World Health Organization

REGIONAL OFFICE FOR **Europe**

STEPS

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN BELARUS

STEPS 2016

PREVALENCE
OF NONCOMMUNICABLE
DISEASE RISK FACTORS
IN BELARUS
STEPS 2016

2017

ABSTRACT

In Belarus, as in other countries, noncommunicable diseases (NCDs) remain the main causes of morbidity, disability and premature mortality. The most efficient measure for reducing the NCD burden is their prevention, by reducing the behavioural risk factors of the population and of individuals. The risk factors are tobacco smoking, alcohol drinking, excessive salt intake, low physical activity, overweight and an unhealthy diet.

The first national survey of the prevalence of major NCD risk factors in the population of Belarus aged 18–69 years (STEPS survey) has been conducted. The results provide an objective view of the current prevalence of NCD risk factors in the adult population, which will be used to determine approaches to the prevention of NCDs in the country in the coming years.

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Abbreviations and acronyms

BMI	body-mass index
CI	confidence interval
CVD	cardiovascular diseases
DBP	diastolic blood pressure
HDL	high-density lipoprotein
IQR	Interquartile range
MET	metabolic equivalent
NCD	noncommunicable disease
PAP test	Papanicolaou test
PSU	primary sampling unit
SBP	systolic blood pressure

FOREWORD

Human health and well-being are interrelated, and healthy people are the most important element of the sustainable development of any country. The health of a nation's population determines its social and economic development and ensures its supply of high-quality labour, intellectual capacity, stability and living standards. Health is also the most valuable asset of every person: it is his or her personal resource and capital, regardless of age, sex, welfare or residence. The Sustainable Development Agenda 2030, adopted by 193 countries under the aegis of the United Nations in September 2015, came into force on 1 January 2016. The 17 Sustainable Development Goals are comprehensive and include population health, and goal 3 (Ensure healthy lives and promote well-being for all at all ages) is directly related and includes combating noncommunicable diseases (NCDs) and their risk factors.

All countries in the world face some demographic and public health challenges. Currently, the main cause of death globally is NCDs. Poor health and financial outlay due to NCDs are a serious threat to the individual, the family, the health system and the country's economy. As the scale of the problem grows, a large-scale response is required. As in other countries, NCDs remain the main cause of morbidity, disability and premature mortality in Belarus, accounting for 86% of deaths and 77% of overall morbidity. Therefore, the prevalence of risk factors for these diseases is relevant. In 2016, the country adopted a State programme on people's health and demographic security for 2016–2020, which includes measures against major chronic diseases. The programme is designed as a comprehensive, nationwide approach to creating a preventive environment, to be supported by the whole of society and each citizen individually.

The most efficient measure for reducing the burden of NCDs is the prevention of their development by addressing the behavioural risk factors at population and individual levels. These factors are smoking, alcohol drinking, excessive salt intake, low physical activity, overweight and an unhealthy diet. Policies for the management of NCD prevention and risk factors must be based on qualitative data on existing problems at national level, in order to set up a strategy and for monitoring the efficacy of activities.

WHO supports the Government of Belarus and its health care system in combating NCDs and their risk factors through joint programmes and international technical assistance projects. In 2016–2020, the country is implementing an international technical assistance project on preventing NCDs, promoting a healthy lifestyle and modernizing the health system of Belarus, funded by the European Union.

WHO has supported the conduct of a national STEPS survey on the prevalence of major NCD risk factors in the population aged 18–69 years. This large-scale, representative, comprehensive survey of NCD risk factors was the first to be conducted in Belarus. The results will provide an objective view of the current prevalence of NCD risk factors in the adult population and will be compared with the results for similar indicators in other countries. This will largely determine the approaches to NCD prevention in Belarus in the coming years.

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

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EXECUTIVE SUMMARY

The national STEPS survey of NCD risk factors in Belarus was implemented in two stages. The actions undertaken during the preparatory stage were:

- establishing a coordination council to prepare the plan for conducting and monitoring the STEPS survey;
- editing and adapting the WHO STEPS Instrument (WHO questionnaire) to the national context;
- preparing the implementation plan and cost estimate;
- identifying a representative sample;
- procuring consumables for field work; and
- training regional working group coordinators and interviewers in the STEPS method.

The main stage of the survey involved interviewing respondents, taking anthropometric measures and sampling biological material for laboratory tests. It was conducted between 10 October 2016 and 23 February 2017. Data processing and analysis and drafting of the final report were conducted between March and May 2017.

The purpose of the STEPS survey

was to determine the prevalence of the main NCD risk factors at baseline and to ensure efficient planning of interventions to prevent and control NCDs.

The objectives of the survey were to:

- determine the prevalence of behavioural NCD risk factors (tobacco consumption, alcohol consumption, insufficient physical activity, unhealthy diet, overweight) in the population aged 18–69 years;
- estimate the prevalence of biological NCD risk factors (high blood pressure, cholesterol and blood glucose); and
- analyse differences in the prevalence of risk factors by sex, age and urban or rural residence.

With the method of multistage cluster sampling, 5760 respondents aged 18–69 years were selected, who were distributed equally by age, sex and region of residence; 5010 (87.0%) took part in the STEPS survey.

The main results of the STEPS survey are summarized below.

29.6% of respondents smoke currently (48.4% of men and 12.6% of women), 27.1% smoke daily. Курят в настоящее время 29,6% респондентов. 27,1% курят ежедневно.

Analysis of prevalence of tobacco smoking showed that 32.7% of rural respondents and 27.1% of urban respondents smoked. In addition, 54.1% of rural smokers were men and 11.7% were women, 43.3% of urban respondents were men and 13.2% were women.

The mean age at starting smoking was 17.5 years in the total sample (men, 16.9 years; women, 19.9 years) but was lower in those aged 18–29 years (16.4 years; men, 16.1; women, 17.3) than in those aged 60–69 years age (19.3 years; men, 17.9; women, 27.1).

Almost every fifth non-smoking respondent was exposed to second-hand tobacco smoke at home (18.8%) or in the workplace (14.9%), and men were more likely to be exposed to second-hand smoke at the workplace (at home, 18.9%; at workplace, 22.5%) than women (at home, 18.8%; at workplace, 8.5%).

Every third current smoker (32.7%) had tried to quit smoking during the previous 12 months. Only 31.6% had been advised by a doctor or health worker to quit smoking or not to start smoking; 63.6% of smokers had received such an advice.

Of those who smoked, 98.4% smoked manufactured cigarettes, at an average daily rate of 14.9 cigarettes per day. An average pack of cigarettes costs 2.2 BYN (Belarusian rubles) (US$ 1.10), for an approximate annual total of 600 BYN (US$ 300).

Alcohol had been consumed within the previous 30 days by 52.8% of respondents (men, 64.9%; women, 41.8%); 21.5% (men, 29.2%; women, 36.3%) had not drunk alcohol during the previous 30 days but had done so during the previous 12 months. The survey did not reveal any reliable difference between alcohol consumption among respondents in urban and rural areas.

Occasional drinking of large amounts of alcohol (men, ≥ 60 g and women, ≥ 40 g of pure alcohol per drinking occasion) was reported by 20.2% of respondents (men, 27.4%; women, 13.7%), and 6.6% of respondents (men, 11.9%; women, 1.4%) drank alcohol in the morning to ease a hangover.

6.6% of respondents (men, 11.9%; women, 1.4%) reported that they needed to drink alcohol in the morning to ease a hangover.

Generally, respondents reported low consumption of fruit and vegetables: 72.9% of respondents had fewer than five servings per day (men, 77.9%; women, 68.4%).

In households in which food was prepared at home, vegetable oils were most frequently used for cooking (88.9%).

The average dietary salt intake per day was 10.6 g (men, 12.4 g/day; women, 9.0 g/day).

Inadequate physical activity (less than the 150 min/week recommended by WHO) was reported by 13.2% of respondents (12.8% of men and 13.5% of women), with a median time spent doing physical activity of 137.1 min/day (men, 214.3 min; women: 107.1 min).

Of women aged 30–49 years, 90.5% had had a screening test for cervical cancer.

About 40% of respondents had received advice on a healthy lifestyle from a doctor or health worker during the previous 3 years.

Anthropometric measurements showed that 60.6% of respondents were overweight (body mass index (BMI) > 25 kg/m^2), with no differences between men and women. One fourth of respondents (25.4%) were obese (BMI > 30 kg/m^2), while the percentage of obese women (30.2%) was 1.5 times higher than that of men (20.2%). The mean BMI of all respondents was 27.0 kg/m^2; the mean waist circumference was 86.9 cm for women and 92.1 cm for men.

The mean values for systolic (SBP) and diastolic (DBP) blood pressure (including respondents taking antihypertensive medications) were 134.6 and 84.9 mm Hg (women, 132.7 and 84.1 mm Hg; men, 136.6 and 85.8 mm Hg), respectively. Almost half the respondents (44.9%) had high blood pressure (SBP > 140 and DBP > 90 mmHg), with no significant difference between men and women.

More than half the respondents with raised blood pressure (53.4%) reported they did not take antihypertensive medication, the indicator being higher in men (65.0%) than in women (42.6%).

The mean fasting plasma glucose in the population sample was 4.7 mmol/L, and 4.0% of respondents were at the threshold level (6.1–7.0 mmol/L). Raised blood glucose (blood plasma > 7.0 mmol/L) was observed in 3.6% of respondents, including those taking hypoglycaemic medication.

No significant difference in fasting blood glucose was seen between men and women. Raised total cholesterol (> 5 mmol/L) was found in 38.2% of respondents, including those taking medication for hypercholesterolemia, with slightly more women (42.6%) than men (33.4%).

Overall, the survey showed that 40.5% of respondents (47.9% men, 33.7% women) had three or more NCD risk factors (daily tobacco smoking, consumption of fewer than five servings of vegetables and/or fruit per day, inadequate physical activity, overweight, raised blood pressure). The number of respondents who had three or more NCD risk factors increased proportionally with age. Only 5.6% of respondents had no NCD risk factor (men, 2.5%; women, 8.4%).

The full results of the STEPS survey in the Republic of Belarus are presented in Annexes A, C, D, E, F, G, H, I.

Annex B gives WHO STEPS instrument adapted for the Republic of Belarus (questionnaire).

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

1. INTRODUCTION

Noncommunicable diseases worldwide

Globally, over 36 million people die due to NCDs each year. The problem is particularly significant, because 40% of the deaths are those of people under 60 years, which threatens the well-being of families and the economies of both developed or developing countries, estimated to cost them trillions of US dollars *(1)*.

According to WHO estimates, however, 9.1 million deaths per year could be prevented by reducing the main behavioural NCD risk factors: tobacco consumption, inadequate physical activity, alcohol drinking and an unhealthy diet.

Tobacco use, including both smoking and second-hand smoking, causes over 6 million deaths annually. Smoking accounts for about 71% of cases of lung cancer, 42% of chronic respiratory disease and 10% of cardiovascular disease (CVD). The proportion of deaths associated with tobacco smoking is higher in men than in women *(2)*.

About 4.5% of the global burden of disease and injury is associated with alcohol drinking. Alcohol contributes to trauma leading to death or injury (disability) at a relatively young age, resulting in the loss of many years of life. Globally, alcohol abuse causes around 3.8% of all deaths annually, and more than half of these deaths are associated with NCDs, including liver cirrhosis, cancer and CVDs. Alcohol consumption significantly increases the probability of cancers of the larynx, oesophagus, pancreas, rectum and colon and of breast cancer in women. Occasional and continuous consumption of alcohol in large amounts (an average of ≥ 60 g pure alcohol per drinking occasion for men and ≥ 40 g for women) increases the rate of mortality due to CVD and increases the probability of hypertension, haemorrhagic strokes and atrial fibrillation *(3)*.

Low fruit and vegetable consumption increases the risks for CVD, stomach cancer and colorectal cancer.

High salt consumption is an important determinant of high blood pressure and CVD. High consumption of saturated fats and *trans* fats is associated with increased risks for heart disease and stroke.

Raised blood pressure is the main NCD risk factor throughout the world, as it causes 9.4 million deaths per year and is associated with more than a half of the approximately 17 million CVD-related deaths annually *(4)*. As raised cholesterol is associated with 2.6 million deaths per year, these two factors are the main risk factors for CVD and stroke.

Physically inactive people have a 20–30% increased risk for death from all causes, and a high BMI increases the risks for CVD, strokes, diabetes and some cancers.

The burden of NCDs is growing rapidly, and the social, economic and medical consequences are catastrophic to some countries. Over 80% of deaths in low- and middle-income countries are due to CVD and diabetes, almost 90% to chronic obstructive pulmonary disease and over two thirds to cancer *(1)*. If no action is taken, the costs of NCDs will be trillions of US dollars of lost resources over the next three decades. At the same time, cost-effective measures to reduce the burden and impact of NCDs are available, and consistent policies to reduce the prevalence of risk factors at population level and improving public health will help avoid millions of premature deaths. Improving epidemiological surveillance and monitoring should be a priority in the fight against NCDs at national and international levels.

The WHO European Ministerial Conference on the Life-course Approach in the Context of Health 2020 was held in Minsk (Belarus) on 21–22 October 2015 to strengthen the country's capacity to prevent and control NCDs. The Conference adopted the Minsk Declaration *(5)*, which calls on all countries in the European Region to build strong capacity to combat preventable NCDs, to reduce total mortality due to NCDs and, most importantly, to reduce the death rate in the working-age population.

Noncommunicable diseases in Belarus

NCDs are associated with 79.1% of deaths and 79.8% of the overall morbidity burden in Belarus and are thus the main causes of morbidity, disability and premature mortality. Most importantly, NCDs are the main cause of "over-mortality" among working-age men.

The average mortality rate in Belarus is higher than that in Europe, due mainly to the high mortality rates associated with CVD, malignant neoplasms and other common NCDs. A moderate decrease in mortality due to such NCDs as stroke, acute myocardial infarction and chronic obstructive pulmonary disease has, however, been seen over the past few years, and the total mortality rate due to neoplasms has stabilized. The trends in the working-age population are:
- CVDs: a decrease in mortality over the past 5 years (from 153.5 cases per 100 000 population in 2012 to 136.3 cases in 2016);
- acute myocardial infarction: from 5.7 cases per 100 000 population in 2012 to 4.8 cases in 2016;
- stroke-related mortality: from 27.6 cases per 100 000 population in 2012 to 25.2 cases in 2016;
- diabetes: no significant change in mortality in the past 5 years (1.2 cases per 100 000 population in 2012 and 1.3 cases in 2016); and
- malignant neoplasms: no significant change in mortality in the past 5 years (83.7 cases per 100 000 population in 2012 and 83.1 cases in 2016).

Most chronic NCDs have many causes. The main risk factors are genetic predisposition and an unhealthy lifestyle. In Belarus, lifestyle factors, including high blood pressure, smoking, alcohol drinking, high cholesterol, overweight, insufficient fruit and vegetable consumption and a sedentary lifestyle, represent almost 60% of all NCD risk factors *(6–8)*. Alcohol remains one of

the main factors, with a significant impact on human resources in the country. Efforts that have been made to reverse the situation include restrictions on alcohol advertising, an extended list of sites at which selling alcoholic beverages is banned and laws to gradually increase the excise rates on alcoholic beverages. Although the country has been reducing alcohol sales over the past few years, total sales remain extremely high.

Even slight decreases in the main NCD risk factors can have significant impacts on morbidity and mortality *(9–12)*. In this regard, the health policy of Belarus corresponds fully to the priorities outlined in Health 2020, the European Health Care Policy. Belarus supports the Ashgabat Declaration, reflecting the country's commitment to fully implement the WHO Framework Convention on Tobacco Control; to prioritize reductions in the prevalence of NCDs; to involve all stakeholders and the whole of society; and to strengthen the health system to address NCD-related issues *(9)*. The country's health system has been active in reducing NCD risk factors. As the entire population – children, adults and elderly people – can be affected by NCDs, a large-scale, comprehensive preventive approach has been developed with all relevant ministries and departments, civil society organizations and the general public.

The health system has achieved significant results in recent years. Belarus is the leader among the countries in the Commonwealth of Independent States, and it enjoys the well-deserved respect of the global medical community because of its performance in health care, demography and the quality of medical care and public health.

The awareness of Belarus society about the importance of sound health and a healthy lifestyle is gradually being raised. Health was rated highest among the 22 life values of Belarusians: 86.9% of respondents reported that it was among their five most important values. A significant proportion of the population (44.1%) have changed their attitudes to health and are paying it greater attention.

Further promotion of a healthy lifestyle will be supported by a national web portal, Healthy People, which was launched in the *Medical Bulletin* with the assistance of the Ministry of Health on 17 May 2017.

2. PURPOSE, OBJECTIVES AND RATIONALE OF THE SURVEY

Purpose

The purpose of the STEPS survey was to study the prevalence of the main NCD risk factors in the population aged 18–69 years, in order to determine the baseline situation for efficient planning of interventions to prevent and control NCDs.

Objectives

- to determine the prevalence of behavioural NCD risk factors (consumption of tobacco and alcohol, insufficient physical activity, unhealthy diet);
- to estimate the prevalence of biological NCD risk factors (obesity, raised blood pressure, raised blood cholesterol, raised blood glucose); and
- to determine differences in the prevalence of risk factors by sex, age and urban or rural residence.

Rationale

This STEPS survey was the first to be conducted in Belarus, although screening is conducted continually to determine the prevalence of a number of NCD risk factors. The National Statistical Committee conducted a survey on tobacco consumption, physical activity and sports in the population aged 16 years and older during a sample household survey on living standards. In addition, as the National Statistical Committee is supported financially and technically by UNICEF, it has conducted a multiple indicator cluster survey, which included some questions on tobacco and alcohol consumption. Furthermore, Belarus organized a Global Youth Tobacco Survey for children aged 13–15 years twice, in 2004 and 2015. The National Statistical Committee issues a number of publications with details of the demographic situation, employment, working conditions and living standards and also on the prevalence of major diseases and some risk factors. Nevertheless, comprehensive, up-to-date data on NCD risk factors, disaggregated by sex, age and place of residence were needed in order to determine the baseline situation and to plan NCD prevention and control activities efficiently.

This first and follow-up STEPS surveys are designed to obtain reliable data for epidemiological surveillance and to serve as the main tool for monitoring progress in controlling NCDs. Conduct of the survey according to the WHO method ensures the comparability and reliability of the data on the prevalence of NCD risk factors. The STEPS survey is an important tool for assessing the prevalence of NCD risk factors and provides the country's health care system with essential information. Annex 1 summarizes the results of the Belarus STEPS survey.

3. SURVEY METHOD

Design

The main purpose of the STEPS sampling design was to ensure that the sample was nationally representative in size and scope and that the measured indicators reflected the situation in the country in general. The main objective of sampling was to obtain statistically reliable data at national and subnational levels (urban and rural) and in various sex and age groups of the population. The survey target group was the population of Belarus aged 18–69 years, except for:

- people permanently living in boarding institutions, specialized institutions for minors requiring social assistance or rehabilitation, children's villages, social service institutions, hospitals and other health care institutions, military barracks, buildings owned by or leased to religious organizations, people in detention, correctional institutions or occupational therapy institutes and
- people with no permanent place of residence.

Sampling

A two-stage probability sampling method was used to obtain a sample population for the STEPS survey, by applying stratification and selection procedures at each step. Selection was based on the territorial principle of population sampling. Probability sampling was used to exclude systematic distortions due to random selection of general population sampling units (PSUs) and possible subjective selection of survey participants by interviewers. The advantage of the probability sampling method is that selective observations can be applied to an entire population.

Stratification

Stratification was used to improve the accuracy of sampling and to ensure the required sample size. The sample was then divided into strata that were homogeneous with regard to their main characteristics. Given the differences in lifestyle and incidence rates in the populations living in cities, urban-type settlements and villages, the two strata identified were urban and rural.

To ensure uniform distribution of the sample population across the country, sampling was done separately in the six regions (*oblasts*) (Brest, Vitebsk, Gomel, Grodno, Minsk and Mogilev) and in the City of Minsk, corresponding to national administrative divisions.

The principle of serpentine location of sampling units, from north to south, was applied in shaping the primary sampling array to determine the geographical proximity of the selected sampling units within each region.

Determination of sample size

Sample size is one of the most important characteristics of sampling, as it affects the accuracy of the results and the cost of the survey and its duration. The total sample size was determined according to the number of target groups, the requirements for the reliability of the survey results and the resources available for conducting the survey.

To calculate the sample size with the mathematical formulas recommended by WHO for STEPS, shown below, assumptions were made with respect to the values of the parameters considered:

- confidence level for survey indicators, determined by the probability of a given sampling error;
- threshold error (required accuracy of estimates), measured as the sampling error, to determine the limits of the general population characteristics and their 95% confidence intervals (CIs);
- predicted values or expected prevalence (frequency) in the general population of the indicators;
- sample design effect, defined as the ratio between the standard error for the sampling method used and the standard error that would had been seen if simple random sampling of the same scope had been used;
- number of target groups expected to provide reliable estimates; and
- possible reduction in the number of selected respondents due to non-response.

The following formula was used to calculate the sample size for STEPS Belarus:

$$n = \frac{t^2 \times \dfrac{Q \times (1-Q)}{D^2} \times f}{K},$$

where: n is the required sample size,

t is a coefficient that determines a given confidence level for measuring the survey indicators,

Q is the predicted value or expected prevalence of the surveyed indicator,

D is the threshold error (maximum sampling error),

f is "deff" (design effect) and

K is a coefficient for adjusting the sample size to compensate for non-response.

The following values were taken for the constituent components of the formula in calculating the sample size for STEPS Belarus:

- t is equal to 1.96 at a 95% confidence level of measurement reliability of the survey indicators.
- The expected prevalence of the surveyed risk factor in the general population is 50% ($Q = 0.5$).
- The maximum sampling error is 5% ($D = 0.05$).
- The design effect value for samples with a complex design is 1.5 ($f = 1.5$).
- The sample size adjustment coefficient (K) is 0.8 for an expected 20% non-response.

The sample size calculated by substituting these values into the above formula was 720:

$$n = \frac{1.96^2 \times \dfrac{0.5 \times (1-0.5)}{0.05^2} \times 1.5}{0.8} = \frac{384 \times 1.5}{0.8} = \frac{576}{0.8} = 720.$$

This sample size would provide the required number of people aged 18–69 years to obtain reliable estimates of the STEPS indicators at national level for one population group.

STEPS Belarus was planned to survey indicators in four sex and age groups in each stratum (urban and rural), for eight target groups:

1. urban men aged 18–39 years,
2. urban men aged 40–69 years,
3. urban women aged 18–39 years,

4. urban women aged 40–69 years,
5. rural men aged 18–39 years,
6. rural men aged 40–69 years,
7. rural women aged 18–39 years and
8. rural women aged 40–69 years.

The survey plan provided for eight sex and age groups in analyses of indicators for the whole country, excluding urban or rural place of residence:
1. men aged 18–29 years;
2. men aged 30–44 years;
3. men aged 45–59 years;
4. men aged 60–69 years;
5. women aged 18–29 years;
6. women aged 30–44 years;
7. women aged 45–59 years;
8. women aged 60–69 years.

Thus, the sample size would have to be increased eight times to ensure the representativeness of the survey data at both national and urban/rural levels in terms of groups by age and sex. The final sample size was determined to be:

$$720 \times 8 = 5760.$$

As of 1 January 2016, the population of Belarus was 9 498 000, with 7 370 000 people living in urban areas and 2 128 000 in rural areas. The population by region and the distribution by place of residence are shown in Table 3.1.

Table 3.1. Population of Belarus (as of 1 January 2016)

Region	Population size			Percentage of total	
	Total	Urban	Rural	Urban	Rural
Brest Oblast	1 386 982	968 295	418 687	69.8	30.2
Vitebsk Oblast	1 193 587	916 691	276 896	76.8	23.2
Gomel Oblast	1 422 941	1 092 362	330 579	76.8	23.2
Grodno Oblast	1 050 125	780 139	269 986	74.3	25.7
Minsk City	1 959 781	1 959 781	0	100	0
Minsk Oblast	1 417 303	802 632	614 671	56.6	43.4
Mogilev Oblast	1 067 645	850 145	217 500	79.6	20.4
Total	**9 498 364**	**7 370 045**	**2 128 319**	**77.6**	**22.4**

Thus, the urban population represented a significant proportion of the total population: 77.6%. The proportion of urban population varies from 56.6% in Minsk Oblast to 79.6% in Mogilev Oblast.

In view of the significant difference between the size of the urban and rural populations, the sample size could not be distributed proportionally. The samples of urban and rural populations would have to be of the same size to obtain the same error (reliability) for estimating the indicators in each stratum:

$$n_{g/s} = 5760 \div 2 = 2880,$$

where $n_{g/s}$ is the sample size in urban *(g)* and rural *(s)* localities.

If there is a significant difference between the number of urban and rural respondents in the total population, an equal sample size would result in different sample sizes in the strata. As the proportions between the strata were different from those in the total population, the sample for the STEPS survey was not self-weighted. Therefore, to obtain reliable results at country level, statistical weighting was applied (see Step 3, below).

Sampling frame

A "sampling frame" is a set of data and materials used to select survey sampling elements. An optimal sampling frame is complete, accurate and up to date. Census data met these requirements best and therefore became the sampling frame for the STEPS survey. A population census is a representative territorial sampling frame presented as a hierarchical set of sites grouped in a certain way. The census areas are of average equal size, and each area is mapped by a scheme that provides a clear, non-overlapping delineation of geographical districts as well as information on the population and the number of households. The largest census area is one that includes several areas, and the smallest unit in the hierarchical structure of the census areas is the enumeration area.

The advantage of using enumeration areas as PSUs is that they are small and approximately equal in size (each with an average of about 100 households). A PSU is therefore a territory in which field work can be organized efficiently. For the population census, the territory of Belarus was divided into almost 32 000 enumeration areas.

As the latest population census was conducted in 2009, the data for rural areas were updated with data from polyclinics, outpatient clinics, medical and obstetrical centres and village council records.

Determination of cluster size and distribution

In conducting a survey, the number of PSUs to be selected in each stratum and the optimal ratio between the geographical dispersion of the sample and reliability must be determined: the more PSUs are selected, the better the geographical representativeness and overall reliability, and the smaller the cluster size, the more reliable are the estimates. Constraints of time and financial and human resources, however, required the selection of fewer, larger clusters.

The cluster size for STEPS Belarus was defined as 20 units, which was statistically efficient and unlikely to increase the design effect (sampling effect). On the basis of the defined size of one cluster and the sample size, the number of PSUs selected for the strata was calculated as:

$$a g_{/s} = \frac{n g_{/s}}{v} \equiv \frac{2880}{20} = 144,$$

where: $a g_{/s}$ is the number of PSUs to be selected in urban (*g*) and rural (*s*) areas,
   $n_{g/s}$ is the sample size in the urban (*g*) or rural (*s*) area, and
   v is the cluster size.

Nationwide, there were 288 clusters: 144 urban and 144 rural localities. The clusters in each stratum were distributed proportionally among regions on the basis of the population aged 18–69 years as of 1 January 2016. The distribution of the clusters is shown in Table 3.2.

Table 3.2. Populations aged 18–69 years (as of 1 January 2016) in Belarus and oblasts

Region	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Brest Oblast	693 839	12.9	264 172	19.0	958 011	14.2
Vitebsk Oblast	669 659	12.5	186 093	13.4	855 752	12.7
Gomel Oblast	792 382	14.8	213 138	15.3	1 005 520	14.9
Grodno Oblast	557 552	10.4	170 807	12.3	728 359	10.8
Minsk City	1 460 737	27.2	–		1 460 737	21.6
Minsk Oblast	575 047	10.7	412 790	29.7	987 837	14.6
Mogilev Oblast	617 849	11.5	142 953	10.3	760 802	11.2
Total	**5 367 065**		**1 389 953**		**6 757 018**	

Thus, in each region, the number of clusters selected by stratum was determined as a proportion of the population aged 18–69 years. The number of clusters to be selected in urban and rural areas in each region was calculated by multiplying the total number of clusters in those areas by the proportion that the urban or rural population in the region represented in the total urban and rural populations of the country:

$$ a^r_{g/s} = a_{g/s} \times \frac{N^r_{g/s}}{\sum_1^7 N^r_{g/s}} \, , $$

where:

$a^r_{g/s}$ is the number of clusters to be sampled in the region (r), in urban (g) and rural (s) areas,

$a_{g/s}$ is the number of clusters to be selected in the country in urban (g) and rural (s) localities,

$N^r_{g/s}$ is the number of people aged 18–69 years in the region (r) in urban (g) and rural (s) localities, and

$\sum_1^7 N^r_{g/s}$ is the total number of people aged 18–69 years in the country in urban (g) and rural (s) localities.

Table 3.3 shows the distribution of strata clusters by region.

Table 3.3. Distribution of strata clusters by region

Region	Urban	Rural	Total
Brest Oblast	19	27	46
Vitebsk Oblast	18	19	37
Gomel Oblast	21	22	43
Grodno Oblast	15	18	33
Minsk City	39	–	39
Minsk Oblast	15	43	58
Mogilev Oblast	17	15	32
Total	**144**	**144**	**288**

As 20 sampling units were included in each of the 288 clusters, the total sample size was 5 760. The distribution of strata sampling by region is shown in Table 3.4.

Table 3.4. Distribution of strata sampling by region

Region	Urban	Rural	Total
Brest Oblast	380	540	920
Vitebsk Oblast	360	380	740
Gomel Oblast	420	440	860
Grodno Oblast	300	360	660
Minsk City	780	–	780
Minsk Oblast	300	860	1 160
Mogilev Oblast	340	300	640
Total	**2 880**	**2 880**	**5 760**

The sample allocation shown in the table allowed representative estimates of the STEPS survey indicators at both national and urban and rural levels. As the rate of sampling was higher in the rural than in the urban stratum, the probability of being included in the sample was higher in rural than in urban areas.

Population sampling algorithm

The sampling algorithm for the STEPS survey envisaged application of the stratified multistage sampling procedure. Selection was organized in each stratum in two stages according to a single scenario. At the first sampling stage, PSUs were systematically sampled with a probability proportional to their "population size". Before the PSUs were selected, the serpentine lines were ordered geographically to ensure implicit stratification and to obtain a geographically representative sample.

In the second stage, the standard systematic selection procedure was applied to form a sample; early sample selection was determined randomly.

In the third stage, survey respondents were randomly selected from all 18–69-year-old family members in the selected households.

First sampling stage

During the first sampling stage, the units in each stratum were the enumeration areas for the 2009 census. Enumeration areas were selected by stratum from a list in each region by systematic sampling, with the probability proportional to the size of the 2009 census districts. PSUs were selected independently for each stratum in each *oblast* and in Minsk City by applying the following procedures:

- All enumeration areas used in the 2009 census were grouped for each region by urban and rural localities. Thus, 13 sets of enumeration areas were formed – two groups in each of six *oblasts* and one group in Minsk City. A set of enumeration areas was named "a sample segment".
- Enumeration areas within each sample segment were ranked by their geographical location, which was determined by mapping the serpentine line.

To ensure coverage of the entire country, a curve was drawn on the map, which, in serpentine order, divided each *oblast* into layers; then, depending on the geographical location, sequential numbers were assigned to the layers. In all *oblasts*, the number of the layer in which the corresponding settlement was located was assigned to the enumeration area. The City of Minsk was implicitly stratified by the serpentine distribution of the enumeration areas, taking into account its administrative division. Enumeration areas were ranked by increasing number of the layer:

1. The size of the enumeration area was based on data from the 2009 census on the population of that area: number of members of private households but not people permanently living in boarding institutions, specialized institutions for minors requiring social assistance or rehabilitation, children's villages, social service institutions, hospitals and other health care institutions, military barracks, buildings owned by or leased to religious organizations, people in detention, correctional institutions or occupational therapy institutes and people with no permanent place of residence.

2. The cumulative values of the size of the enumeration areas (the "population size" indicator) were calculated from the ordered list of areas. The total cumulative value represented the total population in the sample segment. Selection was made by cumulative value.

3. In each sample segment (h), a sampling step or interval (S_h) was calculated by dividing the total population in the sample segment (N_h) by the number of enumeration areas (n_h) in that segment (see Table 3.3):

$$S_h = \frac{N_h}{n_h}.$$

4. A random value between 0 and 1 (R_h) was selected by the "random number" function. The first enumeration area to be sampled was determined by multiplying the sampling step (S_h) by the random value (R_h) and comparing that value with the cumulative value of the "population size" indicator (Q_h).

5. Subsequent selection of all PSUs was determined by the sampling step. The selected enumeration areas i in the sample segment h were determined by comparing their cumulative values (Q_{hi}) and the value (U_{hi}) calculated from the formula:

$$U_{hi} = R_h \times S_h + (S_h \times (i - 1)),$$

where: R_h is a random variable for sample segment h, and
S_h is the sampling step for sample segment h.

Selected enumeration area i is an area with a cumulative value of size Q_{hi} that is the closest to but not less than U_{hi}.

The above procedure for systematic PSU selection with the probability proportional to size was calculated on Microsoft Office Excel tables.

The first sampling stage was completed by selecting the necessary number of PSUs in each of the seven regions separately by urban and rural locality.

In all, 288 enumeration areas were selected nationwide, of which 144 were urban and 144 rural.

Second sampling step

In the second sampling stage, the sampling unit was a household, which was defined either as a group of people who cohabit a dwelling, provide themselves with everything necessary for life, keep house with each other and fully or partly pool and spend their money; or one person living alone and providing him- or herself with everything necessary for life.

Households were selected within each PSU. The basis for sampling was a list of private households containing people aged 18–69 years with an address in a residential apartment or house. For urban localities, the list was compiled from 2009 census data; for rural localities, the list was compiled from data from polyclinics, outpatient clinics, medical and obstetric centres and village council records.

Then, 20 households, corresponding to the cluster size, were systematically selected in each PSU by a random number function. As the enumeration areas were similar in size but different and the number of units selected was fixed, a new interval and new early sampling were calculated for each PSU.

In all, 5 760 households were selected nationwide, of which 2 880 were urban and 2 880 rural.

Probability of inclusion in sampling

The probability of including or excluding households in the sample was determined from the results of the first and second sampling stages. The algorithm used in the STEPS survey to sample populations made it possible to calculate the probability that every sampling unit would be included in the sample. The probability was not zero, and it was different for different sampling units. The sample for the nationwide STEPS survey was self-weighted, as it was disproportionately distributed across the two strata. The general probability of including a household in the sample varied from cluster to cluster as a result of multiplying the probabilities of inclusion of sampling units at each sampling stage. The probability of including all PSUs in the sample was determined from the results of the first sampling stage, by the formula:

$$P1_{ih} = \frac{a_h \times m_{ih}}{\sum m_{ih}},$$

where: $P1_{ih}$ is the probability of inclusion in the sample of PSU i in sample segment h (i.e. within the region (r) in the stratum (g/s)),

a_h is the number of selected sampled localities in sample segment h,

m_{ih} is the population size of enumeration area i in sample segment h and

$\sum m_{ih}$ is the population size in all enumeration areas of sample segment h.

The probability of including households in the sample was determined from the results of the second sampling stage, by the formula:

$$P2_{ih} = \frac{v_{ih}}{\sum b_{ih}},$$

where: $P2_{ih}$ is the probability of including a household from enumeration area i of sample segment h into the sample,

v_{ih} is the number of selected households in enumeration area i in sample segment h, and

$\sum b_{ih}$ is the total number of households in enumeration area i in sample segment h.

The total probability, P, of including a household in a sample was equal to $P1$ multiplied by $P2$:

$$P = P1 \times P2.$$

All the above sampling probability factors were used to generate a database for statistical analysis during the data weighting stage. Statistical weight was calculated for each respondent in order to extrapolate the results to the entire population of the country.

Ethical aspects

STEPS Belarus was approved by the Ethics Committee of the Belarusian Medical Academy of Post-graduate Education State Educational Institution.

A media campaign was organized to inform the general public about STEPS. It was broadcast nationwide through television and radio, and information was also posted on Internet websites and in the press.

Each respondent signed an informed consent form for questioning and physical measurements and an additional consent form for biochemical tests, which means that two informed consent forms were received from each respondent: the first one for Steps 1 and 2, the second one for Step 3. Before data were collected, each respondent receive an explanation of the purpose and objectives of the survey.

Unique identity and QR codes were assigned to each person participating in the survey to ensure the confidentiality of the collected data. Only QR codes were used in the generated databases; no personal data were used or shared with third parties.

Data collection

Regional working groups consisting of coordinators, interviewers and laboratory assistants were formed to collect information. All interviewers were given the calibrated equipment necessary for the survey, comprising tablets, scales, height metres and blood analysers, which is lent by WHO to all countries that conduct STEPS surveys in order to standardize the data collected. Consumables were procured for the biochemical tests (e. g. pipettes, napkins, test panels, containers) and were distributed proportionally among the regional groups.

Interviewing skills and equipment literacy were taught during a 5-day course for all participants in the regional working groups under the guidance of WHO representatives on 3–7 October 2016 in Minsk.

Pilot-testing

After the course, interviewers conducted a pilot STEPS survey in Minsk City, including all three survey stages. Three or four interviewers conducted interviews and physical and biochemical measurements with several dozen citizens in order to assess their interviewing skills, such as correctly asking questions from the questionnaire, performing physical measurements, conducting laboratory tests and using a tablet.

The questionnaire (the WHO STEPS Instrument, see Annex 2), with the main and extended modules, was translated into Russian, and a number of questions were adapted to the Belarus context. Then, it was translated back into English and reviewed and approved by WHO experts. The adapted questionnaire is also included in Annex 2.

Step 1. Questionnaire-based polling

The following data were collected:
- social and demographic status of the respondent;
- behavioural preferences: consumption of tobacco and alcohol, dietary habits (including consumption of vegetables, fruits, oils and fats, eating out, adding salt to food) and physical activity;
- whether the respondent knew his or her blood pressure, cholesterol and blood glucose levels;
- whether the respondent had received advice on a healthy lifestyle from health workers;
- history of cardiovascular disease or diabetes; and
- history of screening tests for cervical cancer from female respondents.

Tobacco use

Tobacco use was assessed as current or previous smoking, smoking duration, tobacco consumption, smokeless tobacco use and exposure to second-hand smoke. Cards depicting frequently used tobacco products were shown to respondents.

Alcohol consumption

Alcohol consumption was estimated as standard drinks, which is any drink containing 10 g absolute ethanol. Interviewers used demonstration cards depicting standard drinks of frequently consumed alcoholic beverages (e.g. a bottle of beer, a glass of wine, a glass of vodka). Three risk categories were used, based on average alcohol consumption per day (Table 3.5).

Table 3.5. Risk categories associated with average daily alcohol consumption

Sex	Category 1	Category 2	Category 3
Male	< 40.0 g	40.0–59.9 g	> 60.0 g
Female	< 20.0 g	20.0–39.9 g	> 40.0 g

Source: reference *13*.

Alcohol consumption is considered to be excessive when six or more standard drinks of alcohol are drunk per drinking occasion.

Diet

To assess dietary habits, respondents were asked questions on the frequency and average consumption of fruits, vegetables, oils and fats, the number of times the respondent ate out per week and daily intake of dietary salt.

Vegetable and fruit consumption was estimated by recalculating the amounts consumed into standard portions, whereby one serving weighs 80 g. During the survey, respondents were shown cards to facilitate correct answers. Oil and fat consumption was assessed by asking respondents about the types of oils and fats most often used in cooking at home.

Dietary salt intake was assessed by asking questions about the frequency of consumption of salt or salty sauces at home and about the frequency of consumption of ready-to-cook foods with a high salt content. Participants were also asked how they considered the amount of dietary salt they consumed and whether they linked their consumption to health problems.

Physical activity

Physical activity was assessed as intensity, duration and frequency during work, transport and leisure. The data collected included the total number of days, hours and minutes of physical activity during work, transport and leisure (Table 3.6), measured as a continuous indicator based on the metabolic equivalent (MET) of the time in minutes per week *(13)*. MET is the ratio of a person's working metabolic rate relative to their resting metabolic rate. It is defined as the energy spent during quiet sitting and is equivalent to burning 1 kcal/kg per h.

Table 3.6. Metabolic equivalents (MET) for total physical activity

Category	MET value
Work	• Intermediate: MET = 4.0 • Heavy: MET = 8.0
Transport	Cycling and walking: MET value = 4.0 MET = 4.0
Recreation	• Intermediate: MET = 4.0 • Heavy: MET = 8.0

To calculate the value corresponding to the optimal level of physical activity recommended by WHO *(14)*, both the time spent in physical activity per week and the intensity of the physical activity should be taken into account. WHO recommends that optimal adult physical activity during work, transport and leisure in a normal week include a minimum of:

- 150 min of moderate-intensity physical activity or
- 75 min of high-intensity physical activity or
- mixed-intensity physical activity lasting for at least 600 MET-min.

Physical activity was analysed according to the recommendations of WHO, with the population divided into those with high, moderate and low physical activity as follows:

Respondents have high physical activity when they:

- are active at least 3 days per week for a total of > 1500 MET-min/week, or
- do any combination of walking or medium- or high-intensity activity on ≥ 7 days, for a total of > 3000 MET-min/week.

Respondents have moderate physical activity when they:

- have high activity for at least 20 min/day on ≥ 3 days, or
- have moderate activity or walking for ≥ 30 min/day on ≥ 5 days, or
- do any combination of walking or medium- or high-intensity activity on ≥ 5 days, for a total of > 600 MET-min/week.

Respondents have low physical activity when they do not fall into either of the above categories.

NCDs and associated risk factors

Respondent were asked whether they had diabetes, CVD, high blood pressure or raised cholesterol on the basis of self-reported examinations by a doctor or health worker and responses to questions on whether they took medication for these diseases.

Lifestyle advice

Respondents were asked whether they had been advised by a doctor or a health worker on a healthy lifestyle and had received recommendations about reducing NCD risk factors during the previous 3 years.

Cervical cancer screening

This indicator was assessed by asking: "Has your cervix been examined with a 3% acetic acid test, a Pap test and/or a human papillomavirus test?" These methods are used for differential diagnosis of malignant, benign, precancerous and inflammatory cervical lesions.

Step 2. Anthropometric measurements

Body weight, height, waist circumference, blood pressure and heart rate were measured in all survey participants except pregnant women. Body mass and height were measured with an electronic device that combines scales and a laser height metre, which automatically calculates the BMI, the ratio of body weight in kilograms to the square of height in metres. A person with a BMI > 25 is overweight, and one with a BMI > 30 is obese.

Waist circumference was measured with a non-stretch tape with a millimetre scale, at the midpoint between the lower edge of the last palpable rib and the top of the iliac crest.

Blood pressure and heart rate were measured three times on the right arm with the respondent in a sitting position with the Boso-Medicus Uno device, which has a universal cuff and automatic monitoring of heart rate and arterial blood pressure. The mean of three measurements was taken for further analysis. Measurements were made after 15 min of rest, with 3 min between measurements (maximum cuff pressure deviation, ± 3 mm Hg and displayed heart rate value ± 5%).

A respondent was considered to have raised blood pressure if the instrument registered a SBP > 140 mm Hg and DBP > 90 mm Hg or if the respondent was taking medication to lower blood pressure during the survey period.

The group of respondents who took medications to control blood pressure were subdivided into those with SBP < 140 mm Hg and DBP < 90 mm Hg and those with SBP > 140 mm Hg and DBP > 90 mm Hg.

Step 3. Biochemical tests

Biochemical tests were performed to determine blood glucose, total cholesterol and high-density lipoproteins (HDL) in fasting capillary blood with the CardioCheck PA analyser. Respondents were grouped by risk on the basis of the assumptions shown in Table 3.7.

Table 3.7. Biochemical indicators of NCD risk

Biochemical indicator	Normal values	Risk values	Higher risk values
Glucose	Capillary whole blood: < 5.6 mmol/L Blood plasma: < 6.1 mmol/L	Capillary whole blood: 5.6–6.1 mmol/L Blood plasma: 6.1–7.0 mmol/L	Capillary whole blood: > 6.1 mmol/L Blood plasma: > 7.0 mmol/L Taking medication to lower blood glucose
Cholesterol	< 5.0 mmol/L	5.0–6.2 mmol/L	> 6.2 mmol/L or taking medication to lower cholesterol
High-density lipoproteins	> 1.55 mmol/L	1.03–1.55 mmol/L	< 1.03 mmol/L in men < 1.29 mmol/L in women

Source: reference (13)

Urinalysis for sodium and creatinine was conducted centrally at the accredited laboratory of the 3rd City Clinical Hospital named after E.V. Klumov Health Care Institution (Minsk).

The concentrations of sodium and creatinine in spot urine samples were used to estimate 24-h dietary salt intake from the following equations:

Estimated 24-h Na intake (mmol) by men:

$$2.54 \div 1000 \times 23 \times \{39.58 + [0.45 \times \text{spot Na (mmol/L)}] - [3.09 \times \text{spot Cr (mmol/L)}] + [4.16 \times \text{BMI (kg/m}^2)] + [0.22 \times \text{Age (years)}]\}$$

Estimated 24-h Na intake (mmol) by women:

$$2.54 \times 23 \div 1000 \times \{17.02 + [0.33 \times \text{spot Na (mmol/L)}] - [2.44 \times \text{spot Cr (mmol/L)}] + [2.42 \times \text{BMI (kg/m}^2)] + [2.34 \times \text{Age (years)}] - [0.03 \times \text{Age}^2 \text{ (years)}]\}$$

To obtain the daily salt consumption, the 24-h value for Na (mmol) was divided by 17.1.

Collecting data on clusters

Data were collected by seven regional teams, each comprising a coordinator, interviewers and laboratory assistants. Local health workers (including doctors and hospital nurses, paramedics and nurses in medical and obstetrical centres) organized the interviewers' interactions with respondents in the field. After giving informed consent, respondents were interviewed and underwent anthropometric measurements. If the respondent agreed to step 3, urine sampling and a fasting blood test were conducted.

Supervision of data collection

A working group of experts at the Republican Scientific and Practical Centre for Medical Technologies was formed to organize, support and monitor the progress of the STEPS survey in the regions. The interviewers were given SIM cards from a mobile operator with a tariff plan that enabled Internet access and a geolocation function to maintain constant communication and to forward completed questionnaires to the centralized database.

Data entry and cleaning

The survey data collected on tablets was entered into a centralized database and converted into Microsoft Excel® and Access® formats. Unique QR codes were assigned to each respondent. The accuracy of the data from each respondent was checked with logical functions to determine the compliance of all indicators with the acceptable range of values. Data were also verified by a number of software applications provided by WHO headquarters.

Data weighting

Data were weighted to extrapolate the answers of selected respondents to the national population. In weighting, data are equalized by assigning a weight coefficient to each respondent. A weight coefficient reflects the importance of a response relative to the responses of other respondents. The sum of the weight coefficients is equal to the target population (respondents aged 18–69 years).

If weighting is not done, the weighting factor of each respondent is equal to 1; if weighting is done, the answers of each respondent are taken into account in all calculations with a specific weighting factor, i. e. calculation of a mean value is replaced by calculation of a weighted average. The percentage of respondents who give a specific answer to a specific question is replaced by the share, which is the proportion of the sum of the weights of such respondents to the total sum of the weights of all respondents.

To calculate the individual weights of respondents in the STEPS survey, the probability of selecting the respondent at each step of sampling was taken into account, as well as the structure of the country's population distribution by sex and age, and compared with the structure of the distribution of respondents in the sample by sex and age.

A weighted statistical analysis was applied to all indicators calculated in the STEPS survey, except of sociodemographic data.

Data analysis

The data were analysed with EpiInfo software (version 3.5.4) and the corresponding methods for comprehensive analysis.

The prevalence of a given indicator in a sample (in the case of weighted data, the result can be extrapolated to the adult population aged 18–69 years) was estimated as the percentage of respondents with the characteristic (e.g. smokers). In addition, quantitative indicators of the risk factors were estimated (e. g. number of cigarettes smoked per day).

The sample set for the survey allowed comparison of eight groups of respondents for each indicator: by sex, by age (18–39 and 40–69 years) and by urban or rural locality, for example: 1) urban locality, men, 18–39 years; 2) urban locality, men, 40–69 years; 3) urban locality, women, 18–39 years; 4) urban locality, women, 40–69 years; 5) rural locality, men, 18–39 years; 6) rural locality, men, 40–69 years; 7) rural locality, women, 18–39 years; 8) rural locality, women , 40-69 years.

Four age groups (18–29, 30–44, 45–59, 60–69 years) were used to compare the prevalence of an indicator, and additional groups could be formed, by sex or locality, up to eight groups. The sample size did not allow a statistically reliable comparison of indicators among regions.

The standard error and 95% CI were calculated for mean values of the indicators. A difference in mean values was considered statistically significant if their CIs did not overlap.

The STEPS survey results on the prevalence and intensity of NCD risk factors can be considered representative for the entire target population, as the results were calculated with statistical weighting.

The results can be used to compare the values for the indicators with the results of future surveys in Belarus and with STEPS results from other countries.

4. RESULTS

Sampling and responses

Table 4.1. Response (Table C.1, Annex C)

Age group (years)	Both sexes		
	Eligible	Responded	
	n	n	%
18–69	5 760	5010	87.0

A total of 5760 adults aged 18–69 years were sampled for the survey, and 5010 participated, giving a response rate of 87.0%. The 750 who did not participate gave various reasons, such as refusal or not at home. Of the 5760 participants, 2506 were urban and 2504 rural inhabitants (Table 4.2).

Table 4.2. Distribution of respondents by area of residence

Age group (years)	n	Urban households	%	Rural households	%
18–29	689	346	50.2	343	49.8
30–44	1409	767	54.4	642	45.6
45–59	1904	858	45.1	1 046	54.9
60–69	1008	535	53.1	473	46.9
Total	**5010**	**2 506**	**50.0**	**2 504**	**50.0**

Social and demographic indicators

The social and demographic indicators analysed were age, sex, marital status, education and type of employment during the previous 12 months. Of the 5010 respondents, 2089 were men (41.7%) and 2921 were women (58.3%). The numbers in each age group were:

- 18–29 years: 689; 331 men (48.0%) and 358 women (52.0%);
- 30–44 years: 1409; 592 men (42.0%) and 817 women (58.0%);
- 45–59 years: 1904; 812 men (42.6%) and 1092 women (57.4%); and
- 60–69 years: 1008; 354 men (35.1%) and 654 women (64.9%).

Education

The mean length of education was 12.8 years (men: 12.5 years; women: 13.1 years) and, by age group:

- 18–29 years: 13.6 years (men: 13.1 years; women: 13.9 years),
- 30–44 years: 13.4 years (men: 12.9 years; women: 13.8 years),
- 45–59 years: 12.5 years (men: 12.2 years; women: 12.7 years) and
- 60–69 years: 12.2 years (men: 12.0 years; women: 12.3 years).

More respondents had completed high school (41.7%; men: 40.5%; women: 42.6%), followed by those who had completed university (24.0%; men: 18.5%; women: 28.0%), 16.9% with general secondary education (men: 19.0%; women: 15.4%), 12.3% with specialized professional

secondary education (men: 16.5%; women: 9.3%), 4.3% with basic education (men: 4.5%; women: 4.1%), 0.4% with no or primary education (men: 0.6%; women: 0.2%) and 0.5% with post-graduate education (men: 0.5%; women: 0.5%).

More respondents aged 18–44 years and more women had completed university. The proportion of respondents who had completed high school in all age groups was 41.7% (38,6-44,9%) (men: 40.5% (38,7-41,5%); women: 42.6% (37,5-48,0%). More details are provided in Annex C (Tables C.4–C.6).

Marital status

Of the 4 972 respondents who answered the question about their marital status, most (56.5%) were married (men: 59.0%; women: 54.7%), while 14.4% had never married (men: 20.0%; women: 10.4%), 12.4% were divorced (men: 10.6%; women: 13.7%), 2.7% were married but lived separately from their spouse (men: 3.1%; women: 2.3%), 3.4% cohabitated (men: 4.1%; women: 2.9%), and 10.7% were widowed (men: 3.3%; women: 16.0%).

Thus, the largest group consisted of family respondents – 56.5% (men: 59.0%; women: 54.7%), while every fifth man (20.0%) and every tenth woman (10.4%) had never married or were divorced (10.6% among men, 13.7% among women), and one in ten respondents was widowed – 10.7% (3.3% among men, 16.0% among women) (see Annex C).

Employment status

Of the 4 978 respondents who answered the question (among 5010 respondents who took part in the survey), 52.1% had been employed by State-owned enterprises and public institutions during the previous year (men: 52.5%; women: 51.8%), 13.7% of respondents were employed by other organizations (men: 17.5%; women: 11.0%), and 2.2% were self-employed entrepreneurs, such as handcraftsmen (men: 3.3%; women: 1.4%).

Of the unemployed group (32.0%; men: 26.7%; women: 35.8%), 66.1% of respondents were retired (men: 53.0%; women: 73.1%), 6.5% were at school or university (men: 10.5%; women: 4.3%), 11.5% were homemakers or dependants (men: 4.0%; women: 15.4%), and 0.9% owned companies or farms (men: 1.6%; women: 0.5%); 8.8% were economically inactive people who were able to work (men: 19.2%; female: 3.4%), and 6.2% were unable to work (men: 11.6%; women: 3.4%) (Tables C.13-C.15, Annex C).

Tobacco use

This section provides data on current and past tobacco product consumption, age at starting smoking, duration of smoking, amount of tobacco smoked daily and types of tobacco products used. Nonsmokers were asked whether they were exposed to second-hand smoking at work or at home. The detailed results are given in Annexes C and D. Annex D also includes responses to questions that were asked to determine whether tobacco policy was being applied.

The proportion of current smokers of all types of tobacco products was 29.6% (men: 48.4%; women: 12.6%), comprising:
- 31.3% of respondents aged 18–29 years (men: 47.7%; women: 14.0%);
- 35.0% aged 30–44 years (men: 53.0%; women: 17.4%), the highest percentage;
- 28.2% aged 45–59 years (men: 47.8%; women: 11.2%); and
- 19.1% aged 60–69 years (men: 39.7%; women: 4.9%) (Table 4.3).

Table 4.3. Proportions of current smokers (Table C.16, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	47.7	41.7–53.7	358	14.0	10.1–17.9	689	31.3	27.6–35.0
30–44	592	53.0	48.0–58.0	817	17.4	14.5–20.3	1409	35.0	31.9–38.1
45–59	812	47.8	43.7–51.9	1 092	11.2	8.8–13.6	1904	28.2	25.5–30.8
60–69	354	39.7	33.5–45.9	654	4.9	3.0–6.8	1008	19.1	15.9–22.3
18–69	**2089**	**48.4**	**45.5–51.3**	**2 921**	**12.6**	**11.1–14.0**	**5010**	**29.6**	**27.9–31.3**

Fig. 4.1 illustrates smoking status by age group for both sexes.
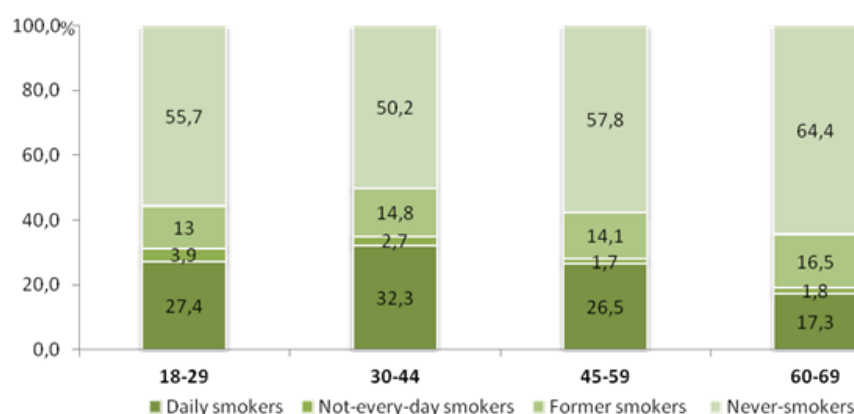
Fig. 4.1. Smoking status by age group (%)

More daily smokers were in the group aged 30–44 years (32.3%), more occasional smokers in the age group 18–29 years (3.9%) and more former smokers in the age group 60–69 years (16.5%).

Smoking status by sex is shown in Tables C.17–C.19 (Annex C):
– the largest group consisted of people who had never smoked ("never-smokers": 56.0%; men: 31.5%; women: 78.1%);
– the second largest of smokers (29.6%), including daily smokers (27.1%; men: 45.7%; women: 10.2%) and occasional smokers (2.5%; men: 2.7%; women: 2.3%);
– one in five men (20.1%), and almost one in ten women (9.3%) referred to themselves as former smokers (14.4 % of respondents).

Table 4.4 and Fig. 4.2 illustrate the proportions of daily smokers among all smokers, by sex and age.

Table 4.4. Proportions of current daily smokers among all smokers (Table C.20, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	92.0	86.9–97.2	57	71.7	59.0–84.4	217	87.6	82.7–92.5
30–44	315	93.6	90.6–96.5	149	88.2	83.0–93.5	464	92.2	89.7–94.8
45–59	403	97.1	94.9–99.3	124	83.4	75.3–91.5	527	94.1	91.6–96.7
60–69	140	94.7	90.1–99.2	35	66.1	47.1–85.0	175	90.3	85.2–95.5
18–69	**1 018**	**94.4**	**92.4–96.3**	**365**	**81.5**	**76.6–86.3**	**1 383**	**91.5**	**89.6–93.4**

Fig. 4.2. Proportions of daily smokers by age group and sex

Note: in order to illustrate the difference in mean numbers, hereinafter confidence intervals that are presented in the corresponding tables under column 95% CI are indicated in the figures.

Among current smokers, 91.5% reported that they were daily smokers (men: 94.4%; women: 81.5%). The highest percentage of daily smoking men and women was found in the age group 45–59 years (94.1%), with the highest percentage of men in the age group 45–59 years (97.1%) and the highest percentage of women in the age group 30–44 years (88.2%) (Fig. 4.2, Table C.20, Annex C).

The mean age at starting to smoke is shown by age group in Fig. 4.3 and Table C.21 (Annex C).
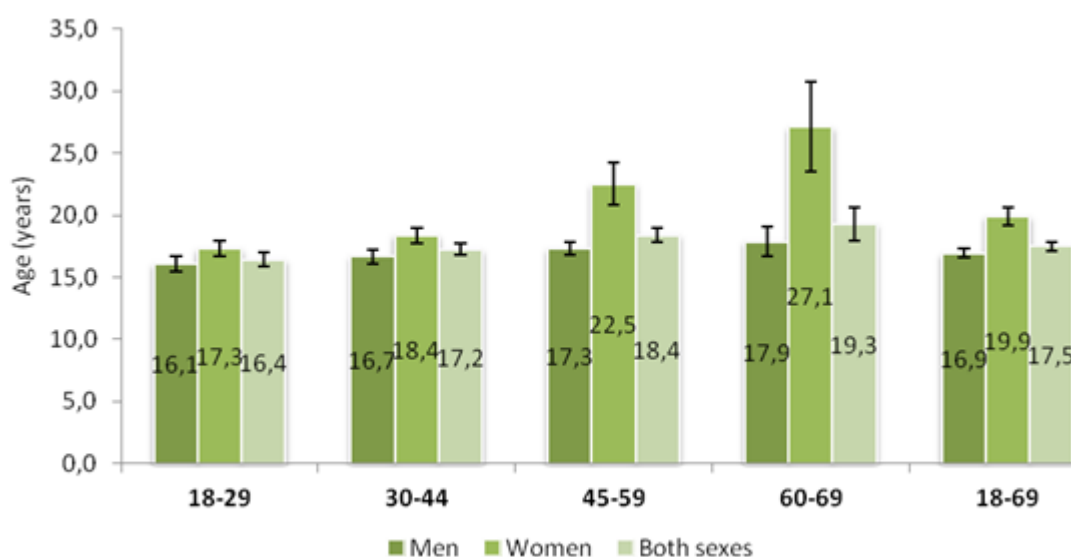
Fig. 4.3. Mean age at starting tobacco smoking (years)

Most people began to smoke at 16–17 years, and, on average, young women started smoking 1 year later than young men. Urban residents began smoking somewhat later than rural residents (see detailed data in Tables F.7–11 Annex F).

