



WHO STEPS

Chronic Disease Risk Factor Surveillance

**DATA BOOK FOR
<INSERT COUNTRY/SITE NAME>**

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IMPORTANT:

- You need to run the Epi Info programs **AgeRange2564** (or **AgeRange1564**) and **MissingAgeSex** prior to running any of the programs in the data book. You should only need to run these programs one time. If age and/or sex can be entered for any records missing this information, then enter this missing information and run **Rerun_AgeRange2564** (or **Rerun_AgeRange1564**) followed by **MissingAgeSex**.
- ALL questions that report results by age and/or sex use the variables **AgeRange**, **Sex**, and **Valid**. These variables are created in the above AgeRange and MissingAgeSex programs using the variables **C1**, **C2**, and **C3**.
- ALL weighted programs use the variables **PSU**, **Stratum**, and one of either **WStep1**, **WStep2**, or **WStep3**.
- Unweighted tables will not have confidence intervals associated with them.

Sampling and Response Proportions

Response proportions Description: Summary results for overall response proportions.

Response proportions									
Age Group (years)	Men			Women			Both Sexes		
	Eligible	Responded		Eligible	Responded		Eligible	Responded	
	n	n	%	n	n	%	n	n	%
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: interview tracking form
 - Epi Info program name: ResponseOverall (unweighted)
-

Step 3 response proportions Description: Summary results for the response proportions for Step 3 for countries that have done Step 3 with a sub-set of the sample.

Response proportions for Step 3									
Age Group (years)	Men			Women			Both Sexes		
	Eligible	Responded		Eligible	Responded		Eligible	Responded	
	n	n	%	n	n	%	n	n	%
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: interview tracking form (if applicable)
 - Epi Info program name: ResponseStep3 (unweighted)
-

Demographic Information Results

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

Instrument question:

- Sex
- What is your date of birth?

Age group and sex of respondents							
Age Group (years)	Men		Women		Both Sexes		
	n	%	n	%	n	%	
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: C1, C2
 - Epi Info program name: Cagesex (unweighted)
-

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

Instrument question:

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

Mean number of years of education							
Age Group (years)	Men		Women		Both Sexes		
	n	Mean	n	Mean	n	Mean	
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: C4
 - Epi Info program name: Ceduyears (unweighted)
-

- Highest level of education** Description: Highest level of education achieved by the survey respondents.
- Instrument question:
- What is the highest level of education you have completed?

Highest level of education								
Men								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34								
35-44								
45-54								
55-64								
25-64								

Highest level of education								
Women								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34								
35-44								
45-54								
55-64								
25-64								

Highest level of education								
Both Sexes								
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34								
35-44								
45-54								
55-64								
25-64								

Analysis Information:

- Questions used: C5
- Epi Info program name: Ceduhigh (unweighted)

Ethnicity Description: Summary results for the ethnicity of the respondents.

Instrument Question:

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

Ethnic group of respondents					
Age Group (years)	Both Sexes				
	n	% Ethnic group 1	% Ethnic group 2	% Ethnic group 3	% Other ethnic group
25-34					
35-44					
45-54					
55-64					
25-64					

Analysis Information:

- Questions used: C6
 - Epi Info program name: Cethnic (unweighted)
-

Marital status Description: Marital status of survey respondents.

Instrument question:

- What is your marital status?

Marital status							
Age Group (years)	Men						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
25-34							
35-44							
45-54							
55-64							
25-64							

Marital status							
Age Group (years)	Women						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
25-34							
35-44							
45-54							
55-64							
25-64							

Marital status							
Age Group (years)	Both Sexes						
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed	% Cohabiting
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: C7
- Epi Info program name: Cmaritalstatus (unweighted)

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

Instrument question:

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

Employment status					
Men					
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
25-34					
35-44					
45-54					
55-64					
25-64					

Employment status					
Women					
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
25-34					
35-44					
45-54					
55-64					
25-64					

Employment status					
Both Sexes					
Age Group (years)	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid
25-34					
35-44					
45-54					
55-64					
25-64					

Analysis Information:

- Questions used: C8
- Epi Info program name: Cworkpaid (unweighted)

Unpaid work and unemployed Description: Proportion of respondents in unpaid work.
Instrument question:

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

Unpaid work and unemployed								
Age Group (years)	Men						Unemployed	
	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work		
						% Not able to work		
25-34								
35-44								
45-54								
55-64								
25-64								

Unpaid work and unemployed								
Age Group (years)	Women						Unemployed	
	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work		
						% Not able to work		
25-34								
35-44								
45-54								
55-64								
25-64								

Unpaid work and unemployed								
Age Group (years)	Both Sexes						Unemployed	
	n	% Non-paid	% Student	% Home-maker	% Retired	% Able to work		
						% Not able to work		
25-34								
35-44								
45-54								
55-64								
25-64								

Analysis Information:

- Questions used: C8
- Epi Info program name: Cworknotpaid (unweighted)

Per capita annual income

Description: Mean reported per capita annual income of respondents in local currency.

