

WHO STEPwise Approach to
NCD Surveillance

*Country-Specific
STANDARD REPORT*

*Saudi Arabia
2005*



Ministry of Health, Kingdom of Saudi Arabia
in collaboration with
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Background

The burden of Non-Communicable Diseases (NCDs) is rising rapidly and has now become a major challenge to development globally. Unfortunately, low and middle-income countries are bearing the brunt of these diseases. The World Health Organisation (WHO) recognised this and developed a global strategy for the prevention and control of non-communicable diseases, which was then endorsed by the Fifty-third World Health Assembly (resolution WHA53.14). This strategy focuses on assessing the pattern and trends of risk factors of major non-communicable diseases; the national capacity for prevention and control; promoting the development of evidence-based strategy to reduce unhealthy behaviours and major risk factors; and implementing cost-effective and equitable interventions for the management of common non-communicable diseases.

Prevention has always been better than cure and this is especially true for NCDs due to the slow manifestation of symptoms and the irreversibility of most of these diseases. The basis of prevention is therefore identification of common risk factors for their prevention and control. Emphasis should however be given to those that have the greatest contribution to morbidity and mortality; can be modified; and can be measured using ethical standards.

The Kingdom of Saudi Arabia is considered to be one of the rapidly growing countries that has been affected by the life style changes . these life style changes were reflected by changing in disease pattern Recent studies have shown an increasing rates of diseases like diabetes, hypertension cardiovascular accidents. Saudi Ministry of Health (MOH) responded to the problem in a timely manner by establishing a General Directorate for Non-Communicable diseases in the MOH and allocated special resources for its activities. It was appreciated that prevention and intervention cannot be achieved with reliable data on magnitude of problem. In Saudi Arabia, data on NCDs and their risk factors was either very scanty or not collated. Therefore it was decided to carry out a national situational analysis and a baseline survey of NCD risk factors.

Methodology

Study design:

Study was conducted as a cross-sectional community-based study covering whole of Kingdom of Saudi Arabia to estimate the prevalence of some of the risk factors of non-communicable diseases through interview, physical examination and laboratory examination of blood samples of study participants; based upon the WHO **STEPwise**[®] approach.

Study Population:

Saudi Arabia is the largest country in Arab peninsula with an area of 2,149,690 sq. kms, and a estimated population of 25.8 million in 2007 (UNFPA SWP report 007). It is a developing country with enormous potential and resources for development. It has a GNI per capita US\$ 14740, which is much above the GNI for most of developing countries. In recent years, disease pattern is changing in the country, from predominantly infectious diseases to non-communicable diseases.

Whole of the country is divided into 13 administrative regions. However, the Ministry of Health has divided some of these regions into smaller regions, resulting in 20 health regions. The Ministry is providing free health care to the Saudi population through a network of 1824 primary health care centers and 200 secondary/tertiary hospitals, which is further supported by a large group of university teaching hospitals. All Saudis are expected to be registered in the PHCC of the area. These PHCC provide a multitude of curative and preventive services including simple laboratory and radiological facilities.

Survey Planning

To conduct the survey, a committee including representatives from Department of Non-communicable Diseases, Saudi Ministry of Health; Field Epidemiology Training Program (FETP), Riyadh and King Faisal Specialist Hospital and Research Center (KFSH&RC), Riyadh was constituted to develop the study protocol and conduct the survey. Committee decided to use WHO STEPwise approach to Surveillance (STEPS) of NCD risk factors as the basis for conducting the survey, in order to ensure standardization and comparability with international data. With reference to the methodology of STEPwise approach following decisions were made:

- Study would cover Saudi population of all the 20 health regions of the country
- In addition to the recommended age of 25-64 years, population aged 15-24 years would also be included in the study
- WHO STEPwise approach provided option to conduct the survey in either of three steps i.e. Questionnaire-based report on key behavioral risk factors alone, or questionnaire plus

objective physical measurements or Questionnaires plus objective physical measurements plus biochemical measurements. It was decided to go for the third step i.e. Questionnaires plus objective physical measurements plus biochemical measurements.

- Study would cover the assessment of Diabetes mellitus, Hypertension, Smoking, Obesity, Hyperlipidemia, Dietary Habits and Physical Activity; while excluding the alcohol consumption.
- All biochemical analysis would be conducted at regional laboratories of ministry of health

Data Collection Instrument

STEPS Instrument for NCD Risk Factors (Core and Expanded Version 1.4), as received from WHO, was used as basis for the study questionnaire. Items which required adaptation to the local environment were adapted, in accordance with the guidelines, and supporting material for diet assessment was also developed. The instrument was translated into Arabic by a team of physicians and was back-translated to ensure the accuracy of translation. Arabic instrument was pre-tested on 51 eligible respondents for wording and understanding of the questions, and necessary adjustments were made in the instrument in light of the pre-test.

The final instrument covered information about identification and socio-demographic data; tobacco consumption, diet and physical activity pattern; History of blood pressure and diabetes; anthropometric and blood pressure measurement; and biochemical assessment of fasting blood sugar, total and HDL cholesterol and triglycerides.

Sampling

A multistage stratified cluster random sampling technique was used to recruit the study subjects. Stratification was based on age (Five 10 year age agroups), gender (2 group) and health regions of country. Based upon proposed methodology of STEPwise approach a sample size of 196 was calculated for each of these ten strata (precision 7%, confidence level 95% and expected prevalence 50% to ensure highest level of sample for given precision for a multiple risk factor study). To adjust for regional variation in each age-gender stratum sample size was doubled to ensure minimum precision of 7% throughout the country, and later round of to 500 for each age-gender stratum, giving a total sample size of 5000. Each region was assigned a sample proportionate its population size. A list of all PHCCs in each region was prepared and 10% of these PHCC were randomly chosen, and allocated regional sample to them proportionate to the size of their catchment population in sampled PHCCs.

To identify the households a map of the health center coverage area was used to choose the houses. Each house was assigned a number and a simple random draw was made. In small villages and

randomly built localities a serpentine approach was carried out after deciding the number of houses to be taken in that locality.

Within the identified household, a list of all individuals in target age group was made and the study subject was identified using Kish method.

Training

A national workshop was organized for 20 coordinators from all health regions to share the concept and study protocol. It was followed by workshops in regions throughout the kingdom to train field workers and laboratory staff. A total of 108 data collectors (54 male and 54 female) were trained in these workshops. A total of 24 training hours were carried out in each workshop. 3 of these training hours were allocated for the scout survey to ensure that each trainee is exposed to the instrument of the survey on practical terms.

Data Collection

After procurement of necessary approvals, equipment and supplies; training of the field workers and finalization of laboratory support coordination; establishing communication and supervisory mechanism; data collection was started in August 2004. Each field team was made up of four persons a male data collector, a female data collector, a driver and a female assistant. Data collection teams were supervised by a hierarchy of local supervisor, regional coordinators and national coordinator.

During data collection the families and study subjects were identified by using sampling procedure described above. After obtaining consent, the identified individual was interviewed using the questionnaire. A sticker was mounted on the wall of the house and he/she was given an appointment card to visit local PHCC for anthropometric/blood pressure measurement and drawing blood sample for biochemical examination (while fasting). When the subject visited the PHCC he/she was given the required physical examination, by trained staff, and blood samples were drawn in accordance with the laid down guidelines. All the blood samples were sent to regional labs for assessment of fasting blood sugar, total cholesterol, HDL cholesterol and triglyceride.

Data Management

All the data was entered using SIR© software at KFSHRC, Riyadh and later on cleaned and analysed using SPSS 15 statistical software at FETP, Riyadh. A total of 4883 people participated in the study (response rate 97.7%), but after cleaning the data 125 records were excluded because of missing information on crucial demographic variables or missing data on large number of variables. Finally

data was analyzed for 4758 participants. To adjust for variation of non-response a weight based upon regional and PHCC proportion in original sample was developed and used for data analysis.

Data Analysis

Data was analyzed to prepare WHO recommended Brief and Standard Reports templates, while in consultation with the WHO consultants. Table numbers given in this Standard Report follows the numbering scheme of "Proposed Country Specific Standar Report Template (Level 1) – Draft version. Last revised Jan 04". However the section on Physical Activity has been analyzed, in accordance with the Global Physical Activity Questionnaire (GPAQ) version 2.0 received from WHO. As there was some difference in the wording of the questions and numbering of STEPS questionnaire v1.4 and GPAQ questionnaire v2.0, variable names has been adjusted to match GPAQ questionnaire, in the data set being send along with this report.

Data Quality Assurance

Data collected in the field was checked for the first time by the regional supervisor who ensured that items were filled according to agreed criteria. Any missing or inconsistent data was identified and rectified with the help of data collectors, which at times included revisiting the respondent. Then all data collection forms were sent to the national coordinator who reviewed data and recommended appropriate undertakings, which in a few cases required revisit for of error rectification. This was feasible as all houses included in the survey were labeled with a sticker .

Data entry was performed twice for each item. Data cleaned in the software SIR using criteria compatible with the aims of the survey. Un-cleaned data were reviewed by the national coordinator and appropriate actions were taken.

Ethical Approval

The protocol and the instrument of the surveillance were approved by the Center of Biomedical Ethics at KFSH&RC in November 2003, and the section on alcohol was omitted from the questionnaire according its recommendation. Based on its recommendation, participants who were found to require medical management were provided medical care at the local health centre.