Most men and women who smoked daily smoked manufactured cigarettes (99.4%; men: 99.5%; women: 98.7%), including all those aged 60–69 years. Among all current smokers, 98.9% smoked manufactured cigarettes (men: 99.0%; women: 98.5%). More details are given in Tables C.23–24, Annex C.

Fig. 4.4 illustrates the numbers of manufactured cigarettes smoked by respondents who reported smoking daily.
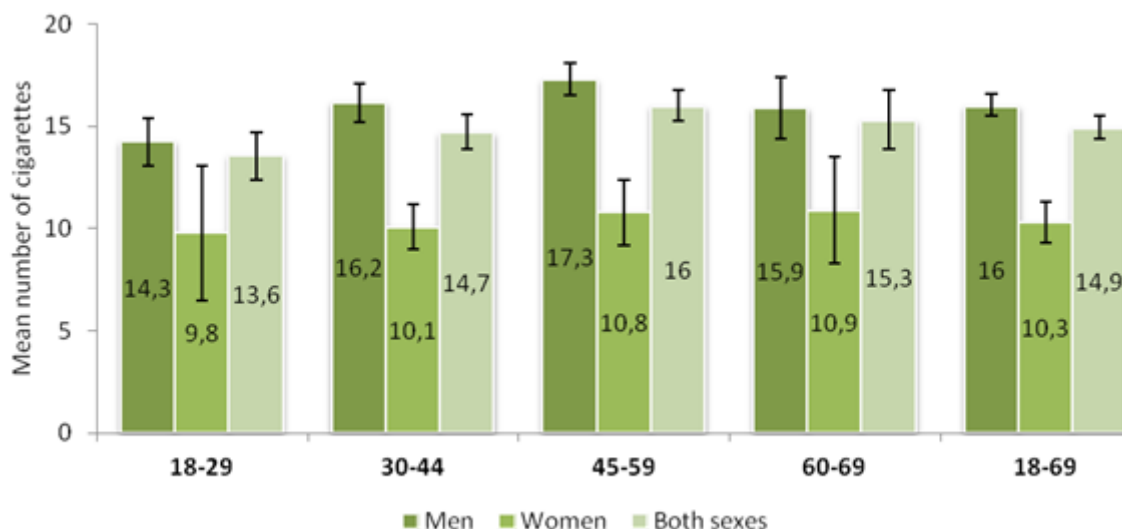
Fig. 4.4. Mean numbers of manufactured cigarettes smoked per day

As seen in Fig. 4.4, men and women who smoked daily smoked an average of 14.9 manufactured cigarettes per day (men: 16.0; women: 10.3).

Other types of tobacco product are not often used in Belarus. On average, tobacco-using respondents smoked 0.2 hand-rolled or mouthpiece cigarettes per day (men: 0.2; women: 0.3) and 0.05 pipes filled with tobacco per day (men: 0.05; women: 0) (Tables C.25–27, Annex C).

The proportions of daily and non-daily smokers of various types of tobacco product were:
• manufactured cigarettes: 98.8% (men: 99.0%; women: 98.1%);
• hand-rolled and mouthpiece cigarettes: 2.1% (men: 2.1%; women: 1.8%);
• pipes filled with tobacco: 0.6% (men: 0.6%; women: 0.4%);
• cigars, cheroots or cigarillos: 0.7% (men: 0.8%; women: 0.2%);
• *shisha* (one charge): 1.4% (men: 1.5%; women: 1.1%); and
• other: 0.4% (men: 0.5%; women: 0.3%).

Data by age group are listed in Tables C.28–33 Annex C.

The consumption of daily cigarette smokers was:
• < 5 cigarettes: 4.4% (men: 2.4%; women: 12.2%);
• 5–9 cigarettes: 13.6% (men: 8.5%; women: 34.1%);
• 10–14 cigarettes: 25.0% (men: 24.3%; women: 27.7%);
• 15–24 cigarettes: 51.0% (men: 58.2%; women: 21.5%); and
• ≥ 25 cigarettes: 6.1% (men: 6.5%; women: 4.5%).

Thus, most daily smokers (51.0%) smoked about one pack of cigarettes per day (15–24 pieces) (men: 58.2%; women: 21.5%). Data by age group are shown in Fig. 4.5 and Annex C (Tables C.34–C.36).
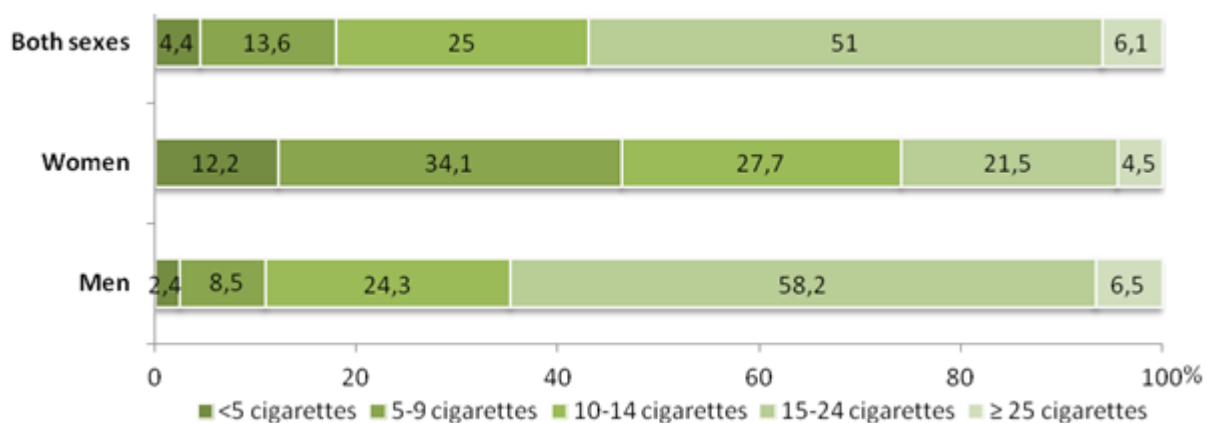
Fig. 4.5. Proportions of daily cigarette smokers who smoked different quantities of manufactured or hand-rolled cigarettes per day

Respondents who had smoked daily in the past accounted for 10.7% of former smokers (men: 17.0%; women: 5.0%). The highest proportions of former daily smokers were men aged 60–69 years (31.5%) and women aged 30–44 years (6.8%). Among those who had ever smoked daily, 28.3% had quit smoking (men: 27.2%; women: 32.6%), and most who had quit had done so at the age of 60–69 years (46.1%; men: 45.6%; women: 49.7%) (Tables C.37–39, Annex C). The mean duration of non-smoking after quitting increased by age group:

- 18–29 years: 3.2 years (men: 2.6 years; women: 3.9 years);
- 30–44 years: 9.7 years (men: 8.7 years; women: 11.0 years);
- 45–59 years: 16.8 years (men: 16.4 years; women: 17.8 years); and
- 60–69 years: 19.0 years (men: 17.6 years; women: 26.7 years).

More detailed information by age groups is given in Tables C.37–39 in Annex C.

The proportion of current smokers who had tried to quit during the previous 12 months was 32.7% (men: 32.2%; women: 34.4%) (Fig. 4.6; Table C.40). Willingness to quit smoking was seen in all age groups and in both men and women. In all, about a third of all respondents reported that they had tried to quit smoking during the previous 12 months.

The highest percentage of those who had tried to quit smoking was in the age group 18–29 years (35.6%), mainly among men (36.4%). More women aged 45–59 (39.8%) years had tried to quit (Table 4.5, Fig 4.6).

Table 4.5. Current smokers who had tried to quit smoking (Table C.40, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	36.4	28.0–44.8	57	32.6	18.7–46.4	217	35.6	28.3–42.8
30–44	315	30.3	23.7–36.9	149	31.1	22.4–39.8	464	30.5	24.9–36.1
45–59	403	32.7	26.8–38.6	124	39.8	28.8–50.8	527	34.2	28.8–39.6
60–69	140	27.7	18.9–36.4	35	38.6	20.2–57.0	175	29.3	21.3–37.4
18–69	**1018**	**32.2**	**28.0–36.4**	**365**	**34.4**	**28.4–40.4**	**1383**	**32.7**	**29.1–36.3**

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

Of respondents who smoked, 63.6% had been advised to quit smoking by a doctor or health worker (men: 64.5%; women: 60.4%), and advice had been given more often to respondents aged 60–69 years (76.2%; men, 75.7%; women, 79.2%). Every second smoker had received such advice at the age of 18–29 (54.7%). Information by age groups is in Table 4.6.

Few people in Belarus use smokeless tobacco (0.1%; men: 0.2%; women: 0), and there were no daily users (Tables C.42–45, Annex C).
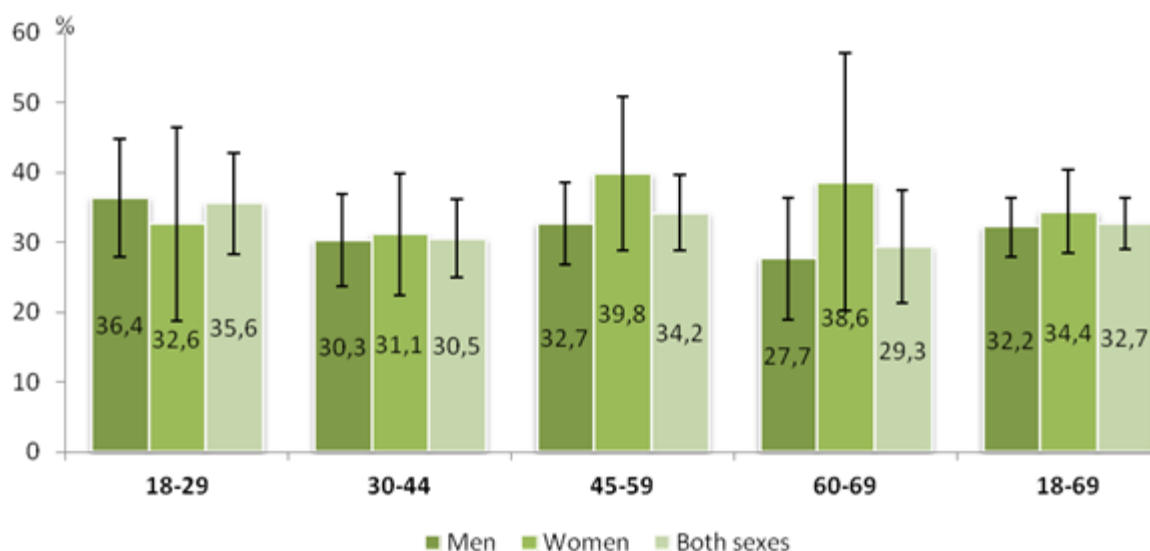
Fig. 4.6. Proportions of current smokers who had tried to quit smoking during the previous 12 months (%)

Table 4.6. Current smokers who were advised by a doctor to quit smoking (Table C.41, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	151	54.3	44.6–64.1	55	55.8	41.0–70.7	206	54.7	46.4–62.9
30–44	290	63.8	57.2–70.5	142	60.6	50.0–71.2	432	63.0	57.3–68.7
45–59	362	69.8	63.2–76.5	116	60.0	48.3–71.7	478	67.7	61.6–73.8
60–69	133	75.7	67.0–84.4	29	79.2	63.2–95.2	162	76.2	68.1–84.3
18–69	**936**	**64.5**	**59.8–69.3**	**342**	**60.4**	**53.4–67.4**	**1278**	**63.6**	**59.4–67.8**
Note: 82 men and 23 women did not answer the question.									

Every fifth respondent had been exposed to second-hand smoke in the previous 30 days, either at home (18.8%; men: 18.9%; women: 18.8%), with no significant difference by age (Fig. 4.7; Table C.49, Annex C), or at work (14.9%; men: 22.5%; women: 8.5%) (Fig. 4.8, Table C.50, Annex C). Information on exposure to second-hand smoke by age group is given in Figs 7 and 8.

It the time of the survey, 3.8% of the population used electronic cigarettes (men: 4.2%; women: 2.3%), and 5.4% had used them in the past. Of non-smoking respondents, 1.1% used electronic cigarettes, and 0.9% of non-smoking respondents had used them in the past.

Respondents who use electronic cigarettes form a separate group among smokers. Tables 4.7 and 4.8 show that electronic cigarettes are most widely used by young people. See details in Tables G.3 and G.4, Annex G).
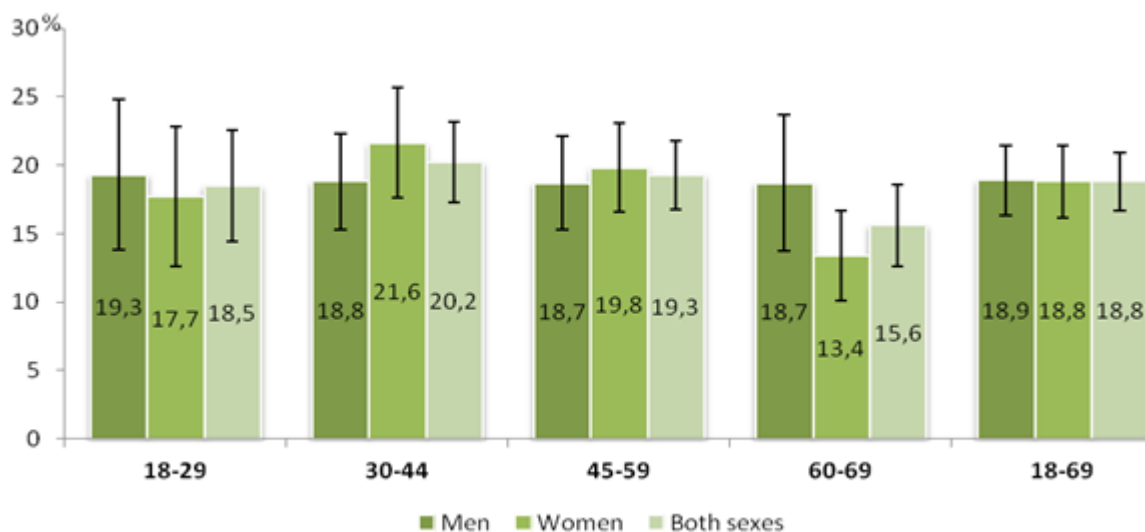
Fig. 4.7. Proportions of respondents exposed to second-hand smoke at home in the past 30 days
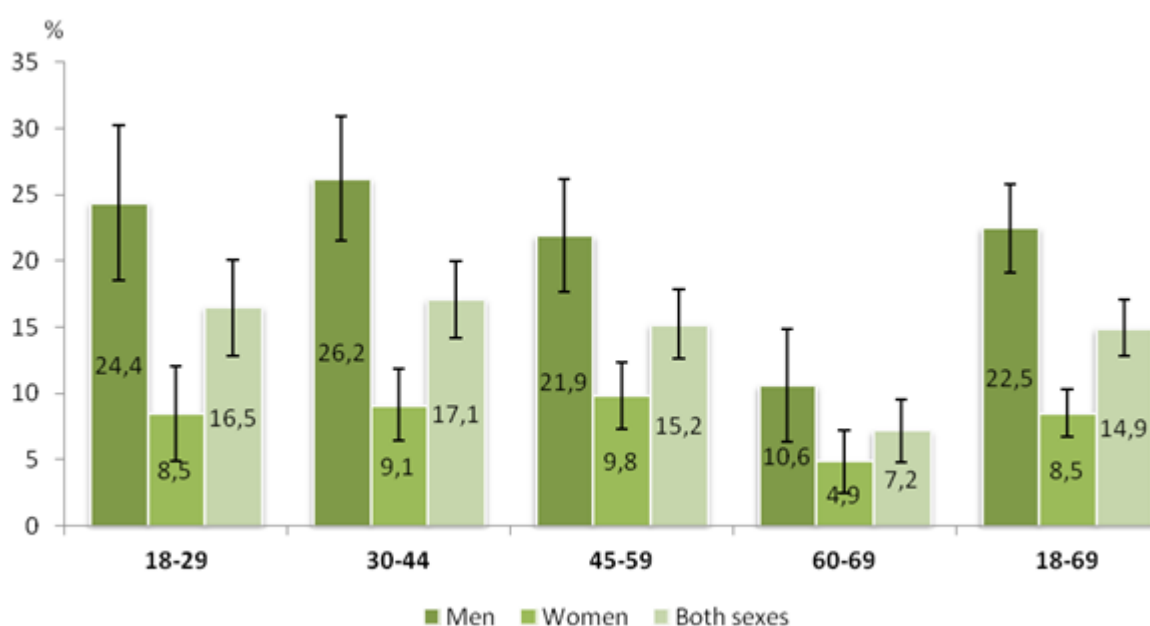
Fig. 4.8. Proportions of respondents exposed to second-hand smoke at work in the past 30 days

Table 4.7. Proportions of smokers who used electronic cigarettes currently (Table G.1, Annex G)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	10.7	4.7–16.7	57	7.1	0.4–13.7	217	9.9	4.8–15.0
30–44	315	4.1	0.4–7.7	149	1.0	0.0–2.4	464	3.3	0.6–6.0
45–59	403	0.6	0.0–1.5	124	0.9	0.0–2.2	527	0.7	0.0–1.5
60–69	140	0.0	0.0–0.0	35	0.0	0.0–0.0	175	0.0	0.0–0.0
18–69	**1 018**	**4.2**	**2.0–6.5**	**365**	**2.3**	**0.6–4.0**	**1 383**	**3.8**	**1.9–5.7**

Table 4.8. Proportions of current smokers who used electronic cigarettes in the past (Table G.2, Annex G)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	7.6	3.2–12.0	57	9.8	0.3–19.3	217	8.1	3.9–12.3
30–44	315	4.8	2.1–7.6	149	6.7	1.5–11.9	464	5.3	2.4–8.2
45–59	403	2.7	0.9–4.5	124	9.0	1.5–16.5	527	4.0	1.8–6.3
60–69	140	2.9	0.0–6.9	35	2.9	0.0–8.5	175	2.9	0.0–6.4
18–69	**1 018**	**4.6**	**2.9–6.4**	**365**	**7.8**	**4.1–11.6**	**1 383**	**5.4**	**3.6–7.1**

Tables 4.9 – 4.11 give information about the proportions of smokers among urban and rural populations.

There were more active smokers in rural areas (32.7%) than in urban areas (27.1%) (Table 4.9), accounted for mainly by men, of whom 54.1% smoked, as compared with 43.3% in urban areas (Table 4.10). Similar proportions of women in rural (11.7%) and urban areas (13.2%) smoked (Table 4.11). Additional information on tobacco consumption by urban and rural respondents is given in Annex F (Tables F.1–F.11).

Table 4.9. Smoking status, urban and rural populations

Age group (years)	Urban			Rural		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18–39	827	31.5	28.1–34.9	727	37.0	32.5–41.5
40–69	1 679	23.6	20.9–26.3	1 777	29.7	26.6–32.7
18–69	**2 506**	**27.1**	**25.0–29.2**	**2 504**	**32.7**	**30.0–35.4**

Table 4.10. Smoking status, urban and rural men

Age group (years)	Urban			Rural		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18–39	385	45.8	40.6–51.0	315	56.4	49.4–63.4
40–69	608	40.8	36.2–45.4	781	52.5	47.5–57.5
18–69	**993**	**43.3**	**39.8–46.8**	**1 096**	**54.1**	**49.4–58.9**

Table 4.11. Smoking status, urban and rural women

Age group (years)	Urban			Rural		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI
18–39	442	15.7	12.2–19.2	412	17.5	12.8–22.3
40–69	1071	11.7	9.5–13.9	996	7.6	5.5–9.8
18–69	**1 513**	**13.2**	**11.3–15.2**	**1408**	**11.7**	**9.4–13.9**

Annex D provides more information on tobacco use, and Annex E provides data on tobacco use and implementation of the tobacco policy in Belarus.

Summary of tobacco use

1. The survey showed that almost one third (29.6%) of the population aged 18–69 years smoked. A significant difference in smoking prevalence between the sexes was identified: almost half of men (48.4%) and 12.6% of women were smokers. Smoking was more prevalent among men in rural areas (54.1%) than in urban areas (43.3%), while the percentage of female smokers was similar in the countryside and in cities.

2. Nine smokers out of 10 smoked daily (91.5%), with more men (94.4%) than women (81.5%).
3. Manufactured cigarettes were the prevailing tobacco product used by smokers (99.4%). Among daily smokers, men smoked more cigarettes (16.0) than women (10.3).
4. Almost every fifth respondent was exposed to second-hand tobacco smoke at home (18.8%) or at work (14.9%). Men were more likely to be exposed at work (22.5% at work, 18.9% at home), whereas women were more likely to be exposed at home (8.5% at work, 18.8% at home).
5. Electronic cigarettes were used by 1.1% of respondents who did not use other tobacco products and by 3.8% of respondents who smoked; however, 10.7% of 18–29-year-old men used electronic cigarettes.
6. The mean age at starting to smoke was 17.5 years (men: 16.9 years; women: 19.9 years) and had fallen over time: in the age group 18–29 years, the mean age was 16.4 years (men: 16.1; women: 17.3), which was almost 3 years earlier than that of people aged 60–69 years (19.3 years; men: 17.9 years; women: 27.1 years).
7. Every third current smoker (32.7%) had tried to quit smoking during the previous 12 months. Only 31.6% of respondents had been advised by a doctor or health worker to quit smoking or not to start smoking.

Alcohol consumption

Alcohol consumption, the frequency and amount of alcohol consumed and the associated risks were analysed by the sex, age and urban or rural residence of respondents.

Alcohol had been consumed by 52.8% of the target population during the previous 30 days (current drinkers), with a higher rate among men (64.9%) than women (41.8%) (Fig. 4.9).
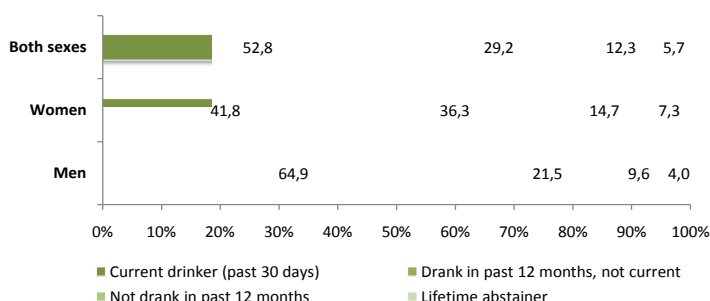
Fig. 4.9. Alcohol consumption overall and according to sex (%)

The highest proportion of respondents who had consumed alcohol during the previous 30 days were aged 30–44 years (60.7%), whereas the highest percentage of those who had consumed alcohol during the previous 12 months but not during the previous 30 days were aged 18–29 years (31.4%). Most abstainers over the previous 12 months were in the 60–69-year age group (23.4%).

The second largest group consisted of people who had drunk alcohol during the previous 12 months but were not current drinkers (29.2%) (men: 21.5%; women: 36.3%); 12.3% of respondents reported that they had not consumed alcohol during the previous 12 months (men: 9.6%; women: 14.7%). Information by age group is reported in Tables C.51–53 (Annex C). The survey results showed no difference in alcohol consumption between people living in rural and in urban areas (Tables 4.12–4.14). Information by age group is shown in Fig. 4.10 and Tables C.55–57, Annex C.

Table 4.12. Alcohol drinking status, urban and rural men (Table F.12, Annex F)

| Age group (years) | Men | | | | | | | | | |
| | Urban | | | | | Rural | | | | |
	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI
18–39	385	86.9	82.1–91.7	13.1	8.3–17.9	315	87.4	82.0–92.8	12.6	7.2–18.0
40–69	608	85.1	81.7–88.5	14.9	11.5–18.3	781	86.6	83.1–90.0	13.4	10.0–16.9
18–69	**993**	**86.0**	**82.7–89.2**	**14.0**	**10.8–17.3**	**1096**	**86.9**	**83.3–90.5**	**13.1**	**9.5–16.7**

Table 4.13. Alcohol drinking status, urban and rural women (Table F.13, Annex F)

| Age group (years) | Women | | | | | | | | | |
| | Urban | | | | | Rural | | | | |
	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI
18–39	442	83.6	79.1–88.1	16.4	11.9–20.9	412	74.9	68.2–81.6	25.1	18.4–31.8
40–69	1071	79.2	75.5–83.0	20.8	17.0–24.5	996	74.0	69.0–78.9	26.0	21.1–31.0
18–69	**1513**	**80.9**	**77.6–84.2**	**19.1**	**15.8–22.4**	**1408**	**74.3**	**69.7–79.0**	**25.7**	**21.0–30.3**

Table 4.14. Alcohol drinking status, urban and rural respondents, both sexes (Table F.14, Annex F)

| Age group (years) | Both sexes | | | | | | | | | |
| | Urban | | | | | Rural | | | | |
	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI	n	% Consumed alcohol during the past 12 months	95% CI	% Abstained from alcohol for more than 12 months	95% CI
18–39	827	85.3	81.8–88.8	14.7	11.2–18.2	727	81.2	76.4–85.9	18.8	14.1–23.6
40–69	1679	81.6	78.7–84.6	18.4	15.4–21.3	1777	80.1	76.6–83.7	19.9	16.3–23.4
18–69	**2506**	**83.2**	**80.6–85.9**	**16.8**	**14.1–19.4**	**2504**	**80.6**	**76.9–84.2**	**19.4**	**15.8–23.1**

The proportions of former drinkers (those who had not drunk alcohol during the previous 12 months but who had drunk alcohol in their lifetime) who had stopped drinking because of a negative effect on their health or on the advice of a doctor or other health worker are shown in Table 4.15.

Table 4.15. Stopping drinking for health reasons (Table C.54, Annex C)

| Age group (years) | Men | | | Women | | | Both sexes | | |
	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
18–29	25	36.5	17.5–55.6	57	33.0	17.7–48.3	82	34.1	21.8–46.4
30–44	49	52.4	35.3–69.5	68	40.6	25.5–55.7	117	46.4	33.7–59.1
45–59	90	68.4	54.9–81.9	140	37.3	26.8–47.8	230	51.2	42.2–60.2
60–69	57	65.2	50.1–80.3	194	47.4	37.8–57.0	251	52.0	43.3–60.7
18–69	**221**	**57.4**	**48.4–66.4**	**459**	**40.3**	**33.1–47.5**	**680**	**46.6**	**40.1–53.2**

The proportions of former drinkers (those who had not drunk alcohol during the previous 12 months but who had drunk alcohol in their lifetime) who had stopped drinking because of a negative effect on their health or on the advice of a doctor or other health worker are shown in Table C.58 (Annex C). The percentage of those who had stopped drinking because of a negative effect on their health was 46.6% (men: 57.4%; women: 40.3%). The highest percentage of men who stopped drinking were aged 45–59 years (68.4%), and the highest percentage of women were aged 60–69 years (47.4%) (Table 4.15).

The frequency of alcohol consumption in the previous 12 months (Fig. 4.10; Tables C.55–57, Annex C) was as follows:

- 49.8% drank alcohol less than once a month (men: 32.7%; women: 67.1%);
- 35.9% drank alcohol 1–3 times a month (men: 43.5%; women: 28.2%);
- 11.8% drank alcohol 1–2 days a week (men: 19.3%; women: 4.2%);
- 1.5% drank alcohol 3–4 days a week (men: 2.8%; women: 0.3%);
- 0.3% drank alcohol 5–6 days a week (men: 0.6%; women: 0.1%); and
- 0.7% drank alcohol daily (men: 1.1%; women: 0.2%).
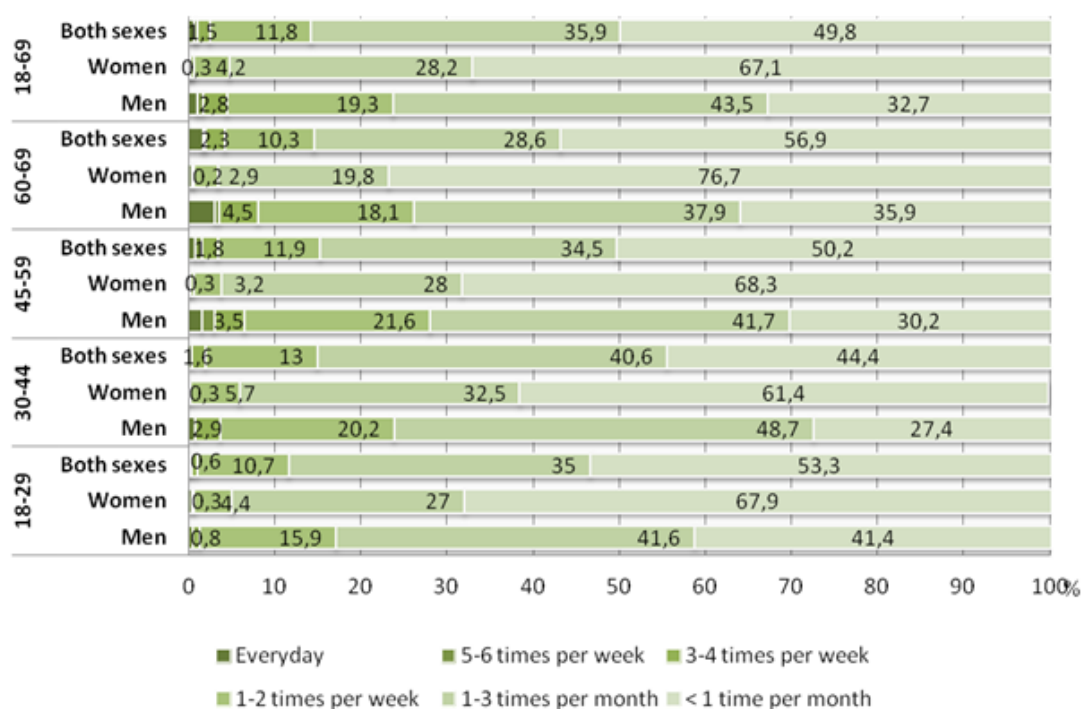
Fig. 4.10. Frequency of alcohol consumption in the previous 12 months (%)

Among current drinkers, the average frequency of drinking occasions during the previous 30 days was 3.1 (men: 3.9; women: 2.1). The highest mean number of drinking occasions during the previous 30 days (3.9) was found for the age group 60–69 years (men: 5.2) and the lowest mean number for women aged 45–59 and 60–69 years (2.0 occasions per month). Information by age group is shown in Table 4.16 and Fig. 4.11.

Current drinkers drank a mean of 4.9 standard drinks on a drinking occasion (men: 6.1; women: 3.2). The highest mean number of standard drinks consumed on a drinking occasion (5.2) was drunk by those aged 30–44 years (men: 6.5; women: 3.4), and the lowest mean number (4.4) by those aged 60–69 years (men: 5.5; women: 2.7). Information by age group is shown in Fig. 4.12 and Table C.59, Annex C.

Table 4.16. Mean number of drinking occasions per months among current (past 30 days) drinkers (Table C.58, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	195	3.2	2.7–3.8	136	2.2	1.7–2.6	331	2.8	2.4–3.3
30–44	423	3.6	3.2–4.0	396	2.2	1.9–2.5	819	3.0	2.8–3.3
45–59	522	4.1	3.6–4.6	470	2.0	1.8–2.3	992	3.2	2.9–3.5
60–69	204	5.2	3.9–6.5	170	2.0	1.7–2.4	374	3.9	3.1–4.8
18–69	**1344**	**3.9**	**3.5–4.2**	**1172**	**2.1**	**1.9–2.3**	**2516**	**3.1**	**2.9–3.4**

Fig. 4.11. Mean number of drinking occasions, by age group
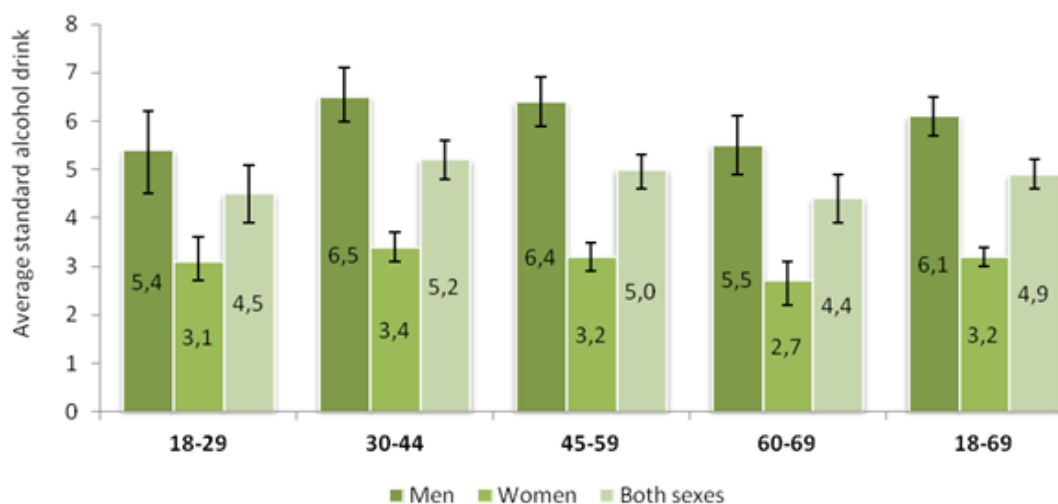
Fig. 4.12. Mean number of standard drinks of alcohol consumed per drinking occasion by age group

Occasional excessive alcohol consumption ("binge drinking") was reported by 20.2% (men: 27.4%; women: 13.7%) (Table 4.17); every fifth respondent had intermediate alcohol consumption (18.0%; men: 17.1%; women: 18.9%) (Table 4.18); and 14.3% of respondents (men: 20.2%; women: 9.1%) reported low alcohol consumption, representing only one in five men but almost one in ten women (Table 4.19).

Table 4.17. Occasional excessive alcohol drinking ("binge drinking", average per occasion: ≥ 60 g pure alcohol among men, and ≥ 40 g pure alcohol among women) (Table C.60, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	328	19.0	13.8–24.3	356	12.4	8.1–16.8	684	15.8	12.3–19.3
30–44	589	34.2	29.4–39.0	815	18.8	14.9–22.6	1 404	26.4	23.3–29.5
45–59	806	29.1	25.2–33.0	1 092	14.0	11.4–16.7	1 898	21.0	18.6–23.4
60–69	354	22.7	16.8–28.6	654	6.0	3.6–8.4	1008	12.8	9.8–15.8
18–69	**2 077**	**27.4**	**24.5–30.4**	**2 917**	**13.7**	**11.6–15.8**	**4 994**	**20.2**	**18.3–22.2**

Table 4.18. Drinking at intermediate level (average per drinking occasion: 40–59.9 g pure among men and 20–39.9 g pure alcohol among women) (Table C.61, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	328	14.9	10.2–19.6	356	18.7	13.7–23.8	684	16.8	12.8–20.8
30–44	589	18.3	14.5–22.0	815	23.0	19.6–26.4	1 404	20.7	17.9–23.5
45–59	806	18.5	15.2–21.8	1 092	19.4	16.6–22.1	1 898	19.0	16.7–21.2
60–69	354	14.9	10.6–19.3	654	11.2	8.4–13.9	1008	12.7	10.0–15.4
18–69	**2 077**	**17.1**	**14.6–19.6**	**2 917**	**18.9**	**16.8–21.0**	**4 994**	**18.0**	**16.1–19.9**

Table 4.19. Drinking at lower level (average per drinking occasion, < 40 g pure alcohol among men and < 20 g pure alcohol among women) (Table C.62, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	328	23.9	18.9–29.0	356	6.9	3.6–10.1	684	15.6	12.4–18.8
30–44	589	18.9	15.2–22.6	815	8.2	5.8–10.6	1 404	13.5	11.3–15.7
45–59	806	17.9	14.1–21.7	1 092	11.2	8.9–13.6	1 898	14.3	12.0–16.6
60–69	354	21.5	16.5–26.6	654	9.3	6.6–12.0	1008	14.3	11.6–16.9
18–69	**2 077**	**20.2**	**17.5–22.9**	**2 917**	**9.1**	**7.5–10.6**	**4 994**	**14.3**	**12.7–16.0**

Thus, the drinking habits of current drinkers can be categorized as binge drinking (total: 38.5%; men: 42.4%; women: 32.9%), intermediate alcohol consumption (total: 34.3%; men: 26.4%; women: 45.3%) and low alcohol consumption (total: 27.3%; men: 31.2%; women: 21.7%). Binge drinking was the most common and low alcohol consumption the least common. Information by age group is given in Tables C.63–65, Annex C.

The proportion of respondents who had had six or more drinks on any occasion in the previous 30 days was 20.2% (men: 34.9%; women: 6.9%). Most were aged 30–44 years: 25.7% (men: 42.6%, women 9.2%; Fig. 4.13, Table C.67, Annex C). No significant difference was found between urban and rural respondents (Tables F.15–17, Annex F).

Among current drinkers, the frequency of 6 and more standard alcoholic drinks consumption on a single occasion during the past 30 days was 1 occasion per month. Men who were current drinkers had had six or more drinks 1.5 times in the previous 30 days; the equivalent figure for women was 0.4. Analysis of the indicator by age group showed that older people more often drank six or more standard doses of alcohol on any drinking occasion (Table C.68, Annex C).
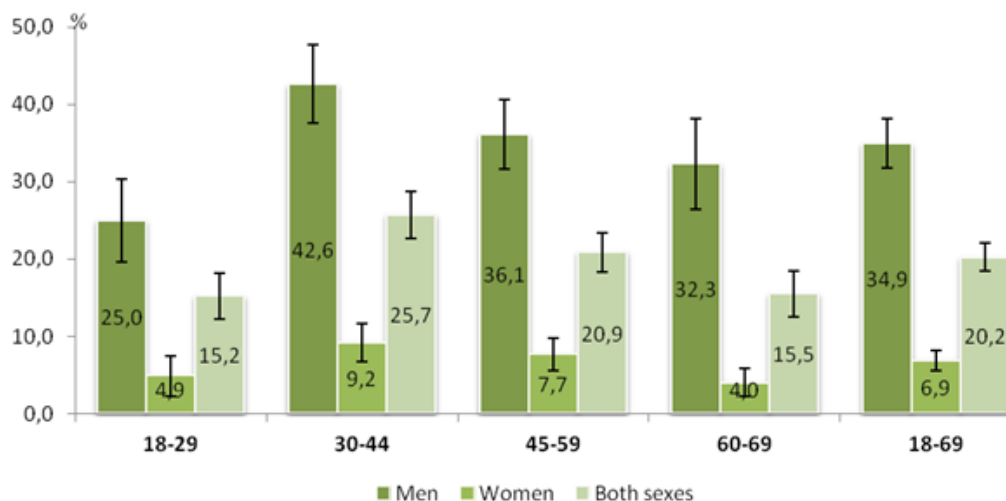
Fig. 4.13. Proportions of respondents who had had six or more drinks on any single occasion in the previous 30 days

Among current drinkers, 46.4% of respondents had consumed no alcohol during the previous week (men: 52.8%; women: 57.4%), 47.7% had consumed alcohol on 1 or 2 days (men: 43.5%; women: 40.6%), 4.3% on 3 or 4 days (men: 6.5%; women: 1.3%), 0.6% on 5 or 6 days (men: 0.8%; women: 0.3%) and 0.8% had drunk alcohol daily (men: 1.2%; women: 0.3%) (Tables C.69–71, Annex C). Current drinkers had taken a mean of 0.6 standard drinks during the previous week (men: 0.8; women: 0.3) (Table 4.20).

Table 4.20. Mean number of standard drinks consumed per day during the past 7 days among current drinkers (Table C.72, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	196	0.7	0.5–0.8	138	0.3	0.2–0.4	334	0.5	0.4–0.6
30–44	421	0.8	0.7–1.0	395	0.3	0.2–0.3	816	0.6	0.5–0.7
45–59	524	0.9	0.7–1.0	470	0.3	0.2–0.3	994	0.6	0.5–0.7
60–69	202	0.8	0.6–0.9	170	0.3	0.1–0.4	372	0.6	0.4–0.7
18–69	**1343**	**0.8**	**0.7–0.9**	**1173**	**0.3**	**0.2–0.3**	**2516**	**0.6**	**0.5–0.6**

"Unrecorded alcohol" includes home-brewed spirits, beer and wine, alcohol brought from abroad, alcohol-containing liquids not intended for drinking and other untaxed alcohol. Among current drinkers, 5.0% of respondents had consumed unrecorded alcohol (men 4.5%; women 5.6%). The lowest proportion were aged 18–29 years (3.2%; men: 3.2%; women: 3.3%), and the highest were aged 45–59 years (6.3%; men: 5.5%; women: 7.2%; Table C.73, Annex C). Unrecorded alcohol represented 4.9% of all alcohol consumed by current drinkers during the previous 7 days (men: 3.9%; women: 9.3%; Table C.75, Annex C). The types of unrecorded alcohol consumed during the previous 7 days (Fig. 4.14; Tables C.76–78, Annex C) were:

- home-brewed spirits: 31.9% (men: 43.4%; women: 11.3%);
- home-brewed beer or wine: 25.2% (men: 27.1%; women: 21.9%);
- alcohol brought from abroad: 34.2% (men: 22.7%; women: 54.7%);
- alcohol-containing liquids not intended for drinking: 2.8% (men: 4.3%; women: 0); and
- other unrecorded alcohol: 5.9% (men: 2.5%; women: 12.1%).
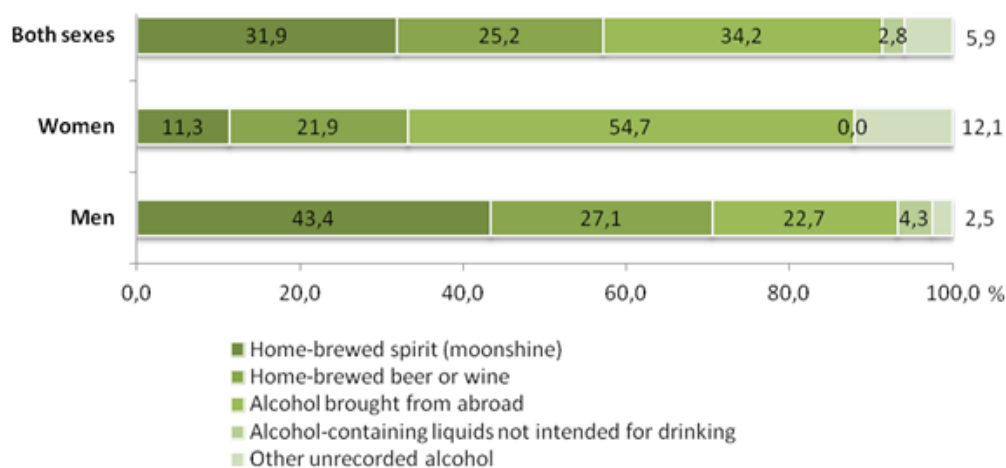
Fig. 4.14. Consumption of unrecorded alcohol in the previous 7 days (%)

Drinking in the morning to ease a hangover during the previous 12 months was reported by 6.6% of respondents (men: 11.9%; women: 1.4%). Of those who reported drinking in the morning, 4.5% had done so less than once a month (men: 8.0%; women: 1.0%), and 2.1% had done so monthly or more often (men: 3.9%; women: 0.4%) (Tables C.85–87, Annex C).

Most respondents (89.9%) had not had family problems or problems with their partners due to drinking by a third party within the previous 12 months (men: 89.0%; women: 90.8%), while 8.6% reported this reason as a problem less frequently than once a month (men: 9.7%; women: 7.6%) and 1.5% monthly or more often (men: 1.3%; women: 1.7%) (Tables C.88–90, Annex C).

Summary of alcohol consumption

1. The survey results showed that 5.7% of the target population had abstained from alcohol throughout their lives. No significant difference in alcohol consumption was identified between urban and rural respondents: 83.2% of urban respondents and 80.6% of rural respondents had drunk alcohol at least once during the previous 12 months.
2. 52.8% of respondents (men: 64.9%; women: 41.8%) had drunk alcohol in the previous 30 days and 29.2% of respondents (men: 21.5%; women: 36.3%) during the previous 12 months.
3. Alcohol consumption differed significantly between the sexes, men drank more often (3.9 drinking occasions per month) than women (2.1).
4. On average, men consumed more alcohol (6.1 standard drinks per drinking occasion) than women (3.2).
5. The pattern of drinking was mainly the most deleterious: 20.2% of respondents (men: 27.4%; women: 13.7%) occasionally drank alcohol excessively (binge drinking: ≥ 60 g pure alcohol per drinking occasion among men and ≥ 40 g among women). This model of alcohol consumption is associated with increased risks for morbidity and mortality due to CVDs (heart attack, stroke, acute and chronic heart failure) and increased mortality due to accidental alcohol poisoning and unintentional and deliberate injuries. No significant difference was found between rural and urban populations.
6. Unrecorded alcohol (home-brewed, alcohol brought over the border, alcohol-containing liquids not intended for drinking and other untaxed alcohol) was drunk by 5.0% of the population.
7. One of the important symptoms of alcohol dependence syndrome, drinking alcohol in the morning to ease a hangover, was reported by 6.6% of respondents (men: 11.9%; women: 1.4%).

Diet

Fruit and vegetables

The dietary questionnaire included several blocks of questions on respondents' consumption of fruits and vegetables, dietary salt, vegetable oils and animal fats for cooking. The answers were assessed by sex, age and residence of respondents.

Respondents consumed fruit on average 5.1 days per week (men: 4.7; women: 5.5), and consumption increased with age, for both the sample in general and for men and women separately (Fig. 4.15; Table C.91, Annex C).
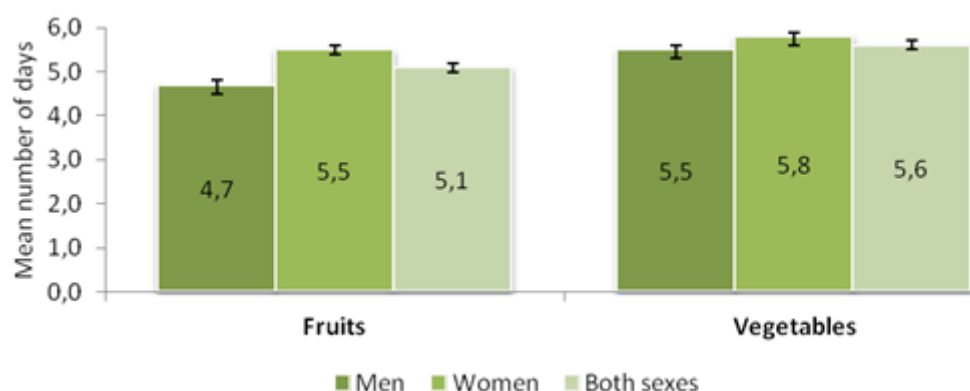
Fig. 4.15. Mean numbers of days of fruit and vegetable consumption per week

Respondents' diets included vegetables on an average of 5.6 days per week (men: 5.5; women: 5.8), which was slightly higher than their fruit consumption. The numbers of days per week on which the diet included vegetables increased with age, for both the sample in general and among men and women (Table C.92, Annex C).

Urban residents consumed slightly more fruit than rural respondents, whereas rural residents consumed more vegetables than urban respondents (Tables 4.21–4.26).

Table 4.21. Mean number of days on which fruit was consumed in a typical week, men (Table F.18, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	385	4.7	4.5–4.9	314	4.5	4.1–4.9
40–69	606	4.7	4.5–4.9	775	4.7	4.5–5.0
18–69	**991**	**4.7**	**4.6–4.9**	**1089**	**4.6**	**4.4–4.9**

Table 4.22. Mean number of days on which fruit was consumed in a typical week, women (Table F.19, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	5.3	5.1–5.6	411	5.5	5.2–5.9
40–69	1071	5.5	5.4–5.6	996	5.6	5.4–5.8
18–69	**1513**	**5.4**	**5.3–5.6**	**1407**	**5.6**	**5.3–5.8**

Table 4.23. Mean number of days on which fruit was consumed in a typical week, both sexes (Table F.20, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	827	5.0	4.8–5.2	725	5.0	4.7–5.4
40–69	1 677	5.2	5.1–5.3	1 771	5.2	4.9–5.4
18–69	**2 504**	**5.1**	**5.0–5.2**	**2 496**	**5.1**	**4.9–5.3**

Table 4.24. Mean number of days on which vegetables were consumed in a typical week, men (Table F.21, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	5.1	4.8–5.3	315	5.5	5.3–5.8
40–69	607	5.4	5.2–5.7	775	5.9	5.6–6.1
18–69	**991**	**5.3**	**5.1–5.5**	**1 090**	**5.7**	**5.5–5.9**

Table 4.25. Mean number of days on which vegetables were consumed in a typical week, women (Table F.22, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	5.4	5.2–5.6	411	5.8	5.5–6.1
40–69	1 071	5.7	5.6–5.9	994	6.0	5.9–6.2
18–69	**1 513**	**5.6**	**5.4–5.8**	**1 405**	**5.9**	**5.8–6.1**

Table 4.26. Mean number of days on which vegetables were consumed in a typical week, both sexes (Table F.23, Annex F)

Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	826	5.2	5.0–5.4	726	5.6	5.4–5.9
40–69	1 678	5.6	5.5–5.8	1 769	6.0	5.8–6.1
18–69	**2 504**	**5.5**	**5.3–5.6**	**2 495**	**5.8**	**5.7–6.0**

Respondents ate 1.8 servings of fruit per day (men: 1.5; women: 2.0), and women ate fruit more frequently than men in all age groups (Fig. 4.16; Table C.93, Annex C). Similarly, respondents ate 2.1 servings of vegetables per day (men: 1.9; women: 2.2), and women ate more vegetables than men in all age groups (Fig. 4.16) (Table C.94, Annex C).

The mean number of servings of fruit and vegetables was 3.8 per day (men: 3.4; women: 4.2), and women in all age groups ate fruit and vegetables more often than men (Fig. 4.16) (Table C.95, Annex C).

Among the respondents who consumed fruit and/or vegetables on a typical day (Fig. 4.17):
- 27.1% ate five or more servings (men: 22.1%; women: 31.7%),
- 27.4% ate three or four servings (men: 25.6%; women: 29.1%),
- 38.7% ate one or two servings (men: 44.5%; women: 33.5%), and
- 6.7% of respondents ate no fruit or vegetables on a typical day (men: 7.8%; women: 5.7%).
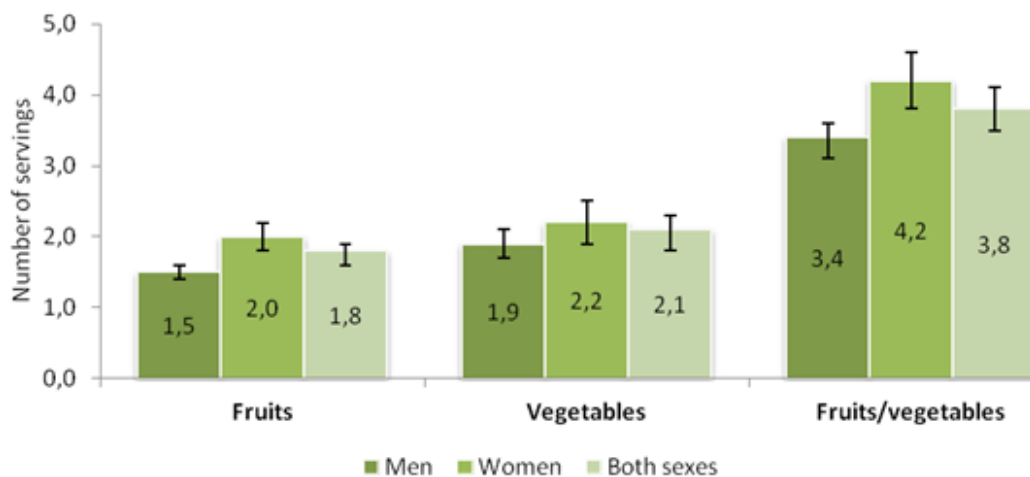
Fig. 4.16. Mean numbers of servings of fruit and vegetables per day, by sex
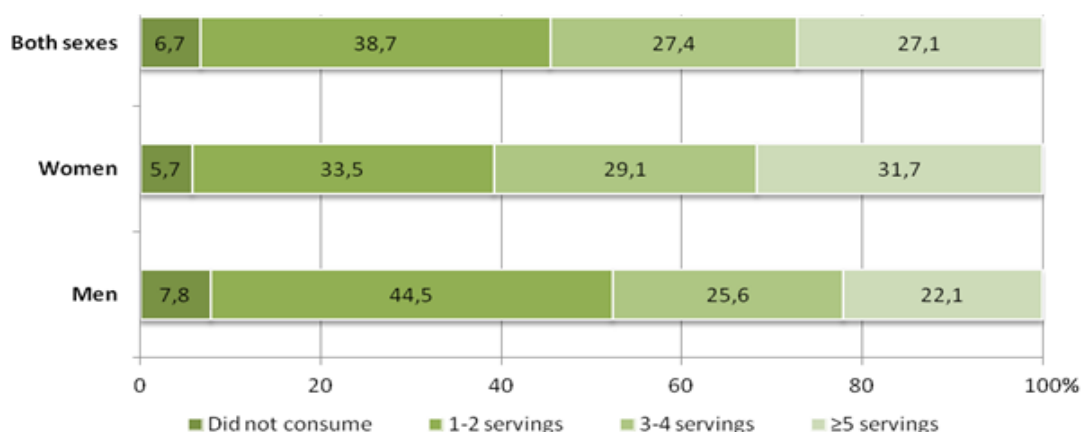
Fig. 4.17. Frequency of fruit and/or vegetable consumption per day (%), by sex

Summary of fruit and vegetable consumption. More than a third (38.7%) of all respondents ate one or two servings of fruit and/or vegetables on a typical day (men: 44.5%; women: 33.5%), and each fourth respondent ate five or more servings (27.1%) – each fifth man (22.1%) and each third woman (37.1%) (Tables C.96–98, Annex C). Data by urban or rural residence are shown in Tables F.24–32 (Annex F), and Annex E provides information on consumption of fruit and vegetables by urban and rural residence.

Salt

More than one third of respondents (31.7%) always or often added salt or salty sauce to their food before or during eating (men: 35.8%; women: 28.0%; Table C.100, Annex C), and 80.8% always or often added salt to food when cooking at home (men: 82.1%; women: 79.6%) (Table C.101, Annex C).

More than one third of respondents (35.6%; men, 43.6%; women, 28.5%) always or often ate processed food with a high salt content, including smoked meat and fish, sausages, lard, pickles, tinned food and salted chips and nuts. The highest percentage of respondents who ate food with a high salt content was the 30–44-year age group (40.5%; men, 50.7%; women, 30.5%; Fig. 4.18, Table C.102, Annex C). In the age group 60–69 years, only 36.6% of men and 18.1% of women ate foods.
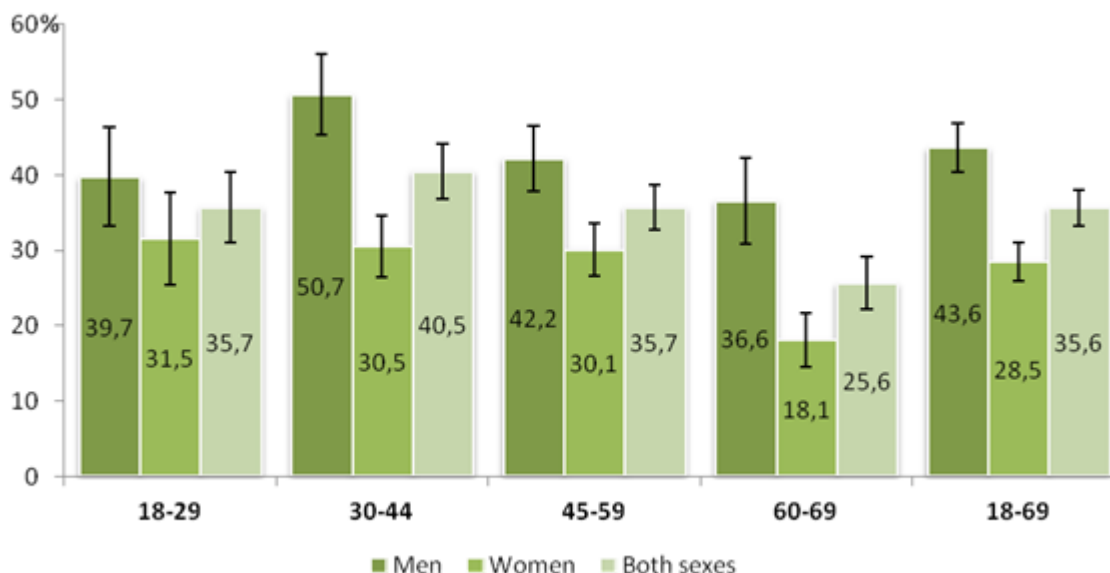
Fig. 4.18. Proportions of respondents who always or often ate processed foods high in salt

With regard to intake of dietary salt and salty sauces, 62.5% of respondents (men: 66.1%; women: 59.3%) considered that they consumed an average amount, 20.2% (men: 15.5%; women: 24.4%) that they did not consume enough, 14.9% (men: 16.4%; women: 13.6%) that they consumed too much, 1.5% (men: 1.1%; women: 1.9%) that they consumed too little and 0.8% (men: 0.9%; women: 0.7%) that they consumed too much dietary salt (Fig. 4.19, Tables C.103–106, Annex C).
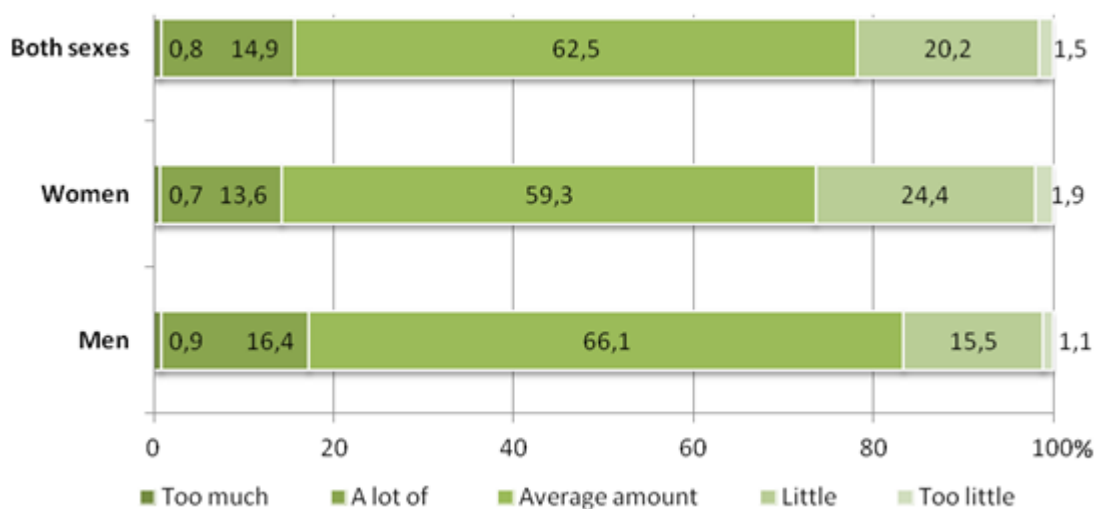
Fig. 4.19. Self-reported appropriateness of quantity of salt consumed (%)

Most respondents (76.0%) knew that consuming too much salt could cause serious health problems, and 69.0% of men and 82.3% of women knew about the harmful impact of excessive dietary salt. The older respondents were, the more they knew about the negative health effects of excessive dietary salt (Table C.107, Annex C).

Fats and oils

Vegetable oil was used for cooking at home by 88.9% (95% CI, 87.0–90.7) of respondents; 3.6% (2.6–4.6) used lard or suet, 1.2% (0.8–1.7) used butter or *ghee*, 0.7% (0.2–1.1) used other oily substances, and 0.5% used margarine (0.2–0.8). No butter or fat was used by 4.7% (3.5–5.8) of respondents, and 0.5% (0.2–0.8) did not use any particular oil or fat in cooking at home (Tables 4.27 and 4.28).

