

Noncommunicable diseases risk behaviours among adults

in the South-East Asia Region | Findings from STEPS and GATS



**World Health
Organization**
Regional Office for South-East Asia



#beatNCDs

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Naveen Agarwal coordinated overall publication work, conceptualization and reporting the survey results and performed all data management; Arpita Mehta led the data collection and validation of results.

Contributors to the report were made by Jagdish Kaur, Pyi Pyi Phyo, Anika Singh, Nazneen Anwar, Padmini Angela De Silva, Suvajee Good, Payden, Jayasuriya Navaratne, Gampo Dorji, Patanjali Dev Nayar, Lesley Jayne Onyon, David Sutherland, Puneet Dhingra, Om Prakash and Charu Sharma.

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Sincere thanks to Member States for their assistance to conduct these surveys in their respective countries.

Message from the Regional Director

WHO South-East Asia Region



Noncommunicable diseases (NCDs) are a major killer in the WHO South-East Asia Region. NCDs claim the lives of an estimated 8.5 million people every year, accounting for 62% of overall deaths and 48% of all premature deaths (deaths before the age of 70 years) in the Region. Prevention and control of NCDs is the major priority to prevent premature deaths and to reduce related health-care costs.

Four modifiable lifestyle-related risk behaviours – namely tobacco use, unhealthy diet, insufficient physical activity and harmful use of alcohol are responsible for the majority of NCDs in the WHO South-East Asia Region. There are about 246 million smokers and over 290 million smokeless tobacco users. Of total population, 80% does not consume the recommended five portions of fruits and vegetables a day. In addition, 35–61% of males and 63–89% of females do not engage in vigorous physical activities.

The behavioral risk factors described above lead to four metabolic risk factors for NCDs, which are overweight/obesity, high blood pressure, raised blood sugar and abnormal blood lipids – quite prevalent in the populations of our Region. The prevalence of overweight varies from 8% to 30% among men and 8% to 52% among females. Approximately one third of the adult population suffers from hypertension. The prevalence of raised blood sugar in adults aged 25 years and above ranges from 6.6% to 12.2% in the Region. The prevalence of raised cholesterol in the adult population is as high as 50% in some Member States.

With an understanding of the rising trends of NCDs, WHO has been monitoring the situation very closely. This publication, *'Noncommunicable diseases risk behaviours among adults in the South-East Asia Region: Findings from STEPS and GATS'*, was developed based on the results of the Global Adult Tobacco Surveys (GATS) and the WHO STEPwise approach to noncommunicable disease risk factor surveillance (STEPS). GATS is a nationally representative household survey on tobacco use while STEPS is the WHO's recommended tool for surveillance of chronic noncommunicable diseases and risk factors among adults. Both provide an entry point for low- and middle-income countries to get started on surveillance activities on NCDs.

The evidence contained in this publication, which includes data on adult health risks, both behavioural and metabolic risk factors, will help inform governments, policy-makers and other stakeholders on how to better prevent and control the NCD epidemic. Alongside renewing political commitment and strengthening alliances, we must increase public awareness on issues related to noncommunicable diseases and the need to avoid risky behaviours that enhance the likelihood of contracting NCDs and leading to premature death. Not only will this ensure physical, mental and social well-being of our people, but will also lead to a more productive workforce and healthier population in the South-East Asia Region.

A handwritten signature in black ink, which appears to read 'P. Khetrपाल'.

Dr Poonam Khetrपाल Singh
Regional Director
WHO South-East Asia Region

Introduction

This publication, entitled '*Noncommunicable diseases risk behaviours among adults in the South-East Asia Region: Findings from STEPS and GATS*', conveys the most recent quantitative surveillance results focusing on noncommunicable disease (NCDs)-related risk behaviours among adults from the WHO STEPwise approach to NCD risk factor surveillance (STEPS) and tobacco use among adults from the Global Adult Tobacco Survey (GATS) in Member States of the WHO South-East Asia Region.

STEPS is a WHO recommended tool for surveillance of risk factors related to NCDs. The survey results provide an entry point for low- and middle-income countries to get started on NCD surveillance activities. It is also designed to help countries build and strengthen their capacity to conduct surveillance. Different countries use different age groups for STEPS, depending on the country context.

STEPS is conducted as a sequential process. First, it gathers the information on risk factors with a standard core and expended questions with optional items to gather the information on basic demographic information, tobacco use, alcohol consumption, fruit and vegetable consumption, salt intake, physical activity, history of raised blood pressure, diabetes, raised total cholesterol and cardiovascular disease, life-style advice, cervical cancer screening, mental health, oral health, sexual health, tobacco policy, and violence and injury. Second, it conducts simple physical measurements to measure blood pressure, height and weight, and waist circumference. And third, it collects urine and blood samples for biochemical analysis to measure fasting blood sugar, total cholesterol and urinary sodium and creatinine.

This publication contains data from STEPS surveys for Bangladesh (2010) for age group 25 years and above, Bhutan (2014), Sri Lanka (2015) and Timor-Leste (2014) for age group 18–69 years, Malé, Maldives (2011) for age group 15–64 years, Myanmar (2014) for age group 25–64 years and Nepal (2013) for age group 15–69 years.

GATS is a component of the Global Tobacco Surveillance System (GTSS), which is a global standard protocol for systematically monitoring adult tobacco use, covering both smoking and smokeless tobacco products, and tracking key tobacco control indicators. GATS is a nationally representative school-based survey of adults, 15 years of age and older, and is designed to produce cross-sectional estimates for each country with the aim of supporting capacity of countries for the designing, implementation and evaluation of tobacco control policies. It is also an important tool to assist countries in supporting WHO MPOWER, a package of six evidence-based demand reduction measures contained in the WHO Framework Convention on Tobacco Control (WHO FCTC).

GATS uses a standard core questionnaire with a set of optional questions on tobacco use and key tobacco control indicators that permit adaptation to meet the needs of the country. The GATS interview consists of two parts: the Household Questionnaire (household screening) and the Individual Questionnaire (individual interview); it is conducted using an electronic data collection device. The Household Questionnaire is used to determine if the selected household meets GATS eligibility requirements and to make a list, or roster, of all eligible members of the household. Once the roster of eligible residents of the household is completed, one individual is randomly selected to complete the Individual Questionnaire. The Individual Questionnaire asks questions about background characteristics; tobacco smoking; smokeless tobacco; cessation; secondhand smoke; economics; media; and knowledge, attitudes, and perceptions about tobacco. This publication contains data from GATS for Bangladesh (2009), India (2009–2010), Indonesia (2011) and Thailand (2011) for age group 15 years and older.

This publication contains selected indicators relating to tobacco use and other related risk behaviours of adults in Member States of the WHO South-East Asia Region. The tobacco indicators are taken from GATS or STEPS and other indicators relating to risk behaviours (history– dietary behaviours, physical activity, alcohol use, cervical cancer screening; physical measurements – body mass index, blood pressure, waist circumference; biochemical measurements – fasting blood glucose level, blood glucose level 2 hours after glucose load, total blood cholesterol, urine sodium and urine creatinine) are taken from STEPS. The latest findings from surveys conducted in Member States are presented in the publication.

The target audience includes governments, policy-makers, development partners, civil society and nongovernmental organizations, academics, researchers, and other stakeholders who are contributing to health and other related policies and programmes concerning NCDs.

GATS

- | | |
|--|--|
| <ul style="list-style-type: none"> 01 Current tobacco users (smoking and smokeless) 02 Current tobacco smokers 03 Current smokeless tobacco users | <ul style="list-style-type: none"> 04 Exposure to second-hand smoke 05 Cessation |
|--|--|

STEPS

- | | |
|---|--|
| <ul style="list-style-type: none"> 01 Tobacco use 02 Alcohol and drug use 03 Unhealthy dietary behaviours 04 Physical activity and sedentary behaviours 05 Nutrition status 06 Blood pressure 07 Blood cholesterol 08 Blood sugar 09 Cervical cancer 10 Salt intake 11 Combined risk factors | <ul style="list-style-type: none"> 01 Mental health 02 Violence and injury 03 Detailed information relating to the diet, physical activity, physical measurements and biochemical measurements 01 Other detailed information relating to the above risk and healthy behaviours |
|---|--|

Note: Indicators are presented depending on the availability for each Member State.

- Indicators presented with both infographics and data tables
- Indicators presented with data tables only
- Indicators collected in GATS and STEPS but not presented in this publication

Total Population^a 161 million **Males^a 41.1 million** **Females^a 41.1 million**
Aged 25+ years Aged 25+ years

Tobacco use



43%
Overall

Current tobacco users (smoking or/and smokeless)

58%
Males

29%
Females



Current tobacco smokers



23%



45%



2%



Current smokeless tobacco users



27%



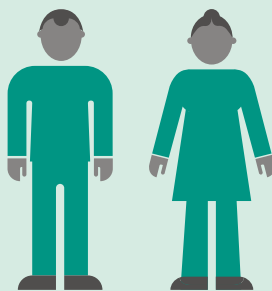
26%



28%



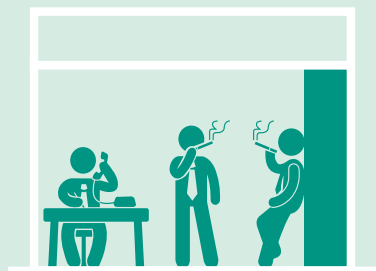
Attempt to quit (among current smokers)



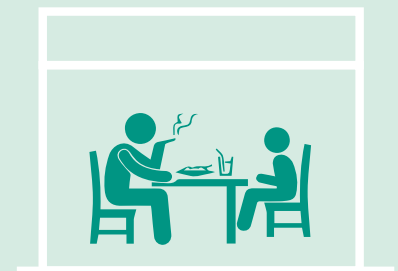
47%

Exposure to second-hand smoke

63% ...at work place



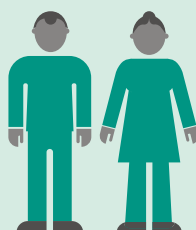
45% ...at public places



Alcohol use



Current alcohol drinkers



0.9%

Binge Drinkers (among current drinkers)

67%



BANGLADESH

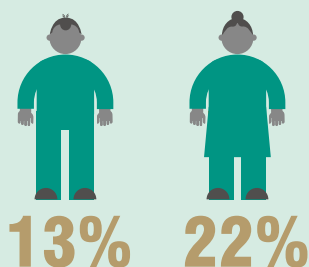
Physical activity



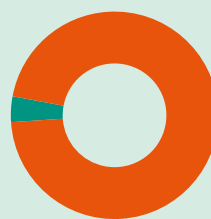
Were not engaged in **vigorous activities**

Nutrition status

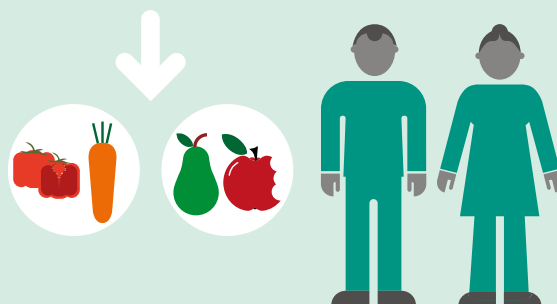
Overweight or Obese



Diet

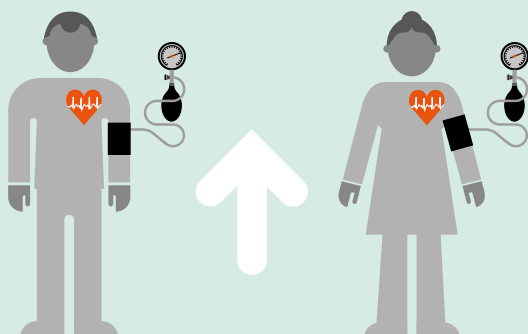
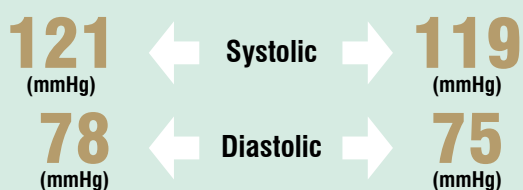


96% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)

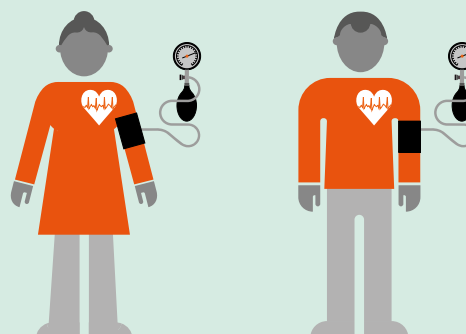


Blood pressure

Mean BLOOD PRESSURE



18% have raised Blood pressure or currently on medication



28% on **raised risk** (at least 3 risk factors)



Current daily smokers



Less than 5 servings of fruits and vegetables per day







Insufficient physical activity






Overweight (BMI ≥ 25 kg/m²)



Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

Results for adults aged 25+ years (including 95% CI)		Overall	Males	Females
STEP 1: Tobacco use ^b				
	Percentage who currently smoke tobacco	23.0% (21.9–24.2)	44.7% (42.5–47.0)	1.5% (1.1–2.1)
	Percentage who currently smoke tobacco daily	20.9% (19.8–22.0)	40.7% (38.5–42.9)	1.3% (0.9–1.9)
	Percentage who currently use smokeless tobacco	27.2% (25.5–28.9)	26.4% (24.2–28.6)	27.9% (25.9–30.0)
	Percentage who currently use smokeless tobacco daily	23.7% (22.1–25.3)	20.7% (18.7–22.9)	26.6% (24.7–28.6)
	Percentage who currently use tobacco in any form (smoked and/or smokeless)	43.3% (41.7–45.0)	58.0% (55.9–60.1)	28.7% (26.7–30.8)
	Average age started smoking (years) for daily users	18.8 (18.4–19.2)	18.4 (18.1–18.8)	26.5 (21.6–31.3)
	Percentage of current smokers smoking manufactured cigarettes	14.1% (13.2–15.2)	28.3% (26.3–30.4)	*
	Percentage of current smokers smoking bidis	11.2 (10.0–12.4)	21.4 (19.2–23.7)	1.1 (0.7–1.5)
	Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.1 (4.6–5.6)	5.2 (4.7–5.7)	0.8 (0.2–1.4)
	Percentage of adults exposed to second-hand smoke at work during the past 30 days	63.0% (59.2–66.7)	67.8% (63.7–71.6)	30.4% (24.1–37.6)
	Percentage of adults exposed to second-hand smoke in public places (in any of these places : government buildings, health care facilities, restaurants, public transportation, etc.) during the past 30 days	45.0% (43.4–46.5)	69.4% (67.0–71.6)	20.8% (19.1–22.7)
	Percentage of current smokers who have made an attempt to quit in past 12 months	47.3% (43.9–50.8)	47.8% (44.4–51.3)	31.5% (18.4–48.4)
	Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	52.9% (47.0–58.6)	52.7% (46.8–58.5)	*
STEP 1: Alcohol Consumption ^c				
	Percentage who are lifetime abstainers	94.4 (92.4–96.4)	99.8 (90.0–91.8)	91.0 (99.6–99.9)
	Percentage who currently drink (drank alcohol in the past 30 days)	0.9% (0.8–1.2)	1.5% (1.1–1.9)	**
	Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	66.7% (55.9–75.9)	66.7% (55.5–76.2)	**
STEP 1: Diet ^c				
	Mean number of days fruit consumed (in a typical week)	1.8 (1.8–1.9)	1.7 (1.6–1.7)	1.9 (1.9–2.0)
	Mean number of servings of fruit consumed on average per day (in a typical week)	1.7 (1.5–1.8)	1.4 (1.3–1.6)	1.9 (1.7–2.2)
	Mean number of days vegetables consumed (in a typical week)	6.1 (6.1–6.1)	5.7 (5.7–5.8)	6.4 (6.4–6.4)
	Mean number of servings of vegetables consumed on average per day (in a typical week)	2.3 (2.2–2.4)	2.1 (2.0–2.2)	2.5 (2.3–2.7)
	Percentage who ate less than 5 servings of fruit and/or vegetables on average per day (in a typical week)	95.7% (95.3–96.1)	97.6% (97.1–98.0)	94.1% (93.4–94.8)

BANGLADESH

Results for adults aged 25+ years (including 95% CI)		Overall	Males	Females
STEP 1: Physical activity ^c				
 Percentage with low levels of activity (defined as <600 MET–minutes per week) ^{***}		27.0% (25.9–28.1)	10.5% (9.5–11.5)	41.3% (39.6–43.1)
Percentage with high levels of activity (defined as ≥3000 MET– minutes per week) ^{***}		52.8% (51.4–54.3)	74.9% (72.3–77.5)	33.7% (32.1–35.4)
Percentage not engaging in vigorous activity		61.8% (60.7–63.0)	55.9% (54.2–57.6)	67.1% (65.5–68.6)
STEP 2: Physical measurements ^c				
 Mean body mass index – BMI (kg/m ²)		21.5 (21.4–21.6)	21.0 (20.8–21.1)	22.0 (21.8–22.1)
Percentage who are overweight (BMI 25.0–29.9 kg/m ²)		14.3% (13.6–15.0)	11.1% (10.2–12.1)	17.0% (15.9–18.0)
Percentage who are obese (BMI ≥30 kg/m ²)		3.6% (3.3–4.0)	2.2% (1.8–2.6)	4.9% (4.3–5.5)
 Average waist circumference (cm)		76.6 (76.4–76.8)	77.7 (77.4–78.0)	75.7 (75.3–76.0)
Mean systolic blood pressure – SBP (mmHg), among all respondents		120.0 (119.4–120.1)	121.0 (120.7–121.8)	119.0 (118.0–119.0)
Mean diastolic blood pressure – DBP (mmHg), among all respondents		76.0 (76.1–76.6)	78.0 (77.2–77.8)	75.0 (75.0–75.7)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg)		14.8% (14.0–15.6)	15.6% (14.4–16.8)	14.2% (13.1–15.3)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg an/ or currently on medication for raised BP)		17.9% (17.0–18.8)	18.5% (17.2–19.8)	17.3% (16.2–18.5)
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg)		5.5% (5.1–6.0)	5.8% (5.3–6.7)	5.3% (4.6–5.8)
Summary of combined risk factors				
<ul style="list-style-type: none"> ● Current daily smokers ● Insufficient physical activity ● Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) ● Less than 5 servings of fruit and vegetables per day ● Overweight (BMI ≥ 25 kg/m²) 				
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old		21.0% (19.8–22.2)	17.0% (15.3–18.8)	23.6% (22.0–25.3)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old		40.0% (37.9–42.1)	33.0% (30.5–35.6)	49.5% (46.1–53.2)
Percentage with three or more of the above risk factors, aged 25–64 years old		28.3% (27.2–29.4)	24.7% (23.2–26.2)	31.5% (30.0–33.1)

Technical Notes:

a. Population for year 2015 from “UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. World Health Organization, Regional Office for South East Asia. Global Adult Tobacco Survey (GATS) Bangladesh report 2009. (aged 15+ years); c. World Health Organization, Regional Office for South East Asia. Noncommunicable disease risk factor survey Bangladesh 2010.

* Sample size was less than 25; ** Sample size was less than 50; *** Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/STEPS/GPAQ> ;

Total Population^a 776 thousand **Males^a 275 thousand** **Females^a 224 thousand**
Aged 18–69 years Aged 18–69 years

Tobacco use



Current tobacco users
(smoking or/and smokeless)

25%
Overall



34%
Males



14%
Females



Current tobacco smokers



7%



11%



3%



Current smokeless tobacco users



20%



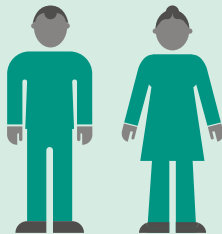
27%



11%



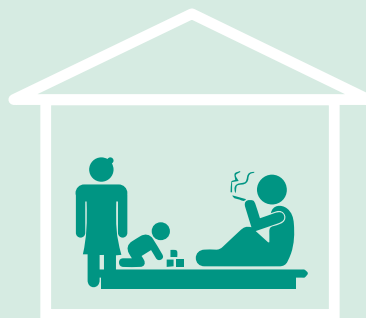
Attempt to quit
(among current smokers)



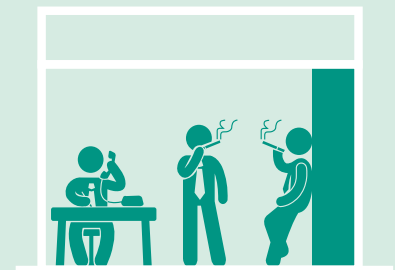
69%

Exposure to second-hand smoke

21% ...at home



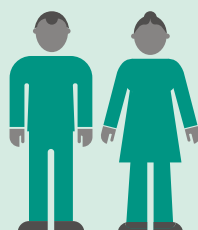
25% ...at work place



Alcohol use



Current alcohol drinkers



42%

Binge Drinkers

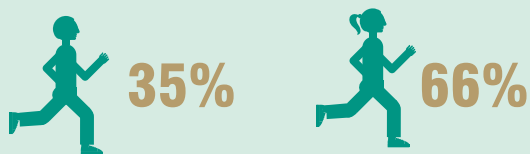
(among current drinkers)

22%



BHUTAN

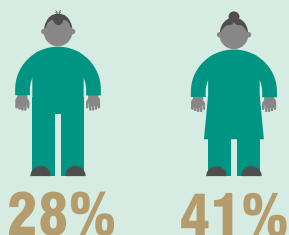
Physical activity



Were not engaged in **vigorous activities**

Nutrition status

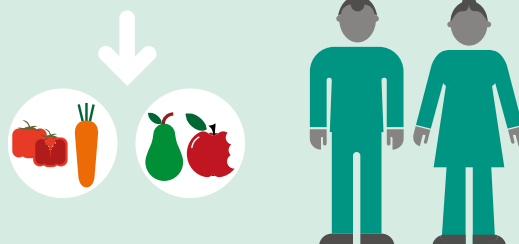
Overweight or Obese



Diet



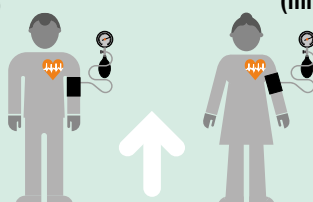
67% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)



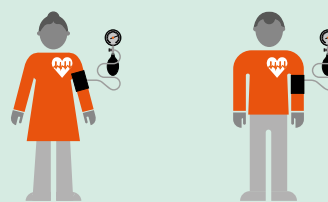
Blood pressure

Mean **BLOOD PRESSURE** (including those on medication)

128.0 (mmHg) ← Systolic → **123.8** (mmHg)
84.6 (mmHg) ← Diastolic → **85.4** (mmHg)



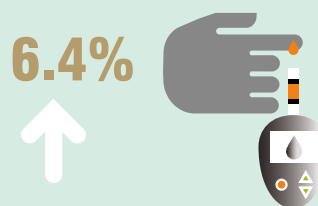
36% have **HIGH BLOOD PRESSURE** or currently on medication



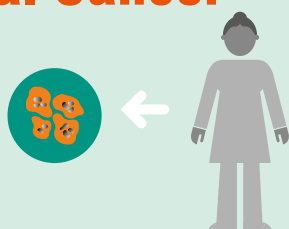
Mean total **Blood Cholesterol** (including those currently on medication for raised cholesterol)



% with raised fasting **Blood Sugar**



64% of women aged 30–49 years who have ever had a screening test for **Cervical Cancer**



14% on **raised risk** (at least 3 risk factors)



Current daily smokers



Less than 5 servings of fruits and vegetables per day







Insufficient physical activity








Overweight (BMI \geq 25 kg/m²)



Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)

Results for adults aged 18–69 years (including 95% CI)		Overall	Males	Females
STEP 1: Tobacco use^b				
	Percentage who currently smoke tobacco	7.4% (5.8–9.0)	10.8% (8.1–13.6)	3.1% (2.0–4.2)
	Percentage who currently smoke tobacco daily	4.3% (3.3–5.4)	6.0% (4.3–7.8)	2.1% (1.3–3.0)
	Percentage who currently use smokeless tobacco	19.7% (16.5–22.9)	26.5% (22.1–31.0)	11.0% (8.6–13.5)
	Percentage who currently use smokeless tobacco daily	18.5% (15.3–21.7)	25.2% (20.7–29.7)	9.9% (7.5–12.4)
	Percentage who currently use tobacco in any form (smoked and/or smokeless)	24.8% (21.4–28.3)	33.6% (28.8–38.5)	13.6% (10.9–16.4)
	Average age started smoking (years) for daily users	18.9 (17.5–20.3)	19.0 (17.3–20.8)	*
	Mean duration of smoking among current daily smokers	13.0 (10.8–15.2)	11.9 (9.6–14.2)	*
	Percentage of adults exposed to second-hand smoke at home during the past 30 days	20.7% (18.0–23.4)	20.7% (17.0–24.4)	20.7% (17.8–23.6)
	Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	24.6% (21.5–27.7)	29.0% (24.6–33.4)	19.1% (15.9–22.3)
	Percentage of current smokers who have tried to quit smoking	69.0% (59.8–78.1)	66.0% (55.2–76.8)	82.1% (68.6–95.7)
	Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	31.8% (22.6–41.0)	33.2% (22.2–44.3)	*
	Percentage of daily smokers smoking manufactured cigarettes	84.1% (76.3–92.0)	90.1% (82.2–98.0)	*
STEP 1: Alcohol consumption^b				
	Percentage who are lifetime abstainers	39.0% (35.7–42.3)	30.6% (26.2–35.0)	49.8% (45.9–53.7)
	Percentage who are past 12 month abstainers	10.8% (8.8–12.8)	12.1% (9.2–14.9)	9.3% (7.0–11.6)
	Percentage who currently drink (drank alcohol in the past 30 days)	42.4% (39.3–45.5)	50.0% (45.5–54.5)	32.8% (29.5–36.0)
	Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	22.4% (19.5–25.3)	29.0% (24.9–33.1)	14.1% (11.3–16.9)
STEP 1: Diet^b				
	Mean number of days fruit consumed in a typical week	1.7 (1.5–1.9)	1.6 (1.4–1.8)	1.9 (1.7–2.1)
	Mean number of servings of fruit consumed on average per day	0.7 (0.6–0.8)	0.7 (0.5–0.8)	0.8 (0.7–0.9)
	Mean number of days vegetables consumed in a typical week	5.6 (5.4–5.7)	5.6 (5.5–5.8)	5.5 (5.3–5.7)
	Mean number of servings of vegetables consumed on average per day	3.8 (3.4–4.1)	4.0 (3.5–4.4)	3.5 (3.1–3.8)
	Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	66.9% (61.7–72.0)	64.8% (58.3–71.2)	69.6% (64.4–74.7)
	Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	7.8% (5.4–10.2)	7.4% (4.4–10.5)	8.3% (6.2–10.4)
	Percentage who always or often eat processed foods high in salt	11.1% (9.3–12.9)	11.0% (8.4–13.6)	11.2% (9.1–13.3)