TABLES

SECTION 1: Demographic Information

Table: 1.1: Age and sex wise distribution of population

Age	Men		Women		Total	
	n	%	n	%	n	%
15-24 yrs	555	23.70%	524	21.70%	1079	22.70%
25-34 yrs	486	20.70%	637	26.40%	1123	23.60%
35-44 yrs	519	22.20%	660	27.30%	1179	24.80%
45-54 yrs	422	18.00%	410	17.00%	832	17.50%
55-64 yrs	360	15.40%	185	7.70%	546	11.50%
Total	2342	100.00%	2416	100.00%	4758	100.00%
25-64 yrs	1787	76.30%	1892	78.30%	3679	77.30%

Table: 1.4: Year spent in School: Men and women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	544	11.4	0.158	494	10.3	0.283	1039	10.8	0.180
25-34 yrs	467	12.1	0.225	572	8.2	0.349	1038	9.9	0.261
35-44 yrs	491	10.0	0.377	562	4.9	0.394	1054	7.3	0.316
45-54 yrs	391	7.1	0.535	340	2.4	0.31	731	4.9	0.389
55-64 yrs	309	4.1	0.523	147	0.9	0.226	457	3.1	0.342
Total	2203	9.4	0.317	2116	6.4	0.259	4318	7.9	0.26
25-64 yrs	1658	8.81	0.39	1621	5.16	0.29	3280	7.00	0.30

Table 1.6.1: Highest level of education: Men

Age	N	No formal schooling		Less than primary school		Primary school completed		Secondary school completed		High school completed		College/University completed		Post-graduate degree		Vocational Training	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	555	3	0.6%	11	2.0%	78	14.1%	222	40.1%	172	31.0%	50	9.1%			18	3.3%
25-34 yrs	486	7	1.4%	12	2.6%	76	15.7%	97	20.0%	131	27.0%	129	26.6%	8	1.7%	25	5.1%
35-44 yrs	519	46	8.9%	30	5.7%	121	23.4%	91	17.6%	92	17.8%	113	21.7%	4	0.8%	21	4.1%
45-54 yrs	418	103	24.7%	60	14.3%	102	24.4%	40	9.6%	49	11.8%	44	10.5%	10	2.4%	10	2.4%
55-64 yrs	359	176	49.1%	46	12.8%	71	19.7%	25	7.1%	17	4.8%	15	4.0%	4	1.2%	5	1.4%
Total	2337	336	14.4%	159	6.8%	448	19.2%	477	20.4%	462	19.8%	350	15.0%	27	1.1%	79	3.4%
25-64 yrs	1782	333	18.7%	148	8.3%	370	20.8%	254	14.3%	290	16.3%	300	16.8%	27	1.5%	61	3.4%

Table 1.6.2: Highest level of education: Women

Age	N	No formal schooling		Less than primary school		Primary school completed		Secondary school completed		High school completed		College/University completed		Post-graduate degree		Vocational Training	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	524	32	6.2%	24	4.6%	82	15.6%	158	30.2%	160	30.6%	60	11.5%	1	0.2%	6	1.1%
25-34 yrs	634	145	22.9%	71	11.2%	105	16.5%	72	11.4%	105	16.5%	114	18.0%	4	0.7%	18	2.9%
35-44 yrs	658	288	43.8%	98	14.9%	97	14.8%	55	8.4%	-	-	47	7.2%	-	-	13	1.9%
45-54 yrs	410	281	68.5%	52	12.7%	46	11.3%	9	2.2%	-	-	9	2.2%	-	-	3	0.7%
55-64 yrs	184	154	83.7%	20	10.9%	3	1.6%	4	2.1%	-	-	3	1.6%	-	-	-	-
Total	2411	901	37.4%	265	11.0%	333	13.8%	298	12.4%	335	13.9%	234	9.7%	5	0.2%	40	1.7%
25-64 yrs	1887	868	46.0%	241	12.8%	251	13.3%	140	7.4%	175	9.3%	173	9.2%	4	0.2%	34	1.80%

Table 1.7.1: Main Employment: Men

Age	N	Government employee		Non-government employee		Self-employed		Student		Retired		Unemployed (able to work)		Unemployed (unable to work)	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	555	73	13.2%	36	6.4%	26	4.6%	361	65.1%	3	0.6%	54	9.7%	1	0.3%
25-34 yrs	485	344	71.0%	49	10.0%	38	7.9%	18	3.8%	3	0.6%	28	5.8%	4	0.8%
35-44 yrs	519	399	77.0%	38	7.4%	53	10.2%	1	0.2%	20	3.8%	7	1.3%	1	0.2%
45-54 yrs	422	215	50.9%	18	4.3%	74	17.6%	1	0.3%	104	24.7%	3	0.7%	6	1.4%
55-64 yrs	358	82	22.9%	9	2.5%	75	20.9%	-	-	164	45.9%	13	3.6%	15	4.2%
Total	2339	1114	47.6%	150	6.4%	266	11.4%	382	16.3%	294	12.6%	105	4.5%	27	1.2%
25-64 yrs	1784	1041	58.3%	114	6.4%	240	13.5%	21	1.2%	291	16.3%	51	2.9%	26	1.5%

Table 1.7.2: Main Employment: Women

Age	N	Government employee		Non-government employee		Self-employed		Student		House-maker		Retired		Unemployed (able to work)	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	523	28	5.3%	3	0.6%	1	0.2%	247	47.3%	209	39.9%	1	0.2%	34	6.6%
25-34 yrs	637	105	16.4%	18	2.8%	4	0.6%	15	2.3%	466	73.2%	1	0.1%	29	4.5%
35-44 yrs	658	104	15.8%	2	0.3%	1	0.2%	3	0.4%	540	82.0%	3	0.4%	5	0.8%
45-54 yrs	410	25	6.1%	7	1.7%	1	0.3%	1	0.3%	369	89.9%	7	1.7%	-	-
55-64 yrs	185	4	2.2%	-	-	-	-	2	1.0%	176	94.7%	4	2.1%	-	-
Total	2413	265	11.0%	30	1.3%	8	0.3%	268	11.1%	1758	72.9%	15	0.6%	68	2.8%
25-64 yrs	1890	238	12.6%	27	1.4%	6	0.3%	21	1.1%	1550	82.0%	14	0.8%	34	1.8%

Table 1.8: Number of persons more than 18 years in household

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	554	9.0	0.189	523	8.2	0.243	1077	8.6	0.174
25-34 yrs	486	6.6	0.259	635	7.3	0.192	1120	7.0	0.178
35-44 yrs	518	7.9	0.189	657	8.6	0.164	1175	8.3	0.136
45-54 yrs	422	9.7	0.252	408	8.2	0.267	830	8.9	0.199
55-64 yrs	359	8.9	0.293	185	6.9	0.392	544	8.2	0.242
Total	2338	8.4	0.14	2408	8.0	0.145	4746	8.2	0.122
25-64 yrs	1784	8.19	0.16	1885	7.89	0.15	3669	8.03	0.14

Table 1.9: Reported household earnings: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	300	5970.2	376.83	339	4816.8	285.55	639	5359.0	294.51
25-34 yrs	354	6239.9	289.28	470	5339.3	294.24	825	5726.3	222.92
35-44 yrs	395	7343.1	534.91	457	5847.6	370.56	852	6540.2	338.76
45-54 yrs	307	7111.0	871.21	266	4938.5	535.68	573	6103.8	581.28
55-64 yrs	246	4911.2	412.21	108	4562.0	425.43	354	4805.0	337.59
Total	1603	6424.0	323.62	1639	5257.3	281.13	3242	5834.0	249.44
25-64 yrs	1302	6528.6	373.1	1301	5372.0	301.8	2603	5950.6	271.9

Table 1.10.1: Estimated household earning: Men

Age	N	LT 3000		3000-4900		5000-6999		7000-9999		10000-14999		15000-20000		GT 2000	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	524	138	26.2%	112	21.4%	107	20.4%	74	14.2%	66	12.5%	21	4.0%	7	1.3%
25-34 yrs	465	74	16.0%	112	24.1%	128	27.5%	88	19.0%	38	8.2%	17	3.7%	7	1.5%
35-44 yrs	504	103	20.5%	91	18.0%	114	22.7%	85	16.8%	73	14.4%	24	4.9%	14	2.8%
45-54 yrs	400	143	35.8%	90	22.4%	57	14.2%	39	9.7%	45	11.2%	16	4.1%	10	2.6%
55-64 yrs	345	155	45.0%	82	23.8%	43	12.4%	27	7.9%	25	7.2%	10	2.9%	3	0.9%
Total	2238	613	27.4%	487	21.7%	449	20.0%	313	14.0%	246	11.0%	89	4.0%	41	1.8%
25-64 yrs	1714	476	27.8%	374	21.8%	342	20.0%	239	13.9%	181	10.5%	68	4.0%	34	2.0%

Table 1.10.2: Estimated household earning: Women

Age	N	LT 3000		3000-4900		5000-6999		7000-9999		10000-14999		15000-20000		GT 2000	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	502	194	38.7%	133	26.4%	65	13.0%	54	10.8%	40	7.9%	14	2.8%	2	0.4%
25-34 yrs	602	182	30.3%	146	24.3%	115	19.1%	84	14.0%	51	8.5%	18	2.9%	6	1.0%
35-44 yrs	611	214	35.0%	135	22.0%	83	13.6%	58	9.6%	77	12.6%	34	5.6%	10	1.6%
45-54 yrs	378	191	50.5%	62	16.4%	49	12.9%	28	7.4%	33	8.8%	12	3.2%	3	0.9%
55-64 yrs	163	74	45.3%	34	20.8%	25	15.3%	16	9.6%	9	5.8%	5	3.1%	-	-
Total	2256	854	37.9%	509	22.6%	337	14.9%	241	10.7%	210	9.3%	83	3.7%	21	0.9%
25-64 yrs	1754	660	37.6%	377	21.5%	272	15.5%	186	10.6%	171	9.7%	69	3.9%	19	1.1%

SECTION 2: TOBACCO USE

Table 2.2: Age started smoking for current smokers: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	107	15.6	0.426	1	13.0	0.000	108	15.5	0.424
25-34 yrs	130	18.2	0.363	6	21.7	2.366	136	18.4	0.403
35-44 yrs	123	20.0	0.648	6	18.1	4.087	129	19.9	0.674
45-54 yrs	64	19.6	0.948	8	22.5	4.293	72	19.9	1.005
55-64 yrs	40	25.5	2.570	2	31.5	5.637	42	25.7	2.456
Total	464	18.9	0.385	23	21.5	2.945	487	19.0	0.405
25-64 yrs	357	19.7	0.849	22	19.8	3.323	379	19.7	0.925

Table 2.3: Years of smoking, for current smokers: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	107	5.4	0.440	1	11.0	0.000	108	5.4	0.444
25-34 yrs	130	11.1	0.403	6	9.3	2.184	136	11.0	0.421
35-44 yrs	123	19.4	0.632	6	21.1	4.027	129	19.5	0.660
45-54 yrs	64	29.2	0.990	8	26.3	4.956	72	28.9	1.101
55-64 yrs	40	33.1	2.427	2	24.0	5.990	42	32.7	2.309
Total	464	16.4	0.867	23	19.5	3.004	487	16.5	0.907
25-64 yrs	357	19.7	0.849	22	19.8	3.323	379	19.7	0.925

Table 2.4.1: Percentage smoking various types of cigarettes for current smokers: Men

