID for blood pressure	⌊__⌋⌊__⌋	M2
Cuff size used	Universal 4	M3
Reading 1	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M4a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M4b
	Beats per minute ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M16a
Reading 2	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M5a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M5b
	Beats per minute ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M16b
Reading 3	Systolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M6a
	Diastolic (mmHg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M6b
	Beats per minute ⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M16c
During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	M7
CORE: Height and Weight		
For women: Are you pregnant?	Yes 1 *If Yes, go to M16* No 2	M8
Interviewer ID	⌊__⌋⌊__⌋⌊__⌋⌊__⌋	M9
Device IDs for height and weight	Height ⌊__⌋⌊__⌋ Weight ⌊__⌋⌊__⌋	M10a M10b
Height	in Centimetres (cm) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M11
Weight *If too large for scale 666.6*	in Kilograms (kg) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M12
CORE: Waist		
Device ID for waist	⌊__⌋⌊__⌋⌊__⌋	M13
Waist circumference	in Centimetres (cm) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M14
EXPANDED: Hip Circumference		
Hip circumference	in Centimeters (cm) ⌊__⌋⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	M15

Step 3 Biochemical Measurements

CORE: Blood Glucose		
Question	**Response**	**Code**
Location where biochemical measurements are taken	Household 1 Clinic 2	B0
During the past 12 hours have you had anything to eat or drink, other than water?	Yes 1 No 2	B1
Technician ID	⌊__⌋⌊__⌋⌊__⌋⌊__⌋	B2
Device ID	⌊__⌋⌊__⌋	B3
Time of day blood specimen taken (24 hour clock)	Hours : minutes ⌊__⌋⌊__⌋ : ⌊__⌋⌊__⌋ hrs mins	B4
Fasting blood glucose	mmol/l ⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	B5
Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker for raised blood glucose?	Yes 1 No 2	B6
CORE: Blood Lipids		
Device ID	⌊__⌋⌊__⌋⌊__⌋	B7
Total cholesterol	mmol/l ⌊__⌋⌊__⌋⌊__⌋ . ⌊__⌋	B8
During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?	Yes 1 No 2	B9

Aruba STEPS Survey 2023

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Aruba was carried out from March to July 2023. Aruba carried out Step 1, Step 2 and Step 3. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69**.** A simple random sample design was used to produce representative data for that age range in Aruba. A total of 2,744 adults participated in the survey. The overall response rate was 53.4%. A repeat survey is planned for 2028 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	**Both Sexes**	**Males**	**Females**
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	**12.0%** (10.6 – 13.4)	**18.4%** (15.6 – 21.2)	**7.4%** (6.0 – 8.7)
Percentage who currently smoke tobacco daily	**6.8%** (5.7 – 7.9)	**10.8%** (8.5 – 13.1)	**4.0%** (3.1 – 4.9)
Average age started smoking (years) of daily smokers	**19.6** (18.4 – 20.8)	**18.9** (17.6 – 20.3)	**20.9** (18.9 – 23.0)
Percentage of current smokers who use manufactured cigarettes	**92.2%** (88.8 – 95.5)	**90.3%** (85.4 – 95.1)	**90.3%** (85.4 – 95.1)
Percentage who currently use electronic cigarettes	**3.9%** (2.8 – 4.9)	**4.9%** (3.1 – 6.7)	**3.1%** (1.9 – 4.3)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	**21.3%** (19.6 – 23.0)	**14.5%** (12.2 – 16.9)	**26.2%** (23.8 – 28.5)
Percentage who are past 12-month abstainers	**11.6%** (10.3 – 13.0)	**10.2%** (8.2 – 12.2)	**12.7%** (10.8 – 14.5)
Percentage who currently drink (drank alcohol in the past 30 days)	**49.6%** (47.4 – 51.9)	**59.5%** (56.1 – 62.9)	**42.6%** (39.8 – 45.4)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	**21.2%** (19.6 – 23.1)	**32.9%** (29.6 – 36.3)	**12.8%** (10.8 – 14.8)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	**4.1** (4.0 – 4.2)	**3.9** (3.7 – 4.0)	**4.2** (4.1 – 4.4)
Mean number of servings of fruit consumed on average per day	**1.0** (0.9 – 1.0)	**1.0** (0.9 – 1.0)	**1.0** (0.9 – 1.1)
Mean number of days vegetables consumed in a typical week	**5.4** (5.3 – 5.5)	**5.4** (5.3 – 5.6)	**5.4** (5.3 – 5.6)
Mean number of servings of vegetables consumed on average per day	**1.5** (1.4 – 1.5)	**1.4** (1.4 – 1.5)	**1.5** (1.4 – 1.5)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	**88.1%** (86.7 – 89.6)	**87.6%** (85.3 – 90.0)	**88.5%** (86.7 – 90.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	**14.7%** (13.0 – 16.4)	**15.6%** (12.9 – 18.4)	**14.0%** (11.9 – 16.1)
Percentage who always or often eat processed foods high in salt	**25.8%** (23.8 – 27.9)	**27.2%** (24.0 – 30.5)	**24.8%** (22.2 – 27.5)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	**23.6%** (21.8 – 25.4)	**17.8%** (15.4 – 20.2)	**27.8%** (25.3 – 30.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	**128.6** (25.7 – 385.7)	**188.6** (38.6 – 420.0)	**90.0** (14.3 – 342.9)
Percentage not engaging in vigorous activity	**62.1%** (59.9 – 64.3)	**46.3%** (42.8 – 49.8)	**73.5%** (70.9 – 76.0)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			**68.2%** (63.9 – 72.5)
Percentage of screened women aged 30-49 years who had a screening test for cervical cancer in the past year			**33.4%** (28.1 – 38.6)

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or to the WHO Global recommendations on physical activity for health (9789240015128-eng.pdf (who.int))

Aruba STEPS Survey 2023

Fact Sheet

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m^2)	**30.1** (29.8 – 30.4)	**29.8** (29.3 – 30.2)	**30.3** (29.9 – 30.7)
Percentage who are overweight (BMI ≥ 25 kg/m^2)	**78.8%** (76.8 – 80.7)	**78.6%** (75.4 – 81.8)	**78.9%** (76.4 – 81.4)
Percentage who are obese (BMI ≥ 30 kg/m^2)	**45.8%** (43.6 – 48.1)	**42.8%** (39.3 – 46.3)	**48.0%** (45.1 – 50.9)
Average waist circumference (cm)		**100.3** (99.2 – 101.4)	**93.5** (92.7 – 94.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	**119.0** (118.2 – 119.8)	**125.8** (124.7 – 126.9)	**114.1** (113.2 – 115.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	**78.6** (78.1 – 79.1)	**79.7** (78.9 – 80.5)	**77.8** (77.2 – 78.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	**29.1%** (27.1 – 31.0)	**32.5%** (29.4 – 35.7)	**26.6%** (24.2 – 29.0)
For those with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with raised BP, not previously diagnosed	**37.0%** (33.0 – 40.6)	**45.6%** (40.1 – 51.1)	**29.2%** (24.5 – 34.0)
Percentage with raised BP, previously diagnosed, not currently on medication	**9.6%** (7.5 – 11.7)	**10.3%** (7.0 – 13.6)	**8.9%** (6.2 – 11.7)
Percentage with raised BP, previously diagnosed, currently on medication, not controlled	**19.8%** (16.8 – 22.7)	**19.2%** (14.9 – 23.4)	**20.3%** (16.2 – 24.3)
Percentage previously diagnosed, currently on medication, controlled (SBP < 140 and DBP < 90 mmHg)	**33.7%** (30.2 – 37.2)	**24.9%** (20.3 – 29.6)	**41.5%** (36.6 – 46.5)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	**5.6** (5.5 – 5.7)	**5.6** (5.4 – 5.7)	**5.6** (5.5 – 5.7)
Percentage with impaired fasting glycaemia (plasma venous value ≥6.1 mmol/L and <7.0 mmol/L)	**14.0%** (12.4 – 15.6)	**12.6%** (10.2 – 15.1)	**15.0%** (12.9 – 17.1)
Percentage with raised fasting blood glucose (plasma venous value ≥ 7.0 mmol/L) or currently on medication for raised blood glucose	**10.2%** (8.9 – 11.5)	**10.1%** (8.1 – 12.2)	**10.3%** (8.7 – 11.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	**4.4** (4.3 – 4.4)	**4.1** (4.0 – 4.2)	**4.6** (4.5 – 4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	**32.6%** (30.4 – 34.7)	**25.3%** (22.1 – 28.5)	**37.6%** (34.7 – 40.5)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	**12.9%** (11.1 – 14.9)	**14.0%** (11.3 – 17.2)	**12.2%** (9.9 – 14.8)
Summary of combined risk factors • current daily smokers • less than 5 servings of fruits & vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m^2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)			
Percentage with none of the above risk factors	**1.8%** (1.2 – 2.5)	**0.8%** (0.2 – 1.5)	**2.6%** (1.5 – 3.7)
Percentage with three or more of the above risk factors, aged 18 to 44 years	**25.9%** (22.8 – 28.9)	**24.1%** (19.7 – 28.6)	**27.3%** (23.1 – 31.4)
Percentage with three or more of the above risk factors, aged 45 to 69 years	**50.9%** (48.2 – 53.7)	**56.2%** (51.9 – 60.4)	**47.4%** (43.8 – 50.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	**38.2%** (36.0 – 40.3)	**39.2%** (35.8 – 42.6)	**37.4%** (34.6 – 40.2)

** A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes

For additional information, please contact:
Dr. Esther Vermeulen
Email: esther.vermeulen@dvg.aw

PAHO/WHO STEPS

Noncommunicable Disease Risk Factor Survey

DATA BOOK FOR ARUBA 2023

Table of Contents

IMPORTANT:

- ALL analyses use the variables **AgeRange**, **Sex**, and **Valid**. You may use the AgeRange1869 and MissingAgeSex programs to generate these variables from **C1**, **C2**, and **C3**.
- ALL weighted programs use the variables **PSU, Stratum,** and one of either **WStep1, WStep2,** or **WStep3**.
- Unweighted tables will not have confidence intervals associated with them.

Introduction

Purpose of the data book

This data book is a tool used to compile a complete set of data results relating to each question and measurement in the STEPS Instrument. The STEPS data book

- Provides detailed information for the data analyst on producing the results for the tables.
- Provides examples of which tables to use in the country report.
- Provides examples and suggestions on the layout of tables.

Format of the data book

Each page in the data book contains a different table with:

- Title and description of the table
- Data tables for men, women and both sexes
- Questions used to produce the table (actual question text)
- Analysis information (Epi Info program name to produce the table).

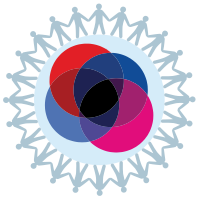
Global Action Plan 2013-2030 and Global Monitoring Framework

STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2030 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs[1][2], relating to 7 of the 9 global targets.

Indicators captured in STEPS are marked in **bold** and *italic* in the table below.

Tables in the data book relating to the Global Monitoring Framework

Tables in the data book relating to the Global Monitoring Framework are identified with this symbol:



[1] World Health Organization. Global action plan for the prevention and control of NCDs 2013-2020. Geneva: World Health Organization; 2013.

[2] WHO Discussion Paper on the development of an implementation roadmap 2023-2030 for the WHO Global Action Plan for the Prevention and Control of NCDs 2023-2030. Available in: https://www.who.int/publications/m/item/implementation-roadmap-2023-2030-for-the-who-global-action-plan-for-the-prevention-and-control-of-ncds-2023-2030

Framework element	Target	Indicator
MORTALITY & MORBIDITY		
Premature mortality from noncommunicable disease	1. A 25% relative reduction in the overall mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases	1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases
Additional indicator		2. Cancer incidence, by type of cancer, per 100 000 population
BEHAVIOURAL RISK FACTORS		
Harmful use of alcohol[1]	 2. At least 20% relative reduction in the harmful use of alcohol, as appropriate, within the national context [1] By 2030. Target updated in 2022 (https://apps.who.int/gb/ebwha/pdf_files/EB150/B150_7Add1-en.pdf).	3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context 4. Age-standardized prevalence of heavy episodic drinking among adolescents and adults, as appropriate, within the national context 5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context
Physical inactivity[2]	 3. A 15% relative reduction in prevalence of insufficient physical activity [2] By 2030. Target updated in 2018 (https://apps.who.int/gb/ebwha/pdf_files/WHA71/A71_R6-en.pdf).	6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily 7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)
Salt/sodium intake	 4. A 30% relative reduction in mean population intake of salt/sodium	8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years
Tobacco use	 5. A 30% relative reduction in prevalence of current tobacco use in persons aged 15+ years	9. Prevalence of current tobacco use among adolescents 10. Age-standardized prevalence of current tobacco use among persons aged 18+ years
BIOLOGICAL RISK FACTORS		
Raised blood pressure	 6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg) and mean systolic blood pressure
Diabetes and obesity	 7. Halt the rise in diabetes and obesity	12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose) 13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex) 14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m^2 for overweight and body mass index ≥ 30 kg/m^2 for obesity)
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years 16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day 17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration

Framework element	Target	Indicator
NATIONAL SYSTEMS RESPONSE		
Drug therapy to prevent heart attacks and strokes	 8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes	18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk ≥30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes
Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases	 9. An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major noncommunicable diseases in both public and private facilities	19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities
Additional indicators		20. Access to palliative care assessed by morphine-equivalent consumption of strong opioid analgesics (excluding methadone) per death from cancer 21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes 22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies 23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt 24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants 25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies

Demographic Information

Age group by sex

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

Instrument question:

- Sex
- What is your date of birth?

Age group and sex of respondents						
Age Group	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-29	130	11.8	183	11.2	313	11.4
30-44	268	24.3	404	24.7	672	24.6
45-59	410	37.2	601	36.8	1011	37.0
60-69	294	26.7	446	27.3	740	27.0
18-69	**1102**	**40.3**	**1634**	**59.7**	**2736**	**100.0**

Analysis Information:

- Questions used: C1, C2, C3
- Epi Info program name: Cagesex

Education

Description: Mean number of years of education among respondents.

Instrument question:

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

Mean number of years of education						
Age Group	Men		Women		Both Sexes	
	n	Mean	n	Mean	n	Mean
18-29	130	11.8	183	12.5	313	12.2
30-44	267	13.2	403	13.4	670	13.4
45-59	410	12.5	600	12.5	1010	12.5
60-69	292	11.8	444	10.9	736	11.3
18-69	**1099**	**12.4**	**1630**	**12.3**	**2729**	**12.3**

Analysis Information:

- Questions used: C4
- Epi Info program name: Ceduyears

Highest level of education

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

Instrument question:

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

Highest level of education													
	Men												
Age Group	n	% Less than primary education	% Primary school/ special education	% Vocationally oriented secondary special education (SPO, Tarabana)	% Vocationally oriented secondary education (EPB, LTS, Huishoudschool)	% General and higher secondary education (MAVO, MULO)	% General and higher secondary education (HAVO, High School)	% University preparatory education (VWO)	% Middle level professional education (EPI, MAO, MTS)	% Higher level professional education (HBO, FEF, IPA)	% University	% Doctoral degree PhD	% Other
18-29	130	1.5	8.5	4.6	25.4	24.6	16.2	1.5	13.1	1.5	2.3	0.0	0.8
30-44	268	1.1	7.5	1.5	22.0	20.5	5.6	2.2	17.5	9.7	11.6	0.4	0.4
45-59	410	4.4	9.5	3.4	23.7	15.4	7.8	2.4	12.2	10.7	10.0	0.2	0.2
60-69	294	6.5	10.2	6.5	24.8	15	7.1	2.7	9.5	8.5	8.2	0.7	0.3
18-69	**1102**	**3.8**	**9.1**	**3.9**	**23.8**	**17.6**	**8.1**	**2.4**	**12.9**	**8.8**	**9.0**	**0.4**	**0.4**

Highest level of education													
	Women												
Age Group	n	% Less than primary education	% Primary school/ special education	% Vocationally oriented secondary special education (SPO, Tarabana)	% Vocationally oriented secondary education (EPB, LTS, Huishoudschool)	% General and higher secondary education (MAVO, MULO)	% General and higher secondary education (HAVO, High School)	% University preparatory education (VWO)	% Middle level professional education (EPI, MAO, MTS)	% Higher level professional education (HBO, FEF, IPA)	% University	% Doctoral degree PhD	% Other
18-29	183	0.5	5.5	0.0	17.5	27.9	13.7	0.5	19.7	5.5	8.7	0.0	0.5
30-44	404	0.5	6.4	0.7	10.1	22.8	12.9	4.5	15.6	12.9	12.6	0.5	0.5
45-59	600	5.3	5.7	0.8	12.2	28.7	10.7	1.5	13.2	12.7	8.0	0.8	0.5
60-69	446	8.7	10.8	2.2	21.3	28.3	6.5	1.1	6.3	8.5	5.2	0.4	0.7
18-69	**1633**	**4.5**	**7.2**	**1.1**	**14.8**	**27.0**	**10.4**	**2.0**	**12.6**	**10.8**	**8.5**	**0.6**	**0.6**

Highest level of education													
	Both Sexes												
Age Group	n	% Less than primary education	% Primary school/ special education	% Vocationally oriented secondary special education (SPO, Tarabana)	% Vocationally oriented secondary education (EPB, LTS, Huishoudschool)	% General and higher secondary education (MAVO, MULO)	% General and higher secondary education (HAVO, High School)	% University preparatory education (VWO)	% Middle level professional education (EPI, MAO, MTS)	% Higher level professional education (HBO, FEF, IPA)	% University	% Doctoral degree PhD	% Other
18-29	313	1.0	6.7	1.9	20.8	26.5	14.7	1.0	16.9	3.8	6.1	0.0	0.6
30-44	672	0.7	6.8	1.0	14.9	21.9	10	3.6	16.4	11.6	12.2	0.4	0.4
45-59	1010	5.0	7.2	1.9	16.8	23.3	9.5	1.9	12.8	11.9	8.8	0.6	0.4
60-69	740	7.8	10.5	3.9	22.7	23.0	6.8	1.8	7.6	8.5	6.4	0.5	0.5
18-69	**2735**	**4.2**	**8.0**	**2.2**	**18.4**	**23.2**	**9.5**	**2.2**	**12.7**	**10.0**	**8.7**	**0.5**	**0.5**

Analysis Information:

- Questions used: C5
- Epi Info program name: Ceduhigh_ABW

Marital status

Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

Marital status							
	Men						
Age Group	n	% Never married	% Currently married	% Separated	% Divorced from registered partner	% Widow(er) of spouse/ registered partner	% Cohabiting
18-29	130	87.7	6.2	0.0	1.5	0.0	4.6
30-44	268	50.4	37.7	0.7	6.0	1.1	4.1
45-59	410	25.1	47.8	2.2	19.8	2.7	2.4
60-69	294	19.7	53.1	1.0	18.7	6.1	1.4
18-69	**1102**	**37.2**	**41.8**	**1.3**	**14.0**	**2.9**	**2.8**

Marital status							
	Women						
Age Group	n	% Never married	% Currently married	% Separated	% Divorced from registered partner	% Widow(er) of spouse/ registered partner	% Cohabiting
18-29	180	85.6	10.0	0.6	0.6	0.0	3.3
30-44	403	43.9	40.9	0.5	10.2	0.2	4.2
45-59	601	27.5	38.6	2.3	26.8	3.7	1.2
60-69	445	24.5	36.4	1.8	24.3	12.1	0.9
18-69	**1629**	**37.1**	**35.4**	**1.5**	**19.1**	**4.7**	**2.1**

Marital status							
	Both Sexes						
Age Group	n	% Never married	% Currently married	% Separated	% Divorced from registered partner	% Widow(er) of spouse/ registered partner	% Cohabiting
18-29	310	86.5	8.4	0.3	1.0	0.0	3.9
30-44	671	46.5	39.6	0.6	8.5	0.6	4.2
45-59	1011	26.5	42.3	2.3	23.9	3.3	1.7
60-69	739	22.6	43.0	1.5	22.1	9.7	1.1
18-69	**2731**	**37.2**	**38.0**	**1.4**	**17.0**	**4.0**	**2.4**

Analysis Information:

- Questions used: C7
- Epi Info program name: Cmaritalstatus_ABW

Employment status

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

Instrument question:

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

Employment status						
	Men					
Age Group	n	% Employee	% Self-employed	% Contributing family worker	% Paid apprentice/Intern	% Unpaid
18-29	129	65.9	5.4	0.0	1.6	27.1
30-44	268	71.6	20.9	1.5	0.0	6.0
45-59	408	71.6	16.2	0.2	0.0	12.0
60-69	293	41.0	9.9	0.0	0.0	49.1
18-69	**1098**	**62.8**	**14.4**	**0.5**	**0.2**	**22.2**

Employment status						
	Women					
Age Group	n	% Employee	% Self-employed	% Contributing family worker	% Paid apprentice/Intern	% Unpaid
18-29	182	56.6	6.0	1.1	1.1	35.2
30-44	402	74.6	7.2	1.7	0.0	16.4
45-59	601	68.4	10.8	1.8	0.0	19.0
60-69	446	39.5	5.2	0.7	0.0	54.7
18-69	**1631**	**60.7**	**7.8**	**1.4**	**0.1**	**29.9**

Employment status						
	Both sexes					
Age Group	n	% Employee	% Self-employed	% Contributing family worker	% Paid apprentice/Intern	% Unpaid
18-29	311	60.5	5.8	0.6	1.3	31.8
30-44	670	73.4	12.7	1.6	0.0	12.2
45-59	1009	69.7	13.0	1.2	0.0	16.2
60-69	739	40.1	7.0	0.4	0.0	52.5
18-69	**2729**	**61.5**	**10.5**	**1.0**	**0.1**	**26.8**

Analysis Information:

- Questions used: C8
- Epi Info program name: Cworkpaid_ABW

Estimated household earnings

Description: summary of participant household earnings by ranges.