Results for adults aged 18–69 years (including 95% CI)		Overall	Males	Females
STEP 1: Physical activity^b				
	Percentage with insufficient physical activity (defined as <150 minutes of moderate intensity activity per week, or equivalent)**	6.4% (4.7–8.0)	3.8% (2.5–5.0)	9.6% (6.8–12.4)
	Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range P25–P75)	330 377.1	367.1 362.1	274.3 377.1
	Mean time spent in physical activity per day (minutes)	350.5 (330.0–371.0)	383.7 (357.3–410.2)	308.3 (283.9–332.8)
	Percentage not engaging in vigorous activity	48.8% (44.6–53.1)	35.2% (30.3–40.2)	66.0% (61.2–70.9)
STEP 1: Mental health^b				
	Percentage of respondents who seriously considered attempting suicide in the last 12 months among all respondents	2.4 (1.5–3.2)	0.9 (0.3–1.6)	4.2 (2.5–5.9)
	Percentage of respondents who have ever attempted suicide among all respondents	0.6 (0.3–1.0)	0.0 (0.3–1.6)	1.4 (0.6–2.2)
	Percentage of respondents who have ever had anyone in their close family attempt suicide	1.5 (1.0–2.0)	1.1 (0.3–1.8)	2.0 (1.2–2.7)
	Percentages of respondents who have ever had anyone in their close family die from suicide	1.8 (1.1–2.5)	1.4 (0.5–2.2)	2.3 (1.2–3.4)
STEP 1: Cervical cancer screening^b				
	Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer	–	–	64.1% (59.0–69.2)
STEP 2: Physical measurements^b				
	Mean body mass index – BMI (kg/m ²)	24.0 (23.7–24.2)	23.5 (23.2–23.9)	24.5 (24.2–24.8)
	Percentage who are overweight (BMI ≥25 kg/m ²)	26.7% (23.8–29.6)	22.8% (19.0–26.7)	31.9% (28.4–35.5)
	Percentage who are obese (BMI ≥30 kg/m ²)	6.2% (5.1–7.4)	4.5% (2.9–6.0)	8.5% (6.8–10.2)
	Average waist circumference (cm)	–	81.9 (81.0–82.9)	79.5 (78.7–80.4)
	Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	126.2 (125.1–127.2)	128.0 (126.6–129.4)	123.8 (122.5–125.1)
	Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	85.0 (84.0–85.9)	84.6 (83.4–85.9)	85.4 (84.5–86.3)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	35.7% (32.8–38.6)	35.5% (31.5–39.6)	35.9% (32.5–39.4)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) excluding those on medication for raised BP	32.9% (30.0–35.8)	33.6% (29.5–37.6)	32.0% (28.6–35.4)
	Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	14.4% (12.3–16.5)	13.3% (10.4–16.2)	15.8% (13.4–18.2)

Results for adults aged 18–69 years (including 95% CI)

	Overall	Males	Females
STEP 3: Biochemical measurements^b			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	88.8 (87.4–90.2)	88.7 (86.9–90.5)	88.9 (87.4–90.4)
Percentage with impaired fasting glycaemia (capillary whole blood value ≥ 5.6 mmol/L(100mg/dl) and < 6.1 mmol/L(110mg/dl)	10.7% (8.6–12.9)	11.4% (8.2–14.5)	10.0% (7.9–12.0)
Percentage with raised fasting blood glucose (capillary whole blood value ≥ 6.1 mmol/L(110 mg/dl) or currently on medication for raised blood glucose)	6.4% (5.0–7.8)	6.5% (4.6–8.5)	6.3% (4.7–7.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	146.1 (143.4–148.9)	144.1 (140.3–147.9)	148.7 (146.0–151.4)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	12.5% (10.6–14.4)	11.9% (9.1–14.7)	13.3% (11.3–15.3)
Mean intake of salt per day (in grams)	9.0 (8.8–9.1)	9.6 (9.4–9.8)	8.0 (7.9–8.2)
Cardiovascular disease (CVD) risk^b			
Percentage aged 40–69 years with a 10–year CVD risk $\geq 30\%$, or with existing CVD***	1.8% (1.0–2.6)	1.5% (0.4–2.7)	2.2% (1.0–3.4)
Summary of combined risk factors^b			
<ul style="list-style-type: none"> ● Current daily smokers ● Insufficient physical activity ● Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 		<ul style="list-style-type: none"> ● Less than 5 servings of fruit and vegetables per day ● Overweight (BMI ≥ 25 kg/m²) 	
Percentage with low risk (i.e. none of the risk factors included above)	12.7% (10.2–15.2)	15.3% (11.4–19.2)	9.3% (7.3–11.3)
Percentage with raised risk (at least three of the risk factors included above), aged 18–39 years old	10.7% (8.6–12.8)	9.5% (6.6–12.5)	12.3% (9.6–15.0)
Percentage with raised risk (at least three of the risk factors included above), aged 40–69 years old	18.9% (15.7–22.2)	14.4% (10.7–18.1)	24.6% (19.9–29.3)
Percentage with three or more of the above risk factors, aged 18–69 years old	13.5% (11.8–15.3)	11.2% (8.6–13.7)	16.7% (14.1–19.2)

Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. World Health Organization, Regional Office for South East Asia. National survey for noncommunicable disease risk factors and mental health using WHO STEPS approach in Bhutan - 2014

* Sample size was less than 50; ** Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ>; *** A 10–year CVD risk of $>30\%$ is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl))

Total Population^a 1311 million **Males^a 480.6 million** **Females^a 453 million**
Aged 15+ years Aged 15+ years

Tobacco use



35%
Overall



Current tobacco users (smoking or/and smokeless)



48%
Males



20%
Females



Current tobacco smokers



14%



24%



3%



Current smokeless tobacco users



26%



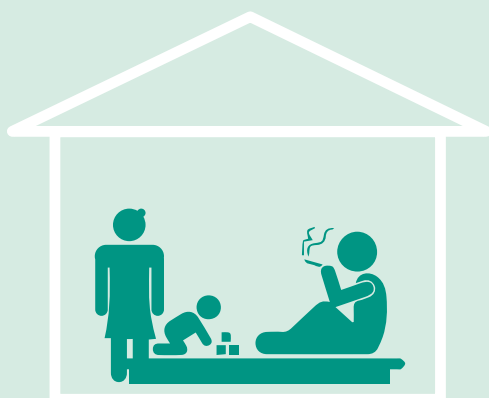
33%



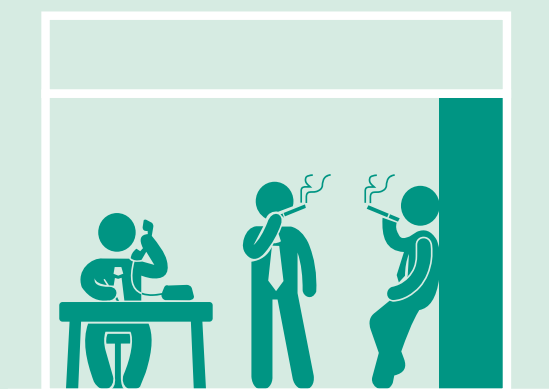
18%

Exposure to second-hand smoke

40% ...at home

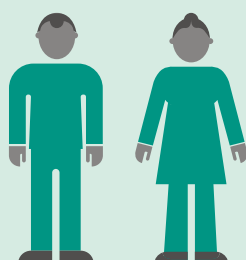


30% ...at work place



Attempt to quit (among current smokers)

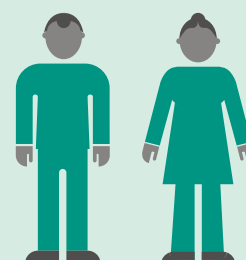
38%





Advised by healthcare provider to quit smoking

(among current smokers)

46%



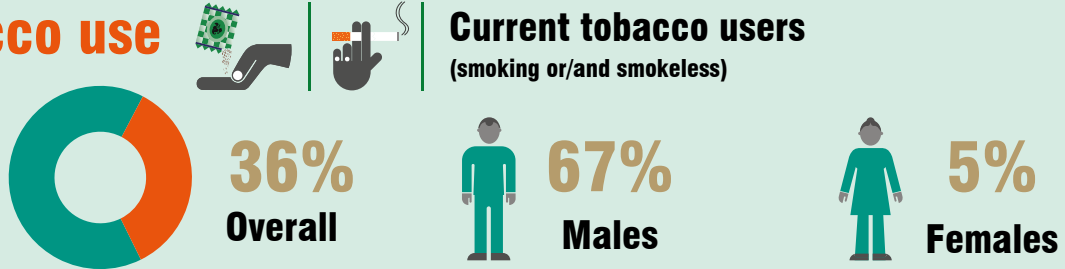
Results for adults aged 15+ years (including 95% CI)	Overall	Males	Females
Tobacco use^b			
 Percentage who currently smoke tobacco	14.0% (13.4–14.6)	24.3% (23.3–25.3)	2.9% (2.6–3.4)
Percentage who currently smoke tobacco daily	10.7% (10.2–11.2)	18.3% (17.4–19.3)	2.4% (2.1–2.8)
Current any cigarette smokers	5.7% –	10.3% –	0.8% –
 Percentage who currently use smokeless tobacco	25.9% (24.9–26.9)	32.9% (31.6–34.2)	18.4% (17.4–19.5)
Percentage who currently use smokeless tobacco daily	21.4% (20.5–22.3)	27.4% (26.2–28.7)	14.9% (14.0–15.9)
Percentage who currently use tobacco in any form (smoked and/or smokeless)	34.6% (33.6–35.5)	47.9% (46.7–49.1)	20.3% (19.2–21.3)
Average age started smoking (years) for daily users	18.3 (17.9–18.6)	18.3 (18.0–18.7)	17.2 (15.7–18.7)
Percentage of current smokers smoking manufactured cigarettes	5.2% (4.9–5.6)	9.6% (9.0–10.3)	0.5% (0.4–0.7)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	6.2 (5.8–6.6)	6.1 (5.8–6.5)	7.0 (5.6–8.5)
Percentage of adults exposed to second-hand smoke at home during the past 30 days	40.0% (38.6–41.4)	40.7% (39.0–42.3)	39.3% (37.7–40.9)
Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	29.9% (28.2–31.6)	32.2% (30.3–34.2)	19.4% (16.4–22.7)
Percentage of current smokers who tried to quit smoking in past 12 months	38.4% (36.3–40.5)	38.3% (36.1–40.5)	38.9% (33.5–44.6)
Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	46.3% (43.6–49.0)	47.3% (44.5–50.1)	38.9% (31.5–46.8)

Technical Notes:

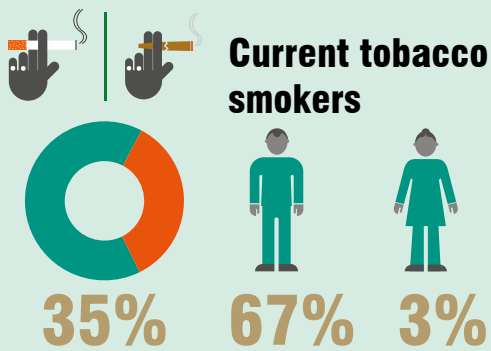
a. Population for year 2015 from "UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. International Institute for Population Sciences (IIPS), Mumbai and Ministry of Health and Family Welfare, Government of India. Global Adult Tobacco Survey (GATS) India 2009–2010.

Total Population^a **257.6 million** Males^a **93.1 million** Females^a **93.1 million**
Aged 15+ years Aged 15+ years

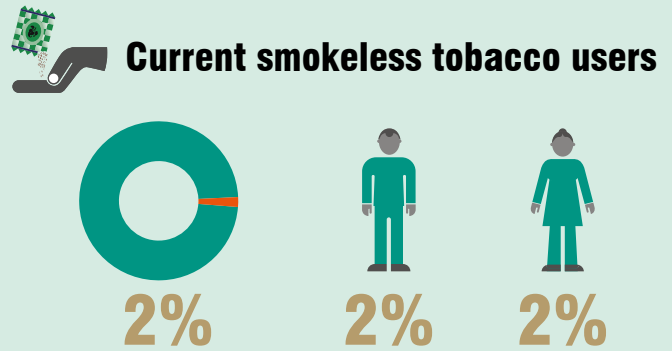
Tobacco use



Current tobacco users (smoking or/and smokeless)



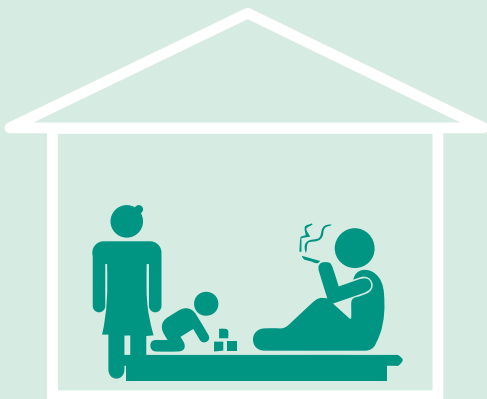
Current tobacco smokers



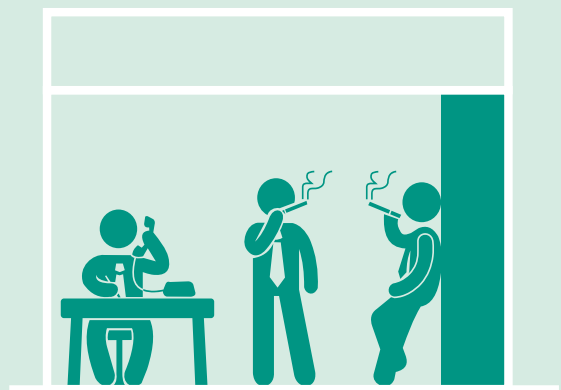
Current smokeless tobacco users

Exposure to second-hand smoke

78% ...at home

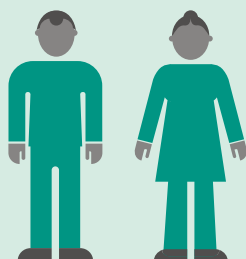


51% ...at work place



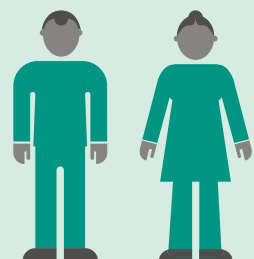
Attempt to quit (among current smokers)

30%



Advised by healthcare provider to quit smoking (among current smokers)

35%



Results for adults aged 15+ years (including 95% CI)