Age	N	Manufactured Cigarettes		Hand rolled Cigarette		Pipe full of Tobacco		Cigar, cheroots & cigarill		Shisha Moasal		Others	
		n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	554	85	15.30%	0	0.0%	0	0.0%	21	3.7%	14	2.6%	0	0.0%
25-34 yrs	483	112	23.20%	0	0.0%	0	0.0%	9	1.9%	19	3.8%	0	0.0%
35-44 yrs	518	88	16.90%	1	0.2%	1	0.2%	15	2.0%	23	4.5%	0	0.0%
45-54 yrs	422	42	9.90%	3	0.7%	1	0.2%	6	1.3%	14	3.3%	0	0.0%
55-64 yrs	359	31	8.50%	0	0.0%	0	0.0%	1	0.3%	9	2.5%	0	0.0%
Total	2336	357	15.30%	4	0.2%	2	0.1%	51	2.2%	78	3.4%	0	0.0%
25-64 yrs	1782	272	15.30%	4	0.20%	2	0.10%	31	1.70%	64	3.60%	0	0.0%

Table 2.4.2: Percentage smoking various types of cigarettes for current smokers: Women

Age	N	Manufactured Cigarettes		Hand rolled Cigarette		Pipe full of Tobacco		Cigar, cheroots & cigarill		Shisha Moasal		Others	
		n	%	n	%	n	%	n	%	n	%	n	%
15-24 yrs	523	0	0.00%	0	0.0%	0	0.0%	0	0.0%	1	0.2%	0	0.0%
25-34 yrs	637	5	0.80%	1	0.2%	0	0.0%	0	0.0%	4	0.6%	0	0.0%
35-44 yrs	659	4	0.60%	0	0.0%	0	0.0%	0	0.0%	5	0.7%	0	0.0%
45-54 yrs	410	6	1.50%	0	0.0%	0	0.0%	2	0.5%	1	0.2%	0	0.0%
55-64 yrs	185	1	0.50%	0	0.0%	0	0.0%	0	0.0%	1	0.5%	0	0.0%
Total	2414	16	0.70%	1	0.0%	0	0.0%	2	0.1%	12	0.5%	0	0.0%
25-64 yrs	1891	16	0.90%	1	0.10%	0	0.0%	2	0.10%	11	0.60%	0	0.0%

Table: 2.5.1: Consumption of manufactured cigarettes/day, for current smokers of manufactured cigarettes: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	85	13.2	1.36	.	.	.	85	13.2	1.36
25-34 yrs	112	17.7	1.48	5	12.1	3.27	118	17.4	1.42
35-44 yrs	88	18.1	1.12	4	18.8	4.74	92	18.2	1.11
45-54 yrs	42	20.4	2.06	6	12.8	3.02	48	19.5	1.91
55-64 yrs	31	24.0	2.10	1	60.0	0.00	32	25.1	2.10
Total	357	17.6	0.91	16	16.8	3.33	373	17.6	0.88
25-64 yrs	272	18.9	0.99	16	16.8	3.33	288	18.8	0.95

Table: 2.5.4: Consumption of Cigars, Cheroots or Cigarillos/day, for current smokers of cigars: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	21	18.4	0.70	.	.	.	21	18.4	0.70
25-34 yrs	9	19.2	3.61	.	.	.	9	19.2	3.61
35-44 yrs	15	16.8	1.88	.	.	.	15	16.8	1.88
45-54 yrs	6	17.3	2.60	2	2.6	0.35	8	13.5	2.99
55-64 yrs	1	20.0	0.00	.	.	.	1	20.0	0.00
Total	51	18.0	0.95	2	2.6	0.35	53	17.4	0.98
25-64 yrs	30	17.7	1.61	2	2.6	0.35	32	16.8	1.60

Table: 2.5.5: Consumption of Shesha/Muaase /day, for current smokers of Shesha smokers: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	14	2.6	0.38	1	2.0	0.00	15	2.6	0.37
25-34 yrs	19	2.6	0.20	4	3.0	0.73	23	2.7	0.21
35-44 yrs	23	2.4	0.26	5	4.6	1.79	28	2.8	0.38
45-54 yrs	14	3.4	0.46	1	6.0	0.00	15	3.6	0.47
55-64 yrs	9	1.7	0.22	1	15.0	0.00	10	2.9	1.26
Total	78	2.6	0.14	12	4.7	1.29	90	2.9	0.20
25-64 yrs	64	2.6	0.15	11	5.0	1.52	75	2.9	0.25

Table: 2.6.1: Smoking status: Men

Age	N	Current Daily			Current Non-daily			Ex-daily			Never		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	554	117	21.0%	2.40%	27	4.9%	0.80%	32	5.8%	1.10%	378	68.3%	2.60%
25-34 yrs	483	136	28.1%	2.50%	17	3.4%	0.90%	80	16.5%	1.80%	251	52.0%	2.70%
35-44 yrs	518	126	24.3%	2.10%	16	3.1%	0.70%	105	20.2%	2.40%	271	52.4%	2.60%
45-54 yrs	422	69	16.4%	2.10%	12	2.9%	0.70%	92	21.9%	2.20%	249	58.9%	2.90%
55-64 yrs	359	42	11.7%	2.30%	5	1.4%	0.60%	88	24.4%	3.20%	225	62.6%	3.90%
Total	2336	489	20.9%	1.30%	76	3.3%	0.40%	396	17.0%	1.30%	1374	58.8%	1.70%
25-64 yrs	1782	372	20.9%	1.50%	49	2.8%	0.40%	364	20.4%	1.60%	996	55.9%	2.10%

Table 2.6.2: Smoking status: Women

Age	N	Current Daily			Current Non-daily			Ex-daily			Never		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	523	1	0.2%	0.20%	4	0.8%	0.50%	2	0.4%	0.30%	516	98.6%	0.70%
25-34 yrs	637	8	1.3%	0.60%	-	-	-	4	0.6%	0.30%	625	98.1%	0.70%
35-44 yrs	659	8	1.2%	0.50%	1	0.2%	0.20%	4	0.6%	0.30%	646	98.0%	0.60%
45-54 yrs	410	9	2.2%	0.80%	-	-	-	3	0.7%	0.40%	398	97.1%	1.00%
55-64 yrs	185	2	1.0%	0.70%	-	-	-	2	1.0%	0.70%	182	98.0%	1.00%
Total	2414	28	1.2%	0.40%	5	0.2%	0.10%	15	0.6%	0.20%	2366	98.0%	0.50%
25-64 yrs	1891	27	1.4%	0.40%	1	0.1%	0.10%	13	0.7%	0.20%	1850	97.8%	0.50%

Table 2.7: Years since cessation of ex-daily smokers: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	6	4.9	1.88	.	.	.	6	4.9	1.88
25-34 yrs	3	4.6	1.98	.	.	.	3	4.6	1.98
35-44 yrs	6	8.5	2.63	2	1.6	0	8	6.9	1.99
45-54 yrs	12	6.6	2.16	1	5.0	0	12	6.5	1.99
55-64 yrs	14	13.8	2.30	.	.	.	14	13.8	2.30
Total	40	9.0	1.09	3	2.7	0	43	8.5	1.05
25-64 yrs	34	9.68	1.23	3	2.72	0.00	37	9.13	1.15

Table: 2.9: Smokeless tobacco use, for ever users: Men and Women

Age	N	Men						N	Women					
		Current Daily			Ex-daily				Current Daily			Ex-daily		
		n	%	S.E	n	%	S.E		n	%	S.E	n	%	S.E
15-24 yrs	554	18	3.3%	2.40%	5	0.9%	0.50%	523	.	.	.	1	0.2%	0.20%
25-34 yrs	483	4	0.8%	0.50%	4	0.8%	0.40%	637	3	0.5%	0.20%	.	.	.
35-44 yrs	518	1	0.2%	0.20%	5	0.9%	0.40%	659	2	0.3%	0.20%	.	.	.
45-54 yrs	422	4	0.9%	0.50%	7	1.7%	0.80%	410	2	0.5%	0.30%	.	.	.
55-64 yrs	359	2	0.6%	0.40%	1	0.3%	0.30%	185	4	2.2%	1.30%	2	1.0%	0.70%
Total	2336	29	1.3%	0.70%	22	0.9%	0.20%	2414	11	0.5%	0.10%	3	0.1%	0.10%
25-64 yrs	1782	11	0.6%	0.20%	17	0.9%	0.30%	1891.19	11	0.6%	0.20%	2	0.1%	0.10%

Table: 2.11.4: Consumption of betel/quid (times/day), for current consumers of betel/quid: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	3	7.4	1.27	.	.	.	3	7.4	1.27
25-34 yrs	.	.	.	3	3.3	0.29	3	3.3	0.29
35-44 yrs	1	3.0	0.00	2	5.9	0.74	3	5.0	0.91
45-54 yrs	4	3.8	0.21	1	5.0	0.00	5	4.0	0.29
55-64 yrs	2	2.0	0.00	4	3.2	0.44	6	2.8	0.30
Total	10	4.4	0.60	10	4.0	0.42	20	4.2	0.37
25-64 yrs	7	3.1	0.30	10	4.0	0.42	17	3.7	0.30

SECTION 4: DIET

Table 4.1: Number of days fruit to consumed per week: Men and Women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	550	3.0	0.144	517	3.0	0.229	1067	3.0	0.134
25-34 yrs	481	3.3	0.112	624	3.7	0.213	1106	3.5	0.132
35-44 yrs	515	3.6	0.123	644	4.0	0.276	1160	3.8	0.173
45-54 yrs	422	3.7	0.149	399	3.6	0.248	821	3.7	0.163
55-64 yrs	353	3.7	0.211	179	3.3	0.334	532	3.6	0.199
Total	2322	3.4	0.085	2364	3.6	0.223	4686	3.5	0.131
25-64 yrs	1772	3.56	0.091	1847	3.74	0.232	3618	3.65	0.142

Table 4.2.1: Serving of fruit consumed per day: Men

Age	N	Less than 1 serving per day			1 serving per day			2-4 servings per day			5 or more servings per day		
		n	%	S.E	n	%	S.E	N	%	S.E	n	%	S.E
15-24 yrs	500	366	73.2%	3.00%	76	15.2%	1.80%	53	10.7%	1.80%	5	1.0%	0.40%
25-34 yrs	455	304	66.7%	2.90%	81	17.8%	2.00%	65	14.2%	2.10%	6	1.3%	0.50%
35-44 yrs	485	303	62.4%	2.80%	101	20.9%	2.00%	67	13.9%	1.90%	14	2.9%	1.00%
45-54 yrs	402	256	63.6%	3.10%	67	16.6%	2.00%	68	16.9%	2.70%	12	2.9%	1.10%
55-64 yrs	326	209	64.2%	4.00%	54	16.5%	2.20%	53	16.2%	2.70%	10	3.0%	1.20%
Total	2168	1437	66.3%	2.00%	379	17.5%	1.10%	306	14.1%	1.30%	46	2.1%	0.50%
25-64 yrs	1668	1071	64.2%	2.20%	303	18.2%	1.20%	253	15.2%	1.60%	41	2.5%	0.70%