Instrument question:

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

Estimated household earnings					
n	% Afl. 1,000 or less	% Afl. 1,001 - 3,000	% Afl. 3,001 - 6,000	% Afl. 6,001 - 10,000	% Over Afl. 10,000
2332	6.3	35.5	38.3	15.4	4.6

Analysis Information:

- Questions used: X5
- Epi Info program name: Cquintile_ABW

Tobacco Use

Current smoking

Description: Current smokers among all population.

Instrument question:

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

Percentage of current smokers									
Age Group	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18-29	130	21.3	13.2-29.4	183	5.5	1.8-9.2	313	12.7	8.3-17.0
30-44	268	17.5	12.7-22.2	404	6.5	4.1-8.9	672	11.0	8.6-13.4
45-59	410	16.8	12.9-20.7	601	8.5	6.2-10.8	1011	11.8	9.7-13.9
60-69	294	18.8	13.9-23.7	446	8.9	6.2-11.6	740	12.9	10.4-15.5
18-69	**1102**	**18.4**	**15.6-21.2**	**1634**	**7.4**	**6.0-8.7**	**2736**	**12.0**	**10.6-13.4**

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: TsmokestatusWT

Smoking Status

Description: Smoking status of all population.

Instrument questions:

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

Smoking status									
		Men							
Age Group	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	130	12.1	5.0-19.2	9.2	4.2-14.1	18.2	11.0-25.4	60.5	51.1-69.9
30-44	268	9.6	5.8-13.4	7.9	4.8-11.0	28.1	22.1-34.0	54.5	48.0-60.9
45-59	410	10.3	7.1-13.4	6.5	3.9-9.2	20.9	16.5-25.3	62.3	57.2-67.5
60-69	294	11.7	7.8-15.6	7.1	3.9-10.3	39.1	32.8-45.4	42.1	35.8-48.4
18-69	**1102**	**10.8**	**8.5-13.1**	**7.6**	**5.9-9.4**	**25.7**	**22.7-28.8**	**55.9**	**52.4-59.3**

Smoking status									
		Women							
Age Group	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	183	1.0	0.0-2.3	4.4	0.9-8.0	13.0	7.4-18.6	81.5	75.1-87.9
30-44	404	3.3	1.7-4.9	3.2	1.4-5.0	14.4	10.7-18.1	79.1	74.9-83.3
45-59	601	5.3	3.4-7.1	3.2	1.8-4.6	12.1	9.0-15.1	79.5	75.9-83.0
60-69	446	5.9	3.7-8.1	3.0	1.3-4.7	20.8	16.6-24.9	70.4	65.8-74.9
18-69	**1634**	**4.0**	**3.1-4.9**	**3.4**	**2.4-4.5**	**14.6**	**12.6-16.6**	**78.0**	**75.7-80.3**

Smoking status									
		Both Sexes							
Age Group	n	Current smoker				Non-smokers			
		% Daily	95% CI	% Non-daily	95% CI	% Former smoker	95% CI	% Never smoker	95% CI
18-29	313	6.1	2.6-9.5	6.6	3.7-9.5	15.4	10.9-19.9	72.0	66.3-77.6
30-44	672	5.9	4.0-7.7	5.1	3.5-6.8	20.0	16.7-23.4	69.0	65.2-72.8
45-59	1011	7.3	5.6-9.0	4.5	3.2-5.9	15.6	13.1-18.1	72.6	69.6-75.6
60-69	740	8.2	6.2-10.3	4.7	3.0-6.4	28.2	24.6-31.9	58.8	54.9-62.7
18-69	**2736**	**6.8**	**5.7-7.9**	**5.2**	**4.2-6.1**	**19.3**	**17.5-21.0**	**68.8**	**66.7-70.8**

Analysis Information:

- Questions used: T1, T2, T8
- Epi Info program name: TsmokestatusWT

Daily smoking

Description: Percentage of current daily smokers among smokers.

Instrument questions:

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

Current daily smokers among smokers									
Age Group	Men			Women			Both Sexes		
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	51	54.9	40.2-69.5	--	--	--	83	53.4	41.8-65.0
45-59	74	61.1	48.5-73.7	56	62.1	48.3-75.8	130	61.5	52.3-70.8
60-69	57	62.2	48.2-76.2	43	65.9	50.4-81.4	100	63.7	53.3-74.1
18-69	**211**	**58.5**	**50.4-66.6**	**142**	**53.6**	**44.0-63.3**	**353**	**56.8**	**50.5-63.0**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2
- Epi Info program name: TsmokefreqWT

Initiation and duration of smoking

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

Instrument questions:

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

Mean age started smoking

Age Group	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	79	22.0	19.7-24.3
60-69	--	--	--	--	--	--	65	18.8	16.7-20.8
18-69	**120**	**18.9**	**17.6-20.3**	**83**	**20.9**	**18.9-23.0**	**203**	**19.6**	**18.4-20.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean duration of smoking

Age Group	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	79	30.5	28.0-33.0
60-69	--	--	--	--	--	--	65	45.5	43.4-47.7

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T3, T4a-c
- Epi Info program name: TsmokeagetimeWT

Manufactured cigarette smokers

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

Instrument questions:

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

Manufactured cigarette smokers among daily smokers

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	78	91.8	85.6-98.0
60-69	--	--	--	--	--	--	65	76.8	64.5-89.0
18-69	**120**	**86.0**	**79.0-92.9**	**82**	**93.1**	**87.4-98.8**	**202**	**88.4**	**83.4-93.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Manufactured cigarette smokers among current smokers

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	70	93.6	87.3-99.9
45-59	62	92.9	86.5-99.3	--	--	--	111	94.2	89.8-98.7
60-69	--	--	--	--	--	--	89	83.5	74.3-92.7
18-69	**175**	**90.3**	**85.4-95.1**	**124**	**95.6**	**92.0-99.3**	**299**	**92.2**	**88.8-95.5**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T5a, T5aw
- Epi Info program name: TsmokemanWT

Amount of tobacco used among daily smokers by type

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

Instrument questions:

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

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	**118**	**8.0**	**6.6-9.3**	**115**	**1.9**	**1.0-2.8**	**119**	**0.1**	**0.0-0.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean amount of tobacco used by daily smokers by type									
	Men								
Age Group	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	**112**	**0.4**	**0.1-0.7**	**120**	**0.0**	**0.0-0.0**	**116**	**0.0**	**0.0-0.0**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	**81**	**8.0**	**6.4-9.6**	**82**	**0.9**	**0.0-1.7**	**82**	**0.0**	**0.0-0.1**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean amount of tobacco used by daily smokers by type									
	Women								
Age Group	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	**79**	**0.3**	**0.0-0.5**	**83**	**0.0**	**0.0-0.0**	**82**	**0.3**	**0.0-0.7**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean amount of tobacco used by daily smokers by type									
	Both Sexes								
Age Group	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	77	8.0	6.5-9.4	78	1.0	0.3-1.7	78	0.0	0.0-0.1
60-69	65	7.4	5.6-9.3	63	2.5	1.1-3.9	64	0.0	0.0-0.0
18-69	**199**	**8.0**	**6.9-9.0**	**197**	**1.5**	**0.9-2.2**	**201**	**0.1**	**0.0-0.2**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean amount of tobacco used by daily smokers by type									
	Both Sexes								
Age Group	n	Mean # of cigars, cheerots, cigarillos	95% CI	n	Mean # of shisha sessions	95% CI	n	Mean # of other type of tobacco	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	74	0.3	0.0-0.7	79	0.0	0.0-0.0	77	0.2	0.0-0.6
60-69	60	0.7	0.2-1.2	65	0.0	0.0-0.0	65	0.1	0.0-0.4
18-69	**191**	**0.4**	**0.2-0.6**	**203**	**0.0**	**0.0-0.0**	**198**	**0.1**	**0.0-0.2**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T5a-T5f
- Epi Info program name: TsmoketypeWT

Smoked tobacco consumption

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

Instrument questions:

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

Percentage of current smokers smoking each of the following products							
	Men						
Age Group	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--
30-44	51	73.7	60.8-86.6	25.4	12.2-38.7	1.2	0.0-3.5
45-59	74	77.0	65.9-88.1	10.1	3.6-16.6	0.9	0.0-2.6
60-69	57	64.4	50.1-78.7	32.3	19.2-45.5	3.3	0.0-8.0
18-69	**211**	**76.2**	**69.7-82.8**	**21.2**	**14.7-27.8**	**1.6**	**0.1-3.1**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of current smokers smoking each of the following products							
	Men						
Age Group	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	--	--	--	--	--	--	--
30-44	51	17.8	7.1-28.5	1.2	0.0-3.5	1.2	0.0-3.5
45-59	74	17.7	7.9-27.5	0.0	0.0-0.0	3.1	0.0-6.9
60-69	57	31.7	17.7-45.6	0.0	0.0-0.0	0.0	0.0-0.0
18-69	**211**	**22.4**	**15.8-29.1**	**1.7**	**0.0-3.8**	**2.5**	**0.2-4.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of current smokers smoking each of the following products							
	Women						
Age Group	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--
45-59	56	83.3	72.3-94.3	2.4	0.0-7.1	3.6	0.0-7.7
60-69	--	--	--	--	--	--	--
18-69	**142**	**79.1**	**70.0-88.1**	**4.8**	**1.3-8.3**	**3.1**	**0.5-5.7**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of current smokers smoking each of the following products							
	Women						
Age Group	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--
45-59	56	12.8	3.8-21.8	0.0	0.0-0.0	6.0	0.0-12.2
60-69	--	--	--	--	--	--	--
18-69	**142**	**11.4**	**5.6-17.1**	**2.1**	**0.0-5.2**	**3.5**	**0.6-6.5**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of current smokers smoking each of the following products							
Age Group	Both Sexes						
	n	% Manuf. cigs.	95% CI	% Hand-rolled cigs.	95% CI	% Pipes of tobacco	95% CI
18-29	--	--	--	--	--	--	--
30-44	83	78.3	68.8-87.9	17.4	8.2-26.6	0.8	0.0-2.3
45-59	130	79.7	71.8-87.6	6.8	2.6-11.0	2.0	0.0-4.1
60-69	100	74.8	64.9-84.6	23.8	14.9-32.8	3.9	0.0-7.8
18-69	**353**	**77.3**	**72.0-82.5**	**15.3**	**10.9-19.8**	**2.2**	**0.8-3.5**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of current smokers smoking each of the following products							
Age Group	Both Sexes						
	n	% Cigars, cheroots, cigarillos	95% CI	% Shisha	95% CI	% Other	95% CI
18-29	--	--	--	--	--	--	--
30-44	83	14.6	6.8-22.5	0.8	0.0-2.3	1.5	0.0-3.6
45-59	130	15.6	8.8-22.4	0.0	0.0-0.0	4.4	1.0-7.8
60-69	100	24.1	14.3-34.0	0.0	0.0-0.0	1.4	0.0-4.1
18-69	**353**	**18.5**	**13.7-23.2**	**1.8**	**0.1-3.6**	**2.9**	**1.1-4.7**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T5a-T5fw
- Epi Info program name: TsmoketypeprevWT

Frequency of daily cigarette smoking

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

Instrument questions:

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

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
	Men										
Age Group	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
	Women										
Age Group	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day											
	Both Sexes										
Age Group	n	% <5 Cigs.	95% CI	% 5-9 Cigs.	95% CI	% 10-14 Cigs.	95% CI	% 15-24 Cigs.	95% CI	% ≥ 25 Cigs.	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T5a, T5b
- Epi Info program name: TcigWT

Former daily smokers and former smokers

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

Instrument questions:

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

Percentage of former daily smokers among all population

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	12.6	6.6-18.6	183	2.9	0.1-5.7	313	7.3	4.1-10.4
30-44	268	14.3	9.8-18.7	404	5.8	3.3-8.2	672	9.3	6.9-11.6
45-59	410	14.1	10.3-17.9	601	6.2	4.2-8.3	1011	9.4	7.4-11.4
60-69	294	26.6	21.0-32.3	446	13.5	10.0-17.0	740	18.8	15.7-22.0
18-69	**1102**	**16.2**	**13.7-18.6**	**1634**	**6.8**	**5.5-8.2**	**2736**	**10.7**	**9.4-12.0**

Percentage of former daily smokers among ever daily smokers

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	63	59.8	46.8-72.8	--	--	--	104	61.2	51.1-71.2
45-59	102	57.9	47.3-68.5	73	54.2	41.8-66.6	175	56.4	48.4-64.4
60-69	115	69.5	60.2-78.7	90	69.7	59.6-79.8	205	69.6	62.8-76.4
18-69	**311**	**60.0**	**53.2-66.8**	**212**	**63.3**	**56.2-70.5**	**523**	**61.2**	**56.1-66.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Mean years since cessation

Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	68	11.0	8.9-13.1	58	10.8	8.7-13.0	126	10.9	9.4-12.4
45-59	86	19.3	15.9-22.6	65	19.5	16.5-22.5	151	19.4	17.1-21.6
60-69	113	26.0	22.7-29.3	93	25.7	22.5-28.9	206	25.9	23.5-28.2
18-69	**290**	**16.1**	**14.2-17.9**	**237**	**16.1**	**14.3-17.9**	**527**	**16.1**	**14.8-17.4**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T8, T9, T10, T11a-c
- Epi Info program name: TsmokeexdailyWT

Cessation

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

Instrument questions:

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

Percentage of current smokers who have tried to stop smoking									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	51	49.9	35.0-64.8	--	--	--	83	46.0	34.3-57.7
45-59	74	38.0	25.5-50.5	56	57.6	43.3-71.9	130	46.4	37.0-55.9
60-69	57	42.3	28.1-56.5	--	--	--	100	44.7	34.1-55.3
18-69	**211**	**44.3**	**36.0-52.7**	**142**	**47.6**	**38.1-57.1**	**353**	**45.5**	**39.2-51.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T6
- Epi Info program name: TcessationWT

Advice to stop smoking

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

Instrument questions:

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

Percentage of current smokers who have been advised by doctor to stop smoking									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	75	18.2	8.7-27.7
45-59	66	25.6	14.5-36.7	52	37.8	23.6-52.0	118	30.9	22.1-39.8
60-69	51	28.7	15.3-42.2	--	--	--	93	34.4	24.1-44.7
18-69	**191**	**24.2**	**16.0-32.3**	**133**	**33.2**	**23.9-42.4**	**324**	**27.4**	**21.3-33.6**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: T1, T2, T7
- Epi Info program name: TcessationWT

Current tobacco users

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

Instrument questions:

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

Percentage of current tobacco users									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	21.3	13.2-29.4	183	5.8	2.0-9.5	313	12.8	8.5-17.2
30-44	268	17.9	13.1-22.7	404	6.5	4.1-8.9	672	11.2	8.7-13.6
45-59	410	16.8	12.9-20.7	601	8.5	6.2-10.8	1011	11.8	9.7-13.9
60-69	294	19.4	14.5-24.4	446	9.0	6.3-11.8	740	13.3	10.7-15.9
18-69	**1102**	**18.6**	**15.9-21.4**	**1634**	**7.5**	**6.1-8.8**	**2736**	**12.1**	**10.7-13.5**

Percentage of daily tobacco users									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	12.1	5.0-19.2	183	1.0	0.0-2.3	313	6.1	2.6-9.5
30-44	268	9.6	5.8-13.4	404	3.3	1.7-4.9	672	5.9	4.0-7.7
45-59	410	10.3	7.1-13.4	601	5.3	3.4-7.1	1011	7.3	5.6-9.0
60-69	294	11.7	7.8-15.6	446	5.9	3.7-8.1	740	8.2	6.2-10.3
18-69	**1102**	**10.8**	**8.5-13.1**	**1634**	**4.0**	**3.1-4.9**	**2736**	**6.8**	**5.7-7.9**

Analysis Information:

- Questions used: T1, T2, T12, T13
- Epi Info program name: TdailyuserWT

Current electronic cigarette users

Description: Percentage of daily and current (daily plus non-daily) electronic cigarette users among all population.

Instrument questions:

- Do you currently use electronic cigarettes or any other vaping device?
- Do you currently use electronic cigarettes or any other vaping device daily?

Percentage of current electronic cigarette or any other vaping device users									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	13.5	6.5-20.4	183	8.1	3.1-13.0	313	10.5	6.4-14.7
30-44	268	4.2	1.9-6.4	404	3.5	1.3-5.6	672	3.8	2.2-5.3
45-59	410	2.0	0.7-3.2	601	1.2	0.4-2.1	1011	1.5	0.8-2.2
60-69	294	0.0	0.0-0.0	446	0.6	0.0-1.2	740	0.3	0.0-0.7
18-69	**1102**	**4.9**	**3.1-6.7**	**1634**	**3.1**	**1.9-4.3**	**2736**	**3.9**	**2.8-4.9**

Percentage of daily electronic cigarette or any other vaping device users									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	2.4	0.0-5.1	183	1.0	0.0-2.4	313	1.6	0.2-3.1
30-44	268	1.1	0.0-2.4	404	0.3	0.0-0.7	672	0.6	0.1-1.2
45-59	410	0.8	0.1-1.6	601	0.4	0.0-0.9	1011	0.6	0.2-1.0
60-69	294	0.0	0.0-0.0	446	0.3	0.0-0.7	740	0.2	0.0-0.4
18-69	**1102**	**1.1**	**0.4-1.9**	**1634**	**0.5**	**0.1-0.8**	**2736**	**0.7**	**0.4-1.1**

Analysis Information:

- Questions used: X6, X7
- Epi Info program name: TecigWT

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all population.

