



Chronic Disease Risk Factor Surveillance

Data book

I.R.Iran 2008

(1387)

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Demographic Information Results

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	N	%	n	%	n	%
15-24	3,021	50.05	3,015	49.95	6,036	100.00
25-34	2,998	49.97	3,001	50.03	5,999	100.00
35-44	3,016	50.39	2,969	49.61	5,985	100.00
45-54	2,994	50.12	2,980	49.88	5,974	100.00
55-64	2,904	50.25	2,875	49.75	5,779	100.00
15-64	14,933	50.16	14,840	49.84	29,773	100.00

Employment status					
Age Group (years)	N	Men			
		% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-24	2,883	2.01	1.80	25.67	70.52
25-34	2,745	14.83	9.11	60.15	15.92
35-44	2,740	23.50	6.82	60.40	9.27
45-54	2,697	18.69	4.12	53.50	23.69
55-64	2,655	7.27	2.22	43.09	47.42
15-64	13720	13.16	4.80	48.35	33.69

Employment status					
Age Group (years)	N	Women			
		% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-24	2,977	0.87	1.07	2.05	96.00
25-34	2,954	5.79	2.61	3.59	88.02
35-44	2,928	5.91	1.26	2.53	90.30
45-54	2,956	3.25	0.51	1.96	94.28
55-64	2,857	0.81	0.28	1.23	97.69
15-64	14,672	3.33	1.15	2.28	93.24

Employment status					
Age Group (years)	N	Both Sexes			
		% Government employee	% Non-government employee	% Self-employed	% Unpaid
15-24	5,860	1.43	1.43	13.67	83.46
25-34	5,699	10.14	5.74	30.83	53.29
35-44	5,668	14.41	3.95	30.50	51.13
45-54	5,653	10.61	2.23	26.55	60.60
55-64	5,512	3.92	1.22	21.39	73.48
15-64	28,392	8.08	8.08	24.54	64.46

Unpaid work and unemployed							
Age Group (years)	Women						
	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-24	2,858	0.84	42.90	46.75	0.03	9.27	0.17
25-34	2,600	1.04	3.46	90.81	0.12	4.46	0.12
35-44	2,644	1.06	0.42	97.28	0.26	0.76	0.23
45-54	2,787	0.61	0.11	95.19	2.98	0.47	0.65
55-64	2,791	0.61	0.04	91.87	4.66	0.97	1.86
15-64	13,680	0.83	9.73	83.96	1.64	3.22	0.61

Unpaid work and unemployed							
Age Group (years)	Both Sexes						
	n	% Non-paid	% Student	% Home-maker	% Retired	Unemployed	
						% Able to work	% Not able to work
15-24	4,891	1.06	57.55	27.54	0.06	11.18	0.76
25-34	3,037	1.25	6.88	78.53	0.26	11.00	1.45
35-44	2,898	1.07	0.62	89.61	2.24	4.52	1.93
45-54	3,426	0.73	0.18	78.11	13.49	4.12	3.39
55-64	4,050	0.67	0.10	63.78	24.22	4.17	7.04
15-64	18,302	0.95	16.68	63.32	8.30	7.22	2.94

Tobacco Use

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
15-24	3020	7.64	[7.08,8.25]	3013	0.28	[0.21,0.37]	6033	4.001	[3.71,4.30]
25-34	2998	26.89	[26.27,27.51]	3001	0.84	[0.71,0.99]	5999	14.09	[13.76,14.41]
35-44	3014	35.99	[35.50,36.48]	2967	1.34	[1.20,1.49]	5981	19.00	[18.74,19.27]
45-54	2994	34.82	[34.47,35.17]	2979	2.25	[2.14,2.37]	5973	18.74	[18.55,18.94]
55-64	2902	26.59	[26.43,26.76]	2874	2.79	[2.72,2.86]	5776	14.51	[14.42,14.6]
15-64	14928	22.64	[21.58,23.73]	14834	1.04	[0.81,1.35]	29762	11.97	[11.41,12.56]

Women							
Age Group (years)	n	Current smoker				% Does not smoke	95% CI
		% Daily	95% CI	% Non-daily	95% CI		
15-24	3013	0.17	[0.12,0.25]	0.10	[0.06,0.16]	99.72	[99.63,99.79]
25-34	3001	0.49	[0.42,0.59]	0.34	[0.24,0.47]	99.16	[99.01,99.29]
35-44	2967	1.07	[0.95,1.20]	0.26	[0.20,0.35]	98.66	[98.51,98.80]
45-54	2979	1.95	[1.84,2.06]	0.30	[0.28,0.33]	97.74	[97.62,97.85]
55-64	2874	2.42	[2.35,2.49]	0.37	[0.35,0.38]	97.20	[97.13,97.27]
15-64	14834	0.80	[0.60,1.06]	0.24	[0.13,0.43]	98.95	[98.65,99.19]

Smoking status							
Age Group (years)	n	Both Sexes				% Does not smoke	95% CI
		Current smoker					
		% Daily	95% CI	% Non-daily	95% CI		
15-24	6032	3.43	[3.17,3.72]	0.53	[0.44,0.63]	96.03	[95.72,96.32]
25-34	5999	12.88	[12.58,13.20]	1.20	[1.08,1.33]	85.91	[85.59,86.24]
35-44	5980	18.11	[17.85,18.37]	0.88	[0.82,0.95]	81.00	[80.74,81.27]
45-54	5972	17.75	[17.56,17.94]	0.97	[0.92,1.01]	81.28	[81.09,81.47]
55-64	5774	13.84	[13.75,13.93]	0.64	[0.63,0.66]	85.52	[85.42,85.61]
15-64	29757	11.12	[10.57,11.70]	0.83	[0.67,1.03]	88.04	[87.46,88.61]

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
15-24	170	85.93	[83.54,88.02]	8	73.63	[61.73,82.86]	178	79.84	[73.93,84.68]
25-34	770	92.47	[91.71,93.17]	17	44.05	[34.75,53.80]	787	68.68	[63.72,73.24]
35-44	1063	95.83	[95.49,96.14]	30	83.97	[80.20,87.14]	1093	90.02	[88.16,91.61]
45-54	981	94.99	[94.71,95.24]	54	84.11	[82.67,85.45]	1035	89.62	[88.90,90.30]
55-64	777	96.24	[96.12,96.35]	79	88.91	[88.37,89.42]	856	92.51	[92.24,92.78]
15-64	3761	91.31	[88.55,93.45]	188	70.27	[53.32,83.02]	3949	80.91	[72.15,87.40]

Mean amount of tobacco used by daily smokers by type												
Age Group (years)	Men											
	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
15-24		9.01	[7.69,10.33]									
25-34		11.64	[10.7,12.52]									
35-44		14.87	[13.99,15.75]									
45-54		17.12	[14.82,17.57]									
55-64		16.20	[14.82,17.57]									
15-64		12.29	[11.69,12.89]									

Mean amount of tobacco used by daily smokers by type												
Age Group (years)	Women											
	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
15-24		1.79	[0.76,2.80]									
25-34		7.22	[4.90,9.55]									
35-44		6.84	[3.84,9.84]									
45-54		11.44	[8.45,14.42]									
55-64		10.65	[8.07,13.22]									
15-64		5.96	[4.84,7.09]									

Mean amount of tobacco used by daily smokers by type												
Age Group (years)	Both Sexes											
	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
15-24		5.43	[4.59,6.27]									
25-34		9.47	[8.24,10.70]									
35-44		10.93	[9.42,12.45]									
45-54		14.31	[12.73,15.89]									
55-64		13.38	[11.89,14.87]									
15-64		9.17	[8.52,9.81]									