Table 4.27. Type of oil or fat most often used for cooking at home (Table C.108, Annex C)

No. of households	Vegetable oil (%)	95% CI	Lard or suet (%)	95% CI	Butter or *ghee* (%)	95% CI	Margarine (%)	95% CI
228	88.9	87.0–90.7	3.6	2.6–4.6	1.2	0.8–1.7	0.5	0.2–0.8

Table 4.28. Type of oil or fat most often used for cooking at home (continued) (Table C.109, Annex C)

None in particular (%)	95% CI	None (%)	95% CI	Other (%)	95% CI
0.5	0.2–0.8	4.7	3.5–5.8	0.7	0.2–1.1

Eating outside the home

Respondents ate outside the home a mean of 0.9 times per week, men eating out more often (1.1 times) than women (0.7 times). Respondents aged 18–29 years ate out 1.5 times per week (men: 1.7; women: 1.3), and those aged 30–44 years ate out 1.1 times per week (men: 1.3; women: 1.0) (Table C.110, Annex C).

Summary of diet

1. A mean of 3.8 servings of fruit and vegetables were eaten per day. Women ate more vegetables and fruits (4.2 servings per day) than men (3.4) in all age groups.
2. Two-thirds of the target population consumed fewer than five servings of fruits and vegetables daily.
3. The majority of respondents (88.9%) used vegetable oil for cooking at home.
4. Men aged 18–44 years ate out more often (once or twice a week) than women and older men.
5. One third of respondents (31.7%) added salt or salted sauce when eating, men doing so more often (35.8%) than women (20.3%) and rural respondents (36.2%) more often than urban residents (28.0%).
6. More than one third of respondents (35.6%) often ate processed food with a high salt content, and especially men (43.6%; women, 28.5%).
7. Most respondents (76.0%) were aware of the health risks of consuming large amounts of dietary salt (men: 69.0%; women: 82.3%).
8. The mean daily salt intake was 10.6 g/day. Respondents were not aware of the recommended salt intake. Only 14.9% realized that they consumed a lot of dietary salt, and 0.8% considered that there was too much salt in their food. 84.2% were sure that their salt intake was average or small.

Physical activity

Respondents' physical activity was assessed according to the intensity, duration and frequency during work, transport and leisure. The data indicated that 13.2% of respondents exercised less than 150 min/week at moderate intensity (or equivalent), which does not comply with the WHO recommendation on healthy physical activity, which should be more than 150 min/week *(14)*. No significant difference was found between men (12.8%) and women (13.5%). People aged 60–69 years were most likely (23.4%) not to meet the WHO recommendation on physical activity (men: 27.1%; women: 20.8%); only 9.7% of 18–29-year-olds did not meet the recommendation (men: 7.7%; women: 11.8%) (Table 4.29, Fig. 4.20).

Table 4.29. Numbers of respondents who did not meet the WHO recommendations on physical activity

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	7.7	4.9–10.5	354	11.8	7.6–15.9	685	9.7	7.1–12.2
30–44	587	10.5	7.5–13.6	816	12.3	9.7–14.9	1 403	11.4	9.4–13.5
45–59	806	13.2	10.3–16.1	1 087	11.6	9.0–14.2	1 893	12.3	10.2–14.4
60–69	353	27.1	20.2–34.1	651	20.8	16.4–25.3	1 004	23.4	19.0–27.8
18–69	**2 077**	**12.8**	**10.7–14.9**	**2 908**	**13.5**	**11.5–15.5**	**4 985**	**13.2**	**11.5–14.8**

Fig. 4.20. Proportions of respondents who did not meet the WHO recommendations on physical activity for health

Thus, every tenth respondent in the age group 18–29 years did not meet the WHO recommendation for physical activity for health; the older the respondents were, the less they observed the recommendation, and in the age group 60–69 years, every fourth man and every fifth woman did not comply with the recommendation.

With regard to place of residence, 13.8% of urban and 12.3% of rural respondents did not comply with the WHO recommendation (with no significant difference) (Tables 4.30–4.32).

Table 4.30. Proportions of respondents who did not meet the WHO recommendations on physical activity for health, men (Table F.34, Annex F)

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	384	8.9	5.8–12.0	314	7.6	4.5–10.7
40–69	606	19.8	15.4–24.2	773	13.5	9.9–17.1
18–69	**990**	**14.4**	**11.3–17.4**	**1087**	**11.0**	**8.2–13.9**

Table 4.31. Proportions of respondents who did not meet the WHO recommendations on physical activity for health, women (Table F.35, Annex F)

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	440	13.2	9.6–16.7	410	12.5	7.7–17.4
40–69	1066	13.5	10.5–16.4	992	14.3	10.6–18.0
18–69	**1506**	**13.4**	**10.9–15.8**	**1402**	**13.6**	**10.3–16.9**

Table 4.32. Proportions of respondents who did not meet the WHO recommendations on physical activity for health, both sexes (Table F.36, Annex F)

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	824	10.9	8.5–13.3	724	10.1	7.1–13.1
40–69	1672	16.1	13.2–19.0	1765	13.9	10.9–16.9
18–69	**2496**	**13.8**	**11.6–16.1**	**2489**	**12.3**	**9.8–14.9**

According to the WHO criteria *(14)*, 55.3% of respondents had high physical activity, 28.0% moderate activity and 16.7% low physical activity (Fig. 4.21). High total physical activity was reported by 63.4% of male respondents and 48.0% of female respondents and low total physical activity by 15.9% of men and 17.4% of women (Tables C.113–115, Annex C, Fig. 4.21).
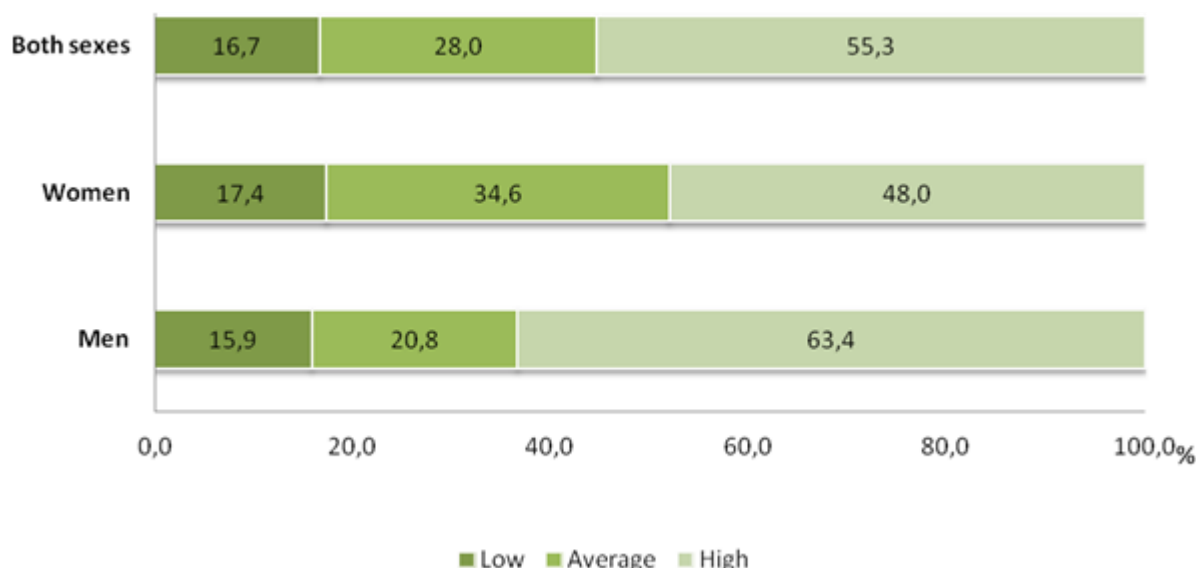
Fig. 4.21. Proportions of respondents who reported low, medium and high total physical activity (%)

Thus, over half of all respondents (55.3%) had high physical activity and 83.3% high or moderate physical activity, indicating that they were reasonably well aware that physical activity is one of the key aspects of a healthy lifestyle.

The mean self-reported time spent on general physical activity each day was 202.9 min (men: 237.7 min; women: 171.2 min) (Fig. 4.22).
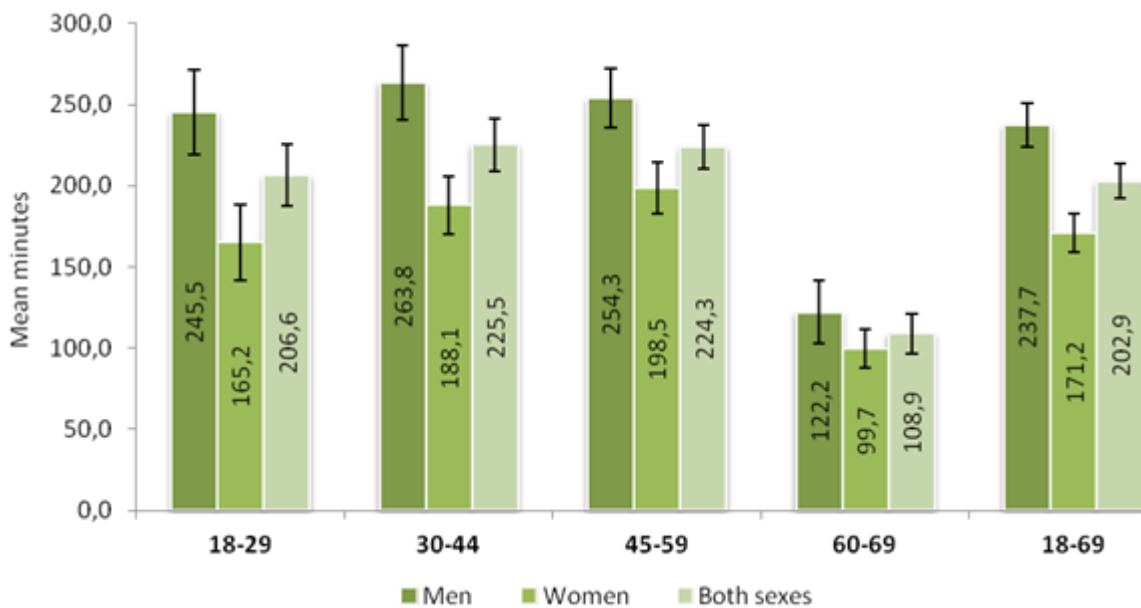
Fig. 4.22. Mean time spent on total physical activity per day

The average maximum time that respondents spent doing general physical activity per day was 225.5 min in the age group 30–44 years (men: 263.8 min; women: 188.1 min) and 224.3 min in the age group 45–59 years (men: 254.3 min; women: 198.5 min). The shortest time spent on general physical activity per day was 108.9 min in the age group 60–69 years (men: 122.2 min; women: 99.7 min) (Fig. 4.22, Table C.116. Annex C).

On average, men spent almost 1.5 times more time on general physical activity than women. With age, the duration of total physical activity per day decreased for both men and women, except for women aged 30–44 years, who devoted more time to physical activity than women in other age groups.

The mean duration of work-related physical activity per day was 117.7 min (men: 149.0 min; women: 89.3 min) (Fig. 4.23).

The longest average durations of physical activity related to work were 147.4 min/day among respondents aged 30–44 years (men: 187.4 min; women: 108.6 min) and 136.6 min/day among those aged 45–59 years (men: 164.6 min; women: 112.5 min). The shortest average duration of work-related physical activity was 36.4 min/day among respondents aged 60–69 years (men: 47.5 min; women: 28.8 min) (Table C.118, Annex C).

The mean number of minutes spent in transport-related physical activity was 72.4 min/day (men: 74.5 min; women: 70.6 min). The longest average duration spent in this type of physical activity was 81.9 min/day among respondents aged 18–29 years (men: 86.8 min; women: 76.7), the shortest one was 63.2 min/day among those aged 60–69 years (men: 64.7 min; women: 62.1 min). The information by age group is shown in Table C.119, Annex C.

The mean duration of leisure (recreation-related) physical activity spent by the respondents per day was 12.7 min (men: 14.2 min; women: 11.3 min), with a maximum in the age group 18–29 years (18.0 min; men: 24.2 min; women: 11.5 min) (Table C.119, Annex C). Only 16.0% of respondents said they did no active transport (men: 19.9%; women: 12.5%). There was no significant difference by age group.
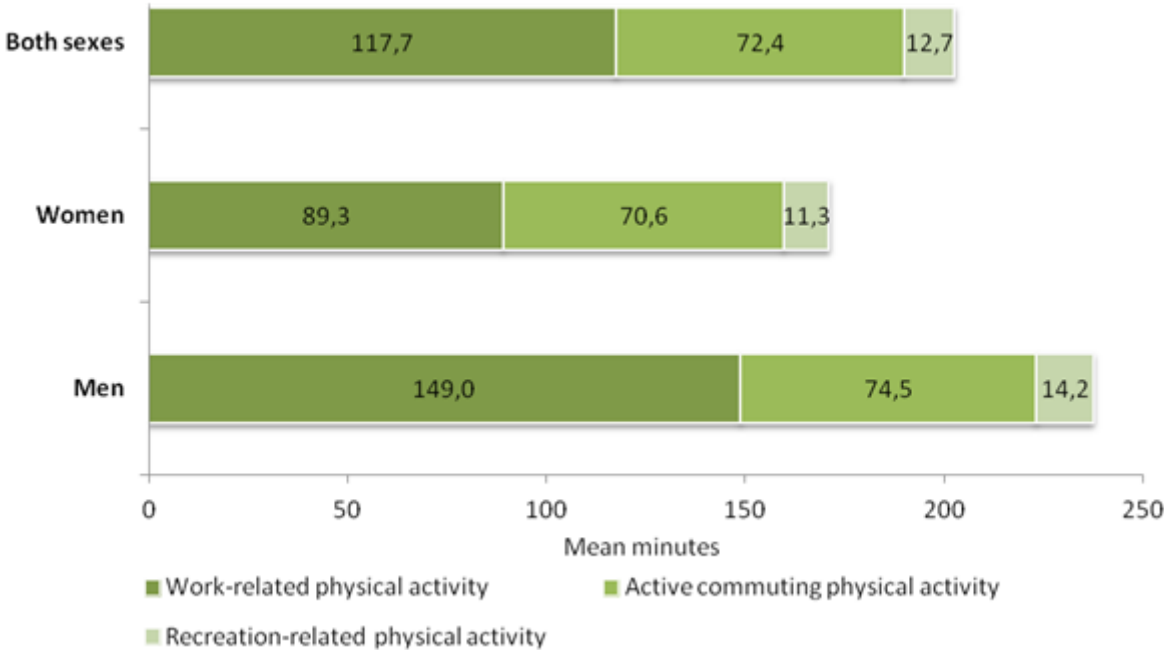
Fig. 4.23. Mean time spent doing work-related physical activity per day

The mean duration of leisure (recreation-related) physical activity spent by the respondents per day was 12.7 min (men: 14.2 min; women: 11.3 min), with a maximum in the age group 18–29 years (18.0 min; men: 24.2 min; women: 11.5 min) (Table 4.33).

Table 4.33. Mean time (min) spent being physically active during leisure per day (Table C.120, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	24.2	19.3–29.0	354	11.5	8.9–14.1	685	18.0	15.1–21.0
30–44	587	10.9	8.2–13.6	816	11.3	8.1–14.4	1403	11.1	8.8–13.4
45–59	806	11.5	7.8–15.3	1087	12.6	8.2–17.1	1893	12.1	8.3–15.9
60–69	353	9.9	4.0–15.8	651	8.8	5.0–12.6	1004	9.2	5.5–13.0
18–69	**2077**	**14.2**	**11.4–17.1**	**2908**	**11.3**	**8.9–13.7**	**4985**	**12.7**	**10.3–15.1**

The number of respondents who spent their leisure time passively increased with age:
- 56.5% (men: 52.8%; women: 60.5%) in the age group 18–29 years;
- 70.7% (men: 71.1%; women: 70.3%) in the age group 30–44 years;
- 78.4% (men: 80.2%; women: 76.9%) in the age group 45–59 years; and
- 84.3% (men: 85.8%; women: 83.3%) in the age group 60–69 years (Table C.126, Annex C).

Over half the respondents (56.6%) had a sedentary job or business, with no physical activity (men: 47.2%; women: 65.1%)

In general, respondents devoted insufficient time to physical activity during leisure (12.7 min). They preferred passive leisure, and the duration of passive leisure increased with age. Over half the respondents (56.6%) had a job or business with no physical activity. Men spent more than 1.5 times longer doing physical activity during work than women. The average time spent in physical activity during transport was the same for men and women: 80 min/day. The information by age group is shown in Tables C.124–126, Annex C.

Men were equally active during work (44.3%) and transport (45.6%), and active leisure accounted for 10.1%. In women, the predominant physical activity was for transport (62.2%), followed by work (27.4%) and leisure (10.4%).

Thus, the predominant physical activity was in transport (54.4%), followed by work (35.4%) and leisure (10.2%). The information on total physical activity by age group is shown in Tables C.127–129, Annex C.

Detailed information on physical activity by age group is shown in Tables C.112–133, Annex C). Annex F gives information by urban and rural residence (Tables F.33–35), and additional data are shown in Annex G (Tables G.5–7).

Summary of physical activity

1. One in eight (13.2%) respondents was physically inactive and did not meet the WHO recommendation on physical activity for health, which increases risks for NCD.

2. Physical activity decreased with age.

3. The average daily duration of all physical activity was 202.9 min; men were 1.5 times more physically active than women.

4. Over half the time spent on physical activity was during transport (54.4%), over one third during work (35.4%) and 10.2% of the time during leisure.

5. Men were more often physically active during work than women.

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

Raised blood pressure

Respondents were asked whether their blood pressure had ever been measured and whether hypertension had ever been diagnosed; they were also interviewed about adherence to hypertension treatment. Although 1.5% of all respondents reported that their blood pressure had never been measured by a health worker, of the 98.5% of respondents whose blood pressure had been measured (Fig. 4.24):

- 63.6% reported that high blood pressure or hypertension had not been diagnosed;
- 5.1% reported that a health worker had informed them that they had high blood pressure or had diagnosed hypertension more than 1 year before the survey; and
- 29.8% reported that a health worker had informed them that they had high blood pressure or had diagnosed hypertension less than 1 year before the survey.
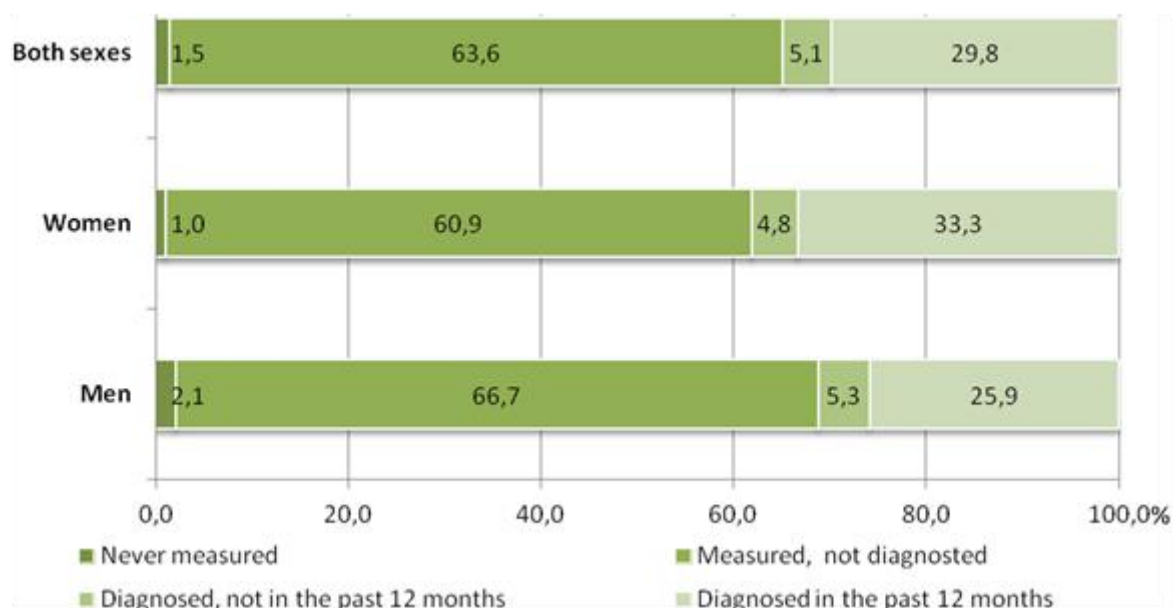
Fig. 4.24. Blood pressure measurement and diagnosis of hypertension (%)

Of the respondents whose blood pressure had been measured by a medical professional but found not to be raised, 66.7% were men and 60.9% women. The majority of these respondents (87.8%) were aged 18–29 years. Of the respondents who had high blood pressure or a diagnosis of hypertension in the previous 12 months, 25.9% (one in four) were men and 33.3% (one in three) were women; more than two thirds (69.1%) of these respondents were aged 60–69 years (men: 62.2%; women: 73.8%). Of the respondents who had high blood pressure or hypertension diagnosed more than 1 year before the survey, 5.3% were men and 4.8% women (Tables C.134–136, Annex C).

Among respondents with arterial hypertension (high blood pressure), 57.3% were currently taking antihypertensive medication (men: 47.5%; women: 64.6%). The percentage of those taking these medication increased with age, from 17.9% aged 18–29 years (men: 18.7%; women: 16.0%) to 59.4% aged 45–59 years (men: 51.7%; women: 64.7%) and 74.1% aged 60–69 years (men: 64.2%; women: 79.9%) (Table C.137, Annex C).

Overall, 34.9% of respondents indicated that they had high blood pressure or a history of arterial hypertension. Over half the respondents (57.3%) with hypertension were taking antihypertensive medication. Women adhered better to prescribed medication (64.6%) than men (47.5%) (Fig. 4.25, Table C.137, Annex C).
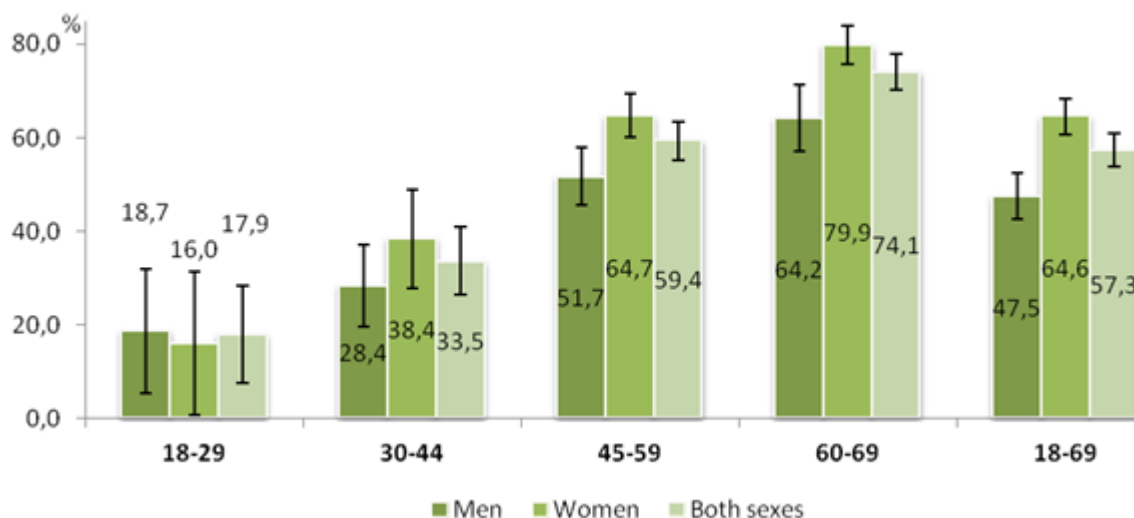
Fig. 4.25. Proportions of respondents receiving antihypertensive medication (%)

Only 2.1% of respondents with high blood pressure or diagnosed hypertension reported that they had consulted a traditional healer, and this was more frequent among women (2.5%; men, 1.5%), and by respondents aged 60–69 years (2.5%; women: 3.8%). Young men aged 18–29 years with high blood pressure (2.4%) more frequently consulted traditional healers for their condition than older men (Table C.138, Annex C).

Of respondents with high blood pressure, 9.0% were taking herbs or other folk remedies to normalize their blood pressure at the time of the survey (men: 5.0%; women: 12.1%). The frequency was highest among those aged 60–69 years: 15.0% (men: 7.3%; women: 19.5%) (Table C.139, Annex C).

Summary of raised blood pressure

1. Only 1.5% of respondents reported that they their blood pressure had never been measured by a medical professional (men: 2.1%; women: 1.0%).

2. More than 1 year before the STEPS survey, 5.1% of respondents had a diagnosis of high blood pressure or arterial hypertension; 29.8% had had such a diagnosis within the previous 12 months.

3. Adherence to hypertension treatment was inadequate (57.3%), mainly among men (men: 47.5%; women: 64.6%).

Raised blood glucose

Respondents were interviewed about a history of diabetes or raised blood glucose and about hypoglycaemic medication. Blood glucose had never been tested by medical personnel in 11.2% of the respondents (men: 12.9%; women: 9.7%; Fig. 4.26), comprising 16.0% of respondents aged 18–29 years, 11.6% of those aged 30–44 years, 9.1% aged 45–59 years and 7.5% aged 60–69 years. Most (88.8%) had been tested for blood glucose by a health worker.
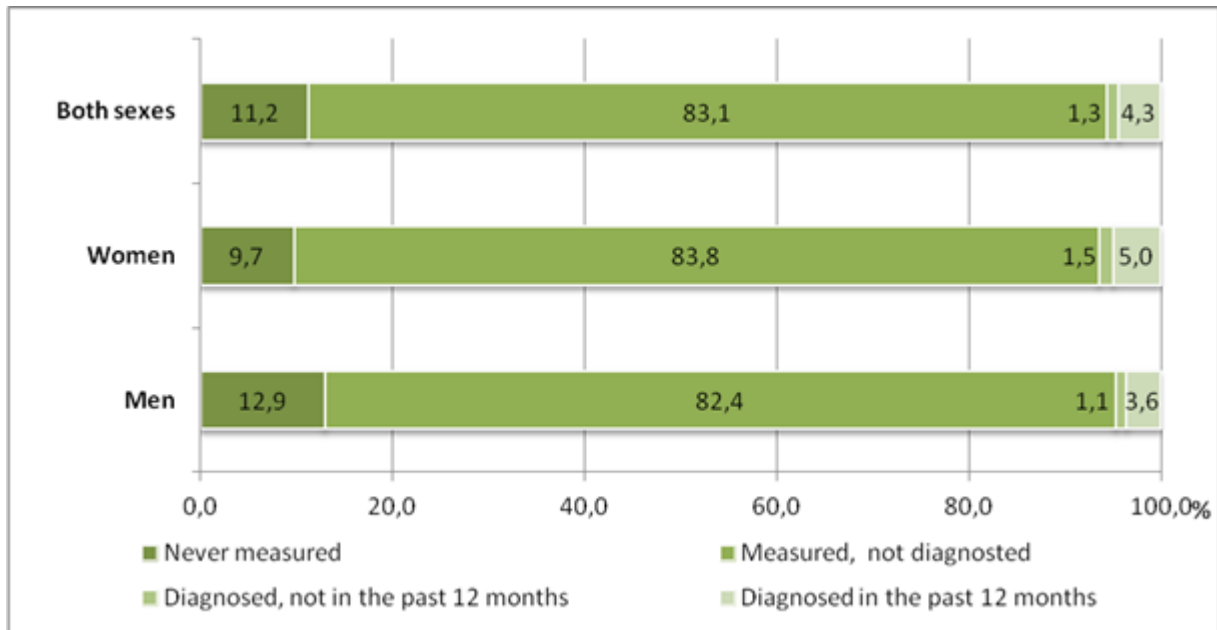
Fig. 4.26. Proportions of respondents tested for blood glucose and with a diagnosis of diabetes

Of the respondents who had had a blood glucose test, 1.3% (men: 1.1%; women: 1.5%) had raised blood glucose or diabetes diagnosed more than 1 year before the survey, and 4.3% (men: 3.6%; women: 5.0%) had raised blood glucose or diabetes diagnosed within the previous 12 months, including 12.7% of respondents aged 60–69 years (men: 11.1%; women: 13.8%); 83.1% of respondents (men: 82.4%; women: 83.8%) did not have raised blood glucose (Tables C.140–142, Annex C).

Therefore, most respondents (88.8%) had been tested for blood glucose, and 5.6% had elevated blood glucose or diagnosed diabetes. It should be noted that, in Belarus, young people without risk factors are not subject to mandatory blood glucose tests.

According to the survey, 50.6% of respondents with diabetes (men: 56.2%; women: 46.9%) were taking medication prescribed by a doctor for diabetes at the time of the survey (Fig. 4.27).

Such medication was being taken by 46.0% of respondents aged 18–29 years with raised blood glucose (men: 45.2%; women: 46.3%), 28.2% (men: 24.4%; women: 30.7%) of the 38 respondents aged 30–44 years, 45.7% (men: 56.4%; women: 36.1%) of 143 respondents aged 45–59 years and 63.9% (men: 69.6%; women: 61.0%) of 147 respondents aged 60–69 years (Table C.143, Annex C).

At the time of the survey, 16.9% of respondents with raised blood glucose were taking insulin (men 13.7%; women: 19.1%; Fig. 4.27). Respondents aged 18–29 years had the lowest

prevalence of raised blood glucose but the highest percentage of those taking insulin (46.0%; men: 45.2%; women: 46.3%). The lowest percentage of respondents taking insulin at the time of the survey was among 30–44 year-olds: 4.0% (men: 2.4%; women: 5.0%) (Table C.144, Annex C).

Thus, every second respondent (50.6%) with diagnosed raised blood glucose or diabetes was taking medication at the time of the survey, and every sixth respondent (16.9%) was taking insulin.
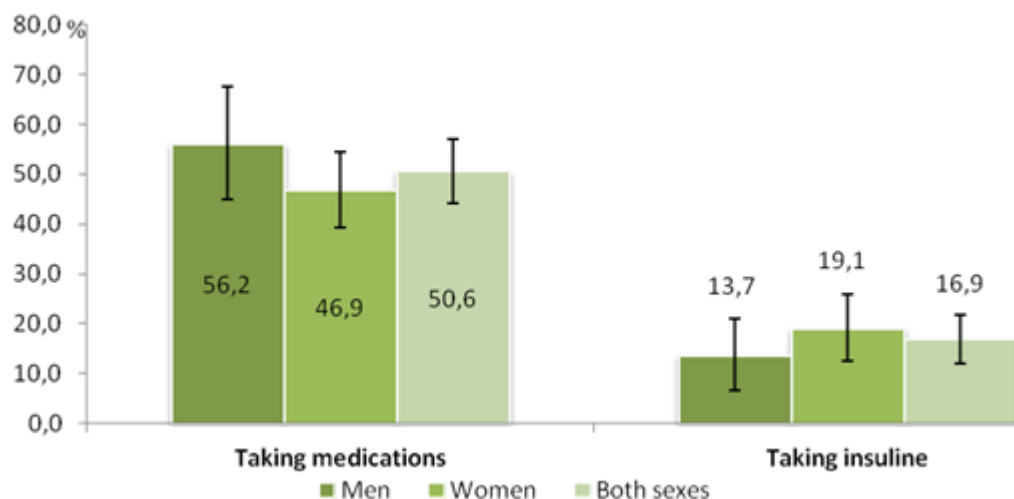
Fig. 4.27. Respondents with diagnosed diabetes who were taking hypoglycaemic drugs or insulin (%)

Only 2.9% of respondents with diagnosed elevated blood glucose reported that they had ever consulted a traditional healer (men: 4.6%; women: 1.7%). Young respondents were most likely to do so: 12.4% of respondents aged 18–29 years with high blood glucose or diagnosed diabetes had asked traditional healers for help. Of the 11.6% of respondents with raised blood glucose or diagnosed diabetes who were taking herbs or other folk remedies against diabetes at the time of the survey (men: 7.9%; women: 14.0%), those aged 60–69 years used these remedies more often (16.3%) than those in other age groups. Data by age group are shown in Table C.146, Annex C.

Summary of raised blood glucose

1. Blood sugar had been tested in 88.8% of respondents. As young people are not subject to an obligatory blood glucose test, the coverage of the population with the test is close to 100%.

2. Elevated glucose or diabetes was diagnosed in 5.6% of respondents tested for blood glucose, in 1.3% more than 1 year before the survey and in 4.3% during the previous year.

3. Half the respondents (50.6%) with raised blood glucose or diagnosed diabetes were taking hypoglycaemic medication (men: 56.2%; women: 46.9%).

4. Most respondents (97.1%) with raised blood glucose or diagnosed diabetes had sought help from medical practitioners.

Raised total blood cholesterol

Respondents were asked whether they had been tested for total cholesterol by a doctor or other health professional, whether a health professional had ever informed them that they had high cholesterol and whether medication had been prescribed and taken during the previous 2 weeks by those with elevated cholesterol.

No testing for total cholesterol had been performed for 21.1% (men: 23.4%; women: 19.1%; Fig. 4.28). The percentage of those tested increased with age (to 78.9%), and that of people who had never been tested for total cholesterol decreased (Tables C.147–149, Annex C).

Of those who had been tested for total cholesterol, 68.7% (men: 69.6%; women: 67.8) did not have a raised level, while 10.2% reported that a health worker had identified a raised level. Raised total cholesterol had been detected in 7.6% of respondents (men: 5.2%; women: 9.8%) in the previous 12 months, in one in ten respondents (11.2%) aged 45–59 years (men: 8.3%; women: 13.7%) and in one in five (19.1%) aged 60–69 years (men: 10.7%; women: 24.8%).

Raised total cholesterol had been registered more than 1 year before the survey in 2.6% of all respondents who had been tested (men: 1.8%; women: 3.3%).
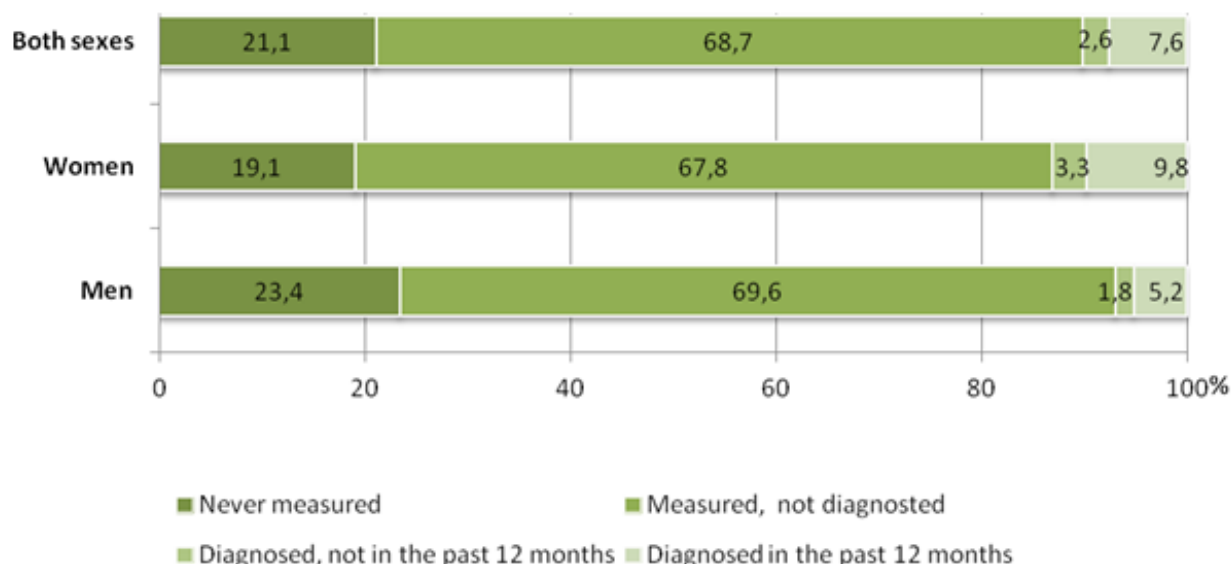
Fig. 4.28. Proportions of respondents with total cholesterol measured and raised cholesterol diagnosed (%)

Thus, most respondents (78.9%) reported that they had been tested for total cholesterol; 12.8% had been found to have a raised level and 68.7% had not (men: 69.6%; women: 67.8%). 10.2% of respondents had been found to have a raised level of total cholesterol in the past 12 months.

Among those with raised total cholesterol, 27.0% (men: 33.3%; women: 24.0%) reported that they were taking medication prescribed by a doctor, and the percentage increased with age, from 4.7% of 18–29-year-old respondents to 37.6% in those aged 60–69 years (Table 4.34).

Table 4.34. Proportions of respondents with a diagnosis of raised total cholesterol currently taking prescribed oral medication (Table C.150, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	4	0.0	0.0–0.0	7	9.0	0.0–26.6	11	4.7	0.0–14.2
30–44	30	17.2	1.3–33.1	49	1.8	0.0–5.3	79	8.9	0.9–16.8
45–59	79	33.4	20.5–46.2	204	22.2	14.8–29.6	283	26.0	19.1–32.9
60–69	50	50.1	34.0–66.1	192	33.4	24.6–42.1	242	37.6	29.1–46.1
18–69	**163**	**33.3**	**24.5–42.1**	**452**	**24.0**	**18.4–29.5**	**615**	**27.0**	**21.7–32.3**

Only 0.7% of respondents with diagnosed raised total cholesterol reported that they had ever consulted a traditional healer, and they were all women, mainly in the age group 45–59 years – 0.8% (women: 1.2%) (Table C.151, Annex C).

Nevertheless, 7.2% (men: 5.9%; women: 7.8%) were taking herbs or other folk remedies to lower total cholesterol; these were primarily respondents aged 60–69 (9.5%; men: 5.7%; women: 10.7%) (Table C.152, Annex C).

Summary of raised total blood cholesterol

1. Almost one fifth of all respondents had never been tested for total cholesterol.

2. Of those tested, 12.6% had been found to have raised total cholesterol.

3. About one fourth (27.0%) of respondents with high cholesterol had taken oral medication prescribed by a doctor in the previous 2 weeks to lower their cholesterol (men: 33.3%; women: 24.0%).

4. Less than 1% of respondents with high cholesterol had turned to traditional healers; 7.2% used folk remedies to lower blood cholesterol.

History of cardiovascular disease

Respondents were asked if they had ever had a heart attack or myocardial infarction and about regular use of aspirin or statins.

A heart attack, chest pain due to heart disease (angina) or a stroke was reported by 6.7% of respondents (men: 6.6%; women: 6.8%), and the percentage increased with age, from 0.5% among 18–29-year-olds to 21.1% among 60–69-year-olds. Every fifth respondent aged 60–69 years had had a heart attack, chest pain from heart disease or a stroke (21.1%; men: 21.6%; women: 20.8%) (Table 4.35).

No significant difference was found between the numbers of men and women who had ever had a heart attack, chest pain as a result of angina or stroke by age (Table 4.35, Fig. 4.29).

Table 4.35. Ever had a heart attack or chest pain due to heart disease or stroke (Table C.153, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.4	0.0–1.1	358	0.6	0.0–1.5	689	0.5	0.0–1.1
30–44	592	2,3	0.7–3.8	817	1.7	0.7–2.7	1409	2,0	1.1–2.9
45–59	812	9.7	6.9–12.6	1 092	8.2	5.8–10.7	1904	8.9	6.8–11.1
60–69	354	21.6	15.8–27.4	654	20.8	16.2–25.3	1008	21.1	17.1–25.1
18–69	**2089**	**6.6**	**5.1–8.1**	**2 921**	**6.8**	**5.4–8.3**	**5010**	**6.7**	**5.5–8.0**

Fig. 4.29. Proportions of respondents who had ever had a heart attack, chest pain due to heart disease (angina) or a stroke, by age group, %

Few respondents were taking aspirin regularly to prevent or treat CVD: 11.7% (men: 9.1%; women: 14.0%) (Fig. 4.30), 0.2% (men: 0.2%; women: 0.3%) among those aged 18–29 years, 17.8% (men: 15.1%; women: 20.0%) among those aged 45–59 years and one third (33.0%; men: 26.3%; women: 37.5%) of those aged 60–69 years.

Thus, only every tenth respondent (11.7%) was taking aspirin regularly at the time of the survey to prevent or treat heart disease. The percentage increased with age (Table C.154, Annex C).
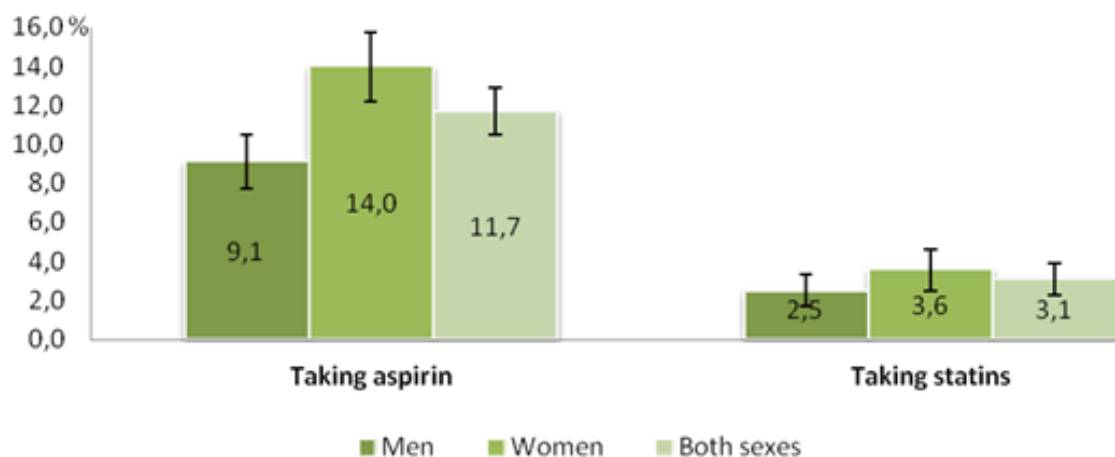
Fig. 4.30. Proportions of respondents currently taking aspirin or statins regularly to prevent or treat heart disease (%)

Even fewer respondents were taking statins regularly to prevent or treat CVD: 3.1% (men: 2.5%; women: 3.6%) (Fig. 4.30), with only 0.1% (men: 0; women: 0.1%) of those aged 18–29 years but 4.2% (men: 3.8%; women: 4.6%) by the age of 45–59 years and 10.9% (men: 9.3%; women: 11.9%) by the age of 60–69 years.

Thus, the percentage of respondents who regularly took statins to prevent or treat CVD increased with age and was 10.9% by the age of 60–69 years (men: 9.3%; women: 11.9%) (Table C.155, Annex C).

Summary of cardiovascular disease

1. A heart attack, chest pain due to heart disease (angina) or a stroke was reported by 6.7% of all respondents.

2. Of these, 11.7% regularly took aspirin, and 3.1% took statins to prevent or treat CVDs.

3. More women (14.0%) reported that they took aspirin to prevent or treat CVD than men (9.1%).

Advice on lifestyle

One third (31.6%) of respondents (men: 43.6%; women: 20.7%) in all age groups had been informed by a health worker about the dangers of smoking during the previous 3 years and had been advised to quit using tobacco products (Fig. 4.31).

Every third respondent in all age groups was given recommendations (18–29 years: 30%; 30–44 years: 33.1%; 45–59 years: 32.6%; 60–69 years: 28.9%). Health workers gave information about harm and advised quitting more often to men (18–29 years: 37.9%; 30–44 years: 42.7%; 45–59 years: 48.0%; 60–69 years: 45.9%) (Table C.156, Annex C).
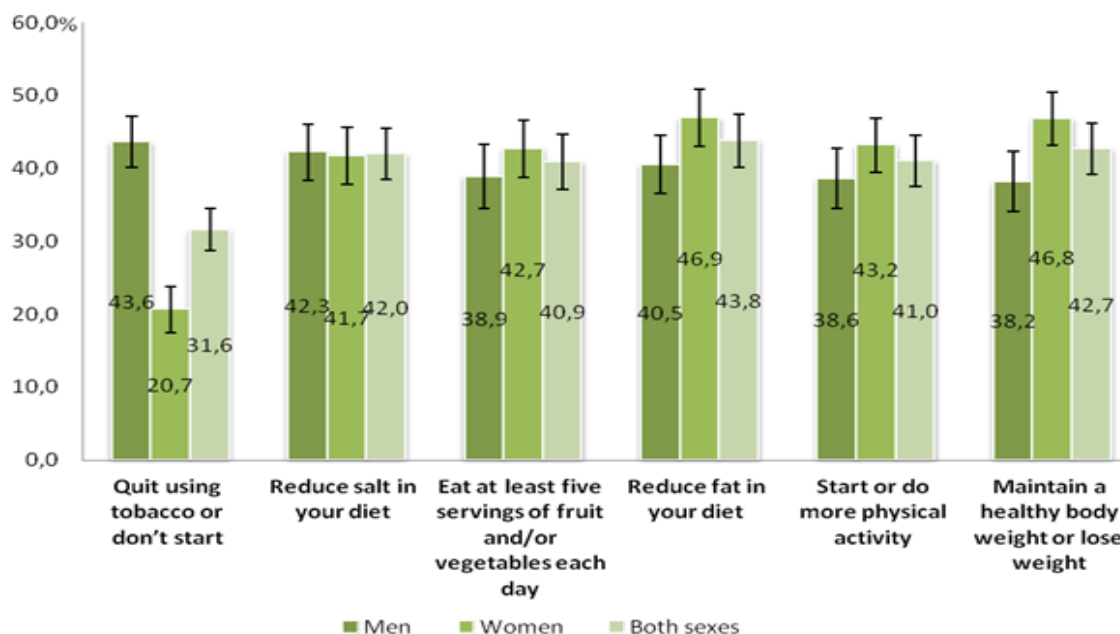
Fig. 4.31. Proportions of respondents who received advice on lifestyle from a health worker in the previous 3 years

With regard to dietary salt, 42.0% of respondents had been advised by a health worker to reduce their consumption in the previous 3 years (men: 42.3%; women: 41.7%). Every second respondent in the age groups 45–59 and 60–69 years (45–59 years: 50.5%; 60–69 years: 53.3%) had received advice, at a similar frequency for men (45–59 years: 49.7%; 60–69 years: 55.9%) and women (45–59 years: 51.2%; 60–69 years: 51.5%) (Table C.157, Annex C).

Advice to eat at least five servings of fruits and/or vegetables daily had been given by a health worker to 40.9% of respondents (men: 38.9%; women: 42.7%) during the 3 years before the survey, and the frequency increased with age: 18–29 years: 34.6%; 30–44 years: 38.0%; 45–59 years: 45.4%; 60–69 years: 47.0%. Men (18–29 years: 33.1%; 30–44 years: 36.8%; 45–59 years: 43.7%; 60–69 years: 43.8%) and women (18-29 years: 36.2%; 30–44 years: 39.3%; 45–59 years: 46.8%; 60–69 years: 49.2%) were advised at a similar frequency (Table C.158, Annex C).

A health worker had given advice about consuming too much animal fat during the previous 3 years to 43.8% of the respondents (men: 40.5%; women: 46.9%). Advice had been provided to every second respondent in the age groups 45–59 (50.5%) and 60–69 years (55.7%), equally to men and women (men: 45–59 years: 48.1%; 60–69 years: 49.4%; women: 45–59 years: 52.6%; 60–69 years: 59.9%) (Table C.159, Annex C).

The importance of physical activity had been communicated by a health worker during the previous 3 years to 41.0% of respondents (men: 38.6%; women: 43.2%). The recommendations correlated with the respondents' age: the older the respondent, the more frequent such recommendations (18–29 years: 32%; 30–44 years: 41.4%; 45–59 years: 45.4%; 60–69 years: 44.6%), and they were given equally by sex (men: 18–29 years: 29.7%; 30–44 years: 39.9%; 45–59 years: 43.7%; 60–69 years: 40%; women: 18–29 years: 34.3%; 30–44 years: 43.0%; 45–59 years: 46.8%; 60–69 years: 47.7%) (Table C.160, Annex C).

Advice from a health worker on normalizing body weight had been given to 42.7% of respondents during the previous 3 years (men: 38.2%; women: 46.8%), including every second respondent in the age groups 45–59 years (49%) and 60–69 years (53.1%), and equally to men (45–59 years: 44.9%; 60–69 years: 45.4%) and women (45–59 years: 52.5%; 60–69 years – 58.5%) (Table C.161, Annex C).

Summary of advice on lifestyle

1. Men were advised to quit tobacco smoking twice as often as women.
2. Respondents that were overweight had received recommendations to lose weight, and women had received such recommendations more often than men.
3. Respondents had usually received recommendations from health workers to normalize and maintain their body weight and reduce their consumption of animal fat and dietary salt.

Cervical cancer screening

Female respondents aged 18–69 years were asked if they had ever undergone screening for cervical cancer, and 89.4% reported that they had done so at least once (Fig. 4.32). Screening coverage was highest among younger women (91%) and lowest among women aged 60–69 years (83.6%) (Tables C.162–163, Annex C).
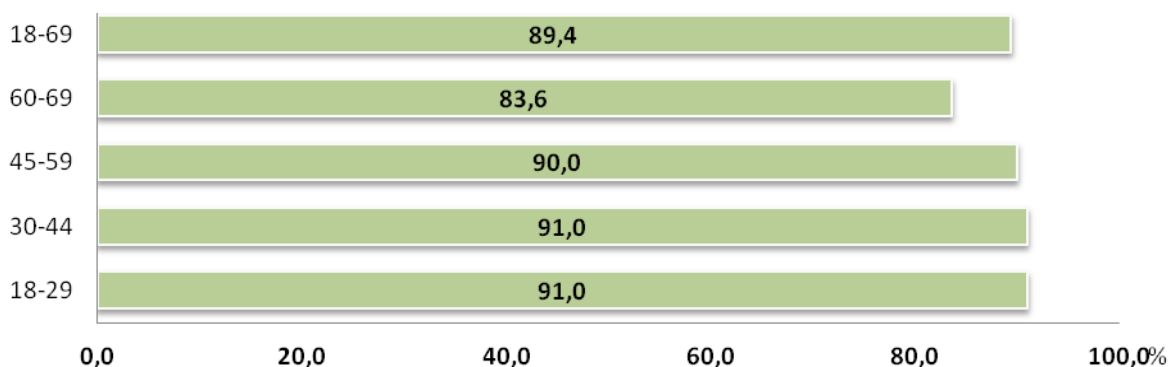
Fig. 4.32. Proportions of respondents who had ever been screened for cervical cancer (%)

Women living in rural and urban areas were screened for cervical cancer at a similar rate (90.3% and 88.8%, respectively) (see Tables F.36–37, Annex F).

Summary of cervical cancer screening

1. Of women aged 18–69, 89.4% had been screened for cervical cancer.
2. Of women aged 30–49 years, 90.6% had been screened for cervical cancer at least once.

Physical measurements

Arterial blood pressure

Hypertension as an NCD risk factor was assessed by measuring arterial blood pressure (BP). The mean SBP among all respondents, including those currently taking antihypertensive medication, was 134.5 mm Hg (men: 136.6; women: 132.7). The mean SBP by age group was:
— 18–29 years: 121.6 (men: 126.2, women: 116.8)
— 30–44 years: 128.5 (men: 132.2, women: 124.9)
— 45–59 years: 141.8 (men: 143.4, women: 140.4)
— 60–69 years: 151.3 (men: 151.6, women: 151.2).

Thus, the trend was to a higher mean SBP in each subsequent age group, in both men and women (Fig. 4.33; Table C.164, Annex C).

Among all respondents, including those currently taking antihypertensive medication, the mean DBP was 84.9 mm Hg (men: 85.8; women: 84.1). The mean DBP by age group was:
— 18–29 years: 77.9 (men: 79.8; women: 75.9)
— 30–44 years: 82.9 (men: 84.4, women: 81.4)
— 45–59 years: 89.2 (men: 89.8, women: 88.6)
— 60–69 years: 90.6 (men: 90.8, women: 90.5).

Thus, the trend was also to a higher mean DBP in each subsequent age group in both sexes (Fig. 4.33, Table C.165, Annex C).
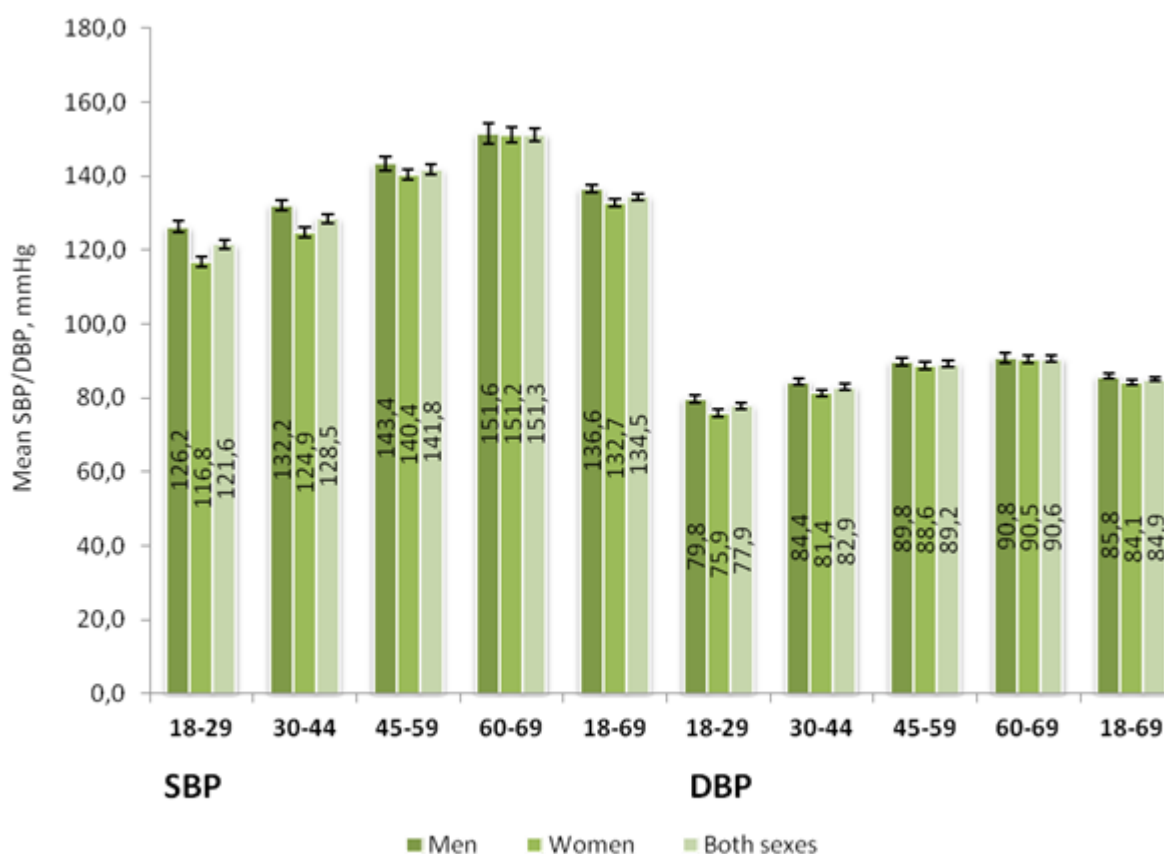
Fig. 4.33. Mean systolic blood pressure (SBP) and diastolic blood pressure (DBP) (mm Hg) by age group

Of all respondents, except those taking antihypertensive medications at the time of the survey, 30.3% had SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg (men: 35.3%; women: 25.2%) (Fig. 4.34, Table C.166, Annex C), and 9.5% had SBP ≥ 160 mm Hg and/or DBP ≥ 100 mm Hg (men: 11.4%; women: 7.6%) (Figure 4.34, Table C.168, Annex C).
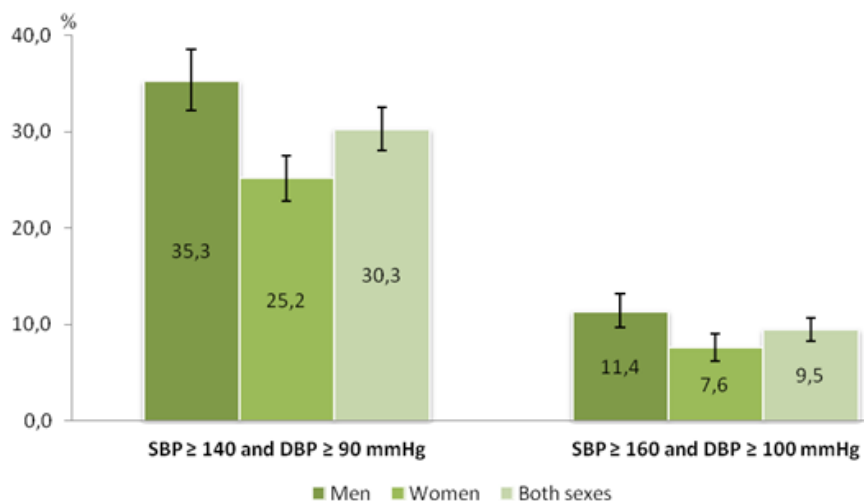
Fig. 4.34. Respondents with SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg and with SBP ≥ 160 mm Hg and/or DBP ≥ 100 mm Hg, except those currently taking antihypertensive medication (%)

SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg was recorded for 11.0% in the age group 18–29 years, except those taking antihypertensive medication at the time of the survey (men: 13.9%; women: 8.0%); 23.8% of those aged 30–44 years (men: 30.5%; women: 17.1%); 48.5% of those aged 45–59 years (men: 53.6%; women: 43.3%); and 62.7% of those aged 60–69 years (men: 66.8%; women: 58.5%) (Table C.166, Annex C).

Thus, among the 44.9% of all respondents with SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg who were on medication for raised BP, 13.7% were aged 18–29 years, 29.7% aged 30–44 years, 63.9% aged 45–59 years and 83.6% aged 60–69 years (Fig. 4.35, Tables C.168, Annex C).
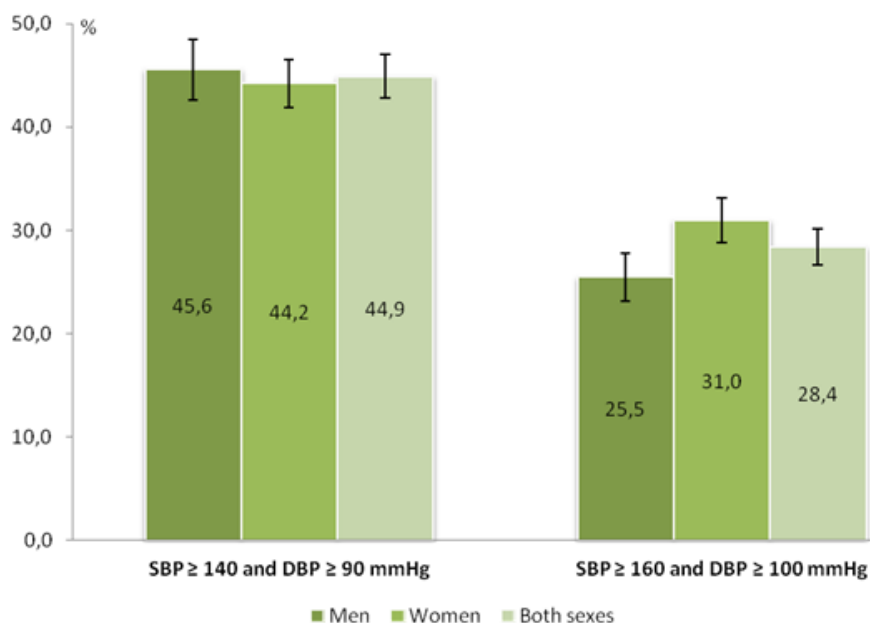
Fig. 4.35. Respondents with SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg or SBP ≥ 160 mm Hg and/or DBP ≥ 100 mm Hg, including those currently taking antihypertensive medications (%)

Of all respondents, except those taking antihypertensive medications at the time of the survey, 9.5% had SBP ≥ 160 mm Hg and/or DBP ≥ 100 mm Hg (men: 11.4%; women: 7.6%) (Figure 4.34, Table C.168); the percentages by age group were:
- 18–29 years: 2.3% (men: 3.0%; women: 1.6%);
- 30–44 years: 5.8% (men: 7.4%; women: 4.2%);
- 45–59 years: 16.6% (men: 20.4%; women 12.6%);
- 60–69 years: 25.9% (men: 26.3%, women: 25.5%) (Table C.168, Annex C).