Instrument questions:

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

Alcohol consumption status									
	Men								
Age Group	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	130	61.2	51.9-70.4	16.8	9.9-23.7	6.7	2.1-11.4	15.3	8.3-22.2
30-44	268	64.1	58.0-70.3	18.6	13.5-23.8	5.8	2.7-8.9	11.5	7.8-15.1
45-59	410	58.2	52.9-63.4	13.8	10.1-17.6	10.7	7.3-14.1	17.3	13.5-21.1
60-69	294	52.4	46.0-58.7	13.1	8.7-17.5	20.5	15.5-25.6	14.0	10.0-17.9
18-69	**1102**	**59.5**	**56.1-62.9**	**15.8**	**13.2-18.3**	**10.2**	**8.2-12.2**	**14.5**	**12.2-16.9**

Alcohol consumption status									
	Women								
Age Group	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	183	51.7	43.6-59.8	21.5	14.8-28.2	10.5	5.7-15.3	16.4	10.8-21.9
30-44	404	46.7	41.3-52.1	16.4	12.3-20.6	12.5	8.8-16.2	24.4	19.7-29.0
45-59	601	42.2	37.8-46.6	18.6	15.0-22.1	10.7	8.0-13.4	28.6	24.7-32.5
60-69	446	27.9	23.4-32.4	18.8	14.8-22.7	18.3	14.3-22.4	35.0	30.1-39.8
18-69	**1634**	**42.6**	**39.8-45.4**	**18.6**	**16.3-20.8**	**12.7**	**10.8-14.5**	**26.2**	**23.8-28.5**

Alcohol consumption status

Age Group	Both Sexes								
	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
18-29	313	56.0	49.9-62.1	19.4	14.5-24.2	8.8	5.4-12.1	15.9	11.5-20.2
30-44	672	53.9	49.7-58.0	17.3	14.1-20.6	9.7	7.2-12.3	19.1	15.9-22.2
45-59	1011	48.6	45.2-52.0	16.7	14.0-19.3	10.7	8.6-12.8	24.0	21.2-26.8
60-69	740	37.9	34.0-41.8	16.5	13.5-19.4	19.2	16.1-22.4	26.4	23.0-29.8
18-69	**2736**	**49.6**	**47.4-51.9**	**17.4**	**15.7-19.1**	**11.6**	**10.3-13.0**	**21.3**	**19.6-23.0**

Analysis Information:

- Questions used: A1, A2, A5
- Epi Info program name: AconsumptionWT

Stopping drinking due to health reasons

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

Instrument questions:

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

Percentage who stopped drinking due to health reasons									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	64	16.9	6.7-27.2	104	20.1	11.4-28.7
60-69	62	26.4	14.9-37.9	78	29.2	16.9-41.5	140	28.0	19.4-36.5
18-69	**125**	**21.5**	**13.7-29.3**	**206**	**22.1**	**15.1-29.0**	**331**	**21.9**	**16.7-27.1**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: A1, A2, A3
- Epi Info program name: AstopdrinkWT

Frequency of alcohol consumption

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

Instrument question:

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

Frequency of alcohol consumption in the past 12 months													
	Men												
Age Group	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	102	2.2	0.0-4.8	2.1	0.0-4.6	7.8	2.0-13.6	26.4	17.1-35.7	25.2	16.0-34.5	35.8	25.0-46.6
30-44	213	2.8	0.5-5.1	4.8	2.0-7.6	7.4	3.5-11.3	26.9	20.5-33.3	25.8	19.6-32.0	32.2	25.3-39.1
45-59	286	4.6	1.8-7.3	3.6	1.4-5.7	8.6	5.3-11.8	28.3	22.4-34.1	26.1	20.5-31.7	29.0	23.1-34.9
60-69	181	6.1	2.2-10.0	3.4	0.8-6.1	11.6	6.5-16.8	25.8	18.6-33.1	25.9	20.0-32.8	25.8	18.2-33.5
18-69	**782**	**3.7**	**2.3-5.1**	**3.6**	**2.3-4.9**	**8.5**	**6.3-10.8**	**27.0**	**23.4-30.6**	**25.8**	**22.2-29.3**	**31.1**	**27.1-35.1**

Frequency of alcohol consumption in the past 12 months													
	Women												
Age Group	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	128	1.4	0.0-4.2	2.1	0.0-4.6	6.7	1.7-11.7	13.9	7.0-20.7	32.3	23.3-41.3	42.5	33.0-52.2
30-44	258	0.7	0.0-1.6	0.4	0.0-1.3	4.2	1.5-6.8	20.2	14.8-25.5	38.9	32.4-45.3	35.2	28.6-41.8
45-59	348	1.5	0.3-2.7	0.5	0.0-1.2	3.4	1.6-5.3	18.3	13.8-22.7	27.4	22.3-32.6	48.5	42.7-54.3
60-69	207	3.5	0.7-6.3	1.6	0.0-3.9	3.5	1.0-5.0	18.7	13.826.0	19.8	13.9-25.9	51.3	43.9-58.7
18-69	**941**	**1.5**	**0.3-1.8**	**1.0**	**0.3-1.8**	**4.5**	**2.9-6.0**	**17.9**	**15.0-20.7**	**30.9**	**27.5-34.4**	**43.5**	**39.8-47.2**

Frequency of alcohol consumption in the past 12 months													
	Both Sexes												
Age Group	n	% Daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI	% 1-2 days/ week	95% CI	% 1-3 days / month	95% CI	% < once a month	95% CI
18-29	230	1.8	0.0-3.7	2.1	0.4-3.8	7.2	3.4-11.0	19.7	14.0-25.5	29.0	22.5-35.4	39.4	32.2-46.6
30-44	471	1.7	0.5-2.9	2.5	1.1-4.0	5.7	3.4-8.1	23.4	19.2-27.6	32.6	28.1-37.2	33.8	29.0-38.5
45-59	634	2.9	1.4-4.3	1.8	0.8-2.9	5.7	3.9-7.5	22.7	19.1-26.3	26.8	23.0-30.6	39.9	35.6-44.1
60-69	388	4.8	2.4-7.1	2.5	0.8-4.2	7.5	4.6-10.4	22.2	17.6-26.9	22.8	18.3-27.4	38.8	33.4-44.2
18-69	**1723**	**2.5**	**1.7-3.4**	**2.2**	**1.5-3.0**	**6.4**	**5.0-7.7**	**22.1**	**19.9-24.4**	**28.5**	**26.0-31.0**	**37.7**	**35.0-40.4**

Analysis Information:

- Questions used: A1, A2, A4
- Epi Info program name: AfrequencyWT

Drinking occasions in the past 30 days

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

Instrument question:

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

Mean number of drinking occasions in the past 30 days among current drinkers									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	77	5.0	3.4-6.6	89	3.6	2.6-4.5	166	4.3	3.3-5.2
30-44	165	5.0	3.9-6.1	191	3.2	2.6-3.8	356	4.1	3.5-4.7
45-59	230	5.0	4.2-5.9	245	3.2	2.7-3.7	475	4.1	3.6-4.6
60-69	141	6.3	4.9-7.7	127	3.9	2.8-5.0	268	5.3	4.3-6.2
18-69	**613**	**5.2**	**4.6-5.9**	**652**	**3.4**	**3.0-3.8**	**1265**	**4.3**	**4.0-4.7**

Analysis Information:

- Questions used: A1, A2, A5, A6
- Epi Info program name: AoccasionsWT

Standard drinks per drinking occasion

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

Instrument question:

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

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	77	7.1	4.8-9.3	89	3.4	2.8-4.0	166	5.2	4.0-6.4
30-44	165	5.5	4.7-6.4	191	3.8	3.3-4.3	356	4.6	4.1-5.1
45-59	230	5.0	4.5-5.6	246	3.0	2.6-3.3	476	4.0	3.6-4.3
60-69	141	4.3	3.7-4.9	127	2.8	2.5-3.2	268	3.7	3.3-4.0
18-69	**613**	**5.5**	**4.9-6.2**	**653**	**3.3**	**3.1-3.6**	**1266**	**4.4**	**4.1-4.8**

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: AnumdrinkperdayWT

Average volume drinking levels among all population

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

Instrument questions:

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

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

Age Group	Men			Women			Both Sexes		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	128	22.7	14.5-31.0	180	14.4	8.5-20.3	308	18.1	13.2-23.1
30-44	266	22.5	17.2-27.8	403	16.0	12.2-19.8	669	18.7	15.5-21.8
45-59	409	19.5	15.1-23.8	598	11.2	8.4-14.1	1007	14.5	12.1-17.0
60-69	292	14.3	9.7-18.9	446	8.6	5.6-11.5	738	10.9	8.3-13.5
18-69	**1095**	**20.1**	**17.2-23.0**	**1627**	**12.7**	**10.8-14.7**	**2722**	**15.8**	**14.1-17.4**

Drinking at intermediate level among all population (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)

Age Group	Men			Women			Both Sexes		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	128	8.9	3.7-14.1	180	29.6	22.0-37.2	308	20.3	15.2-25.3
30-44	266	15.0	10.1-19.9	403	24.7	20.0-29.4	669	20.8	17.3-24.2
45-59	409	13.7	10.0-17.4	598	18.2	14.8-21.6	1007	16.4	13.9-18.9
60-69	292	10.4	6.1-14.6	446	11.1	8.1-14.0	738	10.8	8.3-13.2
18-69	**1095**	**12.3**	**10.0-14.6**	**1627**	**21.0**	**18.5-23.4**	**2722**	**17.4**	**15.7-19.1**

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

Age Group	Men			Women			Both Sexes		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	128	28.3	19.7-36.9	180	6.8	2.7-10.9	308	16.5	11.8-21.2
30-44	266	26.4	20.5-32.2	403	5.9	3.6-8.1	669	14.3	11.4-17.2
45-59	409	24.9	20.3-29.6	598	12.4	9.5-15.4	1007	17.5	14.9-20.1
60-69	292	27.6	21.7-33.4	446	8.3	5.5-11.1	738	16.1	13.1-19.2
18-69	**1095**	**26.6**	**23.5-29.7**	**1627**	**8.6**	**7.1-10.1**	**2722**	**16.1**	**14.4-17.7**

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: AcategoriesWT

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

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

Instrument questions:

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

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
	Men						
Age Group	n	% high-end (≥60g)	95% CI	% intermediate (40-59.9g)	95% CI	% lower-end (<40g)	95% CI
18-29	77	38.0	25.7-50.2	14.8	6.4-23.3	47.2	34.8-59.6
30-44	165	35.2	27.5-43.0	23.5	16.2-30.8	41.3	33.1-49.4
45-59	230	33.5	26.7-40.3	23.5	17.5-29.6	42.9	35.9-50.0
60-69	141	27.3	19.1-35.5	19.9	12.2-27.5	52.8	43.5-62.1
18-69	**613**	**34.0**	**29.6-38.5**	**20.9**	**17.2-24.6**	**45.1**	**40.4-49.7**

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
	Women						
Age Group	n	% high-end (≥40g)	95% CI	% intermediate (20-39.9g)	95% CI	% lower-end (<20g)	95% CI
18-29	89	28.3	17.7-39.0	58.2	46.6-69.9	13.4	5.6-21.3
30-44	191	34.3	27.0-41.5	53.1	45.5-60.8	12.6	7.9-17.3
45-59	246	26.8	20.6-33.0	43.5	36.6-50.3	29.7	23.3-36.1
60-69	127	30.7	21.7-39.7	39.6	30.5-48.7	29.7	21.0-38.5
18-69	**653**	**30.1**	**26.0-34.2**	**49.6**	**45.1-54.1**	**20.3**	**16.9-23.7**

High-end, intermediate, and lower-end level drinking among current (past 30 days) drinkers							
	Both sexes						
Age Group	n	% high-end	95% CI	% intermediate	95% CI	% lower-end	95% CI
18-29	166	33.1	24.9-41.2	36.9	28.7-45.1	30.0	22.2-37.9
30-44	356	34.8	29.5-40.0	38.7	33.1-44.2	26.6	21.6-31.6
45-59	476	30.1	25.5-34.7	33.8	29.2-38.5	36.1	31.3-40.9
60-69	268	28.8	22.7-34.9	28.5	22.6-34.4	42.7	36.1-49.3
18-69	**1266**	**32.1**	**29.0-35.1**	**35.3**	**32.2-38.4**	**32.6**	**29.6-35.6**

Analysis Information:

- Questions used: A1, A2, A5, A7
- Epi Info program name: AcategoriesWT

Largest number of drinks in the past 30 days

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

Instrument question:

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

Mean maximum number of standard drinks consumed on one occasion in the past 30 days									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	77	8.7	6.2-11.2	89	4.7	3.8-5.7	166	6.7	5.3-8.1
30-44	165	7.4	6.4-8.5	191	5.0	4.3-5.7	356	6.2	5.5-6.8
45-59	231	6.8	5.8-7.7	246	3.5	3.1-3.9	477	5.1	4.6-5.6
60-69	141	6.5	5.4-7.6	127	3.3	2.8-3.7	268	5.1	4.4-5.8
18-69	**614**	**7.4**	**6.6-8.1**	**653**	**4.2**	**3.9-4.6**	**1267**	**5.8**	**5.4-6.2**

Analysis Information:

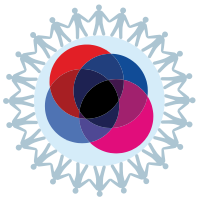
- Questions used: A1, A2, A5, A8
- Epi Info program name: AlargestnumWT

Six or more drinks on a single occasion ("heavy episodic drinking")

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

Instrument question:

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



Six or more drinks on a single occasion at least once during the past 30 days among total population									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	33.4	24.4-42.4	183	18.5	11.9-25.2	313	25.3	19.7-30.8
30-44	268	36.7	30.5-43.0	404	15.2	11.5-19.0	672	24.1	20.5-27.6
45-59	410	32.0	27.0-37.0	601	11.1	8.3-13.9	1011	19.5	16.8-22.2
60-69	294	28.0	22.0-34.1	446	6.1	3.7-8.4	740	15.0	12.0-18.1
18-69	**1102**	**32.9**	**29.6-36.3**	**1634**	**12.8**	**10.8-14.8**	**2736**	**21.2**	**19.3-23.1**

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: AepisodicWT

Six or more drinks on a single occasion

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

Instrument question:

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

Mean number of times with six or more drinks during a single occasion in the past 30 days among current drinkers									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	77	1.9	1.1-2.7	89	0.8	0.4-1.3	166	1.3	0.9-1.8
30-44	165	1.7	1.2-2.2	191	0.6	0.4-0.7	356	1.1	0.9-1.4
45-59	230	2.2	1.5-2.9	246	0.6	0.4-0.8	476	1.4	1.0-1.7
60-69	141	1.8	1.2-2.3	127	0.4	0.2-0.6	268	1.2	0.8-1.5
18-69	**613**	**1.9**	**1.6-2.2**	**653**	**0.6**	**0.5-0.7**	**1266**	**1.3**	**1.1-1.4**

Analysis Information:

- Questions used: A1, A2, A5, A9
- Epi Info program name: AepisodicWT

Past 7 days drinking

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

Instrument question:

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

Frequency of alcohol consumption in the past 7 days											
Age Group	Men										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	77	0.0	0.0-0.0	4.8	0.0-9.8	11.8	2.7-20.8	65.6	53.4-77.9	17.8	7.9-27.7
30-44	165	3.1	0.5-5.6	3.8	0.5-7.2	9.5	5.1-13.9	58.8	50.6-66.9	24.8	17.5-32.2
45-59	231	5.2	2.0-8.4	4.2	1.5-6.9	13.6	8.6-18.6	59.4	52.4-66.4	17.6	12.3-23.0
60-69	141	8.6	3.4-13.7	3.1	0.3-5.8	12.7	6.3-19.1	53.5	44.3-62.8	22.1	14.5-29.8
18-69	**614**	**3.9**	**2.4-5.4**	**4.0**	**2.2-5.8**	**11.7**	**8.6-14.8**	**59.7**	**55.1-64.2**	**20.7**	**16.8-24.5**

Frequency of alcohol consumption in the past 7 days											
Age Group	Women										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	89	1.6	0.0-4.6	0.5	0.0-1.6	4.7	0.3-9.1	70.2	59.6-80.8	23.0	13.2-32.8
30-44	190	1.2	0.0-2.9	0.0	0.0-0.0	6.1	2.4-9.7	62.8	55.3-70.2	29.9	22.9-37.0
45-59	245	1.6	0.0-3.2	1.4	0.0-2.8	7.6	4.3-10.9	57.9	51.1-64.8	31.5	24.9-38.0
60-69	127	9.5	3.6-15.3	1.6	0.0-4.0	4.7	0.8-8.6	62.8	53.6-71.9	21.4	13.7-29.1
18-69	**651**	**2.5**	**1.2-3.8**	**0.8**	**0.2-1.3**	**6.1**	**4.1-8.0**	**63.0**	**58.7-67.3**	**27.6**	**23.6-31.6**

Frequency of alcohol consumption in the past 7 days											
Age Group	Both Sexes										
	n	% Daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI	% 1-2 days	95% CI	% 0 days	95% CI
18-29	166	0.8	0.0-2.4	2.6	0.1-5.1	8.2	3.1-13.2	67.9	59.9-76.0	20.4	13.5-27.4
30-44	355	2.1	0.6-3.6	1.9	0.2-3.5	7.7	4.9-10.6	60.8	55.3-66.3	27.4	22.3-32.5
45-59	476	3.4	1.6-5.1	2.7	1.2-4.2	10.5	7.5-13.5	58.6	53.8-63.5	24.7	20.4-29.1
60-69	268	9.0	5.1-12.8	2.4	0.6-4.3	9.2	5.2-13.3	57.6	51.0-64.2	21.8	16.4-27.3
18-69	**1265**	**3.2**	**2.2-4.2**	**2.4**	**1.4-3.3**	**8.9**	**7.1-10.7**	**61.4**	**58.2-64.5**	**24.2**	**21.4-26.9**

Analysis Information:

- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: ApastweekWT

Standard drinks per day in the past 7 days

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

Instrument question:

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

Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	77	1.3	0.7-1.9	89	0.5	0.3-0.6	166	0.9	0.6-1.2
30-44	165	0.9	0.7-1.0	190	0.5	0.4-0.6	355	0.7	0.6-0.8
45-59	231	1.1	0.9-1.3	245	0.4	0.3-0.5	476	0.7	0.6-0.9
60-69	141	1.0	0.7-1.2	127	0.6	0.4-0.7	268	0.8	0.6-1.0
18-69	**614**	**1.1**	**0.9-1.2**	**651**	**0.5**	**0.4-0.5**	**1265**	**0.8**	**0.7-0.9**

Analysis Information:

- Questions used: A1, A2, A5, A10a-g
- Epi Info program name: ApastweekWT

Consumption of unrecorded alcohol

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

Instrument questions:

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

Consumption of unrecorded alcohol									
Age Group	Men			Women			Both Sexes		
	n	%l	95% CI	n	%	95% CI	n	%	95% CI
18-29	77	1.1	0.0-3.3	89	0.0	0.0-0.0	166	0.5	0.0-1.6
30-44	165	1.3	0.0-2.9	191	0.3	0.0-0.9	356	0.8	0.0-1.6
45-59	231	0.0	0.0-0.0	246	1.6	0.0-3.2	477	0.8	0.0-1.6
60-69	141	2.4	0.0-5.8	127	0.0	0.0-0.0	268	1.3	0.0-3.2
18-69	**614**	**1.1**	**0.2-2.0**	**653**	**0.6**	**0.1-1.1**	**1267**	**0.8**	**0.3-1.3**

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11
- Epi Info program name: AunrecordedWT

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

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

Instrument question:

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

Mean number of standard drinks of unrecorded alcohol consumed on average per day in the past 7 days among current drinkers									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: AmeanunrecordedWT

Percent of unrecorded alcohol from all alcohol consumed

Description: Percentage of unrecorded alcohol from all alcohol consumed during the past 7 days among current (past 30 days) drinkers.

Instrument questions:

- During each of the past 7 days, how many standard drinks did you have each day?
- During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of the following did you consume during the past 7 days?

Percentage of unrecorded alcohol from all alcohol consumed during past 7 days						
Age Group	Men		Women		Both Sexes	
	n	%	n	%	n	%
18-29	301	0.8	259	0.1	131	0.0
30-44	457	0.7	326	1.4	262	0.3
45-59	320	0.9	138	2.1	361	0.2
60-69	147	2.4	55	8.6	208	1.1
18-69	**1225**	**0.9**	**778**	**1.0**	**2003**	**0.9**

Analysis Information:

- Questions used: A1, A2, A5, A10a-g, A11, A12a-e
- Epi Info program name: Stata program

Types of unrecorded alcohol

Description: Percentage of each type of unrecorded alcohol of all unrecorded alcohol consumed in the past 7 days among current (past 30 days) drinkers.

Instrument questions:

- During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of the following did you consume during the past 7 days?

Unrecorded alcohol consumption during the past 7 days by type											
	Men										
Age Group	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Unrecorded alcohol consumption during the past 7 days by type											
	Women										
Age Group	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	--	--	--	--	--	--	--	--	--	--	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Unrecorded alcohol consumption during the past 7 days by type											
	Both Sexes										
Age Group	n	% home-brewed spirits	95% CI	% home-brewed beer/ wine	95% CI	% brought over border	95% CI	% surro-gate alcohol	95% CI	% other	95% CI
18-29	--	--	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--	--	--
18-69	**50**	**1.9**	--	**10.0**	--	**85.0**	--	**0.0**	--	**3.0**	--

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: A1, A2, A5, A11, A12a-e
- Epi Info program name: Stata program.