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
15-24		17.13	[16.24,18.03]		15.12	[13.02,17.22]		16.14	[15.01,17.27]
25-34		20.24	[19.69,20.78]		24.67	[21.87,27.47]		22.42	[21.00,23.83]
35-44		20.26	[19.65,20.87]		24.54	[20.70,28.37]		22.35	[20.52,24.18]
45-54		21.46	[20.83,22.08]		26.25	[22.39,30.11]		23.82	[21.89,25.76]
55-64		22.90	[21.84,23.95]		32.25	[27.24,37.27]		27.65	[25.07,30.22]
15-64		19.46	[19.03,19.88]		21.93	[20.41,23.44]		20.68	[19.90,21.45]

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
15-24		5.77	[5.14,6.41]		5.50	[4.34,6.65]		5.63	[4.98,6.29]
25-34		10.39	[9.89,10.89]		6.72	[3.45,9.99]		8.59	[6.97,10.21]
35-44		19.87	[19.27,20.46]		16.27	[11.65,20.89]		18.10	[15.90,20.30]
45-54		28.23	[27.54,28.91]		24.71	[21.57,27.84]		26.49	[24.90,28.08]
55-64		36.22	[35.13,37.31]		27.53	[22.00,33.05]		31.81	[29.00,34.61]
15-64		14.47	[14.15,14.78]		11.77	[10.43,13.11]		13.14	[12.47,13.80]

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
15-24	2872	0.92	[0.79,1.07]	3006	0.01	[0.00,0.02]	5878	0.47	[0.40,0.55]
25-34	2284	5.00	[4.63,5.38]	2986	0.09	[0.07,0.13]	5270	2.59	[2.40,2.78]
35-44	1997	8.60	[8.21,9.01]	2942	0.28	[0.24,0.32]	4939	4.52	[4.32,4.73]
45-54	2055	13.22	[12.89,13.57]	2936	1.69	[1.56,1.84]	4991	7.53	[7.34,7.72]
55-64	2152	13.33	[13.18,13.48]	2809	1.74	[1.68,1.80]	4961	7.44	[7.36,7.53]
15-64	11360	5.80	[5.14,6.53]	14679	0.42	[0.26,0.66]	26039	3.14	[2.79,3.53]

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
15-24		2.83	[1.90,3.76]		0.49	[0.23,0.75]		1.67	[1.18,2.16]
25-34		6.03	[4.83,7.23]		13.42	[7.71,19.12]		9.66	[6.79,12.53]
35-44		11.07	[9.46,12.68]		11.22	[4.73,17.70]		11.14	[7.88,14.41]
45-54		14.35	[11.88,16.82]		11.89	[3.35,20.43]		13.13	[8.60,17.67]
55-64		19.61	[17.27,21.95]		18.00	[12.20,23.81]		18.79	[15.83,21.76]
15-64		7.77	[7.08,8.47]		8.47	[6.32,10.61]		8.12	[7.02,9.22]

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
15-24	3020	9.42	[8.77,10.12]	3013	1.07	[0.92,1.24]	6033	5.29	[4.95,5.65]
25-34	2998	26.11	[25.51,26.72]	3001	1.89	[1.74,2.04]	5999	14.21	[13.89,14.53]
35-44	3015	35.37	[34.87,35.88]	2969	3.43	[3.2643,6.0]	5984	19.71	[19.44,20.00]
45-54	2993	34.70	[34.35,35.05]	2980	3.95	[3.83,4.09]	5973	19.52	[19.33,19.72]
55-64	2901	26.99	[26.82,27.15]	2874	5.19	[5.11,5.28]	5775	15.92	[15.82,16.02]
15-64	14927	22.97	[21.85,24.14]	14837	2.37	[2.03,2.75]	29764	12.79	[12.19,13.43]

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
15-24	3020	12.05	[11.34,12.80]	3013	1.11	[0.96,1.29]	6033	6.63	[6.27,7.02]
25-34	2998	28.90	[28.27,29.53]	3001	2.47	[2.27,2.70]	5999	15.91	[15.57,16.26]
35-44	3014	36.94	[36.44,37.45]	2967	4.06	[3.87,4.27]	5981	20.83	[20.54,21.12]
45-54	2994	36.65	[36.30,37.00]	2979	4.35	[4.22,4.48]	5973	20.70	[20.51,20.90]
55-64	2902	28.00	[27.84,28.17]	2874	5.74	[5.65,5.83]	5776	16.70	[16.60,16.80]
15-64	14928	25.25	[24.10,26.44]	14834	2.74	[2.37,3.17]	29762	14.13	[13.50,14.78]

Fruit and Vegetable Consumption

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
15-24		4.25	[4.14, 4.36]		4.52	[4.41, 4.63]		4.38	[4.29, 4.47]
25-34		4.17	[4.05, 4.30]		4.51	[4.37, 4.64]		4.34	[4.23, 4.45]
35-44		4.18	[4.04, 4.31]		4.51	[4.39, 4.63]		4.34	[4.24, 4.44]
45-54		4.06	[3.93, 4.19]		4.28	[4.14, 4.42]		4.17	[4.06, 4.28]
55-64		4.00	[3.86, 4.14]		4.20	[4.07, 4.33]		4.10	[3.99, 4.21]
15-64		4.18	[4.09, 4.26]		4.46	[4.37, 4.55]		4.32	[4.24, 4.39]

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
15-24		4.26	[4.13, 4.40]		4.48	[4.34, 4.6]		4.37	[4.26, 4.48]
25-34		4.23	[4.09, 4.37]		4.58	[4.45, 4.71]		4.40	[4.30, 4.51]
35-44		4.34	[4.19, 4.49]		4.78	[4.64, 4.91]		4.55	[4.43, 4.67]
45-54		4.42	[4.27, 4.56]		4.64	[4.50, 4.78]		4.53	[4.41, 4.65]
55-64		4.39	[4.26, 4.53]		4.55	[4.40, 4.70]		4.47	[4.35, 4.60]
15-64		4.30	[4.19, 4.40]		4.59	[4.49, 4.68]		4.44	[4.35, 4.53]

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	95% CI
15-24		1.47	[1.40, 1.55]		1.51	[1.43, 1.58]		1.49	[1.43, 1.55]
25-34		1.40	[1.32, 1.47]		1.51	[1.43, 1.59]		1.45	[1.39, 1.52]
35-44		1.41	[1.30, 1.51]		1.47	[1.39, 1.55]		1.44	[1.36, 1.51]
45-54		1.38	[1.28, 1.48]		1.33	[1.24, 1.42]		1.35	[1.27, 1.43]
55-64		1.23	[1.15, 1.30]		1.27	[1.19, 1.35]		1.25	[1.18, 1.31]
15-64		1.41	[1.35, 1.47]		1.46	[1.40, 1.52]		1.44	[1.38, 1.49]

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	95% CI
15-24		1.39	[1.28,1.50]		1.42	[1.28,1.55]		1.40	[1.29,1.51]
25-34		1.28	[1.20,1.36]		1.48	[1.38,1.57]		1.37	[1.30,1.45]
35-44		1.34	[1.24,1.45]		1.55	[1.40,1.70]		1.44	[1.33,1.56]
45-54		1.36	[1.27,1.46]		1.45	[1.35,1.55]		1.41	[1.32,1.49]
55-64		1.30	[1.21,1.40]		1.36	[1.28,1.45]		1.33	[1.26,1.41]
15-64		1.34	[1.26,1.42]		1.46	[1.36,1.56]		1.40	[1.31,1.48]

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	95% CI
15-24		2.60	[2.44,2.75]		2.67	[2.51,2.83]		2.63	[2.49,2.78]
25-34		2.42	[2.30, 2.54]		2.71	[2.56,2.85]		2.56	[2.45,2.68]
35-44		2.49	[2.32, 2.67]		2.72	[2.53,2.91]		2.61	[2.44,2.77]
45-54		2.41	[2.25,2.57]		2.47	[2.32,2.63]		2.44	[2.30,2.58]
55-64		2.21	[2.08,2.35]		2.28	[2.15,2.41]		2.25	[2.13,2.36]
15-64		2.48	[2.36,2.60]		2.64	[2.50,2.77]		2.56	[2.44,2.68]