SBP ≥ 160 mm Hg and/or DBP ≥ 100 mm Hg or current use of medication for raised blood pressure was measured in 28.4% of participants (men: 25.5%; women: 31.0%) (Fig. 4.35; Table C.169, Annex C); the percentages by age group were:
- 18–29 years: 5.3% (men: 6.4%; women: 4.0%),
- 30–44 years: 13.1% (men: 13.6%; women: 12.6%),
- 45–59 years: 41.4% (men: 38.9%; women: 43.6%) and
- 60–69 years: 67.4% (men: 59.7%; women: 72.7%).

Respondents taking antihypertensive medication for SBP < 140 mm Hg and DBP < 90 mm Hg represented 9.5% (men: 6.0%; women: 12.7%); those taking antihypertensive medications for SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg represented 37.1% (men: 29.0%; women: 44.7%), and respondents not taking antihypertensive medications but with SBP ≥ 140 mm Hg and DBP ≥ 90 mm Hg represented 53.4% (men: 65.0%; women: 42.6%) (Fig. 4.36; Tables C.170–172, Annex C).
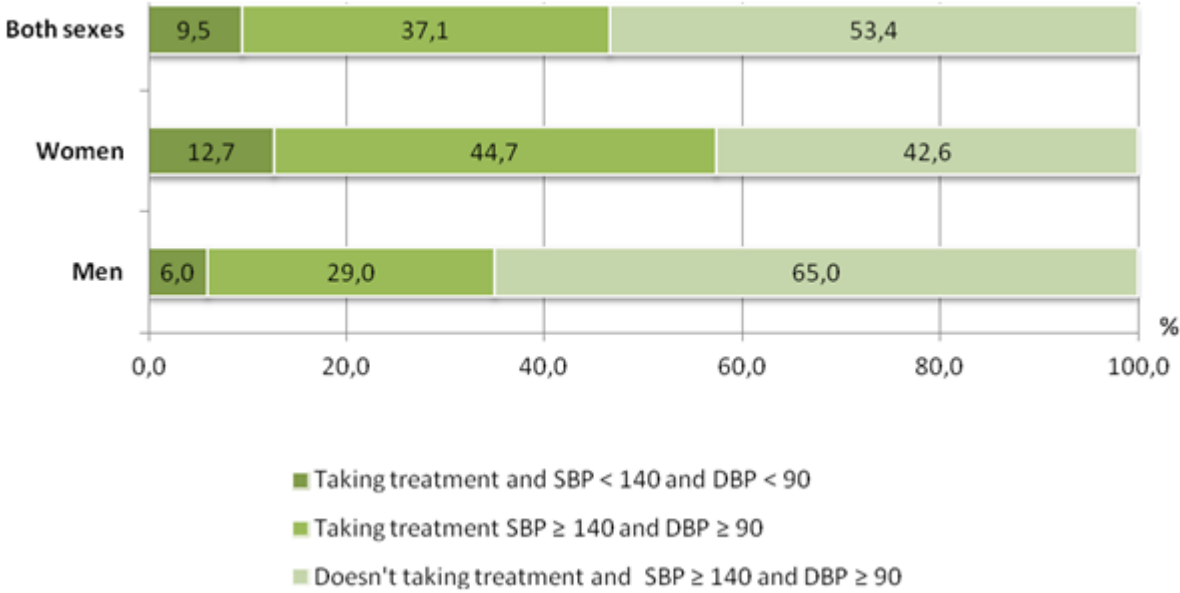
Fig. 4.36. Proportions of respondents with normal or raised blood pressure who were and were not receiving treatment (%)

Thus, only 9.5% of the target population who took antihypertensive treatment achieved a target SBP < 140 and a DBP < 90. Of the respondents who were not taking antihypertensive treatment, 53.4% had blood pressure above normal (SBP ≥ 140 and/or DBP ≥ 90) (Fig. 4.36).

More rural respondents had high blood pressure (50.2%) than in the urban population (40.4%) (Tables F.38–40, Annex F).

Heart rate

The mean heart rate of all respondents was 74.3 beats per minute (bpm) (men: 74.5 bpm; women: 74.1 bpm). The values were slightly higher in older respondents (Table C.173, Annex C):
− 18–29 years: 72.8 bpm (men: 72.5 bpm; women: 73.2 bpm),
− 30–44 years: 73.9 bpm (men: 74.2 bpm; women: 73.6 bpm),
− 45–59 years: 75.4 bpm (men: 75.8 bpm; women: 75.1 bpm) and
− 60–69 years: 74.9 bpm (men: 75.7 bpm; women: 74.3 bpm).

In general, the mean heart rate in the sample was normal.

Height, weight and waist circumference

Anthropometrics (height, body weight and waist circumference) were used to calculate BMI in order to estimate the prevalence of overweight and obesity (pregnant women were not measured).

The average height of the men in the sample was 175.9 cm, and that of women was 164.5 cm. The average heights by age group were:
— 18–29 years: men, 177.5 cm; women, 166.6 cm;
— 30–44 years: men, 176.6 cm; women, 165.4 cm;
— 45–59 years: men, 175.0 cm; women, 163.6 cm; and
— 60–69 years: men, 173.1 cm; women, 161.7 cm.

Thus, young respondents were taller on average rather than both men and women in older age groups (Table C.174, Annex C).

The mean body weight of male respondents in the sample was 82.4 kg, and that of women was 73.7 kg. The means by age group were:
— 18–29 years: men, 77.1 kg; women, 63.2 kg;
— 30–44 years: men, 83.2 kg; women, 71.0 kg;
— 45–59 years: men, 84.8 kg; women, 79.4 kg; and
— 60–69 years: men, 84.4 kg; women, 80.3 kg.

Urban men weighed more (84.0 kg) than rural men (80.5 kg), while urban women were lighter (72.4 kg) than rural women (75.4 kg) (Tables F.43–44, Annex F).

Thus, the mean body weight of men (82.4 kg) was approximately 10 kg more than that of women (73.7 kg); however, the weight difference between men and women tended to decrease with age (Table C.175, Annex C).

Body-mass index

The mean BMI of respondents was 27.0 kg/m^2 (men: 26.6 kg/m^2; women: 27.3 kg/m^2), and that by age group was:
— 18–29 years, 23.7 kg/m^2 (men: 24.5 kg/m^2; women: 22.8 kg/m^2);
— 30–44 years, 26.3 kg/m^2 (men: 26.6 kg/m^2; women: 26.0 kg/m^2);
— 45–59 years, 28.7 kg/m^2 (men: 27.7 kg/m^2; women: 29.7 kg/m^2); and
— 60–69 years, 29.7 kg/m^2 (men: 28.1 kg/m^2; women: 30.7 kg/m^2).

As respondents aged, the BMI tended to increase, especially among women (Fig. 4.37, Table C.176, Annex C).
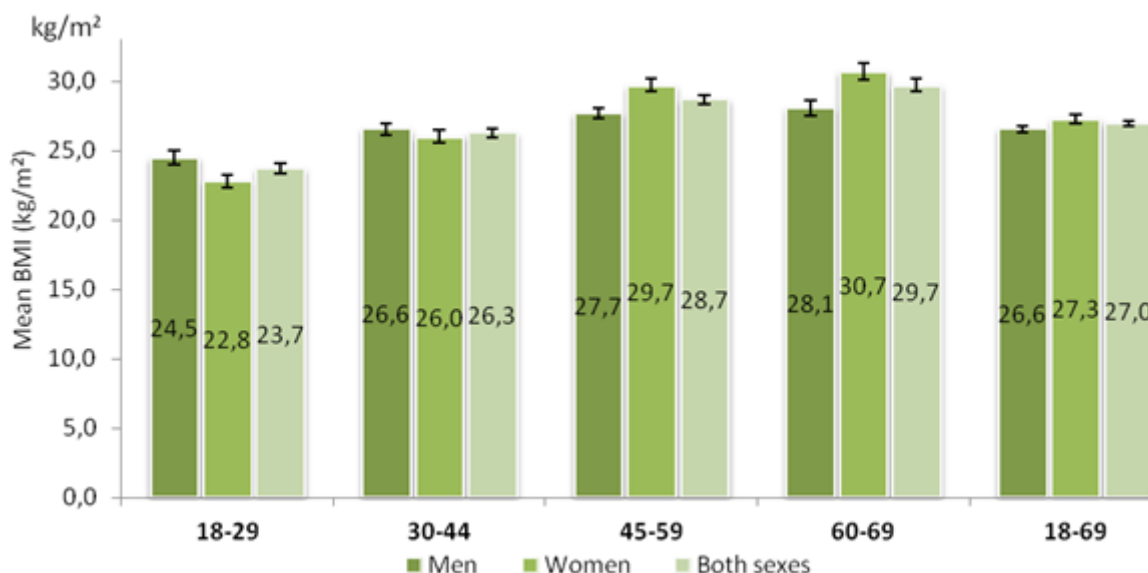
Fig. 4.37. Mean BMI of men and women (kg/m^2)

Among men, 37.1% had a BMI within normal limits (18–25 kg/m^2), 41.3% were overweight (25.0–29.9 kg/m^2), 20.1% were obese (≥ 30 kg/m^2), and 1.5% were underweight (< 18 kg/m^2) (Fig. 4.38, Table C.177, Annex C).
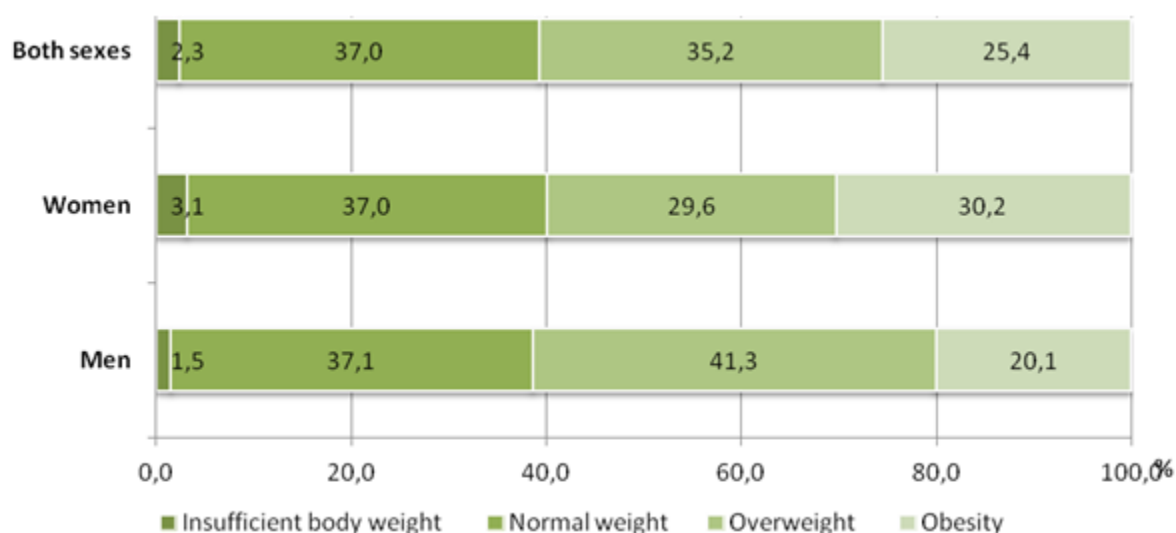
Fig. 4.38. Distribution of BMI in the sample population (%)

Thus, 61.4% of all men were overweight, 20.1% were obese.

Among women, 37.0% had a BMI within normal limits (18–25 kg/m^2), 29.6% were overweight (25.0–29.9 kg/m^2), 30.2% were obese (≥ 30 kg/m^2), and 3.1% were underweight (< 18 kg/m^2) (Fig. 4.38, Table C.178, Annex C).

Thus, 59.8% of all women were overweight, 30.2% were obese.

In both sexes, 37.0% had a BMI within normal limits (18–25 kg/m^2), 35.2% were overweight (25.0–29.9 kg/m^2), 25.4% were obese (≥ 30 kg/m^2), and 2.3% were underweight (< 18 kg/m^2) (Fig. 4.38, Table C.179, Annex C).

Thus, nearly two thirds of the population (60.6%) were overweight, and one fourth (25.4%) were obese.

Of all respondents (except pregnant women), 60.6% were overweight (BMI ≥ 25 kg/m^2) (men: 61.4%; women: 59.8%).

Men aged 18–29 and 30–44 years were more likely to be overweight (40.0% and 62.6%, respectively) than women in the same age groups (23.6% and 49.3%, respectively). In older age groups, more women were overweight: at 45–59 years, 80.1% of women and 70.7% of men were overweight; and, at 60–69 years, 83.8% of women and 77.7% of men were overweight (Table C.180, Annex C). There was no significant difference in the BMI by age or sex. No difference was seen between urban and rural respondents (Tables F.46–48, Annex F).

Thus, the percentage of both male and female respondents with overweight and obesity increased with age**.**

Waist circumference

The mean waist circumference was 92.0 cm for men and 86.9 cm for women (Table C.181). The mean waist circumference by age group was:
- 18–29 years, men: 84.7 cm; women (except pregnant women): 74.6 cm;
- 30–44 years, men: 91.3 cm; women: 83.2 cm;
- 45–59 years, men: 96.3 cm; women: 93.0 cm; and
- 60–69 years, men: 98.0 cm; women: 96.4 cm.

In general, the mean waist circumference of men (92.0 cm) was greater than that of women (86.9 cm). Even younger men (18–29 years) had a mean waist circumference (84.7 cm) that was 10 cm longer than that of women (74.6 cm). The difference diminished with age, and, at the age of 60–69 years, those of men and women were virtually the same (Table C.181, Annex C).

Visceral obesity (waist circumference > 94 cm for men and > 80 cm for women) was found in 42.0% of men and 63.5% of women; the percentages by age group (Table 4.36) were:
- 18–29 years: men, 19.1%; women, 27.0%;
- 30–44 years: men, 38.3%; women, 54.3%;
- 45–59 years: men, 56.5%; women, 82.4%; and
- 60–69 years: men, 42.0%; women, 87.9%.

Table 4.36. Proportions of men and women with visceral obesity (waist circumference > 94 cm for men and > 80 cm for women) (Table G.8, Annex G)

Age group (years)	Men			Women		
	n	%	95% CI	n	%	95% CI
18–29	330	19.1	14.0–24.1	343	27.0	21.4–32.6
30–44	590	38.3	33.4–43.3	801	54.3	49.9–58.8
45–59	804	56.5	52.0–61.0	1081	82.4	79.4–85.5
60–69	351	60.7	54.7–66.6	648	87.9	84.6–91.3
18–69	**2075**	**42.0**	**38.9–45.1**	**2873**	**63.5**	**60.8–66.3**

Thus, visceral obesity was found in 42.0% of men and 63.5% of women aged 18–69 years, while it was more frequent in older age groups (45–69 years).

Detailed physical measurements can be found in Annex C (Tables C.164–181), detailed physical measurements for urban and rural residents are listed in Tables F.39–53 (Annex F), and additional results are presented in Table G.8 (Annex G).

Summary of physical measurements

1. The mean SBP was 134.5 mm Hg and the mean DBP 84.9 mm Hg. Although 44.9% of respondents had raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mm Hg), only 9.5% who took antihypertensive treatment had achieved their target BP (SBP < 140 and DBP < 90 mm Hg).

2. The mean heart rate was normal (74.3 bpm).

3. Over half the target population (60.6%) were overweight, and a fourth (25.4%) were obese; 61.4% of men and 59.8% of women were overweight, and 20.1% of men and 30.2% of women were obese.

4. Visceral obesity (waist circumference > 94 cm in men and > 80 cm in women) was found in 42.0% of men and 63.5% of women, while it was more frequent in older age groups (45–69 years).

Biochemical measurements

Blood glucose

Blood glucose was tested in fasting respondents with a Cardiochek PA analyser and categorized according to the WHO recommendations as:

- normal: ≤ 6.1 mmol/L,
- impaired: 6.1–7.0 mmol/L or
- preliminary diagnosis of diabetes mellitus: > 7.0 mmol/L, to be confirmed by repeated blood glucose tests on subsequent days.

The mean fasting blood glucose in the sample (including those who were taking hypoglycaemic medication at the time) was 4.7 mmol/L in both men and women. The values by age group were:

- 18–29 years: 4.3 mmol/L in both men and women;
- 30–44 years: 4.6 mmol/L in both men and women;
- 45–59 years: 4.9 mmol/L (men: 5.0; women: 4.9); and
- 60–69 years: 5.2 mmol/L (men: 5.1; women: 5.3) (Fig. 4.39, Table C.182, Annex C).
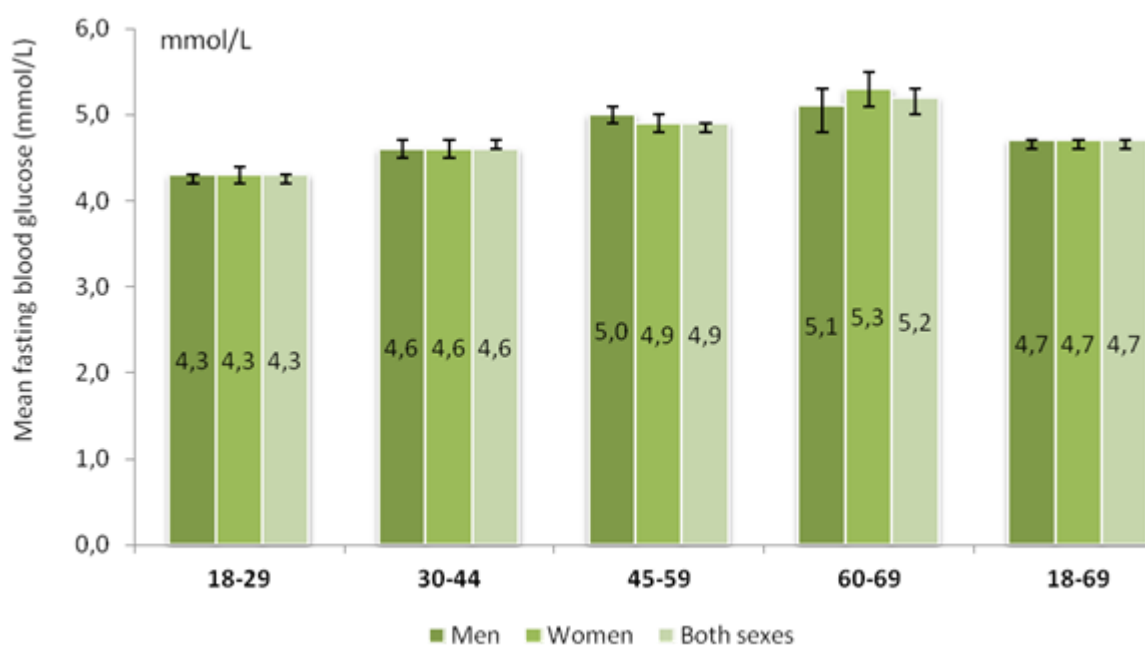
Fig. 4.39. Mean fasting blood glucose (mmol/L), by age group

Thus, the mean fasting blood glucose was 4.7 mmol/L. The mean fasting blood glucose rose as respondents aged.

A plasma glucose level of 6.1–7.0 mmol/L (impaired fasting glycaemia) was found in 4.0% of the population (men: 4.1%; women: 4.0%); the values by age group were:

- 18–29 years: 1.3% (men: 0.9%; women: 1.7%);
- 30–44 years: 3.4% (men: 3.2%; women: 3.6%);
- 45–59 years: 5.0% (men: 6.1%; women: 4.0%); and
- 60–69 years: 7.2% (men: 7.2%; women: 7.3%) (Fig. 4.40, Table C.183, Annex C).
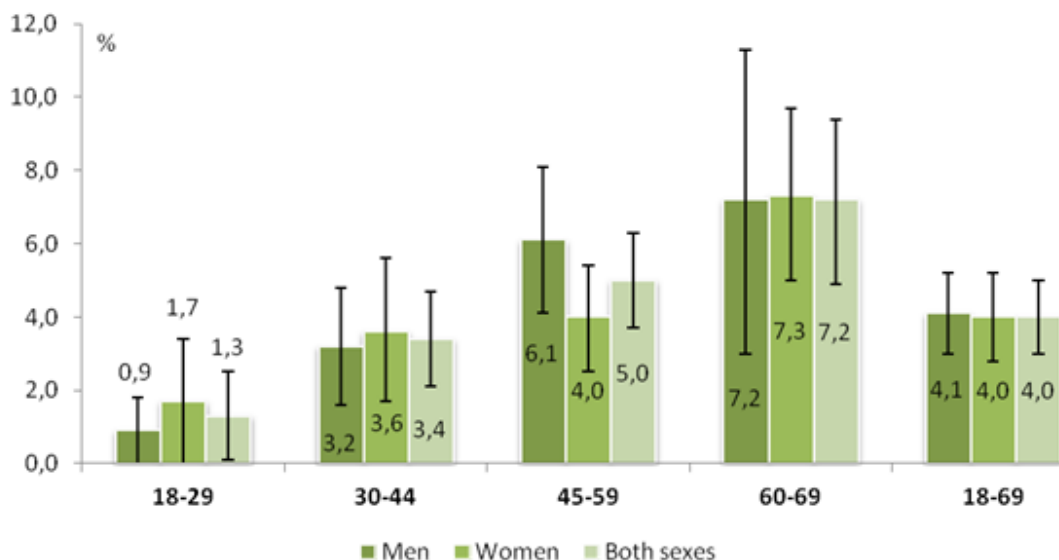
Fig. 4.40. Proportions of respondents with impaired fasting plasma glucose (6.1–7.0 mmol/L) (%)

Therefore, among people aged 18–44 years, impaired plasma glucose was found more often in women than in men. The percentage of men with this level at the age of 45–59 years was double that of men aged 30–44 years, while the percentages of men and women with this level at the age of 60–69 years were similar (men: 7.2%; women: 7.3%).

A fasting blood glucose level of > 7.0 mmol/L was measured in 3.6% of respondents (including those taking hypoglycaemic drugs) (men: 3.2%; women: 3.9%). The levels by age group were:
- 18–29 years: 0.6% (men: 0.5%; women: 0.7%);
- 30–44 years: 1.6% (men: 1.1%; women: 2.1%);
- 45–59 years: 4.9% (men: 5.7%; women: 4.3%);
- 60–69 years: 9.3% (men: 7.4%; women: 10.6%) (Fig. 4.41, Table C.184, Annex C).
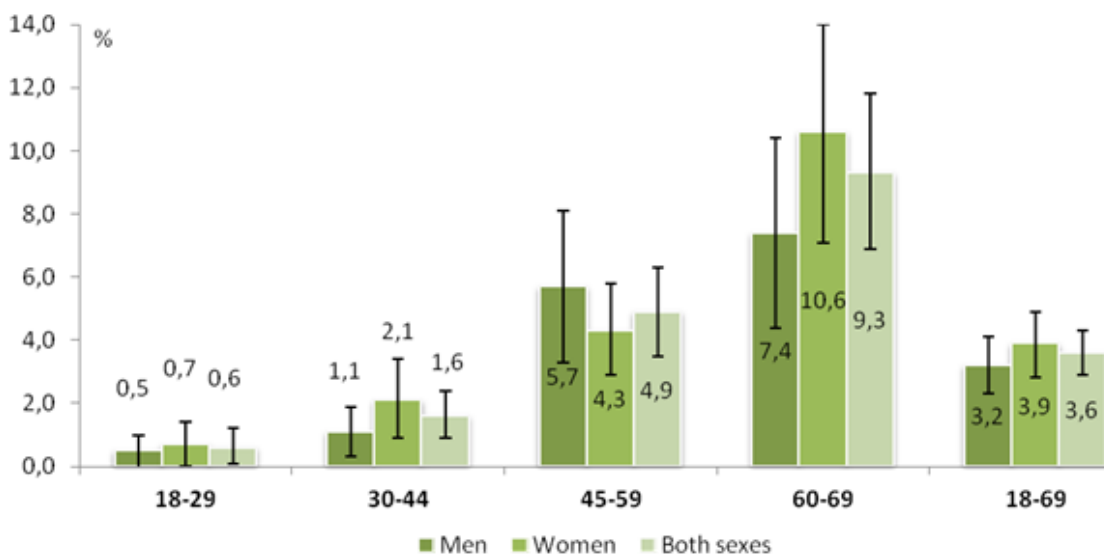
Fig. 4.41. Proportions of respondents with a fasting blood plasma glucose level > 7.0 mmol/L

Thus, a fasting blood glucose level of > 7.0 mmol/L was measured in 3.6% of respondents (men: 3.2%; women: 3.9%) A considerable increase of the percentage of respondents with high fasting blood glucose level was observed from the age group 45–59 years, while this tendency was common both to men and women.

No significant difference was found in the prevalence of diabetes between urban and rural populations (Tables F.53–55, Annex F).

At the time of the survey, 3.1% of respondents were taking hypoglycaemic medication (men: 2.8%; women: 3.3%). The proportions by age group were:
- 18–29 years: 0.6% (men: 0.3%; women: 0.8%);
- 30–44 years: 0.8% (men: 0.6%; women: 0.9%);
- 45–59 years: 3.7% (men: 4.7%; women: 2.9%); and
- 60–69 years: 10.0% (men: 8.5%; women: 11.1%) (Table C.185, Annex C).

Thus, the percentage of respondents on hypoglycaemic medication increased with age, corresponding to the proportion with higher fasting blood glucose.

Cholesterol

Total cholesterol was tested in fasting respondents with a Cardiochek PA analyser and was classified as normal (< 5.0 mmol/L), threshold (5.0–6.2 mmol/L) or high (> 6.2 mmol/L).

The mean total cholesterol (including in people on medication for high cholesterol) was 4.6 mmol/L in men and 4.9 mmol/L in women. The values by age group were:
- 18–29 years (men: 4.0 mmol/L; women: 4.2 mmol/L);
- 30–44 years (men: 4.6 mmol/L; women: 4.6 mmol/L);
- 45–59 years (men: 4.9 mmol/L; women: 5.2 mmol/L); and
- 60–69 years (men: 5.0 mmol/L; women: 5.4 mmol/L).

In general, total cholesterol was within the normal limits, with a persistent trend to raised total cholesterol in both men and women (Table C.186, Annex C).

The proportion of respondents (including those on medication for high cholesterol) with a threshold level of total cholesterol (≥ 5.0 mmol/L) was 37.4% (men: 32.4%; women: 42.0%) (Fig. 4.42; Table C.187, Annex C). By age group, the proportions with total cholesterol at this level were:
- 18–29 years: 11.2% (men: 7.4%; women: 15.2%);
- 30–44 years: 31.8% (men: 32.9%; women: 30.7%);
- 45–59 years: 51.4% (men: 44.9%; women: 57.0%); and
- 60–69 years: 59.1% (men: 48.5%; women: 66.5%).

Thus, the percentage of respondents with total cholesterol at threshold level thus increased significantly with age from 30–44 years.

The proportion of respondents (including those on medication for high cholesterol) with high total cholesterol (≥ 6.2 mmol/L) was 8.4% (men: 5.8%; women: 10.7%) (Fig. 4.42; Table C.186, Annex C). The values by age group were:
- 18–29 years: 1.5% (men: 0.4%; women: 2.7%);
- 30–44 years: 4.4% (men: 3.9%; women: 4.8%);
- 45–59 years: 13.7% (men: 9.9%; women: 16.9%); and
- 60–69 years: 16.0% (men: 11.3%; women: 19.3%).
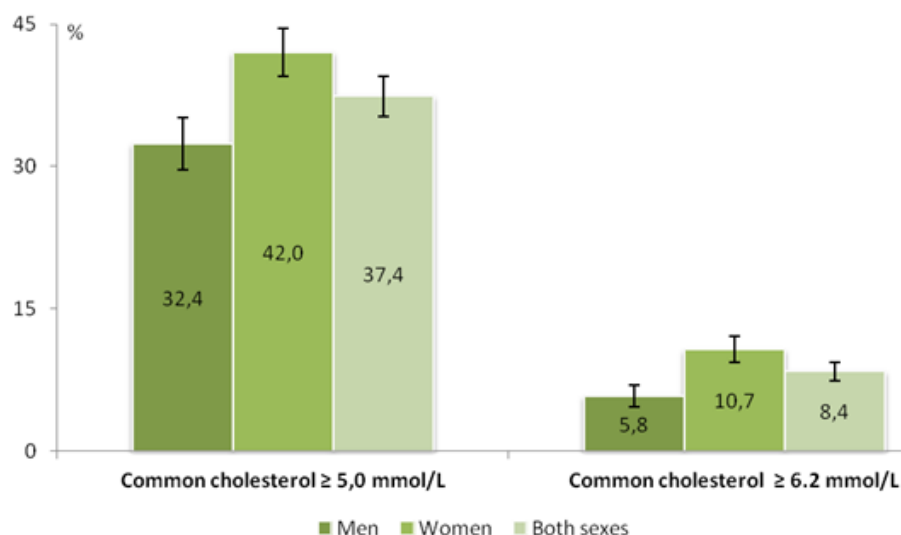
Fig. 4.42. Proportions of respondents with raised total cholesterol (%)

Thus, the proportion of respondents with high total cholesterol increased in each subsequent age group, in both men and women, although the percentage of female respondents was higher both generally and in each age group (Table C.188, Annex C).

No significant difference was found in the prevalence of raised total cholesterol in urban and rural populations (Tables F.56–58, Annex F).

Salt consumption

Sodium and creatinine levels in urine were measured for an objective assessment of daily dietary salt consumption. WHO recommends < 5 g/day of dietary salt.

In the sample, mean dietary salt consumption was 10.6 g/day (men: 12.4 g/day; women: 9.0 g/day); the values by age group were:
- 18–29 years: 10.1 g/day (men: 11.7 g/day; women: 8.4 g/day);
- 30–44 years: 10.8 g/day (men: 12.4 g/day; women: 9.2 g/day);
- 45–59 years: 10.9 g/day (men: 12.7 g/day; women: 9.4 g/day); and
- 60–69 years: 10.4 g/day (men: 12.9 g/day; women: 8.6 g/day) (Table C.189).

Dietary salt consumption was higher in rural areas (11.0 g/day) than in urban areas (10.3 g/day) in both sexes (Tables F.59–61, Annex F).

Thus, the mean daily salt intake of all respondents was twice as high as the WHO-recommended level in both men and women and in rural and urban populations.

High-density lipoproteins

HDL were tested in fasting capillary blood with a Cardiochek PA analyser. A low HDL concentration indicates a high risk of atherosclerosis, while a high level is considered to be protective against atherosclerosis. For the survey, HDL < 1.03 mmol/L in men and < 1.29 mmol/L in women was considered a risk factor.

In the sample, the mean HDL was 1.4 mmol/L (men: 1.3 mmol/L; women: 1.4 mmol/L), and those by age group were:

- 18–29 years: 1.4 mmol/L (men: 1.2; women: 1.5);
- 30–44 years: 1.4 mmol/L (men: 1.3; women: 1.4);
- 45–59 years: 1.4 mmol/L (men: 1.3; women: 1.4); and
- 60–69 years: 1.3 mmol/L (men: 1.3; women: 1.4).

Thus, the mean HDL level in each age group thus corresponded to the norm (Table C.190, Annex C).

In the sample in general, 27.6% of men had an HDL level < 1.03 mmol/L (18–29 years: 29.1%; 30–44 years: 25.8%; 45–59 years: 26.7%; 60–69 years: 30.9%), and the percentage of women with HDL < 1.29 mmol/L was 37.7% (18–29 years: 30.5%; 30–44 years: 36.0%; 45–59 years: 39.9%; 60–69 years: 45.2%) (Fig. 4.43).
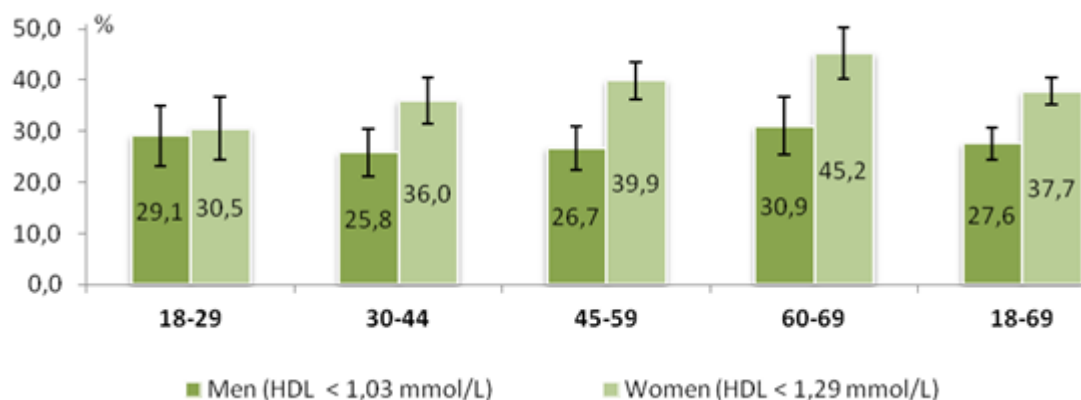
Fig. 4.43. Proportions of respondents with low levels of high-density lipoprotein

Thus, the percentage of respondents with low HDL increased in each subsequent age group, for both men and women, although the percentage of women with low HDL was higher both generally and in each age group.

Analysis of HDL in urban and rural residents showed a higher percentage of men with HDL < 1.03 mmol/L in urban (29.1%) than in rural areas (26.0%). Similarly, the percentage of women with HDL < 1.29 mmol/L was higher in urban (39.1%) than in rural areas (35.8%) (Tables F.62–63, Annex F).

Summary of biochemical Indicators

1. The mean fasting blood glucose level was 4.7 mmol/L, which increased with age in both men and women.

2. A fasting plasma glucose level of 6.1–7.0 mmol/L, considered a threshold level for diabetes, was found in 4.0% of the population.

3. A plasma glucose level > 7.0 mmol/L, or diagnosed diabetes, was found in 3.6% of respondents. Ten times more respondents in the oldest age group (60–69 years) than in young people had high blood glucose, with no significant difference between men and women.

4. The mean blood cholesterol level was 4.7 mmol/L, which increased with age in both men and women.

5. Blood cholesterol > 5.0 mmol/L was measured in 37.4% of respondents, and the prevalence of hypercholesterolaemia (> 6.2 mmol/L) was 8.4%, found in almost twice as many women (10.7%) as men (5.8%).

6. Mean salt consumption was 10.6 g/day, which is twice the level recommended by WHO.

7. Low HDL levels were observed in 27.6% of men and 37.7% of women.

Summary of cardiovascular disease risk

Survey respondents aged 40–69 years had a 10-year risk for CVD > 30%, defined on the basis of age, sex, blood pressure, smoking status (current smoker or quit smoking < 1 year before assessment), total cholesterol and diabetes (diagnosed or a fasting plasma glucose concentration > 6.1 mmol/L (110 mg/dL)). Thus, 13.4% of 40–69 year-old respondents (men: 15.5%; women: 11.7%) had a 10-year CVD risk ≥ 30% or existing CVD (Table 4.37).

Table 4.37. Proportions of respondents aged 40–69 years with existing CVD or a 10-year risk for CVD ≥ 30% (Table C.193, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	737	8.8	5.7–12.0	970	4.9	3.2–6.5	1707	6.7	4.9–8.6
55–69	591	24.7	19.9–29.5	1003	19.3	15.7–22.9	1594	21.6	18.4–24.8
40–69	**1328**	**15.5**	**12.6–18.4**	**1973**	**11.7**	**9.5–13.9**	**3301**	**13.4**	**11.4–15.4**

This finding indicates that every seventh citizen of Belarus aged 40–69 years has a 10-year risk ≥ 30% for developing or having CVD, corresponding to every sixth man (15.5%) and every ninth woman (11.7%).

More rural than urban respondents had a 10-year CVD risk ≥ 30% or had CVD (Table 4.38), although the information was not reliable.

Table 4.38. Proportions of urban and rural respondents aged 40–69 years with existing CVD or a 10-year risk for CVD ≥ 30%

Adults aged 18–69 years (including 95% CI)	Men		Women		Both sexes	
	Urban	Rural	Urban	Rural	Urban	Rural
Proportion	14.0% 10.3–17.6	17.1% 13.0–21.1	10.2% 7.4–13.0	13.3% 10.4–16.2	11.9% 9.4–14.4	15.0% 12.3–17.7

Of respondents aged 40–69, 58.9% (men: 55.1%; women: 63.0%) were eligible to receive medication and counselling to prevent heart attacks and strokes. The group included respondents who already had NCDs, had a 10-year risk for NCDs of > 30%, had one or more risk factors or had been advised about a healthy lifestyle by a doctor or health worker (Fig. 4.44, Table C.194, Annex C).

Every second respondent aged 40–54 years with CVD or a 10-year CVD risk ≥ 30% and about 10% more respondents aged 55–69 years had received medication or counselling to prevent a heart attack or stroke (Fig. 4.44, Table 4.39).

Note. Counselling was defined as being advised by a doctor or health worker to quit using tobacco or not start, reduce salt in the diet, eat at least five servings of fruit and/or vegetables per day, reduce fat in the diet, start or do more physical activity and maintain a healthy body weight or lose weight.

Table 4.39. Proportions of respondents with CVD or a 10-year CVD risk ≥ 30% who were receiving drug treatment or counselling to prevent a heart attack or stroke (Table C.194, Annex C)

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	65	47.1	32.6–61.5	47	55.3	37.5–73.1	112	50.2	37.7–62.8
55–69	143	59.0	48.5–69.5	193	65.2	56.7–73.6	336	62.2	55.1–69.3
40–69	**208**	**55.1**	**46.5–63.7**	**240**	**63.0**	**55.0–71.1**	**448**	**58.9**	**52.4–65.4**

Fig. 4.44. Proportions of respondents with CVD or a 10-year CVD risk ≥ 30% who were receiving medication or counselling to prevent heart attacks and strokes (%)

Summary of cardiovascular disease risk

1. Of respondents aged 40–69 years, 13.4% had a 10-year CVD risk > 30% or existing CVD. There was no significant difference between urban and rural respondents.

2. Of respondents aged 40–69 years with CVD or a 10-year CVD risk ≥ 30%, 58.9% were receiving medication or counselling to prevent heart attacks and strokes, they had also been recommended to change their lifestyle in order to prevent the influence of risk factors.

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

Combined risk factors

The risk factors for CVD identified in the survey and from physical and biochemical measurements were:

- daily smoking;
- eating fewer than five servings of fruit and/or vegetables per day;
- insufficient physical activity to meet the WHO recommendation (150 min of moderate activity per week or equivalent);
- overweight or obesity (BMI ≥ 25 kg/m^2); and
- high blood pressure (SBP > 140 mm Hg and/or DBP > 90 mm Hg or currently taking medication for high blood pressure).

The prevalence of these risk factors in the survey population is summarized in Fig. 4.45 and in Tables 4.40–4.42. The majority of respondents (53.9%; men: 49.6%; women: 57.9%) had one or two NCD risk factors, 40.5% (men: 47.8%; women: 33.7%) had three to five risk factors, and only 5.6% (men: 2.5%; women: 8.4%) had no risk factors (Fig. 4.45).
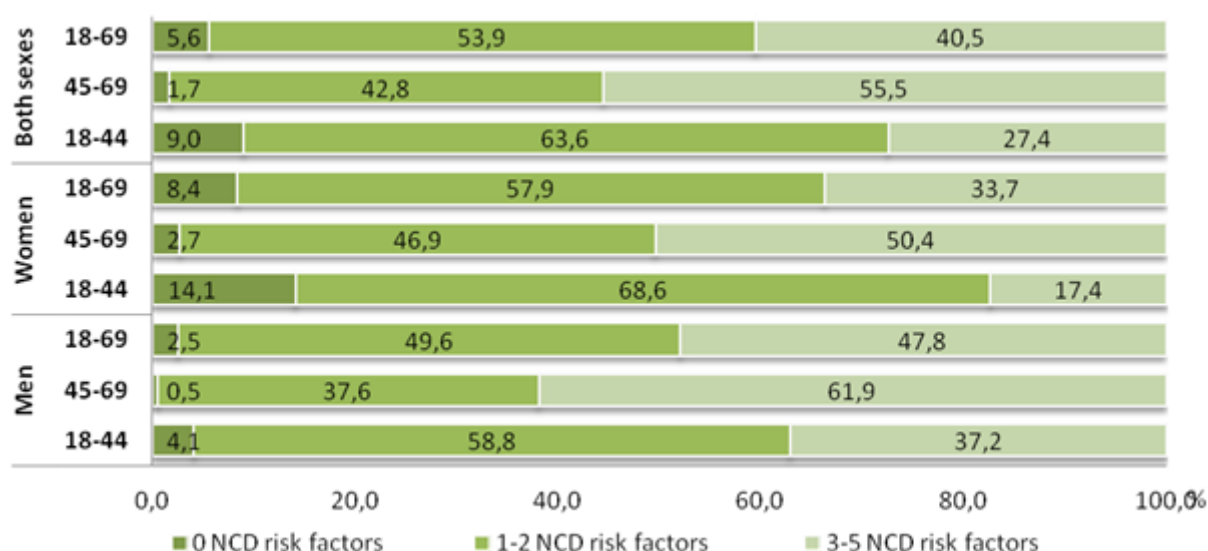
Fig. 4.45. Proportions of respondents with no, one or two or three to five risk factors for cardiovascular disease (%)

Table 4.40. Combined risk factors, men (Table C.195, Annex C)

Age group (years)	Men						
	n	No risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	915	4.1	2.5–5.7	58.8	54.9–62.7	37.2	33.4–41.0
45–69	1 151	0.5	0.0–0.9	37.6	34.1–41.2	61.9	58.3–65.5
18–69	**2 066**	**2.5**	**1.6–3.4**	**49.6**	**46.6–52.7**	**47.8**	**44.8–50.9**

Table 4.41. Combined risk factors, women (Table C.196, Annex C)

Age group (years)	Women						
	n	No risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	1 146	14.1	10.9–17.2	68.6	65.1–72.1	17.4	14.7–20.0
45–69	1 735	2.7	1.8–3.5	46.9	43.7–50.2	50.4	47.1–53.7
18–69	**2 881**	**8.4**	**6.7–10.2**	**57.9**	**55.5–60.3**	**33.7**	**31.2–36.2**

Table 4.42. Combined risk factors, both sexes (Table C.197, Annex C)

Age group (years)	Both sexes						
	n	No risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	2 061	9.0	7.2–10.8	63.6	61.1–66.1	27.4	24.9–29.8
45–69	2 886	1.7	1.2–2.2	42.8	40.2–45.5	55.5	52.8–58.2
18–69	**4 947**	**5.6**	**4.6–6.6**	**53.9**	**51.9–56.0**	**40.5**	**38.3–42.6**

In a comparison of the prevalence of combinations of risk factors in urban and rural populations, it was found that more rural respondents (31.3%) than urban respondents (23.7%) aged 18–44 years had three or more risk factors (Table 4.43).

Table 4.43. Prevalence of combinations of risk factors in urban and rural populations (%, 95% CI)

No. of risk factors	Men		Women		Both sexes	
	Urban	Rural	Urban	Rural	Urban	Rural
0	2.2 (1.0–3.3)	2.9 (1.5–4.3)	8.9% (6.5–11.4)	7.9% (5.7–10.1)	5.8% (4.4–7.1)	5.4% (4.1–6.8)
≥ 3, age 18–44 years	32.9% (27.6–38.2)	41.4% (36.7–46.2)	14.9% (11.4–18.4)	20.2% (16.2–24.1)	23.7% (20.3–27.2)	31.3% (28.3–34.3)
≥ 3, age 45–69 years	61.3% (56.4–66.3)	62.4% (57.5–67.4)	51.5% (46.7–56.3)	49.3% (45.1–53.5)	55.9% (52.1–59.7)	55.1% (51.8–58.5)
≥ 3, age 18–69 years	45.2% (41.1–49.3)	50.5% (46.9–54.1)	32.3% (29.0–35.6)	35.2% (31.9–38.4)	38.4% (35.5–41.3)	42.6% (40.1–45.1)

Thus, the majority of the country's population has an unfavourable combination of NCD risk factors and should change their lifestyle to increase physical activity, improve their diet and effectively control their blood pressure and important biochemical indicators.

5. CONCLUSIONS

This survey on the prevalence of NCD risk factors was conducted with the WHO STEPS method. The results are therefore comparable with those of STEPS surveys in other countries. The survey in Belarus resulted in a number of conclusions.

1. NCD risk factors were highly prevalent among the respondents:
   - 27.1% of adults aged 18–69 years smoked daily;
   - 52.8% had drunk alcohol in the previous month;
   - 72.9% ate fewer than five servings of fruit and/or vegetables per day;
   - 13.2% did not meet the WHO recommendation for physical activity;
   - 60.6% were overweight;
   - 25.4% were obese, and 42.0% of men and 63.5% of women had visceral obesity;
   - 44.9% had raised blood pressure;
   - 7.6% had raised blood glucose; and
   - 13.4% of respondents aged 40–69 years had a 10-year risk of CVD > 30%.

2. A number of major NCD risk factors were significantly more prevalent in the male population, contributing to higher morbidity and premature mortality due to NCDs:
   - smoking (48.4% of men and 12.6% of women);
   - occasional binge drinking of ≥ 60 g pure alcohol per day (men: 27.4%; women: 13.7%);
   - high risk for alcohol dependence syndrome (11.9% of men and 1.4% of women needed a drink in the morning to ease a hangover); and
   - a high intake of salt (men: 12.4 g/day; women: 9.0 g/day).

3. In the age group 45–69 years, 61.9% of men and 50.4% of women had three or more NCD risk factors.

4. Adherence to hypertension treatment was poor (only 47.5% of men and 64.6% of women took their medication).

5. Almost every fifth respondent was exposed to second-hand tobacco smoke at home (18.8%) or at work (14.9%). Men were more likely to be exposed at work (home: 18.9%; work: 22.5%) and women at home (home: 18.8%; work: 8.5%), which considerably increased the risk of developing NCDs among respondents exposed to second-hand smoke.

6. There would be potential benefit in supporting patients who are willing to quit smoking. Only 31.6% of respondents had been advised by a doctor or health worker to quit smoking or not to start; nevertheless, every third current smoker (32.7%) had tried to quit smoking during the previous 12 months.

7. Manufactured cigarettes were smoked by 99.4% of tobacco smokers. Daily tobacco users smoked an average of 14.9 cigarettes per day, and an average cigarette pack cost 2.2 BYN (US$ 1.10), amounting to approximately 600 BYN (US$ 300) per year.

8. Alcohol had been drunk by 52.8% of respondents (64.9% of men and 41.8% of women) in the previous 30 days. While 21.5% of respondents (29.2% of men and 36.3% of women) had not drunk alcohol in the previous 30 days, they had in the previous 12 months. The survey did not reveal any reliable difference between the alcohol consumption of respondents in urban and rural areas.

9. Counselling to promote a healthy lifestyle should involve primary health care providers. Less than half the respondents had been advised on a healthy lifestyle by a doctor or health worker in the previous 3 years: 31.6% had been advised to stop using tobacco products, 42.0% to reduce their dietary salt intake, 40.9% to eat at least five servings of fruit or vegetables daily, 43.8% to reduce their fat consumption, 41.0% to increase their physical activity and 42.7% to maintain a normal body weight.

10. A high salt intake was found. On average, respondents consumed 10.6 g of dietary salt per day (men: 12.4 g/day; women: 9 g/day). This is one of the key risk factors for hypertension. Respondents were aware of the risk associated with excessive dietary salt, but they did not know the recommended daily salt intake.

11. Raised blood pressure was found in 44.9% of respondents, raised blood glucose in 3.6% and raised total cholesterol in 38.2%; however, 53.4% of those with high blood pressure did not take any antihypertensive medication, and 73.0% of those with raised total cholesterol did not have any treatment.

12. Nine of 10 women (90.6%) reported that they had screened for cervical cancer.

13. The 10-year risk of CVD of 13.4% of respondents aged 40–69 years was > 30%.

14. The prevalence of the risk factors in rural and urban populations was not significantly different. Nevertheless, a higher proportion of the rural then the urban population aged 18–44 years had three and more risk factors for CVDs.

15. Rural residents and men showed poor adherence to medication for efficient control of raised blood pressure and blood sugar, and adherence was also insufficient in the general population.

16. Almost half of all men (47.8%) and one third of women (33.7%) aged 18–69 had three or more behavioural NCD risk factors, and the number of respondents with a high risk for NCDs was almost twice as high in older than younger age groups.

The results of this STEPS survey should be disseminated to all stakeholders and organizations for discussion. The conclusions can be used as a baseline for assessing the efficiency of actions to reduce the prevalence of NCD risk factors. Analysis and interpretation of the data will improve epidemiological surveillance of NCDs in Belarus in order to strengthen measures to reduce morbidity and mortality due to CVDs, cancer and other common NCDs and therefore increase the expected lifespan and quality of life of the population of Belarus.

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Fact sheet
Belarus STEPS survey 2016

The STEPS survey of noncommunicable disease (NCD) risk factors in Belarus was conducted between September 2016 and March 2017. Sociodemographic and behavioural information was collected in Step 1, physical measurements such as height, weight and blood pressure in Step 2 and biochemical measurements to assess blood glucose and cholesterol and urinary sodium and creatinine levels in Step 3. The population-based survey covered adults aged 18–69 years. A multistage cluster sample design was used to ensure representative data for that age range in Belarus. A total of 5760 adults participated in the survey, with an overall response rate of 87.0%.

Results for adults aged 18–69 years	Both sexes	Men	Women
Step 1. Tobacco use (95% CI)			
Current smoking	**29.6%** (27.9–31.3)	**48.4%** (45.5–51.3)	**12.6%** (11.1–14.0)
Currently daily smoking	**27.1%** (25.4–28.8)	**45.7%** (42.8–48.6)	**10.2%** (8.9–11.6)
For those who smoke tobacco daily:			
Average age started smoking (years)	**17.4** (17.1–17.8)	**16.9** (16.5–17.2)	**19.8** (19.0–20.5)
Percentage of daily smokers who smoke manufactured cigarettes	**99.4%** (98.9–99.9)	**99.5%** (99.1–100)	**98.7%** (97.0–100)
Mean number of manufactured cigarettes smoked per day	**14.9** (14.4–15.5)	**16.0** (15.5–16.6)	**10.3** (9.3–11.3)
Step 1. Alcohol consumption, % (95% CI)			
Lifetime abstainers	**5.7** (4.1–7.3)	**4.0** (2.4–5.6)	**7.3** (5.3–9.2)
Abstainers in the previous 12 months	**12.3** (10.8–13.7)	**9.6** (7.7–11.4)	**14.7** (12.9–16.6)
Current drinkers (within previous 30 days)	**52.8** (50.2–55.4)	**64.9** (61.6–68.3)	**41.8** (38.6–44.9)
Heavy episodic drinkers (six or more drinks on any occasion in previous 30 days)	**20.3** (18.4–22.1)	**35.0** (31.8–38.1)	**6.9** (5.6–8.2)
Step 1. Diet (95% CI)			
Mean number of days on which fruit eaten in a typical week	**5.1** (5.0–5.2)	**4.7** (4.5–4.8)	**5.5** (5.4–5.6)
Mean number of servings of fruit eaten per day	**1.8** (1.6–1.9)	**1.5** (1.4–1.6)	**2.0** (1.8–2.2)
Mean number of days on which vegetables eaten in a typical week	**5.6** (5.5–5.7)	**5.5** (5.3–5.6)	**5.8** (5.6–5.9)
Mean number of servings of vegetables eaten per day	**2.1** (1.8–2.3)	**1.9** (1.7–2.1)	**2.2** (1.9–2.5)
< 5 servings of fruit and/or vegetables on average per day, **%**	**72.9** (69.5–76.3)	**77.9** (74.3–81.5)	**68.4** (64.7–72.0)
Always or often add salt or salty sauce to food before or during eating, **%**	**31.7** (28.5–34.9)	**35.8** (31.9–39.7)	**28.0** (24.5–31.4)
Always or often eat processed foods with high salt content, **%**	**35.6** (33.3–38.0)	**43.6** (40.4–46.8)	**28.5** (25.9–31.1)
Step 1. Physical activity			
Insufficient physical activity (< 150 min of moderate-intensity activity per week, or equivalent)[1], **%** (95% CI)	**13.2** (11.5–14.8)	**12.8** (10.7–14.9)	**13.5** (11.5–15.5)
Median time spent in physical activity per day, **min** (interquartile range)	**137.1** (42.9–320)	**214.3** (60–360)	**107.1** (40–257.1)
No vigorous activity, **%** (95% CI)	**80.5** (78.6–82.4)	**68.9** (66.0–71.8)	**91.1** (89.5–92.6)

[1] "Insufficient physical activity" is defined in the GPAQ Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or the WHO global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html).

Results for adults aged 18–69 years	Both sexes	Men	Women
Step 1. Cervical cancer screening, % (95% CI)			
Women aged 30–49 years who had ever had a screening test for cervical cancer			**90.6** (87.7–93.5)
Step 2. Physical measurements (95% CI)			
Mean body mass index (BMI), **kg/m²**	**27.0** (26.8–27.2)	**26.6** (26.4–26.9)	**27.3** (27.0–27.6)
Overweight (BMI ≥ 25 kg/m²), **%**	**60.6** (58.7–62.6)	**61.5** (58.7–64.2)	**60.0** (57.3–62.4)
Obese (BMI ≥ 30 kg/m²), **%**	**25.4** (23.7–27.1)	**20.2** (17.9–22.4)	**30.2** (27.9–32.5)
Average waist circumference, **cm**		92.1 (91.2–92.9)	86.9 (86.0–87.8)
Mean systolic blood pressure (SBP), **mm Hg**, including those currently on medication for raised BP	**134.6** (133.7–135.4)	**136.6** (135.5–137.8)	**132.7** (131.6–133.7)
Mean diastolic blood pressure (DBP), **mm Hg**, including those currently on medication for raised BP	**84.9** (84.3–85.4)	**85.8** (85.1–86.4)	**84.1** (83.4–84.7)
Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg) or currently on medication for raised BP, **%**	**44.9** (42.8–47.0)	**45.6** (42.7–48.6)	**44.2** (41.9–46.5)
Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg) in those not currently on medication for raised BP, **%**	**53.4** (50.7–56.2)	**65.0** (61.3–68.7)	**42.6** (39.1–46.1)
Step 3. Biochemical measurements (95% CI)			
Mean fasting blood glucose, including those currently on medication for raised blood glucose, **mmol/L**	**4.7** (4.7–4.8)	**4.7** (4.7–4.8)	**4.8** (4.6–4.8)
Impaired fasting glycaemia, **%**: • Venous blood plasma: ≥ 6.1 mmol/L (110 mg/dL) and ≥ 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 5.6 mmol/L (100 mg/dL) and < 6.1 mmol/L (110 mg/dL)	**4.0** (3.0–5.0)	**4.1** (3.0–5.2)	**4.0** (2.8–5.2)
Elevated fasting blood glucose or currently on medication for raised blood glucose, **%** • Venous blood plasma: ≥ 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 6.1 mmol/L (110 mg/dL)	**3.6** (2.9–4.3)	**3.2** (2.3–4.1)	**3.9** (2.9–5.0)
Mean total cholesterol, including those currently on medication for elevated cholesterol, **mmol/L**	**4.7** (4.7–4.8)	**4.6** (4.5–4.7)	**4.9** (4.8–4.9)
Raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol), **%**	**38.2** (36.1–40.4)	**33.4** (30.6–36.2)	**42.6** (40.0–45.2)
Mean intake of salt, **g/day**	**10.6** (10.5–10.7)	**12.4** (12.2–12.5)	**9.0** (8.8–9.1)
Cardiovascular disease risk, % (95% CI)			
People aged 40–69 years with a 10-year risk ≥ 30% or with existing cardiovascular disease[2]	**13.4** (11.4–15.5)	**15.5** (12.6–18.4)	**11.7** (9.5–13.9)
Summary of combined risk factors, % (95% CI)			
• current daily smokers • fewer than 5 servings of fruits and vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised BP)			
None of the above risk factors	**5.6** (4.6–6.6)	**2.5** (1.6–3.4)	**8.4** (6.7–10.2)
Three or more of the above risk factors in those aged 18–44 years	**27.4** (24.9–29.8)	**37.2** (33.4–41.0)	**17.4** (14.7–20.0)
Three or more of the above risk factors in those aged 45–69 years	**55.5** (52.8–58.2)	**61.9** (58.3–65.5)	**50.4** (47.1–53.7)
Three or more of the above risk factors in those aged 18–69 years	**40.5** (38.3–42.7)	**47.9** (44.8–50.9)	**33.7** (31.2–36.2)

[2] A 10-year CVD risk of ≥ 30% is defined on the basis of age, sex, blood pressure, smoking status (current smoker or those who quit smoking < 1 year before the assessment), total cholesterol and diabetes (previously diagnosed or a fasting plasma glucose > 6.1 mmol/L (110 mg/dL).

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN BELARUS, STEPS 2016

WHO STEPS instrument
(core and expanded)

WHO STEPS for epidemiological surveillance of noncommunicable disease risk factors

STEPS instrument

Overview

Introduction This is the generic STEPS Instrument which sites/countries will use to develop their tailored instrument.
It contains:
  CORE items (unshaded boxes)
  EXPANDED items (shaded boxes)

Core items The core items for each section include questions for calculating basic variables.
Examples:
  current daily smokers
  mean BMI
Note: All the core questions should be asked; removing core questions will change the analysis.

Expanded items The expanded items for each section contain more detailed information.
Examples:
  use of smokeless tobacco
  sedentary behaviour

Guide to the columns

Column	Description	Site tailoring
Question	Each question is to be read to the participants.	Select sections to use. Add expanded and optional questions as desired.
Response	This column lists the available response options, which the interviewer will circle or fill in the text boxes. The "skip" instructions, shown on the right-hand side of the responses, should be carefully followed during interviews.	Add site-specific responses for demographic variables (e.g. C6). Change skip question identifiers as necessary.
Code	The column is designed to match data from the instrument with the data entry tool, data analysis syntax, data book and fact sheet.	This should never be changed or removed. The code is a general identifier for the data entry and analysis.