Instrument question:

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

Mean annual per capita income	
n	Mean

Analysis Information:

- Questions used: C9, C10a-d
 - Epi Info program name: Cmeanincome (unweighted)
-

Estimated household earnings

Description: summary of participant household earnings by quintile.

Instrument question:

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

Estimated household earnings					
n	% Quintile 1: Under \$.....	% Quintile 2: \$.....-\$.....	% Quintile 3: \$.....-\$.....	% Quintile 4: \$.....-\$.....	% Quintile 5: Over \$.....

Analysis Information:

- Questions used: C11
 - Epi Info program name: Cquintile (unweighted)
-

Tobacco Use

Current smoking Description: Current smokers among all respondents.

Instrument questions:

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

Percentage of current smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current smoker	95% CI	n	% Current smoker	95% CI	n	% Current smoker	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T1
 - Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)
-

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?

Smoking status							
Men							
Age Group (years)	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	% Non-daily	95% CI		
25-34							
35-44							
45-54							
55-64							
25-64							

Smoking status							
Women							
Age Group (years)	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	% Non-daily	95% CI		
25-34							
35-44							
45-54							
55-64							
25-64							

Smoking status							
Both Sexes							
Age Group (years)	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	% Non-daily	95% CI		
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: T1, T2
- Epi Info program name: Tsmokestatus (unweighted); TsmokestatusWT (weighted)

Frequency of smoking Description: Percentage of current daily smokers among smokers.
Instrument question:

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

Current daily smokers among smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI	n	% Daily smokers	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T1, T2
- Epi Info program name: Tsmokefreq (unweighted); TsmokefreqWT (weighted)

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

Instrument questions:

- How old were you when you first started smoking daily?
- Do you remember how long ago it was?

Mean age started smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Mean duration of smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean duration	95% CI	n	Mean duration	95% CI	n	Mean duration	95% CI
25-34									
35-44									
45-54									
55-64									

Analysis Information:

- Questions used: T1, T2, T3, T4a-c
- Epi Info program name: Tsmokeage (unweighted); TsmokeageWT (weighted)

Manufactured cigarette smokers Description: Percentage of smokers who use manufactured cigarettes among daily smokers.

Instrument question:

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

Manufactured cigarette smokers among daily smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI	n	% Manufactured cigarette smoker	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T1, T2, T5a
- Epi Info program name: Tsmokeman (unweighted); TsmokemanWT (weighted)

Amount of tobacco used among smokers by type

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

Instrument question:

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

Mean amount of tobacco used by daily smokers by type												
Men												
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI	n	Mean # of other type of tobacco	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Mean amount of tobacco used by daily smokers by type												
Women												
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI	n	Mean # of other type of tobacco	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Mean amount of tobacco used by daily smokers by type												
Both Sexes												
Age Group (years)	n	Mean # of manufactured cig.	95% CI	n	Mean # of hand-rolled cig.	95% CI	n	Mean # of pipes of tobacco	95% CI	n	Mean # of other type of tobacco	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Analysis Information:

- Questions used: T1, T2, T5a-other
- Epi Info program name: Tsmoketype (unweighted); TsmoketypeWT (weighted)

Percentage of ex daily smokers in the population

Description: Percentage of ex-daily smokers among all respondents and the mean duration, in years, since ex-daily smokers quit smoking daily.

Instrument question:

- In the past did you ever smoke daily?
- How old were you when you stopped smoking daily?

Ex-daily smokers among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% ex daily smokers	95% CI	n	% ex daily smokers	95% CI	n	% ex daily smokers	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Mean years since cessation									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T2, T6, T7, T8a-c
- Epi Info program name: Tsmokeexdaily (unweighted); TsmokeexdailyWT (weighted)

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 such as [snuff, chewing tobacco, betel]?

Current users of smokeless tobacco									
Age Group (years)	Men			Women			Both Sexes		
	n	% Current users	95% CI	n	% Current users	95% CI	n	% Current users	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T9, T10
 - Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)
-

Smokeless tobacco use Description: Status of using smokeless tobacco among all respondents.

Instrument questions:

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

Smokeless tobacco use							
Men							
Age Group (years)	n	Current user			% Does not use smokeless tobacco	95% CI	
		% Daily	95% CI	% Non-daily			95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Smokeless tobacco use							
Women							
Age Group (years)	n	Current user			% Does not use smokeless tobacco	95% CI	
		% Daily	95% CI	% Non-daily			95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Smokeless tobacco use							
Both Sexes							
Age Group (years)	n	Current user			% Does not use smokeless tobacco	95% CI	
		% Daily	95% CI	% Non-daily			95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: T9, T10
- Epi Info program name: Tsmokelessstatus (unweighted); TsmokelessstatusWT (weighted)

Percentage of ex daily users of smokeless tobacco in the population

Description: Percentage of ex-daily users of smokeless tobacco among all respondents.