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	n	Men							
		% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-24	3021	20.09	[19.34,20.86]	48.46	[47.50,49.43]	19.55	[18.80,20.33]	11.89	[11.20,12.61]
25-34	2998	22.54	[21.95,23.13]	47.61	[46.87,48.36]	20.04	[19.43,20.66]	9.811	[9.39,10.24]
35-44	3016	23.20	[22.70,23.71]	47.28	[46.71,47.86]	17.24	[16.87,17.62]	12.28	[11.85,12.73]
45-54	2994	26.70	[26.36,27.04]	44.23	[43.87,44.60]	17.87	[17.58,18.16]	11.20	[10.93,11.46]
55-64	2904	26.62	[26.44,26.79]	47.24	[47.03,47.45]	16.91	[16.77,17.05]	9.23	[9.10,9.36]
15-64	14933	22.58	[20.99,24.26]	47.40	[45.69,49.12]	18.86	[17.58,20.22]	11.15	[9.818,12.65]

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Women								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-24	3015	17.94	[17.23,18.67]	47.81	[46.85,48.77]	22.81	[21.99,23.66]	11.44	[10.8,12.12]
25-34	3001	19.32	[18.7,19.96]	44.35	[43.63,45.08]	22.62	[21.99,23.27]	13.70	[13.14,14.28]
35-44	2969	19.94	[19.53,20.36]	44.38	[43.87,44.9]	22.63	[22.2,23.07]	13.05	[12.68,13.42]
45-54	2980	23.46	[23.15,23.78]	45.25	[44.85,45.65]	19.01	[18.72,19.31]	12.28	[12.01,12.55]
55-64	2875	27.66	[27.49,27.83]	43.82	[43.62,44.01]	18.13	[17.98,18.28]	10.4	[10.27,10.53]
15-64	14840	20.05	[18.5,21.69]	45.68	[43.8,47.58]	21.92	[20.41,23.5]	12.35	[10.96,13.9]

Number of servings of fruit and/or vegetables on average per day									
Age Group (years)	Both Sexes								
	n	% no fruit and/or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
15-24	6036	19.03	[18.46,19.6]	48.14	[47.39,48.89]	21.17	[20.61,21.73]	11.67	[11.11,12.26]
25-34	5999	20.96	[20.48,21.44]	46.01	[45.46,46.57]	21.31	[20.84,21.78]	11.72	[11.32,12.14]
35-44	5985	21.60	[21.24,21.97]	45.86	[45.47,46.25]	19.88	[19.58,20.19]	12.66	[12.32,13.00]
45-54	5974	25.10	[24.83,25.37]	44.74	[44.43,45.04]	18.43	[18.19,18.67]	11.73	[11.50,11.97]
55-64	5779	27.14	[27.00,27.29]	45.50	[45.34,45.66]	17.53	[17.42,17.64]	9.827	[9.72,9.93]
15-64	29773	21.33	[19.95,22.78]	46.55	[45.03,48.08]	20.37	[19.21,21.59]	11.75	[10.49,13.13]

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
15-24	3021	88.11	[87.39,88.8]	3015	88.56	[87.88,89.20]	6036	88.33	[87.74,88.89]
25-34	2998	90.19	[89.76,90.6]	3001	86.30	[85.72,86.86]	5999	88.28	[87.86,88.68]
35-44	3016	87.72	[87.27,88.15]	2969	86.95	[86.58,87.32]	5985	87.34	[87.00,87.68]
45-54	2994	88.80	[88.54,89.07]	2980	87.72	[87.45,87.99]	5974	88.27	[88.03,88.50]
55-64	2904	90.76	[90.64,90.89]	2875	89.60	[89.47,89.73]	5779	90.17	[90.07,90.28]
15-64	14933	88.85	[87.35,90.18]	14840	87.65	[86.10,89.04]	29773	88.25	[86.87,89.51]

Type of oil or fat most often used for meal preparation in household							
n (households)	Sat		Unsat		% Margarine	% None used	% Other
	% Vegetable oil	95% CI	% Vegetable oil	95% CI			
29693	48.72	[46.81,50.64]	49.09	[47.19,51.00]	0.01	[0.00,0.03]	0.27
							0.52
							[0.28,0.94]

Physical Activity

Level of total physical activity							
Age Group (years)	Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
15-24	3021	20.23	[19.48,21.00]	22.23	[21.47,23.00]	57.54	[56.57,58.51]
25-34	2998	27.26	[26.59,27.94]	19.91	[19.36,20.47]	52.83	[52.04,53.62]
35-44	3016	31.74	[31.24,32.24]	22.93	[22.49,23.38]	45.33	[44.76,45.89]
45-54	2994	30.90	[30.55,31.26]	26.82	[26.47,27.17]	42.28	[41.88,42.69]
55-64	2903	35.97	[35.79,36.15]	26.59	[26.43,26.75]	37.44	[37.24,37.63]
15-64	14932	26.60	[25.15,28.11]	22.63	[21.44,23.86]	50.77	[48.91,52.64]

Level of total physical activity							
Age Group (years)	Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
15-24	3015	51.19	[50.23,52.15]	28.60	[27.75,29.48]	20.21	[19.44,21.00]
25-34	3001	51.95	[51.22,52.67]	26.12	[25.55,26.69]	21.93	[21.34,22.54]
35-44	2969	47.10	[46.56,47.64]	27.28	[26.79,27.77]	25.62	[25.10,26.16]
45-54	2980	43.76	[43.37,44.15]	31.52	[31.16,31.89]	24.72	[24.37,25.07]
55-64	2875	53.91	[53.71,54.10]	27.32	[27.15,27.50]	18.77	[18.62,18.92]
15-64	14840	49.88	[48.14,51.63]	28.00	[26.74,29.30]	22.11	[20.53,23.78]

Level of total physical activity							
Age Group (years)	Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
15-24	6036	35.56	[34.92,36.20]	25.38	[24.81,25.97]	39.06	[38.40,39.71]
25-34	5999	39.39	[38.88,39.91]	22.96	[22.57,23.36]	37.65	[37.12,38.18]
35-44	5985	39.27	[38.87,39.67]	25.06	[24.71,25.42]	35.67	[35.22,36.12]
45-54	5974	37.25	[36.98,37.52]	29.14	[28.89,29.40]	33.61	[33.32,33.90]
55-64	5778	45.08	[44.94,45.22]	26.96	[26.83,27.09]	27.96	[27.83,28.09]
15-64	29772	38.10	[36.80,39.42]	25.28	[24.37,26.22]	36.62	[35.17,38.09]

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
15-24		168.18	[158.28,178.08]		64.95	[59.00,70.91]		117.06	[111.00,123.13]
25-34		194.61	[180.52,208.71]		70.55	[64.81,76.28]		133.64	[125.55,141.72]
35-44		172.50	[159.93,185.08]		82.37	[74.91,89.83]		128.32	[119.76,136.88]
45-54		162.00	[148.28,175.72]		82.09	[74.81,89.38]		122.55	[113.81,131.29]
55-64		135.57	[125.09,146.05]		64.41	[58.63,70.18]		99.43	[93.25,105.62]
15-64		172.93	[164.93,180.93]		71.72	[67.13,76.30]		122.93	[117.63,128.24]

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)
15-24		102.85	193		25.71	64		55.71	130
25-34		102.85	283		27.14	78		51.42	158
35-44		77.14	253		30.00	99		51.42	167
45-54		68.57	215		40.00	94		51.42	148
55-64		60.00	167		25.00	72		34.28	115
15-64		90.00	226		30.00	77		51.42	142