WHO STEPS instrument adapted for the Belarus STEPS survey

Survey information

Location and date	Response	Code
If you cannot scan the QR code, enter it manually. You can enter only digits and letters: "a", "b" and "c" (five characters in total).	⊔⊔⊔⊔⊔	
Select the area (*oblast*)		I1a
Select the cluster		I1d
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
Time of interview (24-hour clock)	⊔⊔ : ⊔⊔ hours minutes	I7
Family surname		I8
First name		I9
Additional information that may be helpful		
Contact phone number if 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,* dd mm year *go to C4*	C2
How old are you?	Years ⊔⊔⊔	C3
In total, how many years have you spent at school and in full-time study (excluding pre-school)?	Years ⊔⊔⊔	C4

EXPANDED: Demographic information		
What is the **highest level of education** you have completed? *[INSERT COUNTRY-SPECIFIC CATEGORIES]*	No formal schooling 1 Primary school completed 2 Secondary school completed 3 College completed 4 High school completed 5 University completed 6 Post-graduate degree 7 Refused 88	C5

Question	Response		Code
What is your **marital status**?	Never married	1	C7
	Currently married	2	
	Separated	3	
	Divorced	4	
	Widowed	5	
	Cohabitating	6	
	Refused	88	
Which of the following best describes your **main work status** over the past 12 months? *[INSERT COUNTRY-SPECIFIC CATEGORIES]* (USE SHOWCARD)	Government employee	1	C8
	Nongovernment employee	2	
	Self-employed, entrepreneur	3	
	Industrialist, farmer	4	
	Student	5	
	Homemaker	6	
	Retired	7	
	Unemployed (able to work)	8	
	Unemployed (unable to work)	9	
	Refused	88	

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	T1
	No	2 *If No, go to T8*	
Do you currently smoke tobacco products **daily**?	Yes	1	T2
	No	2	
How old were you when you **first started smoking**?	Age (years) ⌴⌴ *If known, go to T5a/T5aw*		T3
	Don't know 77		
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 filled with tobacco ⌴⌴⌴⌴ ⌴⌴⌴⌴		T5c/T5cw
	Cigars, cheroots, cigarillos ⌴⌴⌴⌴ ⌴⌴⌴⌴		T5d/T5dw
	Number of *shisha* sessions ⌴⌴⌴⌴ ⌴⌴⌴⌴		T5e/T5ew
	Other ⌴⌴⌴⌴ ⌴⌴⌴⌴ *If Other, go to T5 other; or else go to T6*		T5f/T5fw
	Other (please specify): ⌴⌴⌴⌴⌴⌴		T5other/ T5otherw
During the past 12 months, have you tried **to quit smoking**?	Yes	1	T6
	No	2	
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 Tx1; if T2=No, go to T9	T7
	No	2 If T2=Yes, go to Tx1; if T2=No, go to T9	
	No visit during past 12 months	3 If T2=Yes, go to Tx1; if T2=No, go to T9	
In the past, did you ever smoke any tobacco products? *(USE SHOWCARD)*	Yes	1	T8
	No	2 *If No, go to Tx1*	
In the past, did you **ever smoke daily**?	Yes	1 *If T1=Yes, go to Tx1, else go to T10*	T9
	No	2 *If T1=Yes, go to Tx1, else go to T10*	

Expanded: Tobacco use		
Question	**Response**	**Code**
How old were you when you **stopped** smoking?	Age (years) └──┴──┘ *If known, go to Tx1a* Don't know, 77	T10
How long ago did you quit smoking? *(RECORD ONLY 1, NOT ALL 3)* *Don't know, 77*	Years ago └──┴──┘ *If known, go to Tx1a*	T11a
	OR months ago └──┴──┘ *If known, go to Tx1a*	T11b
	OR weeks ago └──┴──┘	T11c
What helped you **to quit** smoking?	I decided myself	Tx1a
	Replacement therapy (nicotine tablets, chewing-gum, patch)	Tx1b
	Medical specialist care (by psychotherapist, psychiatrist)	Tx1c
	Insistence of relatives	Tx1d
	Health status	Tx1e
	Restrictions on places for smoking	Tx1f
	Cost of cigarettes	Tx1g
	Other	Tx1h
Do you currently use **electronic cigarettes**? *(USE SHOWCARD)*	Yes 1 *If Yes, go to T12* No 2	Tx2
Did you use **electronic cigarettes** in the past?	Yes 1 *If Yes, go to T12* No 2	Tx3
Do you **currently** use any **smokeless tobacco product** such as snuff, chewing tobacco, betel? *(USE SHOWCARD)*	Yes 1 No 2 *If No, go to T15*	T12
Do you **currently** use **smokeless tobacco products daily**?	Yes 1 No 2 *If No, go to T14aw*	T13
On average, how many times a week or day do you use...? (IF LESS THAN DAILY, RECORD WEEKLY) *(RECORD FOR EACH TYPE, USE SCORECARD)* Don't know, 7777	Daily↓ Weekly↓	
	Snuff, by mouth └──┴──┴──┘ └──┴──┴──┘	T14a/ T14aw
	Snuff, by nose └──┴──┴──┘ └──┴──┴──┘	T14b/ T14bw
	Chewing tobacco └──┴──┴──┘ └──┴──┴──┘	T14c/ T14cw
	Betel quid └──┴──┴──┘ └──┴──┴──┘	T14d/ T14dw
	Other └──┴──┴──┘ └──┴──┴──┘ *If Other, go to T14 other; if T13=No, go to T16, or go to T17*	T14e/ T14ew
	Other (please specify): └──┴──┴──┘ *If T13=No, go to T16; otherwise, go to T17*	T14 other/ T14 otherw
In the past, did you ever use smokeless tobacco products such as snuff, chewing tobacco or betel?	Yes 1 No 2 *If No, go to T17*	T15
In the past, did you ever use smokeless tobacco products such as snuff, chewing tobacco or betel **daily**?	Yes 1 No 2	T16
During the past 30 days, did someone smoke **in your home**?	Yes 1 No 2	T17
During the past 30 days, did someone smoke **in closed areas in your workplace** (in the building, a work area or a specific office)?	Yes 1 No 2 Don't work in a closed area 3	T18

Tobacco policy

You have been asked questions on tobacco consumption. The next questions are about tobacco control policies. They include questions on your exposure to the media and advertisements, on cigarette promotions, health warnings and cigarette purchase.

Question	Response		Code
During the past 30 days, have you noticed information about the dangers of smoking cigarettes or that encourages quitting through the following media? (record for each)			
Newspapers or magazines	Yes No Don't know	1 2 77	TP1a
Television	Yes No Don't know	1 2 77	TP1b
Radio	Yes No Don't know	1 2 77	TP1c
During the past 30 days, have you noticed any **advertisements** or **signs** promoting cigarettes in shops where cigarettes are sold?	Yes No Don't know	1 2 77	TP2
During the past 30 days, have you noticed any of the following types of cigarette promotions? (record for each)			
Free samples of cigarettes	Yes No Don't know	1 2 77	TP3a
Cigarettes at sale prices	Yes No Don't know	1 2 77	TP3b
Coupons for cigarettes	Yes No Don't know	1 2 77	TP3c
Free gifts or special discount offers on other products when buying cigarettes	Yes No Don't know	1 2 77	TP3d
Clothing or other items with a cigarette brand name or logo	Yes No Don't know	1 2 77	TP3e
Cigarette promotions in the post	Yes No Don't know	1 2 77	TP3f
The next questions (TP4–TP7) are administered to current smokers only.			
During the past 30 days, did you notice any **health warnings on cigarette packages**?	Yes No Did not see any cigarette packages Don't know	1 2 *If no, go to TP6* 3 *If "Did not see any cigarette packages", go to TP6* 77 *If Don't know, go to TP6*	TP4
During the past 30 days, have warning labels on cigarette packages **led you to think about quitting**?	Yes No Don't know	1 2 77	TP5
The last time you bought manufactured cigarettes for yourself, **how many** cigarettes did you buy in total?	Number of cigarettes Don't know or Don't smoke or purchase manufactured cigarettes 7777	└─┴─┴─┴─┘ *If "Don't know" or "Don't smoke or purchase manufactured cigarettes", end section*	TP6
In total, **how much** did you pay for this purchase? (Belarusian rubles (BYN) in value at 1 July 2016)	Amount, BYN Don't know 777 Refused 888	└─┴─┴─┘	TP7

Core: Alcohol consumption		
The next questions are about the consumption of alcohol.		
Question	**Response**	**Code**
Have you **ever** consumed any alcohol such as beer, wine, spirits (vodka, cognac, home-brewed alcohol)? *(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 for 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** did you have at least one standard alcoholic drink? *(READ POSSIBLE 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	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	A6
During the past 30 days, when you drank alcohol, **on average**, how many standard alcoholic drinks did you have during one 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 alcoholic drinks on a single drinking occasion?	Number of times └──┴──┘ Don't know 77	A9
During each of **the past 7 days**, how many standard drinks did you have each day? *(USE SHOWCARD)* *Don't know 77*	Monday └──┴──┘	A10a
	Tuesday └──┴──┘	A10b
	Wednesday └──┴──┘	A10c
	Thursday └──┴──┘	A10d
	Friday └──┴──┘	A10e
	Saturday └──┴──┘	A10f
	Sunday └──┴──┘	A10g

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 home-brewed alcohol, alcohol brought over the border or from another country, any alcohol not intended for drinking or other untaxed alcohol. Please think only about these types of alcohol when answering the next questions.		
Question	**Response**	**Code**
During the past 7 days, did you consume any **home-brewed alcohol**, any alcohol **brought over the border or from another country**, 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**? *(INSERT COUNTRY-SPECIFIC EXAMPLES)* *(USE SHOWCARD)* *Don't know, 77*	Home-brewed spirits └──┴──┘	A12a
	Home-brewed beer or wine, e. g. beer, palm or fruit wine └──┴──┘	A12b
	Alcohol brought over the border or from another country └──┴──┘	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 did you find that you were unable to stop drinking once you had started?	Daily or almost daily Weekly Monthly Less than monthly Never	1 2 3 4 5	A13
During **the past 12 months**, how often did you need a first drink in the morning to get yourself going after a heavy drinking session?	Daily or almost daily Weekly Monthly Less than monthly Never	1 2 3 4 5	A14
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 Yes, monthly Yes, several times but less than monthly Yes, once or twice Never	1 2 3 4 5	A16

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

Question	Response	Code
In a typical week, on how many days do you **eat fruit**? *(USE SHOWCARD)*	Number of days ⌴⌴⌴ *If 0 days, go to D3* Don't know 77	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 ⌴⌴⌴ *If 0 days, go to D5* Don't know 77	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 (see showcard). The following questions are on adding salt to food just before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as conserved (marinated) products, including home-made sausages, speck, dried fish, soup concentrates, crisps and (insert country-specific examples), and on controlling your salt intake. Please answer the questions even if you consider that you eat a diet low in salt.

How often do you **add salt or a salty sauce** to your food just before you eat it or as you are eating it? (Select only one) *(USE SHOWCARD)*	Always Often Sometimes Rarely Never Don't know	1 2 3 4 5 77	D5
How often is **salt, salty seasoning or a salty sauce** added in cooking or preparing foods in your household?	Always Often Sometimes Rarely Never Don't know	1 2 3 4 5 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, tinned salty food including pickles and preserves, salty food prepared at a fast-food restaurant, cheese, bacon and processed meat *(USE SHOWCARD)*	Always Often Sometimes Rarely Never Don't know	1 2 3 4 5 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

Expanded: Diet

Question	Response		Code
Do you think that too much salt or salty sauce in your diet could cause a **health problem**?	Yes 1 No 2 Don't know 77		D10
The next questions are about the oil or fat that is most often used for meal preparation in your household and about meals that you eat outside your home.			
What type of **oil or fat is most often** used for meal preparation in your household? *(USE SHOWCARD)* *(SELECT ONLY ONE)*	Vegetable oil 1 Lard or suet 2 Butter or *ghee* 3 Margarine 4 Other 5 *If Other, go to D12 other* None in particular 6 None used 7 Don't know 77		D12
	Other └─┴─┴─┴─┴─┴─┴─┘		D12 other
On average, how many meals per week do you eat that are not prepared at a home? By meal, I mean breakfast, lunch or dinner.	Number Don't know 77 └─┴─┴─┘		D13

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 tasks, harvesting food or crops, fishing or hunting for food, seeking employment.
(Insert other examples if needed.) In answering the following questions "vigorous-intensity activities" are activities that require hard physical effort and cause large increases in breathing or heart rate, and "moderate-intensity activities" are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Question	Response	Code
Activity at 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 work, manual agricultural work (with a shovel)*, for at least 10 minutes continuously? *(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 activity at work on a typical day?	Hours : minutes └─┴─┘ : └─┴─┘ hours minutes	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, work in the garden with a rake* for at least 10 minutes continuously? *(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 activity at work on a typical day?	Hours : minutes └─┴─┘ : └─┴─┘ hours minutes	P6 (a–b)

Transport			
The next questions exclude the physical activity 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. *(Insert other examples if needed.)*			
Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 *If No, go to P10*		P7
In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days ⌊⌊⌋		P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes	⌊⌊⌊⌋ : ⌊⌊⌊⌋ hours minutes	P9 (a–b)

Recreational activities			
The next questions exclude the work and transport activities that you have already mentioned. Now, I would like to ask you about sport, fitness and recreational activities (leisure). (Insert relevant terms.)			
Do you do any vigorous-intensity sport, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate, like running or football, for at least 10 minutes continuously? *(USE SHOWCARD)*	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	⌊⌊⌊⌋ : ⌊⌊⌊⌋ hours minutes	P12 (a–b)
Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, cycling, swimming or volleyball for at least 10 minutes continuously? *(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	⌊⌊⌊⌋ : ⌊⌊⌊⌋ hours minutes	P15 (a-b)
Expanded: Physical activity			
Sedentary			
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, travelling in a car, bus or train, reading, playing cards or watching television, but does not include time spent sleeping. (Give examples) *(USE SHOWCARD)*			
How much time do you usually spend sitting or lying down on a typical day?	Hours : minutes	⌊⌊⌊⌋ : ⌊⌊⌊⌋ hours minutes	P16 (a-b)

Core: History of raised blood pressure		
Question	**Response**	**Code**
Have you ever had your blood pressure measured by a doctor or health worker?	Yes 1 No 2 *If No, go to H6*	H1
Have you ever been told by a doctor or health worker that you have raised blood pressure or hypertension?	Yes 1 No 2 *If No, go to H6*	H2a
Have you been told this in the past 12 months?	Yes 1 No 2	H2b
In the past 2 weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or 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 raised blood pressure?	Yes 1 No 2	H5

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

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

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

Core: Lifestyle advice		
During the past 3 years, has a doctor or other health worker advised you to do any of the following? *(Record for each)*		
Quit or don't start using tobacco.	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 *If C1=1 go to M1* No 2 *If C1=1 go to M1*	H20f

Core (for women): Cervical cancer screening		
The next question is about cervical cancer prevention. Screening tests for cervical cancer prevention can be done in various ways, including visual inspection with acetic acid or vinegar, Pap smear or human papillomavirus test. In visual inspection, the surface of the uterine cervix is inspected after application of acetic acid (or vinegar). For both Pap smears and human papillomavirus tests, a doctor or nurse wipes the inside of your vagina with a swab, take a sample and sends it to a laboratory. You might have been given the swab yourself to swab the inside of your vagina. The laboratory checks for abnormal cell changes if a Pap smear is done and for human papillomavirus of this test is done.		
Question	Response	Code
Have you ever had a screening test for cervical cancer with any of the methods described above?	Yes 1 No 2 Don't know 77	CX1

Step 2. Physical measurements

Core: Arterial blood pressure

Question	Response		Code
Interviewer ID		└─┴─┴─┘	M1
Device ID for blood pressure		└─┴─┴─┘	M2
Reading 1	Systolic (mm Hg)	└─┴─┴─┘	M4a
	Diastolic (mm Hg)	└─┴─┴─┘	M4b
Reading 2	Systolic (mm Hg)	└─┴─┴─┘	M5a
	Diastolic (mm Hg)	└─┴─┴─┘	M5b
Reading 3	Systolic (mm Hg)	└─┴─┴─┘	M6a
	Diastolic (mm Hg)	└─┴─┴─┘	M6b
During the past 2 weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or health worker?	Yes 1 No 2		M7

Core: Height and weight

Question	Response		Code
Are you pregnant?	Yes 1 *If Yes, go to M16* No 2		M8
Interviewer ID		└─┴─┴─┘	M9
Height and weight device IDs	Height └─┴─┴─┘ Weight └─┴─┴─┘		M10a M10b
Height	in cm	└─┴─┴─┘ . └─┘	M11
Weight *If too large for scale 666.6*	in kg	└─┴─┴─┘ . └─┘	M12

Core: Waist

Question	Response		Code
Device ID		└─┴─┴─┘	M13
Waist circumference	in cm	└─┴─┴─┘ . └─┘	M14

Expanded: Heart rate

Question	Response		Code
Reading 1	Beats per minute	└─┴─┴─┘	M16a
Reading 2	Beats per minute	└─┴─┴─┘	M16b
Reading 3	Beats per minute	└─┴─┴─┘	M16c

Step 3. Biochemical measurements

Core: Blood glucose

Question	Response		Code
During the past 12 hours, have you had anything to eat or drink, other than water?	Yes 1 No 2		B1
Technician ID		└─┴─┴─┘	B2
Device ID		└─┴─┴─┘	B3
Time of day blood specimen taken (24-hour clock)	Hours : minutes	└─┴─┘ : └─┴─┘ hours minutes	B4
Fasting blood glucose	mmol/L	└─┴─┘ . └─┴─┘	B5
Today, have you taken insulin or other drugs (medication) that were prescribed by a doctor or health worker for raised blood glucose?	Yes 1 No 2		B6

Core: Blood lipids

Question	Response		Code
Device ID		└─┴─┴─┘	B7
Total cholesterol	mmol/L	└─┴─┘ . └─┴─┘	B8
During the past 2 weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or health worker?	Yes 1 No 2		B9

Core: Urinary sodium and creatinine

Question	Response		Code
Had you been fasting before urine collection?	Yes 1 No 2		B10
Technician ID		└─┴─┴─┘	B11
Device ID		└─┴─┴─┘	B12
Time of day urine sample taken (24-hour clock)	Hours : minutes	└─┴─┘ : └─┴─┘ hours minutes	B13
Urinary sodium	mmol/L	└─┴─┴─┘ . └─┘	B14
Urinary creatinine	mmol/L	└─┴─┘ . └─┘	B15
Blood high-density lipoproteins and cholesterol	mmol/L	└─┴─┘ . └─┴─┘	**B17**

Data book
for Belarus
STEPS survey 2016

Prevalence of noncommunicable disease risk factors

Sampling and response

Response Description: Summary results for overall response rate.

Table C.1. Response rate			
Age group (years)	Both sexes		
	Eligible	Responded	
	n	n	%
18–69	5 760	5010	87.0

Demographic information

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

Instrument questions:
- Sex
- What is your date of birth?

Table C.2. Age group and sex of respondents						
Age group (years)	Men		Women		Both sexes	
	n	%	n	%	n	%
18–29	331	48.0	358	52.0	689	100
30–44	592	42.0	817	58.0	1409	100
45–59	812	42.6	1092	57.4	1904	100
60–69	354	35.1	654	64.9	1008	100
18–69	**2089**	**41.7**	**2921**	**58.3**	**5010**	**100**

Education Description: Mean number of years of education of respondents.

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

Table C.3. Mean number of years of education						
Age group (years)	Men		Women		Both sexes	
	n	Mean	n	Mean	n	Mean
18–29	331	13.1	358	13.9	689	13.6
30–44	592	12.9	817	13.8	1409	13.4
45–59	812	12.2	1092	12.7	1904	12.5
60–69	354	12.0	654	12.3	1008	12.2
18–69	**2089**	**12.5**	**2921**	**13.1**	**5010**	**12.8**

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?

Table C.4. Highest level of education, men (%)								
Age group (years)	n	No formal schooling	Primary school completed	Secondary school completed	College completed	High school completed	University completed	Post-graduate degree completed
18–29	331	0.0	2.7	20.2	14.8	39.9	22.4	0.0
30–44	591	0.5	3.9	15.7	14.9	41.5	23.0	0.5
45–59	812	0.9	3.9	21.9	16.9	40.8	15.0	0.6
60–69	354	0.6	8.5	16.4	20.1	38.7	15.3	0.6
18–69	**2088**	**0.6**	**4.5**	**19.0**	**16.5**	**40.5**	**18.5**	**0.5**

Table C.5. Highest level of education, women (%)								
Age group (years)	n	No formal schooling	Primary school completed	Secondary school completed	College completed	High school completed	University completed	Post-graduate degree completed
18–29	355	0.0	3.4	14.6	6.2	37.5	37.7	0.6
30–44	817	0.4	3.3	12.0	6.7	40.6	36.7	0.2
45–59	1092	0.2	2.7	14.4	12.0	48.0	22.1	0.6
60–69	654	0.3	7.6	21.7	9.5	38.8	21.6	0.5
18–69	**2918**	**0.2**	**4.1**	**15.4**	**9.3**	**42.6**	**28.0**	**0.5**

Table C.6. Highest level of education, both sexes (%)								
Age group (years)	n	No formal schooling	Primary school completed	Secondary school completed	College completed	High school completed	University completed	Post-graduate degree completed
18–29	686	0.0	3.1	17.3	10.3	38.6	30.3	0.3
30–44	1408	0.4	3.6	13.6	10.2	41.0	31.0	0.4
45–59	1904	0.5	3.3	17.6	14.1	44.9	19.1	0.6
60–69	1008	0.4	7.9	19.8	13.2	38.8	19.3	0.5
18–69	**5006**	**0.4**	**4.3**	**16.9**	**12.3**	**41.7**	**24.0**	**0.5**

Marital status

Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

Table C.7. Marital status, men (%)							
Age group (years)	n	Never married	Currently married	Separated	Divorced	Widowed	Cohabiting
18–29	329	63.2	30.7	2.7	0.6	0.0	2.7
30–44	583	20.4	57.8	3.4	12.2	0.2	6.0
45–59	806	8.8	66.9	3.1	14.5	3.2	3.5
60–69	352	4.3	69.3	2.8	8.2	11.9	3.4
18–69	**2070**	**20.0**	**59.0**	**3.1**	**10.6**	**3.3**	**4.1**

Table C.8. Marital status, women (%)							
Age group (years)	n	Never married	Currently married	Separated	Divorced	Widowed	Cohabiting
18–29	355	43.1	45.9	2.0	4.2	0.3	4.5
30–44	809	12.6	62.1	2.8	14.5	3.3	4.7
45–59	1087	2.9	58.5	2.5	19.0	14.8	2.4
60–69	651	2.3	43.9	1.7	9.4	42.2	0.5
18–69	**2902**	**10.4**	**54.7**	**2.3**	**13.7**	**16.0**	**2.9**

Table C.9. Marital status, both sexes (%)							
Age group (years)	n	Never married	Currently married	Separated	Divorced	Widowed	Cohabiting
18–29	684	52.8	38.6	2.3	2.5	0.1	3.7
30–44	1392	15.9	60.3	3.1	13.5	2.0	5.2
45–59	1893	5.4	62.1	2.7	17.1	9.9	2.9
60–69	1003	3.0	52.8	2.1	9.0	31.6	1.5
18–69	**4972**	**14.4**	**56.5**	**2.7**	**12.4**	**10.7**	**3.4**

Employment status
Description: Percentage of respondents in paid and unpaid employment. "Unpaid" includes people who are not paid, students, homemakers and retired and unemployed people.

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

Table C.10. Employment status, men (%)

Age group (years)	n	Government employee	Non-government employee	Self-employed	Other
18–29	328	47.0	22.6	3.4	27.1
30–44	585	59.5	25.6	4.8	10.1
45–59	800	64.4	15.4	3.6	16.6
60–69	353	19.3	4.2	0.0	76.5
18–69	**2066**	**52.5**	**17.5**	**3.3**	**26.7**

Table C.11. Employment status, women (%)

Age group (years)	n	Government employee	Non-government employee	Self-employed	Other
18–29	353	50.1	16.1	2.0	31.7
30–44	813	67.3	18.6	2.1	12.1
45–59	1092	62.9	9.2	1.3	26.6
60–69	654	15.0	1.8	0.3	82.9
18–69	**2912**	**51.8**	**11.0**	**1.4**	**35.8**

Table C.12. Employment status, both sexes (%)

Age group (years)	n	Government employee	Non-government employee	Self-employed	Other
18–29	681	48.6	19.2	2.6	29.5
30–44	1398	64.0	21.5	3.2	11.2
45–59	1892	63.5	11.8	2.3	22.4
60–69	1007	16.5	2.7	0.2	80.6
18–69	**4978**	**52.1**	**13.7**	**2.2**	**32.0**

Other
Description: Percentage of respondents in unpaid work.

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

Table C.13. Unpaid work and unemployed, men (%)

Age group (years)	n	Industrialist or farmer	Student	Homemaker	Retired	Unemployed	
						Able to work	Unable to work
18–29	89	0.0	62.9	9.0	0.0	21.3	6.7
30–44	59	5.1	3.4	5.1	1.7	57.6	27.1
45–59	133	4.5	0.0	7.5	23.3	37.6	27.1
60–69	270	0.0	0.0	0.4	96.3	1.1	2.2
18–69	**551**	**1.6**	**10.5**	**4.0**	**53.0**	**19.2**	**11.6**

Table C.14. Unpaid work and unemployed, women (%)

Age group (years)	n	Industrialist or farmer	Student	Homemaker	Retired	Unemployed	
						Able to work	Unable to work
18–29	112	0.0	37.5	57.1	0.0	4.5	0.9
30–44	98	4.1	3.1	67.3	2.0	14.3	9.2
45–59	291	0.3	0.0	10.0	78.4	5.2	6.2
60–69	542	0.0	0.0	0.4	98.2	0.2	1.3
18–69	**1043**	**0.5**	**4.3**	**15.4**	**73.1**	**3.4**	**3.4**

Table C.15. Unpaid work and unemployed, both sexes (%)

Age group (years)	n	Industrialist, farmer	Student	Homemaker	Retired	Unemployed	
						Able to work	Unable to work
18–29	201	0.0	48.8	35.8	0.0	11.9	3.5
30–44	157	4.5	3.2	43.9	1.9	30.6	15.9
45–59	424	1.7	0.0	9.2	61.1	15.3	12.7
60–69	812	0.0	0.0	0.4	97.5	0.5	1.6
18–69	**1594**	**0.9**	**6.5**	**11.5**	**66.1**	**8.8**	**6.2**

Tobacco use

Current smoking

Description: Current smokers among all respondents

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

Table C.16. Current smokers

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	47.7	41.7–53.7	358	14.0	10.1–17.9	689	31.3	27.6–35.0
30–44	592	53.0	48.0–58.0	817	17.4	14.5–20.3	1409	35.0	31.9–38.1
45–59	812	47.8	43.7–51.9	1 092	11.2	8.8–13.6	1904	28.2	25.5–30.8
60–69	354	39.7	33.5–45.9	654	4.9	3.0–6.8	1008	19.1	15.9–22.3
18–69	**2089**	**48.4**	**45.5–51.3**	**2 921**	**12.6**	**11.1–14.0**	**5010**	**29.6**	**27.9–31.3**

Smoking status

Description: Smoking status of all respondents

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

Table C.17. Smoking status, men (%)

Age group (years)	n	Current smoker				Non-smoker			
		Daily	95% CI	Not daily	95% CI	Former smoker	95% CI	Never smoked	95% CI
18–29	331	43.9	37.8–50.1	3.8	1.3–6.3	14.0	9.9–18.1	38.3	31.9–44.7
30–44	592	49.6	44.6–54.6	3.4	1.8–5.0	16.6	12.8–20.5	30.4	25.7–35.1
45–59	812	46.4	42.3–50.5	1.4	0.4–2.5	22.4	18.8–25.9	29.8	25.7–34.0
60–69	354	37.6	31.3–43.9	2.1	0.3–3.9	34.6	29.1–40.0	25.7	20.2–31.2
18–69	**2089**	**45.7**	**42.8–48.6**	**2.7**	**1.8–3.7**	**20.1**	**17.9–22.3**	**31.5**	**28.9–34.2**

Table C.18. Smoking status, women (%)

Age group (years)	n	Current smoker				Non-smoker			
		Daily	95% CI	Not daily	95% CI	Former smoker	95% CI	Never smoked	95% CI
18–29	358	10.0	6.6–13.5	4.0	2.0–6.0	11.9	8.2–15.6	74.1	68.6–79.6
30–44	817	15.3	12.6–18.1	2.0	1.1–3.0	13.0	10.3–15.8	69.6	65.7–73.4
45–59	1 092	9.4	7.2–11.5	1.9	0.8–2.9	6.9	5.1–8.7	81.9	78.9–84.9
60–69	654	3.2	1.8–4.7	1.7	0.5–2.9	4.1	2.3–5.9	91.0	88.5–93.5
18–69	**2 921**	**10.2**	**8.9–11.6**	**2.3**	**1.7–3.0**	**9.3**	**7.8–10.8**	**78.1**	**76.0–80.2**

Table C.19. Smoking status, both sexes (%)

Age group (years)	n	Current smoker				Non-smoker			
		Daily	95% CI	Not daily	95% CI	Former smoker	95% CI	Never smoked	95% CI
18–29	689	27.4	23.7–31.2	3.9	2.3–5.4	13.0	10.0–16.0	55.7	51.4–60.0
30–44	1409	32.3	29.2–35.3	2.7	1.8–3.6	14.8	12.3–17.3	50.2	46.8–53.6
45–59	1904	26.5	23.9–29.1	1.7	0.9–2.4	14.1	12.2–16.0	57.8	55.0–60.6
60–69	1008	17.3	14.2–20.4	1.8	0.8–2.9	16.5	13.7–19.3	64.4	60.5–68.2
18–69	**5010**	**27.1**	**25.4–28.8**	**2.5**	**2.0–3.1**	**14.4**	**13.0–15.8**	**56.0**	**54.1–57.9**

Daily smoking

Description: Percentage of current daily smokers among smokers

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

Table C.20. Current daily smokers								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	92.0	86.9–97.2	57	71.7	59.0–84.4	217	87.6	82.7–92.5
30–44	315	93.6	90.6–96.5	149	88.2	83.0–93.5	464	92.2	89.7–94.8
45–59	403	97.1	94.9–99.3	124	83.4	75.3–91.5	527	94.1	91.6–96.7
60–69	140	94.7	90.1–99.2	35	66.1	47.1–85.0	175	90.3	85.2–95.5
18–69	**1018**	**94.4**	**92.4–96.3**	**365**	**81.5**	**76.6–86.3**	**1383**	**91.5**	**89.6–93.4**

Initiation and duration of smoking

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

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

Table C.21. Mean age started smoking (years)								
Age group (years)	Men			Women			Both sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
18–29	159	16.1	15.5–16.7	57	17.3	16.7–17.9	216	16.4	15.8–16.9
30–44	313	16.7	16.2–17.3	149	18.4	17.8–19.1	462	17.2	16.7–17.6
45–59	401	17.3	16.8–17.8	124	22.5	20.7–24.2	525	18.4	17.8–19.0
60–69	140	17.9	16.7–19.1	35	27.1	23.4–30.7	175	19.3	18.0–20.6
18–69	**1013**	**16.9**	**16.5–17.2**	**365**	**19.9**	**19.2–20.6**	**1378**	**17.5**	**17.2–17.9**

Table C.22. Mean duration of smoking (years)								
Age group (years)	Men			Women			Both sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
18–29	159	8.8	8.2–9.5	57	7.9	7.0–8.9	216	8.6	8.1–9.2
30–44	313	20.0	19.1–20.8	149	18.5	17.5–19.5	462	19.6	18.9–20.3
45–59	401	34.5	33.8–35.1	124	29.2	27.2–31.1	525	33.3	32.6–34.0
60–69	140	45.6	44.3–46.9	35	36.6	32.8–40.5	175	44.3	42.8–45.7

Smokers of manufactured cigarettes

Description: Percentage of smokers who use manufactured cigarettes among daily smokers and 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/a week?

Table C.23. Smokers of manufactured cigarettes among daily smokers								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	149	100.0	100.0–100.0	40	96.1	88.4–100.0	189	99.3	98.0–100.0
30–44	297	99.2	98.1–100.0	129	99.4	98.1–100.0	426	99.2	98.4–100.0
45–59	394	99.4	98.6–100.0	104	99.4	98.2–100.0	498	99.4	98.7–100.0
60–69	133	100.0	100.0–100.0	23	100.0	100.0–100.0	156	100.0	100.0–100.0
18–69	**973**	**99.5**	**99.1–100.0**	**296**	**98.7**	**97.0–100.0**	**1269**	**99.4**	**98.9–99.8**

Table C.24. Smokers of manufactured cigarettes among current smokers										
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	99.1	97.4–100.0	56	97.2	91.7–100.0	216	98.7	96.9–100.0
30–44	315	98.9	97.6–100.0	149	99.0	97.6–100.0	464	98.9	97.9–99.9
45–59	403	99.0	97.8–100.0	124	98.4	96.6–100.0	527	98.8	97.9–99.8
60–69	140	99.5	98.4–100.0	35	100.0	100.0–100.0	175	99.5	98.6–100.0
18–69	**1018**	**99.0**	**98.3–99.8**	**364**	**98.5**	**97.0–100.0**	**1382**	**98.9**	**98.2–99.5**

Amount of tobacco used by 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?

Table C.25. Mean amounts of tobacco used by daily smokers by type, men									
Age group (years)	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of hand-rolled cigarettes	95% CI	n	Mean no. of pipes of tobacco	95% CI
18–29	149	14.3	13.1–15.4	148	0.3	0.0–0.8	148	0.14	0.0–0.4
30–44	297	16.2	15.2–17.1	297	0.1	0.0–0.3	297	0.02	0.0–0.1
45–59	394	17.3	16.5–18.1	393	0.3	0–0.6	393	0.03	0.0–0.1
60–69	133	15.9	14.4–17.4	132	0.1	0–0.3	133	0.02	0.0–0.1
18–69	**973**	**16.0**	**15.5–16.6**	**970**	**0.2**	**0–0.4**	**971**	**0.05**	**0.0–0.1**

Table C.26. Mean amounts of tobacco used by daily smokers by type, women									
Age group (years)	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of hand-rolled cigarettes	95% CI	n	Mean no. of pipes of tobacco	95% CI
18–29	40	9.8	6.5–13.1	41	0	–	–	–	–
30–44	129	10.1	9.0–11.2	129	0.3	0.0–0.8	–	–	–
45–59	104	10.8	9.2–12.4	104	0.6	0.0–1.5	–	–	–
60–69	23	10.9	8.3–13.5	23	0	–	–	–	–
18–69	**296**	**10.3**	**9.3–11.3**	**297**	**0.3**	**–**	**–**	**–**	**–**

Table C.27. Mean amount of tobacco used by daily smokers by type, both sexes									
Age group (years)	n	Mean no. of manufactured cigarettes	95% CI	n	Mean no. of hand-rolled cigarettes	95% CI	n	Mean no. of pipes of tobacco	95% CI
18–29	189	13.6	12.4–14.7	189	0.3	0.0–0.6	189	0.11	0.0–0.3
30–44	426	14.7	13.9–15.6	426	0.2	0.0–0.3	426	0.01	0.0–0.0
45–59	498	16.0	15.3–16.8	497	0.4	0.1–0.7	497	0.05	0.0–0.1
60–69	156	15.3	13.9–16.8	155	0.1	0.0–0.3	156	0.02	0.0–0.1
18–69	**1269**	**14.9**	**14.4–15.5**	**1267**	**0.2**	**0.1–0.4**	**1268**	**0.05**	**0.0–0.1**

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/per week?

Table C.28. Current smokers of manufactured and hand-rolled cigarettes and pipes, men (%)

Age group (years)	n	Manufactured cigarettes	95% CI	Hand-rolled cigarettes	95% CI	Pipes of tobacco	95% CI
18–29	160	99.1	97.4–100.0	3.5	0.5–6.4	0.6	0.0–1.8
30–44	315	98.9	97.6–100.0	1.4	0.0–3.0	1.1	0.0–2.1
45–59	403	99.0	97.8–100.0	1.6	0.3–2.9	0.3	0.0–0.7
60–69	140	99.5	98.4–100.0	3.0	0.0–6.5	0.2	0.0–0.5
18–69	**1018**	**99.0**	**98.3–99.8**	**2.1**	**1.0–3.3**	**0.6**	**0.1–1.1**

Table C.29. Current smokers of cigars, cheroots or cigarillos and *shisha*, men (%)

Age group (years)	n	Cigars, cheroots, cigarillos	95% CI	*Shisha*	95% CI	Other	95% CI
18–29	160	1.0	0.0–2.4	0.5	0.0–1.6	1.1	0.0–2.6
30–44	315	1.0	0.0–2.1	2.0	0.1–4.0	0.4	0.0–1.1
45–59	403	0.3	0.0–0.6	1.2	0.0–2.7	0.1	0.0–0.2
60–69	140	1.0	0.0–2.3	2.5	0.0–6.0	0.3	0.0–1.0
18–69	**1018**	**0.8**	**0.2–1.3**	**1.5**	**0.6–2.4**	**0.5**	**0.0–0.9**

Table C.30. Current smokers of manufactured and hand-rolled cigarettes and pipes, women (%)

Age group (years)	n	Manufactured cigarettes	95% CI	Hand-rolled cigarettes	95% CI	Pipes of tobacco	95% CI
18–29	57	95.6	89.5–100.0	0.0	0.0–0.0	0.0	0.0–0.0
30–44	149	99.0	97.6–100.0	2.2	0.0–5.4	0.7	0.0–1.7
45–59	124	98.4	96.6–100.0	3.3	0.0–7.5	0.6	0.0–1.7
60–69	35	100.0	100.0–100.0	0.0	0.0–0.0	0.0	0.0–0.0
18–69	**365**	**98.1**	**96.5–99.7**	**1.8**	**0.0–4.2**	**0.4**	**0.0–1.0**

Table C.31. Current smokers of cigars, cheroots or cigarillos and *shisha*, women (%)

Age group (years)	n	Cigars, cheroots, cigarillos	95% CI	*Shisha*	95% CI	Other	95% CI
18–29	57	1.0	0.0–3.0	1.8	0.0–5.4	0.0	0.0–0.0
30–44	149	0.0	0.0–0.0	1.6	0.0–4.8	0.6	0.0–1.7
45–59	124	0.0	0.0–0.0	0.0	0.0–0.0	0.3	0.0–0.8
60–69	35	0.0	0.0–0.0	0.0	0.0–0.0	0.0	0.0–0.0
18–69	**365**	**0.2**	**0.0–0.7**	**1.1**	**0.0–3.3**	**0.3**	**0.0–0.8**

Table C.32. Current smokers of manufactured and hand-rolled cigarettes and pipes, both sexes (%)

Age group (years)	n	Manufactured cigarettes	95% CI	Hand-rolled cigarettes	95% CI	Pipes of tobacco	95% CI
18–29	217	98.4	96.5–100.0	2.7	0.4–5.0	0.5	0.0–1.4
30–44	464	98.9	97.9–99.9	1.6	0.1–3.0	1.0	0.1–1.8
45–59	527	98.8	97.9–99.8	2.0	0.6–3.4	0.4	0.0–0.7
60–69	175	99.5	98.6–100.0	2.6	0.0–5.5	0.2	0.0–0.5
18–69	**1383**	**98.8**	**98.1–99.5**	**2.1**	**1.0–3.1**	**0.6**	**0.2–1.0**

Table C.33. Current smokers of cigars, cheroots or cigarillos and *shisha*, both sexes (%)

Age group (years)	n	Cigars, cheroots, cigarillos	95% CI	*Shisha*	95% CI	Other	95% CI
18–29	217	1.0	0.0–2.2	0.8	0.0–2.0	0.8	0.0–2.0
30–44	464	0.7	0.0–1.6	1.9	0.3–3.6	0.5	0.0–1.1
45–59	527	0.2	0.0–0.5	1.0	0.0–2.2	0.1	0.0–0.3
60–69	175	0.9	0.0–1.9	2.1	0.0–5.1	0.3	0.0–0.8
18–69	**1383**	**0.7**	**0.2–1.1**	**1.4**	**0.5–2.3**	**0.4**	**0.1–0.8**

Frequency of daily cigarette smoking

Description: Proportions of daily cigarette smokers of 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?

Table C.34. Daily smokers of given quantities of manufactured or hand-rolled cigarettes per day, men (%)											
Age group (years)	n	< 5	95% CI	5–9	95% CI	10–14	95% CI	15–24	95% CI	≥ 25	95% CI
18–29	148	2.9	0.0–6.4	12.7	6.3–19.2	29.5	21.1–38.0	52.4	42.9–62.0	2.4	0.0–5.3
30–44	294	2.6	0.6–4.5	7.4	3.9–10.9	22.7	17.3–28.2	61.0	54.5–67.4	6.3	2.6–10.1
45–59	390	1.2	0.0–2.4	5.5	2.9–8.1	22.1	17.1–27.2	61.9	56.7–67.2	9.3	6.3–12.2
60–69	132	4.6	0.0–9.3	11.6	6.1–17.2	24.2	15.6–32.7	51.1	41.8–60.4	8.5	4.2–12.7
18–69	**964**	**2.4**	**1.2–3.7**	**8.5**	**6.1–10.9**	**24.3**	**20.7–27.9**	**58.2**	**54.2–62.2**	**6.5**	**4.7–8.4**

Table C.35. Daily smokers of given quantities of manufactured or hand-rolled cigarettes per day, women (%)											
Age group (years)	n	< 5	95% CI	5–9	95% CI	10–14	95% CI	15–24	95% CI	≥ 25	95% CI
18–29	39	23.7	6.3–41.1	30.5	14.2–46.7	22.6	8.5–36.7	13.9	2.5–25.3	9.3	0.0–21.3
30–44	128	10.1	3.9–16.3	35.8	25.5–46.1	28.5	18.3–38.8	22.8	14.6–31.0	2.8	0.0–6.4
45–59	103	7.5	1.3–13.8	36.2	25.6–46.7	28.9	18.9–38.9	22.7	13.1–32.3	4.7	0.0–10.1
60–69	23	13.6	0.8–26.3	21.8	1.8–41.9	31.8	12.3–51.3	32.8	12.2–53.4	0.0	0.0–0.0
18–69	**293**	**12.2**	**7.1–17.3**	**34.1**	**27.8–40.4**	**27.7**	**21.5–33.8**	**21.5**	**16.1–27.0**	**4.5**	**0.7–8.3**

Table C.36. Daily smokers of given quantities of manufactured or hand-rolled cigarettes per day, both sexes (%)											
Age group (years)	n	< 5	95% CI	5–9	95% CI	10–14	95% CI	15–24	95% CI	≥ 25	95% CI
18–29	187	6.4	1.6–11.2	15.8	9.7–21.8	28.3	21.0–35.7	45.9	37.6–54.1	3.6	0.5–6.7
30–44	422	4.4	2.3–6.5	14.2	10.4–18.0	24.1	19.3–28.9	51.8	46.0–57.5	5.5	2.5–8.5
45–59	493	2.4	0.8–3.9	11.3	8.2–14.5	23.4	18.8–28.0	54.5	49.6–59.4	8.4	5.7–11.0
60–69	155	5.7	1.3–10.0	12.8	7.4–18.2	25.0	17.3–32.8	49.0	40.5–57.6	7.5	3.7–11.3
18–69	**1257**	**4.4**	**2.8–5.9**	**13.6**	**11.2–15.9**	**25.0**	**22.0–27.9**	**51.0**	**47.4–54.5**	**6.1**	**4.4–7.8**

Former daily smokers and former smokers

Description: Percentage of former daily smokers among all respondents and among ever daily smokers, and 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?

Table C.37. Former daily smokers									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	11.5	7.6–15.4	358	5.0	2.6–7.3	689	8.3	5.9–10.7
30–44	592	13.5	10.2–16.8	817	6.8	4.9–8.7	1409	10.1	8.2–12.0
45–59	812	19.0	15.7–22.3	1092	4.2	2.7–5.6	1904	11.0	9.4–12.7
60–69	354	31.5	25.6–37.3	654	3.2	1.6–4.8	1008	14.7	11.9–17.6
18–69	**2089**	**17.0**	**15.0–19.1**	**2921**	**5.0**	**4.0–5.9**	**5010**	**10.7**	**9.6–11.8**

Table C.38. Former daily smokers among ever daily smokers

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	186	20.7	14.1–27.4	62	33.1	20.3–45.9	248	23.3	17.2–29.3
30–44	386	21.4	16.4–26.4	184	30.7	23.4–38.1	570	23.9	19.6–28.1
45–59	540	29.1	24.4–33.7	145	30.7	21.2–40.3	685	29.4	25.2–33.6
60–69	237	45.6	37.7–53.4	42	49.7	32.7–66.8	279	46.1	38.7–53.4
18–69	**1349**	**27.2**	**24.0–30.3**	**433**	**32.6**	**27.4–37.9**	**1782**	**28.3**	**25.5–31.1**

Table C.39. Mean years since cessation

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	46	2.6	1.7–3.5	41	3.9	3.1–4.7	87	3.2	2.6–3.8
30–44	103	8.7	7.3–10.0	109	11.0	9.9–12.0	212	9.7	8.8–10.6
45–59	173	16.4	14.5–18.2	69	17.8	14.7–20.9	242	16.8	15.0–18.5
60–69	115	17.6	15.3–20.0	24	26.7	21.0–32.4	139	19.0	16.8–21.1
18–69	**437**	**12.3**	**11.2–13.4**	**243**	**11.9**	**10.5–13.2**	**680**	**12.2**	**11.3–13.0**

Cessation Description: Percentage of current smokers who tried to quit smoking during the previous 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 quit smoking?

Table C.40. Current smokers who tried to quit smoking

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	36.4	28.0–44.8	57	32.6	18.7–46.4	217	35.6	28.3–42.8
30–44	315	30.3	23.7–36.9	149	31.1	22.4–39.8	464	30.5	24.9–36.1
45–59	403	32.7	26.8–38.6	124	39.8	28.8–50.8	527	34.2	28.8–39.6
60–69	140	27.7	18.9–36.4	35	38.6	20.2–57.0	175	29.3	21.3–37.4
18–69	**1018**	**32.2**	**28.0–36.4**	**365**	**34.4**	**28.4–40.4**	**1383**	**32.7**	**29.1–36.3**

Advice to quit smoking Description: Percentage of current smokers who have been advised by a doctor or health worker to quit smoking, among those smokers who visited a doctor or other health worker in the previous 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?

Table C.41. Current smokers who were advised by a doctor to quit smoking

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	151	54.3	44.6–64.1	55	55.8	41.0–70.7	206	54.7	46.4–62.9
30–44	290	63.8	57.2–70.5	142	60.6	50.0–71.2	432	63.0	57.3–68.7
45–59	362	69.8	63.2–76.5	116	60.0	48.3–71.7	478	67.7	61.6–73.8
60–69	133	75.7	67.0–84.4	29	79.2	63.2–95.2	162	76.2	68.1–84.3
18–69	**936**	**64.5**	**59.8–69.3**	**342**	**60.4**	**53.4–67.4**	**1278**	**63.6**	**59.4–67.8**

Note: 82 men and 23 women did not answer the question.

Current users of smokeless tobacco

Description: Percentage of current users of smokeless tobacco among all respondents

Instrument question:
- Do you currently use any smokeless tobacco (snuff, chewing tobacco or *betel*)?

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.3	0.0–0.8	358	0.0	0.0–0.0	689	0.1	0.0–0.4
30–44	592	0.4	0.0–1.2	817	0.0	0.0–0.1	1409	0.2	0.0–0.6
45–59	812	0.1	0.0–0.4	1092	0.0	0.0–0.0	1904	0.1	0.0–0.2
60–69	354	0.0	0.0–0.0	654	0.0	0.0–0.0	1008	0.0	0.0–0.0
18–69	**2089**	**0.2**	**0.0–0.5**	**2921**	**0.0**	**0.0–0.0**	**5010**	**0.1**	**0.0–0.3**

Table C.42. Current users of smokeless tobacco

Status of smokeless tobacco use

Description: Status of using smokeless tobacco

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

Table C.43. Smokeless tobacco use, men (%)

Age group (years)	n	Current users				Non-users			
		Daily	95% CI	Not daily	95% CI	Past users	95% CI	Never used	95% CI
18–29	331	0.0	0.0–0.0	0.3	0.0–0.8	1.9	0.2–3.5	97.9	96.2–99.6
30–44	592	0.0	0.0–0.0	0.4	0.0–1.2	0.5	0.0–1.0	99.1	98.2–100.0
45–59	812	0.0	0.0–0.0	0.1	0.0–0.4	0.1	0.0–0.3	99.7	99.4–100.0
60–69	354	0.0	0.0–0.0	0.0	0.0–0.0	1.2	0.0–2.4	98.8	97.6–100.0
18–69	**2089**	**0.0**	**0.0–0.0**	**0.2**	**0.0–0.5**	**0.8**	**0.4–1.3**	**99.0**	**98.4–99.5**

Table C.44. Smokeless tobacco use, women (%)

Age group (years)	n	Current users				Non-users			
		Daily	95% CI	Not daily	95% CI	Past users	95% CI	Never used	95% CI
18–29	358	0.0	0.0–0.0	0.0	0.0–0.0	0.3	0.0–0.8	99.7	99.2–100.0
30–44	817	0.0	0.0–0.0	0.0	0.0–0.1	0.3	0.0–0.8	99.7	99.1–100.0
45–59	1092	0.0	0.0–0.0	0.0	0.0–0.0	0.0	0.0–0.0	100.0	100.0–100.0
60–69	654	0.0	0.0–0.0	0.0	0.0–0.0	0.0	0.0–0.0	100.0	100.0–100.0
18–69	**2921**	**0.0**	**0.0–0.0**	**0.0**	**0.0–0.0**	**0.1**	**0.0–0.4**	**99.8**	**99.6–100.0**

Table C.45. Smokeless tobacco use, both sexes (%)

Age group (years)	n	Current users				Non-users			
		Daily	95% CI	Not daily	95% CI	Past users	95% CI	Never used	95% CI
18–29	689	0.0	0.0–0.0	0.1	0.0–0.4	1.1	0.2–1.9	98.8	97.9–99.7
30–44	1409	0.0	0.0–0.0	0.2	0.0–0.6	0.4	0.0–0.8	99.4	98.8–99.9
45–59	1904	0.0	0.0–0.0	0.1	0.0–0.2	0.1	0.0–0.1	99.9	99.7–100.0
60–69	1008	0.0	0.0–0.0	0.0	0.0–0.0	0.5	0.0–1.0	99.5	99.0–100.0
18–69	**5010**	**0.0**	**0.0–0.0**	**0.1**	**0.0–0.3**	**0.5**	**0.2–0.7**	**99.4**	**99.1–99.7**

Former daily users of smokeless tobacco

Description: Percentage of former daily users of smokeless tobacco among all respondents and among ever daily users

Instrument questions:
- Do you currently use any smokeless tobacco, such as snuff, chewing tobacco or *betel*?
- Do you currently use smokeless tobacco products daily?
- In the past, did you ever use smokeless tobacco, such as snuff, chewing tobacco or *betel*?
- In the past, did you ever use smokeless tobacco, such as snuff, chewing tobacco or *betel*, daily?

Table C.46. Former daily smokeless tobacco users among all respondents									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.0	0.0–0.0	358	0.0	0.0–0.0	689	0.0	0.0–0.0
30–44	592	0.2	0.0–0.6	817	0.0	0.0–0.0	1409	0.1	0.0–0.3
45–59	812	0.0	0.0–0.0	1092	0.0	0.0–0.0	1904	0.0	0.0–0.0
60–69	354	0.0	0.0–0.0	654	0.0	0.0–0.0	1008	0.0	0.0–0.0
18–69	**2089**	**0.1**	**0.0–0.2**	**2921**	**0.0**	**0.0–0.0**	**5010**	**0.0**	**0.0–0.1**

Current users of any type of tobacco

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

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

Table C.47. Current tobacco users									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	47.7	41.7–53.7	358	14.0	10.1–17.9	689	31.3	27.6–35.0
30–44	592	53.0	48.0–58.0	817	17.4	14.5–20.3	1409	35.0	31.9–38.1
45–59	812	47.8	43.7–51.9	1092	11.2	8.8–13.6	1904	28.2	25.5–30.8
60–69	354	39.7	33.5–45.9	654	4.9	3.0–6.8	1008	19.1	15.9–22.3
18–69	**2089**	**48.4**	**45.5–51.3**	**2921**	**12.6**	**11.1–14.0**	**5010**	**29.6**	**27.9–31.3**

Table C.48. Daily tobacco users									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	43.9	37.8–50.1	358	10.0	6.6–13.5	689	27.4	23.7–31.2
30–44	592	49.6	44.6–54.6	817	15.3	12.6–18.1	1409	32.3	29.2–35.3
45–59	812	46.4	42.3–50.5	1092	9.4	7.2–11.5	1904	26.5	23.9–29.1
60–69	354	37.6	31.3–43.9	654	3.2	1.8–4.7	1008	17.3	14.2–20.4
18–69	**2089**	**45.7**	**42.8–48.6**	**2921**	**10.2**	**8.9–11.6**	**5010**	**27.1**	**25.4–28.8**

Exposure to second-hand smoke at home in the previous 30 days

Description: Percentage of respondents exposed to second-hand smoke at home in the previous 30 days

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	19.3	13.8–24.8	358	17.7	12.6–22.8	689	18.5	14.4–22.6
30–44	592	18.8	15.3–22.3	817	21.6	17.6–25.7	1409	20.2	17.3–23.2
45–59	812	18.7	15.3–22.1	1092	19.8	16.6–23.1	1904	19.3	16.8–21.8
60–69	354	18.7	13.7–23.7	654	13.4	10.1–16.7	1008	15.6	12.6–18.6
18–69	**2089**	**18.9**	**16.3–21.4**	**2921**	**18.8**	**16.2–21.4**	**5010**	**18.8**	**16.7–20.9**

Table C.49. Exposure to second-hand smoke at home during the previous 30 days

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

Description: Percentage of respondents exposed to second-hand smoke in the workplace in the previous 30 days

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	297	24.4	18.5–30.3	341	8.5	4.9–12.1	638	16.5	12.8–20.1
30–44	509	26.2	21.5–30.9	786	9.1	6.4–11.9	1295	17.1	14.2–20.0
45–59	717	21.9	17.7–26.2	1031	9.8	7.3–12.3	1748	15.2	12.6–17.9
60–69	304	10.6	6.3–14.9	569	4.9	2.5–7.2	873	7.2	4.8–9.5
18–69	**1827**	**22.5**	**19.1–25.8**	**2727**	**8.5**	**6.7–10.3**	**4554**	**14.9**	**12.8–17.1**

Table C.50. Exposure to second-hand smoke in the workplace during the previous 30 days

Alcohol consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

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

Age group (years)	n	Current drinker (previous 30 days)	95% CI	Drank in previous 12 months (not current)	95% CI	Abstained for past 12 months	95% CI	Lifetime abstainer	95% CI
18–29	331	58.3	51.4–65.3	27.5	21.6–33.4	7.2	3.8–10.7	6.9	3.6–10.2
30–44	592	71.5	66.6–76.4	17.5	13.7–21.2	8.3	5.5–11.0	2.7	0.9–4.6
45–59	812	65.8	61.7–69.9	20.6	17.1–24.1	10.6	8.0–13.2	3.0	1.7–4.3
60–69	354	59.2	52.8–65.6	22.0	17.1–26.9	14.8	10.9–18.8	4.0	1.5–6.4
18–69	**2089**	**64.9**	**61.6–68.3**	**21.5**	**18.9–24.0**	**9.6**	**7.7–11.4**	**4.0**	**2.4–5.6**

Table C.51. Alcohol consumption status, men (%)

Table C.52. Alcohol consumption status, women (%)									
Age group (years)	n	Current drinker (previous 30 days)	95% CI	Drank in previous 12 months, not current	95% CI	Abstained for past 12 months	95% CI	Lifetime abstainer	95% CI
18–29	358	38.3	31.9–44.7	35.5	29.0–42.0	16.8	11.5–22.2	9.4	5.1–13.6
30–44	817	50.1	45.4–54.8	36.2	31.9–40.4	8.4	6.0–10.8	5.3	3.2–7.4
45–59	1092	44.6	40.5–48.7	38.3	34.5–42.1	11.3	9.1–13.6	5.7	3.8–7.7
60–69	654	26.4	22.1–30.7	33.6	29.3–37.9	29.3	25.0–33.6	10.7	6.9–14.5
18–69	**2921**	**41.8**	**38.6–44.9**	**36.3**	**33.6–39.0**	**14.7**	**12.9–16.6**	**7.3**	**5.3–9.2**

Table C.53. Alcohol consumption status, both sexes (%)									
Age group (years)	n	Current drinker (previous 30 days)	95% CI	Drank in previous 12 months (not current)	95% CI	Abstained for past 12 months	95% CI	Lifetime abstainer	95% CI
18–29	689	48.6	43.6–53.5	31.4	26.9–36.0	11.9	8.7–15.1	8.1	5.1–11.1
30–44	1409	60.7	57.2–64.1	26.9	24.0–29.8	8.3	6.4–10.2	4.1	2.3–5.8
45–59	1904	54.4	51.4–57.5	30.1	27.4–32.8	11.0	9.2–12.8	4.5	3.0–5.9
60–69	1008	39.8	35.4–44.2	28.9	25.7–32.0	23.4	20.2–26.5	8.0	5.3–10.6
18–69	**5010**	**52.8**	**50.2–55.4**	**29.2**	**27.2–31.3**	**12.3**	**10.8–13.7**	**5.7**	**4.1–7.3**

Stopped drinking for health reasons

Description: Percentage of former drinkers (those who did not drink during the previous 12 months) who stopped drinking for health reasons, such as a negative impact of drinking on health or the advice of a doctor or other health worker among those respondents who drank in their lifetime, but not in the previous 12 months

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

Table C.54. Stopped drinking for health reasons									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	25	36.5	17.5–55.6	57	33.0	17.7–48.3	82	34.1	21.8–46.4
30–44	49	52.4	35.3–69.5	68	40.6	25.5–55.7	117	46.4	33.7–59.1
45–59	90	68.4	54.9–81.9	140	37.3	26.8–47.8	230	51.2	42.2–60.2
60–69	57	65.2	50.1–80.3	194	47.4	37.8–57.0	251	52.0	43.3–60.7
18–69	**221**	**57.4**	**48.4–66.4**	**459**	**40.3**	**33.1–47.5**	**680**	**46.6**	**40.1–53.2**

Frequency of alcohol consumption

Description: Frequency of alcohol consumption in the previous 12 months among those respondents who drank in the last 12 months

Instrument question:
- During the past 12 months, how frequently did you have at least one alcoholic drink?

Table C.55. Frequency of alcohol consumption in previous 12 months, men (%)														
Age group (years)	n	Daily	95% CI	5–6 days/ week	95% CI	3–4 days/ week	95% CI	1–2 days/ week	95% CI	1–3 days/ month	95% CI	< once a month	95% CI
18–29	280	0.0	0.0–0.0	0.5	0.0–1.1	0.8	0.0–1.6	15.9	10.6–21.2	41.6	34.5–48.7	41.4	34.5–48.3
30–44	519	0.8	0.0–1.6	0.0	0.0–0.1	2.9	1.2–4.6	20.2	16.4–24.1	48.7	43.3–54.0	27.4	22.5–32.2
45–59	689	1.6	0.6–2.6	1.4	0.3–2.5	3.5	1.9–5.2	21.6	18.0–25.2	41.7	37.1–46.4	30.2	25.5–34.9
60–69	282	3.1	0.3–5.9	0.5	0.0–1.3	4.5	1.8–7.3	18.1	12.9–23.3	37.9	31.0–44.7	35.9	28.8–42.9
18–69	**1770**	**1.1**	**0.6–1.7**	**0.6**	**0.2–1.0**	**2.8**	**1.9–3.6**	**19.3**	**17.1–21.5**	**43.5**	**40.3–46.7**	**32.7**	**29.4–36.0**

Table C.56. Frequency of alcohol consumption in previous 12 months, women (%)														
Age group (years)	n	Daily	95% CI	5–6 days/ week	95% CI	3–4 days/ week	95% CI	1–2 days/ week	95% CI	1–3 days/ month	95% CI	< once a month	95% CI
18–29	266	0.4	0.0–0.8	0.0	0.0–0.0	0.3	0.0–1.0	4.4	1.9–6.9	27.0	20.8–33.1	67.9	61.5–74.3
30–44	694	0.0	0.0–0.0	0.0	0.0–0.0	0.3	0.0–0.8	5.7	3.3–8.2	32.5	27.8–37.3	61.4	56.3–66.5
45–59	876	0.1	0.0–0.3	0.2	0.0–0.5	0.3	0.0–0.6	3.2	1.6–4.8	28.0	23.8–32.1	68.3	63.8–72.7
60–69	394	0.4	0.0–0.9	0.0	0.0–0.0	0.2	0.0–0.5	2.9	1.1–4.7	19.8	14.6–25.0	76.7	71.2–82.2
18–69	**2230**	**0.2**	**0.0–0.3**	**0.1**	**0.0–0.2**	**0.3**	**0.0–0.6**	**4.2**	**3.1–5.4**	**28.2**	**25.4–31.0**	**67.1**	**63.9–70.2**

Table C.57. Frequency of alcohol consumption in previous 12 months, both sexes (%)														
Age group (years)	n	Daily	95% CI	5–6 days/ week	95% CI	3–4 days/ week	95% CI	1–2 days/ week	95% CI	1–3 days/ month	95% CI	< once a month	95% CI
18–29	546	0.2	0.0–0.4	0.2	0.0–0.6	0.6	0.0–1.1	10.7	7.6–13.9	35.0	30.0–40.0	53.3	48.2–58.3
30–44	1213	0.4	0.0–0.8	0.0	0.0–0.1	1.6	0.7–2.5	13.0	10.7–15.3	40.6	37.2–44.0	44.4	40.9–47.8
45–59	1565	0.8	0.3–1.3	0.8	0.2–1.3	1.8	1.0–2.6	11.9	9.9–13.9	34.5	31.4–37.6	50.2	46.8–53.6
60–69	676	1.7	0.3–3.1	0.3	0.0–0.6	2.3	0.9–3.7	10.3	7.7–12.9	28.6	24.0–33.2	56.9	51.9–62.0
18–69	**4000**	**0.7**	**0.4–0.9**	**0.3**	**0.1–0.5**	**1.5**	**1.0–2.0**	**11.8**	**10.4–13.2**	**35.9**	**33.7–38.0**	**49.8**	**47.3–52.3**

Drinking occasions in the previous 30 days

Description: Mean number of occasions on which at least one drink was taken in the previous 30 days by current drinkers

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

Table C.58. Mean number of drinking occasions in the previous 30 days among current drinkers									
Age group (years)	Men (%)			Women (%)			Both sexes (%)		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	195	3.2	2.7–3.8	136	2.2	1.7–2.6	331	2.8	2.4–3.3
30–44	423	3.6	3.2–4.0	396	2.2	1.9–2.5	819	3.0	2.8–3.3
45–59	522	4.1	3.6–4.6	470	2.0	1.8–2.3	992	3.2	2.9–3.5
60–69	204	5.2	3.9–6.5	170	2.0	1.7–2.4	374	3.9	3.1–4.8
18–69	**1344**	**3.9**	**3.5–4.2**	**1172**	**2.1**	**1.9–2.3**	**2516**	**3.1**	**2.9–3.4**

Standard drinks per drinking occasion

Description: Mean number of standard drinks consumed on a drinking occasion by current (previous 30 days) drinkers

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

Table C.59. Mean number of standard drinks per drinking occasion among current drinkers in previous 30 days									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	193	5.4	4.5–6.2	136	3.1	2.7–3.6	329	4.5	3.9–5.1
30–44	422	6.5	6.0–7.1	394	3.4	3.1–3.7	816	5.2	4.8–5.6
45–59	520	6.4	5.9–6.9	471	3.2	2.9–3.5	991	5.0	4.6–5.3
60–69	204	5.5	4.9–6.1	170	2.7	2.2–3.1	374	4.4	3.9–4.9
18–69	**1339**	**6.1**	**5.7–6.5**	**1171**	**3.2**	**3.0–3.4**	**2510**	**4.9**	**4.6–5.2**

Average volume of drinking

Description: Mean volume of drinking (A standard drink contains approximately 10 g of pure alcoho.)