	Overall	Males	Females
Tobacco use^b			
Percentage who currently smoke tobacco	34.8% (33.2–36.4)	67.0% (64.4–69.5)	2.7% (2.0–3.5)
Percentage who currently smoke tobacco daily	29.2% (27.6–30.9)	56.7% (53.8–59.6)	1.8% (1.4–2.4)
Current cigarette smokers (among current tobacco smokers)	–	67.0% (64.4–69.5)	2.7% (2.0–3.5)
Percentage who currently use smokeless tobacco	1.7% (1.4–2.2)	1.5% (1.1–2.2)	2.0% (1.4–2.7)
Percentage who currently use smokeless tobacco daily	1.2% (0.9–1.5)	1.1% (0.8–1.6)	1.3% (0.9–1.8)
Percentage who currently use tobacco in any form (smoked and/or smokeless)	36.1% (34.4–37.8)	67.4% (64.8–69.9)	4.5% (3.6–5.6)
Average age started smoking (years) for daily users	17.6 (17.3–17.9)	17.6 (17.3–17.9)	*
Percentage of daily smokers smoking manufactured cigarettes(white cigarettes)	–	4.3% (3.2–5.8)	0.1% (0.0–0.4)
Percentage of daily smokers smoking Kretek	–	60.9 (57.9–63.8)	2.3% (1.7–3.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	14.7 (12.9–16.5)	15.0 (13.1–16.8)	*
Percentage of adults exposed to second–hand smoke at home during the past 30 days	78.4% (75.1–81.4)	81.4% (78.1–84.3)	75.4% (71.7–78.9)
Percentage of adults exposed to second–hand smoke in the closed areas in their workplace during the past 30 days	51.3% (45.8–56.8)	58.0% (51.6–64.2)	41.4% (35.4–47.5)
Percentage of current smokers who tried to stop smoking in past 12 months	30.4% (26.8–34.2)	29.8% (26.2–33.7)	44.6% (35.9–53.7)
Percentage of current smokers advised by a health care provider to stop smoking in past 12 months	34.6% (29.2–40.5)	35.7% (30.3–41.6)	13.0% (5.6–27.2)

Technical Notes:

a. United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. World Health Organization, Regional Office for South East Asia. Global Adult Tobacco Survey (GATS): Indonesia Report 2011

* Sample size was less than 25;

Total Population^a 362 thousand **Males^a 123 thousand** **Females^a 125 thousand**
Aged 15–64 years Aged 15–64 years

Tobacco use



20%
Overall



Current tobacco users (smoking or/and smokeless)



36%
Males



4%
Females



Current tobacco smokers



19%



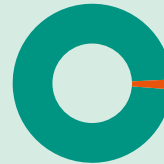
35%



3%



Current smokeless tobacco users



3%



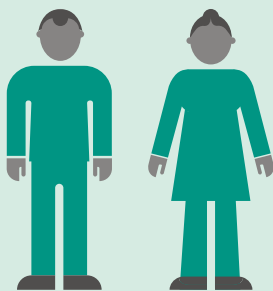
4%



1%



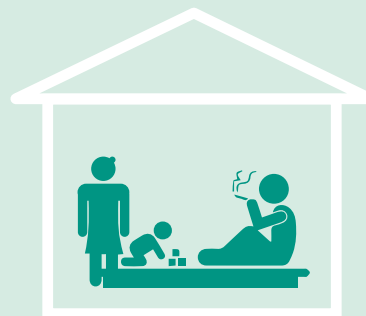
Attempt to quit (among current smokers)



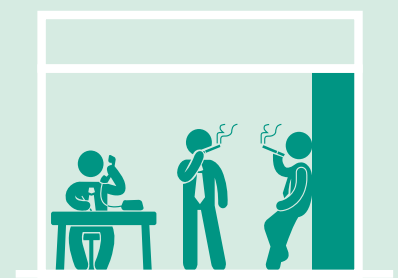
39%

Exposure to second-hand smoke

25% ...at home



17% ...at work place



Alcohol use



Current alcohol drinkers



1.6%



0.2%

0.9%
of male current
drinkers are
Binge drinkers



MALDIVES

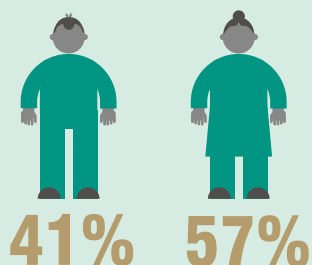
Physical activity



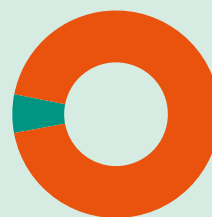
Were not engaged in **vigorous activities**

Nutrition status

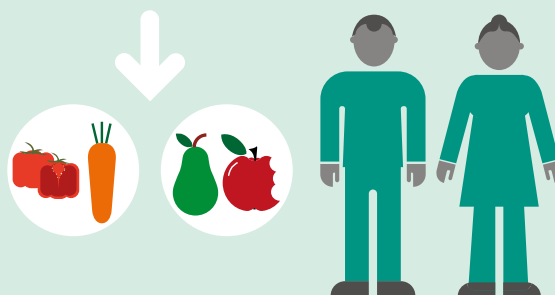
Overweight or Obese



Diet

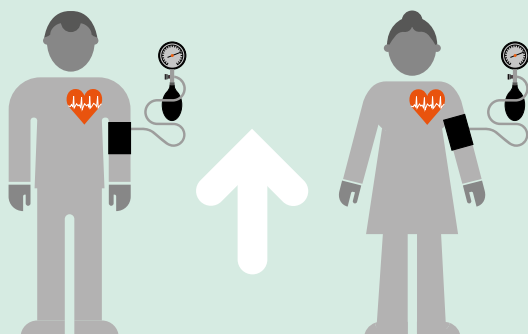
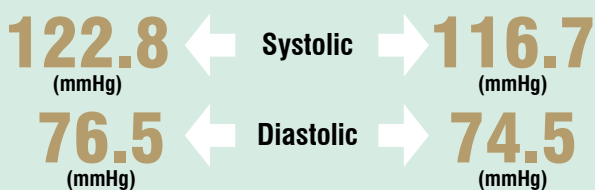


94% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)

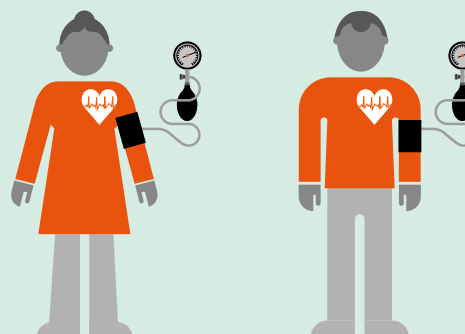


Blood pressure

Mean BLOOD PRESSURE
(including those on medication)






17% have raised **Blood pressure** or currently on medication



40% on **raised risk**
(at least 3 risk factors)

- Current daily smokers
- Less than 5 servings of fruits and vegetables per day
- Insufficient physical activity
- Overweight (BMI ≥ 25 kg/m²)
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

Results for adults aged 15–64 years (including 95% CI)		Overall	Males	Females
STEP 1: Tobacco use^b				
	Percentage who currently smoke tobacco	18.8% (16.7–20.9)	34.7% (30.8–38.5)	3.4% (2.3–4.5)
	Percentage who currently smoke tobacco daily	15.5% (13.5–17.5)	29.1% (25.5–32.8)	2.2% (1.4–3.0)
	Percentage who currently use smokeless tobacco	2.6% (1.9–3.4)	3.9% (2.5–5.4)	1.4% (0.8–2.0)
	Percentage who currently use smokeless tobacco daily	1.6% (1.1–2.2)	2.2% (1.2–3.2)	1.1% (0.6–1.6)
	Percentage who currently use tobacco in any form (smoked and/or smokeless)	19.9% (17.7–22.1)	36.0% (32.1–39.9)	4.4% (3.2–5.6)
	Percentage of current smokers who have tried to quit smoking	39.0% (31.8–46.3)	38.6% (30.9–46.4)	43.6% (35.8–77.0)
	Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	33.6% (22.3–44.9)	34.5% (22.2–46.8)	*
	Percentage of adults exposed to second-hand smoke at home during the past 30 days	25.3% –	27.2% –	23.4% –
	Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	17.1% (13.6–20.7)	20.3% (15.5–25.1)	11.4% (6.5–16.2)
	Average age started smoking (years) for daily users	17.8 (17.2–18.5)	17.8 (17.1–18.5)	*
	Percentage of daily smokers smoking manufactured cigarettes	93.9% (90.8–96.9)	95.9% (92.9–98.9)	*
	Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	14.0 (12.7–15.3)	14.3 (12.9–15.7)	*
STEP 1: Alcohol consumption^b				
	Percentage who are lifetime abstainers	96.2% (95.1–97.3)	92.9% (90.7–95.0)	99.5% (99.1–100.0)
	Percentage who are past 12 month abstainers	1.7% (0.9–2.4)	3.2% (1.7–4.7)	0.2% (0.0–0.4)
	Percentage who currently drink (drank alcohol in the past 30 days)	0.9% (0.3–1.4)	1.6% (0.6–2.6)	0.2% (0.0–0.6)
	Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	–	0.9% (0.1–1.6)	0%
STEP 1: Diet^b				
	Mean number of days fruit consumed in a typical week	3.3 (3.2–3.5)	3.3 (3.1–3.5)	3.4 (3.2–3.5)
	Mean number of servings of fruit consumed on average per day	1.0 (0.9–1.1)	1.1 (0.9–1.2)	0.9 (0.8–1.0)
	Mean number of days vegetables consumed in a typical week	3.8 (3.7–3.9)	3.7 (3.5–4.0)	3.9 (3.7–4.1)
	Mean number of servings of vegetables consumed on average per day	1.0 (0.9–1.1)	1.1 (0.9–1.1)	0.9 (0.8–1.1)
	Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	93.6% (92.4–94.9)	92.6% (90.5–94.8)	94.6% (93.1–96.1)

Results for adults aged 15–64 years (including 95% CI)		Overall	Males	Females
STEP 1: Physical activity^b				
	Percentage with low levels of activity (defined as <600 MET–minutes per week)**	45.9% (43.2–48.7)	39.1% (35.1–43.2)	52.4% (48.9–55.9)
	Percentage with high levels of activity (defined as ≥3000 MET–minutes per week)**	33.5% (30.9–36.1)	46.1% (41.9–50.3)	21.5% (18.7–24.4)
	Median time spent in physical activity on average per day (minutes) (presented with inter–quartile range)	34.3 (0.0–120.0)	60.0 (0.0–180.0)	21.4 (0.0–68.6)
	Percentage not engaging in vigorous activity	73.8% (71.4–76.3)	58.8% (54.6–62.9)	88.1% (85.8–90.5)
STEP 2: Physical measurements^b				
	Mean body mass index – BMI (kg/m ²)	23.7 (23.4–23.9)	23.2 (22.8–23.6)	24.2 (23.8–24.6)
	Percentage who are overweight (BMI ≥25 kg/m ²)	37.1% (34.6–39.6)	32.0% (28.3–35.8)	42.3% (38.9–45.7)
	Percentage who are obese (BMI ≥30 kg/m ²)	11.5% (9.9–13.1)	8.6% (6.4–10.8)	14.5% (12.3–16.7)
	Average waist circumference (cm)	–	79.1 (78.0–80.2)	78.9 (78.0–79.9)
	Mean systolic blood pressure – SBP (mmHg) (including those currently on medication for raised BP)	119.7 (118.9–120.5)	122.8 (121.6–124.0)	116.7 (115.6–117.7)
	Mean diastolic blood pressure – DBP (mmHg) (including those currently on medication for raised BP)	75.5 (74.9–76.1)	76.5 (75.5–77.4)	74.5 (73.7–75.3)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	16.6% (14.8–18.4)	19.0% (16.0–22.1)	14.3% (12.4–16.3)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) excluding those on medication for raised BP	14.7% (13.0–16.4)	17.3% (14.4–20.3)	12.1% (10.3–13.9)
Summary of combined risk factors				
<ul style="list-style-type: none"> ● Current daily smokers ● Insufficient physical activity ● Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) ● Less than 5 servings of fruit and vegetables per day ● Overweight (BMI ≥ 25 kg/m²) 				
	Percentage with low risk (i.e. none of the risk factors included above)	1.1% (0.4–1.8)	0.9% (0.0–2.0)	1.4% (0.5–2.3)
	Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	34.2% (30.1–38.2)	38.1% (31.3–45.0)	30.1% (25.8–34.4)
	Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	54.3% (48.9–59.8)	51.7% (42.9–60.5)	57.2% (51.0–63.4)
	Percentage with three or more of the above risk factors, aged 25–64 years old	39.5% (36.2–42.9)	41.8% (36.3–47.4)	37.1% (33.5–40.8)

Technical Notes:

a. Population for year 2015 from "UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. World Health Organization. WHO STEPS survey on risk factors for noncommunicable diseases Maldives (Malé), 2011

* Sample size was less than 50; ** Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GAPQ>

Total Population^a 53.9 million **Males^a 12.8 million** **Females^a 13.7 million**
Aged 25–64 years Aged 25–64 years

Tobacco use



Current tobacco users
(smoking or/and smokeless)

54%
Overall



80%
Males



29%
Females



Current tobacco smokers



26%



44%



8%



Current smokeless tobacco users



43%



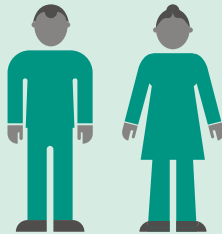
62%



24%



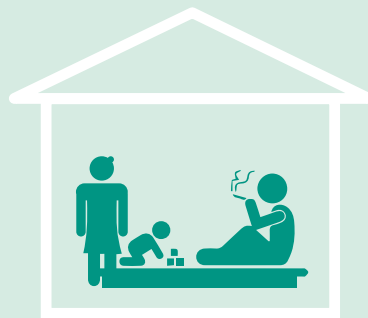
Attempt to quit
(among current smokers)