Frequency of impaired control over drinking

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

Instrument questions:

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

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Men						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	102	5.5	1.0-10.0	6.2	0.0-12.5	88.2	80.8-95.7
30-44	213	2.9	0.5-5.4	5.4	2.0-8.8	91.6	87.6-95.7
45-59	286	4.5	1.8-7.2	4.1	1.6-6.5	91.5	87.9-95.0
60-69	181	3.0	0.4-5.6	2.7	0.3-5.1	94.3	90.9-97.8
18-69	**782**	**4.0**	**2.4-5.6**	**4.8**	**2.8-6.8**	**91.2**	**88.7-93.7**

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Women						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	128	1.4	0.0-3.4	5.4	0.3-10.4	93.2	87.9-98.6
30-44	258	2.3	0.3-4.4	2.1	0.1-4.1	95.6	92.7-98.4
45-59	348	0.8	0.0-1.7	0.7	0.0-1.5	98.5	97.3-99.8
60-69	207	0.3	0.0-1.0	1.0	0.0-2.1	98.7	97.4-100.0
18-69	**941**	**1.3**	**0.5-2.2**	**2.3**	**0.9-3.7**	**96.4**	**94.8-98.0**

Frequency of not being able to stop drinking once started during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	230	3.3	1.0-5.7	5.8	1.8-9.7	90.9	86.4-95.4
30-44	471	2.6	1.1-4.2	3.7	1.7-5.6	93.7	91.2-96.1
45-59	634	2.4	1.1-3.8	2.2	1.0-3.3	95.4	93.7-97.1
60-69	388	1.6	0.3-2.9	1.8	0.5-3.1	96.6	94.7-98.4
18-69	**1723**	**2.6**	**1.7-3.5**	**3.4**	**2.2-4.6**	**94.0**	**92.5-95.4**

Analysis Information:

- Questions used: A1, A2, A13
- Epi Info program name: AnotabletostopWT

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

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

Instrument questions:

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

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Men						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	102	2.3	0.0-5.5	5.8	1.2-10.4	91.9	86.4-97.5
30-44	213	1.2	0.0-2.7	3.8	1.4-6.2	95.0	92.2-97.8
45-59	286	2.6	0.3-4.9	2.1	0.7-3.5	95.3	92.6-98.0
60-69	181	1.2	0.0-2.8	4.8	1.6-7.9	94.0	90.5-97.6
18-69	**782**	**1.9**	**0.7-3.0**	**4.0**	**2.5-5.5**	**94.2**	**92.3-96.0**

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Women						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	128	2.5	0.0-5.4	3.2	0.0-6.7	94.3	89.9-98.7
30-44	258	0.9	0.0-2.3	2.5	0.1-5.0	96.6	93.8-99.3
45-59	348	0.0	0.0-0.0	0.8	0.0-1.7	99.2	98.3-100.0
60-69	207	0.0	0.0-0.0	0.6	0.0-1.9	99.4	98.1-100.0
18-69	**941**	**0.9**	**0.1-1.7**	**1.9**	**0.7-3.0**	**97.3**	**95.9-98.7**

Frequency of failing to do what was normally expected from you during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	230	2.4	0.3-4.5	4.4	1.6-7.3	93.2	89.7-96.7
30-44	471	1.1	0.1-2.1	3.1	1.4-4.9	95.8	93.8-97.8
45-59	634	1.1	0.1-2.2	1.4	0.6-2.2	97.5	96.2-98.8
60-69	388	0.6	0.0-1.4	2.7	1.0-4.4	96.7	94.9-98.6
18-69	**1723**	**1.3**	**0.7-2.0**	**2.9**	**1.9-3.8**	**95.8**	**94.7-97.0**

Analysis Information:

- Questions used: A1, A2, A14
- Epi Info program name: AfailexpectedWT

Frequency of morning drinking

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

Instrument questions:

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

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Men						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	102	0.0	0.0-0.0	0.0	0.0-0.0	100.0	100.0-100.0
30-44	213	0.0	0.0-0.0	1.0	0.0-2.4	99.0	97.6-100.0
45-59	286	0.6	0.0-1.5	1.0	0.0-2.0	98.4	97.1-99.8
60-69	181	1.8	0.0-4.0	0.6	0.0-1.8	97.6	95.1-100.0
18-69	**782**	**0.5**	**0.0-0.9**	**0.7**	**0.1-1.2**	**98.8**	**98.1-99.6**

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Women						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	128	0.0	0.0-0.0	0.7	0.0-2.1	99.3	97.9-100.0
30-44	258	0.2	0.0-0.7	0.2	0.0-0.7	99.6	98.9-100.0
45-59	348	0.0	0.0-0.0	0.0	0.0-0.0	100.0	100.0-100.0
60-69	207	0.6	0.0-1.9	0.3	0.0-1.0	99.0	97.6-100.0
18-69	**941**	**0.2**	**0.0-0.4**	**0.3**	**0.0-0.7**	**99.6**	**99.1-100.0**

Frequency of needing a first drink in the morning to get going during the past 12 months among past 12 month drinkers							
	Both Sexes						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	230	0.0	0.0-0.0	0.4	0.0-1.1	99.6	98.9-100.0
30-44	471	0.1	0.0-0.3	0.6	0.0-1.3	99.3	98.6-100.0
45-59	634	0.3	0.0-0.7	0.4	0.0-0.9	99.3	98.7-99.9
60-69	388	1.2	0.0-2.5	0.5	0.0-1.2	98.3	96.9-99.7
18-69	**1723**	**0.3**	**0.1-0.5**	**0.5**	**0.1-0.8**	**99.2**	**98.8-99.6**

Analysis Information:

- Questions used: A1, A2, A15
- Epi Info program name: AmorningdrinkWT

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

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

Instrument question:

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

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all population							
	Men						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	130	2.8	0.0-6.0	2.2	0.0-6.3	95.1	89.9-100.0
30-44	268	0.4	0.0-1.1	4.6	1.7-7.5	95.0	92.1-98.0
45-59	410	1.1	0.1-2.0	3.6	1.6-5.6	95.4	93.2-97.6
60-69	294	0.6	0.0-1.4	3.5	1.1-5.8	96.0	93.5-98.4
18-69	**1102**	**1.2**	**0.3-2.0**	**3.5**	**2.0-5.0**	**95.3**	**93.6-97.0**

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all population							
	Women						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	183	1.5	0.0-3.4	2.4	0.0-5.3	96.1	92.7-99.6
30-44	404	0.5	0.0-1.2	3.7	1.7-5.7	95.7	93.7-97.8
45-59	601	0.7	0.0-1.4	3.0	1.4-4.6	96.3	94.6-98.1
60-69	446	0.6	0.0-1.3	0.3	0.0-0.7	99.1	98.3-99.9
18-69	**1634**	**0.8**	**0.3-1.3**	**2.6**	**1.6-3.5**	**96.7**	**95.6-97.7**

Frequency of family/partner problems due to someone else's drinking during the past 12 months among all population							
	Both Sexes						
Age Group	n	% monthly or more frequently	95% CI	% less than monthly	95% CI	% never	95% CI
18-29	313	2.1	0.3-3.9	2.3	0.0-4.8	95.6	92.6-98.7
30-44	672	0.5	0.0-0.9	4.1	2.4-5.8	95.4	93.7-97.2
45-59	1011	0.8	0.2-1.4	3.2	2.0-4.5	96.0	94.6-97.3
60-69	740	0.6	0.0-1.1	1.6	0.6-2.6	97.8	96.7-98.9
18-69	**2736**	**0.9**	**0.5-1.4**	**3.0**	**2.1-3.8**	**96.1**	**95.2-97.0**

Analysis Information:

- Question used: A16
- Epi Info program name: AfamproblemWT

Diet

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:

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

Mean number of days fruit consumed in a typical week									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	3.3	2.8-3.7	183	3.4	3.1-3.8	313	3.4	3.1-3.6
30-44	268	3.7	3.4-4.0	404	4.2	3.9-4.4	672	4.0	3.8-4.2
45-59	410	4.1	3.8-4.4	601	4.4	4.2-4.6	1011	4.3	4.1-4.4
60-69	294	4.5	4.1-4.8	446	4.9	4.7-5.1	740	4.7	4.5-4.9
18-69	**1102**	**3.9**	**3.7-4.0**	**1634**	**4.2**	**4.1-4.4**	**2736**	**4.1**	**4.0-4.2**

Mean number of days vegetables consumed in a typical week									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	5.2	4.8-5.7	183	4.8	4.4-5.2	313	5.0	4.7-5.3
30-44	268	5.5	5.3-5.8	404	5.5	5.3-5.7	672	5.5	5.3-5.7
45-59	410	5.4	5.2-5.6	601	5.7	5.5-5.9	1011	5.6	5.4-5.7
60-69	294	5.6	5.4-5.9	446	5.6	5.4-5.8	740	5.6	5.4-5.8
18-69	**1102**	**5.4**	**5.3-5.6**	**1634**	**5.4**	**5.3-5.6**	**2736**	**5.4**	**5.3-5.5**

Analysis Information:

- Questions used: D1, D3
- Epi Info program name: DdaysWT

Mean number of servings of fruit and vegetable consumption

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

Instrument questions:

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

Mean number of servings of fruit on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	0.8	0.6-1.0	183	0.8	0.6-0.9	313	0.8	0.7-0.9
30-44	268	0.9	0.8-1.0	404	1.0	0.9-1.1	672	0.9	0.9-1.0
45-59	410	1.0	0.9-1.2	601	1.0	0.9-1.1	1011	1.0	1.0-1.1
60-69	294	1.2	1.0-1.3	446	1.2	1.1-1.3	740	1.2	1.1-1.3
18-69	**1102**	**1.0**	**0.9-1.0**	**1634**	**1.0**	**0.9-1.1**	**2736**	**1.0**	**0.9-1.0**

Mean number of servings of vegetables on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	1.3	1.0-1.5	183	1.3	1.1-1.6	313	1.3	1.1-1.4
30-44	268	1.5	1.4-1.7	404	1.5	1.4-1.6	672	1.5	1.4-1.6
45-59	409	1.5	1.4-1.6	601	1.5	1.4-1.6	1010	1.5	1.4-1.6
60-69	294	1.5	1.3-1.6	446	1.5	1.3-1.6	740	1.5	1.4-1.6
18-69	**1101**	**1.4**	**1.4-1.5**	**1634**	**1.5**	**1.4-1.5**	**2735**	**1.5**	**1.4-1.5**

Mean number of servings of fruit and/or vegetables on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	2.1	1.7-2.4	183	2.1	1.8-2.4	313	2.1	1.9-2.3
30-44	268	2.4	2.2-2.6	404	2.5	2.3-2.7	672	2.4	2.3-2.6
45-59	410	2.5	2.3-2.7	601	2.6	2.4-2.7	1011	2.5	2.4-2.7
60-69	294	2.7	2.4-2.9	446	2.7	2.5-2.8	740	2.7	2.5-2.8
18-69	**1102**	**2.4**	**2.3-2.5**	**1634**	**2.5**	**2.4-2.6**	**2736**	**2.4**	**2.4-2.5**

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: DservingsWT

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:

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

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Men								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	130	18.3	11.2-25.3	61.3	52.2-70.5	10.0	4.9-15.1	10.4	4.4-16.4
30-44	268	10.9	6.8-15.0	63.4	57.1-69.7	13.7	9.2-18.2	12.0	7.7-16.2
45-59	410	17.7	13.5-21.9	48.5	43.1-53.9	20.8	16.3-25.3	13.1	9.4-16.8
60-69	294	12.1	7.9-16.3	52.4	46.0-58.8	21.3	15.9-26.7	14.2	9.7-18.7
18-69	**1102**	**14.8**	**12.3-17.3**	**56.5**	**53.0-59.9**	**16.4**	**13.9-18.8**	**12.4**	**10.0-14.7**

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Women								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	183	23.4	16.4-30.4	55.3	47.2-63.3	13.2	8.1-18.2	8.1	3.5-12.7
30-44	404	13.5	9.8-17.2	52.3	46.9-57.7	22.8	18.1-27.4	11.4	7.9-15.0
45-59	601	13.5	10.4-16.5	53.5	49.1-58.0	20.3	16.7-23.8	12.7	9.7-15.7
60-69	446	14.0	10.4-17.5	49.2	44.2-54.3	23.6	19.2-28.1	13.1	9.8-16.5
18-69	**1634**	**15.6**	**13.4-17.7**	**52.7**	**49.8-55.5**	**20.2**	**18.0-22.5**	**11.5**	**9.7-13.3**

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Both Sexes								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	313	21.1	16.1-26.1	58.0	51.9-64.1	11.7	8.1-15.4	9.1	5.4-12.9
30-44	672	12.5	9.7-15.2	56.8	52.7-61.0	19.1	15.7-22.4	11.6	8.9-14.4
45-59	1011	15.2	12.7-17.6	51.5	48.1-54.9	20.5	17.7-23.2	12.9	10.5-15.2
60-69	740	13.2	10.5-15.9	50.5	46.5-54.5	22.7	19.2-26.1	13.6	10.9-16.3
18-69	**2736**	**15.3**	**13.6-16.9**	**54.2**	**52.1-56.4**	**18.6**	**17.0-20.3**	**11.9**	**10.4-13.3**

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: DfiveormoreWT

Fruit and vegetable consumption per day

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

Instrument questions:

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

Percentage eating less than five servings of fruit and/or vegetables on average per day									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	89.6	83.6-95.6	183	91.9	87.3-96.5	313	90.9	87.1-94.6
30-44	268	88.0	83.8-92.3	404	88.6	85.0-92.1	672	88.4	85.6-91.1
45-59	410	86.9	83.2-90.6	601	87.3	84.3-90.3	1011	87.1	84.8-89.5
60-69	294	85.8	81.3-90.3	446	86.9	83.5-90.2	740	86.4	83.7-89.1
18-69	**1102**	**87.6**	**85.3-90.0**	**1634**	**88.5**	**86.7-90.3**	**2736**	**88.1**	**86.7-89.6**

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: DfiveormoreWT

Adding salt at meal

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

Instrument question:

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

Add salt always or often before eating or when eating									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	20.6	12.4-28.7	181	21.8	15.0-28.6	311	21.2	16.0-26.5
30-44	268	18.8	13.7-23.9	403	18.1	13.9-22.3	671	18.4	15.2-21.6
45-59	410	13.2	9.4-16.9	600	9.7	7.1-12.4	1010	11.1	8.9-13.3
60-69	294	8.5	5.0-12.1	445	6.9	4.4-9.5	739	7.6	5.5-9.7
18-69	**1102**	**15.6**	**12.9-18.4**	**1629**	**14.0**	**11.9-16.1**	**2731**	**14.7**	**13.0-16.4**

Analysis Information:

- Question used: D5
- Epi Info program name: DaddsaltWT

Adding salt when cooking

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

Instrument question:

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

Add salt always or often when cooking or preparing food at home									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	129	74.9	67.1-82.7	183	77.8	71.4-84.1	312	76.5	71.5-81.4
30-44	267	74.9	69.4-80.4	402	76.6	72.1-81.0	669	75.9	72.4-79.3
45-59	405	66.7	61.7-71.7	600	67.7	63.7-71.8	1005	67.3	64.2-70.5
60-69	292	64.4	58.5-70.4	443	60.4	55.4-65.3	735	62.0	58.2-65.9
18-69	**1093**	**70.5**	**67.5-73.6**	**1628**	**70.9**	**68.4-73.3**	**2721**	**70.7**	**68.8-72.7**

Analysis Information:

- Question used: D6
- Epi Info program name: DcookingWT

Salty processed food consumption

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

Instrument question:

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

Percentage who always or often consume processed food high in salt									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	39.3	29.8-48.7	183	43.6	35.5-51.7	313	41.6	35.5-47.8
30-44	268	33.1	27.0-39.1	404	28.6	23.7-33.5	672	30.4	26.6-34.2
45-59	410	20.0	15.7-24.2	601	19.5	15.8-23.2	1011	19.7	16.9-22.5
60-69	294	14.9	10.5-19.3	446	8.7	5.6-11.7	740	11.2	8.7-13.8
18-69	**1102**	**27.2**	**24.0-30.5**	**1634**	**24.8**	**22.2-27.5**	**2736**	**25.8**	**23.8-27.9**

Analysis Information:

- Question used: D7
- Epi Info program name: DprocessedWT

Salt consumption

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

Instrument question:

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

Percentage who think they consume far too much or too much salt									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	123	14.0	7.6-20.5	181	23.5	16.1-30.9	304	19.3	14.2-24.4
30-44	259	15.7	10.9-20.4	396	13.8	10.0-17.7	655	14.6	11.6-17.6
45-59	401	10.8	7.2-14.4	595	5.9	3.7-8.1	996	7.8	5.9-9.8
60-69	293	5.1	2.4-7.7	436	3.9	1.9-5.9	729	4.4	2.8-6.0
18-69	**1076**	**11.8**	**9.5-14.1**	**1608**	**11.3**	**9.2-13.4**	**2684**	**11.5**	**10.0-13.1**

Self-reported quantity of salt consumed											
	Men										
Age Group	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	123	1.4	0.0-3.2	12.7	6.4-18.9	69.2	60.7-77.7	13.0	7.3-18.6	3.8	0.5-7.1
30-44	259	1.7	0.0-3.3	14.0	9.5-18.6	56.1	49.5-62.7	21.1	15.5-26.7	7.1	3.9-10.3
45-59	401	1.1	0.2-2.1	9.7	6.2-13.2	55.3	49.9-60.7	25.7	21.1-30.4	8.2	5.1-11.2
60-69	293	1.2	0.0-2.6	3.9	1.6-6.2	56.8	50.5-63.1	27.6	21.9-33.2	10.6	7.0-14.1
18-69	**1076**	**1.3**	**0.6-2.1**	**10.5**	**8.2-12.7**	**59.0**	**55.5-62.4**	**21.9**	**19.1-24.6**	**7.4**	**5.7-9.0**

Self-reported quantity of salt consumed											
	Women										
Age Group	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	181	4.1	0.7-7.5	19.4	12.4-26.4	57.6	49.4-65.7	15.7	10.2-21.2	3.2	0.4-6.0
30-44	396	2.7	0.7-4.7	11.1	7.7-14.5	58.5	53.1-63.9	22.0	17.4-26.6	5.6	3.3-8.0
45-59	595	0.0	0.0-0.0	5.9	3.7-8.1	56.6	52.2-61.0	26.0	22.2-29.8	11.5	8.7-14.4
60-69	436	1.0	0.1-1.9	2.9	1.1-4.7	54.3	49.2-59.4	27.9	23.3-32.4	13.9	10.5-17.4
18-69	**1608**	**1.8**	**0.9-2.7**	**9.5**	**7.6-11.5**	**56.9**	**54.1-59.7**	**23.1**	**20.8-25.4**	**8.6**	**7.2-10.1**

Self-reported quantity of salt consumed											
	Both Sexes										
Age Group	n	% Far too much	95% CI	% Too much	95% CI	% Just the right amount	95% CI	% Too little	95% CI	% Far too little	95% CI
18-29	304	2.9	0.8-5.0	16.4	11.6-21.3	62.7	56.7-68.7	14.5	10.6-18.5	3.5	1.3-5.6
30-44	655	2.3	0.9-3.7	12.3	9.6-15.0	57.5	53.4-61.7	21.6	18.1-25.2	6.3	4.3-8.2
45-59	996	0.4	0.1-0.8	7.4	5.5-9.3	56.1	52.7-59.5	25.9	22.9-28.8	10.2	8.1-12.3
60-69	729	1.1	0.3-1.9	3.3	1.9-4.7	55.3	51.4-59.3	27.7	24.2-31.3	12.5	10.0-15.0
18-69	**2684**	**1.6**	**1.0-2.2**	**9.9**	**8.5-11.4**	**57.8**	**55.6-59.9**	**22.6**	**20.9-24.4**	**8.1**	**7.0-9.2**

Analysis Information:

- Question used: D8
- Epi Info program name: DsaltquantityWT

Physical Activity

Introduction

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

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

Metabolic Equivalent (MET)