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

Table C.60. High drinking volume (≥ 60 g pure alcohol on average per occasion for men and ≥ 40 g for women)								
Age group (years)	Men (%)			Women (%)			Both sexes (%)		
	n	≥ 60 g	95% CI	n	≥ 40 g	95% CI	n	High volume	95% CI
18–29	328	19.0	13.8–24.3	356	12.4	8.1–16.8	684	15.8	12.3–19.3
30–44	589	34.2	29.4–39.0	815	18.8	14.9–22.6	1 404	26.4	23.3–29.5
45–59	806	29.1	25.2–33.0	1 092	14.0	11.4–16.7	1 898	21.0	18.6–23.4
60–69	354	22.7	16.8–28.6	654	6.0	3.6–8.4	1008	12.8	9.8–15.8
18–69	**2 077**	**27.4**	**24.5–30.4**	**2 917**	**13.7**	**11.6–15.8**	**4 994**	**20.2**	**18.3–22.2**

Table C.61. Intermediate drinking volume (40–59.9 g pure alcohol on average per occasion for men and 20–39.9 g for women)								
Age group (years)	Men (%)			Women (%)			Both sexes (%)		
	n	40–59.9 g	95% CI	n	20–39.9 g	95% CI	n	Intermediate volume	95% CI
18–29	328	14.9	10.2–19.6	356	18.7	13.7–23.8	684	16.8	12.8–20.8
30–44	589	18.3	14.5–22.0	815	23.0	19.6–26.4	1 404	20.7	17.9–23.5
45–59	806	18.5	15.2–21.8	1 092	19.4	16.6–22.1	1 898	19.0	16.7–21.2
60–69	354	14.9	10.6–19.3	654	11.2	8.4–13.9	1008	12.7	10.0–15.4
18–69	**2 077**	**17.1**	**14.6–19.6**	**2 917**	**18.9**	**16.8–21.0**	**4 994**	**18.0**	**16.1–19.9**

Table C.62. Lower drinking volume (< 40 g pure alcohol on average per occasion for men and < 20 g for women)								
Age group (years)	Men (%)			Women (%)			Both sexes (%)		
	n	< 40 g	95% CI	n	< 20 g	95% CI	n	Lower volume	95% CI
18–29	328	23.9	18.9–29.0	356	6.9	3.6–10.1	684	15.6	12.4–18.8
30–44	589	18.9	15.2–22.6	815	8.2	5.8–10.6	1 404	13.5	11.3–15.7
45–59	806	17.9	14.1–21.7	1 092	11.2	8.9–13.6	1 898	14.3	12.0–16.6
60–69	354	21.5	16.5–26.6	654	9.3	6.6–12.0	1008	14.3	11.6–16.9
18–69	**2 077**	**20.2**	**17.5–22.9**	**2 917**	**9.1**	**7.5–10.6**	**4 994**	**14.3**	**12.7–16.0**

Average volume of drinking among current drinkers (previous 30 days)

Description: Mean volume of drinking among current (previous 30 days) drinkers.
One standard drinking contains about 10 g of pure alcohol.

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

Table C.63. High, intermediate and lower volumes of drinking of current drinkers (in previous 30 days), men (%)							
Age group (years)	n	High (≥ 60 g)	95% CI	Intermediate (40–59.9 g)	95% CI	Lower (< 40 g)	95% CI
18–29	193	32.9	24.3–41.5	25.8	18.7–32.8	41.3	33.9–48.8
30–44	422	47.9	42.2–53.7	25.6	20.7–30.4	26.5	21.6–31.4
45–59	520	44.4	38.8–50.1	28.2	23.7–32.8	27.3	21.8–32.8
60–69	204	38.4	29.3–47.4	25.3	18.5–32.0	36.4	28.9–43.8
18–69	**1339**	**42.4**	**37.9–46.9**	**26.4**	**23.2–29.6**	**31.2**	**27.4–35.0**

Table C.64. High, intermediate and lower volumes of drinking of current drinkers (in previous 30 days), women (%)							
Age group (years)	n	High (≥ 40 g)	95% CI	Intermediate (20–39.9 g)	95% CI	Lower (< 20 g)	95% CI
18–29	136	32.7	22.6–42.8	49.2	39.4–59.0	18.1	9.9–26.2
30–44	394	37.5	31.3–43.8	46.1	40.2–51.9	16.4	11.7–21.0
45–59	471	31.5	26.4–36.5	43.4	38.8–47.9	25.2	20.3–30.0
60–69	170	22.7	14.6–30.8	42.3	34.4–50.2	35.0	26.3–43.8
18–69	**1 171**	**32.9**	**28.7–37.1**	**45.3**	**41.9–48.8**	**21.7**	**18.2–25.3**

Table C.65. High, intermediate and lower volumes of drinking of current drinkers (in previous 30 days), both sexes (%)							
Age group (years)	n	High	95% CI	Intermediate	95% CI	Lower	95% CI
18–29	329	32.8	25.8–39.8	34.8	28.3–41.3	32.4	26.3–38.4
30–44	816	43.6	39.0–48.1	34.1	30.2–38.1	22.3	18.7–25.8
45–59	991	38.7	34.6–42.8	34.9	31.6–38.3	26.4	22.4–30.4
60–69	374	32.2	25.4–39.0	32.0	26.7–37.2	35.8	30.1–41.6
18–69	**2 510**	**38.5**	**35.0–41.9**	**34.3**	**31.6–36.9**	**27.3**	**24.4–30.1**

Largest number of drinks on a single occasion in previous 30 days

Description: Largest number of drinks consumed on a single occasion in the previous 30 days among current (previous 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?

Table C.66. Mean maximum number of standard drinks consumed on one occasion in previous 30 days									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	193	6.7	5.4–8.0	135	3.6	2.9–4.2	328	5.5	4.6–6.4
30–44	420	7.8	7.2–8.5	394	3.7	3.4–4.1	814	6.1	5.7–6.6
45–59	519	7.6	7.0–8.2	469	3.6	3.2–3.9	988	5.8	5.4–6.2
60–69	204	6.7	6.0–7.4	170	2.9	2.4–3.4	374	5.2	4.7–5.8
18–69	**1336**	**7.4**	**6.8–7.9**	**1168**	**3.6**	**3.3–3.8**	**2504**	**5.8**	**5.4–6.2**

Six or more drinks on a single occasion

Description: Percentage of respondents who had six or more drinks on any occasion in the previous 30 days

Instrument question:

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

Table C.67. Six or more drinks on a single occasion at least once during the previous 30 days									
Age group (years)	Men (%)			Women (%)			Both sexes (%)		
	n	≥ 6 drinks	95% CI	n	≥ 6 drinks	95% CI	n	≥ 6 drinks	95% CI
18–29	331	25.0	19.6–30.4	358	4.9	2.3–7.5	689	15.2	12.2–18.2
30–44	592	42.6	37.5–47.7	817	9.2	6.7–11.7	1409	25.7	22.7–28.7
45–59	812	36.1	31.6–40.6	1 092	7.7	5.6–9.7	1904	20.9	18.3–23.4
60–69	354	32.3	26.4–38.1	654	4.0	2.2–5.8	1008	15.5	12.5–18.5
18–69	**2089**	**34.9**	**31.8–38.1**	**2 921**	**6.9**	**5.6–8.2**	**5010**	**20.2**	**18.4–22.1**

Six or more drinks on a single occasion

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

Instrument question:

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

Table C.68. Mean number of times six or more drinks taken on a single occasion in the previous 30 days among current drinkers								
Age group (years)	**Men**			**Women**			**Both** sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	192	1.0	0.7–1.2	136	0.3	0.1–0.5	328	0.7	0.5–0.9
30–44	417	1.5	1.3–1.7	394	0.4	0.2–0.5	811	1.0	0.9–1.2
45–59	518	1.7	1.3–2.0	469	0.4	0.2–0.5	987	1.1	0.9–1.3
60–69	204	1.9	1.4–2.4	170	0.3	0.1–0.5	374	1.3	0.9–1.6
18–69	**1331**	**1.5**	**1.3–1.7**	**1169**	**0.4**	**0.3–0.5**	**2500**	**1.0**	**0.9–1.1**

Drinking in previous 7 days

Description: Frequency of alcohol consumption in the previous 7 days by current (previous 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?

Table C.69. Frequency of alcohol consumption in the previous 7 days, men (%)											
Age group (years)	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	196	0.0	0.0–0.0	0.0	0.0–0.0	6.2	2.2–10.3	54.4	46.5–62.4	39.3	30.7–47.9
30–44	421	0.7	0.0–1.4	0.5	0.0–1.3	5.5	3.0–8.0	57.3	51.7–63.0	36.0	30.1–41.9
45–59	524	1.3	0.4–2.2	1.7	0.1–3.2	6.7	4.2–9.2	51.2	45.5–56.9	39.1	33.5–44.8
60–69	202	4.8	0.9–8.7	1.2	0.0–2.6	9.4	5.0–13.8	40.6	32.5–48.8	44.0	34.9–53.2
18–69	**1343**	**1.2**	**0.6–1.8**	**0.8**	**0.3–1.4**	**6.5**	**4.7–8.2**	**52.8**	**48.9–56.7**	**38.7**	**34.5–42.8**

Table C.70. Frequency of alcohol consumption in the previous 7 days, women (%)											
Age group (years)	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	138	0.7	0.0–1.6	0.7	0.0–2.0	0.5	0.0–1.5	45.5	37.2–53.7	52.7	44.3–61.2
30–44	395	0.0	0.0–0.0	0.4	0.0–1.1	2.0	0.1–3.9	40.4	33.8–47.0	57.2	50.5–64.0
45–59	470	0.4	0.0–0.8	0.3	0.0–0.8	0.8	0.0–1.6	39.3	33.2–45.3	59.3	53.1–65.5
60–69	170	0.9	0.0–2.0	0.0	0.0–0.0	2.0	0.0–4.3	37.0	27.9–46.1	60.1	50.7–69.5
18–69	**1173**	**0.3**	**0.0–0.6**	**0.3**	**0.0–0.7**	**1.3**	**0.5–2.1**	**40.6**	**36.2–45.0**	**57.4**	**52.9–61.9**

Table C.71. Frequency of alcohol consumption in the previous 7 days, both sexes (%)											
Age group (years)	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	334	0.3	0.0–0.6	0.3	0.0–0.8	4.0	1.5–6.6	51.0	45.3–56.7	44.5	38.3–50.6
30–44	816	0.4	0.0–0.8	0.5	0.0–1.0	4.0	2.4–5.7	50.2	45.9–54.6	44.9	40.4–49.4
45–59	994	0.9	0.3–1.4	1.0	0.2–1.9	4.1	2.7–5.6	45.9	41.5–50.3	48.0	43.5–52.5
60–69	372	3.2	0.8–5.7	0.7	0.0–1.6	6.5	3.6–9.3	39.2	32.7–45.8	50.4	43.2–57.6
18–69	**2516**	**0.8**	**0.5–1.2**	**0.6**	**0.2–1.0**	**4.3**	**3.2–5.5**	**47.7**	**44.6–50.9**	**46.4**	**43.0–49.9**

Standard drinks per day in previous 7 days

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

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

Table C.72. Mean number of standard drinks consumed on average per day in the previous 7 days by current drinkers								
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	196	0.7	0.5–0.8	138	0.3	0.2–0.4	334	0.5	0.4–0.6
30–44	421	0.8	0.7–1.0	395	0.3	0.2–0.3	816	0.6	0.5–0.7
45–59	524	0.9	0.7–1.0	470	0.3	0.2–0.3	994	0.6	0.5–0.7
60–69	202	0.8	0.6–0.9	170	0.3	0.1–0.4	372	0.6	0.4–0.7
18–69	**1343**	**0.8**	**0.7–0.9**	**1173**	**0.3**	**0.2–0.3**	**2516**	**0.6**	**0.5–0.6**

Consumption of unrecorded alcohol

Description: Percentage of respondents who consumed unrecorded alcohol (home-brewed alcohol, alcohol brought over the border, alcohol not intended for drinking or other untaxed alcohol) during the previous 7 days among current drinkers.

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

Table C.73. Consumption of unrecorded alcohol								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	194	3.2	0.0–6.5	138	3.3	0.7–5.9	332	3.2	1.0–5.5
30–44	422	4.5	2.5–6.6	388	5.8	1.9–9.6	810	5.0	3.1–7.0
45–59	523	5.5	3.1–8.0	465	7.2	3.9–10.5	988	6.3	4.2–8.3
60–69	203	4.3	1.3–7.3	166	4.2	0.8–7.6	369	4.3	1.9–6.6
18–69	**1342**	**4.5**	**3.2–5.9**	**1157**	**5.6**	**3.5–7.7**	**2499**	**5.0**	**3.7–6.2**

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?

Table C.74. Mean number of standard drinks of unrecorded alcohol consumed per day in the previous 7 days by current drinkers								
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	5	0.6	0.4–0.8	6	0.5	0.4–0.6	11	0.6	0.4–0.7
30–44	21	0.8	0.6–1.0	19	0.6	0.2–0.9	40	0.7	0.5–0.9
45–59	26	1.1	0.7–1.5	25	0.5	0.2–0.7	51	0.7	0.5–1.0
60–69	8	0.5	0.4–0.7	6	0.2	0.1–0.3	14	0.4	0.3–0.6
18–69	**60**	**0.8**	**0.7–1.0**	**56**	**0.5**	**0.3–0.7**	**116**	**0.7**	**0.5–0.8**

Percentage of unrecorded alcohol among all alcohol consumed

Description: Percentage of unrecorded alcohol among all alcohol consumed during the previous 7 days by current (previous 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 home-brewed alcohol, any alcohol brought over the border, alcohol not intended for drinking or other untaxed alcohol?
- On average, how many standard drinks of unrecorded alcohol did you consume during the past 7 days?

Table C.75. Proportion of unrecorded alcohol among all alcohol consumed during previous 7 days						
Age group (years)	Men		Women		Both sexes	
	n	%	n	%	n	%
18–29	115	2.7	63	5.9	178	3.4
30–44	278	3.9	168	11.9	446	5.3
45–59	326	4.9	175	10.7	501	6.0
60–69	119	2.9	66	3.0	185	2.9
18–69	**838**	**3.9**	**472**	**9.3**	**1 310**	**4.9**

Types of unrecorded alcohol consumed

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

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

Table C.76. Unrecorded alcohol consumption during previous 7 days by type, men						
Age group (years)	n	Home-brewed spirits	Home-brewed beer or wine (%)	Brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	5	0.0	90.5	9.5	0.0	0.0
30–44	19	29.2	13.6	39.2	11.3	6.7
45–59	25	65.9	16.9	16.8	0.4	0.0
60–69	8	61.7	38.3	0.0	0.0	0.0
18–69	**57**	**43.4**	**27.1**	**22.7**	**4.3**	**2.5**

Table C.77. Unrecorded alcohol consumption during previous 7 days by type, women						
Age group (years)	n	Home-brewed spirits (%)	Home-brewed beer or wine (%)	Brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	6	0.0	20.7	79.3	0.0	0.0
30–44	19	5.6	8.4	58.6	0.0	27.3
45–59	25	19.5	33.5	47.1	0.0	0.0
60–69	6	33.2	66.8	0.0	0.0	0.0
18–69	**56**	**11.3**	**21.9**	**54.7**	**0.0**	**12.1**

Table C.78. Unrecorded alcohol consumption during previous 7 days by type, both sexes						
Age group (years)	n	Home-brewed spirits (%)	Home-brewed beer or wine (%)	Brought over border (%)	Surrogate alcohol (%)	Other (%)
18–29	11	0.0	65.4	34.6	0.0	0.0
30–44	38	19.8	11.5	47.0	6.8	15.0
45–59	50	49.9	22.6	27.2	0.3	0.0
60–69	14	56.3	43.7	0.0	0.0	0.0
18–69	**113**	**31.9**	**25.2**	**34.2**	**2.8**	**5.9**

Frequency of impaired control of drinking

Description: Frequency of being unable to stop drinking once started during the previous 12 months among those who had drunk alcohol in the previous 12 months

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 unable to stop drinking once you had started?

Table C.79. Frequency of being unable to stop drinking once started during the previous 12 months among those who had drunk alcohol in the previous 12 months, men (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	282	0.5	0.0–1.5	1.0	0.0–2.0	98.5	97.1–99.9
30–44	526	0.6	0.0–1.3	6.1	3.9–8.4	93.2	90.8–95.7
45–59	693	2.5	0.8–4.2	4.4	2.8–6.1	93.1	90.7–95.4
60–69	282	1.0	0.0–2.0	4.4	1.7–7.1	94.6	91.6–97.6
18–69	**1 783**	**1.2**	**0.6–1.8**	**4.1**	**3.1–5.2**	**94.6**	**93.4–95.9**

Table C.80. Frequency of being unable to stop drinking once started during the previous 12 months among those who had drunk alcohol in the previous 12 months, women (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	268	0.2	0.0–0.5	0.5	0.0–1.3	99.3	98.3–100.0
30–44	703	0.2	0.0–0.5	1.0	0.2–1.9	98.7	97.8–99.7
45–59	884	0.4	0.1–0.8	1.0	0.1–1.8	98.6	97.7–99.5
60–69	396	0.2	0.0–0.5	0.9	0.0–2.1	98.9	97.7–100.0
18–69	**2 251**	**0.3**	**0.1–0.5**	**0.9**	**0.4–1.4**	**98.8**	**98.3–99.4**

Table C.81. Frequency of being unable to stop drinking once started during the previous 12 months among those who had drunk alcohol in the previous 12 months, both sexes (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	550	0.4	0.0–0.9	0.8	0.1–1.4	98.9	98.0–99.8
30–44	1 229	0.4	0.0–0.8	3.6	2.4–4.8	96.0	94.6–97.3
45–59	1 577	1.4	0.6–2.2	2.6	1.6–3.6	96.0	94.7–97.3
60–69	678	0.6	0.1–1.1	2.6	1.1–4.1	96.8	95.2–98.4
18–69	**4034**	**0.7**	**0.4–1.1**	**2.5**	**1.9–3.2**	**96.7**	**96.0–97.5**

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

Description: Frequency of failing to do what was normally expected because of drinking during the previous 12 months among previous 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?

Table C.82. Frequency of failing to do what was normally expected during the previous 12 months among those who had drunk alcohol in the previous 12 months, men (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	282	0.5	0.0–1.5	2.5	0.4–4.5	97.0	94.8–99.3
30–44	526	1.1	0.0–2.2	7.9	5.3–10.5	90.9	88.1–93.8
45–59	693	2.3	0.8–3.8	7.6	5.0–10.1	90.1	87.3–93.0
60–69	282	2.9	0.0–5.8	4.1	1.6–6.6	93.0	89.2–96.8
18–69	**1 783**	**1.5**	**0.8–2.3**	**6.0**	**4.6–7.4**	**92.4**	**90.8–94.1**

Table C.83. Frequency of failing to do what was normally expected during the previous 12 months among those who had drunk alcohol in the previous 12 months, women (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	268	0.5	0.0–1.5	0.3	0.0–0.8	99.1	98.0–100.0
30–44	703	0.1	0.0–0.3	1.9	0.3–3.5	98.0	96.4–99.7
45–59	884	0.4	0.0–0.7	1.0	0.2–1.9	98.6	97.6–99.5
60–69	396	0.2	0.0–0.5	0.9	0.0–2.0	98.9	97.7–100.0
18–69	**2 251**	**0.3**	**0.0–0.6**	**1.2**	**0.4–1.9**	**98.6**	**97.7–99.4**

Table C.84. Frequency of failing to do what was normally expected during the previous 12 months among those who had drunk alcohol in the previous 12 months, both sexes							
Age group (years)	Both sexes (%)						
	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	550	0.5	0.0–1.2	1.5	0.4–2.6	98.0	96.6–99.3
30–44	1 229	0.6	0.0–1.2	4.9	3.2–6.6	94.5	92.7–96.3
45–59	1 577	1.3	0.5–2.1	4.1	2.8–5.5	94.6	93.1–96.1
60–69	678	1.5	0.1–2.9	2.5	1.0–3.9	96.1	94.1–98.1
18–69	**4 034**	**0.9**	**0.4–1.4**	**3.6**	**2.7–4.5**	**95.5**	**94.4–96.5**

Frequency of morning drinking

Description: Frequency of needing a first drink in the morning to get going after a heavy drinking session during the previous 12 months among previous 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?

Table C.85. Frequency of needing a first drink in the morning to get going during the previous 12 months among those who had drunk alcohol in the previous 12 months, men (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	282	1.8	0.1–3.6	3.7	1.5–5.9	94.4	91.3–97.6
30–44	526	3.7	1.8–5.6	9.6	7.1–12.2	86.7	83.4–90.0
45–59	693	5.4	3.1–7.7	10.1	7.1–13.2	84.5	80.7–88.2
60–69	282	4.5	1.1–7.8	7.0	3.8–10.1	88.6	83.6–93.6
18–69	**1 783**	**3.9**	**2.7–5.1**	**8.0**	**6.3–9.7**	**88.1**	**85.9–90.4**

Table C.86. Frequency of needing a first drink in the morning to get going during the previous 12 months among those who had drunk alcohol in the previous 12 months, women (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	268	0.2	0.0–0.5	1.0	0.0–2.0	98.9	97.6–100.0
30–44	703	0.5	0.0–1.2	1.1	0.1–2.1	98.4	96.9–99.9
45–59	884	0.6	0.1–1.0	0.9	0.0–1.9	98.6	97.5–99.6
60–69	396	0.2	0.0–0.5	1.0	0.0–2.2	98.8	97.5–100.0
18–69	**2251**	**0.4**	**0.0–0.8**	**1.0**	**0.4–1.6**	**98.6**	**97.8–99.4**

Table C.87. Frequency of needing a first drink in the morning to get going during the previous 12 months among those who had drunk alcohol in the previous 12 months, both sexes (%)							
Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
18–29	550	1.1	0.1–2.0	2.5	1.2–3.7	96.4	94.7–98.2
30–44	1 229	2.1	1.1–3.1	5.4	4.0–6.7	92.5	90.7–94.3
45–59	1 577	2.9	1.7–4.0	5.3	3.7–6.8	91.9	90.0–93.8
60–69	678	2.2	0.6–3.9	3.9	2.2–5.6	93.9	91.2–96.5
18–69	**4 034**	**2.1**	**1.5–2.8**	**4.5**	**3.6–5.4**	**93.4**	**92.1–94.6**

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

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

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

Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
Table C.88. Frequency of family/partner problems due to someone else's drinking during the previous 12 months among all respondents, men (%)							
18–29	331	0.6	0.0–1.5	7.1	3.6–10.6	92.3	88.7–95.9
30–44	592	1.2	0.2–2.2	12.6	9.3–15.8	86.2	82.9–89.6
45–59	812	2.0	0.8–3.3	9.4	6.7–12.0	88.6	85.7–91.5
60–69	354	1.2	0.0–2.5	8.2	4.6–11.9	90.6	86.8–94.3
18–69	**2089**	**1.3**	**0.7–1.9**	**9.7**	**7.6–11.8**	**89.0**	**86.8–91.2**

Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
Table C.89. Frequency of family/partner problems due to someone else's drinking during the previous 12 months among all respondents, women (%)							
18–29	358	0.2	0.0–0.6	5.0	2.5–7.5	94.8	92.2–97.3
30–44	817	2.0	0.8–3.2	9.0	6.3–11.8	88.9	85.9–91.9
45–59	1092	2.0	1.1–2.9	8.0	5.7–10.3	90.0	87.5–92.5
60–69	654	2.1	0.9–3.3	7.5	5.1–9.8	90.5	87.8–93.2
18–69	**2921**	**1.7**	**1.1–2.2**	**7.6**	**6.1–9.1**	**90.8**	**89.1–92.4**

Age group (years)	n	Monthly or more frequently	95% CI	Less than monthly	95% CI	Never	95% CI
Table C.90. Frequency of family/partner problems due to someone else's drinking during the previous 12 months among all respondents, both sexes (%)							
18–29	689	0.4	0.0–0.9	6.1	3.7–8.4	93.5	91.1–95.9
30–44	1409	1.6	0.7–2.5	10.8	8.4–13.1	87.6	85.2–90.0
45–59	1904	2.0	1.2–2.8	8.6	6.7–10.5	89.4	87.3–91.4
60–69	1008	1.7	0.9–2.6	7.8	5.5–10.0	90.5	88.1–92.9
18–69	**5010**	**1.5**	**1.1–1.9**	**8.6**	**7.1–10.1**	**89.9**	**88.3–91.5**

Diet

Mean number of days of fruit and vegetable consumption

Description: Mean number of days in a week 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?

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
Table C.91. Mean number of days fruit consumed in a typical week									
18–29	331	4.6	4.3–5.0	357	5.4	5.2–5.7	688	5.0	4.8–5.3
30–44	590	4.6	4.4–4.8	817	5.4	5.2–5.6	1407	5.0	4.8–5.2
45–59	807	4.8	4.6–5.0	1092	5.6	5.5–5.8	1899	5.2	5.1–5.4
60–69	352	4.7	4.4–5.0	654	5.5	5.3–5.7	1006	5.2	5.0–5.4
18–69	**2080**	**4.7**	**4.5–4.8**	**2920**	**5.5**	**5.4–5.6**	**5000**	**5.1**	**5.0–5.2**

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
Table C.92. Mean number of days vegetables consumed in a typical week									
18–29	330	5.4	5.1–5.6	357	5.5	5.2–5.8	687	5.4	5.2–5.6
30–44	592	5.3	5.1–5.5	816	5.7	5.6–5.9	1408	5.5	5.4–5.7
45–59	805	5.7	5.6–5.9	1091	5.9	5.8–6.0	1896	5.8	5.7–6.0
60–69	354	5.5	5.2–5.7	654	5.8	5.6–6.0	1008	5.7	5.5–5.8
18–69	**2081**	**5.5**	**5.3–5.6**	**2918**	**5.8**	**5.6–5.9**	**4999**	**5.6**	**5.5–5.7**

Mean number of servings of fruit and vegetable

Description: Mean number of servings of fruit, vegetables and combined fruit and vegetables 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?

Age group (years)	Men			Women			Both sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
Table C.93. Mean number of servings of fruit per day									
18–29	329	1.4	1.3–1.6	357	2.1	1.9–2.4	686	1.8	1.6–2.0
30–44	588	1.4	1.3–1.5	817	1.9	1.7–2.1	1 405	1.7	1.5–1.8
45–59	806	1.5	1.4–1.7	1 091	2.1	1.8–2.4	1 897	1.8	1.6–2.0
60–69	352	1.5	1.3–1.8	654	1.9	1.8–2.0	1 006	1.8	1.6–1.9
18–69	**2 075**	**1.5**	**1.4–1.6**	**2 919**	**2.0**	**1.8–2.2**	**4 994**	**1.8**	**1.6–1.9**

Age group (years)	Men			Women			Both sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
Table C.94. Mean number of servings of vegetables per day									
18–29	330	1.9	1.5–2.2	355	2.3	1.7–2.8	685	2.1	1.6–2.5
30–44	588	1.9	1.6–2.1	816	2.1	1.8–2.4	1 404	2.0	1.7–2.2
45–59	803	1.9	1.7–2.1	1 090	2.3	1.9–2.6	1 893	2.1	1.8–2.4
60–69	354	2.0	1.7–2.4	654	2.1	1.9–2.4	1008	2.1	1.9–2.3
18–69	**2 075**	**1.9**	**1.7–2.1**	**2 915**	**2.2**	**1.9–2.5**	**4 990**	**2.1**	**1.8–2.3**

Table C.95. Mean number of servings of fruit and/or vegetables per day											
Age group (years)	Men			Women			Both sexes		
	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI	n	Mean number of servings	95% CI
18–29	330	3.3	2.9–3.7	357	4.4	3.6–5.1	687	3.8	3.3–4.4
30–44	590	3.3	3.0–3.5	817	4.0	3.6–4.4	1407	3.6	3.3–3.9
45–59	806	3.4	3.2–3.7	1 092	4.3	3.7–5.0	1898	3.9	3.5–4.3
60–69	354	3.6	3.1–4.1	654	4.0	3.8–4.3	1008	3.9	3.6–4.1
18–69	**2080**	**3.4**	**3.1–3.6**	**2 920**	**4.2**	**3.8–4.6**	**5000**	**3.8**	**3.5–4.1**

Daily fruit and vegetable consumption

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?

Table C.96. Average number of servings of fruit and/or vegetables per day, men (%)									
Age group (years)	n	No fruit and/or vegetables	95% CI	1–2 servings	95% CI	3–4 servings	95% CI	≥ 5 servings	95% CI
18–29	330	6.8	4.0–9.7	48.5	41.8–55.1	24.4	18.6–30.2	20.3	14.0–26.6
30–44	590	8.0	5.4–10.7	48.2	43.1–53.2	22.6	18.8–26.3	21.3	16.6–25.9
45–59	806	8.0	5.6–10.4	39.0	34.6–43.4	29.5	25.6–33.4	23.5	19.2–27.9
60–69	354	8.9	5.7–12.0	40.7	34.8–46.6	26.4	21.0–31.9	24.0	18.6–29.5
18–69	**2080**	**7.8**	**6.3–9.4**	**44.5**	**41.1–47.9**	**25.6**	**23.1–28.1**	**22.1**	**18.5–25.7**

Table C.97. Average number of servings of fruit and/or vegetables per day, women (%)									
Age group (years)	n	No fruit and/or vegetables	95% CI	1–2 servings	95% CI	3–4 servings	95% CI	≥ 5 servings	95% CI
18–29	357	8.4	4.9–12.0	30.8	24.5–37.1	27.5	21.9–33.0	33.3	25.9–40.7
30–44	817	5.1	3.3–6.8	38.5	33.9–43.0	26.2	22.6–29.9	30.2	25.4–35.1
45–59	1092	4.4	2.9–5.9	32.5	28.8–36.2	31.3	28.0–34.7	31.8	27.2–36.4
60–69	654	6.1	3.8–8.4	30.2	25.9–34.6	31.8	27.7–35.9	31.8	27.0–36.6
18–69	**2920**	**5.7**	**4.5–7.0**	**33.5**	**30.7–36.4**	**29.1**	**26.8–31.4**	**31.7**	**28.0–35.3**

Table C.98. Average number of servings of fruit and/or vegetables per day, both sexes (%)									
Age group (years)	n	No fruit and/or vegetables	95% CI	1–2 servings	95% CI	3–4 servings	95% CI	≥ 5 servings	95% CI
18–29	687	7.6	5.2–10.0	39.8	34.8–44.9	25.9	21.7–30.1	26.7	20.9–32.4
30–44	1407	6.5	4.9–8.2	43.2	39.7–46.8	24.4	21.9–26.9	25.8	21.9–29.7
45–59	1898	6.1	4.7–7.5	35.5	32.1–38.8	30.5	27.7–33.2	28.0	24.2–31.8
60–69	1008	7.2	5.2–9.2	34.5	30.8–38.2	29.6	26.2–33.1	28.7	24.5–32.8
18–69	**5000**	**6.7**	**5.6–7.9**	**38.7**	**36.1–41.4**	**27.4**	**25.6–29.2**	**27.1**	**23.8–30.5**

Fruit and vegetable consumption per day

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

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

Table C.99. Fewer than five servings of fruit and/or vegetables on average per day									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	330	79.7	73.4–86.0	357	66.7	59.3–74.1	687	73.3	67.6–79.1
30–44	590	78.7	74.1–83.4	817	69.8	64.9–74.6	1407	74.2	70.3–78.1
45–59	806	76.5	72.1–80.8	1092	68.2	63.6–72.8	1898	72.0	68.2–75.8
60–69	354	76.0	70.5–81.4	654	68.2	63.4–73.0	1008	71.3	67.2–75.5
18–69	**2080**	**77.9**	**74.3–81.5**	**2920**	**68.3**	**64.7–72.0**	**5000**	**72.9**	**69.5–76.2**

Adding salt at meals

Description: Percentage of all respondents who always or often added salt or salty sauce to their food before or during eating

Instrument question:
- How often do you add salt or a salty sauce to your food just before you eat it or as you are eating it?

Table C.100. Add salt always or often before eating or when eating									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	328	35.3	28.3–42.3	357	27.7	21.4–34.1	685	31.6	26.6–36.6
30–44	586	37.4	31.6–43.1	814	29.2	24.5–33.9	1400	33.2	29.1–37.4
45–59	808	35.9	31.4–40.5	1090	27.9	23.8–32.0	1898	31.6	28.1–35.2
60–69	352	32.9	27.0–38.8	654	26.2	21.5–30.8	1006	28.9	24.9–33.0
18–69	**2074**	**35.8**	**31.9–39.7**	**2915**	**28.0**	**24.5–31.4**	**4989**	**31.7**	**28.4–34.9**

Adding salt when cooking

Description: Percentage of all respondents 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?

Table C.101. Add salt always or often when cooking or preparing food at home									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	326	76.7	69.6–83.9	358	76.9	70.3–83.5	684	76.8	71.2–82.5
30–44	587	84.1	79.6–88.7	817	83.6	79.8–87.4	1404	83.8	80.3–87.4
45–59	805	82.9	78.9–87.0	1090	81.2	76.9–85.5	1895	82.0	78.4–85.6
60–69	352	84.8	79.6–89.9	654	73.2	67.6–78.7	1006	77.9	73.1–82.7
18–69	**2070**	**82.1**	**78.3–85.8**	**2919**	**79.6**	**76.1–83.1**	**4989**	**80.8**	**77.4–84.2**

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Consumption of salty processed food

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

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	329	39.7	33.2–46.3	358	31.5	25.4–37.6	687	35.7	31.0–40.4
30–44	588	50.7	45.4–56.0	817	30.5	26.4–34.6	1405	40.5	36.8–44.1
45–59	807	42.2	37.9–46.5	1090	30.1	26.6–33.6	1897	35.7	32.7–38.7
60–69	354	36.6	30.9–42.2	653	18.1	14.5–21.7	1007	25.6	22.2–29.1
18–69	**2078**	**43.6**	**40.4–46.8**	**2918**	**28.5**	**25.9–31.1**	**4996**	**35.6**	**33.3–38.0**

Table C.102. Always or often consume processed food high in salt

Salt consumption

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

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	326	14.9	10.4–19.5	358	14.6	10.3–18.9	684	14.8	11.7–17.9
30–44	583	18.9	14.4–23.4	812	14.9	12.0–17.8	1395	16.9	14.3–19.5
45–59	800	16.7	13.8–19.7	1086	15.2	12.4–17.9	1886	15.9	13.9–17.9
60–69	352	18.9	13.9–23.9	652	11.3	8.6–14.0	1004	14.4	11.5–17.2
18–69	**2061**	**17.3**	**14.9–19.7**	**2908**	**14.3**	**12.5–16.2**	**4969**	**15.7**	**14.1–17.4**

Table C.103. Think they consume far too much or too much salt

Age group (years)	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	326	0.4	0.0–1.0	14.5	9.9–19.1	67.7	61.3–74.0	16.6	12.0–21.2	0.8	0.0–1.7
30–44	583	1.3	0.1–2.6	17.6	13.4–21.8	66.6	61.7–71.6	13.5	10.2–16.8	0.9	0.1–1.7
45–59	800	0.9	0.3–1.6	15.8	12.9–18.6	66.7	63.2–70.3	15.2	12.4–18.0	1.3	0.4–2.2
60–69	352	0.5	0.0–1.1	18.4	13.4–23.4	60.5	54.2–66.9	18.9	14.4–23.4	1.7	0.1–3.3
18–69	**2061**	**0.9**	**0.4–1.4**	**16.4**	**14.1–18.7**	**66.1**	**63.2–69.0**	**15.5**	**13.5–17.5**	**1.1**	**0.6–1.6**

Table C.104. Self-reported opinion of salt consumed, men (%)

Age group (years)	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	358	0.6	0.0–1.3	14.0	9.9–18.2	55.2	49.1–61.3	27.2	21.5–32.9	3.0	0.6–5.3
30–44	812	0.5	0.0–1.0	14.4	11.6–17.3	62.3	58.3–66.3	21.0	17.7–24.3	1.8	0.6–2.9
45–59	1 086	1.1	0.3–1.8	14.1	11.5–16.8	61.1	57.4–64.7	22.4	19.4–25.3	1.4	0.7–2.1
60–69	652	0.7	0.0–1.5	10.5	7.9–13.2	56.2	51.5–60.8	30.6	26.2–35.0	1.9	0.8–3.1
18–69	**2 908**	**0.7**	**0.4–1.1**	**13.6**	**11.8–15.4**	**59.3**	**56.8–61.9**	**24.4**	**22.3–26.5**	**1.9**	**1.3–2.6**

Table C.105. Self-reported opinion of salt consumed, women (%)

Table C.106. Self-reported opinion of salt consumed, both sexes (%)											
Age group (years)	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	684	0.5	0.0–1.0	14.3	11.2–17.3	61.6	57.1–66.1	21.8	18.2–25.4	1.9	0.6–3.1
30–44	1 395	0.9	0.3–1.6	16.0	13.6–18.4	64.4	61.2–67.6	17.3	15.0–19.6	1.3	0.6–2.1
45–59	1 886	1.0	0.5–1.5	14.9	12.9–16.9	63.7	61.1–66.3	19.1	17.0–21.1	1.4	0.8–1.9
60–69	1 004	0.6	0.1–1.2	13.8	10.9–16.6	57.9	53.9–61.9	25.8	22.5–29.2	1.8	0.9–2.7
18–69	**4 969**	**0.8**	**0.5–1.1**	**14.9**	**13.4–16.5**	**62.5**	**60.4–64.7**	**20.2**	**18.7–21.7**	**1.5**	**1.1–2.0**

Knowledge about salt

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

Instrument question:

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

Table C.107. Think consuming too much salt could cause serious health problem									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	66.2	59.8–72.6	358	78.8	73.0–84.5	689	72.3	67.6–77.1
30–44	592	67.5	62.2–72.8	817	81.2	77.6–84.8	1409	74.4	70.9–78.0
45–59	812	70.1	65.4–74.8	1092	82.5	79.0–86.0	1904	76.8	73.4–80.1
60–69	354	75.3	70.0–80.7	654	88.0	84.8–91.2	1008	82.8	79.6–86.0
18–69	**2089**	**69.0**	**65.4–72.7**	**2921**	**82.3**	**79.4–85.1**	**5010**	**76.0**	**73.2–78.8**

Type of oil used most frequently

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

Instrument question:

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

Table C.108. Use of vegetable oil, lard or suet, butter or margarine in preparing household meals								
n (house-holds)	Vegetable oil (%)	95% CI	Lard or suet (%)	95% CI	Butter (%)	95% CI	Margarine (%)	95% CI
228	88.9	87.0–90.7	3.6	2.6–4.6	1.2	0.8–1.7	0.5	0.2–0.8

Table C.109. Use of none in particular or no oil or fat in preparing household meals					
None in particular (%)	95% CI	None (%)	95% CI	Other (%)	95% CI
0.5	0.2–0.8	4.7	3.5–5.8	0.7	0.2–1.1

Eating outside the home

Description: Mean number of meals per week eaten outside the home.

Instrument question:

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

Table C.110. Mean number of meals eaten away from home									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	330	1.7	1.4–2.1	356	1.3	1.0–1.5	686	1.5	1.3–1.7
30–44	581	1.3	1.0–1.5	813	1.0	0.8–1.1	1394	1.1	1.0–1.3
45–59	801	0.7	0.6–0.9	1088	0.5	0.4–0.6	1889	0.6	0.5–0.7
60–69	352	0.3	0.1–0.4	652	0.1	0.1–0.2	1004	0.2	0.1–0.2
18–69	**2064**	**1.1**	**0.9–1.2**	**2909**	**0.7**	**0.6–0.8**	**4973**	**0.9**	**0.8–1.0**

Physical activity

Introduction

A population's physical activity (or inactivity) can be described by:
- estimating the mean or median physical activity from a continuous indicator such as MET-min per week or time spent in physical activity, or
- classifying certain percentages of a population into groups by setting cut-off points for physical activity.

When analysing data from the WHO global physical activity questionnaire (GPAQ), both continuous and categorical indicators are used.

Metabolic equivalent (MET)

Metabolic equivalents (METs) are commonly used to express the intensity of physical activity and for the analysis of GPAQ data.

Applying MET values to activity levels allows calculation of total physical activity. MET is the ratio of a person's working metabolic rate to their resting metabolic rate. One MET is defined as the energy cost of sitting quietly and is equivalent to a calorie consumption of 1 kcal/kg per hour. Guidelines have been adopted for analysing GPAQ data: it is estimated that a person's calorie consumption is four times as high when they moderately active and eight times as high when they are vigorously active as when they are sitting quietly.

To calculate a person's total physical activity from GPAQ data, the following MET values are used:

Table C.111. MET assessment by category

Category	MET value	
Work	Intermediate: 4.0	Heavy load: 8.0
Transport	Cycling and walking: 4.0	
Recreation	Intermediate: 4.0	Heavy load: 8.0

WHO global recommendations on 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 in calculating the categorical indicator for the recommended amount of physical activity for health.

During a week, including activity for work, transport and leisure, adults should do at least
- 150 min of moderate-intensity physical activity OR
- 75 min of vigorous-intensity physical activity OR
- an equivalent combination of moderate- and vigorous-intensity physical activity to achieve at least 600 MET-min.

Former recommendations for comparison

For comparison, 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 1500 MET-min/week OR

– 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3000 MET-min/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 min/day OR

– 5 or more days of moderate-intensity activity or walking of at least 30 min/day OR

– 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-min/week.

- **Low**

A person who does not meet any of the above criteria falls into this category.

People who did not meet WHO recommendations on physical activity for health

Description: Percentage of respondents who did not meet the WHO recommendations on physical activity for health (respondents who did less than 150 min of moderate-intensity physical activity per week, or equivalent).

Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities.

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	7.7	4.9–10.5	354	11.8	7.6–15.9	685	9.7	7.1–12.2
30–44	587	10.5	7.5–13.6	816	12.3	9.7–14.9	1 403	11.4	9.4–13.5
45–59	806	13.2	10.3–16.1	1 087	11.6	9.0–14.2	1 893	12.3	10.2–14.4
60–69	353	27.1	20.2–34.1	651	20.8	16.4–25.3	1 004	23.4	19.0–27.8
18–69	**2 077**	**12.8**	**10.7–14.9**	**2 908**	**13.5**	**11.5–15.5**	**4 985**	**13.2**	**11.5–14.8**

Table C.112. Respondents who did not meet WHO recommendations on physical activity for health

Levels of total physical activity according to former recommendations

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

Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities.

Age group (years)	n	Low	95% CI	Moderate	95% CI	High	95% CI
18–29	331	10.8	7.6–14.0	17.1	12.6–21.6	72.1	67.0–77.2
30–44	587	14.0	10.4–17.5	19.8	15.5–24.0	66.3	60.8–71.7
45–59	806	15.6	12.6–18.6	19.8	15.9–23.6	64.6	60.3–69.0
60–69	353	30.8	23.9–37.7	32.1	26.3–38.0	37.1	30.9–43.2
18–69	**2077**	**15.9**	**13.7–18.1**	**20.8**	**18.6–22.9**	**63.4**	**60.3–66.4**

Table C.113. Level of total physical activity according to former recommendations, men (%)

Age group (years)	n	Low	95% CI	Moderate	95% CI	High	95% CI
18–29	354	15.1	10.5–19.6	35.1	29.0–41.3	49.8	42.9–56.7
30–44	816	17.1	14.0–20.2	33.4	29.2–37.5	49.6	45.1–54.1
45–59	1087	14.2	11.4–16.9	30.7	27.2–34.3	55.1	51.1–59.1
60–69	651	26.8	22.2–31.4	43.3	38.9–47.8	29.9	25.0–34.8
18–69	**2908**	**17.4**	**15.2–19.6**	**34.6**	**32.2–37.1**	**48.0**	**44.9–51.1**

Table C.114. Level of total physical activity according to former recommendations, women (%)

Age group (years)	n	Low	95% CI	Moderate	95% CI	High	95% CI
18–29	685	12.9	10.1–15.6	25.8	21.9–29.8	61.3	56.9–65.7
30–44	1403	15.5	13.0–18.1	26.7	23.5–29.8	57.8	53.9–61.8
45–59	1893	14.8	12.6–17.0	25.7	23.1–28.3	59.5	56.4–62.6
60–69	1004	28.4	24.1–32.8	38.8	34.9–42.6	32.8	28.5–37.1
18–69	**4985**	**16.7**	**14.9–18.5**	**28.0**	**26.2–29.8**	**55.3**	**52.7–57.9**

Table C.115. Level of total physical activity according to former recommendations, both sexes (%)

Mean total physical activity

Description: Mean minutes of total physical activity on average per day
Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities

Table C.116. Mean number of minutes of total physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	245.5	219.6–271.5	354	165.2	142.0–188.3	685	206.6	187.9–225.4
30–44	587	263.8	240.7–287.0	816	188.1	170.1–206.2	1403	225.5	209.2–241.7
45–59	806	254.3	236.0–272.6	1087	198.5	182.6–214.3	1893	224.3	210.8–237.8
60–69	353	122.2	103.0–141.4	651	99.7	87.7–111.7	1004	108.9	96.9–120.9
18–69	**2077**	**237.7**	**224.4–251.1**	**2908**	**171.2**	**159.6–182.9**	**4985**	**202.9**	**192.4–213.3**

Median total physical activity

Description: Median minutes of total physical activity on average per day
Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities.

Table C.117. Median (and interquartile range, IQR) number of minutes of total physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Median	IQR (P25–P75)	n	Median minutes	IQR (P25–P75)	n	Median minutes	IQR (P25–P75)
18–29	331	210.0	77.1–360.0	354	117.9	42.9–240.0	685	145.7	60.0–306.4
30–44	587	257.1	60.0–381.4	816	120.0	42.9–291.4	1403	182.9	50.7–355.7
45–59	806	240.0	60.0–373.6	1087	128.6	42.9–317.1	1893	180.0	57.9–351.4
60–69	353	60.0	20.0–201.4	651	60.0	28.6–120.0	1004	60.0	22.9–141.4
18–69	**2077**	**214.3**	**60.0–360.0**	**2908**	**107.1**	**40.0–257.1**	**4985**	**137.1**	**42.9–320.0**

Mean domain-specific physical activity

Description: Mean number of minutes spent in work-, transport- and recreation-related physical activity per day
Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities.

Table C.118. Mean number of minutes of work-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	134.5	113.3–155.7	354	76.9	58.3–95.5	685	106.636	90.6–122.6
30–44	587	187.4	167.2–207.6	816	108.6	93.7–123.4	1403	147.4	133.5–161.4
45–59	806	164.6	149.4–179.7	1087	112.5	98.2–126.8	1893	136.6	124.5–148.6
60–69	353	47.5	33.8–61.3	651	28.8	20.3–37.3	1004	36.5	28.0–44.8
18–69	**2077**	**149.0**	**137.5–160.6**	**2908**	**89.3**	**79.4–99.2**	**4985**	**117.7**	**108.5–126.9**

Table C.119. Mean number of minutes of transport-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	86.8	74.7–99.0	354	76.7	65.4–88.1	685	81.9	73.4–90.4
30–44	587	65.6	56.3–74.8	816	68.3	60.7–75.9	1403	66.9	60.0–73.9
45–59	806	78.1	68.5–87.8	1087	73.3	67.1–79.6	1893	75.6	69.2–81.9
60–69	353	64.7	55.2–74.2	651	62.1	54.5– 69.7	1004	63.2	56.3–70.1
18–69	**2077**	**74.5**	**67.5–81.4**	**2908**	**70.6**	**65.2–76.0**	**4985**	**72.4**	**67.1–77.8**

Table C.120. Mean number of minutes of recreation-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	24.2	19.3–29.0	354	11.5	8.9–14.1	685	18.0	15.1–21.0
30–44	587	10.9	8.2–13.6	816	11.3	8.1–14.4	1403	11.1	8.8–13.4
45–59	806	11.5	7.8–15.3	1087	12.6	8.2–17.1	1893	12.1	8.3–15.9
60–69	353	9.9	4.0–15.8	651	8.8	5.0–12.6	1004	9.2	5.5–13.0
18–69	**2077**	**14.2**	**11.4–17.1**	**2908**	**11.3**	**8.9–13.7**	**4985**	**12.7**	**10.3–15.1**

Median domain-specific physical activity

Description: Median number of minutes spent per day in work-, transport- and recreation-related physical activity

Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities

Table C.121. Median number of minutes of work-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)
18–29	331	0.0	0.0–257.1	354	0.0	0.0–120.0	685	0.0	0.0–214.3
30–44	587	171.4	0.0–308.6	816	0.0	0.0–214.3	1403	60.0	0.0–257.1
45–59	806	171.4	0.0–300.0	1087	0.0	0.0–214.3	1893	0.0	0.0–257.1
60–69	353	0.0	0.0–0.0	651	0.0	0.0–0.0	1004	0.0	0.0–0.0
18–69	**2077**	**85.7**	**0.0–267.9**	**2908**	**0.0**	**0.0–171.4**	**4985**	**0.0**	**0.0–240.0**

Table C.122. Median number of minutes of transport-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)
18–29	331	60.0	21.4–120.0	354	60.0	20.0–120.0	685	60.0	21.4–120.0
30–44	587	38.6	7.1–90.0	816	50.0	20.0–90.0	1403	42.9	14.3–90.0
45–59	806	42.9	14.3–120.0	1087	60.0	25.7–90.0	1893	51.4	20.0–102.9
60–69	353	42.9	11.4–85.7	651	42.9	20.0–77.1	1004	42.9	17.1–80.0
18–69	**2077**	**42.9**	**14.3–100.0**	**2908**	**51.4**	**21.4–90.0**	**4985**	**50.0**	**20.0–90.0**

Table C.123. Median number of minutes of recreation-related physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)	n	Median	IQR (P25–P75)
18–29	331	0.0	0.0–34.3	354	0.0	0.0–17.1	685	0.0	0.0–25.7
30–44	587	0.0	0.0–11.4	816	0.0	0.0–8.6	1403	0.0	0.0–8.6
45–59	806	0.0	0.0–0.0	1087	0.0	0.0–0.0	1893	0.0	0.0–0.0
60–69	353	0.0	0.0–0.0	651	0.0	0.0–0.0	1004	0.0	0.0–0.0
18–69	**2077**	**0.0**	**0.0–12.9**	**2908**	**0.0**	**0.0–8.6**	**4985**	**0.0**	**0.0–8.6**

No physical activity by domain

Description: Percentage of respondents doing no work-, transport- or recreational-related physical activity

Instrument questions:
- activity at work,
- travel to and from places and
- recreational activities.

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	52.0	45.9–58.1	354	68.8	62.1–75.5	685	60.1	55.1–65.1
30–44	587	35.5	30.0–41.0	816	58.7	54.2–63.1	1403	47.2	43.5–51.0
45–59	806	41.2	36.9–45.6	1087	57.6	53.4–61.8	1893	50.0	46.7–53.3
60–69	353	80.1	75.0–85.2	651	85.3	81.4–89.1	1004	83.1	79.8–86.5
18–69	**2077**	**47.2**	**44.1–50.2**	**2908**	**65.1**	**61.9–68.3**	**4985**	**56.6**	**54.0–59.2**

Table C.124. No work-related physical activity

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	15.5	11.2–19.9	354	13.3	8.8–17.7	685	14.4	11.0–17.8
30–44	587	23.4	18.9–27.9	816	13.8	10.8–16.7	1403	18.5	15.5–21.5
45–59	806	20.4	16.4–24.4	1087	11.1	8.5–13.8	1893	15.4	12.7–18.1
60–69	353	18.2	12.4–24.0	651	11.9	8.7–15.2	1004	14.5	11.2–17.8
18–69	**2077**	**19.9**	**16.9–22.8**	**2908**	**12.5**	**10.3–14.7**	**4985**	**16.0**	**13.8–18.2**

Table C.125. No transport-related physical activity

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	52.8	45.9–59.6	354	60.5	54.0–67.1	685	56.5	51.5–61.6
30–44	587	71.1	66.4–75.8	816	70.3	65.8–74.7	1403	70.7	67.1–74.3
45–59	806	80.2	75.5–84.9	1087	76.9	72.6–81.1	1893	78.4	74.5–82.3
60–69	353	85.8	80.8–90.8	651	83.3	79.2–87.4	1004	84.3	80.9–87.8
18–69	**2077**	**71.3**	**67.8–74.8**	**2908**	**72.6**	**69.5–75.7**	**4985**	**71.9**	**69.1–74.8**

Table C.126. No recreation-related physical activity

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 and
- recreational activities

Age group (years)	n	Activity at work	95% CI	Activity for transport	95% CI	Activity during leisure	95% CI
18–29	308	37.2	32.3–42.0	46.5	41.7–51.4	16.3	12.9–19.7
30–44	546	55.2	50.6–59.8	35.7	31.5–39.9	9.1	6.9–11.3
45–59	733	49.4	45.5–53.3	43.3	39.5–47.2	7.3	5.1–9.4
60–69	293	17.8	13.3–22.3	75.5	70.5–80.5	6.7	3.6–9.8
18–69	**1880**	**44.3**	**41.6–47.1**	**45.6**	**43.0–48.1**	**10.1**	**8.6–11.6**

Table C.127. Composition of total physical activity, men (%)

Table C.128. Composition of total physical activity, women (%)							
Age group (years)	n	Activity at work	95% CI	Activity for transport	95% CI	Activity during leisure	95% CI
18–29	332	23.6	18.5–28.7	62.1	56.9–67.3	14.3	11.0–17.5
30–44	764	32.5	28.8–36.1	55.5	51.8–59.3	12.0	9.6–14.3
45–59	1008	33.9	30.2–37.6	58.0	54.3–61.7	8.1	5.9–10.3
60–69	583	11.2	8.1–14.3	82.0	78.2–85.7	6.8	4.6–9.0
18–69	**2687**	**27.4**	**24.8–30.0**	**62.2**	**59.5–64.9**	**10.4**	**8.8–11.9**

Table C.129. Composition of total physical activity, both sexes (%)							
Age group (years)	n	Activity at work	95% CI	Activity for transport	95% CI	Activity during leisure	95% CI
18–29	640	30.6	26.6–34.6	54.1	50.1–58.1	15.3	12.8–17.8
30–44	1310	43.6	40.3–46.9	45.8	42.6–49.0	10.6	8.9–12.3
45–59	1741	41.0	38.1–44.0	51.3	48.3–54.2	7.7	5.8–9.6
60–69	876	13.8	11.0–16.6	79.4	76.1–82.8	6.8	4.8–8.8
18–69	**4567**	**35.4**	**33.1–37.7**	**54.4**	**52.1–56.6**	**10.2**	**8.9–11.5**

No vigorous physical activity

Description: Percentage of respondents not engaging in vigorous physical activity

Instrument questions:

- activity at work and
- recreational activities

Table C.130. No vigorous physical activity									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	57.2	50.6–63.7	354	87.6	83.7–91.6	685	71.9	67.5–76.4
30–44	587	64.2	59.1–69.3	816	89.4	86.6–92.1	1403	77.0	73.8–80.1
45–59	806	73.1	69.1–77.1	1087	91.6	89.5–93.6	1893	83.0	80.7–85.3
60–69	353	92.5	89.2–95.7	651	97.3	95.8–98.8	1004	95.3	93.7–97.0
18–69	**2077**	**68.9**	**66.0–71.8**	**2908**	**91.1**	**89.5–92.6**	**4985**	**80.5**	**78.6–82.4**

Sedentary

Description: Minutes spent in sedentary activities on a typical day

Instrument question:

- sedentary

Table C.131. Mean and median minutes spent in sedentary activities on average per day, men					
Age group (years)	Men				
	n	Mean	95% CI	Median	IQR (P25–P75)
18–29	331	300.2	275.7–324.8	240.0	180.0–420.0
30–44	592	289.4	271.6–307.1	240.0	180.0–360.0
45–59	812	276.3	262.5–290.1	240.0	135.0–360.0
60–69	354	305.1	284.2–326.0	300.0	180.0–360.0
18–69	**2089**	**290.2**	**278.9–301.5**	**240.0**	**180.0–360.0**

Table C.132. Mean and median minutes spent in sedentary activities on average per day, women					
Age group (years)	Women				
	n	Mean	95% CI	Median	IQR (P25–P75)
18–29	358	321.0	299.2–342.9	300.0	180.0–480.0
30–44	817	299.1	284.5–313.7	270.0	180.0–420.0
45–59	1092	275.5	263.7–287.4	240.0	160.0–360.0
60–69	654	302.8	284.3–321.2	300.0	180.0–420.0
18–69	**2921**	**296.9**	**286.8–307.0**	**270.0**	**180.0–420.0**

Table C.133. Mean and median minutes spent in sedentary activities on average per day, both sexes					
Age group (years)	Both sexes				
	n	Mean	95% CI	Median	IQR (P25–P75)
18–29	689	310.4	293.3–327.4	300.0	180.0–420.0
30–44	1409	294.3	282.3–306.3	240.0	180.0–380.0
45–59	1904	275.9	266.5–285.2	240.0	150.0–360.0
60–69	1008	303.7	288.9–318.5	300.0	180.0–390.0
18–69	**5010**	**293.7**	**285.1–302.4**	**240.0**	**180.0–390.0**

High blood pressure

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents

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

Table C.134. Blood pressure measurement and diagnosis, men (%)									
Age group (years)	n	Never measured	95% CI	Measured, not diagnosed	95% CI	Diagnosed, but not within previous 12 months	95% CI	Diagnosed within previous 12 months	95% CI
18–29	331	3.9	1.7–6.1	84.0	79.5–88.6	4.8	1.5–8.2	7.2	4.4–10.1
30–44	592	1.4	0.5–2.3	79.0	75.1–83.0	5.1	3.1–7.2	14.4	11.2–17.6
45–59	812	1.8	0.8–2.8	55.0	50.4–59.7	5.7	3.8–7.5	37.5	33.1–41.8
60–69	354	1.1	0.1–2.2	30.9	24.8–37.0	5.8	2.8–8.8	62.2	55.7–68.6
18–69	**2089**	**2.1**	**1.4–2.9**	**66.7**	**64.0–69.4**	**5.3**	**4.0–6.7**	**25.9**	**23.4–28.4**

Table C.135. Blood pressure measurement and diagnosis, women (%)									
Age group (years)	n	Never measured	95% CI	Measured, not diagnosed	95% CI	Diagnosed, but not within previous 12 months	95% CI	Diagnosed within previous 12 months	95% CI
18–29	358	2.5	0.3–4.8	91.7	87.9–95.5	2.2	0.0–4.4	3.6	1.8–5.4
30–44	817	0.6	0.0–1.1	79.9	76.3–83.5	5.0	3.1–7.0	14.5	11.5–17.5
45–59	1092	0.5	0.0–1.0	45.0	41.6–48.4	5.7	4.0–7.5	48.8	45.3–52.3
60–69	654	0.6	0.0–1.3	19.4	15.7–23.1	6.2	4.1–8.2	73.8	69.8–77.8
18–69	**2921**	**1.0**	**0.4–1.5**	**60.9**	**58.5–63.2**	**4.8**	**3.7–6.0**	**33.3**	**31.1–35.5**

Table C.136. Blood pressure measurement and diagnosis, both sexes (%)									
Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within previous 12 months (%)	95% CI	Diagnosed within previous 12 months (%)	95% CI
18–29	689	3.2	1.5–4.9	87.8	84.7–90.9	3.5	1.5–5.6	5.5	3.7–7.2
30–44	1409	1.0	0.5–1.5	79.5	76.4–82.5	5.1	3.6–6.6	14.4	12.1–16.8
45–59	1904	1.1	0.5–1.7	49.6	46.7–52.6	5.7	4.3–7.1	43.6	40.6–46.5
60–69	1008	0.8	0.2–1.4	24.1	20.5–27.7	6.0	4.3–7.8	69.1	65.1–73.0
18–69	**5010**	**1.5**	**1.0–2.0**	**63.6**	**61.7–65.6**	**5.1**	**4.1–6.0**	**29.8**	**27.9–31.6**

Blood pressure treatment for those with diagnosed high blood pressure

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

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or health worker?
- Have you ever been told by a doctor or health worker that you have raised blood pressure or hypertension?
- In the past 2 weeks, have you taken any medication for raised blood pressure prescribed by a doctor or health worker?