Table 4.2.2: Serving of fruit consumed per day: Women

Age	N	Less than 1 serving per day			1 serving per day			2-4 servings per day			5 or more servings per day		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	517	373	72.1%	3.50%	83	16.0%	3.00%	57	11.0%	1.80%	5	0.9%	0.50%
25-34 yrs	623	387	62.1%	3.60%	141	22.6%	3.10%	94	15.1%	1.90%	1	0.2%	0.20%
35-44 yrs	642	361	56.3%	5.00%	146	22.8%	4.30%	128	19.9%	2.60%	6	1.0%	0.60%
45-54 yrs	398	250	62.8%	4.50%	84	21.0%	3.30%	60	15.1%	2.50%	4	1.1%	0.70%
55-64 yrs	179	119	66.8%	5.60%	38	21.2%	4.30%	20	11.2%	2.80%	1	0.8%	0.60%
Total	2360	1491	63.2%	3.80%	492	20.9%	3.20%	359	15.2%	1.60%	18	0.8%	0.30%
25-64 yrs	1843	1118	60.7%	4.10%	409	22.2%	3.40%	302	16.4%	1.70%	13	0.7%	0.30%

Table 4.3: Number of days vegetable are consumed per week: Men and women

Age	Men			Women			Total		
	N	Mean	SE	N	Mean	SE	N	Mean	SE
15-24 yrs	548	4.3	0.138	520	4.1	0.246	1068	4.2	0.155
25-34 yrs	482	4.5	0.123	630	4.5	0.242	1112	4.5	0.165
35-44 yrs	513	4.6	0.150	644	4.6	0.247	1157	4.6	0.183
45-54 yrs	419	4.3	0.190	403	4.4	0.225	822	4.4	0.150
55-64 yrs	349	4.5	0.194	181	4.3	0.322	529	4.4	0.194
Total	2311	4.4	0.106	2378	4.4	0.217	4688	4.4	0.145
25-64 yrs	1762	4.5	0.121	1858	4.5	0.221	3620	4.5	0.152

Table 4.4.1: Serving of vegetable consumed per day: Men

Age	N	Less than 1 serving per day			1 serving per day			2-4 servings per day			5 or more servings per day		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	502	253	50.4%	3.30%	127	25.3%	2.80%	116	23.0%	3.90%	7	1.4%	0.60%
25-34 yrs	454	225	49.6%	3.20%	113	24.8%	2.20%	100	22.0%	2.70%	16	3.5%	1.00%
35-44 yrs	481	228	47.3%	3.30%	141	29.3%	3.30%	98	20.4%	2.70%	14	3.0%	0.80%
45-54 yrs	400	212	53.0%	3.60%	121	30.1%	3.40%	63	15.7%	2.10%	5	1.2%	0.80%
55-64 yrs	324	173	53.5%	3.80%	81	24.9%	4.00%	60	18.5%	3.70%	10	3.0%	1.50%
Total	2162	1091	50.5%	2.40%	582	26.9%	2.30%	436	20.2%	2.10%	52	2.4%	0.70%
25-64 yrs	1659	838	50.5%	2.50%	455	27.4%	2.50%	321	19.30%	1.9%	45	2.70%	0.80%

Table 4.4.2: Serving of vegetable consumed per day: Women

Age	N	Less than 1 serving per day			1 serving per day			2-4 servings per day			5 or more servings per day		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	520	292	56.1%	4.60%	127	24.4%	2.70%	101	19.3%	3.50%	1	0.2%	0.20%
25-34 yrs	629	296	47.1%	4.50%	185	29.3%	2.70%	145	23.1%	3.70%	3	0.5%	0.30%
35-44 yrs	642	291	45.4%	4.70%	182	28.3%	2.60%	164	25.6%	5.10%	5	0.8%	0.40%
45-54 yrs	403	210	52.1%	4.30%	104	25.7%	2.90%	88	21.9%	4.50%	1	0.3%	0.30%
55-64 yrs	181	93	51.6%	6.10%	50	27.6%	3.50%	38	20.8%	4.50%			
Total	2375	1182	49.8%	4.00%	646	27.2%	2.00%	536	22.6%	3.80%	10	0.4%	0.10%
25-64 yrs	1855	890	48.0%	4.10%	520	28.0%	2.10%	436	23.5%	4.10%	9	0.5%	0.20%

Table 4.5: Serving of fruit & vegetables consumed per day: Men and Women

Age	N	Men						N	Women					
		Below 5 servings per day			5 or more servings per day				Below 5 servings per day			5 or more servings per day		
		n	%	S.E	n	%	S.E		n	%	S.E	n	%	S.E
15-24 yrs	505	476	94.3%	1.40%	29	5.7%	1.40%	520	499	95.9%	1.00%	22	4.1%	1.00%
25-34 yrs	459	422	92.0%	1.80%	37	8.0%	1.80%	631	612	96.9%	1.00%	19	3.1%	1.00%
35-44 yrs	487	438	89.9%	1.80%	49	10.1%	1.80%	647	604	93.4%	1.40%	43	6.6%	1.40%
45-54 yrs	404	365	90.3%	1.80%	39	9.7%	1.80%	409	386	94.5%	1.40%	23	5.5%	1.40%
55-64 yrs	326	296	90.9%	2.40%	30	9.1%	2.40%	181	175	97.0%	1.40%	5	3.0%	1.40%
Total	2181	1997	91.6%	1.20%	184	8.4%	1.20%	2388	2276	95.3%	0.80%	112	4.7%	0.80%
25-64 yrs	1676	1521	90.8%	1.50%	155	9.2%	1.50%	1867	1777	95.2%	1.00%	90	4.8%	1.00%

Table 4.7: Type of oil and fat used: Male and Female

Age	N	Vegetable oil			Animal Fat			Butter of ghee			Margarine			Olive oil		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	1007	850	84.4%	2.00%	15	1.5%	0.40%	21	2.1%	0.50%	7	0.7%	0.20%	11	1.1%	0.40%
25-34 yrs	1092	931	85.3%	1.70%	15	1.3%	0.50%	25	2.3%	0.50%	7	0.7%	0.20%	13	1.2%	0.40%
35-44 yrs	1147	939	81.9%	2.00%	28	2.4%	0.90%	19	1.7%	0.50%	17	1.5%	0.90%	19	1.7%	0.50%
45-54 yrs	819	682	83.3%	1.90%	21	2.6%	0.60%	13	1.6%	0.40%	10	1.2%	0.50%	18	2.2%	0.60%
55-64 yrs	520	423	81.3%	2.20%	15	3.0%	1.20%	14	2.6%	0.90%	1	0.2%	0.20%	17	3.3%	0.90%
Total	4585	3825	83.4%	1.50%	94	2.0%	0.60%	92	2.0%	0.30%	42	0.9%	0.30%	78	1.7%	0.30%
25-64 yrs	3578	2975	83.2%	1.50%	79	2.2%	0.70%	71	2.0%	0.30%	35	1.0%	0.40%	68	1.9%	0.30%

SECTION 5: PHYSICAL ACTIVITY (Based on GPAQ guidelines)

Note: Only those cases are included in the analyses which have all three types of physical activities (Work, Transport and Recreational).

Table 5.1.1: Percentage of participants according to level of physical activity: Men

Age	N	High Level			Moderate Level			Low Level		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	536	127	23.6%	4.6%	86	16.0%	1.6%	324	60.3%	5.4%
25-34 yrs	475	93	19.6%	3.2%	102	21.5%	1.9%	280	58.9%	3.6%
35-44 yrs	507	88	17.4%	2.4%	115	22.6%	2.1%	305	60.0%	3.3%
45-54 yrs	406	58	14.2%	2.1%	93	22.9%	3.4%	255	62.9%	3.9%
55-64 yrs	324	55	17.0%	2.6%	64	19.6%	2.8%	206	63.4%	4.2%
Total	2249	421	18.7%	2.2%	459	20.4%	1.5%	1369	60.9%	3.0%
25-64 yrs	1713	294	17.2%	1.9%	373	21.8%	1.7%	1046	61.0%	2.9%

Table 5.1.2: Percentage of participants according to level of physical activity: Women

Age	N	High Level			Moderate Level			Low Level		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	508	48	9.5%	1.6%	73	14.4%	2.1%	387	76.2%	2.90%
25-34 yrs	616	89	14.4%	2.1%	81	13.2%	1.6%	446	72.4%	3.00%
35-44 yrs	640	95	14.9%	2.0%	77	12.1%	1.8%	467	73.0%	3.20%
45-54 yrs	400	58	14.6%	2.3%	50	12.5%	1.7%	292	73.0%	2.70%
55-64 yrs	178	23	12.8%	2.6%	8	4.5%	1.6%	148	82.7%	3.30%
Total	2343	313	13.4%	1.5%	290	12.4%	1.2%	1740	74.3%	2.40%
25-64 yrs	1835	265	14.50%	1.70%	217	11.80%	1.20%	1353	73.70%	2.40%

Table 5.1.3: Percentage of participants according to level of physical activity: Both sexes

Age	N	High Level			Moderate Level			Low Level		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	1045	175	16.7%	2.6%	159	15.2%	1.6%	711	68.0%	3.5%
25-34 yrs	1091	181	16.6%	1.9%	183	16.8%	1.3%	726	66.6%	2.5%
35-44 yrs	1148	184	16.0%	1.7%	192	16.7%	1.6%	772	67.3%	2.7%
45-54 yrs	806	116	14.4%	1.7%	143	17.7%	2.1%	547	67.9%	2.6%
55-64 yrs	503	78	15.5%	2.2%	72	14.2%	2.1%	353	70.2%	3.5%
Total	4592	734	16.0%	1.4%	749	16.3%	1.2%	3109	67.7%	2.3%
25-64 yrs	3547	559	15.8%	1.4%	590	16.6%	1.3%	2398	67.6%	2.3%