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	95% CI
15-24		76.89	[69.47,84.30]		28.02	[24.47,31.56]		52.69	[48.42,56.96]
25-34		133.87	[121.97,145.76]		38.98	[34.41,43.55]		87.23	[80.38,94.08]
35-44		122.45	[111.60,133.31]		45.15	[39.614,50.69]		84.56	[77.71,91.40]
45-54		106.94	[96.49,117.39]		45.01	[39.27,50.75]		76.36	[69.81,82.92]
55-64		83.07	[74.12,92.03]		33.48	[28.99,37.97]		57.89	[52.74,63.04]
15-64		104.4419	[97.85,111.02]		36.52	[33.14,39.91]		70.89	[66.68,75.10]

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	95% CI
15-24		45.92	[42.69,49.16]		25.40	[23.08,27.72]		35.76	[33.60,37.92]
25-34		38.22	[34.73,41.71]		24.62	[22.37,26.86]		31.53	[29.35,33.72]
35-44		36.52	[32.75,40.28]		29.38	[26.73,32.03]		33.02	[30.27,35.76]
45-54		39.81	[36.64,42.99]		30.20	[27.50,32.89]		35.06	[32.84,37.29]
55-64		42.10	[38.80,45.39]		27.31	[24.89,29.73]		34.59	[32.46,36.72]
15-64		41.14	[38.90,43.38]		26.67	[25.08,28.25]		33.99	[32.40,35.58]

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	95% CI
15-24		45.47	[41.51,49.43]		11.70	[9.62,13.77]		28.75	[26.45,31.05]
25-34		22.57	[18.66,26.48]		7.05	[5.86,8.25]		14.94	[12.90,16.99]
35-44		13.56	[11.67,15.44]		7.98	[5.79,10.17]		10.82	[9.10,12.55]
45-54		15.35	[11.84,18.87]		7.00	[5.04,8.96]		11.23	[8.88,13.58]
55-64		10.51	[8.77,12.26]		3.69	[2.61,4.77]		7.05	[5.93,8.17]
15-64		27.43	[25.45,29.41]		8.66	[7.63,9.68]		18.16	[16.95,19.37]

Median minutes of work-related 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)
15-24		0.00	85		0.00	17		0.00	42
25-34		25.71	207		0.00	30		0.00	102
35-44		17.14	205		0.00	38		0.00	102
45-54		8.57	154		0.00	42		0.00	85
55-64		0.00	90		0.00	20		0.00	51
15-64		4.28	137		0.00	25		0.00	68

Median minutes of transport-related 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)
15-24		21.42	54		11.42	28		17.14	43
25-34		15.00	51		10.00	25		12.85	34
35-44		12.85	40		12.85	34		12.85	34
45-54		17.14	51		15.00	38		17.14	51
55-64		20.00	60		10.00	30		14.28	45
15-64		17.14	51		11.42	30		15.00	40

Median minutes of recreation-related 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)
15-24		25.71	64		0.00	8		1.42	34
25-34		0.00	30		0.00	0		0.00	15
35-44		0.00	12		0.00	0		0.00	4
45-54		0.00	8		0.00	0		0.00	0
55-64		0.00	0		0.00	0		0.00	0
15-64		0.00	34		0.00	0		0.00	17

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
15-24	3021	53.36	[52.42,54.30]	3015	63.64	[62.62,64.65]	6036	58.45	[57.68,59.21]
25-34	2998	42.29	[41.52,43.07]	3001	58.02	[57.19,58.85]	5999	50.02	[49.38,50.66]
35-44	3016	44.52	[43.96,45.08]	2969	55.14	[54.55,55.74]	5985	49.73	[49.27,50.18]
45-54	2994	46.39	[46.00,46.77]	2980	56.80	[56.40,57.20]	5974	51.53	[51.21,51.85]
55-64	2904	56.39	[56.20,56.57]	2875	64.18	[63.98,64.38]	5779	60.34	[60.19,60.50]
15-64	14933	48.15	[46.19,50.11]	14840	59.81	[57.42,62.15]	29773	53.91	[52.04,55.76]

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
15-24	3020	21.00	[20.20,21.82]	3014	27.48	[26.62,28.36]	6034	24.21	[23.56,24.87]
25-34	2998	34.81	[34.04,35.60]	3000	30.27	[29.61,30.94]	5998	32.58	[32.05,33.11]
35-44	3015	36.33	[35.76,36.91]	2968	27.96	[27.48,28.45]	5983	32.23	[31.80,32.66]
45-54	2993	28.75	[28.42,29.08]	2979	28.11	[27.78,28.45]	5972	28.44	[28.20,28.68]
55-64	2902	27.46	[27.26,27.66]	2874	35.47	[35.27,35.67]	5776	31.53	[31.38,31.68]
15-64	14928	28.86	[27.16,30.62]	14835	28.93	[27.30,30.62]	29763	28.89	[27.51,30.32]

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
15-24	3021	32.36	[31.49,33.24]	3015	67.87	[66.96,68.77]	6036	49.94	[49.29,50.60]
25-34	2998	55.92	[55.2,56.65]	3001	78.58	[77.90,79.24]	5999	67.06	[66.55,67.57]
35-44	3016	67.49	[67.02,67.97]	2969	80.21	[79.75,80.66]	5985	73.73	[73.37,74.08]
45-54	2994	71.76	[71.41,72.11]	2980	82.99	[82.67,83.31]	5974	77.31	[77.04,77.57]
55-64	2904	76.68	[76.51,76.85]	2875	90.61	[90.47,90.74]	5779	83.75	[83.64,83.87]
15-64	14933	52.98	[51.49,54.46]	14840	76.41	[74.87,77.88]	29773	64.55	[63.37,65.72]

Composition of total physical activity							
Age Group (years)	Men						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-24		26.79	[25.00,28.57]	39.6633	[37.69,41.62]	33.57	[31.72,35.43]
25-34		46.04	[43.48,48.61]	32.66414	[30.39,34.93]	21.33	[19.31,23.35]
35-44		46.94	[44.32,49.56]	37.98292	[35.43,40.53]	15.11	[13.23,16.99]
45-54		42.62	[40.19,45.05]	44.32271	[41.87,46.76]	13.18	[11.46,14.90]
55-64		35.36	[32.91,37.81]	53.14876	[50.55,55.73]	11.55	[9.53,13.57]
15-64		38.13	[36.61,39.65]	39.01449	[37.54,40.48]	22.90	[21.77,24.03]

Composition of total physical activity							
Age Group (years)	Women						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-24		25.35	[23.29,27.40]	57.72	[55.47,59.96]	17.07	[15.42,18.71]
25-34		33.06	[30.50,35.62]	55.50	[52.85,58.15]	11.58	[9.79,13.37]
35-44		34.37	[31.72,37.02]	56.59	[53.79,59.38]	9.315	[7.84,10.78]
45-54		33.73	[31.19,36.26]	57.45	[54.73,60.18]	8.92	[7.17,10.66]
55-64		31.46	[28.86,34.05]	62.98	[60.15,65.81]	5.70	[4.16,7.24]
15-64		30.48	[28.70,32.26]	57.27	[55.50,59.05]	12.40	[11.36,13.44]

Composition of total physical activity							
Age Group (years)	Both Sexes						
	n	% Activity from work	95% CI	% Activity for transport	95% CI	% Activity during leisure time	95% CI
15-24		26.07	[24.64,27.51]	48.60	[47.05,50.15]	25.40	[24.09,26.71]
25-34		39.66	[37.70,41.62]	43.89	[42.10,45.67]	16.54	[15.07,18.01]
35-44		40.78	[38.68,42.87]	47.10	[44.96,49.25]	12.27	[10.96,13.57]
45-54		38.23	[36.33,40.12]	50.80	[48.87,52.74]	11.08	[9.82,12.33]
55-64		33.38	[31.40,35.36]	58.14	[56.15,60.13]	8.58	[7.26,9.89]
15-64		34.35	[32.99,35.71]	48.03	[46.70,49.37]	17.717	[16.84,18.59]