Table C.137. Currently taking medication for raised blood pressure prescribed by a doctor or health worker									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	42	18.7	5.5–32.0	28	16.0	0.6–31.4	70	17.9	7.5–28.3
30–44	127	28.4	19.8–37.1	164	38.4	27.9–48.9	291	33.5	26.2–40.7
45–59	350	51.7	45.6–57.8	607	64.7	60.0–69.4	957	59.4	55.3–63.6
60–69	234	64.2	57.0–71.4	521	79.9	75.8–84.0	755	74.1	70.2–78.0
18–69	**753**	**47.5**	**42.6–52.4**	**1320**	**64.6**	**60.8–68.5**	**2073**	**57.3**	**53.8–60.9**

Advice on blood pressure from a traditional healer

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

Instrument questions:
- Have you ever had your blood pressure measured by a doctor or health worker?
- Have you ever been told by a doctor or 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?

Table C.138. Seen a traditional healer after diagnosis									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	42	2.4	0.0–7.3	28	0.0	0.0–0.0	70	1.7	0.0–5.0
30–44	127	1.9	0.0–4.1	164	0.8	0.0–1.8	291	1.3	0.0–2.7
45–59	350	2.1	0.6–3.5	607	2.1	0.7–3.5	957	2.1	1.0–3.1
60–69	234	0.2	0.0–0.7	521	3.8	1.3–6.3	755	2.5	0.9–4.1
18–69	**753**	**1.5**	**0.6–2.4**	**1320**	**2.5**	**1.2–3.7**	**2073**	**2.1**	**1.2–2.9**

Table C.139. Currently taking herbal or traditional remedy for raised blood pressure after diagnosis									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	42	2.4	0.0–7.3	28	13.0	0.0–28.1	70	5.7	0.0–11.8
30–44	127	2.5	0.0–5.5	164	2.8	0.4–5.2	291	2.6	0.7–4.6
45–59	350	5.1	2.5–7.7	607	9.2	6.2–12.2	957	7.5	5.4–9.6
60–69	234	7.3	3.6–11.1	521	19.5	15.1–24.0	755	15.0	11.7–18.3
18–69	**753**	**5.0**	**3.2–6.7**	**1320**	**12.1**	**9.6–14.5**	**2073**	**9.0**	**7.4–10.7**

Raised blood glucose

Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all respondents.

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

Table C.140. Blood sugar measurement and diagnosis, men (%)									
Age group (years)	n	Never measured	95% CI	Measured, not diagnosed	95% CI	Diagnosed but not within previous 12 months	95% CI	Diagnosed within previous 12 months	95% CI
18–29	331	16.4	11.3–21.5	83.0	77.7–88.2	0.4	0.0–1.1	0.3	0.0–0.9
30–44	592	13.5	9.6–17.5	84.5	80.5–88.5	1.1	0.1–2.1	0.9	0.2–1.6
45–59	812	10.6	7.5–13.8	81.7	77.9–85.6	1.6	0.6–2.6	6.0	4.0–8.0
60–69	354	10.1	6.4–13.7	77.8	72.5–83.0	1.0	0.0–2.8	11.1	7.4–14.9
18–69	**2089**	**12.9**	**10.2–15.6**	**82.4**	**79.6–85.2**	**1.1**	**0.6–1.6**	**3.6**	**2.8–4.5**

Table C.141. Blood sugar measurement and diagnosis, women (%)									
Age group (years)	n	Never measured	95% CI	Measured, not diagnosed	95% CI	Diagnosed but not within previous 12 months	95% CI	Diagnosed within previous 12 months	95% CI
18–29	358	15.7	11.0–20.4	82.5	77.6–87.4	0.0	0.0–0.0	1.8	0.2–3.4
30–44	817	9.7	6.9–12.6	87.2	84.1–90.3	1.2	0.4–2.1	1.8	0.8–2.9
45–59	1092	7.9	5.5–10.2	84.8	82.1–87.5	2.0	1.2–2.9	5.3	3.8–6.8
60–69	654	5.8	3.6–8.0	77.7	73.8–81.5	2.8	1.4–4.2	13.8	10.8–16.8
18–69	**2921**	**9.7**	**7.6–11.8**	**83.8**	**81.5–86.1**	**1.5**	**1.0–2.0**	**5.0**	**4.1–5.9**

Table C.142. Blood sugar measurement and diagnosis, both sexes (%)									
Age group (years)	n	Never measured	95% CI	Measured, not diagnosed	95% CI	Diagnosed but not within previous 12 months	95% CI	Diagnosed within previous 12 months	95% CI
18–29	689	16.0	12.1–20.0	82.7	78.7–86.8	0.2	0.0–0.5	1.0	0.2–1.9
30–44	1409	11.6	8.9–14.4	85.9	83.0–88.7	1.2	0.5–1.8	1.4	0.7–2.0
45–59	1904	9.1	6.8–11.5	83.4	80.8–86.0	1.8	1.2–2.5	5.6	4.4–6.9
60–69	1008	7.5	5.2–9.8	77.7	74.3–81.1	2.1	1.0–3.1	12.7	10.3–15.1
18–69	**5010**	**11.2**	**9.1–13.4**	**83.1**	**80.9–85.3**	**1.3**	**1.0–1.6**	**4.3**	**3.7–5.0**

Diabetes treatment among those with diagnosed high blood sugar

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

Instrument questions:
- Have you ever had your blood sugar measured by a doctor or health worker?
- Have you ever been told by a doctor or health worker that you have raised blood sugar or diabetes?
- In the past 2 weeks, have you taken any medication for diabetes prescribed by a doctor or health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or health worker?

Table C.143. Currently taking medication prescribed for diagnosed diabetes

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	2	45.2	0.0–100.0	6	46.3	0.0–92.9	8	46.0	7.3–84.8
30–44	12	24.4	0.0–49.4	26	30.7	10.3–51.1	38	28.2	12.3–44.2
45–59	54	56.4	39.1–73.8	89	36.1	24.5–47.7	143	45.7	35.9–55.5
60–69	40	69.6	52.5–86.6	107	61.0	50.5–71.4	147	63.9	54.7–73.0
18–69	**108**	**56.2**	**44.9–67.5**	**228**	**46.9**	**39.3–54.6**	**336**	**50.6**	**44.2–57.0**

Table C.144. Currently taking insulin prescribed for diagnosed diabetes

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	2	45.2	0.0–100.0	6	46.3	0.0–92.9	8	46.0	7.3–84.8
30–44	12	2.4	0.0–7.3	26	5.0	0.0–12.1	38	4.0	0.0–8.7
45–59	54	12.5	3.0–21.9	89	13.7	5.7–21.7	143	13.1	6.8–19.5
60–69	40	16.7	3.6–29.7	107	24.3	14.1–34.5	147	21.7	14.0–29.5
18–69	**108**	**13.7**	**6.5–20.8**	**228**	**19.1**	**12.4–25.8**	**336**	**16.9**	**12.1–21.8**

Diabetes advice from traditional healer

Description: Percentage of respondents who 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 health worker?
- Have you ever been told by a doctor or 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?

Table C.145. Seen a traditional healer for diagnosed diabetes

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	2	45.2	0.0–100.0	6	0.0	0.0–0.0	8	12.4	0.0–35.8
30–44	12	4.7	0.0–14.1	26	0.0	0.0–0.0	38	1.8	0.0–5.5
45–59	54	3.1	0.0–7.6	89	0.6	0.0–1.8	143	1.8	0.0–4.0
60–69	40	2.5	0.0–7.4	107	3.4	0.0–7.5	147	3.1	0.0–6.2
18–69	**108**	**4.6**	**0.2–8.9**	**228**	**1.7**	**0.0–3.6**	**336**	**2.9**	**0.8–4.9**

Table C.146. Currently taking herbal or traditional treatment for diagnosed diabetes

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	2	45.2	0.0–100.0	6	0.0	0.0–0.0	8	12.4	0.0–35.8
30–44	12	2.4	0.0–7.3	26	0.0	0.0–0.0	38	0.9	0.0–2.8
45–59	54	3.1	0.0–7.6	89	17.2	9.1–25.2	143	10.5	5.6–15.5
60–69	40	13.3	1.2–25.4	107	17.8	9.0–26.5	147	16.3	9.2–23.4
18–69	**108**	**7.9**	**2.3–13.6**	**228**	**14.0**	**8.9–19.1**	**336**	**11.6**	**7.9–15.3**

History of raised total cholesterol

Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all respondents

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

Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within previous 12 months (%)	95% CI	Diagnosed within previous 12 months (%)	95% CI
18–29	331	35.3	28.2–42.5	63.6	56.4–70.7	0.4	0.0–1.2	0.7	0.0–1.5
30–44	592	24.1	19.4–28.9	71.1	66.3–75.9	1.4	0.5–2.4	3.3	1.8–4.8
45–59	812	16.1	12.4–19.7	73.3	69.0–77.5	2.4	1.1–3.6	8.3	5.8–10.8
60–69	354	15.8	11.4–20.2	69.1	63.5–74.7	4.3	1.7–7.0	10.7	7.2–14.3
18–69	**2089**	**23.4**	**20.1–26.7**	**69.6**	**66.2–73.1**	**1.8**	**1.1–2.5**	**5.2**	**4.0–6.3**

Table C.147. Total cholesterol measurement and diagnosis, men (%)

Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within previous 12 months (%)	95% CI	Diagnosed within previous 12 months (%)	95% CI
18–29	358	36.4	29.6–43.1	62.4	55.6–69.1	0.6	0.0–1.4	0.6	0.0–1.3
30–44	817	20.0	16.0–24.0	74.5	70.1–78.9	2.1	0.9–3.2	3.4	2.0–4.8
45–59	1092	13.3	10.4–16.1	68.4	64.8–72.0	4.6	3.1–6.1	13.7	11.2–16.1
60–69	654	7.3	4.9–9.7	61.8	57.0–66.5	6.2	3.8–8.5	24.8	20.6–29.0
18–69	**2921**	**19.1**	**16.4–21.9**	**67.8**	**64.8–70.8**	**3.3**	**2.5–4.1**	**9.8**	**8.4–11.2**

Table C.148. Total cholesterol measurement and diagnosis, women (%)

Age group (years)	n	Never measured (%)	95% CI	Measured, not diagnosed (%)	95% CI	Diagnosed, but not within previous 12 months (%)	95% CI	Diagnosed within previous 12 months (%)	95% CI
18–29	689	35.8	30.1–41.6	63.0	57.3–68.7	0.5	0.0–1.1	0.7	0.1–1.2
30–44	1409	22.0	18.5–25.5	72.8	69.2–76.5	1.8	0.9–2.6	3.4	2.3–4.4
45–59	1904	14.6	11.9–17.3	70.7	67.5–73.8	3.6	2.5–4.7	11.2	9.4–13.0
60–69	1008	10.8	8.1–13.4	64.7	60.8–68.7	5.4	3.5–7.3	19.1	16.0–22.1
18–69	**5010**	**21.1**	**18.5–23.8**	**68.7**	**65.9–71.5**	**2.6**	**2.0–3.2**	**7.6**	**6.6–8.6**

Table C.149. Total cholesterol measurement and diagnosis, both sexes (%)

Cholesterol treatment of those with diagnosed high cholesterol

Description: Cholesterol treatment results among those diagnosed with raised cholesterol

Instrument questions:
- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or health worker?
- Have you ever been told by a doctor or health worker that you have raised cholesterol?
- In the past 2 weeks, have you taken oral medication for raised total cholesterol prescribed by a doctor or health worker?

Table C.150. Currently taking oral medication prescribed for diagnosed raised total cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	4	0.0	0.0–0.0	7	9.0	0.0–26.6	11	4.7	0.0–14.2
30–44	30	17.2	1.3–33.1	49	1.8	0.0–5.3	79	8.9	0.9–16.8
45–59	79	33.4	20.5–46.2	204	22.2	14.8–29.6	283	26.0	19.1–32.9
60–69	50	50.1	34.0–66.1	192	33.4	24.6–42.1	242	37.6	29.1–46.1
18–69	**163**	**33.3**	**24.5–42.1**	**452**	**24.0**	**18.4–29.5**	**615**	**27.0**	**21.7–32.3**

Advice on cholesterol from a traditional healer

Description: Percentage of respondents who sought advice or treatment from a traditional healer for diagnosed raised cholesterol

Instrument questions:
- Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or health worker?
- Have you ever been told by a doctor or 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?

Table C.151. Seen a traditional healer for diagnosed raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	4	0	0.0–100.0	7	0.0	0.0–0.0	11	0.0	0.0–0.0
30–44	30	0	0.0–100.0	49	0.0	0.0–0.0	79	0.0	0.0–0.0
45–59	79	0	0.0–100.0	204	1.2	0.0–2.7	283	0.8	0.0–1.8
60–69	50	0	0.0–100.0	192	1.1	0.0–2.4	242	0.8	0.0–1.8
18–69	**163**	**0**	**0.0–100.0**	**452**	**1.0**	**0.0–2.0**	**615**	**0.7**	**0.0–1.3**

Table C.152. Currently taking herbal or traditional treatment for diagnosed raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	4	0.0	0.0–0.0	7	9.0	0.0–26.6	11	4.7	0.0–14.1
30–44	30	11.0	0.0–23.1	49	1.5	0.0–4.2	79	5.9	0.0–11.7
45–59	79	4.1	0.0–8.4	204	6.8	3.0–10.6	283	5.9	2.8–9.1
60–69	50	5.7	0.0–13.1	192	10.7	5.4–16.1	242	9.5	4.4–14.5
18–69	**163**	**5.9**	**1.5–10.3**	**452**	**7.8**	**4.6–11.0**	**615**	**7.2**	**4.1–10.2**

Cardiovascular disease

History of cardiovascular disease

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

Instrument question:

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

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.4	0.0–1.1	358	0.6	0.0–1.5	689	0.5	0.0–1.1
30–44	592	2.3	0.7–3.8	817	1.7	0.7–2.7	1409	2.0	1.1–2.9
45–59	812	9.7	6.9–12.6	1092	8.2	5.8–10.7	1904	8.9	6.8–11.1
60–69	354	21.6	15.8–27.4	654	20.8	16.2–25.3	1008	21.1	17.1–25.1
18–69	**2089**	**6.6**	**5.1–8.1**	**2921**	**6.8**	**5.4–8.3**	**5010**	**6.7**	**5.5–8.0**

Table C.153. Ever had a heart attack or chest pain from heart disease or a stroke

Prevention and treatment of heart disease

Description: Percentage of respondents 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?

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.2	0.0–0.5	358	0.3	0.0–0.7	689	0.2	0.0–0.5
30–44	592	3.3	1.3–5.2	817	3.7	1.8–5.7	1409	3.5	2.1–4.8
45–59	812	15.1	11.9–18.3	1 092	20.0	16.9–23.2	1904	17.8	15.4–20.1
60–69	354	26.3	21.0–31.6	654	37.5	32.7–42.4	1008	33.0	29.0–36.9
18–69	**2089**	**9.1**	**7.7–10.5**	**2 921**	**14.0**	**12.3–15.8**	**5010**	**11.7**	**10.5–12.9**

Table C.154. Currently taking aspirin regularly to prevent or treat heart disease

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	0.0	0.0–0.0	358	0.1	0.0–0.3	689	0.1	0.0–0.2
30–44	592	0.5	0.0–0.9	817	0.3	0.0–0.8	1409	0.4	0.0–0.7
45–59	812	3.8	2.0–5.5	1 092	4.6	2.8–6.4	1904	4.2	2.9–5.5
60–69	354	9.3	5.4–13.2	654	11.9	8.4–15.4	1008	10.9	7.8–13.9
18–69	**2089**	**2.5**	**1.7–3.3**	**2 921**	**3.6**	**2.6–4.7**	**5010**	**3.1**	**2.3–3.9**

Table C.155. Currently taking statins regularly to prevent or treat heart disease

Lifestyle advice

Lifestyle advice

Description: Percentage of respondents who received lifestyle advice from a doctor or health worker during the previous 3 years among all respondents.

Instrument questions:
- During the past 3 years, has a doctor or other health worker advised you to do any of the following?

Table C.156. Advised by doctor or health worker to quit using tobacco or not to start									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	37.9	31.6–44.2	358	21.7	15.9–27.5	689	30.0	25.5–34.4
30–44	592	42.7	37.5–48.0	817	23.6	19.7–27.4	1409	33.1	29.4–36.7
45–59	812	48.0	43.2–52.9	1 092	19.3	15.6–23.0	1904	32.6	29.1–36.1
60–69	354	45.9	39.1–52.8	654	17.2	12.2–22.2	1008	28.9	23.9–33.9
18–69	**2089**	**43.6**	**40.0–47.1**	**2 921**	**20.7**	**17.6–23.9**	**5010**	**31.6**	**28.7–34.4**

Table C.157. Advised by doctor or health worker to reduce salt in the diet									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	30.5	24.6–36.4	358	28.0	21.4–34.5	689	29.3	24.6–34.0
30–44	592	38.9	33.6–44.2	817	35.8	30.8–40.8	1409	37.3	33.0–41.6
45–59	812	49.7	44.7–54.8	1 092	51.2	46.3–56.0	1904	50.5	46.4–54.6
60–69	354	55.9	49.1–62.8	654	51.5	45.8–57.1	1008	53.3	48.2–58.4
18–69	**2089**	**42.3**	**38.5–46.2**	**2 921**	**41.7**	**37.8–45.6**	**5010**	**42.0**	**38.5–45.5**

Table C.158. Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	33.1	26.1–40.2	358	36.2	29.2–43.2	689	34.6	28.9–40.3
30–44	592	36.8	30.9–42.6	817	39.3	34.2–44.4	1409	38.0	33.4–42.7
45–59	812	43.7	38.3–49.1	1 092	46.8	42.0–51.5	1904	45.4	41.1–49.7
60–69	354	43.8	37.2–50.4	654	49.2	43.6–54.8	1008	47.0	41.7–52.3
18–69	**2089**	**38.9**	**34.5–43.3**	**2 921**	**42.7**	**38.8–46.7**	**5010**	**40.9**	**37.1–44.7**

Table C.159. Advised by doctor or health worker to reduce fat in the diet									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	29.9	23.6–36.1	358	34.2	27.6–40.8	689	32.0	26.9–37.1
30–44	592	37.8	32.4–43.1	817	42.1	37.0–47.2	1409	40.0	35.6–44.3
45–59	812	48.1	42.5–53.7	1 092	52.6	48.0–57.3	1904	50.5	46.3–54.8
60–69	354	49.4	42.3–56.6	654	59.9	54.4–65.5	1008	55.7	50.3–61.0
18–69	**2089**	**40.5**	**36.4–44.5**	**2 921**	**46.9**	**43.0–50.8**	**5010**	**43.8**	**40.2–47.5**

Table C.160. Advised by doctor or health worker to start or do more physical activity									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	29.7	23.4–36.0	358	34.3	27.9–40.8	689	32.0	26.9–37.1
30–44	592	39.9	34.3–45.4	817	43.0	37.8–48.1	1409	41.4	36.9–45.9
45–59	812	43.7	38.6–48.9	1 092	46.8	42.3–51.3	1904	45.4	41.4–49.4
60–69	354	40.0	33.1–47.0	654	47.7	41.8–53.7	1008	44.6	39.1–50.1
18–69	**2089**	**38.6**	**34.4–42.7**	**2 921**	**43.2**	**39.5–46.9**	**5010**	**41.0**	**37.4–44.5**

Table C.161. Advised by doctor or health worker to maintain a healthy body weight or to lose weight									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	25.2	19.0–31.4	358	34.7	28.1–41.2	689	29.8	24.7–35.0
30–44	592	39.1	33.7–44.4	817	42.5	37.4–47.5	1409	40.8	36.5–45.0
45–59	812	44.9	39.4–50.3	1 092	52.5	48.1–57.0	1904	49.0	44.9–53.1
60–69	354	45.4	38.7–52.0	654	58.5	52.8–64.1	1008	53.1	47.9–58.3
18–69	**2089**	**38.2**	**34.1–42.3**	**2 921**	**46.8**	**43.1–50.5**	**5010**	**42.7**	**39.2–46.2**

Cervical cancer screening

Cervical cancer screening

Description: Percentage of female respondents who had ever had a screening test for cervical cancer among all female respondents

Instrument question:
- Have you ever had a screening test for cervical cancer by any method?

Table C.162. Women ever screened for cervical cancer			
Age group (years)	n	%	95% CI
18–29	327	91.0	86.8–95.1
30–44	777	91.0	88.0–93.9
45–59	1004	90.0	87.2–92.8
60–69	584	83.6	79.2–88.0
18–69	**2692**	**89.4**	**87.0–91.8**

Cervical cancer screening among women aged 30–49 years

Description: Percentage of female respondents aged 30–49 years who had ever had a screening test for cervical cancer among all female respondents aged 30–49 years

Instrument question:
- Have you ever had a screening test for cervical cancer by any method?

Table C.163. Women aged 30–49 years ever tested for cervical cancer among all responding women aged 30–49 years			
Age group (years)	n	%	95% CI
30–49	1095	90.6	87.7–93.5

Physical measurements

Arterial blood pressure

Description: Mean blood pressure of all respondents, including those currently on medication for raised blood pressure

Instrument question:
- Three readings of systolic and diastolic blood pressure

Table C.164. Mean systolic blood pressure (mm Hg)									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	126.2	124.6–127.7	358	116.8	115.5–118.1	689	121.6	120.4–122.8
30–44	591	132.2	130.9–133.6	817	124.9	123.6–126.3	1408	128.5	127.5–129.6
45–59	810	143.4	141.5–145.2	1 091	140.4	138.9–141.9	1901	141.8	140.5–143.1
60–69	353	151.6	148.8–154.3	654	151.2	149.1–153.3	1 007	151.3	149.6–153.1
18–69	**2085**	**136.6**	**135.5–137.8**	**2 920**	**132.7**	**131.6–133.7**	**5 005**	**134.5**	**133.7–135.4**

Table C.165. Mean diastolic blood pressure (mm Hg)									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	79.8	78.8–80.9	358	75.9	74.8–77.0	689	77.9	77.1–78.8
30–44	591	84.4	83.4–85.4	817	81.4	80.5–82.3	1408	82.9	82.1–83.6
45–59	810	89.8	88.8–90.9	1 091	88.6	87.6–89.5	1901	89.2	88.4–89.9
60–69	353	90.8	89.4–92.2	654	90.5	89.4–91.6	1007	90.6	89.7–91.6
18–69	**2085**	**85.8**	**85.1–86.4**	**2 920**	**84.1**	**83.4–84.7**	**5005**	**84.9**	**84.3–85.4**

Raised blood pressure

Description: Percentage of respondents with raised blood pressure

Instrument questions:
- Three readings of systolic and diastolic blood pressure
- During the past 2 weeks, have you been treated for raised blood pressure with medication prescribed by a doctor or health worker?

Table C.166. SBP ≥ 140 and/or DBP ≥ 90 mm Hg, excluding those on medication for raised blood pressure									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	318	13.9	9.5–18.4	347	8.0	5.0–11.0	665	11.0	8.0–14.0
30–44	550	30.5	25.7–35.3	746	17.1	13.8–20.3	1296	23.8	20.6–26.9
45–59	624	53.6	48.5–58.8	688	43.3	38.9–47.8	1312	48.5	44.8–52.3
60–69	196	66.8	58.9–74.7	233	58.5	51.1–65.8	429	62.7	57.5–67.9
18–69	**1688**	**35.3**	**32.1–38.4**	**2 014**	**25.2**	**22.9–27.6**	**3702**	**30.3**	**28.1–32.5**

Table C.167. SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised blood pressure									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	17.0	12.4–21.5	358	10.3	7.1–13.4	689	13.7	10.7–16.7
30–44	591	35.1	30.2–40.0	817	24.4	20.8–28.0	1408	29.7	26.4–33.0
45–59	810	64.4	60.0–68.8	1 091	63.4	60.1–66.7	1901	63.9	60.9–66.8
60–69	354	81.8	77.0–86.6	654	84.8	81.6–88.1	1008	83.6	80.8–86.4
18–69	**2086**	**45.6**	**42.7–48.6**	**2 920**	**44.2**	**41.9–46.5**	**5006**	**44.9**	**42.8–47.0**

Table C.168. SBP ≥ 160 and/or DBP ≥ 100 mm Hg, excluding those on medication for raised blood pressure									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	318	3.0	1.1–4.9	347	1.6	0.2–3.0	665	2.3	1.2–3.5
30–44	550	7.4	5.0–9.7	746	4.2	2.6–5.7	1296	5.8	4.2–7.3
45–59	624	20.4	16.3–24.5	688	12.6	9.5–15.7	1312	16.6	14.0–19.2
60–69	196	26.3	19.1–33.5	233	25.5	19.2–31.7	429	25.9	21.1–30.7
18–69	**1688**	**11.4**	**9.6–13.1**	**2 014**	**7.6**	**6.2–9.0**	**3702**	**9.5**	**8.3–10.7**

Table C.169. SBP ≥ 160 and/or DBP ≥ 100 mm Hg or currently on medication for raised blood pressure									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	6.4	3.8–9.0	358	4.0	2.0–6.1	689	5.3	3.6–7.0
30–44	591	13.6	10.5–16.6	817	12.6	9.9–15.4	1408	13.1	10.9–15.2
45–59	810	38.9	34.4–43.4	1 091	43.6	40.2–47.0	1901	41.4	38.5–44.3
60–69	354	59.7	53.4–66.0	654	72.7	68.8–76.6	1008	67.4	63.7–71.1
18–69	**2086**	**25.5**	**23.2–27.9**	**2 920**	**31.0**	**28.9–33.2**	**5006**	**28.4**	**26.7–30.1**

Treatment and control of raised blood pressure

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

Instrument questions:

During the past 2 weeks, have you been treated for raised blood pressure with medication prescribed by a doctor or health worker?

Three readings of systolic and diastolic blood pressure

Table C.170. Treated and/or controlled raised blood pressure, men (%)							
Age group (years)	n	On medication for SBP < 140 and DBP < 90 mm Hg	95% CI	On medication for SBP ≥ 140 and/or DBP ≥ 90	95% CI	Not on medication, with SBP ≥ 140 and/or DBP ≥ 90 mm Hg	95% CI
18–29	55	10.3	1.6–18.9	10.6	2.5–18.6	79.2	67.9–90.5
30–44	208	3.1	0.4–5.9	15.9	10.9–21.0	81.0	75.0–86.9
45–59	522	5.5	3.1–8.0	30.5	25.7–35.4	63.9	58.9–68.9
60–69	287	8.3	4.8–11.8	46.9	39.9–54.0	44.7	37.6–51.9
18–69	**1072**	**6.0**	**4.4–7.6**	**29.0**	**25.5–32.4**	**65.0**	**61.3–68.7**

Table C.171. Treated and/or controlled raised blood pressure, women (%)							
Age group (years)	n	On medication for SBP < 140 and DBP < 90 mm Hg (%)	95% CI	On medication for SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not on medication, with SBP ≥ 140 and/or DBP ≥ 90 mm Hg (%)	95% CI
18–29	40	13.8	2.8–24.8	10.1	0.7–19.5	76.1	62.2–90.0
30–44	205	12.0	6.9–17.2	24.2	16.1–32.3	63.7	54.9–72.6
45–59	706	12.4	9.2–15.7	43.5	39.4–47.5	44.1	39.7–48.5
60–69	553	13.1	9.5–16.8	61.6	57.2–66.1	25.2	21.0–29.5
18–69	**1504**	**12.7**	**10.3–15.0**	**44.7**	**41.5–47.9**	**42.6**	**39.1–46.1**

Table C.172. Treated and/or controlled raised blood pressure, both sexes (%)							
Age group (years)	n	On medication for SBP < 140 and DBP < 90 mm Hg (%)	95% CI	On medication for SBP ≥ 140 and/or DBP ≥ 90 (%)	95% CI	Not on medication, with SBP ≥ 140 and/or DBP ≥ 90 mm Hg (%)	95% CI
18–29	95	11.6	4.6–18.6	10.4	4.3–16.5	78.0	69.1–87.0
30–44	413	6.8	4.1–9.6	19.4	14.4–24.3	73.8	68.3–79.3
45–59	1228	9.2	7.0–11.4	37.4	34.2–40.7	53.4	49.8–56.9
60–69	840	11.2	8.5–13.9	55.8	51.7–59.8	33.0	29.0–37.0
18–69	**2576**	**9.5**	**7.9–11.0**	**37.1**	**34.6–39.6**	**53.4**	**50.7–56.2**

Mean heart rate

Description: Mean heart rate (beats per min).
Instrument question: Three readings of heart rate.

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	72.5	71.2–73.7	358	73.2	72.0–74.4	689	72.8	71.9–73.7
30–44	591	74.2	73.2–75.2	817	73.6	72.7–74.5	1408	73.9	73.1–74.6
45–59	810	75.8	74.9–76.7	1 091	75.1	74.4–75.9	1901	75.4	74.9–76.0
60–69	354	75.7	74.4–77.1	654	74.3	73.3–75.2	1008	74.9	74.0–75.7
18–69	**2086**	**74.5**	**73.8–75.1**	**2 920**	**74.1**	**73.6–74.7**	**5006**	**74.3**	**73.8–74.8**

Table C.173. Mean heart rate (beats per min)

Height, weight and BMI

Description: Mean height, weight and body-mass index among all respondents (except pregnant women)
Instrument questions:
- Are you pregnant?
- Height
- Weight

Age group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18–29	331	177.5	176.6–178.3	344	166.6	165.8–167.3
30–44	591	176.6	175.8–177.3	806	165.4	164.9–166.0
45–59	809	175.0	174.3–175.6	1 091	163.6	163.2–164.1
60–69	354	173.1	172.3–173.9	653	161.7	161.1–162.4
18–69	**2085**	**175.9**	**175.4–176.3**	**2 894**	**164.5**	**164.1–164.8**

Table C.174. Mean height (cm)

Age group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
18–29	331	77.1	75.3–78.9	344	63.2	61.8–64.6
30–44	591	83.2	81.7–84.7	806	71.0	69.9–72.2
45–59	809	84.8	83.6–86.1	1 091	79.4	78.3–80.4
60–69	354	84.4	82.7–86.2	653	80.3	78.6–82.0
18–69	**2085**	**82.4**	**81.5–83.2**	**2 894**	**73.7**	**72.9–74.5**

Table C.175. Mean weight (kg)

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	331	24.5	24.0–25.0	344	22.8	22.3–23.3	675	23.7	23.3–24.0
30–44	591	26.6	26.2–27.1	806	26.0	25.5–26.4	1 397	26.3	26.0–26.6
45–59	809	27.7	27.3–28.1	1 091	29.7	29.2–30.1	1 900	28.7	28.4–29.0
60–69	354	28.1	27.6–28.7	653	30.7	30.1–31.3	1 007	29.7	29.2–30.1
18–69	**2085**	**26.6**	**26.4–26.9**	**2 894**	**27.3**	**27.0–27.6**	**4 979**	**27.0**	**26.8–27.2**

Table C.176. Mean BMI (kg/m^2)

BMI categories

Description: Percentage of respondents (except pregnant women) in each BMI category
Instrument questions:
- Are you pregnant?
- Height
- Weight

Age group (years)	n	Underweight: < 18.5	95% CI	Normal weight: 18.5–24.9	95% CI	Overweight: 25.0–29.9	95% CI	Obese ≥ 30.0	95% CI
18–29	331	2.4	0.3–4.5	57.7	51.4–64.0	33.0	27.2–38.8	7.0	4.0–9.9
30–44	591	1.6	0.0–3.3	35.9	31.0–40.7	44.2	39.6–48.9	18.3	14.8–21.8
45–59	809	0.4	0.1–0.8	28.8	24.9–32.7	42.0	38.2–45.7	28.8	24.8–32.7
60–69	354	1.8	0.0–3.8	20.5	15.8–25.1	48.2	42.2–54.1	29.5	24.0–35.1
18–69	**2085**	**1.5**	**0.7–2.3**	**37.1**	**34.3–39.9**	**41.3**	**38.8–43.8**	**20.1**	**17.9–22.4**

Table C.177. BMI category, men (%)

<table>
<tr><th colspan="10">Table C.178. BMI category, women (%)</th></tr>
<tr>
<th>Age group (years)</th>
<th>n</th>
<th>Underweight: < 18.5</th>
<th>95% CI</th>
<th>Normal weight: 18.5–24.9</th>
<th>95% CI</th>
<th>Overweight: 25.0–29.9</th>
<th>95% CI</th>
<th>Obese ≥ 30.0</th>
<th>95% CI</th>
</tr>
<tr><td>18–29</td><td>344</td><td>9.1</td><td>5.3–12.9</td><td>67.3</td><td>61.8–72.8</td><td>17.0</td><td>12.5–21.4</td><td>6.7</td><td>3.4–10.0</td></tr>
<tr><td>30–44</td><td>806</td><td>3.4</td><td>1.7–5.0</td><td>47.3</td><td>43.1–51.6</td><td>28.2</td><td>24.4–31.9</td><td>21.1</td><td>17.7–24.5</td></tr>
<tr><td>45–59</td><td>1091</td><td>0.7</td><td>0.2–1.2</td><td>19.2</td><td>16.4–22.0</td><td>37.0</td><td>33.3–40.8</td><td>43.0</td><td>39.4–46.7</td></tr>
<tr><td>60–69</td><td>653</td><td>0.1</td><td>0.0–0.4</td><td>16.1</td><td>12.8–19.5</td><td>33.6</td><td>29.2–38.0</td><td>50.1</td><td>45.4–54.9</td></tr>
<tr><td>18–69</td><td>2894</td><td>3.1</td><td>2.2–4.1</td><td>37.0</td><td>34.5–39.5</td><td>29.6</td><td>27.5–31.8</td><td>30.2</td><td>27.9–32.5</td></tr>
</table>

<table>
<tr><th colspan="10">Table C.179. BMI category, both sexes (%)</th></tr>
<tr>
<th>Age group (years)</th>
<th>n</th>
<th>Underweight: < 18.5</th>
<th>95% CI</th>
<th>Normal weight: 18.5–24.9</th>
<th>95% CI</th>
<th>Overweight: 25.0–29.9</th>
<th>95% CI</th>
<th>Obese ≥ 30.0</th>
<th>95% CI</th>
</tr>
<tr><td>18–29</td><td>675</td><td>5.6</td><td>3.5–7.7</td><td>62.3</td><td>58.0–66.6</td><td>25.3</td><td>21.8–28.9</td><td>6.8</td><td>4.7–8.9</td></tr>
<tr><td>30–44</td><td>1397</td><td>2.5</td><td>1.3–3.6</td><td>41.6</td><td>38.2–45.1</td><td>36.2</td><td>33.1–39.2</td><td>19.7</td><td>17.1–22.4</td></tr>
<tr><td>45–59</td><td>1900</td><td>0.6</td><td>0.3–0.9</td><td>23.7</td><td>21.2–26.1</td><td>39.3</td><td>36.6–42.0</td><td>36.5</td><td>33.6–39.3</td></tr>
<tr><td>60–69</td><td>1007</td><td>0.8</td><td>0.0–1.6</td><td>17.9</td><td>14.9–20.9</td><td>39.6</td><td>35.9–43.3</td><td>41.7</td><td>38.0–45.5</td></tr>
<tr><td>18–69</td><td>4979</td><td>2.3</td><td>1.7–3.0</td><td>37.0</td><td>35.1–39.0</td><td>35.2</td><td>33.5–36.9</td><td>25.4</td><td>23.7–27.1</td></tr>
</table>

BMI ≥ 25 kg/m²

Description: Percentage of respondents (except pregnant women) classified as overweight (BMI ≥ 25 kg/m²).

Instrument questions:
- Are you pregnant?
- Height
- Weight

<table>
<tr><th colspan="10">Table C.180. BMI ≥ 25 kg/m²</th></tr>
<tr>
<th rowspan="2">Age group (years)</th>
<th colspan="3">Men</th>
<th colspan="3">Women</th>
<th colspan="3">Both sexes</th>
</tr>
<tr>
<th>n</th><th>%</th><th>95% CI</th>
<th>n</th><th>%</th><th>95% CI</th>
<th>n</th><th>%</th><th>95% CI</th>
</tr>
<tr><td>18–29</td><td>331</td><td>40.0</td><td>33.7–46.2</td><td>344</td><td>23.6</td><td>18.3–29.0</td><td>675</td><td>32.2</td><td>28.0–36.3</td></tr>
<tr><td>30–44</td><td>591</td><td>62.6</td><td>57.7–67.4</td><td>806</td><td>49.3</td><td>45.2–53.5</td><td>1397</td><td>55.9</td><td>52.5–59.3</td></tr>
<tr><td>45–59</td><td>809</td><td>70.7</td><td>66.9–74.6</td><td>1091</td><td>80.1</td><td>77.3–82.9</td><td>1900</td><td>75.8</td><td>73.3–78.2</td></tr>
<tr><td>60–69</td><td>354</td><td>77.7</td><td>72.9–82.5</td><td>653</td><td>83.8</td><td>80.4–87.1</td><td>1007</td><td>81.3</td><td>78.2–84.3</td></tr>
<tr><td>18–69</td><td>2085</td><td>61.5</td><td>58.7–64.2</td><td>2894</td><td>59.9</td><td>57.3–62.4</td><td>4979</td><td>60.6</td><td>58.7–62.6</td></tr>
</table>

Waist circumference

Description: Mean waist circumference among all respondents (except pregnant women).

Instrument questions:
- Are you pregnant?
- Waist circumference measurement

<table>
<tr><th colspan="7">Table C.181. Waist circumference (cm)</th></tr>
<tr>
<th rowspan="2">Age group (years)</th>
<th colspan="3">Men</th>
<th colspan="3">Women</th>
</tr>
<tr>
<th>n</th><th>Mean</th><th>95% CI</th>
<th>n</th><th>Mean</th><th>95% CI</th>
</tr>
<tr><td>18–29</td><td>330</td><td>84.7</td><td>83.1–86.2</td><td>343</td><td>74.6</td><td>73.2–76.0</td></tr>
<tr><td>30–44</td><td>590</td><td>91.3</td><td>90.0–92.6</td><td>801</td><td>83.2</td><td>82.0–84.5</td></tr>
<tr><td>45–59</td><td>804</td><td>96.3</td><td>95.2–97.5</td><td>1081</td><td>93.0</td><td>91.9–94.1</td></tr>
<tr><td>60–69</td><td>351</td><td>98.0</td><td>96.4–99.6</td><td>648</td><td>96.4</td><td>94.7–98.1</td></tr>
<tr><td>18–69</td><td>2075</td><td>92.0</td><td>91.2–92.9</td><td>2873</td><td>86.9</td><td>86.0–87.8</td></tr>
</table>

Biochemical measurements

Mean fasting blood glucose

Description: Mean fasting blood glucose results, including for people currently on medication for diabetes (non-fasting recipients excluded)

Instrument questions:
- During the past 12 h, have you had anything to eat or drink, other than water?
- Blood glucose measurement

Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	311	4.3	4.3–4.4	343	4.3	4.2–4.4	654	4.3	4.3–4.4
30–44	562	4.6	4.5–4.7	772	4.6	4.5–4.7	1334	4.6	4.5–4.6
45–59	774	5.0	4.9–5.1	1045	4.9	4.8–5.0	1819	4.9	4.9–5.0
60–69	344	5.1	4.9–5.4	620	5.3	5.1–5.5	964	5.2	5.1–5.4
18–69	**1991**	**4.7**	**4.7–4.8**	**2780**	**4.7**	**4.7–4.8**	**4771**	**4.7**	**4.7–4.8**

Table C.182. Mean fasting blood glucose (mmol/L)

Raised blood glucose

Description: Categorization of respondents into blood glucose level categories and percentage of respondents currently on medication for raised blood glucose (non-fasting recipients excluded).

Instrument questions:
- During the past 12 h, have you had anything to eat or drink, other than water?
- Fasting blood glucose
- Today, have you taken insulin or other medication prescribed by a doctor or health worker?

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	311	0.9	0.0–2.0	343	1.7	0.0–3.5	654	1.3	0.1–2.5
30–44	562	3.2	1.6–4.8	772	3.6	1.6–5.5	1334	3.4	2.1–4.7
45–59	776	6.1	4.1–8.1	1 048	4.0	2.6–5.5	1824	5.0	3.7–6.3
60–69	344	7.2	3.1–11.4	627	7.3	4.9–9.6	971	7.2	5.0–9.5
18–69	**1993**	**4.1**	**3.0–5.2**	**2 790**	**4.0**	**2.8–5.2**	**4783**	**4.0**	**3.0–5.0**

Table C.183. Impaired fasting glycaemia[1]

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	311	0.5	0.0–1.2	343	0.7	0.0–1.4	654	0.6	0.0–1.1
30–44	562	1.1	0.3–1.9	772	2.1	0.8–3.3	1334	1.6	0.8–2.3
45–59	776	5.7	3.3–8.1	1 048	4.3	2.8–5.7	1824	4.9	3.5–6.3
60–69	344	7.4	4.4–10.4	627	10.6	7.2–14.1	971	9.3	6.8–11.7
18–69	**1993**	**3.2**	**2.3–4.1**	**2 790**	**3.9**	**2.9–5.0**	**4783**	**3.6**	**2.9–4.3**

Table C.184. Raised blood glucose[2] or currently on medication for diabetes

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[1] Defined as either a plasma venous value of ≥ 6.1 mmol/L (110 mg/dL) and < 7.0 mmol/L (126 mg/dL) or a capillary whole blood value of ≥ 5.6 mmol/L (100 mg/dL) and < 6.1 mmol/L (110 mg/dL).

[2] A preliminary diagnosis of diabetes mellitus is defined by either a plasma venous value of ≥ 7.0 mmol/L (126 mg/dL) or a capillary whole blood value of ≥ 6.1 mmol/L (110 mg/dL).

Table C.185. Currently on medication for diabetes											
Age group (years)	Men			Women			Both sexes				
	n	%	95% CI	n	%	95% CI	n	%	95% CI		
18–29	331	0.3	0.0–0.9	358	0.8	0.0–2.1	689	0.6	0.0–1.3		
30–44	592	0.6	0.0–1.1	817	0.9	0.2–1.7	1409	0.8	0.3–1.2		
45–59	812	4.7	3.0–6.4	1 092	2.9	1.9–4.0	1904	3.7	2.7–4.8		
60–69	354	8.5	5.3–11.6	654	11.1	7.9–14.3	1008	10.0	7.7–12.4		
18–69	**2089**	**2.8**	**2.1–3.5**	**2 921**	**3.3**	**2.5–4.1**	**5010**	**3.1**	**2.5–3.6**		

Total cholesterol

Description: Mean total cholesterol among all respondents, including those currently on medication for raised cholesterol.

Instrument question:
- Total cholesterol measurement

Table C.186. Mean total cholesterol (mmol/L)									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	315	4.0	3.9–4.1	344	4.2	4.1–4.3	659	4.1	4.0–4.2
30–44	566	4.6	4.5–4.7	779	4.6	4.5–4.7	1 345	4.6	4.5–4.7
45–59	782	4.9	4.8–5.0	1 057	5.2	5.2–5.3	1 839	5.1	5.0–5.1
60–69	346	5.0	4.8–5.1	629	5.4	5.3–5.5	975	5.2	5.1–5.3
18–69	**2 009**	**4.6**	**4.5–4.6**	**2 809**	**4.9**	**4.8–4.9**	**4 818**	**4.7**	**4.7–4.8**

Raised total cholesterol

Description: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol

Instrument questions:
- Total cholesterol measurement
- During the past 2 weeks, have you been treated for raised cholesterol with medication prescribed by a doctor or health worker?

Table C.187. Total cholesterol 5.0–6.2 mmol/L or 190–240 mg/dL or currently on medication for raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	315	7.4	4.1–10.8	344	15.2	10.7–19.8	659	11.2	8.3–14.2
30–44	566	32.9	28.2–37.6	779	30.7	27.0–34.5	1 345	31.8	28.7–34.9
45–59	782	44.9	40.5–49.3	1 057	57.0	53.3–60.8	1 839	51.4	48.3–54.5
60–69	346	48.5	41.9–55.1	629	66.5	62.0–71.1	975	59.1	55.2–63.0
18–69	**2 009**	**32.4**	**29.6–35.2**	**2 809**	**42.0**	**39.4–44.5**	**4 818**	**37.4**	**35.3–39.5**

Table C.188. Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dL or currently on medication for raised cholesterol									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	315	0.4	0.0–1.1	344	2.7	0.9–4.4	659	1.5	0.6–2.4
30–44	566	3.9	2.1–5.7	779	4.8	3.2–6.4	1 345	4.4	3.1–5.7
45–59	782	9.9	7.4–12.3	1 057	16.9	14.1–19.7	1 839	13.7	11.7–15.6
60–69	346	11.3	7.4–15.3	629	19.3	15.7–22.9	975	16.0	13.3–18.7
18–69	**2 009**	**5.8**	**4.7–7.0**	**2 809**	**10.7**	**9.3–12.1**	**4 818**	**8.4**	**7.4–9.4**

Daily salt intake	Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate the population 24-h salt intake from the INTERSALT equation:

Estimated 24-h Na intake in mmol, for men:

$$2.54 \div 1000 \times 23 \times \{39.58 + [0.45 \times \text{spot Na (mmol/L)}] - [3.09 \times \text{spot Cr (mmol/L)}] + [4.16 \times \text{BMI (kg/m}^2)] + [0.22 \times \text{Age (years)}]\}$$

Estimated 24-h Na intake in mmol for females:

$$2.54 \times 23 \div 1000 \times \{17.02 + [0.33 \times \text{spot Na (mmol/L)}] - [2.44 \times \text{spot Cr (mmol/L)}] + [2.42 \times \text{BMI (kg/m}^2)] + [2.34 \times \text{Age (years)}] - [0.03 \times \text{Age}^2 \text{ (years)}]\}$$

The 24-hour Na values in mmol are divided by 17.1 to obtain salt in grams.

WHO recommendation   The WHO recommendation is < 5 g of salt or 2 g of Na per person per day.

Daily intake   Description: Mean intake of salt in g/day among all respondents

Instrument questions:
- Are you pregnant?
- Had you been fasting before urine collection?
- Urinary Na measurement
- Urinary creatinine measurement

Table C.189. Mean salt intake (g/day)									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	265	11.7	11.4–11.9	271	8.4	8.2–8.6	536	10.1	9.9–10.4
30–44	481	12.4	12.2–12.6	654	9.2	9.0–9.3	1135	10.8	10.6–11.0
45–59	650	12.7	12.5–12.9	894	9.4	9.2–9.5	1544	10.9	10.8–11.1
60–69	291	12.9	12.6–13.2	536	8.6	8.4–8.8	827	10.4	10.1–10.6
18–69	**1 687**	**12.4**	**12.2–12.5**	**2 355**	**9.0**	**8.9–9.1**	**4 042**	**10.6**	**10.5–10.7**

High-density lipoprotein (HDL)	Description: Mean HDL among all respondents and percentage of respondents with low HDL Instrument question: HDL cholesterol measurement.

Table C.190. Mean HDL (mmol/L)									
Age group (years)	Men			Women			Both sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18–29	315	1.2	1.2–1.3	344	1.5	1.4–1.5	659	1.4	1.3–1.4
30–44	566	1.3	1.2–1.3	779	1.4	1.4–1.5	1345	1.4	1.3–1.4
45–59	782	1.3	1.3–1.4	1 057	1.4	1.4–1.5	1839	1.4	1.4–1.4
60–69	346	1.3	1.2–1.3	629	1.4	1.4–1.4	975	1.3	1.3–1.4
18–69	**2009**	**1.3**	**1.3–1.3**	**2 809**	**1.4**	**1.4–1.5**	**4818**	**1.4**	**1.3–1.4**

Table C.191. Percentage of respondents with HDL < 1.03 mmol/L			
Age group (years)	Men		
	n	%	95% CI
18–29	315	29.1	23.2–35.1
30–44	566	25.8	21.2–30.4
45–59	782	26.7	22.4–31.1
60–69	346	30.9	25.2–36.5
18–69	**2009**	**27.6**	**24.5–30.7**

Table C.192. Percentage of respondents with HDL < 1.29 mmol/L			
Age group (years)	Women		
	n	%	95% CI
18–29	344	30.5	24.4–36.6
30–44	779	36.0	31.5–40.5
45–59	1057	39.9	36.3–43.6
60–69	629	45.2	40.1–50.2
18–69	**2809**	**37.7**	**35.0–40.3**

Summary of cardiovascular disease risk

CVD risk of ≥ 30% or existing CVD

Description: Percentage of respondents aged 40–69 years with a 10-year cardiovascular disease (CVD) risk ≥ 30%[3] or with existing CVD

Instrument questions: combined from Steps 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.

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	737	8.8	5.7–12.0	970	4.9	3.2–6.5	1707	6.7	4.9–8.6
55–69	591	24.7	19.9–29.5	1 003	19.3	15.7–22.9	1594	21.6	18.4–24.8
40–69	**1328**	**15.5**	**12.6–18.4**	**1 973**	**11.7**	**9.5–13.9**	**3301**	**13.4**	**11.4–15.4**

Table C.193. Percentage of 40–69-year-old respondents with a 10-year CVD risk ≥ 30% or with existing CVD

Medication and counselling for those with CVD risk ≥ 30% or existing CVD

Description: Percentage of eligible people (defined as aged 40–69 years with a 10-year CVD risk ≥ 30%, including those with existing CVD) receiving drug therapy and counselling[4] (including glycaemic control) to prevent heart attacks and strokes.

Instrument questions: combined from Steps 1, 2 and 3
- Gender, age
- Current and former smoking
- History of diabetes, CVD
- Lifestyle advice
- Systolic blood pressure measurements
- Fasting status, glucose and total cholesterol measurements.

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40–54	65	47.1	32.6–61.5	47	55.3	37.5–73.1	112	50.2	37.7–62.8
55–69	143	59.0	48.5–69.5	193	65.2	56.7–73.6	336	62.2	55.1–69.3
40–69	**208**	**55.1**	**46.5–63.7**	**240**	**63.0**	**55.0–71.1**	**448**	**58.9**	**52.4–65.4**

Table C.194. Percentage of people eligible to receive treatment and counselling to prevent heart attacks and stroke

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[3] A 10-year CVD risk of ≥ 30% is defined according to age, sex, blood pressure, smoking status (current smokers or those who quit smoking < 1 year before the assessment), total cholesterol and diabetes (previously diagnosed or a fasting plasma glucose concentration > 6.1 mmol/L (110 mg/dL)).

[4] Counselling 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.

Summary of combined risk factors

Summary of combined risk factors

Description: Percentage of respondents with 0, 1–2 or 3–5 of the following risk factors:

- current daily smoking
- fewer than five servings of fruit and/or vegetables per day
- not meeting WHO recommendations on physical activity for health (<150 min of moderate activity per week, or equivalent)
- Overweight or obese (BMI ≥ 25 kg/m^2)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised BP).

Instrument questions: combined from Steps 1, 2 and 3.

Table C.195. Summary of combined risk factors, men							
Age group (years)	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	915	4.1	2.5–5.7	58.8	54.9–62.7	37.2	33.4–41.0
45–69	1151	0.5	0.0–0.9	37.6	34.1–41.2	61.9	58.3–65.5
18–69	**2066**	**2.5**	**1.6–3.4**	**49.6**	**46.6–52.7**	**47.8**	**44.8–50.9**

Table C.196. Summary of combined risk factors, women							
Age group (years)	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	1146	14.1	10.9–17.2	68.6	65.1–72.1	17.4	14.7–20.0
45–69	1735	2.7	1.8–3.5	46.9	43.7–50.2	50.4	47.1–53.7
18–69	**2881**	**8.4**	**6.7–10.2**	**57.9**	**55.5–60.3**	**33.7**	**31.2–36.2**

Table C.197. Summary of combined risk factors, both sexes							
Age group (years)	n	0 risk factors (%)	95% CI	1–2 risk factors (%)	95% CI	3–5 risk factors (%)	95% CI
18–44	2061	9.0	7.2–10.8	63.6	61.1–66.1	27.4	24.9–29.8
45–69	2886	1.7	1.2–2.2	42.8	40.2–45.5	55.5	52.8–58.2
18–69	**4947**	**5.6**	**4.6–6.6**	**53.9**	**51.9–56.0**	**40.5**	**38.3–42.6**

Belarus STEPS survey 2016
Fact sheet
Tobacco

WHO STEPS is a simple standardized method of collecting, analysing and distribution of data about noncommunicable disease (NCD) and risk factors. The data is collected on the basis of identified risk factors and conditions that determine the main burden and include tobacco smoking, alcohol drinking, an unhealthy diet, low physical activity, overweight and obesity, arterial hypertension, raised blood glucose and abnormal level of blood lipids. Countries can use the data of STEPS survey in order to control the progress of global voluntary targets connected with specific risk factors such as tobacco, alcohol, diet and physical activity. The tobacco indicators in STEPS can be used to evaluate and monitor tobacco-control policies and programmes.*

The STEPS survey of noncommunicable disease (NCD) risk factors in Belarus was conducted between September 2016 and March 2017. Sociodemographic and behavioural information was collected in Step 1, physical measurements such as height, weight and blood pressure in Step 2 and biochemical measurements to assess blood glucose and cholesterol and urinary sodium and creatinine levels in Step 3. The population-based survey covered adults aged 18–69 years. A multistage cluster sample design was used to ensure representative data for that age range in Belarus. A total of 5 760 adults participated in the survey. The percentage of respondents was 87.0%.

Highlights

Tobacco use
- 48.3% of men, 12.6% of women and 29.6% overall (1 939 276 adults) were estimated to be current smokers of tobacco.
- 0.2% of men, 0.0% of women and 0.1% overall (7647 adults) were estimated to be current users of smokeless tobacco.

Tobacco cessation
- 3 in 10 current smokers had tried to quit smoking in the previous 12 months.
- 6 in 10 current smokers had been advised by a health care provider to quit smoking in the previous 12 months

Second-hand smoke
- 14.9% of adults (888 405 adults) were estimated to be exposed to tobacco smoke at the workplace.
- 18.8% of adults (1 233 671 adults) were estimated to be exposed to tobacco smoke at home.

Media
- 7 in 10 adults had seen anti-cigarette smoking information on the television or radio.
- 4 in 10 current smokers had thought about quitting because of warning labels on cigarette packages.
- 1 in 10 adults had seen cigarette marketing in stores where cigarettes are sold.
- 0 in 10 adults had seen cigarette promotions.

Economics
- Average monthly expenditure on manufactured cigarettes was 52.8 BYN (US$ 26).

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*The questions on tobacco use were drawn from Tobacco Questions for Surveys (http://www.who.int/tobacco/publications/surveillance/tqs/en/).

Results for adults aged 18–69 years	Overall	Men	Women
Current[1] tobacco users (smoked and/or smokeless), % (95% CI)			
Current tobacco users	**29.6** (27.9–31.3)	**48.4** (45.5–51.3)	**12.6** (11.1–14.0)
Current daily tobacco users	**27.1** (25.4–28.8)	**45.7** (42.8–48.6)	**10.2** (8.9–11.6)
Current tobacco smokers, (95% CI)			
Current tobacco smokers, **%**	**29.6** (27.9–31.3)	**48.3** (45.5–51.3)	**12.6** (11.1–14.0)
Current cigarette smokers (manufactured and hand-rolled), **%**	**29.2** (27.5–30.8)	**47.8** (44.9–50.7)	**12.3** (10.9–13.8)
Current daily tobacco smokers, **%**	**27.1** (25.4–28.8)	**45.6** (42.8–48.6)	**10.2** (8.9–11.6)

Results for adults aged 18–69 years	Overall	Men	Women
Current daily cigarette smokers, **%**	**26.8** (25.2–28.5)	**45.3** (42.4–48.2)	**10.0** (8.7–11.4)
Average age started tobacco smoking, **years**	**17.4** (17.1–17.8)	**16.8** (16.4–17.2)	**19.7** (19.0–20.5)
Average number of cigarettes smoked per day (by daily cigarette smokers)	**14.9** (14.4–15.5)	**16.0** (15.5–16.6)	**10.3** (9.3–11.3)
Current [1] smokeless tobacco use, % (95% CI)			
Current smokeless tobacco users	**0.1** (0.0–0.3)	**0.2** (0.0–0.5)	**0.0** (0.0–0.0)
Current daily smokeless tobacco users	**0.0** (0.0–0.0)	**0.0** (0.0–0.0)	**0.0** (0.0–0.0)
Current [1] non-users (smoked and/or smokeless), % (95% CI)			
Former tobacco users	**14.4** (13.0–15.8)	**20.1** (17.9–22.3)	**9.3** (7.8–10.7)
Former tobacco smokers	**14.4** (13.0–15.8)	**20.1** (17.9–22.3)	**9.3** (7.8–10.7)
Never users	**56.0** (54.1–57.9)	**31.5** (28.9–34.2)	**78.1** (76.0–80.2)
Exposure to second-hand smoke, % (95% CI)			
At home*	**18.8** (16.7–20.9)	**18.9** (16.3–21.5)	**18.8** (16.2–21.4)
In closed areas in their workplace*	**14.9** (12.7–17.1)	**22.5** (19.1–25.8)	**8.5** (6.7–10.3)
Tobacco cessation, % (95% CI)			
Current smokers who had tried to quit smoking in previous 12 months	**32.7** (29.1–36.3)	**32.2** (28.0–36.4)	**34.4** (28.4–40.4)
Current smokers advised by a health care provider to quit smoking in previous 12 months[2]	**63**.6 (59.4–67.8)	**64.5** (59.8–69.3)	**60.4** (53.4–67.4)
Health warnings (within previous 30 days), % (95% CI)			
Current smokers who had thought about quitting because of a warning label	**39.5** (34.7–44.3)	**36.6** (31.5–41.7)	**48.7** (41.6–55.8)
Current smokers who had seen anti-cigarette smoking information on the television or radio	**75.8** (72.4–79.2)	**75.5** (71.7–79.5)	**76.0** (72.3–79.6)
Current smokers who had seen anti-cigarette smoking information in newspapers or magazines	**61.5** (57.5–65.5)	**61.1** (56.5–65.7)	**61.8** (57.7–66.0)
Tobacco advertising and promotion[3] (within previous 30 days), % (95% CI)			
Adults who had seen cigarette marketing in shops where cigarettes are sold	**6.8** (4.6–9.1)	**7.6** (4.9–10.4)	**6.1** (3.9–8.3)
Adults who had seen any cigarette promotions	**3.0** (2.1–3.9)	**3.0** (1.9–4.0)	**3.1** (2.0–4.2)
Economics	**BYN** (95% CI)	**US$** (approximate)	
Average amount spent on 20 manufactured cigarettes	**2.2** (1.8–2.7)	**1.10**	
Average monthly expenditure on manufactured cigarettes	**52.8** (39.7–65.9)	**26.25**	
Cost of 100 packs of manufactured cigarettes as a percentage of per capita gross domestic product in 2016[4]	**3.8%** (1.3–6.4)		

[1] Daily and less than daily use.