Instrument question:

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

Ex-daily smokeless tobacco users									
Age Group (years)	Men			Women			Both Sexes		
	n	% Ex daily users	95% CI	n	% Ex daily users	95% CI	n	% Ex daily users	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T9, T10, T12
- Epi Info program name: Tsmokelessexdaily (unweighted); TsmokelessexdailyWT (weighted)

Frequency of smokeless tobacco use among users by type Description: Mean times per day smokeless tobacco used by smokeless tobacco users per day, by type.

Instrument question:

- On average, how many times a day do you use...?

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type												
Age Group (years)	Men											
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI	n	Betel, quid	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type												
Age Group (years)	Women											
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI	n	Betel, quid	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Mean times per day smokeless tobacco used by daily smokeless tobacco users by type												
Age Group (years)	Both Sexes											
	n	Snuff by mouth	95% CI	n	Snuff by nose	95% CI	n	Chewing tobacco	95% CI	n	Betel, quid	95% CI
25-34												
35-44												
45-54												
55-64												
25-64												

Analysis Information:

- Questions used: T9, T10, T11a-other
- Epi Info program name: Tsmokelesstype (unweighted); TsmokelesstypeWT (weighted)

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

Instrument questions:

- Do you currently smoke tobacco products daily?
- Do you currently use smokeless tobacco products daily?

Daily tobacco users											
Age Group (years)	Men				Women				Both Sexes		
	n	% Daily users	95% CI		n	% Daily users	95% CI		n	% Daily users	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Current tobacco users											
Age Group (years)	Men				Women				Both Sexes		
	n	% Current users	95% CI		n	% Current users	95% CI		n	% Current users	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: T1, T2, T9, T10
- Epi Info program name: Tdailyuser (unweighted); TdailyuserWT (weighted)

Exposure to ETS in home in past 7 days Description: Percentage of respondents exposed to environmental tobacco smoke in the home on one or more days in the past 7 days.

Instrument question:

- In the past 7 days, how many days did someone in the house smoke when you were present?

Exposed to ETS in home on 1 or more of the past 7 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T13
 - Epi Info program name: Tetshome (unweighted); TetshomeWT (weighted)
-

Exposure to ETS in the workplace in past 7 days Description: Percentage of respondents exposed to environmental tobacco smoke in the workplace on one or more days in the past 7 days.

Instrument question:

- In the past 7 days, how many days did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office) when you were present?

Exposed to ETS in the workplace on 1 or more of the past 7 days									
Age Group (years)	Men			Women			Both Sexes		
	n	% Exposed	95% CI	n	% Exposed	95% CI	n	% Exposed	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: T14
 - Epi Info program name: Tetswork (unweighted); TetsworkWT (weighted)
-

Alcohol Consumption

Alcohol consumption status

Description: Alcohol consumption status of all respondents.

Instrument questions:

- Have you ever consumed an alcoholic drink such as ...?
- Have you consumed an alcoholic drink in the past 12 months?
- Have you consumed an alcoholic drink in the past 30 days?

Alcohol consumption status									
Men									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Alcohol consumption status									
Women									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Alcohol consumption status									
Both Sexes									
Age Group (years)	n	% Current drinker (past 30 days)	95% CI	% Drank in past 12 months, not current	95% CI	% Past 12 months abstainer	95% CI	% Lifetime abstainer	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: A1a, A1b, A3
 - Epi Info program name: Aconsumption (unweighted); AconsumptionWT (weighted)
-

Frequency of alcohol consumption

Description: Frequency of alcohol consumption in the past 12 months among those respondents who have drunk in the last 12 months.

Instrument question:

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

Frequency of alcohol consumption in the past 12 months											
Age Group (years)	Men										
	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Frequency of alcohol consumption in the past 12 months											
Age Group (years)	Women										
	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Frequency of alcohol consumption in the past 12 months											
Age Group (years)	Both Sexes										
	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: A1a, Alb, A2
- Epi Info program name: Afrequency (unweighted); AfrequencyWT (weighted)

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

Instrument question:

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

Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: A1a, A1b, A3, A4
 - Epi Info program name: Aoccasions (unweighted); AoccasionsWT (weighted)
-

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

Instrument question:

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

Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: A1a, A1b, A3, A5
 - Epi Info program name: Anumdrinkperday (unweighted); AnumdrinkperdayWT (weighted)
-

Average volume drinking categories among all respondents

Description: Percentage of respondents engaging in category II and category III drinking.

Category III is defined as drinking ≥ 60 g of pure alcohol on average per day for men and ≥ 40 g for women.

Category II is defined as drinking 40-59.9g of pure alcohol on average per day for men and 20-39.9g for women.

A standard drink contains approximately 10g 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?