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
15-24	3017	36.30	[35.45,37.16]	3009	84.66	[83.93,85.37]	6026	60.25	[59.68,60.82]
25-34	2994	49.75	[48.97,50.53]	2997	87.78	[87.19,88.35]	5991	68.44	[67.96,68.92]
35-44	3012	60.07	[59.52,60.62]	2962	85.72	[85.25,86.18]	5974	72.65	[72.25,73.04]
45-54	2991	64.28	[63.89,64.67]	2974	88.13	[87.82,88.43]	5965	76.06	[75.78,76.33]
55-64	2897	77.46	[77.30,77.62]	2873	93.47	[93.37,93.57]	5770	85.59	[85.49,85.68]
15-64	14911	50.51	[48.82,52.20]	14815	86.72	[85.23,88.09]	29726	68.40	[67.13,69.64]

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)
15-24		237.07	[228.79,245.36]	220	180
25-34		223.53	[215.38,231.68]	180	180
35-44		222.85	[214.19,231.51]	180	180
45-54		237.50	[228.77,246.23]	240	180
55-64		264.63	[254.87,274.40]	240	210
15-64		232.79	[226.64,238.94]	210	180

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)
15-24		268.78	[259.89,277.66]	240	223
25-34		227.79	[219.63,235.96]	180	180
35-44		215.64	[206.92,224.36]	180	180
45-54		221.00	[212.46,229.54]	180	180
55-64		269.61	[257.95,281.27]	240	180
15-64		242.47	[235.96,248.98]	240	190

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)
15-24		252.77	[245.87,259.68]	240	225
25-34		225.62	[219.06,232.19]	180	180
35-44		219.31	[211.94,226.69]	180	180
45-54		229.35	[222.41,236.30]	180	180
55-64		267.16	[258.53,275.79]	240	240
15-64		237.57	[232.07,243.08]	210	180

Blood Pressure and Diabetes History

Raised blood pressure diagnosed by doctor or health worker in last 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
15-24	3006	1.67	[1.49,1.87]	3011	1.482	[1.255,1.75]		1.58	[1.43,1.74]
25-34	2984	2.45	[2.26,2.66]	2993	5.319	[4.985,5.674]		3.86	[3.66,4.06]
35-44	3004	4.66	[4.46,4.88]	2957	8.547	[8.287,8.814]		6.57	[6.39,6.74]
45-54	2973	12.47	[12.24,12.70]	2960	25.94	[25.62,26.26]		19.12	[18.93,19.31]
55-64	2876	21.75	[21.59,21.91]	2853	37.37	[37.16,37.57]		29.68	[29.56,29.80]
15-64	14843	5.14	[4.69,5.62]	14774	9.397	[8.69,10.16]		7.24	[6.82,7.68]

Currently taking blood pressure drugs prescribed by doctor or health worker									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-24	2839	0.58	[0.46,0.73]	2833	0.37	[0.29,0.48]	5672	0.48	[0.40,0.57]
25-34	2802	1.26	[1.07,1.49]	2815	2.327	[2.08,2.60]	5617	1.78	[1.63,1.95]
35-44	2832	2.42	[2.28,2.58]	2809	5.071	[4.84,5.30]	5641	3.72	[3.59,3.86]
45-54	2821	10.13	[9.88,10.37]	2845	20.65	[20.33,20.96]	5666	15.32	[15.12,15.52]
55-64	2758	17.64	[17.49,17.78]	2751	34.11	[33.91,34.3]	5509	26.00	[25.87,26.12]
15-64	14052	3.454	[3.08,3.86]	14053	6.68	[6.16,7.25]	28105	5.051	[4.73,5.39]

Advised by doctor or health worker to have special prescribed diet									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2837	0.80	[0.67,0.97]	2832	0.49	[0.39,0.61]	5669	0.65	[0.56,0.75]
25-34	2802	1.58	[1.41,1.77]	2813	3.51	[3.2,3.86]	5615	2.53	[2.35,2.72]
35-44	2829	3.07	[2.92,3.23]	2806	5.68	[5.479,5.88]	5635	4.35	[4.21,4.49]
45-54	2821	8.88	[8.67,9.10]	2843	18.34	[18.03,18.64]	5664	13.55	[13.37,13.73]
55-64	2753	16.62	[16.47,16.77]	2750	31.57	[31.37,31.76]	5503	24.21	[24.09,24.33]
15-64	14042	3.51	[3.14,3.91]	14044	6.67	[6.09,7.31]	28086	5.07	[4.71,5.46]

Advised by doctor or health worker to lose weight									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2838	0.91	[0.75,1.10]	2832	0.53	[0.43,0.65]	5670	0.72	[0.62,0.84]
25-34	2802	1.91	[1.70,2.15]	2812	3.11	[2.80,3.44]	5614	2.50	[2.31,2.69]
35-44	2829	2.52	[2.40,2.65]	2807	5.57	[5.33,5.83]	5636	4.02	[3.88,4.16]
45-54	2821	6.40	[6.22,6.58]	2843	15.19	[14.92,15.47]	5664	10.74	[10.58,10.90]
55-64	2752	11.38	[11.26,11.51]	2747	20.56	[20.40,20.73]	5499	16.04	[15.94,16.15]
15-64	14042	2.87	[2.49,3.29]	14041	5.39	[4.80,6.04]	28083	4.11	[3.76,4.50]

Advised by doctor or health worker to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2836	0.32	[0.21,0.50]	2831	0.09	[0.05,0.15]	5667	0.21	[0.14,0.30]
25-34	2802	1.09	[0.911,1.31]	2810	0.36	[0.26,0.49]	5612	0.73	[0.63,0.85]
35-44	2829	2.22	[2.10,2.34]	2803	0.70	[0.63,0.77]	5632	1.47	[1.40,1.55]
45-54	2821	4.41	[4.27,4.56]	2841	2.76	[2.64,2.88]	5662	3.60	[3.50,3.69]
55-64	2747	8.04	[7.93,8.15]	2740	4.26	[4.18,4.34]	5487	6.12	[6.05,6.19]
15-64	14035	1.91	[1.61,2.26]	14025	0.90	[0.71,1.14]	28060	1.41	[1.22,1.63]

Advised by doctor or health worker to start or do more exercise									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2838	1.34	[1.11,1.61]	2832	0.83	[0.68,1.02]	5670	1.09	[0.95,1.25]
25-34	2802	1.66	[1.49,1.84]	2812	2.72	[2.44,3.04]	5614	2.18	[2.01,2.36]
35-44	2829	2.83	[2.69,2.99]	2805	4.74	[4.52,4.97]	5634	3.77	[3.64,3.90]
45-54	2821	8.15	[7.95,8.35]	2840	14.62	[14.34,14.90]	5661	11.34	[11.18,11.51]
55-64	2752	13.82	[13.69,13.95]	2747	18.81	[18.63,18.99]	5499	16.35	[16.24,16.46]
15-64	14042	3.40	[2.99,3.86]	14036	5.05	[4.48,5.70]	28078	4.21	[3.85,4.61]

Currently taking herbal or traditional remedy for high blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2837	0.08	[0.06,0.12]	2834	0.10	[0.07,0.15]	5671	0.09	[0.07,0.12]
25-34	2802	0.87	[0.71,1.07]	2813	1.51	[1.29,1.77]	5615	1.18	[1.05,1.34]
35-44	2830	1.09	[0.97,1.23]	2809	1.91	[1.77,2.06]	5639	1.49	[1.40,1.59]
45-54	2820	2.83	[2.71,2.95]	2843	5.50	[5.33,5.67]	5663	4.15	[4.04,4.25]
55-64	2752	4.72	[4.64,4.81]	2746	7.96	[7.85,8.06]	5498	6.36	[6.30,6.43]
15-64	14041	1.13	[0.89,1.45]	14045	2.04	[1.69,2.46]	28086	1.58	[1.36,1.84]

