

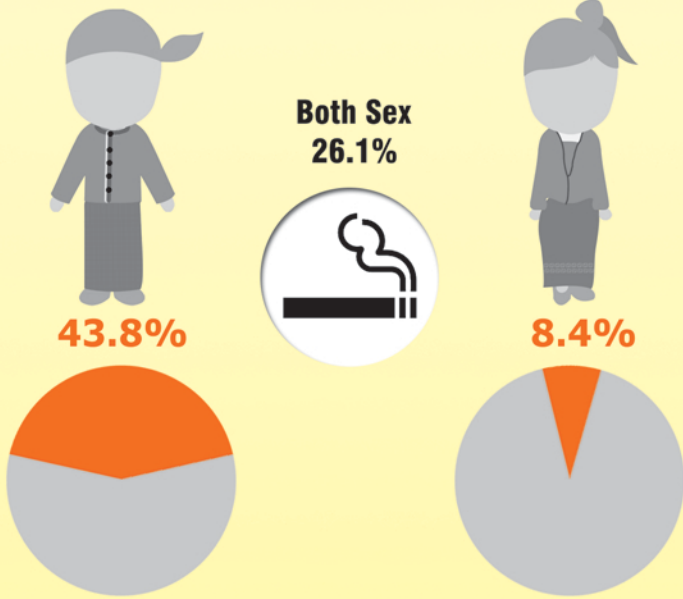


Risk Factors for NCDs (2014)