Category III drinking among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% Category III	95% CI	n	% Category III	95% CI	n	% Category III	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Category II drinking among all respondents									
Age Group (years)	Men			Women			Both Sexes		
	n	% Category II	95% CI	n	% Category II	95% CI	n	% Category II	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: A1a, A1b, A3, A4, A5
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

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

Description: Percentage of current (last 30 days) drinker engaging in category I, category II and category III drinking.
 Category III is defined as drinking ≥ 60 g of pure alcohol on average per day for men and ≥ 40 g for women.
 Category II is defined as drinking 40-59.9g of pure alcohol on average per day for men and 20-39.9g for women.
 Category I is defined as drinking < 40 g of pure alcohol on average per day for men and < 20 for women.
 A standard drink contains approximately 10g 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?

Category I, II and III drinking among current (past 30 days) drinkers								
Men								
Age Group (years)								
	n	% Category III	95% CI	% Category II	95% CI	% Category I	95% CI	
25-34								
35-44								
45-54								
55-64								
25-64								

Category I, II and III drinking among current (past 30 days) drinkers								
Women								
Age Group (years)								
	n	% Category III	95% CI	% Category II	95% CI	% Category I	95% CI	
25-34								
35-44								
45-54								
55-64								
25-64								

Analysis Information:

- Questions used: A1a, A1b, A3, A4, A5
- Epi Info program name: Acategories (unweighted); AcategoriesWT (weighted)

- Largest number of drinks in the past 30 days**
- Description: Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinker).
- Instrument question:
- During the past 30 days what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

Mean maximum number of drinks consumed on one occasion in the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: A1a, A1b, A3, A6
 - Epi Info program name: Alargestnum (unweighted); AlargestnumWT (weighted)
-

Five/four or more drinks on a single occasion Description: Percentage of men who had five or more/women who had four or more drinks on any day in the past 30 days during a single occasion among the total population.

Instrument question:

- During the past 30 days, how many times did you have
for men: **five or more**
for women: **four or more**
standard alcoholic drinks in a single drinking occasion?

Five/four or more drinks on a single occasion at least once during the past 30 days among total population						
Age Group (years)	Men			Women		
	n	% ≥ 5 drinks	95% CI	n	% ≥ 4drinks	95% CI
25-34						
35-44						
45-54						
55-64						
25-64						

Analysis Information:

- Questions used: A1a, A1b, A3, A7
- Epi Info program name: Aepisodicmen and Aepisodicwomen (unweighted); AepisodicmenWT and AepisodicwomenWT (weighted)

Five/four or more drinks on a single occasion Description: Mean number of times in the past 30 days on which current (past 30 days) drinker drank five (for men)/four (for women) or more drinks during a single occasion among current (past 30 days) drinkers.

Instrument question:

- During the past 30 days, how many times did you have
for men: **five or more**
for women: **four or more**
standard alcoholic drinks in a single drinking occasion?

Mean number of times with five/four or more drinks during a single occasion in the past 30 days among current drinkers						
Age Group (years)	Men			Women		
	n	Mean number of times	95% CI	n	Mean number of times	95% CI
25-34						
35-44						
45-54						
55-64						
25-64						

Analysis Information:

- Questions used: A1a, A1b, A3, A7
- Epi Info program name: Aepisodicmen and Aepisodicwomen (unweighted); AepisodicmenWT and AepisodicwomenWT (weighted)

Drinking with meals Description: Percentage of current (past 30 days) drinkers who usually, sometimes, rarely or never drink with meals.

Instrument questions:

- During the past 30 days, when you consumed an alcoholic drink, how often was it with meals? Please do not count snacks.

Drinking with meals among current drinker									
Men									
Age Group (years)	n	% Usually with meals	95% CI	% Sometimes with meals	95% CI	% Rarely with meals	95% CI	% Never with meals	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Drinking with meals among current drinker									
Men									
Age Group (years)	n	% Usually with meals	95% CI	% Sometimes with meals	95% CI	% Rarely with meals	95% CI	% Never with meals	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Drinking with meals among current drinker									
Men									
Age Group (years)	n	% Usually with meals	95% CI	% Sometimes with meals	95% CI	% Rarely with meals	95% CI	% Never with meals	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: A1a, A1b, A3, A8
- Epi Info program name: Ameals (unweighted); AmealsWT (weighted)

Past 7 days drinking Description: Frequency and quantity of drinks consumed in the past 7 days by current (past 30 days) drinkers, grouped into three categories.

Instrument question:

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

Frequency and quantity of drinks consumed in the past 7 days							
Men							
Age Group (years)	n	% Drank on 4+ days	95% CI	% 5+ drinks on any day	95% CI	% 20+ drinks in 7 days	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Frequency and quantity of drinks consumed in the past 7 days							
Women							
Age Group (years)	n	% Drank on 4+ days	95% CI	% 4+ drinks on any day	95% CI	% 15+ drinks in 7 days	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Frequency and quantity of drinks consumed in the past 7 days			
Both Sexes			
Age Group (years)	n	% Drank on 4+ days	95% CI
25-34			
35-44			
45-54			
55-64			
25-64			

Analysis Information:

- Questions used: A1a, A1b, A3, A9a-g
- Epi Info program name: Aheavydrinking (unweighted); AheavydrinkingWT (weighted)

Fruit and Vegetable Consumption

Mean number of days of fruit and vegetable consumption

Description: mean number of days fruit and vegetables consumed.

