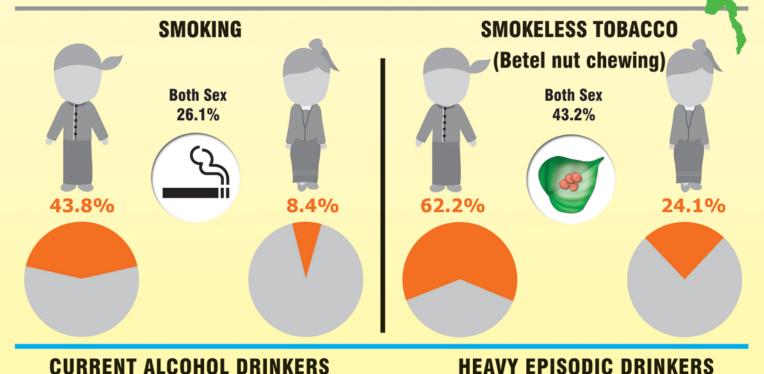


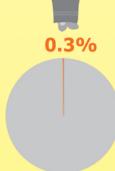
Risk Factors for NCDs (2014)

MYANMAR



CURRENT ALCOHOL DRINKERS

Both Sex Both Sex 19.8% 10.3% 20.3% 38.1% 1.5%



INSUFFICIENT PHYSICAL ACTIVITY







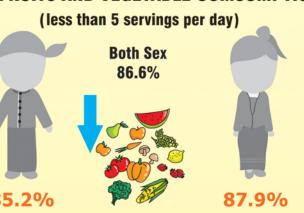








LOW FRUITS AND VEGETABLE COMSUMPTION (less than 5 servings per day)





OVERWEIGHT

 $(BMI \ge 25kg/m^2)$

Both Sex

22.4%





2.6%

30.8%



RAISED BLOOD PRESSURE



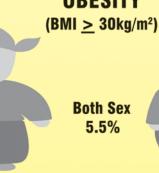
Both Sex 26.4%



28.0%



OBESITY



8.4%





(More than 5.0 mmol/L or 190mg/dl)

Both Sex 36.7%



RAISED BLOOD GLUCOSE

(FBS \geq 7 mmol/L or 126mg/dl 2HPP ≥ 11.1 mmol/L or 200mg/dl)

> **Both Sex** 10.5%





'This document has been produced with the assistance of the European Union and HelpAge International. The contents of this document are the sole responsibility of the Ministry of Health of the government of Myanmar and can under no circumstances be regarded as reflecting the positions of the European Union or age helps HelpAge International."