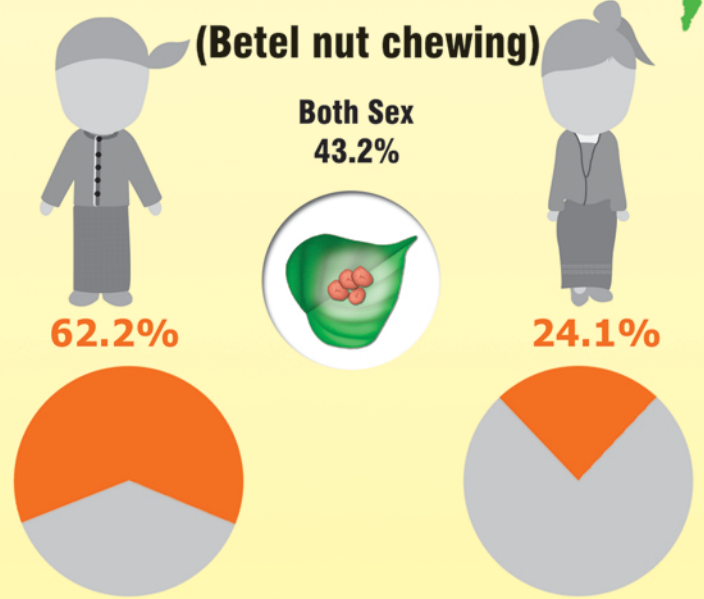
MYANMAR



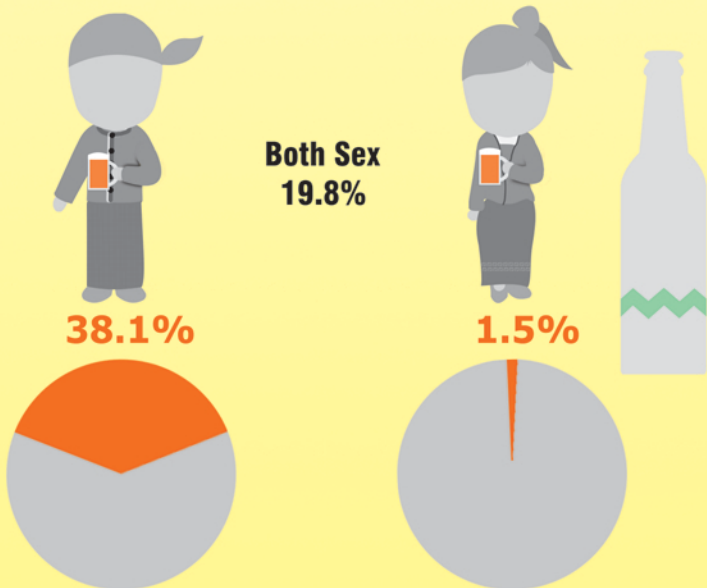
SMOKING



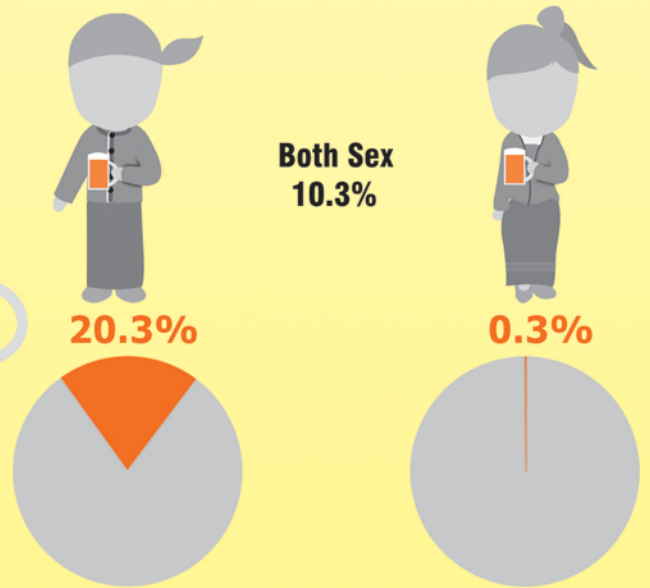
SMOKELESS TOBACCO (Betel nut chewing)



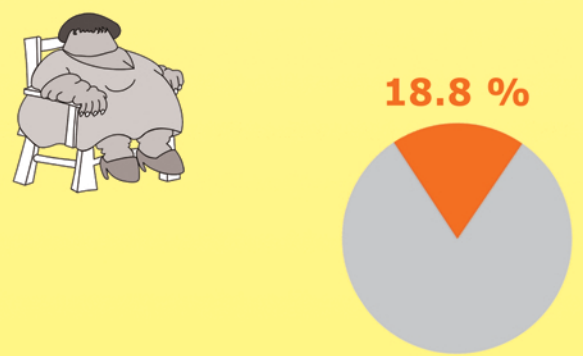
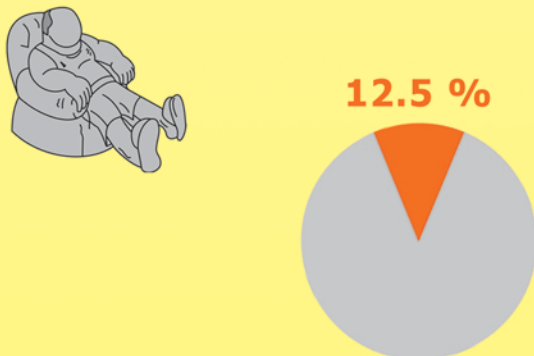
CURRENT ALCOHOL DRINKERS