Table 5.2: Mean time of Total Physical Activity (Work, Transport, Recreational) minutes per day: Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	436.4	66.2	508	237.7	30.1	1045	339.7	39.5
25-34 yrs	475	449.7	54.1	616	346.8	43.7	1091	391.6	35.5
35-44 yrs	507	403.4	41.6	640	339.7	44.2	1148	367.8	35.9
45-54 yrs	406	378.5	41.9	400	344.8	44.6	806	361.8	34.0
55-64 yrs	324	385.9	59.8	178	324.1	74.0	503	364.0	52.8
Total	2249	414.0	36.6	2343	319.1	33.4	4592	365.6	29.0
25-64 yrs	1713	407.0	34.6	1835	341.7	37.4	3547	373.2	30.5

Table 5.3.1: Mean time spent (minutes per day) for Work, Transport and Recreation-related physical activities: Men

Age	Work			Transport			Recreation		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	110.0	23.7	536	246.8	64.5	536	79.6	14.7
25-34 yrs	475	209.9	35.4	475	179.7	29.3	475	60.1	15.8
35-44 yrs	507	196.4	32.0	507	157.9	20.1	507	49.1	9.8
45-54 yrs	406	161.7	34.8	406	155.6	26.8	406	61.1	11.7
55-64 yrs	324	152.6	39.1	324	183.7	28.1	324	49.6	15.6
Total	2249	166.1	21.5	2249	187.0	26.1	2249	61.0	8.8
25-64 yrs	1713	183.6	23.9	1713	168.3	20.8	1713	55.1	9.0

Table 5.3.2: Mean time spent (minutes per day) for Work, Transport and Recreation-related physical activities: Women

Age	Work			Transport			Recreation		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	508	134.8	24.6	508	75.7	9.4	508	27.1	6.4
25-34 yrs	616	227.1	36.3	616	81.3	12.3	616	38.5	8.7
35-44 yrs	640	209.6	35.0	640	83.7	11.0	640	46.4	9.5
45-54 yrs	400	196.9	33.9	400	109.4	11.5	400	38.5	10.9
55-64 yrs	178	171.8	44.8	178	103.1	24.1	178	49.2	25.4
Total	2343	192.9	25.7	2343	87.2	8.0	2343	39.0	6.0
25-64 yrs	1835	209.0	29.0	1835	90.4	9.0	1835	42.3	7.1

Table 5.3.3: Mean time spent (minutes per day) for Work, Transport and Recreation-related physical activities: Both Sexes

Age	Work			Transport			Recreation		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	1045	122.1	18.8	1045	163.6	35.9	1045	54.1	8.1
25-34 yrs	1091	219.6	26.0	1091	124.1	16.2	1091	47.9	9.3
35-44 yrs	1148	203.8	26.5	1148	116.5	12.9	1148	47.6	7.1
45-54 yrs	806	179.2	26.6	806	132.7	14.7	806	49.9	8.9
55-64 yrs	503	159.4	33.1	503	155.1	22.0	503	49.5	14.5
Total	4592	179.8	19.4	4592	136.1	15.2	4592	49.7	6.2
25-64 yrs	3547	196.8	21.4	3547	128.0	13.4	3547	48.5	6.7

Table 5.4.1: Percents of participants classified as doing no physical activity related to Work, Transport or Recreation: Men

Age	N	Work			Transport			Recreation		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	536	462	86.2%	2.5%	280	52.3%	4.9%	446	83.2%	2.6%
25-34 yrs	475	370	77.9%	3.0%	265	55.8%	4.1%	407	85.6%	3.0%
35-44 yrs	507	393	77.4%	3.0%	293	57.8%	3.4%	427	84.1%	2.8%
45-54 yrs	406	335	82.4%	2.7%	235	57.7%	3.5%	355	87.3%	2.1%
55-64 yrs	324	279	86.1%	2.8%	187	57.7%	4.4%	292	89.9%	2.5%
Total	2249	1839	81.8%	2.1%	1260	56.0%	2.9%	1926	85.6%	2.0%
25-64 yrs	1713	1377	80.4%	2.2%	980	57.2%	2.8%	1480	86.4%	2.1%

Table 5.4.2: Percents of participants classified as doing no physical activity related to Work, Transport or Recreation: Women

Age	N	Work			Transport			Recreation		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	508	419	82.4%	2.6%	258	50.8%	4.6%	463	91.2%	1.9%
25-34 yrs	616	466	75.7%	3.3%	341	55.4%	4.2%	549	89.2%	2.0%
35-44 yrs	640	487	76.1%	3.3%	363	56.7%	4.4%	568	88.7%	2.2%
45-54 yrs	400	317	79.2%	3.2%	204	51.0%	4.2%	369	92.3%	1.8%
55-64 yrs	178	153	85.7%	2.9%	116	65.0%	5.6%	165	92.7%	2.3%
Total	2343	1842	78.6%	2.5%	1283	54.8%	3.9%	2115	90.3%	1.7%
25-64 yrs	1835	1423	77.6%	2.6%	1025	55.8%	3.9%	1652	90.0%	1.7%

Table 5.4.3: Percents of participants classified as doing no physical activity related to Work, Transport or Recreation: Both Sexes

Age	N	Work			Transport			Recreation		
		n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	1045	881	84.3%	2.1%	538	51.5%	3.9%	909	87.1%	1.7%
25-34 yrs	1091	836	76.7%	2.5%	606	55.6%	3.5%	956	87.6%	1.9%
35-44 yrs	1148	880	76.7%	2.6%	657	57.2%	3.5%	995	86.7%	1.9%
45-54 yrs	806	651	80.8%	2.4%	439	54.4%	3.3%	724	89.8%	1.5%
55-64 yrs	503	432	86.0%	2.3%	303	60.3%	4.0%	457	90.9%	1.9%
Total	4592	3681	80.2%	2.0%	2543	55.4%	3.2%	4041	88.0%	1.5%
25-64 yrs	3547	2800	78.9%	2.1%	2004	56.5%	3.1%	3132	88.3%	1.5%

Table 5.5: Mean Total Time (minutes) spent in sedentary activities per day: Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	506	294.2	19.4	483	264.6	12.3	989	279.8	13.7
25-34 yrs	452	272.6	16.2	571	269.7	13.8	1024	271.0	12.5
35-44 yrs	483	265.6	11.6	589	262.5	17.2	1072	263.9	11.5
45-54 yrs	397	272.8	10.9	382	286.0	18.5	780	279.3	12.0
55-64 yrs	311	336.6	19.4	167	321.3	24.1	479	331.2	15.8
Total	2150	285.4	11.4	2192	273.4	12.1	4342	279.4	10.6
25-64 yrs	1644	282.7	10.8	1710	275.9	12.9	3353	279.2	10.3

Table 5.6.1: Mean time of moderate level of work-related Physical Activities per day (min): Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	94.8	21.5	508	119.1	22.7	1045	106.6	17.0
25-34 yrs	475	175.9	34.0	616	185.2	28.5	1091	181.2	22.1
35-44 yrs	507	156.8	25.4	640	168.3	27.3	1148	163.2	21.3
45-54 yrs	406	138.0	30.0	400	163.7	29.1	806	150.7	22.5
55-64 yrs	324	93.8	22.7	178	126.8	34.2	503	105.5	21.8
Total	2249	133.5	17.1	2343	158.1	19.8	4592	146.1	15.5
25-64 yrs	1713	145.7	18.3	1835	168.9	22.3	3547	157.7	16.8

Table 5.6.2: Mean time of vigorous level of work-related Physical Activities per day (min): Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	15.2	6.1	508	15.8	6.8	1045	15.5	4.8
25-34 yrs	475	34.0	9.7	616	41.9	13.8	1091	38.4	9.0
35-44 yrs	507	39.6	12.8	640	41.3	11.2	1148	40.5	8.5
45-54 yrs	406	23.7	9.1	400	33.3	11.2	806	28.5	7.4
55-64 yrs	324	58.8	23.3	178	45.0	18.9	503	53.9	16.6
Total	2249	32.5	6.2	2343	34.8	9.0	4592	33.7	5.7
25-64 yrs	1713	37.9	7.9	1835	40.1	10.0	3547	39.0	6.6

Table 5.7.1: Mean time of moderate level of Recreational Physical Activities per day (min): Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	51.9	10.7	508	24.0	5.9	1045	38.3	6.2
25-34 yrs	475	39.8	10.5	616	33.9	8.2	1091	36.5	7.2
35-44 yrs	507	40.3	7.6	640	39.6	8.9	1148	39.9	6.4
45-54 yrs	406	58.7	11.4	400	28.6	9.1	806	43.8	8.2
55-64 yrs	324	49.5	15.6	178	32.2	15.6	503	43.3	12.4
Total	2249	47.6	7.0	2343	32.3	5.2	4592	39.8	5.1
25-64 yrs	1713	46.2	7.3	1835	34.6	6.1	3547	40.2	5.6

Table 5.7.2: Mean time of vigorous Recreational Physical Activities per day (min): Men and Women

Age	Men			Women			Total		
	n	Mean	S.E	n	Mean	S.E	n	Mean	S.E
15-24 yrs	536	27.7	7.0	508	3.1	1.0	1045	15.7	3.6
25-34 yrs	475	20.4	10.2	616	4.5	1.8	1091	11.4	4.6
35-44 yrs	507	8.8	4.7	640	6.8	2.4	1148	7.7	2.5
45-54 yrs	406	2.5	1.2	400	9.8	4.7	806	6.1	2.5
55-64 yrs	324	0.2	0.2	178	17.0	12.1	503	6.1	4.5
Total	2249	13.4	3.6	2343	6.7	1.9	4592	10.0	2.3
25-64 yrs	1713	8.9	4.2	1835	7.7	2.3	3547	8.3	2.7

SECTION 6: MEDICAL HISTORY (HIGH BLOOD PRESSURE)

Table 6.1.1: Time elapsed since most recent blood pressure measurement: Men

Age	N	< 12 months			1-5 years ago			> 5 Years ago			Did not measure PB		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	552	296	53.6%	3.70%	90	16.3%	2.50%	8	1.5%	0.80%	158	28.6%	4.10%
25-34 yrs	482	348	72.1%	2.70%	67	13.8%	1.70%	14	2.9%	1.00%	54	11.2%	2.20%
35-44 yrs	515	414	80.3%	2.40%	70	13.6%	2.50%	6	1.2%	0.50%	25	4.9%	1.30%
45-54 yrs	422	365	86.4%	1.80%	42	9.8%	1.60%	2	0.5%	0.40%	13	3.2%	0.80%
55-64 yrs	359	319	88.9%	1.50%	27	7.5%	1.20%	1	0.3%	0.30%	12	3.2%	1.00%
Total	2330	1741	74.7%	1.80%	295	12.7%	1.20%	32	1.4%	0.40%	262	11.2%	1.70%
25-64 yrs	1779	1446	81.3%	1.30%	205	11.5%	1.10%	23	1.3%	0.30%	104	5.9%	1.00%