Instrument questions:

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

Mean number of days fruit consumed in a typical week									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Mean number of days vegetables consumed in a typical week									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean number of days	95% CI	n	Mean number of days	95% CI	n	Mean number of days	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: D1, D3
 - Epi Info program name: Ddays (unweighted); DdaysWT (weighted)
-

Mean number of servings of fruit and vegetable consumption

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

Instrument questions:

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

Mean number of servings of fruit on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings
25-34										
35-44										
45-54										
55-64										
25-64										

Mean number of servings of vegetables on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings
25-34										
35-44										
45-54										
55-64										
25-64										

Mean number of servings of fruit and/or vegetables on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean number of servings	95% CI		n	Mean number of servings	95% CI		n	Mean number of servings
25-34										
35-44										
45-54										
55-64										
25-64										

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dservings (unweighted); DservingsWT (weighted)

Fruit and vegetable consumption per day

Description: Frequency of fruit and/or vegetable consumption.

Instrument questions:

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

Number of servings of fruit and/or vegetables on average per day									
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
25-34									
35-44									
45-54									
55-64									
25-64									

Number of servings of fruit and/or vegetables on average 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
25-34									
35-44									
45-54									
55-64									
25-64									

Number of servings of fruit and/or vegetables on average 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
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

Fruit and vegetable consumption per day

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

Instrument questions:

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

Less than five servings of fruit and/or vegetables on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: D1, D2 , D3, D4
- Epi Info program name: Dfiveormore (unweighted); DfiveormoreWT (weighted)

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?

Type of oil or fat most often used for meal preparation in household								
n (households)	% Vegetable oil	95% CI	% Lard	95% CI	% Butter	95% CI	% Margarine	95% CI

Type of oil or fat most often used for meal preparation in household						
n (households)	% none in particular	95% CI	% None used	95% CI	% Other	95% CI

Analysis Information:

- Questions used: D5
- Epi Info program name: Doil (unweighted); DoilWT (weighted)

Eating outside home Description: Mean number of meals per week eaten outside a home.

Instrument question:

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

Mean number of meals eaten outside a home									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: D6
- Epi Info program name: Dmealsout (unweighted); DmealsoutWT (weighted)

Physical Activity

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

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

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

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

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

Domain	MET value
Work	<ul style="list-style-type: none">Moderate MET value = 4.0Vigorous MET value = 8.0
Transport	Cycling and walking MET value = 4.0
Recreation	<ul style="list-style-type: none">Moderate MET value = 4.0Vigorous MET value = 8.0

Categorical indicator For the calculation of a categorical indicator, the total time spent in physical activity during a typical week, the number of days as well as the intensity of the physical activity are taken into account. The three levels of physical activity suggested for classifying populations are low, moderate, and high. The criteria for these levels are shown below.

- **High**

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

- **Moderate**

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:
- 3 or more days of vigorous-intensity activity of at least 20 minutes per day

OR

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

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

- **Low**

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

- Levels of total physical activity** Description: Percentage of respondents classified into three categories of total physical activity.
- Instrument questions:
- activity at work
 - travel to and from places
 - recreational activities

Level of total physical activity							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Level of total physical activity							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Level of total physical activity							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Ptotallevels (unweighted); PtotallevelsWT (weighted)

- Total physical activity-mean** Description: Mean minutes of total physical activity on average per day.
- Instrument questions
- activity at work
 - travel to and from places
 - recreational activities

Mean minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Ptotal (unweighted); PtotalWT (weighted)

- Total physical activity-median** Description: Median minutes of total physical activity on average per day.
- Instrument questions
- activity at work
 - travel to and from places
 - recreational activities

Median minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Ptotal (unweighted); PtotalmedianWT (weighted)

Domain-specific physical activity-mean

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

Instrument questions:

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

Mean minutes of work-related physical activity on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean minutes	95% CI		n	Mean minutes	95% CI		n	Mean minutes
25-34										
35-44										
45-54										
55-64										
25-64										

Mean minutes of transport-related physical activity on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean minutes	95% CI		n	Mean minutes	95% CI		n	Mean minutes
25-34										
35-44										
45-54										
55-64										
25-64										

Mean minutes of recreation-related physical activity on average per day										
Age Group (years)	Men				Women				Both Sexes	
	n	Mean minutes	95% CI		n	Mean minutes	95% CI		n	Mean minutes
25-34										
35-44										
45-54										
55-64										
25-64										

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Psetspecific (unweighted); PsetspecificWT (weighted)

- Domain-specific physical activity - median**
- Description: Median minutes spent on average per day in work-, transport- and recreation-related physical activity.
- Instrument questions:
- activity at work
 - travel to and from places
 - recreational activities