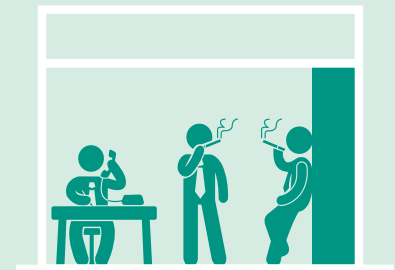
44%

Exposure to second-hand smoke

39% ...at home



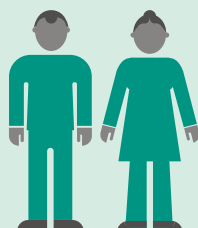
28% ...at work place



Alcohol use



Current alcohol drinkers



20%

Binge Drinkers

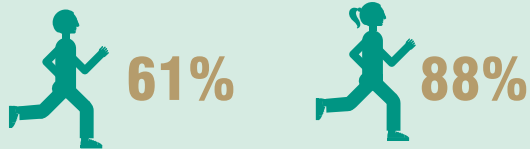
(among current drinkers)

10%



MYANMAR

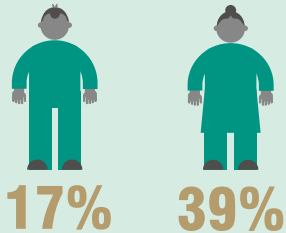
Physical activity



Were not engaged in **vigorous activities**

Nutrition status

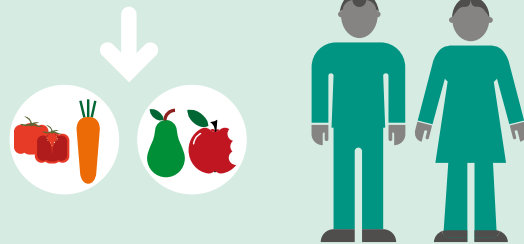
Overweight or Obese



Diet

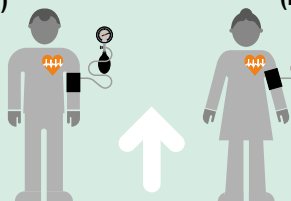
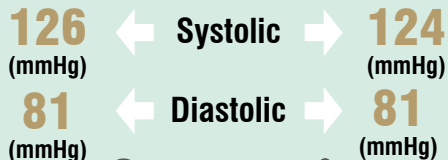


87% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)

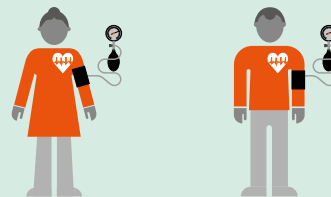


Blood pressure

Mean **BLOOD PRESSURE** (including those on medication)



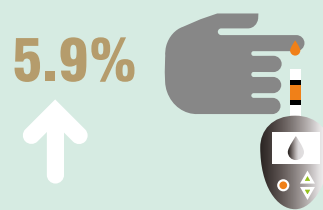
26% have **HIGH BLOOD PRESSURE** or currently on medication



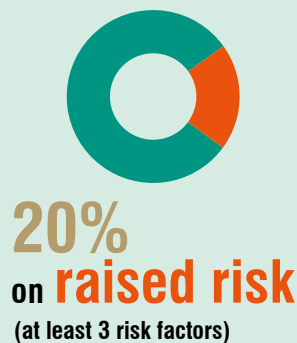
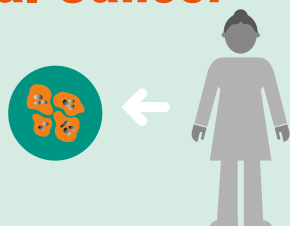
Mean total **Blood Cholesterol** (including those currently on medication for raised cholesterol)



% with raised fasting **Blood Sugar**



4% of women aged 30–49 years who have ever had a screening test for **Cervical Cancer**



Current daily smokers



Less than 5 servings of fruits and vegetables per day



Insufficient physical activity






Overweight (BMI \geq 25 kg/m²)



Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)

Results for adults aged 25–64 years (including 95% CI)		Overall	Males	Females
STEP 1: Tobacco use^b				
	Percentage who currently smoke tobacco	26.1% (23.8–28.4)	43.8% (40.8–46.7)	8.4% (6.4–10.3)
	Percentage who currently smoke tobacco daily	20.7% (18.2–23.3)	34.0% (30.5–37.5)	7.4% (5.6–9.3)
	Percentage who currently use smokeless tobacco	43.2% (39.2–47.1)	62.2% (58.3–66.1)	24.1% (19.5–28.7)
	Percentage who currently use smokeless tobacco daily	30.3% (27.0–33.6)	44.5% (40.9–48.1)	16.1% (12.8–19.4)
	Percentage of current tobacco users	54.4% (50.4–58.4)	79.8% (77.1–82.4)	29.1% (23.9–34.2)
	Mean Duration of smoking among daily smokers	24.2 (22.7–25.7)	23.3 (21.7–25.0)	28.2 (26.4–30.0)
	Percentage of current smokers who have tried to quit smoking	43.7% (37.7–49.6)	42.0% (35.2–48.7)	52.5% (46.4–58.6)
	Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	33.5% (27.0–39.9)	30.2% (23.6–36.9)	48.1% (39.3–56.8)
	Percentage of adults exposed to second–hand smoke at home during the past 30 days	39.1% (35.7–42.5)	32.1% (27.5–36.8)	46.0% (42.5–49.5)
	Percentage of adults exposed to second–hand smoke in the closed areas in their workplace during the past 30 days	27.5% (20.9–34.2)	31.8% (23.5–40.1)	23.6% (17.5–29.6)
	Average age started smoking (years) for daily users	19.8 (19.2–20.4)	19.3 (18.7–19.8)	22.3 (20.7–23.9)
	Percentage of daily smokers smoking manufactured cigarettes	28.1% (21.6–34.5)	33.4% (26.2–40.7)	3.5% (1.1–5.9)
	Percentage of current smokers smoking manufactured cigarettes	33.0% (26.7–39.3)	38.4% (31.6–45.3)	4.6% (1.9–7.2)
	Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	1.5 (1.0–2.0)	1.9 (1.3–2.4)	0.1 (0.0–0.2)
STEP 1: Alcohol consumption^b				
	Percentage who are lifetime abstainers	68.8% (64.6–73.1)	41.9% (36.7–47.0)	95.8% (94.2–97.5)
	Percentage who are past 12 month abstainers	5.7% (4.5–6.9)	10.0% (8.0–12.0)	1.5% (0.8–2.2)
	Percentage who currently drink (drank alcohol in the past 30 days)	19.8% (16.8–22.8)	38.1% (33.9–42.2)	1.5% (0.7–2.3)
	Percentage who engage in heavy episodic drinking (6 or more drinks on any day in the past 30 days)	10.3% (8.3–12.3)	20.3% (17.2–23.3)	0.3% (0.1–0.5)

Results for adults aged 25–64 years (including 95% CI)		Overall	Males	Females
STEP 1: Diet^b				
	Mean number of days fruit consumed in a typical week	2.5 (2.2–2.7)	2.3 (2.0–2.6)	2.6 (2.3–2.9)
	Mean number of servings of fruit consumed on average per day	0.7 (0.6–0.8)	0.7 (0.6–0.8)	0.7 (0.6–0.8)
	Mean number of days vegetables consumed in a typical week	5.5 (5.2–5.8)	5.4 (5.0–5.7)	5.6 (5.4–5.8)
	Mean number of servings of vegetables consumed on average per day	2.1 (1.9–2.2)	2.2 (2.0–2.4)	2.0 (1.9–2.1)
	Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	86.6% (84.1–89.0)	85.2% (82.0–88.3)	87.9% (85.8–90.1)
STEP 1: Physical activity^b				
	Percentage with insufficient physical activity (defined as <150 minutes of moderate intensity activity per week, or equivalent)	15.7% (12.9–18.4)	12.5% (9.7–15.3)	18.8% (15.8–21.9)
	Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	214 (57–416)	274 (86–454)	177 (30–360)
	Percentage not engaging in vigorous activity	74.5% (69.5–79.5)	61.1% (54.9–67.4)	87.9% (83.8–92.1)
STEP 1: Cervical Cancer Screening^b				
	Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer	–	–	4.4% (2.7–6.0)
STEP 2: Physical measurements^b				
	Mean body mass index – BMI (kg/m ²)	22.3 (22.0–22.6)	21.5 (21.2–21.8)	23.2 (22.8–23.5)
	Percentage who are overweight (BMI ≥25 kg/m ²)	22.4% (19.3–25.4)	14.1% (11.5–16.7)	30.8% (27.5–34.1)
	Percentage who are obese (BMI ≥30 kg/m ²)	5.5% (4.2–6.7)	2.6% (1.8–3.5)	8.4% (6.6–10.1)
	Average waist circumference (cm)	–	77.3 (76.0–78.6)	76.9 (75.7–78.1)
	Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	125 (123–126)	126 (124–128)	124 (122–126)
	Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	81 (80–82)	81 (80–82)	81 (80–83)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	26.4% (23.2–29.5)	24.7% (20.1–29.3)	28.0% (24.8–31.3)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) who are not currently on medication for raised BP	90.8% (87.3–94.3)	93.2% (90.1–96.3)	88.7% (84.5–92.9)

Results for adults aged 25–64 years (including 95% CI)

	Overall	Males	Females
STEP 3: Biochemical measurements^b			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	92 (90–94)	90 (89–93)	93 (91–95)
Percentage with impaired fasting glycaemia (plasma equivalent value of capillary whole blood ≥ 6.1 mmol/L(110 mg/dl) and < 7.0 mmol/L(126 mg/dl)	3.6% (2.8–4.5)	4.0% (2.8–5.3)	3.2% (2.6–3.9)
Mean 2–hour glucose value after glucose load(mg)	125 (120–130)	119 (114–124)	131 (126–135)
Percentage with impaired glucose tolerance(2–hour plasma equivalent value of capillary whole blood after glucose load ≥ 7.8 mmol/L(140 mg/dl) and < 11.1 mmol/L(200 mg/dl)	19.5% (16.5–23.0)	15.2% (12.2–18.9)	23.9% (20.0–28.3)
Percentage with raised fasting blood glucose (plasma equivalent glucose value of capillary whole blood ≥ 7.0 mmol/L (126 mg/dl)	5.9% (4.6–7.2)	4.7% (3.4–6.1)	7.0% (5.5–8.5)
Percentage with raised fasting blood glucose or raised 2–hour blood glucose as defined below or currently on medication for raised blood glucose (raised fasting blood glucose=plasma equivalent glucose value of capillary whole blood ≥ 7.0 mmol/L (126 mg/dl) raised 2–hour blood glucose=plasma equivalent glucose value of capillary whole blood ≥ 11.1 mmol/L (200mg/dl)	10.5% (8.3–13.1)	9.1% (6.9–11.8)	11.8% (9.6–14.6)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	178 (175–182)	173 (169–177)	184 (180–188)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or 190mg/dl or currently on medication for raised cholesterol)	36.7% (32.2–41.2)	30.9% (26.5–35.4)	42.5% (37.7–47.2)
Cardiovascular disease (CVD) risk^b			
Percentage aged 40–64 years with a 10–year CVD risk $\geq 30\%$, or with existing CVD**	12.1% (9.9–14.3)	8.5% (6.2–10.7)	15.7% (13.1–18.3)
Summary of combined risk factors^b			
<ul style="list-style-type: none"> Current daily smokers Insufficient physical activity Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 		<ul style="list-style-type: none"> Less than 5 servings of fruit and vegetables per day Overweight (BMI ≥ 25 kg/m²) 	
Percentage with low risk (i.e. none of the risk factors included above)	6.2% (4.7–7.6)	6.6% (4.6–8.6)	5.7% (4.2–7.3)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	14.6% (12.1–17.2)	13.6% (10.2–17.1)	15.7% (13.0–18.5)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	27.5% (24.3–30.8)	25.9% (20.8–30.9)	29.3% (25.3–33.7)
Percentage with three or more of the above risk factors, aged 25–64 years old	19.6% (16.9–22.2)	18.3% (14.4–22.3)	20.9% (18.1–23.6)

Technical Notes:

a. Population for year 2015 from "UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. Ministry of Health. Report on national survey of diabetes mellitus and risk factors for noncommunicable diseases in Myanmar (2014).