Table 6.1.2: Time elapsed since most recent blood pressure measurement: Women

Age	N	< 12 months			1-5 years ago			> 5 Years ago			Did not measure PB		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	521	362	69.4%	2.50%	60	11.5%	1.40%	9	1.7%	0.60%	91	17.4%	1.90%
25-34 yrs	634	535	84.4%	1.70%	70	11.0%	1.40%	9	1.4%	0.60%	20	3.2%	1.00%
35-44 yrs	660	576	87.3%	1.70%	65	9.8%	1.30%	6	0.9%	0.40%	13	2.0%	0.60%
45-54 yrs	409	382	93.6%	1.20%	20	4.9%	1.00%	3	0.7%	0.40%	3	0.8%	0.40%
55-64 yrs	185	167	90.1%	2.20%	14	7.3%	2.10%	3	1.5%	0.90%	2	1.0%	0.70%
Total	2410	2023	83.9%	1.20%	228	9.5%	0.80%	30	1.2%	0.20%	129	5.4%	0.60%
25-64 yrs	1889	1661	88.0%	1.10%	168	8.9%	0.90%	21	1.10%	0.3%	38	2.00%	0.40%

Table 6.2: Confirmed or new diagnosis of hypertension by health workers in past 12 Months: Men and Women

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	550	10	1.8%	0.60%	511	9	1.8%	0.70%
25-34 yrs	480	19	4.0%	1.00%	632	38	6.0%	1.00%
35-44 yrs	515	35	6.8%	1.20%	659	84	12.7%	2.10%
45-54 yrs	420	77	18.2%	2.10%	407	107	26.3%	2.50%
55-64 yrs	358	99	27.7%	3.60%	184	71	38.7%	4.80%
Total	2323	240	10.3%	0.80%	2393	309	12.9%	1.40%
25-64 yrs	1773	230	13.0%	1.00%	1882	300	15.9%	1.60%

Table 6.3.1: Type of blood pressure treatment for Hypertension: Men

Age	N	Drugs			Diet			Weight			Smoking Cessation			Exercise		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	10	3	32.2%	16.20%	2	19.7%	13.00%	2	19.7%	13.00%	3	32.3%	16.20%	3	32.3%	16.20%
25-34 yrs	19	6	29.9%	11.50%	2	10.8%	6.80%	5	27.0%	10.40%	2	10.8%	7.30%	6	33.3%	10.20%
35-44 yrs	35	23	64.3%	8.80%	21	60.4%	9.50%	17	48.5%	9.10%	4	11.7%	5.50%	13	36.9%	7.60%
45-54 yrs	77	62	81.3%	4.80%	45	58.7%	6.60%	26	33.4%	5.30%	13	16.7%	4.40%	23	29.9%	5.60%
55-64 yrs	99	90	90.8%	2.60%	52	53.0%	8.50%	39	39.7%	7.80%	10	9.8%	3.20%	28	27.9%	5.40%
Total	240	184	76.7%	3.20%	123	51.2%	5.20%	89	37.1%	4.50%	32	13.3%	2.50%	73	30.5%	3.30%
25-64 yrs	230	180	78.6%	3.00%	121	52.6%	5.30%	87	37.9%	4.50%	29	12.5%	2.50%	70	30.4%	3.50%

Table 6.3.2: Type of blood pressure treatment for Hypertension: Women

Age	N	Drugs			Diet			Weight			Smoking Cessation			Exercise		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	9	2	23.7%	19.50%	4	43.6%	14.10%	2	21.7%	11.80%				1	9.8%	9.50%
25-34 yrs	38	15	39.5%	7.30%	24	63.1%	7.60%	10	27.4%	8.40%	1	3.2%	2.80%	6	15.8%	5.70%
35-44 yrs	84	52	61.9%	6.60%	57	68.1%	6.50%	42	50.3%	7.60%				25	29.5%	7.10%
45-54 yrs	107	87	81.6%	2.70%	70	65.4%	5.10%	43	40.0%	6.90%	1	1.2%	1.10%	25	23.8%	5.90%
55-64 yrs	71	64	90.0%	3.20%	58	81.3%	5.30%	24	34.3%	9.20%	1	1.4%	1.40%	17	24.2%	6.00%
Total	309	220	71.3%	2.90%	213	68.9%	3.70%	122	39.4%	6.30%	3	1.1%	0.60%	74	24.0%	4.50%
25-64 yrs	300	218	72.8%	3.20%	209	69.6%	3.70%	120	39.9%	6.50%	3	1.2%	0.60%	73	24.5%	4.60%

Table 6.4: Consultation with a traditional healers by those with Hypertension: Men and Women

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	10				9			
25-34 yrs	19	1	5.8%	5.60%	38	4	10.7%	6.10%
35-44 yrs	35	2	6.2%	5.30%	84	2	2.4%	1.70%
45-54 yrs	77	3	3.8%	2.20%	107	10	9.4%	2.50%
55-64 yrs	99	11	10.8%	7.60%	71	8	10.7%	3.90%
Total	240	17	7.0%	3.50%	309	24	7.7%	2.00%
25-64 yrs	230	17	7.3%	3.60%	300	24	7.9%	2.00%

(DIABETES)**Table 6.6: Blood sugar measured in the past 12 months: Men and Women**

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	552	173	31.3%	3.30%	522	198	37.9%	3.80%
25-34 yrs	483	220	45.4%	3.30%	636	356	56.0%	3.70%
35-44 yrs	516	343	66.5%	2.30%	660	422	63.9%	3.00%
45-54 yrs	421	314	74.6%	2.40%	410	324	79.1%	2.80%
55-64 yrs	359	298	83.0%	2.00%	183	145	79.0%	3.80%
Total	2331	1348	57.8%	2.10%	2411	1445	59.9%	2.70%
25-64 yrs	1780	1175	66.0%	1.60%	1889	1247	66.0%	2.50%

Table 6.7: Diagnosis of diabetes: Men and Women

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	543	11	2.0%	0.60%	505	12	2.4%	0.70%
25-34 yrs	479	13	2.8%	0.70%	616	28	4.5%	1.10%
35-44 yrs	511	70	13.7%	2.10%	640	94	14.8%	1.90%
45-54 yrs	419	130	31.0%	3.30%	400	124	31.1%	2.90%
55-64 yrs	359	142	39.5%	3.10%	180	89	49.7%	4.40%
Total	2312	366	15.8%	1.30%	2340	348	14.9%	1.30%
25-64 yrs	1768	355	20.1%	1.60%	1835	336	18.3%	1.50%

Table 6.8.1: Types of blood glucose treatment for diabetics: Men

Age	N	Insulin			Drug			Diet			Weight			Smoking Cessation			Exercise		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	11	6	52.8%	15.30%	3	28.6%	11.70%	3	27.2%	12.70%	3	27.3%	12.70%	2	20.1%	11.90%	6	56.9%	16.70%
25-34 yrs	13	3	22.9%	11.90%	7	52.4%	13.20%	9	69.8%	13.30%	5	40.7%	12.90%	2	15.6%	9.40%	5	39.2%	14.30%
35-44 yrs	70	10	13.6%	4.30%	46	65.2%	7.20%	40	56.6%	7.30%	30	43.2%	6.10%	13	18.7%	4.50%	32	46.1%	6.90%
45-54 yrs	130	22	17.2%	4.20%	96	73.7%	4.70%	88	67.8%	4.80%	54	41.4%	5.80%	20	15.0%	3.60%	55	42.5%	4.70%
55-64 yrs	142	29	20.7%	3.30%	102	71.8%	3.90%	88	62.2%	6.00%	42	29.4%	3.80%	14	9.8%	2.60%	44	31.1%	4.60%
Total	366	70	19.2%	2.40%	253	69.2%	2.70%	228	62.3%	4.30%	134	36.6%	3.80%	51	13.9%	2.10%	143	39.1%	3.30%
25-64 yrs	355	64	18.1%	2.40%	250	70.5%	2.80%	225	63.4%	4.20%	131	36.9%	3.80%	49	13.7%	2.20%	137	38.5%	3.50%

Table 6.8.2: Types of blood glucose treatment for diabetics: Women

Age	N	Insulin			Drug			Diet			Weight			Smoking Cessation			Exercise		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	12	5	40.3%	14.30%	4	33.8%	14.00%	6	51.7%	14.90%	2	16.8%	11.00%				2	16.3%	10.80%
25-34 yrs	28	4	15.1%	7.60%	13	47.2%	9.30%	19	69.8%	7.80%	7	25.5%	7.60%	1	3.5%	3.50%	9	32.5%	11.20%
35-44 yrs	94	16	17.4%	4.50%	57	60.3%	7.50%	78	83.0%	4.80%	43	45.5%	6.60%	1	1.0%	1.00%	33	35.4%	5.80%
45-54 yrs	124	24	19.3%	3.80%	91	72.8%	5.20%	94	75.6%	4.60%	56	45.4%	7.70%	1	0.8%	0.80%	50	40.4%	6.10%
55-64 yrs	89	25	28.2%	5.10%	57	64.4%	6.00%	66	73.8%	4.40%	29	32.9%	6.60%	1	1.1%	1.10%	21	23.9%	5.60%
Total	348	75	21.5%	2.80%	222	63.9%	4.70%	264	75.9%	3.20%	138	39.6%	5.40%	4	1.1%	0.70%	116	33.3%	4.90%
25-64 yrs	336	70	20.8%	2.80%	218	65.0%	5.00%	258	76.7%	3.20%	136	40.4%	5.40%	4	1.2%	0.70%	114	33.9%	5.00%

Table 6.9: Consultation with traditional healer by those with diabetes: Men and Women

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	11	-	-	-	12	2	15.7%	10.30%
25-34 yrs	13	3	20.4%	13.80%	28	3	10.4%	5.60%
35-44 yrs	70	6	8.5%	4.00%	94	6	6.1%	2.50%
45-54 yrs	130	9	7.0%	2.30%	124	16	12.6%	3.20%
55-64 yrs	142	6	4.5%	2.00%	89	9	9.9%	3.30%
Total	366	24	6.6%	1.60%	348	35	10.1%	1.90%
25-64 yrs	355	24	6.8%	1.60%	335.701	33	9.9%	1.90%