Median minutes of work-related physical activity on average per day										
Age Group (years)	Men			n	Women			n	Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		Median minutes	Inter-quartile range (P25-P75)	Median minutes		Inter-quartile range (P25-P75)	
25-34										
35-44										
45-54										
55-64										
25-64										

Median minutes of transport-related physical activity on average per day										
Age Group (years)	Men			n	Women			n	Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		Median minutes	Inter-quartile range (P25-P75)	Median minutes		Inter-quartile range (P25-P75)	
25-34										
35-44										
45-54										
55-64										
25-64										

Median minutes of recreation-related physical activity on average per day										
Age Group (years)	Men			n	Women			n	Both Sexes	
	n	Median minutes	Inter-quartile range (P25-P75)		Median minutes	Inter-quartile range (P25-P75)	Median minutes		Inter-quartile range (P25-P75)	
25-34										
35-44										
45-54										
55-64										
25-64										

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Psetspecific (unweighted); PsetspecificmedianWT (weighted)

No physical activity by domain

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

Instrument questions:

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

No work-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

No transport-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI	n	% no activity for transport	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

No recreation-related physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI	n	% no activity at recreation	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Pnoactivitybyset (unweighted); PnoactivitybysetWT (weighted)

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

Instrument questions:

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

Composition of total physical activity							
Men							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Composition of total physical activity							
Women							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Composition of total physical activity							
Both Sexes							
Age Group (years)	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Pcomposition(unweighted); PcompositionWT (weighted)

**No
vigorous
physical
activity**

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

Instrument questions:

- activity at work
- recreational activities

No vigorous physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: P1-P15b
- Epi Info program name: Pnovigorous(unweighted); PnovigorousWT (weighted)

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

Instrument question:

- sedentary behaviour

Minutes spent in sedentary activities on average per day					
Men					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34					
35-44					
45-54					
55-64					
25-64					

Minutes spent in sedentary activities on average per day					
Women					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34					
35-44					
45-54					
55-64					
25-64					

Minutes spent in sedentary activities on average per day					
Both Sexes					
Age Group (years)	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34					
35-44					
45-54					
55-64					
25-64					

Analysis Information:

- Question used : P16a-b
- Epi Info program name: Psedentary (unweighted);
 - PsedentaryWT (weighted)
 - PsedentarymedianWT (weighted)

Blood Pressure and Diabetes History

Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all respondents.

Instrument questions:

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

Blood pressure measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Blood pressure measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Blood pressure measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Question used: H1, H2a, H2b
- Epi Info program name: Hbloodpressure (unweighted); HbloodpressureWT (weighted)

Blood pressure treatment among those diagnosed

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

Instrument questions:

- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health worker?
- Drugs (medication) that you have taken in the last 2 weeks?

Currently taking blood pressure drugs prescribed by doctor or health worker among those diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	% taking meds	95% CI		n	% taking meds	95% CI		n	% taking meds	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: H1, H2a, H3a
- Epi Info program name: Hraisedbpadvise (unweighted); HraisedbpadviseWT (weighted)

Blood pressure lifestyle advice

Description: Percentage of respondents who received lifestyle advice from a doctor or health worker to treat raised blood pressure among those previously diagnosed with raised blood pressure.

Instrument questions:

- When was your blood pressure last measured by a health professional?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
- Are you currently receiving any of the following treatments/advice for high blood pressure prescribed by a doctor or other health worker?

Advised by doctor or health worker to reduce salt intake among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to lose weight among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to stop smoking among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to start or do more exercise among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: H1, H2a, H3(b-e)
- Epi Info program name: Hraisedbplifestyle (unweighted); HraisedbplifestyleWT (weighted)

Blood pressure advice by a traditional healer

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

Instrument questions:

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

Seen a traditional healer among those previously diagnosed										
Age Group (years)	Men			Women			Both Sexes			
	n	%	95% CI	n	%	95% CI	n	%	95% CI	
25-34										
35-44										
45-54										
55-64										
25-64										

Currently taking herbal or traditional remedy for high blood pressure among those previously diagnosed										
Age Group (years)	Men			Women			Both Sexes			
	n	%	95% CI	n	%	95% CI	n	%	95% CI	
25-34										
35-44										
45-54										
55-64										
25-64										

Analysis Information:

- Questions used: H1, H2a, H4, H5
- Epi Info program name: Hraisedbptrad (unweighted); HraisedbptradWT (weighted)

Diabetes measurement and diagnosis

Description: Diabetes measurement and diagnosis among all respondents.

Instrument questions:

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

Blood sugar measurement and diagnosis									
Men									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Blood sugar measurement and diagnosis									
Women									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Blood sugar measurement and diagnosis									
Both sexes									
Age Group (years)	n	% Never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Question used: H6, H7a, H7b
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

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

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Are you currently receiving any of the following treatments/advice for diabetes prescribed by a doctor or other health worker?