* Sample size was less than 50; ** A 10–year CVD risk of $>30\%$ is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)

Total Population^a 28.5 million **Males^a 8.6 million** **Females^a 9.7 million**
Aged 15–69 years Aged 15–69 years

Tobacco use



31%
Overall



Current tobacco users
(smoking or/and smokeless)



48%
Males



14%
Females



Current tobacco smokers



19%



27%



10%



Current smokeless tobacco users



18%



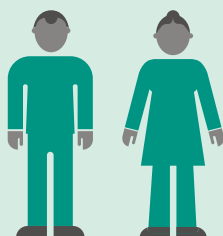
31%



5%



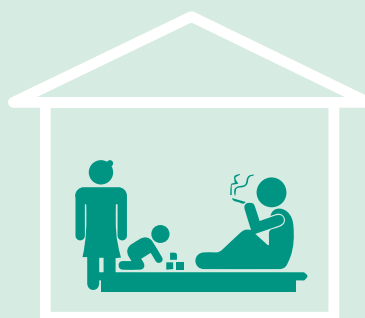
Attempt to quit
(among current smokers)



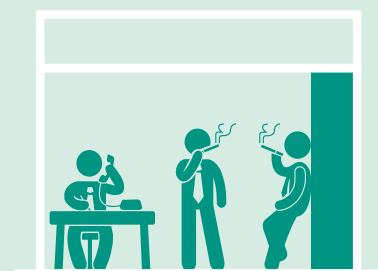
26%

Exposure to second-hand smoke

36% ...at home



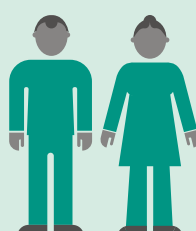
37% ...at work place



Alcohol use



Current alcohol drinkers



17%

Binge Drinkers

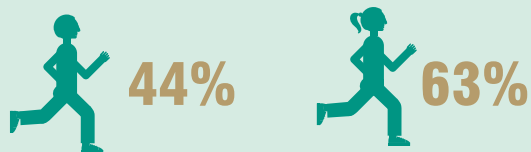
(among current drinkers)



19%

3%

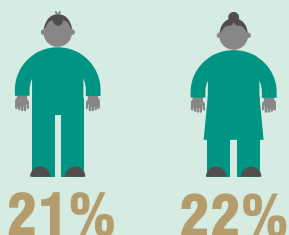
Physical activity



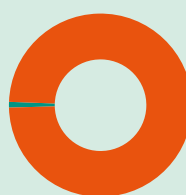
Were not engaged in **vigorous activities**

Nutrition status

Overweight or Obese



Diet



99% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)

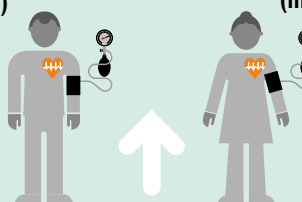


Blood pressure

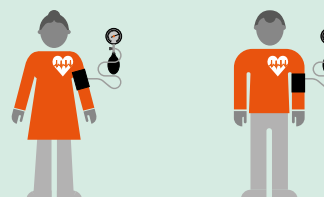
Mean **BLOOD PRESSURE** (including those on medication)

131.1 (mmHg) ← Systolic → **123.9** (mmHg)

81.2 (mmHg) ← Diastolic → **78.5** (mmHg)



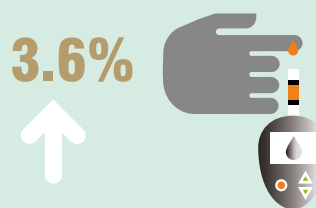
26% have **HIGH BLOOD PRESSURE** or currently on medication



Mean total **Blood Cholesterol** (including those currently on medication for raised cholesterol)



% with raised fasting **Blood Sugar**



15% on **raised risk** (at least 3 risk factors)



Current daily smokers



Less than 5 servings of fruits and vegetables per day



Insufficient physical activity










Overweight (BMI \geq 25 kg/m²)



Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)

Results for adults aged 15–69 years (including 95% CI)

	Overall	Males	Females
STEP 1: Tobacco use^b			
 Percentage who currently smoke tobacco	18.5% (16.5–20.5)	27.0% (23.7–30.4)	10.3% (8.7–11.9)
Percentage who currently smoke tobacco daily	15.8% (13.8–17.7)	22.2% (18.9–25.4)	9.6% (8.1–11.2)
 Percentage who currently use smokeless tobacco	17.8% (15.8–19.8)	31.3% (27.4–35.2)	4.8% (3.7–5.9)
Percentage who currently use smokeless tobacco daily	16.3% (14.4–18.2)	28.5% (25.0–32.0)	4.5% (3.5–5.5)
Percentage who currently use tobacco in any form (smoked and/or smokeless)	30.8% (28.3–33.2)	48.1% (43.7–52.4)	14.1% (12.3–15.9)
Average age started smoking (years) for daily users	18.2 (17.7–18.7)	18.5 (17.8–19.1)	17.6 (16.9–18.4)
Percentage of daily smokers smoking manufactured cigarettes	84.8% (80.2–89.4)	89.9% (85.0–94.9)	73.5% (66.3–80.6)
Percentage of current smokers smoking manufactured cigarettes	86.1% (81.9–90.2)	90.7% (86.4–95.0)	74.3% (67.5–81.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	6.2 (5.5–6.8)	6.6 (5.8–7.4)	5.1 (4.4–5.8)
Current daily tobacco users	27.7% (25.3–30.1)	42.7% (38.5–47.0)	13.2% (11.5–14.9)
Percentage of adults exposed to second-hand smoke at home during the past 30 days	36.1% (33.0–39.2)	37.3% (33.0–41.6)	35.0% (31.8–38.2)
Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	37.2% (33.9–40.5)	43.4% (38.8–47.9)	31.3% (28.0–34.6)
Percentage of current smokers who tried to quit smoking in past 12 months	26.0% (20.5–31.5)	27.4% (20.5–34.2)	22.5% (16.0–28.9)
Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	22.3% (16.9–27.7)	23.0% (16.2–29.7)	20.5% (12.8–28.2)
STEP 1: Alcohol consumption^b			
 Percentage who are lifetime abstainers	73.5% (70.7–76.3)	58.0% (53.5–62.6)	88.3% (85.9–90.7)
Percentage who are past 12 month abstainers	4.5% (3.6–5.4)	6.8% (5.2–8.5)	2.3% (1.6–3.0)
Percentage who currently drink (drank alcohol in the past 30 days)	17.4% (15.0–19.7)	28.0% (24.3–31.8)	7.1% (5.2–9.0)
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	–	18.6% (15.3–21.9)	2.9% (2.0–3.8)

Results for adults aged 15–69 years (including 95% CI)		Overall	Males	Females
STEP 1: Diet^b				
	Mean number of days fruit consumed in a typical week	1.9 (1.8–2.1)	2.0 (1.8–2.2)	1.9 (1.7–2.1)
	Mean number of servings of fruit consumed on average per day	0.5 (0.4–0.5)	0.5 (0.4–0.6)	0.5 (0.4–0.5)
	Mean number of days vegetables consumed in a typical week	4.8 (4.6–4.9)	4.8 (4.6–5.0)	4.8 (4.6–4.9)
	Mean number of servings of vegetables consumed on average per day	1.4 (1.3–1.4)	1.4 (1.3–1.5)	1.3 (1.3–1.4)
	Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	98.9% (98.4–99.4)	98.9% (98.1–99.6)	98.9% (98.3–99.5)
	Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	4.7% (3.7–5.8)	4.0% (2.4–5.6)	5.5% (4.2–6.7)
	Percentage who always or often eat processed foods high in salt	11.5% (9.5–13.4)	13.6% (10.6–16.6)	9.4% (7.4–11.4)
STEP 1: Physical activity^b				
	Percentage with low levels of activity (defined as <600 MET–minutes per week)**	3.5% (2.6–4.3)	4.5% (3.1–5.9)	2.4% (1.8–3.0)
	Percentage with high levels of activity (defined as ≥3000 MET–minutes per week)**	85.0% (83.0–87.0)	83.6% (80.7–86.4)	86.3% (84.2–88.4)
	Median time spent in physical activity on average per day (minutes) (presented with inter–quartile range)	240.0 (143.6–360.0)	242.1 (135.0–381.4)	240.0 (150.0–360.0)
	Percentage not engaging in vigorous activity	53.6% (50.1–57.1)	43.5% (39.1–47.9)	63.3% (59.4–67.2)
STEP 2: Physical measurements^b				
	Mean body mass index – BMI (kg/m ²)	22.4 (22.2–22.6)	22.4 (22.1–22.7)	22.4 (22.2–22.7)
	Percentage who are overweight (BMI 25.0–29.9 kg/m ²)	17.7% (15.8–19.5)	18.0% (15.2–20.8)	17.3% (15.4–19.2)
	Percentage who are obese (BMI ≥30 kg/m ²)	4.0% (3.1–4.8)	3.1% (2.0–4.3)	4.8% (3.7–5.9)
	Average waist circumference (cm)	–	79.8 (79.0–80.7)	76.7 (76.0–77.5)
	Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	127.4 (126.5–128.3)	131.1 (129.9–132.3)	123.9 (122.8–124.9)
	Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	79.8 (79.2–80.4)	81.2 (80.2–82.2)	78.5 (77.8–79.1)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	25.7% (23.5–27.9)	31.1% (27.7–34.5)	20.6% (18.5–22.7)
	Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) excluding those on medication for raised BP	23.4% (21.3–25.6)	28.7% (25.3–32.1)	18.5% (16.4–20.5)

Results for adults aged 15–69 years (including 95% CI)

	Overall	Males	Females
STEP 3: Biochemical measurements^b			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	91.5 (90.0–92.9)	93.4 (91.2–95.6)	89.7 (88.3–91.0)
Percentage with impaired fasting glycaemia (plasma venous value ≥ 110 mg/dl and < 126 mg/dl)	4.1% (3.0–5.2)	5.1% (3.4–6.7)	3.2% (2.2–4.1)
Percentage with raised fasting blood glucose (plasma venous value ≥ 126 mg/dl or currently on medication for raised blood glucose)	3.6% (2.9–4.4)	4.6% (3.4–5.7)	2.7% (1.9–3.6)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	162.3 (159.7–164.9)	163.4 (159.7–167.0)	161.2 (158.6–163.8)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	22.7% (20.5–24.9)	24.5% (21.3–27.7)	21.0% (18.7–23.3)
Summary of combined risk factors^b			
<ul style="list-style-type: none"> ● Current daily smokers ● Insufficient physical activity ● Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 		<ul style="list-style-type: none"> ● Less than 5 servings of fruit and vegetables per day ● Overweight (BMI ≥ 25 kg/m²) 	
Percentage with low risk (i.e. none of the risk factors included above)	0.4% (0.1–0.7)	0.1% (0.0–0.2)	0.7% (0.2–1.2)
Percentage with raised risk (at least three of the risk factors included above), aged 15 to 44 years old	9.8% (8.2–11.5)	13.5% (10.7–16.3)	6.3% (5.0–7.6)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 69 years old	29.5% (26.4–32.7)	33.5% (29.1–37.9)	25.5% (21.8–29.2)
Percentage with three or more of the above risk factors, aged 15–69 years old	15.1% (13.5–16.8)	19.0% (16.5–21.5)	11.4% (9.8–13.0)

Technical Notes:

a. Population for year 2015 from "UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. Aryal, KK, et al Noncommunicable disease risk factors: STEPS survey Nepal 2013. Kathmandu: Nepal Health Research Council

* Sample size was less than 50; ** Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ>

Total Population^a 21.6 million **Males^a 6.7 million** **Females^a 7.2 million**
Aged 18–69 years Aged 18–69 years

Tobacco use



26%
Overall



Current tobacco users
(smoking or/and smokeless)



46%
Males



5%
Females



Current tobacco smokers



15%



Current smokeless tobacco users



16%



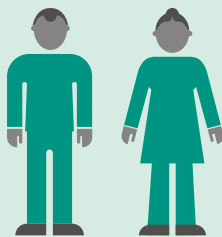
26%



5%



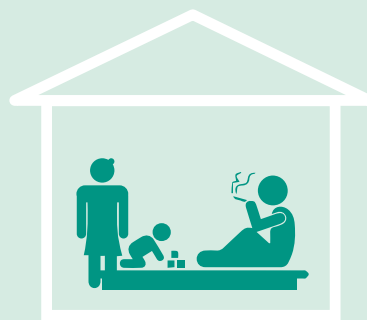
Attempt to quit
(among current smokers)



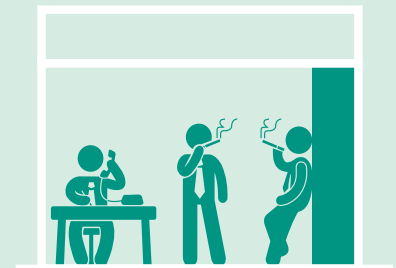
52%

Exposure to second-hand smoke

24% ...at home



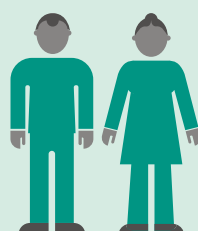
24% ...at work place



Alcohol use



Current alcohol drinkers



18%

Binge Drinkers

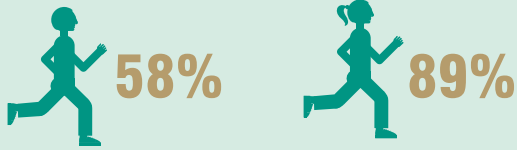
(among current drinkers)

9%



SRI LANKA

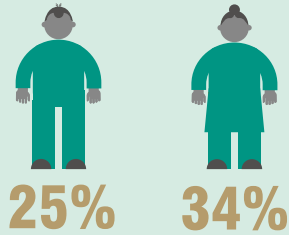
Physical activity



Were not engaged in **vigorous activities**

Nutrition status

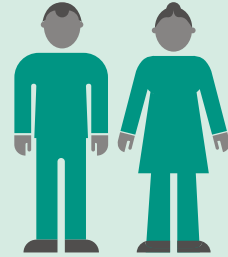
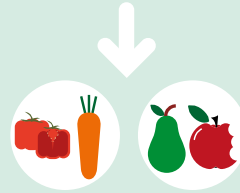
Overweight or Obese



Diet



73% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)

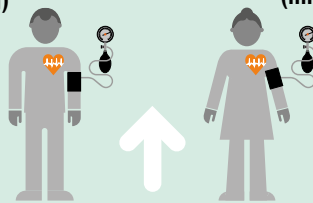


Blood pressure

Mean **BLOOD PRESSURE** (including those on medication)

126.8 (mmHg) ← Systolic → 123.4 (mmHg)

80.5 (mmHg) ← Diastolic → 80.4 (mmHg)



26% have **HIGH BLOOD PRESSURE** or currently on medication

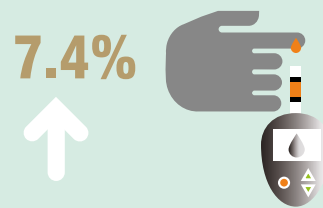


Mean total Blood Cholesterol

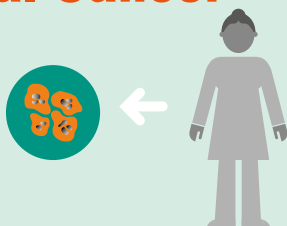
(including those currently on medication for raised cholesterol)