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

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

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

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

WHO global recommen-dations on physical activity for health

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

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

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

Former recommen-dations for comparison purposes

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

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

- **High**

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

- **Moderate**

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

- **Low**

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

Not meeting WHO recommendations on physical activity for health ("Insufficient physical activity")

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

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Not meeting WHO recommendations on physical activity for health									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	10.8	5.7-15.9	183	26.4	19.4-33.4	313	19.3	14.7-23.9
30-44	268	12.9	8.7-17.1	402	24.6	20.0-29.2	670	19.8	16.5-23.0
45-59	410	19.7	15.5-23.9	600	27.6	23.7-31.4	1010	24.4	21.5-27.3
60-69	293	30.8	25.0-36.7	443	34.2	29.4-39.0	736	32.8	29.1-36.5
18-69	**1101**	**17.8**	**15.4-20.2**	**1628**	**27.8**	**25.3-30.2**	**2729**	**23.6**	**21.8-25.4**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PnotmeetingrecsWT

Levels of total physical activity according to former recommen-dations

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Level of total physical activity according to former recommendations							
Age Group	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	130	18.9	11.9-26.0	8.5	3.6-13.4	72.6	64.5-80.7
30-44	268	19.1	14.2-24.1	13.7	9.3-18.1	67.1	61.1-73.1
45-59	410	28.0	23.1-32.8	11.8	8.7-14.9	60.2	55.0-65.5
60-69	293	40.3	34.0-46.5	15.2	10.6-19.8	44.5	38.1-50.9
18-69	**1101**	**25.7**	**22.7-28.6**	**12.2**	**10.1-14.3**	**62.1**	**58.8-65.4**

Level of total physical activity according to former recommendations							
Age Group	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	183	35.4	27.6-43.2	20.3	13.7-26.9	44.3	36.2-52.3
30-44	402	33.9	28.8-38.9	19.9	15.7-24.1	46.3	40.9-51.7
45-59	600	36.8	32.6-41.1	19.3	15.9-22.7	43.9	39.5-48.3
60-69	443	47.2	42.1-52.2	20.5	16.2-24.8	32.3	27.5-37.1
18-69	**1628**	**37.7**	**35.0-40.4**	**19.9**	**17.6-22.2**	**42.4**	**39.6-45.2**

Level of total physical activity according to former recommendations							
Age Group	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
18-29	313	27.9	22.5-33.4	15.0	10.6-19.3	57.1	51.0-63.2
30-44	670	27.8	24.1-31.5	17.3	14.3-20.4	54.9	50.8-59.0
45-59	1010	33.3	30.1-36.5	16.3	13.8-18.7	50.5	47.1-53.9
60-69	736	44.4	40.4-48.3	18.3	15.1-21.5	37.3	33.4-41.2
18-69	**2729**	**32.7**	**30.6-34.7**	**16.7**	**15.1-18.3**	**50.6**	**48.4-52.8**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PtotallevelsWT

Total physical activity-mean

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

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Mean minutes of total physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	323.0	239.9-406.1	183	190.4	158.4-222.3	313	250.6	207.3-293.9
30-44	268	285.9	254.1-317.8	402	219.3	192.6-246.0	670	246.8	226.2-267.3
45-59	410	261.4	235.4-287.5	600	212.5	191.0-233.9	1010	232.2	215.6-248.8
60-69	293	181.9	152.4-211.3	443	157.0	134.7-179.3	736	167.1	149.2-185.1
18-69	**1101**	**267.8**	**243.9-291.6**	**1628**	**199.2**	**186.3-212.2**	**2729**	**227.8**	**215.2-240.5**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PtotalWT

Total physical activity-median

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

Instrument questions

- activity at work
- travel to and from places
- recreational activities

Median minutes of total physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	130	205.7	90.0-443.6	183	85.7	18.6-334.4	313	141.4	38.6-377.1
30-44	268	218.6	77.1-424.3	402	117.9	19.4-377.1	670	180.0	34.3-411.4
45-59	410	201.4	34.3-454.3	600	120.0	17.1-360.0	1010	137.1	21.4-411.4
60-69	293	68.6	0.0-325.7	443	51.4	4.3-235.7	736	60.0	2.1-291.4
18-69	**1101**	**188.6**	**38.6-420.0**	**1628**	**90.0**	**14.3-342.9**	**2729**	**128.6**	**25.7-385.7**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PtotalmedianWT

Domain-specific physical activity-mean

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Mean minutes of work-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	218.5	153.1-283.9	183	153.0	122.6-183.4	313	182.8	148.1-217.5
30-44	268	228.0	199.0-257.1	402	182.1	158.2-206.0	670	201.0	182.5-219.6
45-59	410	217.2	193.1-241.3	600	183.5	162.9-204.1	1010	197.0	181.3-212.7
60-69	293	149.9	122.2-177.5	443	125.0	104.4-145.6	736	135.2	118.5-151.8
18-69	**1101**	**207.9**	**188.4-227.5**	**1628**	**165.6**	**153.5-177.7**	**2729**	**183.3**	**172.4-194.1**

Mean minutes of transport-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	45.4	18.2-72.6	183	11.9	6.5-17.4	313	27.1	14.1-40.1
30-44	268	20.5	12.9-28.0	402	15.8	8.3-23.3	670	17.7	12.3-23.1
45-59	410	19.1	12.8-25.3	600	11.3	8.3-14.3	1010	14.4	11.3-17.5
60-69	293	14.6	8.7-20.5	443	15.9	10.7-21.1	736	15.4	11.5-19.3
18-69	**1101**	**24.7**	**17.6-31.9**	**1628**	**13.6**	**10.8-16.5**	**2729**	**18.3**	**14.8-21.7**

Mean minutes of recreation-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	130	59.1	45.7-72.6	183	25.4	19.2-31.6	313	40.7	33.3-48.1
30-44	268	37.4	30.3-44.6	402	21.4	17.7-25.1	670	28.0	24.3-31.8
45-59	410	25.2	21.0-29.3	600	17.7	14.5-20.9	1010	20.7	18.2-23.3
60-69	293	17.4	13.4-21.4	443	16.1	12.4-19.7	736	16.6	13.9-19.3
18-69	**1101**	**35.1**	**30.9-39.3**	**1628**	**20.0**	**18.0-22.1**	**2729**	**26.3**	**24.1-28.5**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PsetspecificWT

Domain-specific physical activity - median

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Median minutes of work-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	130	120.0	0.0-342.9	183	34.3	0.0-308.6	313	64.3	0.0-342.9
30-44	268	175.7	0.0-411.4	402	77.1	0.0-342.9	670	128.6	0.0-360.0
45-59	410	154.3	0.0-411.4	600	68.6	0.0-342.9	1010	102.9	0.0-342.9
60-69	293	21.4	0.0-300.0	443	0.0	0.0-180.0	736	0.0	0.0-240.0
18-69	**1101**	**137.1**	**0.0-360.0**	**1628**	**34.3**	**0.0-308.6**	**2729**	**77.1**	**0.0-342.9**

Median minutes of transport-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	130	0.0	0.0-21.4	183	0.0	0.0-5.7	313	0.0	0.0-10.7
30-44	268	0.0	0.0-1.4	402	0.0	0.0-0.0	670	0.0	0.0-0.0
45-59	410	0.0	0.0-11.4	600	0.0	0.0-0.0	1010	0.0	0.0-2.9
60-69	293	0.0	0.0-6.4	443	0.0	0.0-4.3	736	0.0	0.0-4.3
18-69	**1101**	**0.0**	**0.0-12.9**	**1628**	**0.0**	**0.0-0.0**	**2729**	**0.0**	**0.0-5.7**

Median minutes of recreation-related physical activity on average per day									
Age Group	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
18-29	130	42.9	0.0-85.7	183	0.0	0.0-42.9	313	17.1	64.3
30-44	268	17.1	0.0-60.0	402	0.0	0.0-34.3	670	8.6	38.6
45-59	410	4.3	0.0-38.6	600	0.0	0.0-25.7	1010	0.0	30.0
60-69	293	0.0	0.0-25.7	443	0.0	0.0-21.4	736	0.0	25.7
18-69	**1101**	**12.9**	**0.0-51.4**	**1628**	**0.0**	**0.0-25.7**	**2729**	**0.0**	**0.0-34.3**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PsetspecificmedianWT

No physical activity by domain

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

No work-related physical activity									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	38.7	29.5-47.8	183	47.5	39.5-55.6	313	43.5	37.4-49.6
30-44	268	29.2	23.5-35.0	402	43.2	37.8-48.5	670	37.4	33.4-41.4
45-59	410	37.2	32.0-42.3	600	43.3	39.0-47.7	1010	40.9	37.5-44.2
60-69	293	47.4	41.0-53.7	443	52.7	47.5-57.8	736	50.5	46.5-54.5
18-69	**1101**	**37.2**	**33.8-40.5**	**1628**	**45.9**	**43.1-48.8**	**2729**	**42.3**	**40.1-44.4**

No transport-related physical activity									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	60.7	51.2-70.2	183	70.8	63.4-78.2	313	66.2	60.2-72.2
30-44	268	74.5	69.1-80.0	402	77.6	73.2-82.1	670	76.4	72.9-79.8
45-59	410	68.5	63.6-73.3	600	78.5	75.0-82.0	1010	74.5	71.6-77.4
60-69	293	72.4	66.6-78.2	443	72.8	68.3-77.3	736	72.6	69.0-76.2
18-69	**1101**	**69.1**	**65.8-72.4**	**1628**	**75.6**	**73.2-78.0**	**2729**	**72.9**	**70.9-74.9**

No recreation-related physical activity									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	31.3	22.4-40.2	183	54.3	46.3-62.4	313	43.9	37.7-50.0
30-44	268	39.1	32.8-45.4	402	54.4	49.0-59.8	670	48.1	43.9-52.2
45-59	410	49.5	44.1-54.8	600	56.5	52.2-60.9	1010	53.7	50.3-57.1
60-69	293	59.4	53.1-65.6	443	60.3	55.3-65.3	736	59.9	56.0-63.8
18-69	**1101**	**44.1**	**40.7-47.6**	**1628**	**56.2**	**53.4-59.0**	**2729**	**51.2**	**49.0-53.4**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PnoactivitybysetWT

Composition of total physical activity

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

Instrument questions:

- activity at work
- travel to and from places
- recreational activities

Composition of total physical activity							
	Men						
Age Group	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	116	50.0	41.8-58.1	13.1	8.4-17.8	36.9	29.3-44.5
30-44	242	64.5	59.2-69.8	9.3	6.4-12.1	26.3	21.4-31.2
45-59	345	64.4	59.7-69.0	11.6	8.9-14.4	24.0	19.8-28.2
60-69	217	61.7	55.5-67.8	13.1	8.8-17.4	25.2	19.9-30.5
18-69	**920**	**60.4**	**57.3-63.5**	**11.5**	**9.7-13.3**	**28.1**	**25.2-30.9**

Composition of total physical activity							
	Women						
Age Group	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	142	57.8	49.7-65.9	12.9	7.6-18.3	29.3	21.8-36.7
30-44	324	61.3	56.3-66.3	11.7	8.5-15.0	27.0	22.4-31.5
45-59	466	64.3	60.1-68.4	9.8	7.5-12.0	26.0	22.2-29.8
60-69	328	54.4	49.1-59.7	18.3	14.4-22.3	27.3	22.6-32.0
18-69	**1260**	**60.2**	**57.5-63.0**	**12.6**	**10.8-14.4**	**27.2**	**24.7-29.7**

Composition of total physical activity							
	Both Sexes						
Age Group	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
18-29	258	54.0	48.2-59.8	13.0	9.5-16.6	33.0	27.7-38.3
30-44	566	62.7	59.0-66.3	10.7	8.4-12.9	26.7	23.3-30.0
45-59	811	64.3	61.2-67.4	10.5	8.8-12.3	25.2	22.3-28.0
60-69	545	57.3	53.3-61.4	16.2	13.3-19.2	26.4	22.9-30.0
18-69	**2180**	**60.3**	**58.2-62.4**	**12.1**	**10.9-13.4**	**27.6**	**25.7-29.5**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PcompositionWT

No vigorous physical activity

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

Instrument questions:

- activity at work
- recreational activities

No vigorous physical activity									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	40.5	31.3-49.8	183	70.7	63.3-78.0	313	57.0	50.8-63.2
30-44	268	36.2	30.0-42.3	402	68.6	63.6-73.6	670	55.2	51.1-59.4
45-59	410	48.2	42.8-53.5	600	72.5	68.6-76.4	1010	62.7	59.4-66.0
60-69	293	65.7	59.7-71.8	443	85.2	81.5-88.8	736	77.2	73.9-80.6
18-69	**1101**	**46.3**	**42.8-49.8**	**1628**	**73.5**	**70.9-76.0**	**2729**	**62.1**	**59.9-64.3**

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: PnovigorousWT

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

Instrument question:

- sedentary behaviour

Minutes spent in sedentary activities on average per day					
	Men				
Age Group	n	Mean	95% CI	Median	Inter-quartile range (P25-P75)
18-29	130	280.7	246.4-314.9	240.0	120.0-360.0
30-44	268	258.4	234.9-282.0	180.0	120.0-360.0
45-59	410	264.1	243.6-284.5	210.0	120.0-360.0
60-69	294	292.2	267.1-317.4	240.0	120.0-360.0
18-69	**1102**	**271.6**	**258.7-284.6**	**240.0**	120.0-360.0

Minutes spent in sedentary activities on average per day					
	Women				
Age Group	n	Mean	95% CI	Median	Inter-quartile range (P25-P75)
18-29	183	304.0	271.7-336.3	240.0	150.0-420.0
30-44	404	251.9	230.4-273.3	180.0	120.0-360.0
45-59	601	243.7	227.9-259.4	180.0	120.0-360.0
60-69	446	250.4	232.5-268.3	180.0	120.0-360.0
18-69	**1634**	**259.4**	**248.4-270.4**	180.0	120.0-360.0

Minutes spent in sedentary activities on average per day					
	Both Sexes				
Age Group	n	Mean	95% CI	Median	Inter-quartile range (P25-P75)
18-29	313	293.4	269.8-317.0	240.0	140.0-420.0
30-44	672	254.5	238.6-270.5	180.0	120.0-360.0
45-59	1011	251.9	239.3-264.4	180.0	120.0-360.0
60-69	740	267.5	252.6-282.4	240.0	120.0-360.0
18-69	**2736**	**264.5**	**256.1-272.9**	**210.0**	**120.0-360.0**

Analysis Information:

- Question used : P16a-b
    - Epi Info program name: PsedentaryWT and PsedentarymedianWT

History of Raised Blood Pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all population.

Instrument questions:

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

Blood pressure measurement and diagnosis									
	Men								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	130	34.7	25.7-43.8	53.9	44.3-63.4	3.2	0.1-6.4	8.2	1.9-14.4
30-44	268	16.8	12.2-21.4	67.8	61.9-73.7	10.0	6.2-13.8	5.4	2.6-8.2
45-59	410	10.6	7.1-14.0	60.6	55.4-65.9	16.0	12.0-20.0	12.8	9.4-16.2
60-69	294	6.6	3.8-9.4	52.9	46.5-59.3	20.3	15.3-25.4	20.2	14.9-25.5
18-69	**1102**	**17.2**	**14.4-20.1**	**59.6**	**56.2-63.1**	**12.1**	**10.1-14.2**	**11.0**	**8.8-13.2**

Blood pressure measurement and diagnosis									
	Women								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	183	25.3	18.4-32.1	67.7	60.3-75.1	4.1	1.2-7.0	2.9	0.3-5.4
30-44	404	14.1	10.4-17.8	67.7	62.7-72.7	8.6	5.6-11.5	9.6	6.4-12.8
45-59	601	11.0	8.3-13.7	58.1	53.7-62.4	18.3	14.9-21.8	12.6	9.8-15.5
60-69	446	5.6	3.4-7.8	49.1	44.0-54.1	24.4	19.9-29.0	20.9	16.8-25.0
18-69	**1634**	**13.7**	**11.7-15.7**	**61.1**	**58.3-63.8**	**13.8**	**12.0-15.6**	**11.4**	**9.8-13.1**

Blood pressure measurement and diagnosis									
	Both sexes								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	313	29.6	24.0-35.2	61.4	55.4-67.5	3.7	1.6-5.9	5.3	2.1-8.5
30-44	672	15.2	12.4-18.1	67.7	63.9-71.6	9.1	6.8-11.5	7.9	5.7-10.1
45-59	1011	10.8	8.7-12.9	59.1	55.7-62.5	17.4	14.8-20.0	12.7	10.5-14.9
60-69	740	6.0	4.3-7.7	50.6	46.6-54.6	22.7	19.3-26.2	20.6	17.4-23.9
18-69	**2736**	**15.2**	**13.5-16.8**	**60.5**	**58.3-62.6**	**13.1**	**11.8-14.5**	**11.2**	**9.9-12.6**

Analysis Information:

- Questions used: H1, H2a, H2b
- Epi Info program name: HbloodpressureWT

Blood pressure treatment among those diagnosed

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

Instrument questions:

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

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

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	75	44.9	32.5-57.3	116	41.9	32.3-51.6
45-59	121	67.3	58.1-76.5	186	66.1	58.7-73.4	307	66.5	60.8-72.3
60-69	115	82.6	75.0-90.2	199	78.6	72.4-84.9	314	80.1	75.3-85.0
18-69	**289**	**60.2**	**53.1-67.4**	**476**	**62.8**	**57.7-67.8**	**765**	**61.8**	**57.6-65.9**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H1, H2a, H3
- Epi Info program name: HbloodpressureWT

Blood pressure advice by a traditional healer

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

Instrument questions:

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

Seen a traditional healer among those previously diagnosed

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	75	2.3	0.0-5.7	116	1.5	0.0-3.6
45-59	121	4.4	0.4-8.3	186	3.5	0.9-6.0	307	3.8	1.7-6.0
60-69	115	3.5	0.3-6.8	199	6.0	2.7-9.2	314	5.0	2.7-7.4
18-69	**289**	**2.8**	**0.9-4.6**	**476**	**3.9**	**2.3-5.6**	**765**	**3.5**	**2.2-4.7**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	75	17.7	7.9-27.4	116	18.5	10.5-26.4
45-59	121	25.1	16.7-33.6	186	22.0	15.4-28.5	307	23.2	18.0-28.4
60-69	115	26.4	17.3-35.4	199	27.6	20.6-34.6	314	27.1	21.6-32.7
18-69	**289**	**21.7**	**16.4-26.9**	**476**	**21.8**	**17.7-26.0**	**765**	**21.8**	**18.5-25.0**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H1, H2a, H4, H5
- Epi Info program name: HraisedbptradWT

History of Diabetes

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all population.