Diabetes diagnosed by doctor or health worker in last 12 months									
Age Group (years)	Men			Women			Both Sexes		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
15-24	395	3.50	[2.61,4.67]	633	0.62	[0.43,0.90]	1028	2.077	[1.61,2.67]
25-34	700	2.17	[1.91,2.46]	1128	3.13	[2.70,3.63]	1828	2.647	[2.39,2.92]
35-44	1019	7.17	[6.70,7.67]	1324	8.84	[8.53,9.16]	2343	7.995	[7.71,8.28]
45-54	1209	17.27	[16.84,17.70]	1574	18.18	[17.82,18.54]	2783	17.72	[17.45,17.99]
55-64	1300	20.50	[20.29,20.71]	1647	27.06	[26.82,27.31]	2947	23.83	[23.67,24.00]
15-64	4623	6.72	[5.39,8.34]	6306	6.86	[6.18,7.61]	10929	6.79	[6.02,7.64]

Currently taking insulin prescribed for diabetes by doctor or health worker									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
15-24	138	36.71	[24.91,50.35]	138	10.40	[5.32,19.32]	276	23.68	[17.10,31.83]
25-34	143	6.19	[4.18,9.09]	171	17.40	[12.52,23.68]	314	11.70	[9.01,15.07]
35-44	210	6.02	[5.16,7.01]	280	4.20	[3.58,4.91]	490	5.12	[4.59,5.72]
45-54	330	7.74	[7.05,8.50]	441	5.92	[5.36,6.53]	771	6.84	[6.40,7.31]
55-64	410	6.73	[6.55,6.91]	572	10.08	[9.80,10.35]	982	8.43	[8.26,8.60]
15-64	1231	17.38	[7.78,34.39]	1602	10.49	[4.38,23.04]	2833	13.98	[7.75,23.89]

Currently taking oral drugs prescribed for diabetes by doctor or health worker									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
15-24	139	18.60	[12.97,25.95]	138	16.08	[10.83,23.2]	277	17.35	[13.31,22.31]
25-34	145	31.82	[26.67,37.46]	174	20.95	[17.53,24.85]	319	26.48	[23.33,29.89]
35-44	214	44.52	[41.65,47.43]	283	30.18	[27.5,33.01]	497	37.49	[35.51,39.51]
45-54	336	61.79	[60.86,62.71]	446	57.07	[56.1,58.04]	782	59.46	[58.8,60.12]
55-64	413	62.14	[61.61,62.66]	579	67.05	[66.68,67.41]	992	64.63	[64.32,64.93]
15-64	1247	35.25	[27.00,44.47]	1620	28.71	[21.53,37.15]	2867	32.02	[26.35,38.27]

Advised by doctor or health worker to have special prescribed diet									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	138	45.50	[34.17,57.32]	138	23.87	[16.76,32.82]	276	34.79	[27.95,42.32]
25-34	143	26.01	[22.30,30.10]	169	65.26	[60.92,69.36]	312	45.30	[42.43,48.20]
35-44	209	73.02	[71.16,74.82]	279	70.50	[67.84,73.02]	488	71.79	[70.19,73.33]
45-54	331	62.16	[61.16,63.15]	442	69.16	[68.25,70.07]	773	65.62	[64.94,66.29]
55-64	409	67.76	[67.28,68.24]	573	71.85	[71.50,72.20]	982	69.84	[69.53,70.15]
15-64	1230	49.10	[36.10,62.21]	1601	52.20	[42.54,61.70]	2831	50.63	[42.24,58.99]

Advised by doctor or health worker to lose weight									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	138	38.23	[26.50,51.52]	138	13.47	[8.43,20.84]	276	25.97	[19.46,33.74]
25-34	143	22.89	[19.32,26.89]	169	38.75	[33.28,44.51]	312	30.68	[27.42,34.15]
35-44	209	51.94	[49.02,54.86]	277	49.14	[45.02,53.27]	486	50.57	[48.07,53.07]
45-54	331	42.98	[41.81,44.16]	442	55.96	[54.94,56.98]	773	49.39	[48.57,50.20]
55-64	409	45.12	[44.57,45.68]	571	48.01	[47.60,48.42]	980	46.59	[46.23,46.95]
15-64	1230	37.82	[24.30,53.54]	1597	34.34	[25.71,44.15]	2827	36.10	[27.72,45.42]

Advised by doctor or health worker to stop smoking									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	136	1.37	[0.92,2.85]	139	0	0	275	0.69	[0.33,1.44]
25-34	143	9.43	[7.51,11.68]	169	3.37	[2.32,4.85]	312	6.45	[5.34,7.76]
35-44	208	30.75	[27.86,33.79]	279	3.53	[2.98,4.17]	487	17.41	[15.93,18.99]
45-54	330	20.81	[19.91,21.74]	440	6.75	[6.35,7.17]	770	13.87	[13.36,14.39]
55-64	406	18.01	[17.63,18.39]	568	8.38	[8.17,8.60]	974	13.12	[12.90,13.35]
15-64	1223	12.49	[9.15,16.90]	1595	2.96	[1.80,4.84]	2818	7.78	[5.92,10.16]

Advised doctor or health worker to start or do more exercise									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	138	48.57	[37.48,59.80]	139	25.50	[18.56,33.96]	277	37.15	[30.52,44.30]
25-34	143	26.43	[22.73,30.49]	169	28.16	[23.61,33.20]	312	27.28	[24.32,30.46]
35-44	208	52.39	[49.51,55.26]	278	29.91	[27.27,32.68]	486	41.37	[39.39,43.38]
45-54	331	55.54	[54.52,56.56]	442	50.09	[49.03,51.15]	773	52.85	[52.08,53.62]
55-64	409	52.22	[51.67,52.77]	571	44.55	[44.12,44.97]	980	48.32	[47.97,48.68]
15-64	1229	44.62	[31.73,58.29]	1599	31.47	[22.64,41.86]	2828	38.12	[30.08,46.87]

Currently taking herbal or traditional treatment for diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	138	2.00	[0.96,4.12]	139	6.12	[3.06,11.88]	277	4.04	[2.34,6.90]
25-34	144	12.57	[10.09,15.57]	169	4.04	[3.13,5.21]	313	8.38	[7.02,9.97]
35-44	209	23.57	[20.85,26.53]	277	11.36	[10.13,12.73]	486	17.59	[16.07,19.22]
45-54	331	26.92	[25.91,27.95]	442	23.13	[22.17,24.11]	773	25.05	[24.38,25.72]
55-64	409	17.79	[17.37,18.23]	572	22.14	[21.79,22.49]	981	20.00	[19.73,20.27]
15-64	1231	12.98	[9.27,17.88]	1599	9.83	[6.03,15.62]	2830	11.43	[8.67,14.90]

Physical Measurements

Mean height (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24		172.2	[171.8, 172.6]		159.3	[158.9, 159.7]
25-34		172.7	[172.2, 173.1]		158.5	[158.1, 158.8]
35-44		170.9	[170.5, 171.4]		157.1	[156.7, 157.5]
45-54		168.9	[168.5, 169.4]		155.5	[155.1, 156.0]
55-64		167.4	[167.0, 167.9]		154.3	[153.9, 154.7]
15-64		171.41	[171.1, 171.6]		157.8	[157.6, 158.1]

Mean weight (kg)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24		66.1	[65.4, 66.8]		57.9	[57.1, 58.6]
25-34		73.1	[72.4, 73.9]		64.6	[63.9, 65.3]
35-44		74.4	[73.6, 75.1]		69.1	[68.4, 69.8]
45-54		73.9	[73.2, 74.7]		69.8	[69.1, 70.5]
55-64		72.2	[71.5, 72.9]		67.6	[66.9, 68.3]
15-64		70.9	[70.4, 71.3]		63.8	[63.5, 64.2]