HEAVY EPISODIC DRINKERS

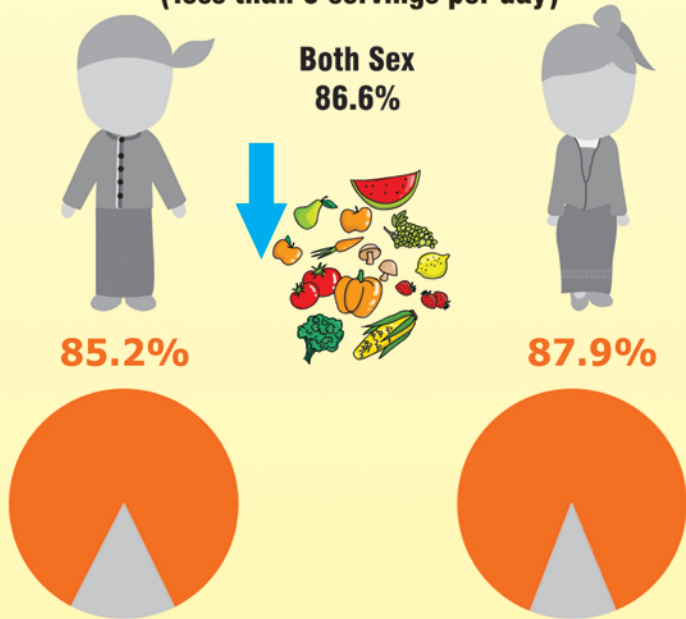


INSUFFICIENT PHYSICAL ACTIVITY



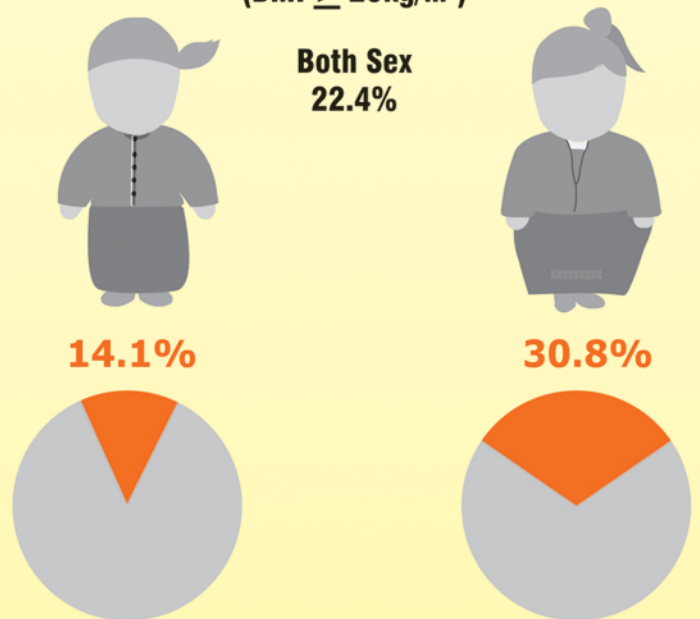
LOW FRUITS AND VEGETABLE CONSUMPTION

(less than 5 servings per day)

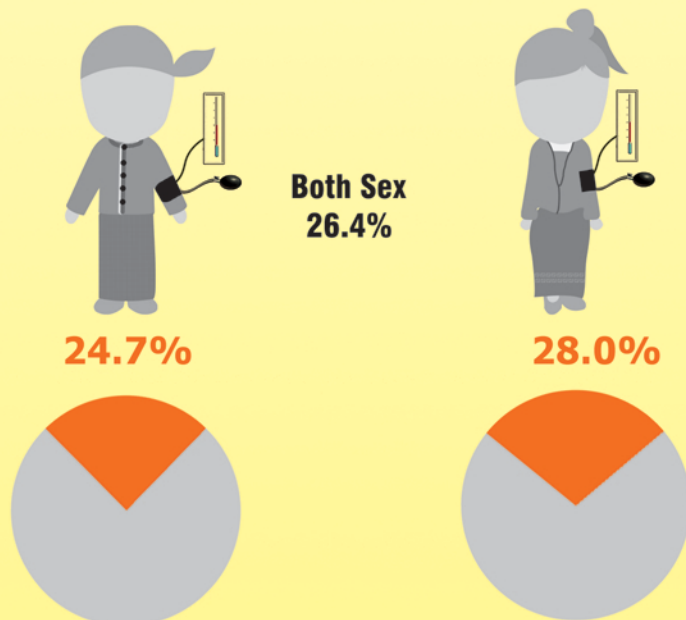


OVERWEIGHT

(BMI \geq 25kg/m²)

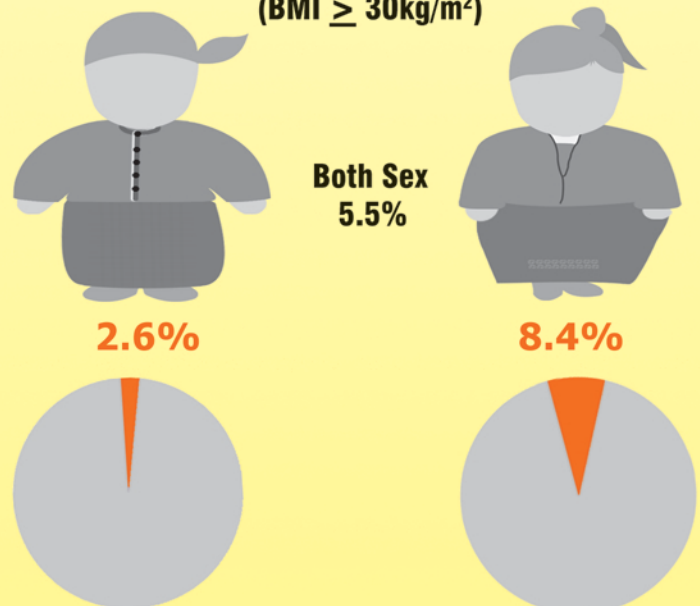


RAISED BLOOD PRESSURE



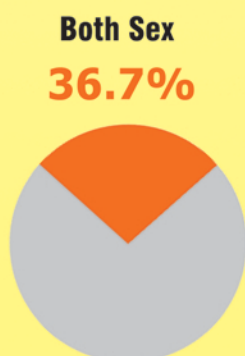
OBESITY

(BMI \geq 30kg/m²)



RAISED BLOOD CHOLESTEROL

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



RAISED BLOOD GLUCOSE

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