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Currently taking oral drugs prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: H6, H7a, H8a, H8b
- Epi Info program name: Hdiabetes (unweighted); HdiabetesWT (weighted)

Diabetes lifestyle advice

Description: Percentage of respondents who received diabetes lifestyle advice from a doctor or health worker among those previously diagnosed with diabetes.

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?
- Are you currently receiving any of the following treatments/advice for diabetes prescribed by a doctor or other health worker?

Advised by doctor or health worker to have special prescribed diet among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to lose weight among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to stop smoking among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Advised by doctor or health worker to start or do more exercise among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: H6, H7a, H8c-f
- Epi Info program name: Hdiabeteslifestyle (unweighted); HdiabeteslifestyleWT (weighted)

Diabetes advice by traditional healer

Description: Percentage of respondents who have sought advice or treatment from traditional healers for diabetes among those previously diagnosed.

Instrument questions:

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

Seen a traditional healer for diabetes among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: H6, H7a, H9, H10
- Epi Info program name: Hdiabetestrاد (unweighted); HdiabetestrادWT (weighted)

Physical Measurements

Height, weight and BMI Description: Mean height, weight, and body mass index among all respondents (excluding pregnant women for weight and BMI).

Instrument questions:

- Height
- Weight

Mean height (cm)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Mean weight (kg)							
Age Group (years)	Men				Women		
	n	Mean	95% CI		n	Mean	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Mean BMI (kg/m ²)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: M3, M4, M5
 - Epi Info program name: Mbmi (unweighted); MbmiWT (weighted)
-

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

Instrument questions:

- Height
- Weight

BMI classifications									
Men									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

BMI classifications									
Women									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

BMI classifications									
Both Sexes									
Age Group (years)	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: M3, M4, M5
- Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)

BMI ≥25 Description: Percentage of respondents being classified as overweight (BMI≥25)

Instrument questions:

- Height
- Weight

Age Group (years)	BMI≥25								
	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI
25-34									
35-44									
45-54									
55-64									
25-64									

Analysis Information:

- Questions used: M3, M4, M5
 - Epi Info program name: Mbmiclass (unweighted); MbmiclassWT (weighted)
-

Waist circumference Description: Mean waist circumference among all respondents (excluding pregnant women).

Instrument question:

- Waist circumference measurement

Waist circumference (cm)							
Age Group (years)	Men			Women			
	n	Mean	95% CI	n	Mean	95% CI	
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: M5, M7
 - Epi Info program name: Mwaist (unweighted); MwaistWT (weighted)
-

Hip circumference Description: Mean hip circumference among all respondents (excluding pregnant women).

Instrument question:

- Hip circumference measurement

Hip circumference (cm)							
Age Group (years)	Men			Women			
	n	Mean	95% CI	n	Mean	95% CI	
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: M5, M15
 - Epi Info program name: Mhip (unweighted); MhipWT (weighted)
-

Waist / hip ratio Description: Mean waist-to-hip ratio among all respondents (excluding pregnant women).

Instrument question:

- Waist and hip circumference measurement

Age Group (years)	Mean waist / hip ratio					
	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
25-34						
35-44						
45-54						
55-64						
25-64						

Analysis Information:

- Questions used: M5, M7, M15
 - Epi Info program name: Mwaisthipratio (unweighted); MwaisthipratioWT (weighted)
-

Blood pressure

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

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Mean diastolic blood pressure (mmHg)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: M11a, M11b, M12a, M12b, M13a, M13b
- Epi Info program name: Mbloodpressure (unweighted); MbloodpressureWT (weighted)

Raised blood pressure Description: Percentage of respondents with raised blood pressure.

Instrument question:

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

SBP ≥140 and/or DBP ≥ 90 mmHg, excluding those on medication for raised blood pressure											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

SBP ≥160 and/or DBP ≥ 100 mmHg, excluding those on medication for raised blood pressure											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: M11a, M11b, M12a, M12b, M13a, M13b, M14
- Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

Treatment and control of raised blood pressure

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

Instrument questions:

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

Respondents with treated and/or controlled raised blood pressure							
Men							
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/orDBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/orDBP \geq 90	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Respondents with treated and/or controlled raised blood pressure							
Women							
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/orDBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/orDBP \geq 90	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Respondents with treated and/or controlled raised blood pressure							
Both Sexes							
Age Group (years)	n	% On medication and SBP<140 and DBP<90	95% CI	% On medication and SBP \geq 140 and/orDBP \geq 90	95% CI	% Not on medication and SBP \geq 140 and/orDBP \geq 90	95% CI
25-34							
35-44							
45-54							
55-64							
25-64							

Analysis Information:

- Questions used: M11a, M11b, M12a, M12b, M13a, M13b, M14
- Epi Info program name: Mraisedbp (unweighted); MraisedbpWT (weighted)

Mean heart rate

Description: Mean heart rate (beats per minute).