Instrument questions:

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

Blood sugar measurement and diagnosis									
	Men								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	130	51.2	41.6-60.7	46.7	37.2-56.2	1.4	0.0-3.4	0.7	0.0-2.1
30-44	268	35.4	29.4-41.4	60.5	54.3-66.7	2.1	0.5-3.6	2.0	0.2-3.9
45-59	410	19.6	15.4-23.9	66.4	61.3-71.4	8.3	5.2-11.4	5.7	3.4-8.0
60-69	294	16.4	12.0-20.7	60.1	53.9-66.3	13.4	9.2-17.6	10.1	5.8-14.4
18-69	**1102**	**30.9**	**27.5-34.2**	**58.9**	**55.5-62.4**	**5.9**	**4.5-7.3**	**4.3**	**3.1-5.6**

Blood sugar measurement and diagnosis									
	Women								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	183	46.2	38.1-54.4	50.4	42.2-58.5	2.1	0.0-4.3	1.3	0.0-3.0
30-44	404	28.4	23.4-33.3	64.2	59.0-69.4	4.6	2.3-6.9	2.8	1.1-4.6
45-59	601	17.5	14.3-20.8	70.7	66.7-74.6	5.8	3.7-7.9	6.0	4.0-8.0
60-69	446	13.8	10.3-17.4	63.2	58.2-68.2	14.3	10.4-18.2	8.7	5.9-11.4
18-69	**1634**	**25.7**	**23.1-28.3**	**63.3**	**60.5-66.1**	**6.4**	**5.0-7.7**	**4.7**	**3.6-5.7**

Blood sugar measurement and diagnosis									
	Both sexes								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	313	48.5	42.3-54.7	48.7	42.5-54.9	1.8	0.3-3.3	1.0	0.0-2.2
30-44	672	31.3	27.5-35.1	62.7	58.7-66.7	3.5	2.0-5.0	2.5	1.2-3.8
45-59	1011	18.4	15.8-21.0	68.9	65.8-72.1	6.8	5.0-8.6	5.9	4.4-7.4
60-69	740	14.9	12.1-17.6	61.9	58.1-65.8	13.9	11.1-16.8	9.3	6.9-11.7
18-69	**2736**	**27.8**	**25.8-29.9**	**61.5**	**59.3-63.6**	**6.2**	**5.2-7.1**	**4.5**	**3.7-5.3**

Analysis Information:

- Questions used: H6, H7a, H7b
- Epi Info program name: HdiabetesWT

Diabetes treatment among those diagnosed

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

Instrument questions:

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

Percentage currently taking medication prescribed for diabetes among those previously diagnosed

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	63.2	49.7-76.7	70	68.7	56.9-80.5	128	66.3	57.4-75.1
60-69	66	70.8	58.7-83.0	95	75.9	66.7-85.1	161	73.8	66.5-81.2
18-69	**139**	**62.5**	**53.4-71.5**	**200**	**58.1**	**50.2-66.0**	**339**	**59.8**	**53.9-65.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Percentage currently taking insulin prescribed for diabetes among those previously diagnosed

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	14.3	4.0-24.5	70	18.5	8.2-28.9	128	16.6	9.3-24.0
60-69	66	24.3	11.4-37.2	95	17.6	8.5-26.6	161	20.3	12.8-27.9
18-69	**139**	**20.3**	**12.3-28.3**	**200**	**14.6**	**9.1-20.1**	**339**	**16.9**	**12.3-21.4**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H6, H7a, H8, H9
- Epi Info program name: HdiabetesWT

Diabetes advice by traditional healer

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

Instrument questions:

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

Seen a traditional healer for diabetes among those previously diagnosed									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	6.1	0.0-12.4	70	1.7	0.0-4.0	128	3.6	0.6-6.7
60-69	66	2.6	0.0-6.4	95	5.9	1.0-10.8	161	4.5	1.3-7.8
18-69	**139**	**3.6**	**0.5-6.6**	**200**	**4.4**	**0.9-8.0**	**339**	**4.1**	**1.6-6.6**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	31.6	17.9-45.4	70	26.1	15.1-37.1	128	28.5	19.9-37.2
60-69	66	23.3	11.4-35.1	95	32.6	22.0-43.2	161	28.7	20.8-36.6
18-69	**139**	**25.9**	**17.6-34.2**	**200**	**22.6**	**16.4-28.8**	**339**	**23.9**	**18.9-28.9**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H6, H7a, H10, H11
- Epi Info program name: HdiabetestradWT

HbA1C, eye and foot exams as part of diabetes control

Description: Percentage who had at least 2 glycosylated haemoglobin tests, percentage who had their eyes checked within the past 2 years, and percentage who had their feet checked within the past year, among those previously diagnosed with diabetes.

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Have you received at least two HbA1C (glycated hemoglobin) tests in the past year as part of diabetes control?
- When was the last time your eyes were examined as part of your diabetes control?
- When was the last time your feet were examined as part of your diabetes control?

Received at least two HbA1C (glycated hemoglobin) tests in the past year

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	56	60.1	45.6-74.6	63	68.0	55.3-80.7	119	64.4	119
60-69	60	72.2	58.6-85.7	89	70.2	59.7-80.8	149	71.0	149
18-69	**131**	**63.4**	**53.8-73.0**	**185**	**59.3**	**51.1-67.6**	**316**	**61.0**	**316**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Had eyes were examined in the past 2 years

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	49.7	35.1-64.3	69	49.5	36.6-62.4	127	49.6	40.0-59.2
60-69	66	66.1	53.5-78.8	94	56.8	45.7-67.9	160	60.7	52.3-69.0
18-69	**139**	**50.8**	**41.3-60.3**	**198**	**45.1**	**37.3-53.0**	**337**	**47.4**	**41.4-53.4**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Had feet examined in the past year

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	58	34.6	20.9-48.4	69	39.2	26.5-52.0	127	37.2	27.8-46.5
60-69	65	52.8	39.0-66.7	94	47.7	36.3-59.1	159	49.8	41.1-58.6
18-69	**138**	**38.4**	**29.2-47.5**	**198**	**36.9**	**29.3-44.6**	**336**	**37.5**	**31.7-43.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H6, H7a, H10, H11a, H11b, H11c
- Epi Info program name: HdiabetescheckWT

History of Raised Total Cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all population.

Instrument questions:

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

Total cholesterol measurement and diagnosis									
	Men								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	130	59.5	50.2-68.9	35.2	26.2-44.2	1.8	0.0-3.9	3.5	0.0-7.7
30-44	268	36.0	29.9-42.2	49.6	43.1-56.1	6.5	3.4-9.6	7.9	4.3-11.5
45-59	410	18.9	14.7-23.1	54.5	49.1-59.8	15.6	11.7-19.6	11.0	7.7-14.4
60-69	294	15.1	10.9-19.3	55.4	49.1-61.8	14.5	10.0-18.9	15.0	10.4-19.6
18-69	**1102**	**32.5**	**29.1-36.0**	**48.8**	**45.3-52.3**	**9.6**	**7.8-11.4**	**9.1**	**7.2-11.1**

Total cholesterol measurement and diagnosis									
	Women								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	183	59.7	51.9-67.6	34.8	27.2-42.3	3.7	0.5-6.8	1.8	0.0-3.8
30-44	404	29.6	24.8-34.5	59.3	54.0-64.5	5.5	2.9-8.1	5.6	3.2-8.1
45-59	601	18.1	14.8-21.4	56.7	52.3-61.1	13.5	10.3-16.6	11.8	9.0-14.5
60-69	446	14.5	10.9-18.0	52.9	47.9-58.0	16.0	12.2-19.7	16.7	12.9-20.4
18-69	**1634**	**29.1**	**26.3-31.8**	**52.3**	**49.5-55.2**	**9.7**	**8.1-11.2**	**9.0**	**7.5-10.4**

Total cholesterol measurement and diagnosis									
	Both sexes								
Age Group	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	313	59.6	53.6-65.7	34.9	29.1-40.8	2.8	0.8-4.8	2.6	0.4-4.8
30-44	672	32.3	28.4-36.1	55.3	51.2-59.4	5.9	3.9-7.9	6.6	4.5-8.6
45-59	1011	18.4	15.8-21.0	55.8	52.4-59.2	14.3	11.9-16.8	11.5	9.4-13.6
60-69	740	14.7	12.0-17.5	54.0	50.0-57.9	15.4	12.5-18.2	16.0	13.1-18.9
18-69	**2736**	**30.5**	**28.4-32.6**	**50.8**	**48.6-53.1**	**9.6**	**8.4-10.8**	**9.0**	**7.9-10.2**

Analysis Information:

- Questions used: H12, H13a, H13b
- Epi Info program name: HcholWT

Cholesterol treatment among those diagnosed

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

Instrument questions:

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

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

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	77	6.7	1.3-12.2
45-59	107	35.7	25.8-45.7	146	32.8	24.5-41.0	253	34.0	27.7-40.4
60-69	84	50.0	38.2-61.9	147	50.8	42.0-59.6	231	50.5	43.4-57.5
18-69	**233**	**30.4**	**24.0-36.9**	**345**	**33.1**	**27.7-38.5**	**578**	**32.0**	**27.8-36.1**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H12, H13a, H14
- Epi Info program name: HcholWT

Cholesterol advice by traditional healer

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

Instrument questions:

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

Seen a traditional healer for raised cholesterol among those previously diagnosed									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	77	2.7	0.0-7.8
45-59	107	2.1	0.0-4.7	146	1.5	0.0-3.2	253	1.7	0.3-3.2
60-69	84	4.6	0.0-9.1	147	1.8	0.0-4.1	231	2.9	0.7-5.1
18-69	**233**	**2.2**	**0.5-4.0**	**345**	**2.1**	**0.1-4.1**	**578**	**2.2**	**0.8-3.6**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	6	0.0	0.0-0.0	11	9.5	0.0-27.7	17	5.3	0.0-15.5
30-44	36	25.2	9.9-40.5	41	2.0	0.0-5.8	77	13.0	4.9-21.1
45-59	107	16.1	8.6-23.6	146	18.3	11.5-25.0	253	17.4	12.4-22.4
60-69	84	23.1	13.3-32.9	147	28.4	20.4-36.4	231	26.4	20.2-32.6
18-69	**233**	**19.1**	**13.5-24.7**	**345**	**18.4**	**14.0-22.7**	**578**	**18.7**	**15.2-22.1**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H12, H13a, H15, H16
- Epi Info program name: HcholtradWT

History of Cardiovascular Diseases

History of cardio-vascular diseases

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

Instrument questions:

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

Having ever had a heart attack or chest pain from heart disease or a stroke									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	3.9	1.1-6.8	183	7.3	3.2-11.4	313	5.8	3.1-8.4
30-44	268	6.6	3.4-9.8	404	7.8	4.5-11.0	672	7.3	5.0-9.6
45-59	410	10.5	7.3-13.7	601	9.7	7.1-12.3	1011	10.0	8.0-12.1
60-69	294	17.9	12.9-23.0	446	14.3	10.8-17.9	740	15.8	12.9-18.8
18-69	**1102**	**9.3**	**7.5-11.1**	**1634**	**9.6**	**7.9-11.2**	**2736**	**9.4**	**8.2-10.7**

Analysis Information:

- Question used: H17
- Epi Info program name: HcvdWT (weighted)

Prevention and treatment of heart disease

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

Instrument questions:

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

Percentage currently taking aspirin regularly to prevent or treat heart disease									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	0.4	0.0-1.1	183	0.5	0.0-1.3	313	0.4	0.0-1.0
30-44	268	3.0	0.8-5.3	404	2.7	0.7-4.6	672	2.8	1.3-4.3
45-59	410	9.0	6.0-11.9	601	4.4	2.7-6.2	1011	6.2	4.6-7.9
60-69	294	17.5	12.6-22.4	446	12.1	8.8-15.5	740	14.3	11.5-17.2
18-69	**1102**	**6.9**	**5.4-8.4**	**1634**	**4.6**	**3.6-5.7**	**2736**	**5.6**	**4.7-6.5**

Percentage currently taking statins regularly to prevent or treat heart disease									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	0.0	0.0-0.0	183	0.0	0.0-0.0	313	0.0	0.0-0.0
30-44	268	0.0	0.0-0.0	404	1.5	0.0-3.1	672	0.9	0.0-1.8
45-59	410	5.5	3.1-7.8	601	3.9	2.1-5.6	1011	4.5	3.1-5.9
60-69	294	17.2	12.3-22.1	446	9.4	6.4-12.4	740	12.6	9.9-15.3
18-69	**1102**	**4.9**	**3.6-6.1**	**1634**	**3.5**	**2.6-4.4**	**2736**	**4.1**	**3.3-4.8**

Analysis Information:

- Questions used: H18, H19
- Epi Info program name: HcvdmedsWT

Lifestyle Advice

Lifestyle advice

Description: Percentage of population who received lifestyle advice from a doctor or health worker during the past 12 months among all population.

Instrument question:

- During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following?

Percentage advised by doctor or health worker to quit using tobacco or don't start									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	11.1	2.4-19.8	105	8.1	2.5-13.7	172	9.4	4.4-14.4
30-44	144	8.4	3.6-13.2	285	6.7	3.2-10.1	429	7.3	4.4-10.1
45-59	271	12.7	8.4-17.0	455	4.8	2.6-6.9	726	7.8	5.7-9.9
60-69	220	11.4	6.8-16.0	356	9.6	6.2-13.0	576	10.3	7.5-13.0
18-69	**702**	**11.0**	**8.3-13.7**	**1201**	**6.9**	**5.2-8.6**	**1903**	**8.5**	**7.0-9.9**

Percentage advised by doctor or health worker to reduce salt in the diet									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	19.2	8.3-30.2	105	15.0	7.9-22.2	172	16.9	10.6-23.1
30-44	144	20.3	13.4-27.2	285	22.5	17.0-28.0	429	21.7	17.4-26.1
45-59	271	40.5	34.0-46.9	455	30.7	26.0-35.4	726	34.4	30.6-38.2
60-69	220	36.1	28.9-43.2	356	36.4	30.9-41.9	576	36.3	31.9-40.7
18-69	**702**	**30.2**	**26.3-34.1**	**1201**	**27.1**	**24.3-30.0**	**1903**	**28.3**	**26.0-30.6**

Percentage advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	25.0	13.3-36.7	105	27.9	18.8-37.0	172	26.6	19.4-33.8
30-44	144	30.6	22.7-38.5	285	31.4	25.4-37.3	429	31.1	26.3-35.8
45-59	271	46.9	40.3-53.5	455	43.1	38.0-48.1	726	44.5	40.5-48.5
60-69	220	42.3	35.0-49.6	356	48.6	42.9-54.3	576	46.2	41.6-50.7
18-69	**702**	**37.5**	**33.3-41.6**	**1201**	**38.5**	**35.3-41.6**	**1903**	**38.1**	**35.6-40.6**

Percentage advised by doctor or health worker to reduce fat in the diet									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	26.3	14.6-37.9	105	18.9	11.2-26.7	172	22.1	15.4-28.9
30-44	144	39.0	30.5-47.4	285	37.1	30.8-43.3	429	37.7	32.7-42.8
45-59	271	48.8	42.2-55.3	455	44.1	39.0-49.1	726	45.9	41.9-49.9
60-69	220	50.7	43.3-58.2	356	48.1	42.4-53.9	576	49.1	44.6-53.7
18-69	**702**	**42.4**	**38.1-46.6**	**1201**	**39.0**	**35.9-42.2**	**1903**	**40.3**	**37.8-42.8**

Percentage advised by doctor or health worker to start or do more physical activity									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	38.9	26.0-51.8	105	26.1	17.0-35.2	172	31.7	23.9-39.4
30-44	144	45.0	36.3-53.7	285	45.4	39.0-51.8	429	45.3	40.1-50.4
45-59	271	55.2	48.7-61.7	455	53.8	48.8-58.8	726	54.3	50.4-58.3
60-69	220	50.4	43.0-57.8	356	53.7	48.0-59.4	576	52.4	47.9-56.9
18-69	**702**	**48.4**	**44.0-52.7**	**1201**	**47.0**	**43.7-50.3**	**1903**	**47.5**	**44.9-50.1**

Percentage advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	28.5	17.0-40.1	105	27.3	18.2-36.4	172	27.8	20.6-35.0
30-44	144	41.9	33.2-50.5	285	43.4	37.0-49.7	429	42.8	37.7-48.0
45-59	271	52.6	46.1-59.2	455	54.0	48.9-59.0	726	53.5	49.5-57.5
60-69	220	45.7	38.3-53.1	356	51.3	45.6-57.0	576	49.2	44.6-53.7
18-69	**702**	**43.7**	**39.4-47.9**	**1201**	**46.1**	**42.9-49.4**	**1903**	**45.2**	**42.6-47.8**

Percentage advised by doctor or health worker to reduce sugary beverages in the diet									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	67	30.5	18.1-42.9	105	21.2	13.1-29.3	172	25.3	18.1-32.4
30-44	144	34.9	26.6-43.3	285	34.1	28.0-40.3	429	34.4	29.5-39.4
45-59	271	41.5	35.0-47.9	455	37.1	32.2-42.0	726	38.8	34.9-42.7
60-69	220	39.9	32.6-47.2	356	43.3	37.6-49.0	576	42.0	37.5-46.5
18-69	**702**	**37.3**	**33.1-41.5**	**1201**	**35.2**	**32.1-38.2**	**1903**	**36.0**	**33.5-38.5**

Analysis Information:

- Questions used: H20a-g
- Epi Info program name: HlifestyleWT (weighted)

Cervical Cancer Screening

Cervical cancer screening

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

Instrument question:

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

Age Group	Women		
	n	%	95% CI
18-29	180	15.9	10.2-21.7
30-44	400	65.0	59.8-70.2
45-59	598	75.9	72.2-79.6
60-69	443	79.3	75.3-83.2
18-69	**1621**	**61.5**	**58.6-64.4**

Analysis Information:

- Question used: CX1
- Epi Info program name: HcervcancerWT

Cervical cancer screening among women aged 30-49 years

Description: Percentage of females aged 30-49 years who have ever had a screening test for cervical cancer among all females aged 30-49 years.

Instrument question:

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

Age Group	Women		
	n	%	95% CI
30-49	577	68.2	63.9-72.5

Analysis Information:

- Question used: CX1
- Epi Info program name: HcervcancerWT

Last cervical cancer screening test

Description: Occurrence of last cervical cancer screening test among all females who have ever had a screening test for cervical cancer, and among females aged 30-49 years who have ever had a screening test for cervical cancer

Instrument question:

- Have you ever had a screening test for cervical cancer, using any of these methods described above?
- When was your last test for cervical cancer?

Last cervical cancer screening test									
	Women								
Age Group	n	% Less than 1 year ago	95% CI	% 1-2 years ago	95% CI	% 3-5 years ago	95% CI	% More than 5 years ago	95% CI
18-29	--	**--**	**--**	--	**--**	**--**	**--**	**--**	**--**
30-44	258	36.1	29.6-42.6	33.7	27.4-40.0	19.7	14.2-25.3	10.5	6.5-14.5
45-59	446	25.0	20.5-29.5	33.4	28.5-38.2	20.3	16.2-24.3	21.3	17.1-25.5
60-69	342	14.4	10.4-18.5	25.7	20.7-30.6	14.5	10.4-18.5	45.4	39.6-51.2
18-69	**1078**	**26.3**	**23.2-29.3**	**31.6**	**28.5-34.8**	**19.0**	**16.3-21.7**	**23.1**	**20.4-25.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Last cervical cancer screening test									
	Women								
Age Group	n	% Less than 1 year ago	95% CI	% 1-2 years ago	95% CI	% 3-5 years ago	95% CI	% More than 5 years ago	95% CI
30-49	394	33.4	28.1-38.6	34.9	29.7-40.2	18.6	14.1-23.0	13.1	9.5-16.8

Analysis Information:

- Question used: CX1, CX2
- Epi Info program name: HcervcancerWT

Health Screening

Breast examination

Description: Percentage of females who have ever been shown how to examine their breasts among all females.

Instrument question:

- Have you been shown how to examine your breasts?

Age Group	Women		
	n	%	95% CI
18-29	183	40.2	32.4-48.0
30-44	403	58.2	52.9-63.5
45-59	601	83.2	80.0-86.5
60-69	446	82.6	78.7-86.4
18-69	**1633**	**67.2**	**64.4-70.0**

Analysis Information:

- Question used: S4
- Epi Info program name: PAHO_HbreastcancerWT

Last breast examination

Description: Occurrence of last breast examination among all females

Instrument question:

- When was the last time you had an examination of your breasts?

Last breast examination									
	Women								
Age Group	n	% 1 year ago or less	95% CI	% between 1 and 2 years ago	95% CI	% more than 2 years ago	95% CI	% never	95% CI
18-29	179	13.2	7.9-18.5	5.6	2.0-9.2	16.6	10.5-22.7	64.6	56.9-72.3
30-44	398	25.7	20.9-30.5	7.9	5.1-10.7	24.8	20.0-29.6	41.5	36.2-46.9
45-59	594	42.1	37.7-46.5	20.0	16.5-23.6	20.7	17.1-24.3	17.2	13.9-20.4
60-69	437	40.4	35.4-45.4	22.1	17.7-26.4	25.4	21.0-29.8	12.2	8.8-15.6
18-69	**1608**	**31.3**	**28.7-33.8**	**14.0**	**12.2-15.9**	**22.0**	**19.6-24.3**	**32.7**	**29.9-35.5**

Analysis Information:

- Question used: S5
- Epi Info program name: PAHO_HbreastcancerWT

Mammogram

Description: Occurrence of last mammogram among all females.

Instrument question:

- When was the last time you had a mammogram?