Table 6.10: Herbal treatment by those with diabetes: Men and Women

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	11	-	-	-	12	2	15.7%	10.30%
25-34 yrs	13	-	-	-	28	2	6.9%	4.50%
35-44 yrs	70	5	7.2%	3.40%	94	4	4.5%	2.30%
45-54 yrs	130	7	5.2%	2.10%	124	10	8.2%	2.50%
55-64 yrs	142	5	3.5%	1.90%	89	6	6.7%	2.70%
Total	366	17	4.6%	1.40%	348	24	7.0%	1.50%
25-64 yrs	355	17	4.7%	1.40%	336	22	6.7%	1.50%

SECTION 7: PHYSICAL MEASURES (Height and Weight Measurements)

Table 7.1: Height (m): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	519	168.2	0.64	500	154.9	0.45
25-34 yrs	463	169.0	0.46	615	154.6	0.34
35-44 yrs	499	166.8	0.46	648	154.1	0.38
45-54 yrs	411	165.6	0.52	402	154.0	0.50
55-64 yrs	353	165.4	0.48	180	152.6	0.79
Total	2244	167.1	0.36	2345	154.3	0.31
25-64 yrs	1726	166.8	0.36	1845	154.1	0.32

Table 7.2: Weight (kg): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	519	68.6	1.17	500	59.4	1.01
25-34 yrs	463	77.9	0.94	615	67.4	0.80
35-44 yrs	499	77.5	0.80	648	74.3	0.91
45-54 yrs	411	77.2	1.18	402	74.6	0.78
55-64 yrs	353	76.2	0.75	180	70.9	1.19
Total	2244	75.3	0.60	2345	69.1	0.56
25-64 yrs	1726	77.3	0.57	1845	71.7	0.56

- Pregnant females are excluded

Table 7.3: Body mass index (kg/m²): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	519	24.3	0.34	500	24.8	0.39
25-34 yrs	463	27.3	0.31	615	28.2	0.31
35-44 yrs	499	27.9	0.29	648	31.4	0.40
45-54 yrs	411	28.3	0.47	402	31.5	0.36
55-64 yrs	353	27.9	0.29	180	30.5	0.48
Total	2244	27.0	0.21	2345	29.1	0.23
25-64 yrs	1726	27.82	0.20	1845	30.26	0.23

- Pregnant females are excluded

Table 7.4.1: Risk categories for Body mass index (Kg/m²): Men

Age	N	Underweight (< 18.5)			Normal Weight (18.5-24.9)			Grade-1 overweight (25.0-29.9)			Grade-2 overweight (30.0-39.9)			Grade-3 overweight (≥40)		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	519	84	16.2%	1.80%	232	44.8%	2.90%	110	21.1%	1.70%	80	15.5%	2.00%	12	2.3%	0.80%
25-34 yrs	463	19	4.2%	0.90%	122	26.3%	2.40%	196	42.3%	2.50%	109	23.5%	2.40%	17	3.6%	0.90%
35-44 yrs	499	14	2.9%	0.80%	116	23.2%	1.90%	197	39.4%	2.30%	158	31.7%	2.60%	14	2.8%	0.80%
45-54 yrs	411	10	2.5%	0.80%	81	19.6%	2.20%	185	44.9%	2.50%	124	30.2%	2.40%	11	2.7%	0.90%
55-64 yrs	353	5	1.4%	0.50%	75	21.2%	2.40%	164	46.4%	2.70%	102	28.8%	2.60%	8	2.2%	0.80%
Total	2244	133	5.9%	0.60%	625	27.8%	1.40%	851	37.9%	1.10%	574	25.6%	1.40%	62	2.7%	0.40%
25-64 yrs	1726	49	2.8%	0.40%	393	22.8%	1.40%	741	43.0%	1.40%	493	28.6%	1.50%	50	2.9%	0.50%

Table 7.4.2: Risk categories for Body mass index (Kg/m²): Women

Age	N	Underweight (< 18.5)			Normal Weight (18.5-24.9)			Grade-1 overweight (25.0-29.9)			Grade-2 overweight (30.0-39.9)			Grade-3 overweight (≥40)		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	500	69	13.8%	1.80%	216	43.2%	2.90%	117	23.3%	2.20%	79	15.8%	2.00%	19	3.8%	0.90%
25-34 yrs	615	25	4.1%	1.00%	171	27.8%	2.00%	176	28.7%	1.80%	212	34.4%	2.10%	31	5.1%	0.80%
35-44 yrs	648	15	2.3%	0.60%	90	14.0%	1.60%	188	29.1%	2.10%	285	44.1%	2.20%	69	10.6%	1.20%
45-54 yrs	402	5	1.2%	0.50%	45	11.2%	1.40%	115	28.7%	2.40%	192	47.8%	2.60%	44	11.0%	1.70%
55-64 yrs	180	1	0.5%	0.50%	32	17.7%	2.90%	52	28.6%	3.10%	81	45.1%	3.40%	15	8.1%	2.00%
Total	2345	115	4.9%	0.60%	555	23.7%	1.20%	648	27.6%	1.10%	850	36.2%	1.20%	177	7.6%	0.70%
25-64 yrs	1845	46	2.5%	0.50%	338	18.3%	1.10%	532	28.8%	1.10%	771	41.8%	1.40%	159	8.6%	0.70%

- Pregnant females are excluded

Table 7.5: Waist circumference (cm): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	526	79.3	1.80	455	73.6	0.92
25-34 yrs	469	89.0	1.84	530	80.7	1.64
35-44 yrs	502	92.4	2.13	604	85.2	2.05
45-54 yrs	415	94.7	2.20	394	90.1	1.60
55-64 yrs	351	95.7	2.13	178	89.2	2.31
Total	2264	89.6	1.84	2161	82.9	1.43
25-64 yrs	1738	92.7	1.89	1706	85.3	1.68

- Pregnant females are excluded

(Hypertension)**Table 7.6: Hypertensive currently on antihypertensive medications prescribed by a health professional: Men and Women**

Age	N	Men			N	Women		
		n	%	S.E		n	%	S.E
15-24 yrs	10	4	41.9%	17.50%	9	6	65.3%	17.30%
25-34 yrs	19	11	56.7%	10.70%	38	31	81.6%	6.40%
35-44 yrs	35	31	88.6%	6.30%	84	72	86.4%	4.90%
45-54 yrs	77	68	88.2%	4.10%	107	103	96.7%	1.80%
55-64 yrs	99	95	95.9%	1.90%	71	71	100.0%	0.00%
Total	240	209	87.0%	2.60%	309	284	91.9%	2.00%
25-64 yrs	230	204	89.0%	2.30%	300	278	92.7%	1.90%

Table 7.7.1: Resting blood pressure (mmHg) (Includes persons taking medication for high blood pressure): Men

Age	Systolic			Diastolic		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	509	120.1	0.82	509	74.1	0.62
25-34 yrs	451	121.7	0.77	451	76.1	0.60
35-44 yrs	496	126.1	0.89	496	80.2	0.55
45-54 yrs	404	132.5	1.23	404	82.3	0.90
55-64 yrs	343	139.2	1.21	343	83.2	0.81
Total	2204	127.0	0.64	2204	78.8	0.44
25-64 yrs	1694	129	0.69	1694	80	0.48

Includes persons taking medication for high blood pressure

Table 7.7.2: Resting blood pressure (mmHg) (Includes persons taking medication for high blood pressure): Women

Age	Systolic			Diastolic		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	491	116.4	1.11	491	72.3	0.63
25-34 yrs	605	116.3	1.16	605	72.9	0.72
35-44 yrs	639	122.6	1.07	639	76.5	0.81
45-54 yrs	391	131.8	1.30	391	79.7	0.80
55-64 yrs	175	142.6	2.11	175	81.2	0.97
Total	2301	122.7	0.75	2301	75.6	0.57
25-64 yrs	1810	124	0.82	1810	76	0.62

Includes persons taking medication for high blood pressure

Table 7.8.1: Resting blood pressure (mmHg) (Excludes persons taking medication for high blood pressure): Men

Age	Systolic			Diastolic		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	506	120.0	0.82	506	74.0	0.60
25-34 yrs	445	121.5	0.78	445	75.9	0.60
35-44 yrs	475	125.7	0.92	475	79.9	0.56
45-54 yrs	347	130.2	1.20	347	81.1	0.89
55-64 yrs	258	134.0	1.12	258	80.8	0.74
Total	2031	125.2	0.63	2031	77.9	0.40
25-64 yrs	1525	126.9	0.65965	1525	79.2	0.4445

Excludes persons taking medication for high blood pressure

Table 7.8.2: Resting blood pressure (mmHg) (Excludes persons taking medication for high blood pressure): Women

Age	Systolic			Diastolic		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	489	116.4	1.11	489	72.3	0.63
25-34 yrs	590	115.9	1.21	590	72.7	0.74
35-44 yrs	588	120.9	0.97	588	75.8	0.76
45-54 yrs	307	127.9	1.35	307	77.8	0.85
55-64 yrs	115	136.0	2.15	115	79.2	1.01
Total	2089	120.3	0.68	2089	74.6	0.56
25-64 yrs	1600	121.5	0.73	1600	75.3	0.61

Excludes persons taking medication for high blood pressure

Table 7.9.1: Blood pressure risk categories (includes persons taking medication for high blood pressure): Men

Age	N	Optimal (<120/<80)			Normal (120-129/80-84)			High Normal (130-139/85-89)			Hypertension Grade 1 (140-159/90-99)			Hypertension Grade 2 (160-179/100-109)			Hypertension Grade 3 (≥180/≥110)		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	526	251	47.8%	2.80%	165	31.3%	2.70%	65	12.3%	1.70%	38	7.2%	1.60%	7	1.4%	0.90%	-	-	-
25-34 yrs	463	184	39.8%	2.40%	135	29.2%	2.30%	92	19.9%	2.10%	40	8.7%	1.30%	9	2.0%	0.80%	2	0.4%	0.30%
35-44 yrs	503	151	30.0%	2.60%	132	26.2%	2.30%	98	19.4%	2.00%	101	20.1%	2.20%	18	3.5%	0.80%	4	0.8%	0.40%
45-54 yrs	413	88	21.3%	2.20%	86	20.9%	2.10%	90	21.7%	2.10%	106	25.6%	2.90%	27	6.4%	1.20%	17	4.1%	1.20%
55-64 yrs	354	58	16.4%	2.00%	61	17.4%	2.00%	56	15.7%	2.00%	116	32.8%	3.00%	40	11.4%	1.90%	23	6.4%	1.60%
Total	2258	732	32.4%	1.60%	579	25.6%	1.10%	400	17.7%	0.90%	401	17.7%	1.20%	101	4.5%	0.50%	46	2.0%	0.40%
25-64 yrs	1732	481	27.8%	1.60%	414	23.9%	1.20%	335	19.3%	1.00%	363	20.9%	1.50%	94	5.4%	0.60%	46	2.6%	0.50%