Instrument question:

- Reading 1-3 heart rate

Mean heart rate (beats per minute)											
Age Group (years)	Men			Women			Both Sexes				
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI		
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: M16a, M16b, M16c
 - Epi Info program name: Mheartrate (unweighted); MheartrateWT (weighted)
-

Biochemical Measurements

Mean fasting blood glucose

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

Instrument questions:

- During the last 12 hours have you had anything to eat or drink, other than water?
- Blood glucose measurement

Mean fasting blood glucose (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Mean fasting blood glucose (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: B1, B5
- Epi Info program name:
 - measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
 - measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

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:

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

Impaired Fasting Glycaemia*											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Raised blood glucose or currently on medication for diabetes **											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Currently on medication for diabetes											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

* Impaired fasting glycaemia is defined as either

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

** Raised blood glucose is defined as either

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

Analysis Information:

- Questions used: H8a, H8b, B1, B5, B6

Epi Info program name:

- measurement in mmol/L: Bglucose (unweighted); BglucoseWT (weighted)
- measurement in mg/dl: BglucoseMg (unweighted); BglucoseMgWT (weighted)

Total cholesterol

Description: Mean total cholesterol among all respondents including those currently on medication for raised cholesterol.

Instrument questions:

- Total cholesterol measurement

Mean total cholesterol (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Mean total cholesterol (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: B8
- Epi Info program name:
 - measurement in mmol/L: Btotalipids (unweighted); BtotalipidsWT (weighted)
 - measurement in mg/dl: BtotalipidsMg (unweighted); BtotalipidsMgWT (weighted)

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 two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a doctor or other health worker?

Total cholesterol \geq 5.0 mmol/L or \geq 190 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	
25-34										
35-44										
45-54										
55-64										
25-64										

Total cholesterol \geq 6.2 mmol/L or \geq 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	
25-34										
35-44										
45-54										
55-64										
25-64										

Analysis Information:

- Questions used: B8, B9
- Epi Info program name:
 - measurement in mmol/L: Btotallipids (unweighted); BtotallipidsWT (weighted)
 - measurement in mg/dl: BtotallipidsMg (unweighted); BtotallipidsMgWT (weighted)

High density lipoprotein (HDL)

Description: Mean HDL among all respondents and percentage of respondents with low HDL.

Instrument question:

- HDL cholesterol measurement

Mean HDL (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Mean HDL (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
25-34			
35-44			
45-54			
55-64			
25-64			

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
25-34			
35-44			
45-54			
55-64			
25-64			

Analysis Information:

- Questions used: B11
- Epi Info program name:
 - measurement in mmol/L: Bhdlipids (unweighted); BhdlipidsWT (weighted)
 - measurement in mg/dl: BhdlipidsMg (unweighted); BhdlipidsMgWT (weighted)

Triglycerides Description: Mean fasting triglycerides among all respondents and percentage of respondents with raised fasting triglycerides (non-fasting recipients excluded).

Instrument questions:

- During the last 12 hours have you had anything to eat or drink, other than water?
- Triglyceride measurement

Mean fasting triglycerides (mmol/L)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Mean fasting triglycerides (mg/dl)											
Age Group (years)	Men				Women				Both Sexes		
	n	Mean	95% CI		n	Mean	95% CI		n	Mean	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl											
Age Group (years)	Men				Women				Both Sexes		
	n	%	95% CI		n	%	95% CI		n	%	95% CI
25-34											
35-44											
45-54											
55-64											
25-64											

Analysis Information:

- Questions used: B1, B10
- Epi Info program name:
 - measurement in mmol/L: Btriglyceride (unweighted); BtriglycerideWT (weighted)
 - measurement in mg/dl: BtriglycerideMg (unweighted); BtriglycerideMgWT (weighted)

Summary of Combined Risk Factors

Summary of Combined Risk Factors	<p>Description: Percentage of respondents with 0, 1-2, or 3-5 of the following risk factors:</p> <ul style="list-style-type: none"> • current daily smoker • less than 5 servings of fruits & vegetables per day • low level of activity (<600 MET -minutes) • overweight or obese (BMI \geq 25 kg/m²) • raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP).
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Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
Age Group (years)	Men						
	n	% with 0 risk factors	95% IC	% with 1-2 risk factors	95% IC	% with 3-5 risk factors	95% IC
25-44							
45-64							
25-64							

Summary of Combined Risk Factors							
Age Group (years)	Women						
	n	% with 0 risk factors	95% IC	% with 1-2 risk factors	95% IC	% with 3-5 risk factors	95% IC
25-44							
45-64							
25-64							

Summary of Combined Risk Factors							
Age Group (years)	Both Sexes						
	n	% with 0 risk factors	95% IC	% with 1-2 risk factors	95% IC	% with 3-5 risk factors	95% IC
25-44							
45-64							
25-64							

Analysis Information:

- Questions used: T1, T2, D1-D4, P1-P15b, M3, M4, M5, M11a-M13b, M14
- Epi Info program name: Raisedrisk (unweighted); RaisedriskWT (weighted)