Last mammogram									
	Women								
Age Group	n	% 1 year ago or less	95% CI	% between 1 and 2 years ago	95% CI	% more than 2 years ago	95% CI	% never	95% CI
18-29	180	2.9	0.4-5.5	1.3	0.0-3.2	5.6	2.2-9.1	90.1	85.5-94.7
30-44	401	12.3	8.7-15.8	6.1	3.4-8.7	22.3	17.7-26.8	59.4	54.1-64.7
45-59	599	43.2	38.8-47.6	22.6	18.9-26.2	24.6	20.8-28.4	9.6	7.0-12.2
60-69	444	37.3	32.4-42.2	27.4	22.8-32.0	28.4	23.9-33.0	6.8	4.2-9.4
18-69	**1624**	**25.1**	**22.8-27.3**	**14.5**	**12.7-16.3**	**20.9**	**18.7-23.1**	**39.5**	**36.6-42.4**

Analysis Information:

- Question used: S6
- Epi Info program name: PAHO_ HmammogramWT

Prostate exam

Description: Percentage of males who have ever had a prostate examination among all males

Instrument question:

- Have you ever had an examination of your prostate?

Age Group	Men		
	n	%	95% CI
18-29	130	1.4	0.0-3.2
30-44	268	10.1	6.4-13.7
45-59	410	60.0	54.8-65.2
60-69	294	77.4	72.3-82.5
18-69	**1102**	**35.4**	**32.3-38.5**

Analysis Information:

- Question used: S3
- Epi Info program name: PAHO_ HprostaterectalWT

Colorectal cancer screening

Description: Percentage who have ever had a screening test for colorectal cancer screening

Instrument question:

- Have you ever had your feces examined to look for hidden blood?
- Have you ever had a colonoscopy?

Percentage who had feces checked for hidden blood									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	128	20.4	12.7-28.2	179	20.4	14.0-26.8	307	20.4	15.5-25.4
30-44	264	29.4	23.5-35.4	396	26.9	22.2-31.7	660	28.0	24.2-31.7
45-59	401	39.4	34.0-44.7	593	37.4	33.0-41.7	994	38.2	34.8-41.6
60-69	285	40.8	34.3-47.3	440	43.4	38.3-48.5	725	42.3	38.3-46.4
18-69	**1078**	**32.4**	**29.1-35.6**	**1608**	**32.1**	**29.6-34.7**	**2686**	**32.2**	**30.2-34.3**

Percentage who has had a colonoscopy									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	130	1.8	0.0-3.9	183	2.4	0.3-4.5	313	2.1	0.6-3.6
30-44	268	5.4	2.4-8.5	404	13.8	9.9-17.7	672	10.4	7.7-13.0
45-59	410	21.9	17.5-26.3	601	30.8	26.7-35.0	1011	27.2	24.2-30.3
60-69	294	35.2	29.0-41.4	446	36.3	31.5-41.2	740	35.9	32.1-39.7
18-69	**1102**	**15.0**	**12.8-17.2**	**1634**	**21.2**	**19.1-23.4**	**2736**	**18.7**	**17.1-20.2**

Analysis Information:

- Questions used: S1, S2
- Epi Info program name: PAHO_ HprostaterectalWT

Mental Health

Anxiety and Depression Symptoms

Description: Percentage of population classified by anxiety and depression symptom severity in the past two weeks.

Instrument questions:

- Over the last two weeks, how often have you been bothered by the following problems?
  - Feeling nervous, anxious or on edge
  - Not being able to stop or control worrying
  - Feeling down, depressed or hopeless
  - Little interest or pleasure in doing things

Age Group	Men								
	n	% normal	95% CI	% mild	95% CI	% moderate	95% CI	% severe	95% CI
18-29	130	70.2	61.6-78.8	21.8	14.1-29.6	6.2	1.6-10.8	1.7	0.0-3.7
30-44	268	80.8	75.5-86.0	14.4	9.7-19.1	3.1	0.9-5.2	1.8	0.0-3.7
45-59	410	86.2	82.6-89.8	10.0	6.9-13.2	2.6	0.9-4.2	1.2	0.1-2.3
60-69	294	91.8	88.6-95.1	6.6	3.6-9.5	0.8	0.0-1.7	0.8	0.0-1.9
18-69	**1102**	**82.0**	**79.2-84.8**	**13.4**	**10.8-15.9**	**3.2**	**1.9-4.6**	**1.4**	**0.6-2.2**

Age Group	Women								
	n	% normal	95% CI	% mild	95% CI	% moderate	95% CI	% severe	95% CI
18-29	183	59.7	51.7-67.7	29.1	21.7-36.5	6.5	2.3-10.7	4.7	1.0-8.4
30-44	404	70.1	65.1-75.1	19.1	14.6-23.5	7.0	4.3-9.7	3.9	1.8-5.9
45-59	601	78.7	75.1-82.4	16.3	13.0-19.6	3.4	1.8-5.0	1.6	0.5-2.6
60-69	446	84.5	80.9-88.2	11.7	8.4-14.9	1.9	0.5-3.3	1.9	0.5-3.2
18-69	**1634**	**73.5**	**70.9-76.2**	**18.8**	**16.4-21.1**	**4.8**	**3.5-6.1**	**2.9**	**1.9-4.0**

Age Group	Both Sexes								
	n	% normal	95% CI	% mild	95% CI	% moderate	95% CI	% severe	95% CI
18-29	313	64.5	58.5-70.4	25.8	20.4-31.2	6.4	3.3-9.5	3.4	1.1-5.6
30-44	672	74.5	70.8-78.2	17.1	13.9-20.4	5.4	3.6-7.2	3.0	1.6-4.5
45-59	1011	81.7	79.1-84.4	13.8	11.4-16.2	3.1	1.9-4.2	1.4	0.6-2.2
60-69	740	87.5	84.9-90.1	9.6	7.3-11.9	1.5	0.6-2.4	1.5	0.5-2.4
18-69	**2736**	**77.1**	**75.1-79.0**	**16.5**	**14.8-18.2**	**4.1**	**3.2-5.1**	**2.3**	**1.6-3.0**

Analysis Information:

- Questions used: AD1, AD2, AD3, AD4
- Epi Info program name: AnxietyDepressionWT

Population having considered attempting suicide in past 12 months

Description: Percentage of population who seriously considered attempting suicide in the last 12 months.

Instrument question:

- During the past 12 months, have you seriously considered attempting suicide?

Percentage having considered attempting suicide in the last 12 months									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	129	4.0	1.0-7.1	180	7.4	3.0-11.9	309	5.9	3.1-8.7
30-44	267	2.0	0.0-4.0	402	5.0	2.7-7.3	669	3.8	2.1-5.4
45-59	409	1.0	0.1-1.9	593	2.0	0.9-3.1	1002	1.6	0.8-2.4
60-69	292	0.8	0.0-1.8	441	1.5	0.3-2.6	733	1.2	0.4-2.0
18-69	**1097**	**2.0**	**1.0-2.9**	**1616**	**3.8**	**2.6-5.1**	**2713**	**3.1**	**2.2-3.9**

Analysis Information:

- Questions used: MH1
- Epi Info program name: MHconsideredWT

Population having sought professional help

Description: Percentage who sought professional help among those who considered attempting suicide in the past 12 months.

Instrument question:

- During the past 12 months, have you seriously considered attempting suicide?
- Did you seek professional help for these thoughts?

Percentage having sought professional help									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	**--**	**--**	**--**	**53**	**44.3**	**27.9-60.7**	**72**	**43.6**	**29.9-57.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: MH1, MH2
- Epi Info program name: MHhelpWT

Population having planned how to attempt suicide

Description: Percentage of population who made a plan about how to attempt suicide in the past 12 months.

Instrument question:

- During the past 12 months, have you made a plan about how you would attempt suicide?

Percentage having made a suicide plan in the past 12 months									
	Men			Women			Both Sexes		
Age Group (years)	n	% planned how to attempt suicide	95% CI	n	% planned how to attempt suicide	95% CI	n	% planned how to attempt suicide	95% CI
18-29	130	2.3	0.0-4.6	181	1.3	0.0-3.0	311	1.8	0.4-3.1
30-44	267	1.8	0.0-3.8	402	1.7	0.4-3.0	669	1.7	0.6-2.9
45-59	409	0.0	0.0-0.0	594	0.5	0.0-1.1	1003	0.3	0.0-0.6
60-69	292	0.2	0.0-0.6	440	0.5	0.0-1.1	732	0.4	0.0-0.8
18-69	**1098**	**1.1**	**0.3-1.9**	**1617**	**1.0**	**0.4-1.6**	**2715**	**1.0**	**0.6-1.5**

Analysis Information:

- Questions used: MH3
- Epi Info program name: MHplanWT

Population having ever attempted suicide

Description: Percentage of population who have ever attempted suicide.

Instrument question:

- Have you ever attempted suicide?

Percentage having ever attempted suicide									
	Men			Women			Both Sexes		
Age Group (years)	n	% attempted suicide	95% CI	n	% attempted suicide	95% CI	n	% attempted suicide	95% CI
18-29	129	7.6	2.9-12.3	181	11.2	5.7-16.7	310	9.6	5.9-13.3
30-44	267	4.6	1.8-7.4	402	6.2	3.6-8.7	669	5.5	3.6-7.4
45-59	409	2.4	0.6-4.2	594	2.8	1.5-4.1	1003	2.6	1.6-3.7
60-69	292	2.0	0.5-3.6	441	1.5	0.5-2.5	733	1.7	0.8-2.6
18-69	**1097**	**4.2**	**2.7-5.7**	**1618**	**5.2**	**3.8-6.6**	**2715**	**4.8**	**3.7-5.8**

Analysis Information:

- Questions used: MH4
- Epi Info program name: MHattemptedWT

Population having attempted suicide in the last 12 months

Description: Percentage who have attempted suicide in the past 12 months among those who have ever attempted suicide.

Instrument question:

- Have you ever attempted suicide?
- During the past 12 months, have you attempted suicide?

Percentage having attempted suicide in the last 12 months									
	Men			Women			Both Sexes		
Age Group (years)	n	% attempted suicide in past 12 months	95% CI	n	% attempted suicide in past 12 months	95% CI	n	% attempted suicide in past 12 months	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	--	--	--	--	--	--	--	--	--
45-59	--	--	--	--	--	--	--	--	--
60-69	--	--	--	--	--	--	--	--	--
18-69	--	--	--	**71**	**16.6**	**6.2-27.0**	**107**	**14.7**	**6.9-22.5**

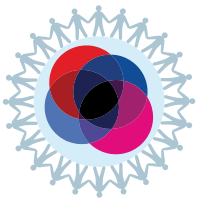
-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: MH4, MH5
- Epi Info program name: MHattemptedyearWT

Physical Measurements

Blood pressure



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

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	124	117.5	115.2-119.7	175	102.7	101.1-104.3	299	109.5	107.8-111.1
30-44	260	121.7	120.1-123.3	390	109.1	107.7-110.6	650	114.3	113.1-115.5
45-59	395	129.9	128.2-131.5	579	118.1	116.7-119.4	974	122.8	121.7-123.9
60-69	282	136.1	133.6-138.7	426	126.8	124.8-128.8	708	130.6	129.0-132.3
18-69	**1061**	**125.8**	**124.7-126.9**	**1570**	**114.1**	**113.2-115.0**	**2631**	**119.0**	**118.2-119.8**

Mean diastolic blood pressure (mmHg)									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	124	73.4	71.6-75.1	175	73.5	72.0-74.9	299	73.4	72.3-74.6
30-44	260	79.6	78.2-81.0	390	77.8	76.7-78.9	650	78.5	77.6-79.4
45-59	395	83.3	82.1-84.4	579	79.9	79.1-80.8	974	81.3	80.6-82.0
60-69	282	82.3	80.8-83.7	426	78.5	77.3-79.7	708	80.0	79.1-81.0
18-69	**1061**	**79.7**	**78.9-80.5**	**1570**	**77.8**	**77.2-78.3**	**2631**	**78.6**	**78.1-79.1**

Analysis Information:

- Questions used: M4a, M4b, M5a, M5b, M6a, M6b
- Epi Info program name: MbloodpressureWT

Raised blood pressure

Description: Percentage of population with raised blood pressure.

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

SBP ≥140 and/or DBP ≥ 90 mmHg									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	123	5.1	1.4-8.8	174	4.1	1.1-7.1	297	4.6	2.2-6.9
30-44	258	18.6	13.6-23.6	382	12.4	8.9-15.9	640	15.0	12.0-17.9
45-59	383	34.1	28.8-39.4	559	18.4	15.0-21.9	942	24.8	21.7-27.8
60-69	260	42.9	36.1-49.7	395	27.4	22.5-32.3	655	33.8	29.7-37.9
18-69	**1024**	**24.3**	**21.4-27.1**	**1510**	**15.4**	**13.5-17.3**	**2534**	**19.1**	**17.5-20.8**

SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	120	4.8	1.1-8.5	172	3.9	0.8-6.9	292	4.3	1.9-6.6
30-44	243	17.4	12.4-22.4	348	9.5	6.3-12.6	591	12.8	10.0-15.6
45-59	306	30.9	25.1-36.6	440	16.9	13.1-20.8	746	22.6	19.3-25.9
60-69	166	43.2	34.7-51.8	245	21.2	15.6-26.8	411	30.4	25.4-35.5
18-69	**835**	**21.1**	**18.1-24.0**	**1205**	**11.9**	**10.0-13.8**	**2040**	**15.8**	**14.1-17.5**

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	123	6.1	2.1-10.1	174	4.4	1.3-7.5	297	5.2	2.7-7.7
30-44	258	22.2	16.9-27.6	382	17.2	13.2-21.2	640	19.3	16.1-22.5
45-59	383	45.0	39.5-50.5	559	34.9	30.5-39.3	942	39.0	35.5-42.4
60-69	260	63.9	57.5-70.3	395	51.8	46.4-57.2	655	56.8	52.6-60.9
18-69	**1024**	**32.5**	**29.4-35.7**	**1510**	**26.6**	**24.2-29.0**	**2534**	**29.1**	**27.1-31.0**

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	120	0.0	0.0-0.0	172	1.3	0.0-2.9	292	0.7	0.0-1.6
30-44	243	2.4	0.4-4.4	348	1.5	0.2-2.7	591	1.9	0.8-3.0
45-59	306	6.0	3.4-8.5	440	4.3	2.2-6.4	746	5.0	3.4-6.6
60-69	166	14.3	8.4-20.1	245	3.8	0.9-6.7	411	8.2	5.2-11.2
18-69	**835**	**4.3**	**3.0-5.6**	**1205**	**2.6**	**1.7-3.5**	**2040**	**3.3**	**2.6-4.1**

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	123	1.4	0.0-3.1	174	1.9	0.2-3.6	297	1.7	0.5-2.9
30-44	258	8.1	4.7-11.6	382	9.9	6.7-13.0	640	9.1	6.8-11.5
45-59	383	25.2	20.4-29.9	559	25.0	21.1-29.0	942	25.1	22.0-28.1
60-69	260	45.5	38.7-52.3	395	41.2	35.8-46.5	655	43.0	38.7-47.2
18-69	**1024**	**18.2**	**15.8-20.6**	**1510**	**18.8**	**16.7-20.9**	**2534**	**18.5**	**17.0-20.1**

Analysis Information:

- Questions used: M4a, M4b, M5a, M5b, M6a, M6b, M7
- Epi Info program name: MraisedbpWT

Treatment and control of raised blood pressure

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

Instrument questions:

- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?
- Reading 1-3 systolic and diastolic blood pressure

Population with treated and/or controlled raised blood pressure							
	Men						
Age Group	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-29	--	--	--	--	--	--	--
30-44	58	16.2	6.2-26.3	10.1	2.2-18.0	73.7	61.8-85.5
45-59	174	24.2	17.2-31.2	21.2	14.3-28.1	54.6	46.4-62.9
60-69	160	32.9	24.9-40.9	24.1	16.5-31.7	43.0	34.3-51.7
18-69	**402**	**25.3**	**20.7-29.9**	**19.3**	**15.0-23.6**	**55.4**	**50.0-60.8**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Population with treated and/or controlled raised blood pressure							
	Women						
Age Group	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-29	--	--	--	--	--	--	--
30-44	71	28.0	17.1-39.0	21.6	10.7-32.4	50.4	37.8-63.0
45-59	194	47.2	39.4-54.9	14.9	9.7-20.1	37.9	30.4-45.4
60-69	201	47.1	39.4-54.7	28.0	20.9-35.0	25.0	18.4-31.5
18-69	**475**	**42.1**	**37.1-47.0**	**20.6**	**16.5-24.6**	**37.3**	**32.4-42.3**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Population with treated and/or controlled raised blood pressure							
	Both Sexes						
Age Group	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP≥140 and/or DBP≥90	95% CI	% Not on medication and SBP≥140 and/or DBP≥90	95% CI
18-29	--	--	--	--	--	--	--
30-44	129	22.4	14.9-29.9	16.1	9.1-23.0	61.6	52.6-70.5
45-59	368	36.5	31.0-42.0	17.8	13.6-22.1	45.7	40.1-51.3
60-69	361	40.5	34.9-46.1	26.2	21.0-31.3	33.3	27.8-38.8
18-69	**877**	**34.2**	**30.7-37.7**	**20.0**	**17.1-22.9**	**45.8**	**42.1-49.5**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: M4a, M4b, M5a, M5b, M6a, M6b, M7
- Epi Info program name: MraisedbpWT

Blood pressure diagnosis, treatment and control

Description: Raised blood pressure diagnosis, treatment and control among those with raised blood pressure (SBP ≥140 and/or DBP ≥ 90 mmHg) or currently on medication for raised blood pressure.

Instrument questions:

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?
- Reading 1-3 systolic and diastolic blood pressure

Raised blood pressure diagnosis, treatment and control among all population

Men

Age Group	n	% with raised BP, not previously diagnosed	95% CI	% with previously diagnosed raised BP, not on medication	95% CI	% with previously diagnosed raised BP, on medication but not controlled	95% CI	% with previously diagnosed raised BP, on medication and controlled	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	58	57.2	43.9-70.6	16.4	6.5-26.4	10.1	2.2-18.0	16.2	6.2-26.3
45-59	172	45.9	37.6-54.2	9.3	4.7-13.8	21.4	14.4-28.3	23.4	16.4-30.4
60-69	159	34.6	26.2-43.1	9.3	4.2-14.4	23.5	15.9-31.0	32.7	24.6-40.7
18-69	**399**	**45.6**	**40.1-51.1**	**10.3**	**7.0-13.6**	**19.2**	**14.9-23.4**	**24.9**	**20.3-29.6**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Raised blood pressure diagnosis, treatment and control among all population

Women

Age Group	n	% with raised BP, not previously diagnosed	95% CI	% with previously diagnosed raised BP, not on medication	95% CI	% with previously diagnosed raised BP, on medication but not controlled	95% CI	% with previously diagnosed raised BP, on medication and controlled	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	69	40.6	28.1-53.2	11.0	3.8-18.3	22.1	11.0-33.2	26.3	15.3-37.2
45-59	192	28.9	21.8-36.1	10.2	5.8-14.6	14.2	9.0-19.3	46.7	38.9-54.5
60-69	200	18.2	12.5-23.8	7.2	3.0-11.4	27.7	20.6-34.8	46.9	39.2-54.6
18-69	**470**	**29.2**	**24.5-34.0**	**8.9**	**6.2-11.7**	**20.3**	**16.2-24.3**	**41.5**	**36.6-46.5**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Raised blood pressure diagnosis, treatment and control among all population									
	Both Sexes								
Age Group	n	% with raised BP, not previously diagnosed	95% CI	% with previously diagnosed raised BP, not on medication	95% CI	% with previously diagnosed raised BP, on medication but not controlled	95% CI	% with previously diagnosed raised BP, on medication and controlled	95% CI
18-29	--	--	--	--	--	--	--	--	--
30-44	127	48.7	39.4-58.0	13.6	7.5-19.8	16.3	9.3-23.3	21.4	13.9-28.9
45-59	364	36.8	31.3-42.3	9.8	6.6-12.9	17.5	13.3-21.8	35.9	30.4-41.4
60-69	359	25.8	20.7-30.9	8.2	4.9-11.4	25.7	20.6-30.9	40.3	34.7-45.9
18-69	**869**	**37.0**	**33.3-40.6**	**9.6**	**7.5-11.7**	**19.8**	**16.8-22.7**	**33.7**	**30.2-37.2**

-- Indicates estimate based on less than 50 unweighted cases and has been suppressed.

Analysis Information:

- Questions used: H1, H2a, M4a, M4b, M5a, M5b, M6a, M6b, M7
- Epi Info program name: MraisedbpWT (weighted)

Mean heart rate

Description: Mean heart rate (beats per minute).