Mean BMI (kg/m ²)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24		22.31	[22.11, 22.52]		22.86	[22.60, 23.13]		22.58	[22.41, 22.76]
25-34		24.55	[24.30, 24.79]		25.78	[25.49, 26.07]		25.15	[24.96, 25.34]
35-44		25.43	[25.20, 25.67]		27.93	[27.63, 28.22]		26.66	[26.46, 26.85]
45-54		25.88	[25.63, 26.12]		28.77	[28.48, 29.05]		27.30	[27.11, 27.50]
55-64		25.77	[25.55, 25.99]		28.42	[28.12, 28.73]		27.12	[26.91, 27.32]
15-64		24.16	[24.04, 24.28]		25.68	[25.53, 25.83]		24.91	[24.81, 25.01]

BMI classifications									
Men									
Age Group (years)	n	% Underweight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	2938	14.94	[14.30,15.60]	64.01	[63.14,64.87]	16.56	[15.87,17.28]	4.49	[4.14,4.86]
25-34	2961	5.336	[5.07,5.61]	53.24	[52.53,53.96]	31.38	[30.71,32.06]	10.04	[9.53,10.56]
35-44	2970	3.847	[3.67,4.02]	43.55	[43.00,44.10]	39.22	[38.69,39.76]	13.38	[13.02,13.75]
45-54	2943	3.21	[3.09,3.32]	40.56	[40.20,40.92]	41.14	[40.77,41.51]	15.09	[14.82,15.37]
55-64	2866	2.678	[2.63,2.72]	42.54	[42.34,42.74]	39.37	[39.16,39.57]	15.42	[15.27,15.57]
15-64	14678	8.071	[7.34,8.86]	53.00	[51.73,54.26]	29.27	[28.10,30.47]	9.66	[8.84,10.54]

BMI classifications									
Women									
Age Group (years)	n	% Underweight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	2807	13.76	[13.04,14.52]	61.6	[60.67,62.51]	17.28	[16.58,18.00]	7.35	[6.90,7.84]
25-34	2808	4.43	[4.16,4.71]	42.96	[42.21,43.70]	34.32	[33.65,35.00]	18.29	[17.70,18.91]
35-44	2872	1.11	[1.04,1.19]	28.43	[27.94,28.92]	39.66	[39.15,40.17]	30.80	[30.32,31.28]
45-54	2931	1.05	[1.01,1.10]	23.79	[23.48,24.10]	38.15	[37.77,38.54]	37.00	[36.63,37.37]
55-64	2836	2.43	[2.38,2.49]	25.02	[24.86,25.18]	37.57	[37.40,37.75]	34.97	[34.78,35.15]
15-64	14254	6.63	[5.86,7.50]	43.35	[41.87,44.85]	29.84	[28.59,31.13]	20.17	[19.21,21.17]

Age Group (years)	BMI classifications Both Sexes								
	n	% Underweight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% Overweight 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
15-24	5745	14.36	[13.88,14.85]	62.81	[62.19,63.43]	16.92	[16.40,17.44]	5.91	[5.62,6.21]
25-34	5769	4.89	[4.70,5.08]	48.19	[47.67,48.7]	32.83	[32.35,33.30]	14.1	[13.70,14.50]
35-44	5842	2.50	[2.41,2.60]	36.14	[35.77,36.51]	39.44	[39.06,39.81]	21.92	[21.61,22.24]
45-54	5874	2.14	[2.08,2.21]	32.28	[32.03,32.53]	39.67	[39.41,39.93]	25.91	[25.67,26.15]
55-64	5702	2.55	[2.52,2.59]	33.64	[33.51,33.78]	38.46	[38.32,38.59]	25.34	[25.22,25.47]
15-64	28932	7.36	[6.82,7.93]	48.23	[47.26,49.21]	29.55	[28.69,30.43]	14.85	[14.16,15.57]

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
15-24		79.01	[78.39,79.64]		75.35	[74.59,76.11]
25-34		85.86	[85.11,86.61]		83.02	[82.33,83.71]
35-44		89.22	[88.56,89.88]		89.53	[88.79,90.28]
45-54		91.51	[90.71,92.32]		92.65	[91.87,93.42]
55-64		92.41	[91.65,93.17]		94.54	[93.81,95.28]
15-64		85.17	[84.77,85.58]		83.47	[83.01,83.93]

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24		117.9	[117.2,118.5]		108.4	[107.7,109.0]		113.2	[112.7,113.6]
25-34		120.8	[120.1,121.5]		111.9	[111.2,112.6]		116.4	[115.9,117.0]
35-44		122.0	[121.1,122.9]		118.0	[117.0,119.0]		120.1	[119.4,120.7]
45-54		126.9	[126.0,127.9]		125.9	[124.7,127.1]		126.4	[125.7,127.2]
55-64		132.8	[131.4,134.1]		130.6	[129.3,131.9]		131.7	[130.7,132.6]
15-64		121.6	[121.1,122.0]		114.8	[114.4,115.3]		118.2	[117.9,118.6]

Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
15-24		73.2	[72.7,73.7]		72.5	[72.1,73.0]		72.9	[72.5,73.2]
25-34		77.4	[76.8,77.9]		75.6	[75.0,76.1]		76.5	[76.0,76.9]
35-44		79.4	[78.8,80.1]		79.7	[79.0,80.4]		79.6	[79.1,80.1]
45-54		81.5	[80.9,82.2]		83.3	[82.5,84.1]		82.4	[81.8,82.9]
55-64		83.5	[82.7,84.3]		83.1	[82.3,83.8]		83.3	[82.7,83.9]
15-64		77.2	[76.9,77.5]		76.7	[76.4,77.1]		77.0	[76.7,77.2]

SBP ≥140 and/or DBP ≥ 90 mmHg									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3021	5.851	[5.486,6.24]	3015	3.412	[3.114,3.736]	6036	4.643	[4.403,4.896]
25-34	2998	13.35	[12.79,13.94]	3001	9.471	[9.082,9.875]	5999	11.45	[11.08,11.82]
35-44	3016	19.11	[18.68,19.56]	2969	20.05	[19.66,20.45]	5985	19.57	[19.27,19.87]
45-54	2994	29.2	[28.86,29.54]	2980	35.91	[35.56,36.26]	5974	32.51	[32.27,32.76]
55-64	2904	43.66	[43.45,43.86]	2875	46.05	[45.86,46.23]	5779	44.87	[44.73,45.01]
15-64	14933	15.75	[14.76,16.79]	14840	15.14	[14.34,15.98]	29773	15.45	[14.73,16.2]

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
15-24	3020	6.09	[5.72,6.48]	3015	3.74	[3.43,4.08]	6035	4.93	[4.68,5.18]
25-34	2998	13.55	[12.99,14.14]	3001	10.51	[10.08,10.96]	5999	12.06	[11.69,12.44]
35-44	3016	19.85	[19.41,20.29]	2968	21.42	[21.02,21.82]	5984	20.62	[20.32,20.92]
45-54	2993	31.32	[30.98,31.66]	2980	41.81	[41.44,42.17]	5973	36.50	[36.26,36.74]
55-64	2902	47.55	[47.34,47.75]	2875	54.06	[53.87,54.25]	5777	50.85	[50.71,51.00]
15-64	14929	16.55	[15.57,17.59]	14839	17.10	[16.28,17.94]	29768	16.82	[16.12,17.55]