% with raised fasting Blood Sugar



25% of women aged 30–49 years who have ever had a screening test for **Cervical Cancer**



18% on **raised risk** (at least 3 risk factors)



Current daily smokers



Less than 5 servings of fruits and vegetables per day






Insufficient physical activity








Overweight (BMI \geq 25 kg/m²)



Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)

Results for adults aged 18–69 years (including 95% CI)		Overall	Males	Females
STEP 1: Tobacco use^b				
	Percentage who currently smoke tobacco	15.0% (13.6–16.4)	29.4% (26.8–31.9)	*
	Percentage who currently smoke tobacco daily	10.2% (9.1–11.3)	19.9% (17.8–22.0)	*
	Percentage who currently smoke cigarettes	15.7% (13.7–17.6)	24.5% (22.0–27.1)	*
	Percentage who currently smoke cigarettes daily	7.9% (6.9–9.0)	12.4% (11.1–13.7)	*
	Percentage who currently use smokeless tobacco	15.8% (14.3–17.4)	26.0% (23.3–28.8)	5.3% (4.3–6.3)
	Percentage who currently use smokeless tobacco daily	11.7% (10.4–12.9)	18.9% (16.7–21.2)	4.1% (3.3–5.0)
	Percentage who currently use tobacco	25.8% (24.1–27.6)	45.7% (42.7–48.6)	5.3% (4.3–6.3)
	Percentage who currently use tobacco daily	20.0% (18.5–21.5)	35.3% (32.6–38.0)	4.1% (3.3–5.0)
	Average age started smoking (years) for daily users	20.6 (20.1–21.1)	20.5 (20.0–20.9)	*
	Percentage of daily smokers smoking manufactured cigarettes	82.4% (78.6–86.2)	82.9% (79.1–86.7)	*
	Average number of cigarettes smoked per day (among daily cigarette smokers)	5.1 (4.3–5.9)	5.1 (4.3–5.9)	*
	Percentage of adults exposed to second-hand smoke at home during the past 30 days	23.5% (21.5–25.5)	25.2% (22.5–28.0)	21.6% (19.3–23.9)
	Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	24.1% (21.4–26.8)	36.1% (32.2–39.9)	11.1% (8.7–13.6)
	Percentage of current smokers who have tried to quit smoking	51.8% (46.9–56.7)	51.8% (46.9–56.8)	*
	Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	35.0% (30.0–40.1)	35.2% (30.1–40.2)	*
STEP 1: Alcohol consumption^b				
	Percentage who are lifetime abstainers	67.9% (66.0–69.8)	40.2% (37.0–43.4)	96.5% (95.5–97.4)
	Percentage who are past 12 month abstainers	5.8% (4.6–6.8)	9.7% (7.9–11.4)	1.8% (1.2–2.3)
	Percentage who currently drink (drank alcohol in the past 30 days)	17.9% (16.5–19.4)	34.8% (32.0–37.6)	0.5% (0.2–0.8)
	Percentage who engage in heavy episodic drinking (6 or more drinks on any day in the past 30 days)	8.6% (7.4–9.7)	16.8% (14.5–19.0)	*

Results for adults aged 18–69 years (including 95% CI)

	Overall	Males	Females
STEP 1: Diet^b			
 Mean number of days fruit consumed	3.6 (3.5–3.7)	3.5 (3.4–3.6)	3.8 (3.7–3.9)
Mean number of servings of fruit consumed on average per day	1.3 (1.2–1.4)	1.3 (1.2–1.5)	1.3 (1.2–1.4)
Mean number of days vegetables consumed	6.6 (6.5–6.6)	6.5 (6.5–6.6)	6.6 (6.6–6.7)
Mean number of servings of vegetables consumed on average per day	3.0 (2.8–3.2)	3.0 (2.8–3.2)	3.1 (2.9–3.3)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	72.5% (69.7–75.4)	73.1% (69.7–76.5)	72.0% (68.8–75.1)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	21.8% (18.7–25.0)	21.8% (18.3–25.4)	21.8% (18.3–25.2)
Percentage who always or often eat processed foods high in salt	26.6% (23.9–29.3)	28.3% (25.0–31.7)	24.8% (21.9–27.6)
STEP 1: Physical activity^b			
 Percentage with low levels of activity (defined as <150 minutes of moderate–intensity activity per week, or equivalent)**	30.4% (27.9–32.8)	22.5% (19.4–25.6)	38.4% (35.5–41.4)
Median time spent in physical activity on average per day (minutes) (presented with inter–quartile range)	77.1 (12.8–240.0)	124.3 (25.71–336.4)	42.8 (4.3–150.0)
Percentage not engaging in vigorous activity	73.6% (71.6–75.6)	58.3% (55.1–61.5)	89.2% (87.5–90.8)
STEP 1: Cervical cancer screening^b			
 Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer	–	–	24.5% (21.8–27.3)
STEP 2: Physical measurements^b			
 Mean body mass index – BMI (kg/m ²)	22.9 (22.7–23.1)	22.4 (22.2–22.7)	23.5 (23.2–23.7)
Percentage who are overweight (BMI 25.0–29.9 kg/m ²)	23.4% (21.9–24.9)	21.0% (18.7–23.3)	26.0% (24.1–27.8)
Percentage who are obese (BMI ≥30 kg/m ²)	5.9% (5.1–6.7)	3.5% (2.5–4.5)	8.4% (7.2–9.6)
 Average waist circumference (cm)	–	82.3 (81.5–83.2)	82.1 (81.3–82.9)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	125.1 (124.4–125.8)	126.8 (125.9–127.7)	123.4 (122.4–124.4)
Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	80.5 (80.0–81.0)	80.5 (79.8–81.1)	80.4 (79.8–81.1)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	26.1% (24.4–27.7)	25.4% (23.0–27.9)	26.7% (24.7–28.6)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) excluding those on medication for raised BP	21.0% (19.5–22.6)	21.9% (19.5–24.2)	20.2% (18.3–22.0)

Results for adults aged 18–69 years (including 95% CI)

	Overall	Males	Females
STEP 3: Biochemical measurements^b			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	81.6 (79.8–83.5)	81.9 (79.6–84.2)	81.4 (79.3–83.5)
Percentage with impaired fasting glycaemia (plasma venous value ≥110 mg/dl and < 126 mg/dl)	3.8% (3.1–4.5)	4.4% (3.2–5.5)	3.2% (2.4–4.0)
Percentage with raised fasting blood glucose (plasma venous value ≥126 mg/dl or currently on medication for raised blood glucose)	7.4% (6.4–8.5)	7.3% (5.9–8.7)	7.6% (6.4–8.8)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	152.2 (149.5–154.9)	146.8 (143.6–150.0)	157.8 (154.7–160.9)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	23.7% (21.7–25.7)	19.1% (16.5–21.6)	28.4% (26.0–30.9)
Cardiovascular disease (CVD) risk^b			
Percentage aged 40–69 years with a 10-year CVD risk ≥ 30%, or with existing CVD***	9.1% (7.8–10.4)	8.9% (6.9–10.9)	9.3% (7.6–11.1)
Summary of combined risk factors^b			
<ul style="list-style-type: none"> ● Current daily smokers ● Insufficient physical activity ● Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 	<ul style="list-style-type: none"> ● Less than 5 servings of fruit and vegetables per day ● Overweight (BMI ≥ 25 kg/m²) 		
Percentage with low risk (i.e. none of the risk factors included above)	8.2% (6.8–9.6)	7.6% (5.9–9.4)	8.8% (7.1–10.5)
Percentage with raised risk (at least three of the risk factors included above), aged 18 to 44 years old	12.5% (10.9–14.1)	12.1% (9.6–14.5)	13.0% (10.9–15.0)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 69 years old	27.8% (25.5–30.0)	24.0% (20.8–27.2)	31.4% (28.5–34.3)
Percentage with three or more of the above risk factors, aged 18–69 years old	18.3% (16.8–19.7)	16.4% (14.3–18.5)	20.2% (18.4–22.1)

Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. STEPS survey Sri Lanka 2015, Noncommunicable disease risk factor survey Sri Lanka 2015

* Sample size was less than 50; ** Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ>; *** A 10-year CVD risk of >30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0mmol/l (126 mg/dl))

Total Population^a 68 million **Males^a 27.3 million** **Females^a 28.6 million**
Aged 15+ years Aged 15+ years

Tobacco use



27%
Overall



Current tobacco users (smoking or/and smokeless)



47%
Males



8%
Females



Current tobacco smokers



24%



47%



3%



Current smokeless tobacco users



3%



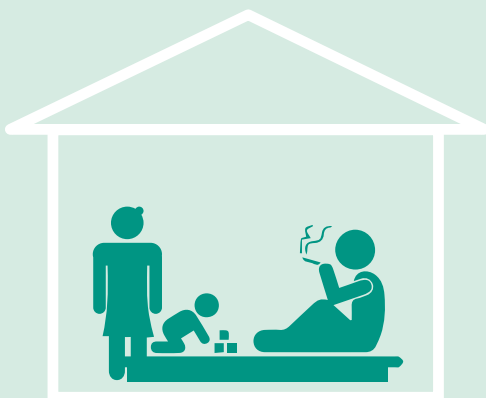
1%



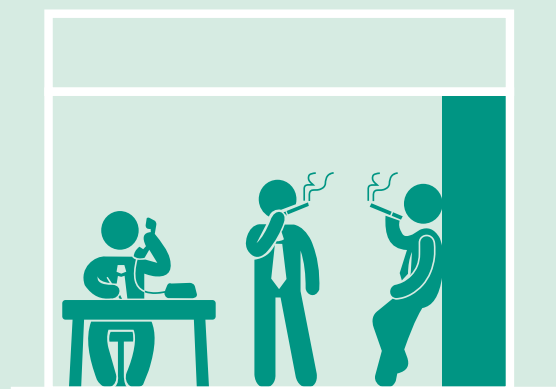
5%

Exposure to second-hand smoke

36% ...at home

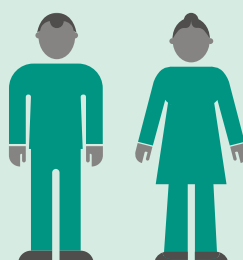


31% ...at work place



Attempt to quit (among current smokers)

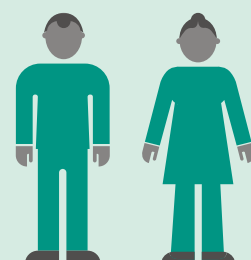
37%



Advised by healthcare provider to quit smoking

(among current smokers)

56%



Results for adults aged 15+ years (including 95% CI)

	Overall	Males	Females
Tobacco use^b			
Percentage who currently smoke tobacco	24.0% (22.8–25.1)	46.6% (44.7–48.4)	2.6% (2.2–3.1)
Percentage who currently smoke tobacco daily	21.5% (20.4–22.6)	42.0% (40.2–43.9)	2.1% (1.8–2.5)
Current cigarette smokers (among current tobacco smokers)	15.2% (14.3–16.2)	30.1% (28.4–31.9)	1.1% (0.9–1.4)
Percentage who currently use smokeless tobacco	3.2% (2.8–3.7)	1.1% (0.8–1.5)	5.2% (4.5–6.1)
Percentage who currently use smokeless tobacco daily	2.9% (2.5–3.4)	0.7% (0.5–1.0)	5.0% (4.3–5.8)
Percentage who currently use tobacco in any form (smoked and/or smokeless)	26.9% (25.7–28.1)	47.2% (45.3–49.1)	7.6% (6.8–8.6)
Average age started smoking (years) for daily users	17.4 (17.1–17.7)	17.3 (17.0–17.7)	19.0 (17.7–20.2)
Percentage of current smokers smoking manufactured cigarettes	15.2% (14.3–16.2)	30.1% (28.4–31.9)	1.1% (0.9–1.4)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	12.5 (12.0–12.9)	12.6 (12.2–13.1)	9.3 (8.2–10.4)
Percentage of adults exposed to second-hand smoke at home during the past 30 days	36.0% (34.3–37.7)	39.9% (37.7–42.1)	32.3% (30.5–34.2)
Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	30.5% (28.1–32.9)	37.1% (33.9–40.3)	22.8% (20.4–25.5)
Percentage of current smokers who tried to stop smoking in past 12 months	36.7% (34.0–39.4)	36.5% (33.7–39.3)	39.4% (32.4–46.9)
Percentage of current smokers advised by a health care provider to stop smoking in past 12 months	55.8% (52.0–59.5)	55.9% (51.9–59.9)	54.5% (44.6–64.0)

Technical Notes:

a. Population for year 2015 from "UN, World Population Prospects: The 2015 Revision : <https://esa.un.org/unpd/wpp/DataQuery/> (accessed on 15 August 2016); b. World Health Organization, Regional Office for South East Asia. Global Adult Tobacco Survey (GATS): Thailand Report 2011

Total Population^a 1173 thousand **Males^a 267 thousand** **Females^a 258 thousand**
Aged 18–69 years Aged 18–69 years

Tobacco use



Current tobacco users
(smoking or/and smokeless)

56%
Overall



71%
Males



29%
Females



Current tobacco smokers



49%



70%



10%



Current smokeless tobacco users



20%



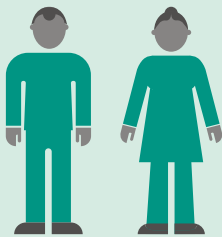
16%



27%



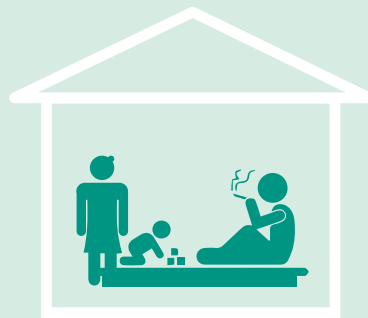
Attempt to quit
(among current smokers)