Instrument question:

- Reading 1-3 heart rate

Mean heart rate (beats per minute)									
Age Group	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	124	77.1	74.8-79.5	175	81.2	79.5-82.8	299	79.3	77.9-80.7
30-44	260	75.5	74.0-77.1	390	79.6	78.4-80.8	650	77.9	77.0-78.9
45-59	395	76.3	75.0-77.6	579	77.0	76.1-78.0	974	76.8	76.0-77.5
60-69	282	74.9	73.4-76.4	426	76.5	75.4-77.6	708	75.8	74.9-76.7
18-69	**1061**	**76.0**	**75.2-76.9**	**1570**	**78.5**	**77.9-79.1**	**2631**	**77.5**	**77.0-78.0**

Analysis Information:

- Questions used: M16a, M16b, M16c
- Epi Info program name: MheartrateWT

Height, weight and BMI

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

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

Mean height (cm)						
Age Group	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	125	174.9	173.7-176.1	173	161.1	159.9-162.2
30-44	260	175.2	174.2-176.1	386	160.9	160.3-161.6
45-59	397	172.1	171.4-172.9	581	159.8	159.2-160.4
60-69	280	172.2	171.3-173.1	427	158.1	157.4-158.8
18-69	**1062**	**173.6**	**173.2-174.1**	**1567**	**160.1**	**159.7-160.4**

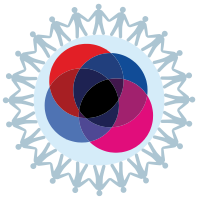
Mean weight (kg)						
Age Group	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	125	86.3	82.3-90.3	173	74.8	71.3-78.3
30-44	260	92.1	89.6-94.5	386	79.0	76.9-81.2
45-59	397	91.7	89.7-93.8	580	78.9	77.4-80.5
60-69	280	88.1	85.8-90.4	426	77.5	75.8-79.3
18-69	**1062**	**89.9**	**88.5-91.3**	**1565**	**77.9**	**76.8-79.0**

Mean BMI (kg/m^2)									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	125	28.1	27.0-29.3	173	28.7	27.5-30.0	298	28.5	27.6-29.3
30-44	260	30.0	29.2-30.7	384	30.3	29.6-31.0	644	30.2	29.7-30.7
45-59	397	30.9	30.3-31.5	578	30.8	30.2-31.4	975	30.8	30.4-31.3
60-69	280	29.7	29.0-30.4	426	31.0	30.4-31.6	706	30.5	30.0-30.9
18-69	**1062**	**29.8**	**29.3-30.2**	**1561**	**30.3**	**29.9-30.7**	**2623**	**30.1**	**29.8-30.4**

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: MbmiWT

BMI categories



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

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

BMI classification									
	Men								
Age Group	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	125	1.1	0.0-3.2	37.3	27.7-47.0	31.3	22.5-40.2	30.2	21.5-38.9
30-44	260	0.4	0.0-1.2	19.7	14.6-24.9	34.0	27.8-40.1	45.9	39.3-52.4
45-59	397	0.6	0.0-1.3	11.1	7.9-14.3	36.9	31.6-42.1	51.4	46.0-56.9
60-69	280	0.9	0.0-1.9	16.5	12.0-21.0	42.7	36.3-49.2	40.0	33.4-46.5
18-69	**1062**	**0.7**	**0.1-1.3**	**20.7**	**17.5-23.9**	**35.8**	**32.5-39.2**	**42.8**	**39.3-46.3**

BMI classification									
	Women								
Age Group	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	173	4.1	0.8-7.4	30.5	22.8-38.2	26.3	18.9-33.6	39.1	31.1-47.2
30-44	384	0.6	0.0-1.4	19.4	14.9-23.9	30.5	25.5-35.5	49.4	43.9-54.9
45-59	578	0.4	0.0-0.8	16.9	13.6-20.3	33.0	28.8-37.3	49.6	45.1-54.1
60-69	426	0.5	0.0-1.2	14.5	10.9-18.1	32.5	27.7-37.4	52.5	47.3-57.7
18-69	**1561**	**1.2**	**0.5-1.9**	**19.9**	**17.5-22.3**	**30.9**	**28.2-33.5**	**48.0**	**45.1-50.9**

BMI classification									
	Both Sexes								
Age Group	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
18-29	298	2.7	0.7-4.8	33.6	27.5-39.8	28.6	22.9-34.3	35.0	29.1-41.0
30-44	644	0.6	0.0-1.1	19.6	16.2-23.0	32.0	28.1-35.8	47.9	43.7-52.2
45-59	975	0.5	0.1-0.9	14.6	12.2-17.0	34.6	31.3-37.9	50.4	46.9-53.8
60-69	706	0.6	0.0-1.2	15.3	12.5-18.1	36.7	32.8-40.6	47.4	43.3-51.5
18-69	**2623**	**1.0**	**0.5-1.5**	**20.2**	**18.3-22.2**	**32.9**	**30.9-35.0**	**45.8**	**43.6-48.1**

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: MbmiclassWT

BMI ≥25

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

Instrument questions:

- For women: Are you pregnant?
- Height
- Weight

BMI≥25									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	125	61.6	51.8-71.3	173	65.4	57.4-73.4	298	63.6	57.4-69.9
30-44	260	79.8	74.6-85.1	384	79.9	75.4-84.5	644	79.9	76.4-83.3
45-59	397	88.3	85.0-91.6	578	82.7	79.3-86.0	975	84.9	82.5-87.4
60-69	280	82.7	78.1-87.3	426	85.0	81.4-88.7	706	84.1	81.2-86.9
18-69	**1062**	**78.6**	**75.4-81.8**	**1561**	**78.9**	**76.4-81.4**	**2623**	**78.8**	**76.8-80.7**

Analysis Information:

- Questions used: M8, M11, M12
- Epi Info program name: MbmiclassWT

Waist circumference

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

Instrument questions:

- For women: Are you pregnant?
- Waist circumference measurement

Waist circumference (cm)						
Age Group	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	125	93.7	90.7-96.7	172	86.7	84.2-89.2
30-44	259	100.1	98.3-101.8	386	92.4	90.8-94.0
45-59	397	103.5	102.1-105.0	580	95.9	94.6-97.1
60-69	280	103.8	102.0-105.6	427	98.4	97.0-99.8
18-69	**1061**	**100.3**	**99.2-101.4**	**1565**	**93.5**	**92.7-94.4**

Analysis Information:

- Questions used: M8, M14
- Epi Info program name: MwaistWT

Hip circumference

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

Instrument questions:

- For women: Are you pregnant?
- Hip circumference measurement

Hip circumference (cm)						
Age Group	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	125	104.1	101.8-106.4	172	104.6	102.2-107.1
30-44	259	106.9	105.4-108.3	386	109.2	107.7-110.8
45-59	397	107.0	105.9-108.1	580	109.7	108.5-110.9
60-69	280	105.3	103.9-106.7	427	109.8	108.5-111.2
18-69	**1061**	**106.0**	**105.2-106.8**	**1565**	**108.6**	**107.8-109.4**

Analysis Information:

- Questions used: M8, M15
- Epi Info program name: MhipWT

Waist / hip ratio

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

Instrument questions:

- For women: Are you pregnant?
- Waist circumference measurement
- Hip circumference measurement

Mean waist / hip ratio						
Age Group	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18-29	125	0.9	0.9-0.9	172	0.8	0.8-0.8
30-44	259	0.9	0.9-0.9	386	0.8	0.8-0.9
45-59	397	1.0	1.0-1.0	580	0.9	0.9-0.9
60-69	280	1.0	1.0-1.0	427	0.9	0.9-0.9
18-69	**1061**	**0.9**	**0.9-1.0**	**1565**	**0.9**	**0.9-0.9**

Analysis Information:

- Questions used: M8, M14, M15
- Epi Info program name: MwaisthipratioWT

Biochemical Measurements

Mean fasting blood glucose

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

Instrument questions:

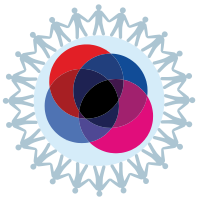
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement

Mean fasting blood glucose (mmol/L)									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	98	4.9	4.6-5.2	138	5.0	4.9-5.2	236	4.9	4.8-5.1
30-44	206	5.5	5.1-5.8	336	5.3	5.1-5.4	542	5.3	5.2-5.5
45-59	326	5.8	5.5-6.1	504	5.9	5.7-6.1	830	5.9	5.7-6.0
60-69	241	6.3	6.0-6.7	382	6.3	6.0-6.6	623	6.3	6.1-6.5
18-69	**871**	**5.6**	**5.4-5.7**	**1360**	**5.6**	**5.5-5.7**	**2231**	**5.6**	**5.5-5.7**

Analysis Information:

- Questions used: B1, B5
- Epi Info program name: BglucoseWT

Raised blood glucose



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

Instrument questions:

- In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement
- Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

Impaired Fasting Glycaemia*

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	4.4	0.4-8.4	138	5.7	1.7-9.7	236	5.1	2.2-7.9
30-44	206	12.5	7.3-17.6	336	15.2	10.8-19.6	542	14.1	10.7-17.4
45-59	327	17.4	12.7-22.1	504	18.5	14.9-22.2	831	18.1	15.2-21.0
60-69	241	16.2	11.3-21.1	382	18.7	14.6-22.8	623	17.7	14.5-20.8
18-69	**872**	**12.6**	**10.2-15.1**	**1360**	**15.0**	**12.9-17.1**	**2232**	**14.0**	**12.4-15.6**

Raised blood glucose or currently on medication for diabetes**

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	0.9	0.0-2.6	138	1.7	0.0-3.5	236	1.3	0.1-2.6
30-44	206	6.8	3.2-10.4	336	4.1	1.8-6.5	542	5.2	3.2-7.2
45-59	327	12.0	8.1-15.8	504	13.3	10.2-16.4	831	12.8	10.4-15.2
60-69	241	24.4	18.3-30.6	382	23.8	19.1-28.6	623	24.1	20.3-27.8
18-69	**872**	**10.1**	**8.1-12.2**	**1360**	**10.3**	**8.7-11.9**	**2232**	**10.2**	**8.9-11.5**

Currently on medication for diabetes

Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	0.9	0.0-2.6	139	0.3	0.0-1.0	237	0.6	0.0-1.5
30-44	207	2.1	0.0-4.2	336	0.6	0.0-1.3	543	1.2	0.2-2.1
45-59	329	9.6	6.0-13.1	509	9.2	6.4-12.0	838	9.3	7.1-11.5
60-69	242	17.5	12.0-23.0	383	18.4	13.9-22.8	625	18.0	14.6-21.5
18-69	**876**	**6.8**	**5.1-8.5**	**1367**	**6.6**	**5.3-7.9**	**2243**	**6.7**	**5.7-7.8**

* Impaired fasting glycaemia is defined as either

- plasma venous value: ≥6.1mmol/L and <7.0mmol/L
- capillary whole blood value: ≥5.6mmol/L and <6.1 mmol/L

** Raised blood glucose is defined as either

- plasma venous value: ≥ 7.0 mmol/L
- capillary whole blood value: ≥ 6.1 mmol/L

Analysis Information:

- Questions used: H8, H9, B1, B5, B6
- Epi Info program name: BglucoseWT

Blood glucose diagnosis and treatment

Description: Raised blood glucose diagnosis and treatment among all population.

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?
- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement
- Today, have you taken insulin or other drugs (medication) that have been prescribed by a doctor or other health worker?

Raised blood glucose diagnosis and treatment among all population							
	Men						
Age Group	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29	98	0.0	0.0-0.0	1.8	0.0-4.3	0.9	0.0-2.6
30-44	206	3.7	1.0-6.5	2.4	0.4-4.5	2.1	0.0-4.2
45-59	326	4.4	2.2-6.5	5.3	2.8-7.9	8.6	5.2-12.0
60-69	242	8.3	4.5-12.1	6.1	2.8-9.4	16.6	11.2-22.0
18-69	**872**	**3.9**	**2.6-5.1**	**3.8**	**2.5-5.1**	**6.4**	**4.7-8.0**

Raised blood glucose diagnosis and treatment among all population							
	Women						
Age Group	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29	139	1.4	0.0-3.0	3.1	0.2-5.9	0.3	0.0-1.0
30-44	336	2.6	0.7-4.6	6.0	3.0-9.1	0.6	0.0-1.3
45-59	506	5.4	3.5-7.3	3.7	1.9-5.4	8.7	6.0-11.4
60-69	382	6.8	4.2-9.5	5.6	3.1-8.1	17.5	13.2-21.9
18-69	**1363**	**4.0**	**3.0-5.1**	**4.6**	**3.3-5.9**	**6.3**	**5.0-7.6**

Raised blood glucose diagnosis and treatment among all population							
	Both Sexes						
Age Group	n	% with raised blood glucose, not previously diagnosed	95% CI	% with previously diagnosed raised blood glucose, not on medication	95% CI	% with previously diagnosed raised blood glucose, on medication	95% CI
18-29	237	0.7	0.0-1.6	2.5	0.6-4.4	0.6	0.0-1.5
30-44	542	3.1	1.5-4.7	4.6	2.6-6.6	1.2	0.2-2.1
45-59	832	5.0	3.5-6.4	4.3	2.9-5.8	8.6	6.5-10.8
60-69	624	7.4	5.2-9.6	5.8	3.8-7.8	17.2	13.8-20.6
18-69	**2235**	**4.0**	**3.2-4.8**	**4.3**	**3.4-5.2**	**6.3**	**5.3-7.4**

Analysis Information:

- Questions used: H6, H7a, H8, H9, B1, B5, B6
- Epi Info program name: BglucoseWT

Total cholesterol

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

Instrument question:

- Total cholesterol measurement

Mean total cholesterol (mmol/L)									
Age Group	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29	98	3.6	3.4-3.7	139	3.9	3.7-4.1	237	3.7	3.6-3.9
30-44	207	4.1	4.0-4.2	336	4.4	4.3-4.5	543	4.3	4.2-4.4
45-59	329	4.5	4.3-4.6	509	5.0	4.9-5.1	838	4.8	4.7-4.9
60-69	242	4.3	4.1-4.5	383	4.9	4.8-5.1	625	4.7	4.6-4.8
18-69	**876**	**4.1**	**4.0-4.2**	**1367**	**4.6**	**4.5-4.7**	**2243**	**4.4**	**4.3-4.4**

Analysis Information:

- Questions used: B8
- Epi Info program name: BtotallipidsWT

Raised total cholesterol

Description: Percentage of population with raised total cholesterol.

Instrument questions:

- Total cholesterol measurement

Total cholesterol ≥ 5.0 mmol/L									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	8.1	2.4-13.7	139	12.7	7.0-18.5	237	10.6	6.6-14.6
30-44	207	14.4	9.4-19.5	336	24.5	19.5-29.4	543	20.5	16.9-24.1
45-59	329	32.2	26.5-37.8	509	46.3	41.5-51.1	838	40.7	37.0-44.4
60-69	242	25.1	19.1-31.2	383	46.8	41.4-52.2	625	38.1	33.9-42.2
18-69	**876**	**20.0**	**17.1-22.9**	**1367**	**33.1**	**30.3-35.9**	**2243**	**27.7**	**25.7-29.8**

Total cholesterol ≥ 6.2 mmol/L									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	1.3	0.0-3.3	139	2.0	0.0-4.5	237	1.7	0.1-3.3
30-44	207	2.8	0.4-5.2	336	3.4	1.4-5.4	543	3.1	1.6-4.7
45-59	329	7.7	4.5-10.8	509	15.5	12.2-18.9	838	12.4	10.0-14.8
60-69	242	8.5	4.5-12.5	383	17.0	12.9-21.1	625	13.6	10.7-16.6
18-69	**876**	**4.9**	**3.5-6.4**	**1367**	**9.5**	**7.9-11.1**	**2243**	**7.6**	**6.5-8.7**

Analysis Information:

- Questions used: B8
- Epi Info program name: BtotallipidsWT

Raised total cholesterol

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

Instrument questions:

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

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	8.1	2.4-13.7	139	14.0	8.0-19.9	237	11.3	7.2-15.4
30-44	207	16.3	10.9-21.6	336	25.8	20.7-30.8	543	22.0	18.3-25.7
45-59	329	39.1	33.2-45.0	509	50.8	46.0-55.6	838	46.2	42.4-49.9
60-69	242	40.1	33.2-47.1	383	59.4	54.0-64.8	625	51.7	47.4-56.0
18-69	**876**	**25.3**	**22.1-28.5**	**1367**	**37.6**	**34.7-40.5**	**2243**	**32.6**	**30.4-34.7**

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	98	1.3	0.0-3.3	139	3.2	0.3-6.2	237	2.4	0.5-4.2
30-44	207	4.6	1.5-7.7	336	4.7	2.4-7.0	543	4.6	2.8-6.5
45-59	329	16.3	11.8-20.7	509	21.8	17.9-25.7	838	19.6	16.6-22.6
60-69	242	24.2	17.9-30.5	383	32.6	27.4-37.7	625	29.2	25.2-33.2
18-69	**876**	**10.9**	**8.7-13.0**	**1367**	**15.1**	**13.1-17.0**	**2243**	**13.3**	**11.9-14.8**

Analysis Information:

- Questions used: B8, B9
- Epi Info program name: BtotallipidsWT

Cardiovascular disease risk

CVD risk of ≥20% or existing CVD

Description: Percentage of population aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* ≥20% or with existing CVD

Instrument questions: combined from Step 1, 2 and 3

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

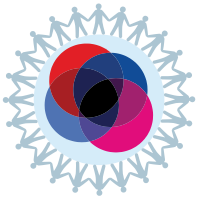
Percentage of population with a 10-year CVD risk ≥20% or with existing CVD									
Age Group	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	281	8.8	5.9-12.9	459	11.6	8.3-16.0	740	10.5	8.1-13.5
55-69	369	19.3	15.1-24.3	555	12.8	10.0-16.2	924	15.4	13.0-18.2
40-69	**650**	**14.0**	**11.3-17.2**	**1014**	**12.2**	**9.9-14.8**	**1664**	**12.9**	**11.1-14.9**

* A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).

Analysis Information:

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

Drug therapy and counseling for those with CVD risk ≥20% or existing CVD



Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk* ≥20%, including those with existing CVD) receiving drug therapy and counseling** (including glycaemic control) to prevent heart attacks and strokes.

Instrument questions: combined from Step 1, 2 and 3

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

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

Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	--	--	--	--	--	--	69	37.0	25.1-50.8
55-69	71	63.6	50.1-75.2	71	55.1	42.0-67.5	142	59.4	50.1-68.1
40-69	**98**	**59.1**	**47.7-69.6**	**113**	**43.4**	**33.0-54.4**	**211**	**50.2**	**42.4-58.1**

* A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).

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

Analysis Information:

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

Summary of Combined Risk Factors

Summary of Combined Risk Factors

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

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

Summary of Combined Risk Factors							
	Men						
Age Group	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	381	1.3	0.1-2.4	74.6	70.1-79.2	24.1	19.7-28.6
45-69	640	0.4	0.0-0.7	43.5	39.2-47.7	56.2	51.9-60.4
18-69	**1021**	**0.8**	**0.2-1.5**	**60.0**	**56.5-63.4**	**39.2**	**35.8-42.6**

Summary of Combined Risk Factors							
	Women						
Age Group	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	539	3.4	1.4-5.3	69.3	65.0-73.7	27.3	23.1-31.4
45-69	945	1.8	0.8-2.8	50.8	47.3-54.3	47.4	43.8-50.9
18-69	**1484**	**2.6**	**1.5-3.7**	**60.0**	**57.1-62.8**	**37.4**	**34.6-40.2**

Summary of Combined Risk Factors							
	Both Sexes						
Age Group	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	920	2.4	1.2-3.6	71.7	68.5-74.9	25.9	22.8-28.9
45-69	1585	1.2	0.6-1.8	47.8	45.1-50.6	50.9	48.2-53.7
18-69	**2505**	**1.8**	**1.2-2.5**	**60.0**	**57.8-62.2**	**38.2**	**36.0-40.3**

Analysis Information:

- Questions used: T1, T2, D1-D4, P1-P15b, M4a-M6b, M7, M8, M11, M12
- Epi Info program name: RaisedriskWT