Table 7.9.2: Blood pressure risk categories (includes persons taking medication for high blood pressure): Women

Age	N	Optimal (<120/<80)			Normal (120-129/80-84)			High Normal (130-139/85-89)			Hypertension Grade 1 (140-159/90-99)			Hypertension Grade 2 (160-179/100-109)			Hypertension Grade 3 (≥180/≥110)		
		n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E	n	%	S.E
15-24 yrs	501	313	62.4%	2.80%	110	21.9%	2.10%	36	7.1%	1.40%	32	6.4%	1.70%	2	0.4%	0.30%	9	1.8%	1.10%
25-34 yrs	617	365	59.1%	2.70%	129	21.0%	2.00%	74	12.0%	1.20%	31	5.1%	1.00%	11	1.8%	1.00%	6	1.0%	0.70%
35-44 yrs	652	282	43.2%	2.60%	159	24.3%	1.90%	92	14.1%	1.40%	87	13.3%	1.80%	26	3.9%	0.80%	7	1.1%	0.40%
45-54 yrs	404	111	27.6%	3.10%	92	22.8%	2.40%	71	17.6%	1.90%	76	18.8%	2.20%	36	8.8%	1.40%	18	4.4%	1.00%
55-64 yrs	183	34	18.5%	3.20%	28	15.1%	2.50%	27	14.5%	2.70%	51	27.7%	3.90%	25	13.8%	2.80%	19	10.3%	2.00%
Total	2358	1105	46.9%	1.80%	518	22.0%	1.00%	299	12.7%	0.80%	277	11.8%	1.00%	100	4.2%	0.50%	59	2.5%	0.50%
25-64 yrs	1856	792	42.7%	1.90%	408	22.0%	1.10%	264	14.2%	0.80%	245	13.2%	1.10%	98	5.3%	0.70%	50	2.70%	0.40%

Table 7.9.3: Hypertension with SBP ≥140 mm of Hg in Men, Women and Total (Includes persons taking medication for high blood pressure)

Age	N	Men			N	Women			N	Total		
		SBP (≥140 mm of Hg)				SBP (≥140 mm of Hg)				SBP (≥140 mm of Hg)		
		n	%	S.E		n	%	S.E		n	%	S.E
15-24 yrs	526	45	8.60%	1.70%	501	43	8.50%	2.00%	1027	88	8.60%	1.30%
25-34 yrs	463	51	11.10%	1.70%	617	49	7.90%	1.50%	1079	100	9.30%	1.20%
35-44 yrs	503	123	24.40%	2.60%	652	120	18.40%	2.20%	1155	243	21.00%	1.90%
45-54 yrs	413	149	36.20%	3.40%	404	130	32.10%	2.70%	817	279	34.10%	2.40%
55-64 yrs	354	179	50.50%	3.10%	183	95	51.90%	4.40%	537	274	51.00%	2.80%
Total	2258	547	24.20%	1.50%	2358	436	18.50%	1.20%	4616	983	21.30%	1.10%
25-64 yrs	1732	502	29.00%	1.70%	1856	393	21.20%	1.50%	3589	895	24.90%	1.30%

(Hip and Waist Circumference)**Table 7.12: Hip circumference (cm): Men and Women**

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	526	95.6	0.90	455	96.2	1.06
25-34 yrs	468	102.1	1.27	531	101.5	1.50
35-44 yrs	501	102.6	1.29	603	106.7	1.57
45-54 yrs	415	103.3	1.70	394	108.0	1.34
55-64 yrs	350	102.0	2.00	179	105.6	1.98
Total	2260	100.9	1.10	2162	103.4	1.10
25-64 yrs	1734	102.5	1.30	1707	105.2	1.25

Pregnant female excluded

Table 7.13: Waist-hip circumference ratio: Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	526	0.83	0.014	455	0.77	0.008
25-34 yrs	468	0.87	0.012	530	0.80	0.014
35-44 yrs	501	0.91	0.021	603	0.80	0.013
45-54 yrs	415	0.92	0.016	394	0.84	0.011
55-64 yrs	350	0.96	0.026	178	0.84	0.014
Total	2260	0.89	0.016	2160	0.80	0.010
25-64 yrs	1734	0.91	0.017	1705	0.81	0.011

Pregnant female excluded

Table 7.14: Risk categories for Waist-hip Ratio: Men and Women

Age	N	Men			N	Women		
		WHR (> 1.00)				WHR (>0.85)		
		n	%	S.E		n	%	S.E
15-24 yrs	526	28	5.3%	1.40%	455	85	18.6%	3.20%
25-34 yrs	468	32	6.8%	1.50%	530	140	26.4%	3.50%
35-44 yrs	501	60	12.0%	2.50%	603	181	30.1%	3.50%
45-54 yrs	415	78	18.8%	2.70%	394	174	44.2%	3.90%
55-64 yrs	350	74	21.0%	3.50%	178	78	44.0%	4.70%
Total	2260	271	12.0%	1.80%	2160	659	30.5%	2.80%
25-64 yrs	1734	243	14.0%	2.10%	1705	574	33.7%	2.90%

Pregnant female excluded

WHR=Waist-to-hip ratio

SECTION 7: BIOCHEMICAL MEASURES

Table 8.2: Fasting blood glucose (mmol/L): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	485	5.1	0.21	475	4.9	0.13
25-34 yrs	447	5.2	0.17	574	5.2	0.16
35-44 yrs	475	6.0	0.19	617	5.9	0.16
45-54 yrs	405	7.0	0.22	386	6.9	0.40
55-64 yrs	343	7.3	0.28	179	7.5	0.30
Total	2155	6.0	0.14	2231	5.8	0.14
25-64 yrs	1670	6.29	0.14	1757	6.04	0.16

Table 8.3: Fasting blood glucose risk categories: Men, Women and Total

Age	N	Men			N	Women			N	Total		
		Hyperglycemia (≥7.0 mmol/L)				Hyperglycemia (≥7.0 mmol/L)				Hyperglycemia (≥7.0 mmol/L)		
		n	%	S.E		n	%	S.E		n	%	S.E
15-24 yrs	485	42	8.7%	3.00%	475	28	5.9%	1.80%	960	70	7.3%	2.30%
25-34 yrs	447	40	8.9%	2.20%	574	53	9.3%	2.30%	1021	93	9.1%	2.10%
35-44 yrs	475	94	19.7%	2.70%	617	117	18.9%	2.40%	1093	211	19.3%	2.20%
45-54 yrs	405	125	30.8%	2.90%	386	111	28.8%	2.80%	791	236	29.8%	2.40%
55-64 yrs	343	122	35.5%	3.40%	179	71	39.7%	4.40%	522	193	37.0%	3.00%
Total	2155	422	19.6%	1.90%	2231	381	17.1%	1.80%	4386	803	18.3%	1.80%
25-64 yrs	1670	380	22.8%	1.90%	1757	353	20.1%	2.00%	3426	733	21.4%	1.90%

Table 8.4: Total cholesterol (mmol/L): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	492	3.9	0.07	489	4.1	0.09
25-34 yrs	455	4.3	0.07	587	4.4	0.09
35-44 yrs	493	4.6	0.09	631	4.6	0.11
45-54 yrs	410	4.7	0.07	398	4.8	0.09
55-64 yrs	350	4.6	0.08	181	4.9	0.12
Total	2200	4.4	0.06	2287	4.5	0.08
25-64 yrs	1707	4.6	0.06	1798	4.6	0.08

Table 8.5: Total cholesterol risk categories: Men and Women

Age	N	Men			N	Women		
		Elevated (≥5.2 mmol/L)				Elevated (≥5.2 mmol/L)		
		n	%	S.E		n	%	S.E
15-24 yrs	492	36	7.4%	1.60%	489	34	7.0%	1.50%
25-34 yrs	455	60	13.2%	1.60%	587	109	18.6%	1.60%
35-44 yrs	493	115	23.3%	2.30%	631	130	20.5%	2.50%
45-54 yrs	410	111	27.1%	2.30%	398	115	28.9%	2.90%
55-64 yrs	350	87	24.8%	2.70%	181	62	34.1%	4.90%
Total	2200	409	18.6%	1.20%	2287	450	19.7%	1.60%
25-64 yrs	1707	373	21.8%	1.40%	1798	416	23.1%	1.80%

Table 8.6: Fasting triglycerides (mmol/L): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	475	1.43	0.05	473	1.27	0.05
25-34 yrs	453	1.75	0.07	582	1.42	0.04
35-44 yrs	491	1.85	0.07	627	1.56	0.04
45-54 yrs	410	1.94	0.07	397	1.68	0.05
55-64 yrs	347	1.92	0.07	181	1.74	0.09
Total	2175	1.76	0.04	2261	1.50	0.04
25-64 yrs	1701	1.86	0.05	1788	1.56	0.04

Table 8.7: Fasting HDL Cholesterol (mmol/L): Men and Women

Age	Men			Women		
	n	Mean	S.E	n	Mean	S.E
15-24 yrs	491	1.22	0.072	490	1.41	0.051
25-34 yrs	455	1.22	0.060	587	1.49	0.057
35-44 yrs	494	1.31	0.062	631	1.51	0.075
45-54 yrs	409	1.38	0.081	398	1.38	0.059
55-64 yrs	350	1.29	0.056	180	1.44	0.055
Total	2199	1.28	0.058	2287	1.46	0.053
25-64 yrs	1707	1.30	0.058	1797	1.47	0.055

Table 8.8: Fasting HDL Cholesterol risk categories: Men and Women

Age	N	Men			N	Women		
		Low (≤ 0.9 mmol/L)				Low (≤ 0.9 mmol/L)		
		n	%	S.E		n	%	S.E
15-24 yrs	491	168	34.1%	3.30%	490	88	18.0%	2.60%
25-34 yrs	455	177	38.9%	3.30%	587	97	16.6%	2.20%
35-44 yrs	494	161	32.7%	3.20%	631	118	18.7%	2.30%
45-54 yrs	409	124	30.2%	3.60%	398	80	20.2%	2.40%
55-64 yrs	350	109	31.2%	4.50%	180	26	14.5%	2.40%
Total	2199	739	33.6%	2.70%	2287	410	17.9%	1.60%
25-64 yrs	1707	571	33.4%	2.90%	1797	322	17.9%	1.60%