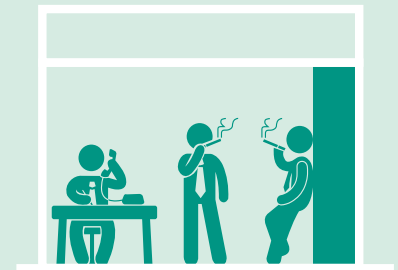
23%

Exposure to second-hand smoke

92% ...at home



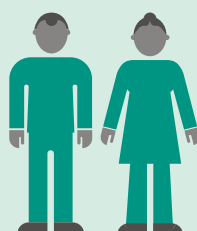
51% ...at work place



Alcohol use



Current alcohol drinkers



29%

Binge Drinkers

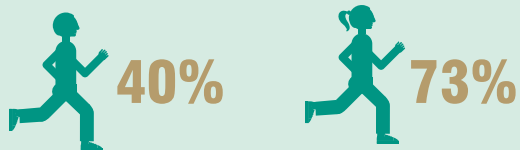
(among current drinkers)

15%



TIMOR-LESTE

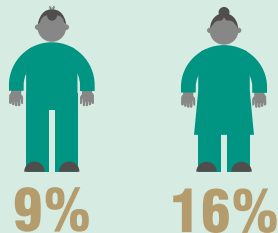
Physical activity



Were not engaged in **vigorous activities**

Nutrition status

Overweight or Obese



Diet



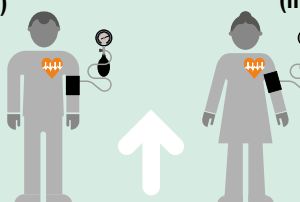
78% do not consume sufficient **fruits and vegetables** (ate less than 5 servings on average per day)



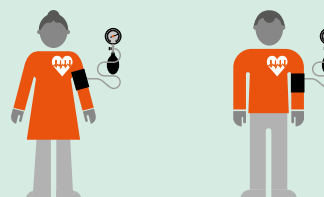
Blood pressure

Mean **BLOOD PRESSURE** (including those on medication)

133.1 (mmHg) ← Systolic → **121.4** (mmHg)
83.5 (mmHg) ← Diastolic → **82.4** (mmHg)



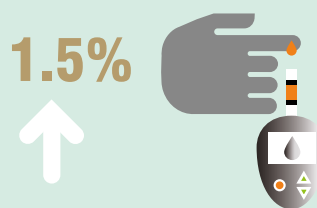
39% have **HIGH BLOOD PRESSURE** or currently on treatment



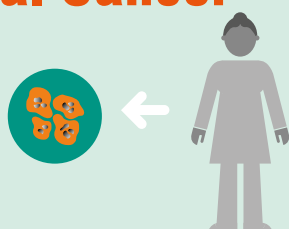
Mean total **Blood Cholesterol** (including those currently on medication for raised cholesterol)



% with raised fasting **Blood Sugar**



1% of women aged 30–49 years who have ever had a screening test for **Cervical Cancer**



19% on **raised risk** (at least 3 risk factors)



Current daily smokers



Less than 5 servings of fruits and vegetables per day



Insufficient physical activity



Overweight (BMI \geq 25 kg/m²)



Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)

Results for adults aged 18–69 years (including 95% CI)

	Overall	Males	Females
STEP 1: Tobacco use^b			
 Percentage who currently smoke tobacco	48.6% (38.4–58.7)	69.5% (67.0–72.0)	9.6% (5.8–13.4)
Percentage who currently smoke tobacco daily	35.0% (29.8–40.3)	49.6% (46.3–53.0)	7.8% (2.8–12.8)
 Current cigarette smokers (among current tobacco smokers)	94.8% (88.0–100.0)	95.2% (88.9–100.0)	89.3% (76.4–100.0)
Percentage who currently use smokeless tobacco	19.8% (16.3–23.4)	16.1% (14.0–18.2)	26.8% (17.9–35.6)
Percentage who currently use smokeless tobacco daily	13.8% (10.4–17.2)	14.0% (9.6–18.4)	13.4% (11.4–15.4)
Percentage who currently use tobacco in any form (smoked and/or smokeless)	56.1% (53.3–58.8)	70.6% (68.9–72.4)	28.9% (18.6–39.2)
Current daily tobacco users	37.9% (35.4–40.4)	50.1% (46.2–54.1)	15.1% (13.3–16.9)
Average age started smoking (years) for daily users	16.4 (15.2–17.6)	16.3 (15.3–17.3)	17.6 (13.8–21.5)
Percentage of daily smokers smoking manufactured cigarettes	94.5% (87.7–100.0)	94.6% (88.0–100.0)	93.0% (82.5–100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	12.1 (8.6–15.7)	12.9 (8.9–17.0)	2.9 (1.6–4.2)
Percentage of adults exposed to second-hand smoke at home during the past 30 days	92.1% (83.6–100.0)	94.6% (87.8–100.0)	87.4% (78.3–96.5)
Percentage of adults exposed to second-hand smoke in the closed areas in their workplace during the past 30 days	51.0% (33.8–68.2)	38.9% (13.9–63.9)	74.4% (62.6–86.2)
Percentage of current smokers who tried to quit smoking in past 12 months	23.0% (13.1–33.0)	19.1% (7.3–31.0)	75.2% (47.3–100.0)
Percentage of current smokers advised by a health care provider to quit smoking in past 12 months	22.5% (7.6–37.4)	22.4% (8.7–36.1)	23.3% (0.0–51.8)
STEP 1: Alcohol consumption^b			
 Percentage who are lifetime abstainers	57.7% (53.7–61.8)	39.4% (37.2–41.6)	92.1% (86.3–97.9)
Percentage who are past 12 month abstainers	5.5% (4.8–6.1)	6.9% (6.2–7.6)	2.8% (0.6–5.1)
Percentage who currently drink (drank alcohol in the past 30 days)	28.6% (20.3–36.9)	42.8% (37.1–48.6)	2.0% (0.5–3.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any day in the past 30 days)	14.5% (12.7–16.4)	21.8% (20.1–23.4)	1.0% (0.1–1.9)

TIMOR-LESTE

Results for adults aged 18–69 years (including 95% CI)

STEP 1: Diet^b



	Overall	Males	Females
Mean number of days fruit consumed in a typical week	2.3 (1.8–2.8)	2.2 (1.9–2.5)	2.6 (1.5–3.7)
Mean number of servings of fruit consumed on average per day	0.9 (0.6–1.2)	1.0 (0.7–1.2)	0.9 (0.5–1.2)
Mean number of days vegetables consumed in a typical week	6.7 (6.3–7.0)	6.7 (6.3–7.1)	6.6 (6.3–6.9)
Mean number of servings of vegetables consumed on average per day	5.0 (3.1–7.0)	6.3 (3.8–8.9)	2.8 (2.5–3.0)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	77.5% (73.0–82.0)	70.7% (64.1–77.4)	90.4% (82.9–97.8)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	78.0% (70.2–85.8)	74.7% (67.0–82.5)	84.1% (79.2–89.0)
Percentage who always or often eat processed foods high in salt	12.9% (10.9–14.8)	15.8% (12.2–19.4)	7.3% (1.8–12.9)

STEP 1: Physical activity^b



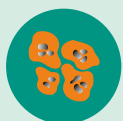
Percentage with insufficient physical activity (defined as <150 minutes of moderate–intensity activity per week, or equivalent)	16.7% (7.8–25.6)	12.8% (7.6–18.0)	23.3% (10.9–35.7)
Median time spent in physical activity on average per day (minutes) (presented with inter–quartile range)	85.7 (34.3–199.3)	154.3 (34.3–248.6)	47.1 (21.4–102.9)
Percentage not engaging in vigorous activity	52.4% (50.6–54.1)	39.9% (38.0–41.9)	73.3% (64.0–82.6)

STEP 1: Violence and injury^b



Percentage of respondents who have been involved in a road traffic crash during the past 12 months	3.0 (0.0–6.3)	3.6 (0.0–8.3)	1.9 (0.4–3.4)
Percentage of respondents seriously injured as a result of road traffic crash among those involved in a road traffic crash in the past 12 months	49.6 (36.2–62.9)	46.9 (31.0–62.8)	59.0 (40.6–77.5)
Percentage of respondents injured in a non–road traffic related accident that required medical attention in the past 12 months	2.5 (0.0–5.3)	2.4 (0.0–5.4)	2.8 (0.6–5.1)
Percentage of respondents who were seriously injured other than road traffic crashes (due to fall) in the past 12 months	62.5 (50.9–74.2)	72.3 (55.8–88.8)	47.1 (32.9–61.2)
Percentage of respondents who have driven a motorized vehicle after having had 2 or more alcoholic drinks in the past 30 days	9.6 (8.2–11.0)	14.8 (12.6–16.9)	2.5 (0.0–5.1)
Percentage of respondents who rode in a motorized vehicle where the driver has had 2 or more alcoholic drinks in the past 30 days	7.5 (5.2–9.7)	12.5 (9.4–15.7)	0.5 (0.0–1.2)
Percentage of respondents involved in a violent incident during the past 12 months resulting in an injury	1.0 (0.0–2.1)	1.1 (0.0–2.7)	0.7 (0.0–1.5)

STEP 1: Cervical cancer screening^b



Percentage of women aged 30–49 years who have ever had a screening test for cervical cancer	–	–	1.1% (0.0–2.3)
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STEP 2: Physical measurements^b



Mean body mass index – BMI (kg/m ²)	21.2 (21.0–21.5)	21.3 (20.9–21.8)	21.0 (20.7–21.3)
Percentage who are overweight (BMI 25.0–29.9 kg/m ²)	10.3% (8.8–11.9)	7.5% (6.4–8.6)	15.4% (10.2–20.6)

Results for adults aged 18–69 years (including 95% CI)



	Overall	Males	Females
Percentage who are obese (BMI ≥ 30 kg/m ²)	0.9% (0.0–1.8)	0.7% (0.0–1.5)	1.3% (0.2–2.4)
Average waist circumference (cm)	–	71.3 (68.0–74.7)	77.4 (75.7–79.0)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	129.0 (123.7–134.4)	133.1 (126.9–139.2)	121.4 (120.7–122.2)
Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	83.1 (80.4–85.8)	83.5 (80.7–86.2)	82.4 (80.1–84.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	39.3% (23.2–55.4)	45.3% (27.3–63.3)	28.0% (21.5–34.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) excluding those on medication for raised BP	38.6% (21.7–55.6)	44.8% (26.1–63.6)	26.9% (19.6–34.3)

STEP 3: Biochemical measurements^b



Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	77.6 (75.8–79.4)	79.7 (76.7–82.6)	74.0 (71.4–76.6)
Percentage with impaired fasting glycaemia (capillary whole blood value ≥ 5.6 mmol/L (100mg/dl) and < 6.1 mmol/L (110mg/dl))	4.1% (2.2–6.1)	5.7% (3.0–8.5)	1.2% (0.2–2.2)
Percentage with raised fasting blood glucose (capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) or currently on medication for raised blood glucose)	1.5% (0.0–3.2)	1.5% (0.0–3.5)	1.6% (0.3–2.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	149.9 (144.7–155.1)	143.7 (139.7–147.8)	160.7 (147.7–173.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	21.0% (11.4–30.6)	18.5% (9.8–27.2)	25.5% (12.0–39.0)

Cardiovascular disease (CVD) risk^b

Percentage aged 40–69 years with a 10–year CVD risk $\geq 30\%$, or with existing CVD**	1.4% (0.0–2.9)	0.9% (0.0–2.2)	2.9% (1.5–4.1)
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Summary of combined risk factors^b

- Current daily smokers
- Insufficient physical activity
- Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)
- Less than 5 servings of fruit and vegetables per day
- Overweight (BMI ≥ 25 kg/m²)

Percentage with low risk (i.e. none of the risk factors included above)	7.8% (6.4–9.3)	10.1% (6.7–13.4)	4.2% (0.6–7.9)
Percentage with raised risk (at least three of the risk factors included above), aged 18 to 44 years old	16.3% (13.5–19.1)	16.0% (14.2–17.8)	16.7% (11.3–22.1)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 69 years old	28.2% (22.8–33.5)	32.0% (29.6–34.3)	16.1% (12.1–20.1)
Percentage with three or more of the above risk factors, aged 18–69 years old	19.4% (16.1–22.7)	21.1% (19.0–23.3)	16.6% (12.0–21.3)

Technical Notes:

a. Population for year 2015 from United Nations. World population prospects: the 2012 revision. New York: Population Division, Department of Economics and Social Affairs, 2015; b. World Health Organization, Regional Office for South East Asia. National survey for noncommunicable disease risk factors and injuries using WHO STEPS approach in Timor–Leste 2014

* Sample size was less than 50; ** A 10–year CVD risk of $>30\%$ is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl))

This publication, entitled 'NCD risk behaviours among adults in the South-East Asia Region: Findings from STEPS and GATS', conveys the most recent quantitative surveillance results focusing on noncommunicable disease (NCDs)-related risk behaviours among adults from the WHO STEPwise approach to NCD risk factor surveillance (STEPS) and tobacco use among adults from the Global Adult Tobacco Survey (GATS) in Member States of the WHO South-East Asia Region.

This publication contains selected indicators relating to tobacco use and other related risk behaviours of adults in Member States of the WHO South-East Asia Region. The tobacco indicators are taken from GATS or STEPS and other indicators relating to risk behaviours (history– dietary behaviours, physical activity, alcohol use, cervical cancer screening; physical measurements – body mass index, blood pressure, waist circumference; biochemical measurements – fasting blood glucose level, blood glucose level 2 hours after glucose load, total blood cholesterol, urine sodium and urine creatinine) are taken from STEPS. The latest findings from surveys conducted in Member States are presented in the publication.



**World Health
Organization**

Regional Office for South-East Asia
World Health House
Indraprastha Estate,
Mahatma Gandhi Marg,
New Delhi-110002, India
www.searo.who.int