[2] Among those who visited a health care provider in previous 12 months.

[3] Promotions include free cigarette samples, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in the post.

[4] According to National Statistical Committee of Belarus, 2016; annual weighted average currency rate according to National Bank of Belarus, 2016

* During the last 30 days.

Adults apply to persons aged 18-69 years. Data were weighted to extrapolate the answers of selected respondents to the national level (the sample is representative for all men and women aged 18-69 years). WHO provided technical assistance for the survey. This document was prepared with the partial support of the Center for Disease Control and financial support of the Bloomberg Initiative to Reduce Tobacco Usee – the Program of Bloomberg Philanthropies.The content of this document is the sole responsibility of the authors and cannot express positions of the Center for Disease Control under any circumstances.

Tobacco policy data book

WHO STEPS

EPIDEMIOLOGICAL SURVEILLANCE OF NCD RISK FACTORS

Tobacco policy

Anti-cigarette information

Description: Percentage of all respondents who had seen information in newspapers or magazines, television or radio about the dangers of smoking or that encouraged quitting during the previous 30 days.

Instrument questions:
- During the past 30 days, have you seen information about the dangers of smoking cigarettes or that encourages quitting through the media?

Table E.1. Saw information in newspapers or magazines about dangers of smoking or that encourages quitting

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	300	60.7	53.1–68.3	321	59.2	51.5–67.0	621	60.0	53.6–66.4
30–44	543	59.0	52.7–65.2	754	65.3	60.2–70.4	1297	62.2	57.5–66.8
45–59	717	62.4	57.2–67.7	985	62.7	57.8–67.6	1702	62.6	58.2–67.0
60–69	316	64.4	56.7–72.2	602	57.4	51.0–63.9	918	60.2	54.3–66.2
18–69	**1876**	**61.1**	**56.5–65.7**	**2662**	**61.8**	**57.7–66.0**	**4538**	**61.5**	**57.5–65.5**

Table E.2. Saw information on television about dangers of smoking or that encourages quitting

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	312	72.4	65.7–79.1	328	73.6	67.2–80.0	640	73.0	67.5–78.4
30–44	559	76.0	71.0–81.1	762	78.1	73.8–82.5	1321	77.1	73.3–80.9
45–59	738	79.1	74.9–83.3	996	78.0	73.7–82.2	1734	78.5	75.0–82.0
60–69	320	80.7	74.3–87.1	610	72.2	66.6–77.8	930	75.6	70.5–80.7
18–69	**1929**	**76.6**	**72.9–80.3**	**2696**	**76.1**	**72.5–79.7**	**4625**	**76.3**	**73.0–79.7**

Table E.3. Heard information on the radio about dangers of smoking or that encourages quitting

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	286	45.4	37.2–53.6	307	46.1	37.8–54.4	593	45.8	38.9–52.6
30–44	518	46.6	40.0–53.1	706	52.2	46.3–58.1	1224	49.4	44.2–54.6
45–59	706	51.9	46.0–57.8	926	55.1	49.8–60.5	1632	53.6	48.7–58.5
60–69	301	52.4	44.4–60.5	570	50.4	43.8–56.9	871	51.2	45.1–57.3
18–69	**1811**	**48.7**	**43.7–53.6**	**2509**	**51.5**	**46.9–56.1**	**4320**	**50.1**	**45.8–54.5**

Cigarette advertising

Description: Percentage of all respondents who saw advertisements or signs promoting cigarettes in shops where cigarettes are sold during the previous 30 days.

Instrument questions:
- During the past 30 days, have you seen any advertisements or signs promoting cigarettes in shops where cigarettes are sold?

Table E.4. Saw advertisements or signs promoting cigarettes in stores

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	315	7.6	3.6–11.5	330	7.5	3.3–11.6	645	7.5	4.3–10.7
30–44	563	7.9	4.5–11.4	762	4.8	2.7–6.9	1325	6.4	4.1–8.7
45–59	749	7.9	4.5–11.3	996	7.0	4.3–9.7	1745	7.4	4.8–10.1
60–69	322	6.5	3.2–9.8	600	5.0	2.6–7.3	922	5.6	3.3–7.9
18–69	**1949**	**7.6**	**4.9–10.4**	**2688**	**6.1**	**3.9–8.3**	**4637**	**6.8**	**4.6–9.1**

Cigarette promotion

Description: Percentage of all respondents who saw cigarette promotions during the previous 30 days.

Instrument questions:

- During the past 30 days, have you seen any of the following types of cigarette promotions?

Table E.5. Saw free samples of cigarettes								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	302	1.4	0.0–2.8	309	0.7	0.0–2.1	611	1.1	0.1–2.0
30–44	543	0.3	0.0–0.8	717	0.0	0.0–0.0	1260	0.2	0.0–0.4
45–59	712	0.1	0.0–0.2	938	0.8	0.0–1.6	1650	0.4	0.0–0.9
60–69	311	0.0	0.0–0.0	555	0.4	0.0–0.8	866	0.2	0.0–0.5
18–69	**1868**	**0.5**	**0.0–0.9**	**2519**	**0.5**	**0.0–0.9**	**4387**	**0.5**	**0.1–0.8**

Table E.6. Saw sale prices on cigarettes								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	305	2.1	0.3–3.9	304	1.2	0.0–2.7	609	1.7	0.4–2.9
30–44	540	0.5	0.0–1.1	710	0.4	0.0–0.9	1250	0.5	0.1–0.8
45–59	703	0.8	0.0–1.6	926	1.1	0.2–2.1	1629	1.0	0.3–1.6
60–69	308	0.0	0.0–0.0	544	0.4	0.0–0.8	852	0.2	0.0–0.5
18–69	**1856**	**0.9**	**0.4–1.5**	**2484**	**0.8**	**0.3–1.3**	**4340**	**0.9**	**0.5–1.3**

Table E.7. Saw coupons for cigarettes								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	306	0.6	0.0–1.4	310	0.7	0.0–2.1	616	0.6	0.0–1.4
30–44	540	0.4	0.0–1.0	708	0.1	0.0–0.3	1248	0.3	0.0–0.5
45–59	710	0.1	0.0–0.2	926	0.3	0.0–0.6	1636	0.2	0.0–0.3
60–69	304	0.0	0.0–0.0	542	0.4	0.0–0.8	846	0.2	0.0–0.5
18–69	**1860**	**0.3**	**0.0–0.6**	**2486**	**0.3**	**0.0–0.7**	**4346**	**0.3**	**0.1–0.5**

Table E.8. Saw free gifts or special discount offers on other products when buying cigarettes								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	302	1.0	0.0–2.1	311	0.8	0.0–2.2	613	0.9	0.1–1.8
30–44	545	1.6	0.3–3.0	715	0.4	0.0–0.9	1260	1.0	0.3–1.7
45–59	706	0.3	0.0–0.7	936	0.3	0.0–0.7	1642	0.3	0.0–0.6
60–69	303	0.2	0.0–0.6	545	0.8	0.0–1.7	848	0.6	0.0–1.1
18–69	**1856**	**0.9**	**0.3–1.5**	**2507**	**0.5**	**0.1–1.0**	**4363**	**0.7**	**0.3–1.1**

Table E.9. Saw clothing or other items with a cigarette brand name or logo								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	306	3.9	1.5–6.3	316	3.7	1.1–6.2	622	3.8	1.9–5.6
30–44	551	2.3	0.7–3.9	741	1.5	0.3–2.6	1292	1.9	0.8–3.0
45–59	722	1.2	0.3–2.2	969	1.5	0.5–2.5	1691	1.4	0.6–2.2
60–69	311	1.2	0.2–2.2	559	1.2	0.2–2.2	870	1.2	0.5–1.9
18–69	**1890**	**2.2**	**1.3–3.1**	**2585**	**1.9**	**1.0–2.8**	**4475**	**2.1**	**1.3–2.8**

Table E.10. Received cigarette promotions in the post								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	311	1.7	0.1–3.4	318	0.5	0.0–1.2	629	1.1	0.2–2.1
30–44	555	0.5	0.0–1.1	750	1.2	0.2–2.1	1305	0.8	0.2–1.5
45–59	736	0.3	0.0–0.8	979	0.9	0.0–1.8	1715	0.6	0.1–1.2
60–69	324	0.2	0.0–0.5	578	1.0	0.0–2.0	902	0.7	0.1–1.2
18–69	**1926**	**0.7**	**0.2–1.3**	**2625**	**0.9**	**0.3–1.5**	**4551**	**0.8**	**0.4–1.3**

Cigarette package health warnings

Description: Percentage of current smokers who noticed health warnings on cigarette packages during the previous 30 days.
Instrument question:
- During the past 30 days, did you notice any health warnings on cigarette packages?

Table E.11. Current smokers who noticed health warnings on cigarette packages								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	159	95.2	91.7–98.7	57	98.0	94.1–100.0	216	95.8	93.0–98.7
30–44	312	96.5	94.3–98.7	148	97.2	94.4–100.0	460	96.7	94.9–98.5
45–59	390	95.3	92.9–97.7	124	96.1	92.9–99.4	514	95.5	93.4–97.6
60–69	138	96.0	92.6–99.5	35	89.7	77.7–100.0	173	95.1	91.6–98.5
18–69	**999**	**95.8**	**94.2–97.4**	**364**	**96.6**	**94.7–98.5**	**1363**	**96.0**	**94.6–97.3**

Quitting

Description: Percentage of current smokers who noticed health warnings on cigarette packages during the previous 30 days who thought about quitting due to the health warnings.
Instrument questions:
- During the past 30 days, did you notice any health warnings on cigarette packages?
- During the past 30 days, have warning labels on cigarette packages led you to think about quitting?

Table E.12. Current smokers who saw health warnings on cigarette packages who thought of quitting								
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	136	40.0	30.1–49.9	54	50.8	35.2–66.3	190	42.6	33.9–51.3
30–44	277	36.3	28.7–43.9	137	42.2	32.3–52.2	414	37.9	31.3–44.5
45–59	345	37.8	31.0–44.5	114	54.0	42.8–65.1	459	41.5	35.1–47.9
60–69	118	27.3	17.9–36.6	29	59.3	40.5–78.2	147	32.0	22.9–41.1
18–69	**876**	**36.6**	**31.5–41.7**	**334**	**48.7**	**41.6–55.8**	**1210**	**39.5**	**34.7–44.3**

Cigarette cost

Description: Average price paid for 20 manufactured cigarettes at latest purchase.
Instrument questions:
- The last time you bought manufactured cigarettes for yourself, how many cigarettes did you buy in total?
- In total, how much money did you pay?

Table E.13. Average price paid for 20 manufactured cigarettes								
Age group (years)	Men			Women			Both sexes		
	n	Mean BYN	95% CI	n	Mean BYN	95% CI	n	Mean BYN	95% CI
18–29	133	3.2	1.6–4.9	45	1.6	1.4–1.8	178	2.9	1.6–4.2
30–44	234	1.8	1.4–2.2	121	1.6	1.3–1.9	355	1.8	1.5–2.0
45–59	302	2.2	1.5–3.0	83	1.9	1.4–2.4	385	2.2	1.6–2.8
60–69	103	2.8	0.6–4.9	24	1.7	0.7–2.8	127	2.6	0.8–4.4
18–69	**772**	**2.4**	**1.8–3.0**	**273**	**1.7**	**1.5–1.9**	**1045**	**2.2**	**1.8–2.7**

Data book
Urban and rural populations

Tobacco use

Current smoking
Description: Current smokers among respondents in urban and rural areas
Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
- Select the area (*oblast*).
- Select the cluster.

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	385	45.8	40.6–51.0	315	56.4	49.4–63.4
40–69	608	40.8	36.2–45.4	781	52.5	47.5–57.5
18–69	**993**	**43.3**	**39.8–46.8**	**1096**	**54.1**	**49.4–58.9**

Table F.1. Current smokers, men

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	442	15.7	12.2–19.2	412	17.5	12.8–22.3
40–69	1071	11.7	9.5–13.9	996	7.6	5.5–9.8
18–69	**1513**	**13.2**	**11.3–15.2**	**1408**	**11.7**	**9.4–13.9**

Table F.2. Current smokers, women

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	827	31.5	28.1–34.9	727	37.0	32.5–41.5
40–69	1679	23.6	20.9–26.3	1777	29.7	26.6–32.7
18–69	**2506**	**27.1**	**25.0–29.2**	**2504**	**32.7**	**30.0–35.4**

Table F.3. Current smokers, both sexes

Daily smoking
Description: Percentage of current daily smokers among smokers in urban and rural areas.
Instrument questions:
- Do you currently smoke any tobacco products, such as cigarettes, cigars or pipes?
- Do you currently smoke tobacco products daily?

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	176	92.0	87.7–96.4	180	93.7	88.9–98.5
40–69	251	92.7	88.8–96.6	411	98.0	96.6–99.5
18–69	**427**	**92.3**	**88.9–95.8**	**591**	**96.2**	**94.0–98.4**

Table F.4. Current daily smokers among smokers, men

Table F.5. Current daily smokers among smokers, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	83	73.7	62.4–85.0	80	87.5	78.5–96.5
40–69	120	82.3	74.4–90.2	82	83.4	73.8–93.0
18–69	**203**	**78.4**	**71.7–85.1**	**162**	**85.9**	**79.2–92.6**

Table F.6. Current daily smokers, both sexes						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	259	87.7	83.6–91.7	260	92.2	88.2–96.3
40–69	371	89.6	86.2–93.1	493	96.1	94.2–98.0
18–69	**630**	**88.7**	**85.7–91.6**	**753**	**94.3**	**92.1–96.5**

Initiation and duration of smoking

Description: Mean age at initiation and mean duration of smoking, in years, among smokers in urban and rural areas (no total population for mean duration of smoking, as age influences these values).

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

Table F.7. Mean age started smoking (years), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	176	16.3	15.8–16.9	178	16.2	15.5–16.9
40–69	250	18.1	17.4–18.8	409	16.9	16.3–17.5
18–69	**426**	**17.2**	**16.7–17.7**	**587**	**16.6**	**16.1–17.1**

Table F.8. Mean age started smoking (years), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	83	17.8	17.1–18.6	80	17.5	17.0–18.0
40–69	120	22.7	21.2–24.2	82	21.3	19.2–23.4
18–69	**203**	**20.5**	**19.6–21.4**	**162**	**19.0**	**18.0–19.9**

Table F.9. Mean duration of smoking (years), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	176	13.6	12.7–14.5	178	12.6	11.5–13.7
40–69	250	34.2	32.8–35.5	409	34.9	34.0–35.9

Table F.10. Mean duration of smoking (years), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	83	13.1	11.6–14.7	80	11.9	10.5–13.3
40–69	120	28.6	26.7–30.4	82	28.5	25.9–31.0

Table F.11. Mean duration of smoking (years), both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	259	13.5	12.7–14.3	258	12.4	11.5–13.4
40–69	370	32.5	31.4–33.6	491	34.1	33.1–35.1

Alcohol consumption

Alcohol consumption status

Description: Alcohol consumption status among all respondents in urban and rural areas

Instrument questions:
- Have you ever consumed any alcohol, such as beer, wine, spirits (e.g. vodka, brandy, whiskey, tequila, home-brewed spirit)?
- Have you consumed any alcohol in the past 12 months?

Table F.12. Alcohol consumption status, men (%)									
Age group (years)	Urban					Rural			
	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI
18–39	385	86.9	82.1–91.7	13.1	8.3–17.9	315	87.4	82.0–92.8	12.6	7.2–18.0
40–69	608	85.1	81.7–88.5	14.9	11.5–18.3	781	86.6	83.1–90.0	13.4	10.0–16.9
18–69	**993**	**86.0**	**82.7–89.2**	**14.0**	**10.8–17.3**	**1096**	**86.9**	**83.3–90.5**	**13.1**	**9.5–16.7**

Table F.13. Alcohol consumption status, women (%)									
Age group (years)	Urban					Rural			
	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI
18–39	442	83.6	79.1–88.1	16.4	11.9–20.9	412	74.9	68.2–81.6	25.1	18.4–31.8
40–69	1071	79.2	75.5–83.0	20.8	17.0–24.5	996	74.0	69.0–78.9	26.0	21.1–31.0
18–69	**1513**	**80.9**	**77.6–84.2**	**19.1**	**15.8–22.4**	**1408**	**74.3**	**69.7–79.0**	**25.7**	**21.0–30.3**

Table F.14. Alcohol consumption status, both sexes (%)									
Age group (years)	Urban					Rural			
	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI	n	Drank in previous 12 months	95% CI	Abstained for > 12 months	95% CI
18–39	827	85.3	81.8–88.8	14.7	11.2–18.2	727	81.2	76.4–85.9	18.8	14.1–23.6
40–69	1679	81.6	78.7–84.6	18.4	15.4–21.3	1777	80.1	76.6–83.7	19.9	16.3–23.4
18–69	**2506**	**83.2**	**80.6–85.9**	**16.8**	**14.1–19.4**	**2504**	**80.6**	**76.9–84.2**	**19.4**	**15.8–23.1**

Drank ≥ 6 drinks on a single occasion

Description: Percentage of respondents who drank six or more drinks on any occasion in the previous 30 days in the total population of urban and rural areas

Instrument question:
- During the past 30 days, how many times did you drink six or more standard alcoholic drinks on a single occasion?

Table F.15. Drank six or more drinks on a single occasion at least once during the previous 30 days, men						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	385	33.3	27.0–39.6	315	31.7	25.3–38.0
40–69	608	34.9	29.6–40.2	781	38.9	33.4–44.4
18–69	**993**	**34.1**	**29.8–38.4**	**1096**	**35.9**	**31.1–40.7**

Table F.16. Drank six or more drinks on a single occasion at least once during the previous 30 days, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	442	6.2	3.7–8.7	412	6.9	3.8–10.0
40–69	1071	6.3	4.6–8.1	996	8.3	5.4–11.2
18–69	**1513**	**6.3**	**4.8–7.8**	**1408**	**7.7**	**5.5–9.9**

Table F.17. Drank six or more drinks on a single occasion at least once during the previous 30 days, both sexes						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	827	20.4	16.9–23.9	727	19.3	15.7–22.9
40–69	1679	18.0	15.5–20.6	1777	23.3	19.6–27.0
18–69	**2506**	**19.1**	**16.9–21.2**	**2504**	**21.7**	**18.6–24.7**

Diet

Mean number of days/week fruit and vegetables eaten

Description: Mean number of days on which fruit and vegetables were eaten in urban and rural areas

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?

Table F.18. Mean number of days fruit eaten in a typical week, men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	385	4.7	4.5–4.9	314	4.5	4.1–4.9
40–69	606	4.7	4.5–4.9	775	4.7	4.5–5.0
18–69	**991**	**4.7**	**4.6–4.9**	**1089**	**4.6**	**4.4–4.9**

Table F.19. Mean number of days fruit eaten in a typical week, women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	5.3	5.1–5.6	411	5.5	5.2–5.9
40–69	1071	5.5	5.4–5.6	996	5.6	5.4–5.8
18–69	**1513**	**5.4**	**5.3–5.6**	**1407**	**5.6**	**5.3–5.8**

Table F.20. Mean number of days fruit eaten in a typical week, both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	827	5.0	4.8–5.2	725	5.0	4.7–5.4
40–69	1677	5.2	5.1–5.3	1771	5.2	4.9–5.4
18–69	**2504**	**5.1**	**5.0–5.2**	**2496**	**5.1**	**4.9–5.3**

Table F.21. Mean number of days vegetables eaten in a typical week, men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	5.1	4.8–5.3	315	5.5	5.3–5.8
40–69	607	5.4	5.2–5.7	775	5.9	5.6–6.1
18–69	**991**	**5.3**	**5.1–5.5**	**1090**	**5.7**	**5.5–5.9**

Table F.22. Mean number of days vegetables eaten in a typical week, women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	5.4	5.2–5.6	411	5.8	5.5–6.1
40–69	1 071	5.7	5.6–5.9	994	6.0	5.9–6.2
18–69	**1 513**	**5.6**	**5.4–5.8**	**1 405**	**5.9**	**5.8–6.1**

Table F.23. Mean number of days vegetables eaten in a typical week, both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	826	5.2	5.0–5.4	726	5.6	5.4–5.9
40–69	1 678	5.6	5.5–5.8	1 769	6.0	5.8–6.1
18–69	**2 504**	**5.5**	**5.3–5.6**	**2 495**	**5.8**	**5.7–6.0**

Mean number of servings of fruit and vegetables

Description: Mean number of servings of fruit, vegetables and combined fruit and vegetables per day in urban and rural areas

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?

Table F.24. Mean number of servings of fruit per day, men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	1.3	1.2–1.5	313	1.5	1.3–1.7
40–69	606	1.5	1.3–1.7	772	1.6	1.4–1.7
18–69	**990**	**1.4**	**1.3–1.5**	**1085**	**1.5**	**1.4–1.7**

Table F.25. Mean number of servings of fruit per day, women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	1.9	1.7–2.1	411	2.2	1.8–2.6
40–69	1071	1.9	1.8–2.0	995	2.1	1.8–2.5
18–69	**1513**	**1.9**	**1.8–2.0**	**1406**	**2.2**	**1.8–2.5**

Table F.26. Mean number of servings of fruit per day, both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	826	1.6	1.5–1.7	724	1.8	1.6–2.1
40–69	1677	1.7	1.6–1.8	1767	1.9	1.6–2.1
18–69	**2503**	**1.7**	**1.6–1.8**	**2491**	**1.8**	**1.6–2.1**

Table F.27. Mean number of servings of vegetables per day, men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	383	1.8	1.4–2.1	314	1.9	1.6–2.1
40–69	606	1.9	1.7–2.2	772	2.1	1.8–2.3
18–69	**989**	**1.8**	**1.6–2.1**	**1086**	**2.0**	**1.7–2.2**

Table F.28. Mean number of servings of vegetables per day, women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	1.9	1.5–2.4	409	2.4	1.8–2.9
40–69	1070	2.1	1.8–2.5	994	2.3	1.9–2.8
18–69	**1512**	**2.1**	**1.7–2.4**	**1403**	**2.4**	**1.9–2.8**

Table F.29. Mean number of servings of vegetables per day, both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	825	1.8	1.5–2.2	723	2.1	1.7–2.5
40–69	1676	2.1	1.8–2.3	1766	2.2	1.8–2.6
18–69	**2501**	**2.0**	**1.7–2.3**	**2489**	**2.2**	**1.8–2.5**

Table F.30. Mean number of servings of fruit and/or vegetables per day, men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	3.1	2.7–3.5	315	3.3	2.9–3.7
40–69	607	3.4	3.1–3.7	774	3.6	3.2–4.0
18–69	**991**	**3.3**	**2.9–3.6**	**1089**	**3.5**	**3.1–3.9**

Table F.31. Mean number of servings of fruit and/or vegetables per day, women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	3.8	3.2–4.5	411	4.6	3.7–5.5
40–69	1071	4.0	3.6–4.4	996	4.5	3.7–5.3
18–69	**1513**	**4.0**	**3.5–4.4**	**1407**	**4.5**	**3.7–5.3**

Table F.32. Mean number of servings of fruit and/or vegetables per day, both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	826	3.4	3.0–3.9	726	3.9	3.3–4.6
40–69	1678	3.8	3.5–4.1	1770	4.0	3.5–4.6
18–69	**2504**	**3.6**	**3.3–4.0**	**2496**	**4.0**	**3.4–4.6**

Physical activity

Do not meet WHO recommendations on physical activity for health

Description: Percentage of respondents who do not meet the WHO recommendations on physical activity for health (< 150 min of moderate-intensity physical activity per week or equivalent).

Instrument questions:
- activity at work;
- travel to and from places;
- recreational activities

Table F.33. Do not meet WHO recommendations on physical activity for health, men						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	384	8.9	5.8–12.0	314	7.6	4.5–10.7
40–69	606	19.8	15.4–24.2	773	13.5	9.9–17.1
18–69	**990**	**14.4**	**11.3–17.4**	**1087**	**11.0**	**8.2–13.9**

Table F.34. Do not meet WHO recommendations on physical activity for health, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	440	13.2	9.6–16.7	410	12.5	7.7–17.4
40–69	1066	13.5	10.5–16.4	992	14.3	10.6–18.0
18–69	**1506**	**13.4**	**10.9–15.8**	**1402**	**13.6**	**10.3–16.9**

Table F.35. Do not meet WHO recommendations on physical activity for health, both sexes						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	824	10.9	8.5–13.3	724	10.1	7.1–13.1
40–69	1672	16.1	13.2–19.0	1765	13.9	10.9–16.9
18–69	**2496**	**13.8**	**11.6–16.1**	**2489**	**12.3**	**9.8–14.9**

Cervical cancer screening

Cervical cancer screening

Description: Percentage of female respondents who had ever been screened for cervical cancer among all female respondents

Instrument question:

- Have you ever been screened for cervical cancer, by any of the methods described above?

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	420	92.8	88.6–97.0	381	90.2	85.6–94.9
40–69	999	86.3	82.1–90.5	892	90.3	86.6–94.0
18–69	1419	88.8	85.4–92.2	1273	90.3	86.8–93.7

Table F.36. Female respondents who had ever been screened for cervical cancer

Cervical cancer screening among women aged 30–49 years

Description: Percentage of female respondents aged 30–49 years who had ever been screened for cervical cancer among all female respondents aged 30–49 years

Instrument question:

- Have you ever had a screening test for cervical cancer by any method?

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
30–49	586	90.6	86.7–94.6	509	90.5	86.3–94.8

Table F.37.Female respondents aged 30–49 years who had ever been screened for cervical cancer

Physical measurements

Raised blood pressure

Description: Percentage of respondents with raised blood pressure.

Instrument questions:

- Three readings of systolic and diastolic blood pressure
- During the past 2 weeks, have you been treated for raised blood pressure with medication prescribed by a doctor or health worker?

Age group (years)	Urban			Rural		
	n	%	95%	n	%	95% CI
18–39	384	17.7	13.0–22.3	315	31.0	24.9–37.1
40–69	607	64.3	59.7–68.9	780	64.7	59.7–69.7
18–69	**991**	**41.1**	**37.2–45.1**	**1095**	**50.6**	**46.3–54.9**

Table F.38. SBP ≥140 and/or DBP ≥ 90 mm Hg or currently on medication for raised blood pressure, men

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	442	10.0	7.0–13.0	412	20.9	16.2–25.6
40–69	1070	58.4	55.0–61.8	996	69.7	66.4–73.0
18–69	**1512**	**39.9**	**36.8–43.0**	**1408**	**49.8**	**46.2–53.3**

Table F.39. SBP ≥140 and/or DBP ≥ 90 mm Hg or currently on medication for raised blood pressure, women

Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	826	14.0	11.0–17.1	727	26.0	21.7–30.2
40–69	1677	60.8	57.7–63.8	1776	67.2	64.1–70.4
18–69	**2503**	**40.4**	**37.6–43.3**	**2503**	**50.2**	**47.1–53.3**

Table F.40. SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure, both sexes

Height, weight and BMI

Description: Mean height, weight and body-mass index of respondents (except pregnant women).
Instrument questions:
- Are you pregnant?
- Height
- Weight

Table F.41. Mean height (cm), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	178.1	177.2–179.0	315	176.1	175.2–177.1
40–69	607	175.8	175.2–176.5	779	173.5	172.8–174.3
18–69	**991**	**177.0**	**176.4–177.6**	**1094**	**174.6**	**174.0–175.3**

Table F.42. Mean height (cm), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	436	166.9	166.3–167.5	397	165.1	164.3–165.9
40–69	1067	163.9	163.4–164.4	994	162.8	162.1–163.4
18–69	**1503**	**165.0**	**164.6–165.5**	**1391**	**163.7**	**163.1–164.3**

Table F.43. Mean weight (kg), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	81.1	79.3–82.9	315	77.9	75.8–79.9
40–69	607	86.9	85.7–88.2	779	82.4	81.0–83.8
18–69	**991**	**84.0**	**82.9–85.2**	**1094**	**80.5**	**79.3–81.7**

Table F.44. Mean weight (kg), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	436	64.7	63.3–66.1	397	67.9	66.3–69.5
40–69	1067	77.1	76.0–78.2	994	80.4	79.0–81.8
18–69	**1503**	**72.4**	**71.4–73.4**	**1391**	**75.4**	**74.2–76.6**

Table F.45. Mean BMI (kg/m^2), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	25.5	25.0–26.0	315	25.1	24.5–25.7
40–69	607	28.1	27.7–28.5	779	27.3	26.9–27.7
18–69	**991**	**26.8**	**26.5–27.2**	**1094**	**26.4**	**26.0–26.7**

Table F.46. Mean BMI (kg/m^2), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	436	23.2	22.7–23.8	397	24.9	24.3–25.6
40–69	1067	28.7	28.3–29.2	994	30.4	29.9–30.9
18–69	**1503**	**26.7**	**26.2–27.1**	**1391**	**28.2**	**27.7–28.7**

Table F.47. Mean BMI (kg/m^2), both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	820	24.5	24.1–24.8	712	25.0	24.6–25.4
40–69	1674	28.5	28.2–28.8	1773	28.9	28.5–29.3
18–69	**2494**	**26.7**	**26.5–27.0**	**2485**	**27.3**	**26.9–27.6**

Waist circumference

Description: Mean waist circumference among respondents (except pregnant women).

Instrument questions:
- Are you pregnant?
- Waist circumference

Table F.48. Waist circumference (cm), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	87.0	85.2–88.7	314	87.4	85.9–89.0
40–69	604	96.7	95.4–98.1	773	95.7	94.4–97.0
18–69	**988**	**91.9**	**90.6–93.2**	**1087**	**92.2**	**91.1–93.4**

Table F.49. Waist circumference (cm), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	436	75.5	74.1–76.9	393	80.7	79.1–82.3
40–69	1059	90.4	89.1–91.7	985	95.5	94.0–97.0
18–69	**1495**	**84.7**	**83.5–86.0**	**1378**	**89.6**	**88.4–90.9**

Mean heart rate

Description: Mean heart rate (beats per min).

Instrument question:
- Three readings of heart rate

Table F.50. Mean heart rate (beats per min), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	384	72.4	71.3–73.6	315	74.0	72.6–75.5
40–69	607	75.3	74.3–76.3	780	75.9	75.0–76.9
18–69	**991**	**73.9**	**73.0–74.7**	**1095**	**75.1**	**74.2–76.0**

Table F.51. Mean heart rate (beats per min), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	442	72.3	71.4–73.3	412	74.5	73.2–75.8
40–69	1070	73.7	72.9–74.5	996	75.9	74.9–76.9
18–69	**1512**	**73.2**	**72.5–73.8**	**1408**	**75.3**	**74.4–76.2**

Table F.52. Mean heart rate (beats per min), both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	826	72.4	71.6–73.2	727	74.3	73.2–75.3
40–69	1677	74.4	73.7–75.0	1776	75.9	75.2–76.7
18–69	**2503**	**73.5**	**72.9–74.1**	**2503**	**75.2**	**74.5–76.0**

Biochemical measurements

Raised blood glucose[5]

Description: Categorization of blood glucose levels and percentage of respondents currently on medication for raised blood glucose (except non-fasting respondents)

Instrument questions:

- In the past 2 weeks, have you taken any medication for diabetes prescribed by a doctor or health worker?
- Are you currently taking insulin for diabetes prescribed by a doctor or health worker?
- During the past 12 hours, have you had anything to eat or drink, other than water?
- Fasting blood glucose
- Today, have you taken insulin or other medication prescribed by a doctor or health worker?

Table F.53. Raised blood glucose or currently on medication for diabetes, men						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	359	0.9	0.0–2.1	302	0.4	0.0–1.1
40–69	577	6.1	3.7–8.6	755	4.4	2.7–6.2
18–69	**936**	**3.6**	**2.1–5.0**	**1057**	**2.8**	**1.7–3.8**

Table F.54. Raised blood glucose or currently on medication for diabetes, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	419	1.2	0.2–2.3	390	0.8	0.0–1.8
40–69	1020	5.2	3.5–6.9	961	6.6	4.2–9.1
18–69	**1439**	**3.7**	**2.4–5.0**	**1351**	**4.2**	**2.6–5.9**

Table F.55. Raised blood glucose or currently on medication for diabetes, both sexes						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	778	1.0	0.2–1.9	692	0.6	0.1–1.2
40–69	1597	5.6	4.1–7.1	1716	5.5	4.0–7.1
18–69	**2375**	**3.6**	**2.6–4.7**	**2408**	**3.5**	**2.5–4.5**

Raised total cholesterol

Description: Percentage of respondents with raised total cholesterol and percentage of respondents currently on medication for raised cholesterol.

Instrument questions:

- Total cholesterol measurement
- During the past 2 weeks, have you been treated for raised cholesterol with medication prescribed by a doctor or health worker?

Table F.56. Total cholesterol ≥ 6.2 mmol/L or currently on medication for raised cholesterol, men						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	362	2.3	0.4–4.1	304	1.2	0.0–2.4
40–69	578	14.3	11.0–17.5	765	8.8	6.4–11.2
18–69	**940**	**8.4**	**6.4–10.3**	**1069**	**5.6**	**4.0–7.3**

Table F.57. Total cholesterol ≥ 6.2 mmol/L or currently on medication for raised cholesterol, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	421	3.5	1.7–5.4	391	3.1	1.4–4.8
40–69	1028	17.4	14.6–20.3	969	18.1	14.4–21.8
18–69	**1449**	**12.1**	**10.1–14.2**	**1360**	**12.0**	**9.4–14.6**

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[5] Either plasma venous value ≥ 7.0 mmol/L (126 mg/dL) or capillary whole blood value ≥ 6.1 mmol/L (110 mg/dL)

Table F.58. Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl or currently on medication for raised cholesterol, both sexes						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	783	2.9	1.5–4.3	695	2.2	1.1–3.2
40–69	1606	16.1	13.8–18.5	1734	13.5	11.1–15.9
18–69	**2389**	**10.4**	**8.9–12.0**	**2429**	**8.8**	**7.2–10.5**

Daily salt intake

Description: Mean intake of salt in g/day among all respondents

Instrument questions:
- Are you pregnant?
- Had you been fasting before urine collection?
- Urinary sodium measurement
- Urinary creatinine measurement

Table F.59. Mean salt intake (g/day), men						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	313	11.7	11.5–12.0	264	12.1	11.8–12.4
40–69	493	12.6	12.4–12.9	617	13.0	12.8–13.2
18–69	**806**	**12.2**	**12.0–12.4**	**881**	**12.6**	**12.4–12.8**

Table F.60. Mean salt intake (g/day), women						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	351	8.4	8.3–8.6	315	9.0	8.8–9.2
40–69	872	8.8	8.7–9.0	817	9.6	9.4–9.7
18–69	**1223**	**8.7**	**8.6–8.8**	**1132**	**9.3**	**9.2–9.5**

Table F.61. Mean salt intake (g/day), both sexes						
Age group (years)	Urban			Rural		
	n	Mean	95% CI	n	Mean	95% CI
18–39	664	10.2	10.0–10.4	579	10.6	10.3–10.9
40–69	1365	10.4	10.2–10.6	1434	11.2	11.0–11.4
18–69	**2029**	**10.3**	**10.1–10.5**	**2013**	**11.0**	**10.8–11.2**

High-density lipoprotein (HDL)

Description: Percentage of respondents with low HDL

Instrument question: HDL cholesterol measurement

Table F.62. Percentage of respondents with HDL < 1.03 mmol/L, men						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	362	27.7	22.0–33.4	304	28.4	21.0–35.9
40–69	578	30.4	25.1–35.7	765	24.2	19.2–29.2
18–69	**940**	**29.1**	**24.9–33.2**	**1069**	**26.0**	**21.3–30.6**

Table F.63. Percentage of respondents with HDL < 1.29 mmol/L, women						
Age group (years)	Urban			Rural		
	n	%	95% CI	n	%	95% CI
18–39	421	32.5	26.6–38.4	391	33.6	27.7–39.4
40–69	1028	43.2	39.4–47.1	969	37.4	32.8–41.9
18–69	**1449**	**39.1**	**35.4–42.8**	**1360**	**35.8**	**32.0–39.7**

Additional data book

Electronic cigarettes

Electronic cigarette use

Description: Percentage of tobacco-smoking respondents who used electronic cigarettes at the time of the survey.

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

Table G.1. Percentage of smokers who use electronic cigarettes currently									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	10.7	4.7–16.7	57	7.1	0.4–13.7	217	9.9	4.8–15.0
30–44	315	4.1	0.4–7.7	149	1.0	0.0–2.4	464	3.3	0.6–6.0
45–59	403	0.6	0.0–1.5	124	0.9	0.0–2.2	527	0.7	0.0–1.5
60–69	140	0.0	0.0–0.0	35	0.0	0.0–0.0	175	0.0	0.0–0.0
18–69	**1018**	**4.2**	**2.0–6.5**	**365**	**2.3**	**0.6–4.0**	**1383**	**3.8**	**1.9–5.7**

Former use of electronic cigarettes

Description: Percentage of smoking respondents who used electronic cigarettes in the past

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

Table G.2. Percentage of smoking respondents who used electronic cigarettes in the past									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	160	7.6	3.2–12.0	57	9.8	0.3–19.3	217	8.1	3.9–12.3
30–44	315	4.8	2.1–7.6	149	6.7	1.5–11.9	464	5.3	2.4–8.2
45–59	403	2.7	0.9–4.5	124	9.0	1.5–16.5	527	4.0	1.8–6.3
60–69	140	2.9	0.0–6.9	35	2.9	0.0–8.5	175	2.9	0.0–6.4
18–69	**1018**	**4.6**	**2.9–6.4**	**365**	**7.8**	**4.1–11.6**	**1383**	**5.4**	**3.6–7.1**

Current use of electronic cigarettes by non-smokers

Description: Percentage of tobacco non-smoking respondents who used electronic cigarettes at the time of the survey.

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

Table G.3. Percentage of tobacco non-smoking respondents using electronic cigarettes									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	171	4.7	1.2–8.2	301	1.0	0.0–2.1	472	2.4	0.9–3.9
30–44	277	1.0	0.0–2.1	668	1.9	0.6–3.3	945	1.6	0.7–2.6
45–59	409	0.3	0.0–0.7	968	0.1	0.0–0.2	1377	0.1	0.0–0.3
60–69	214	0.5	0.0–1.6	619	0.1	0.0–0.3	833	0.2	0.0–0.6
18–69	**1071**	**1.6**	**0.6–2.7**	**2556**	**0.8**	**0.3–1.2**	**3627**	**1.1**	**0.6–1.5**

Former use of electronic cigarettes

Description: Percentage of tobacco non-smoking respondents who had used electronic cigarettes.

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

Table G.4. Percentage of tobacco non-smoking respondents who had used electronic cigarettes									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	171	2.7	0.1–5.3	301	1.2	0.0–2.5	472	1,8	0.3–3.2
30–44	277	1.4	0.0–2.7	668	1.4	0.1–2.6	945	1.4	0.3–2.4
45–59	409	0.7	0.0–1.5	968	0.0	0.0–0.0	1377	0.2	0.0–0.5
60–69	214	0.9	0.0–2.3	619	0.3	0.0–0.7	833	0.5	0.0–1.0
18–69	**1071**	**1.4**	**0.6–2.3**	**2556**	**0.7**	**0.2–1.1**	**3627**	**0.9**	**0.4–1.4**

Physical activity

Duration of high-intensity physical activity

Description: Percentage of respondents who did an average of > 75 min of high-intensity physical activity per day.

Instrument questions:
- activity at work,
- travel to and from places,
- recreational activities

Table G.5. Respondents who did an average of > 75 min of high-intensity physical activity per day									
Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	23.8	18.2–29.3	354	1.5	0.3–2.8	685	13.0	9.9–16.1
30–44	587	22.4	18.6–26.3	816	4.0	2.5–5.6	1403	13.1	10.9–15.3
45–59	806	21.3	17.6–25.1	1087	4.8	3.2–6.4	1893	12.5	10.4–14.5
60–69	353	3.3	1.1–5.5	651	1.7	0.6–2.8	1004	2.4	1.2–3.5
18–69	**2077**	**19.9**	**17.7–22.1**	**2908**	**3.4**	**2.6–4.2**	**4985**	**11.2**	**10.0–12.5**

Duration of medium-intensity physical activity

Description: Percentage of respondents who did an average of > 150 min of medium-intensity physical activity per day

Instrument questions:
- activity at work,
- travel to and from places,
- recreational activities

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	41.3	35.1–47.6	354	39.2	32.2-46.2	685	40.3	35.2-45.3
30–44	587	52.2	46.8–57.6	816	40.3	35.9-44.7	1403	46.2	42.4-49.9
45–59	806	50.5	46.4–54.7	1087	44.6	40.6-48.7	1893	47.4	44.5-50.2
60–69	353	27.8	21.9–33.7	651	18.7	14.8-22.5	1004	22.4	18.6-26.2
18–69	**2077**	**45.8**	**42.8–48.8**	**2908**	**37.7**	**34.7-40.6**	**4985**	**41.5**	**39.1-44.0**

Table G.6. Respondents who did an average of > 150 min of medium-intensity physical activity per day

Active respondents

Description: Percentage of respondents who did an average of > 75 min of high-intensity physical activity and/or > 150 min of medium-intensity physical activity per day

Instrument questions:
- activity at work,
- travel to and from places,
- recreational activities

Age group (years)	Men			Women			Both sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18–29	331	57.2	51.3–63.1	354	40.2	33.1–47.3	685	49.0	44.0–53.9
30–44	587	65.8	60.4–71.2	816	43.0	38.7–47.4	1403	54.2	50.4–58.1
45–59	806	62.6	58.5–66.6	1087	47.8	43.8–51.8	1893	54.6	51.7–57.6
60–69	353	30.6	24.5–36.7	651	19.4	15.5–23.2	1004	24.0	20.1–27.8
18–69	**2077**	**58.0**	**55.2–60.9**	**2908**	**39.8**	**36.9–42.8**	**4985**	**48.5**	**46.1–50.9**

Table G.7. Respondents who did an average of > 75 min of high-intensity physical activity and/or > 150 min of medium-intensity physical activity per day

Physical measurements

Waist circumference (high value)

Description: Proportions of male respondents with a waist circumference > 94 cm and female respondents with a waist circumference > 80 cm

Instrument question:
- Are you pregnant?

Age group (years)	Men			Women		
	n	%	95% CI	n	%	95% CI
18–29	330	19.1	14.0–24.1	343	27.0	21.4–32.6
30–44	590	38.3	33.4–43.3	801	54.3	49.9–58.8
45–59	804	56.5	52.0–61.0	1081	82.4	79.4–85.5
60–69	351	60.7	54.7–66.6	648	87.9	84.6–91.3
18–69	**2075**	**42.0**	**38.9–45.1**	**2873**	**63.5**	**60.8–66.3**

Table G.8. Proportions of male respondents with a waist circumference > 94 cm and female respondents with a waist circumference > 80 cm

Belarus STEPS survey 2016
Fact sheet
Urban populations

The STEPS survey of noncommunicable disease (NCD) risk factors in Belarus was conducted between September 2016 and March 2017. Sociodemographic and behavioural information was collected in Step 1, physical measurements such as height, weight and blood pressure in Step 2 and biochemical measurements to assess blood glucose and cholesterol and urinary sodium and creatinine levels in Step 3. The population-based survey covered adults aged 18–69 years. A multistage cluster sample design was used to ensure representative data for that age range in Belarus. A total of 5 760 adults participated in the survey, 2 506 of them were from urban areas.

Results for urban adults aged 18–69 years (with 95% CIs)	Both sexes	Men	Women
Step 1. Tobacco use			
Percentage who currently smoke tobacco, **%**	**30.5** (28.3–32.6)	**50.0** (46.2–53.7)	**13.3** (11.1–15.4)
Percentage who currently smoke tobacco daily, **%**	**27.5** (25.4–29.6)	**46.8** (43.0–50.6)	**10.4** (8.5–12.4)
For those who smoke tobacco daily:			
Average age started tobacco smoking (years)	17.3 (16.8–17.7)	16.7 (16.2–17.2)	19.8 (18.8–20.7)
Percentage of daily smokers who smoke manufactured cigarettes, **%**	**99.6** (99.1–100.0)	**99.6** (99.0–100.0)	**99.5** (98.4–100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	14.4 (13.6–15.2)	15.4 (14.6–16.3)	10.4 (9.1–11.7)
Step 1. Alcohol consumption, **%**			
Percentage who are lifetime abstainers	**4.3** (3.0–5.5)	**2.7** (1.5–3.9)	**5.6** (3.9–7.3)
Percentage who have abstained for the previous 12 months	**10.8** (9.1–12.5)	**8.3** (6.1–10.4)	**13.0** (10.6–15.5)
Percentage who currently drink (drank alcohol in the previous 30 days)	**55.9** (52.7–59.1)	**68.8** (64.4–73.1)	**44.6** (40.5–48.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the previous 30 days)	**21.4** (19.1–23.7)	**37.5** (33.5–41.6)	**7.2** (5.5–8.9)
Step 1. Diet			
Mean number of days fruit eaten in a typical week	5.1 (4.9–5.2)	4.5 (4.3–4.7)	5.6 (5.4–5.7)
Mean number of servings of fruit eaten per day	1.7 (1.5–1.9)	1.4 (1.2–1.5)	2.1 (1.8–2.4)
Mean number of days vegetables eaten in a typical week	5.7 (5.5–5.8)	5.5 (5.3–5.7)	5.8 (5.7–6.0)
Mean number of servings of vegetables eaten per day	2.1 (1.8–2.5)	2.0 (1.7–2.2)	2.3 (1.9–2.7)
Percentage who ate fewer than five servings of fruit and/or vegetables on average per day, **%**	**73.0** (68.5–77.5)	**78.7** (74.0–83.4)	**68.0** (63.0–73.0)
Percentage who always or often add salt or salty sauce to their food before or during eating, **%**	**29.3** (25.7–32.8)	**34.1** (29.7–38.5)	**25.0** (20.9–29.1)
Percentage who always or often eat processed foods high in salt, **%**	**37.1** (34.3–39.9)	**46.1** (42.2–50.0)	**29.2** (25.6–32.7)
Step 1. Physical activity			
Percentage who do insufficient physical activity (< 150 min of moderate-intensity activity per week, or equivalent)[6], **%**	**12.8** (10.6–14.9)	**12.1** (9.4–14.7)	**13.4** (10.7–16.0)
Median time spent in physical activity per day (min and interquartile range)	141.4 (45.0–320.6)	222.9 (60.0–360.0)	111.4 (40.0–261.4)
Percentage who did not do vigorous activity, **%**	**82.8** (80.5–85.0)	**71.3** (67.7–74.9)	**92.9** (91.1–94.6)
Step 1. Cervical cancer screening			
Percentage of women aged 30–49 years who had ever been screened for cervical cancer, **%**			**93.8** (90.5–97.0)

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[6] For a definition of "insufficient physical activity", consult the Global Physical Activity Questionaire Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or the WHO global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html).

Results for adults aged 18–69 years (with 95% CI)	Both sexes	Men	Women
Step 2. Physical measurements			
Mean body mass index (BMI) (kg/m²)	26.9 (26.6–27.2)	26.5 (26.1–26.8)	27.2 (26.8–27.7)
Percentage who are overweight (BMI ≥ 25 kg/m²), **%**	**58.9** (56.2–61.6)	**59.4** (55.5–63.3)	**58.4** (54.8–62.1)
Percentage who are obese (BMI ≥ 30 kg/m²), **%**	**25.8** (23.6–28.0)	**20.2** (17.2–23.2)	**30.8** (27.8–33.8)
Average waist circumference (cm)		91.6 (90.5–92.7)	86.5 (85.2–87.7)
Mean systolic blood pressure (SBP, mm Hg), including those currently on medication for raised BP	133.9 (132.7–135.1)	135.6 (134.1–137.2)	132.4 (130.9–133.8)
Mean diastolc blood pressure (DBP, mm Hg), including those currently on medication for raised BP	84.6 (83.9–85.3)	85.6 (84.7–86.6)	83.7 (82.9–84.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised BP), **%**	**44.3** (41.6–47.0)	**44.9** (41.0–48.9)	**43.7** (40.7–46.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP, **%**	**54.0** (50.1–57.8)	**66.9** (61.5–72.3)	**42.3** (37.8–46.8)
Step 3. Biochemical measurements			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.7 (4.6–4.8)	4.7 (4.6–4.8)	4.7 (4.6–4.8)
Percentage with impaired fasting glycaemia, **%**: • Venous blood plasma: ≥ 6.1 mmol/L (110 mg/dL) and < 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 5.6 mmol/L (100 mg/dL) and < 6.1 mmol/L (110 mg/dL)	**4.4** (2.9–5.9)	**4.5** (2.9–6.1)	**4.4** (2.5–6.3)
Percentage with elevated fasting blood glucose or currently on medication for raised blood glucose, **%**: • Venous blood plasma: ≥ 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 6.1 mmol/L (110 mg/dL)	**3.0** (2.2–3.9)	**2.9** (1.6–4.1)	**3.2** (2.2–4.2)
Mean total cholesterol, including those currently on medication for elevated cholesterol (mmol/L)	4.7 (4.6–4.8)	4.5 (4.4–4.6)	4.8 (4.7–4.9)
Percentage with raised total cholesterol (≥ 5.0 mmol/L) or currently on medication for raised cholesterol, **%**	**36.8** (34.0–39.6)	**32.2** (28.3–36.1)	**40.9** (37.5–44.3)
Mean intake of salt per day (g/day)	10.5 (10.4–10.7)	12.4 (12.2–12.5)	8.9 (8.7–9.0)
Cardiovascular disease (CVD) risk			
Percentage aged 40–69 years with a 10-year CVD risk ≥ 30% or with existing CVD[7], **%**	**11.9** (9.4–14.4)	**14.0** (10.3–17.6)	**10.2** (7.4–13.0)
Summary of combined risk factors • current daily smokers • overweight (BMI ≥ 25 kg/m²) • fewer than 5 servings of fruits and vegetables per day • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on • insufficient physical activity medication for raised BP)			
Percentage with none of the above risk factors	**5.8** (4.4–7.1)	**2.2** (1.0–3.3)	**8.9** (6.5–11.4)
Percentage with three or more of the above risk factors, aged 18–44 years	**23.7** (20.3–27.2)	**32.9** (27.6–38.2)	**14.9** (11.4–18.4)
Percentage with three or more of the above risk factors, aged 45–69 years	**55.9** (52.1–59.7)	**61.3** (56.4–66.3)	**51.5** (46.7–56.3)
Percentage with three or more of the above risk factors, aged 18–69 years	**38.4** (35.5–41.3)	**45.2** (41.1–49.3)	**32.3** (29.0–35.6)

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[7] A 10-year CVD risk ≥ 30% is defined on the basis of age, sex, blood pressure, smoking status (current smokers or those who quit smoking < 1 year before the assessment), total cholesterol and diabetes (previously diagnosed or a fasting plasma glucose concentration > 6.1 mmol/L (110 mg/dL).

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS IN BELARUS, STEPS 2016

Belarus STEPS survey 2016
Fact sheet
Rural populations

The STEPS survey of noncommunicable disease (NCD) risk factors in Belarus was conducted between September 2016 and March 2017. Sociodemographic and behavioural information was collected in Step 1, physical measurements such as height, weight and blood pressure in Step 2 and biochemical measurements to assess blood glucose and cholesterol and urinary sodium and creatinine levels in Step 3. The population-based survey covered adults aged 18–69 years. A multistage cluster sample design was used to ensure representative data for that age range in Belarus. A total of 5 760 adults participated in the survey, 2 504 of them were from rural areas.

Results for rural adults aged 18–69 years (with 95% CIs)	Both sexes	Men	Women
Step 1. Tobacco use			
Percentage who currently smoke tobacco, **%**	**28.7** (26.3–31.2)	**46.8** (42.8–50.8)	**11.8** (9.9–13.7)
Percentage who currently smoke tobacco daily, **%**	**26.7** (24.3–29.1)	44.5 (40.5–48.5)	**10.0** (8.3–11.8)
For those who smoke tobacco daily:			
Average age started tobacco smoking (years)	17.6 (17.1–18.0)	17.0 (16.6–17.5)	19.8 (18.7–20.8)
Percentage of daily smokers who smoke manufactured cigarettes, **%**	**99.1** (98.3–100.0)	**99.4** (98.7–100.0)	**97.9** (94.5–100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	15.4 (14.8–16.1)	16.7 (16.0–17.4)	10.2 (8.8–11.6)
Step 1. Alcohol consumption, **%**			
Percentage who are lifetime abstainers	**7.2** (4.8–9.6)	**5.3** (2.6–7.9)	**9.0** (6.1–11.9)
Percentage who abstained for the previous 12 months	**13.8** (11.7–15.9)	**10.9** (8.1–13.6)	**16.5** (13.9–19.2)
Percentage who currently drink (drank alcohol in the previous 30 days)	**49.5** (46.2–52.9)	**61.1** (56.6–65.5)	**38.8** (34.7–42.8)
Percentage who engaged in heavy episodic drinking (6 or more drinks on any one occasion in the previous 30 days)	19.1 (16.7–21.4)	32.4 (28.2–36.5)	6.6 (4.9–8.3)
Step 1. Diet			
Mean number of days fruit eaten in a typical week	5.1 (5.0–5.3)	4.8 (4.7–5.0)	5.4 (5.3–5.6)
Mean number of servings of fruit eaten per day	1.8 (1.7–1.9)	1.6 (1.4–1.7)	1.9 (1.8–2.1)
Mean number of days vegetables eaten in a typical week	5.6 (5.4–5.7)	5.4 (5.2–5.6)	5.7 (5.5–5.8)
Mean number of servings of vegetables eaten per day	2.0 (1.8–2.2)	1.9 (1.7–2.0)	2.1 (1.8–2.3)
Percentage who ate fewer than 5 servings of fruit and/or vegetables on average per day, **%**	**72.8** (69.1–76.4)	**77.1** (73.0–81.3)	**68.7** (64.5–73.0)
Percentage who always or often add salt or salty sauce to their food before or during eating, **%**	**34.2** (29.8–38.6)	**37.5** (32.3–42.8)	**31.1** (26.4–35.8)
Percentage who always or often eat processed foods high in salt, **%**	**34.1** (30.9–37.4)	**41.0** (36.7–45.4)	**27.7** (24.3–31.1)
Step 1. Physical activity			
Percentage with insufficient physical activity (defined as < 150 min of moderate-intensity activity per week, or equivalent)[8], **%**	**13.5** (11.5–15.6)	**13.5** (10.9–16.2)	**13.6** (11.0–16.1)
Median time spent in physical activity per day (min and interquartile range)	131.4 (42.9–317.1)	210.0 (60.0–360.0)	102.9 (38.6–257.1)
Percentage who do not do vigorous activity, **%**	**78.2** (75.6–80.8)	**66.5** (62.4–70.5)	**89.2** (86.8–91.6)
Step 1. Cervical cancer screening			
Percentage of women aged 30–49 years who had ever had a screening test for cervical cancer, **%**			**87.2** (82.9–91.6)

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[8] For a definition of "insufficient physical activity", consult the Global Physical Activity Questionaire Analysis Guide (http://www.who.int/chp/steps/GPAQ/en/index.html) or the WHO global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html).

Results for adults aged 18–69 years (with 95% CI)	Both sexes	Men	Women
Step 2. Physical measurements			
Mean body mass index (BMI; kg/m^2)	27.1 (26.8–27.4)	26.8 (26.4–27.1)	27.4 (27.0–27.8)
Percentage who are overweight (BMI ≥ 25 kg/m^2), **%**	**62.4** (59.9–64.9)	**63.5** (59.5–67.4)	**61.4** (58.1–64.7)
Percentage who are obese (BMI ≥ 30 kg/m^2), **%**	**25.0** (22.7–27.3)	**20.1** (17.3–22.9)	**29.6** (26.4–32.8)
Average waist circumference (cm)		92.5 (91.4–93.7)	87.3 (86.0–88.6)
Mean SBP (mm Hg), including those currently on medication for raised BP	135.2 (134.1–136.4)	137.6 (136.2–139.1)	132.9 (131.5–134.4)
Mean DBP (mm Hg), including those currently on medication for raised BP	85.1 (84.4–85.8)	85.9 (85.1–86.7)	84.4 (83.5–85.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised BP), **%**	**45.5** (42.6–48.3)	**46.3** (42.3–50.3)	**44.7** (41.4–48.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg) not currently on medication for raised BP, **%**	**52.9** (49.4–56.4)	**63.2** (58.5–68.0)	**42.9** (38.0–47.9)
Step 3. Biochemical measurements			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.8 (4.7–4.9)	4.8 (4.7–4.9)	4.8 (4.7–4.9)
Percentage with impaired fasting glycaemia, defined as: • Venous blood plasma: ≥ 6.1 mmol/L (110 mg/dL) and ≥ 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 5.6 mmol/L (100 mg/dL) and < 6.1 mmol/L (110 mg/dL)	**3.6** (2.7–4.5)	**3.7** (2.4–4.9)	**3.5** (2.4–4.6)
Percentage with elevated fasting blood glucose as defined below or currently on medication for raised blood glucose: • Venous blood plasma: ≥ 7.0 mmol/L (126 mg/dL) • Whole capillary blood: ≥ 6.1 mmol/L (110 mg/dL)	**4.1** (3.1–5.2)	**3.5** (2.2–4.8)	**4,8** (3.2–6.3)
Mean total cholesterol, including those currently on medication for elevated cholesterol (mmol/L)	4.8 (4.7–4.8)	4.6 (4.6–4.7)	4.9 (4.8–5.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L) or currently on medication for raised cholesterol, **%**	**39.7** (37.0–42.4)	**34.6** (31.1–38.2)	**44.5** (41.1–48.0)
Mean daily salt intake (g/day)	10.7 (10.5–10.9)	12.4 (12.2–12.6)	9.1 (8.9–9.2)
Cardiovascular disease (CVD) risk			
Percentage aged 40–69 years with a 10-year CVD risk ≥ 30%, or with existing CVD[9], **%**	**15.0** (12.3–17.7)	**17.1** (13.0–21.1)	**13.3** (10.4–16.2)
Summary of combined risk factors • current daily smokers • fewer than 5 servings of fruits and vegetables per day • insufficient physical activity • overweight (BMI ≥ 25 kg/m^2) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mm Hg or currently on medication for raised BP)			
Percentage with none of the above risk factors	**5.4** (4.1–6.8)	**2.9** (1.5–4.3)	**7.9** (5.7–10.1)
Percentage with three or more of the above risk factors, aged 18–44 years	**31.3** (28.3–34.3)	**41.4** (36.7–46.2)	**20.2** (16.2–24.1)
Percentage with three or more of the above risk factors, aged 45–69 years	**55.1** (51.8–58.5)	**62.4** (57.5–67.4)	**49.3** (45.1–53.5)
Percentage with three or more of the above risk factors, aged 18–69 years	**42.6** (40.1–45.1)	**50.5** (46.9–54.1)	**35.2** (31.9–38.4)

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[9] A 10-year CVD risk of ≥ 30% is defined on the basis of age, sex, blood pressure, smoking status (current smokers or those who quit smoking < 1 year before the assessment), total cholesterol and diabetes (previously diagnosed or a fasting plasma glucose concentration > 6.1 mmol/L (110 mg/dL).

PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS
IN BELARUS, STEPS 2016

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