Currently on medication for raised blood pressure									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	2839	0.58	[0.46,0.73]	2833	0.37	[0.29,0.48]	5672	0.48	[0.40,0.57]
25-34	2802	1.26	[1.07,1.49]	2815	2.32	[2.08,2.60]	5617	1.78	[1.63,1.95]
35-44	2832	2.42	[2.28,2.58]	2809	5.07	[4.84,5.30]	5641	3.723	[3.59,3.86]
45-54	2821	10.13	[9.88,10.37]	2845	20.65	[20.33,20.96]	5666	15.32	[15.12,15.52]
55-64	2758	17.64	[17.49,17.78]	2751	34.11	[33.91,34.30]	5509	26.00	[25.87,26.12]
15-64	14052	3.45	[3.08,3.86]	14053	6.687	[6.16,7.25]	28105	5.05	[4.73,5.39]

SBP ≥160 and/or DBP ≥ 100 mmHg									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
15-24	3021	0.93	[0.80,1.07]	3015	0.40	[0.32,0.50]	6036	0.67	[0.58,0.76]
25-34	2998	2.38	[2.14,2.65]	3001	1.16	[1.02,1.30]	5999	1.78	[1.64,1.93]
35-44	3016	3.73	[3.51,3.96]	2969	6.26	[6.02,6.51]	5985	4.972	[4.81,5.13]
45-54	2994	10.29	[10.05,10.54]	2980	14.72	[14.45,14.99]	5974	12.48	[12.29,12.67]
55-64	2904	16.68	[16.53,16.83]	2875	19.09	[18.95,19.23]	5779	17.90	[17.80,18.00]
15-64	14933	4.06	[3.64,4.53]	14840	4.80	[4.32,5.33]	29773	4.43	[4.08,4.80]

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
15-24	3021	1.24	[1.10,1.40]	3015	0.80	[0.68,.95]	6036	1.02	[.92,1.14]
25-34	2998	2.65	[2.40,2.92]	3001	2.53	[2.30,2.78]	5999	2.59	[2.42,2.77]
35-44	3016	5.02	[4.78,5.27]	2969	8.83	[8.56,9.11]	5985	6.89	[6.70,7.07]
45-54	2994	14.30	[14.03,14.57]	2980	24.56	[24.23,24.88]	5974	19.36	[19.16,19.56]
55-64	2904	25.03	[24.86,25.20]	2875	36.14	[35.95,36.32]	5779	30.67	[30.55,30.79]
15-64	14933	5.55	[5.09,6.05]	14840	8.22	[7.645,8.84]	29773	6.87	[6.50,7.25]

Raised Risk

Raised Risk				
Age Group (years)	Men			
	n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors
15-24	2938	5.95[5.528,6.401]	93.45[92.99,93.88]	0.60[0.50,0.72]
25-34	2966	2.88[2.691,3.092]	91.08[90.63,91.52]	6.03[5.63,6.45]
35-44	2974	2.02[1.854,2.207]	87.67[87.29,88.03]	10.31[9.96,10.67]
45-54	2945	1.83[1.702,1.972]	84.14[83.85,84.43]	14.03[13.76,14.30]
55-64	2865	1.25[1.208,1.302]	79.94[79.78,80.1]	18.81[18.65,18.97]
15-44	8878	3.97[3.32,4.73]	91.27[90.21,92.24]	4.75[4.07,5.54]
45-64	5810	1.63[1.04,2.54]	82.69[81.02,84.24]	15.68[14.17,17.31]

Raised Risk				
Age Group (years)	Women			
	n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors
15-24	2805	4.71[4.26,5.22]	94.23[93.70,94.72]	1.05[0.88,1.25]
25-34	2808	2.58[2.36,2.83]	94.46[94.13,94.77]	2.95[2.72,3.20]
35-44	2872	1.35[1.23,1.48]	91.25[90.98,91.51]	7.40[7.17,7.64]
45-54	2931	1.00[0.93,1.07]	85.02[84.80,85.24]	13.98[13.77,14.19]
55-64	2835	0.54[0.51,0.57]	77.38[77.22,77.53]	22.08[21.92,22.24]
15-44	8485	3.19[2.55,3.99]	93.62[92.75,94.39]	3.18[2.74,3.69]
45-64	5766	0.83[0.53,1.30]	82.26[80.75,83.68]	16.90[15.50,18.40]

Raised Risk				
Age Group (years)	Both Sexes			
	n	% with 0 risk factors	% with 1-3 risk factors	% with 4-5 risk factors
15-24	5743	5.33[4.98,5.72]	93.84[93.43,94.21]	0.82[0.72,0.93]
25-34	5774	2.73[2.58,2.89]	92.74[92.46,93.01]	4.52[4.29,4.75]
35-44	5846	1.69[1.57,1.82]	89.42[89.19,89.65]	8.88[8.67,9.10]
45-54	5876	1.42[1.34,1.49]	84.58[84.4,84.75]	14.00[13.83,14.18]
55-64	5700	0.89[0.86,0.92]	78.64[78.52,78.75]	20.47[20.36,20.58]
15-44	17363	3.58[3.03,4.24]	92.43[91.66,93.14]	3.98[3.55,4.45]
45-64	11576	1.23[0.89,1.71]	82.48[81.38,83.52]	16.29[15.24,17.39]

Raised Risk				
Age Group (years)	Men			
	n	% with 0 risk factors	% with 1-2 risk factors	% with 3 risk factors
15-24	3020	8.30[7.79,8.83]	90.63[90.07,91.17]	1.06[.8688,1.303]
25-34	2998	5.99[5.69,6.31]	88.03[87.57,88.48]	5.97[5.614,6.352]
35-44	3015	6.36[6.03,6.69]	83.87[83.42,84.3]	9.77[9.424,10.13]
45-54	2993	6.33[6.14,6.53]	84.16[83.88,84.43]	9.50[9.284,9.735]
55-64	2901	4.89[4.80,4.98]	85.39[85.26,85.52]	9.71[9.616,9.823]
15-44	9033	7.05[6.12,8.10]	88.15[86.91,89.28]	4.80[4.15,5.54]
45-64	5894	5.83[4.76,7.13]	84.58[82.89,86.14]	9.58[8.34,10.97]

Raised Risk				
Age Group (years)	Women			
	n	% with 0 risk factors	% with 1-2 risk factors	% with 3 risk factors
15-24	3013	6.15[5.67,6.68]	93.83[93.31,94.32]	0.01[0.00,0.02]
25-34	3001	7.31[6.87,7.77]	92.29[91.82,92.74]	0.39[0.32,0.4806]
35-44	2969	6.79[6.55,7.05]	92.58[92.31,92.84]	0.62[0.52,0.74]
45-54	2980	6.11[5.94,6.28]	93.13[92.93,93.33]	0.75[0.69,0.82]
55-64	2874	5.61[5.51,5.71]	93.16[93.05,93.27]	1.22[1.18,1.27]
15-44	8983	6.70[5.67,7.91]	93.01[91.81,94.04]	0.28[0.15,0.52]
45-64	5854	5.93[4.90,7.15]	93.14[91.68,94.36]	0.92[0.53,1.59]

Raised Risk				
Age Group (years)	Both Sexes			
	n	% with 0 risk factors	% with 1-2 risk factors	% with 3 risk factors
15-24	6033	7.23[6.842,7.657]	92.22[91.79,92.62]	0.54[0.44,0.66]
25-34	5999	6.64[6.354,6.945]	90.13[89.78,90.46]	3.23[3.04,3.42]
35-44	5984	6.57[6.343,6.813]	88.14[87.87,88.40]	5.28[5.10,5.47]
45-54	5973	6.22[6.076,6.378]	88.59[88.41,88.77]	5.18[5.07,5.30]
55-64	5775	5.25[5.181,5.337]	89.33[89.24,89.43]	5.40[5.35,5.464]
15-44	18016	6.88[6.02,7.84]	90.54[89.57,91.44]	2.57[2.23,2.96]
45-64	11748	5.88[4.98,6.92]	88.85[87.65,89.95]	5.26[4.61,6.00]