



## National Survey on Diabetes Mellitus and Risk Factors for Noncommunicable Diseases (NCDs) in Myanmar (2014) Factsheet

The national survey on Diabetes Mellitus and Risk Factors for Noncommunicable Diseases (NCDs) in Myanmar was conducted from September to December in 2014. It was a population-based survey of adults aged 25-64. A multistage cluster sample design was used to produce representative data for that age range from 52 townships in Myanmar. A total of 8757 adults participated in the survey. The survey collected information on sociodemographic and behavioural characteristics, physical measurements such as height, weight and blood pressure and biochemical measurements (blood glucose -both fasting and 2-h PG-, levels of fasting total cholesterol, triglycerides, HDL and LDL. The overall response rate was 94% for risk factors, 91% for physical measurements and 90% for biochemical measurements.

Findings	Both Sexes	Males	Females
<b>Glucose Tolerance</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose	92 mg	90 mg	93 mg
Mean 2-hour glucose value after glucose load	125 mg	119 mg	131 mg
Percentage with impaired fasting glycaemia as defined below • plasma-equivalent value of capillary whole blood $\geq 6.1$ mmol/L (110 mg/dl) and $< 7.0$ mmol/L (126 mg/dl)	3.6%	4.0%	3.2%
Percentage with impaired glucose tolerance • 2 hour plasma-equivalent value of capillary whole blood after glucose load $\geq 7.8$ mmol/L (140 mg/dl) and $< 11.1$ mmol/L (200 mg/dl)	19.5%	15.2%	23.9%
Percentage with raised fasting blood glucose or currently on medication for raised blood glucose • plasma-equivalent glucose value of capillary whole blood $\geq 7.0$ mmol/L (126 mg/dl)	5.9%	4.7%	7.0%
Percentage with raised fasting blood glucose or raised 2-h blood or currently on medications for raised blood glucose • raised fasting blood glucose= plasma-equivalent glucose value of capillary whole blood $\geq 7.0$ mmol/L (126 mg/dl) • raised 2-h blood glucose= plasma-equivalent glucose value of capillary whole blood $\geq 11.1$ mmol/L (200 mg/dl)	10.5%	9.1%	11.8%
<b>Tobacco Consumption</b>			
Percentage who currently smoke tobacco	26.1%	43.8%	8.4%
Percentage who currently smoke tobacco daily	20.7%	34.0%	7.4%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.8	19.3	22.3
Percentage of daily smokers smoking manufactured cigarettes	28.1%	33.4%	3.5%
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	1.5	1.9	0.1
Percentage who currently use any smokeless tobacco product	43.2%	62.2%	24.1%
Percentage who currently any smokeless tobacco product daily	30.3%	44.5%	16.1%
<b>Alcohol Consumption</b>			
Percentage who are lifetime abstainers	68.8%	41.9%	95.8%
Percentage who are past 12 month abstainers	5.7	10.0%	1.5%
Percentage who currently drink (drank alcohol in the past 30 days)	19.8	38.1%	1.5%
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	10.3	20.3%	0.3%
<b>Fruits and Vegetable Consumption</b>			
Mean number of days fruit consumed in a typical week	2.5	2.3	2.6
Mean number of servings of fruit consumed on average per day	0.7	0.7	0.7
Mean number of days vegetables consumed in a typical week	5.5	5.4	5.6
Mean number of servings of vegetables consumed on average per day	2.1	2.2	2.0
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	86.6%	85.2%	87.9%

Findings	Both Sexes	Males	Females
<b>Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)	15.7%	12.5%	18.8%
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	214	274	177
Percentage not engaging in vigorous activity	74.5%	61.1%	87.9%
<b>Overweight and Obesity</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	22.3	21.5	23.2
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	22.4%	14.1%	30.8%
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	5.5%	2.6%	8.4%
Average waist circumference (cm)	-	77.3	76.9
<b>Hypertension</b>			
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125	126	124
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81	81	81
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	26.4%	24.7%	28.0%
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who were not currently on medication for raised BP	90.8%	93.2%	88.7%
<b>Lipid profile</b>			
Mean total blood cholesterol, including those currently on medication for raised cholesterol	178 mg	173 mg	184 mg
Percentage with raised total cholesterol (≥ 5.0mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	36.7%	30.9%	42.5%
Percentage with reduced High-density lipoprotein (HDL < 1.03mmol/L or < 40mg/dl in men and HDL < 1.29mmol/L or < 50 mg/dl in women)	-	40.7%	56.6%
Percentage with raised Low-density lipoprotein (LDL ≥ 160mg/dl)	7.3%	6.1	8.5
Percentage with raised fasting triglycerides (Fasting TG ≥ 1.7mmol/L or ≥ 150 mg/dl)	30.8%	32.2%	29.4%
<b>Cardiovascular disease (CVD) risk</b>			
Percentage aged 40-64 years with a 10-year CVD risk ≥ 30%, or with existing CVD*	12.1%	8.5%	15.7%
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>current daily smokers</li> <li>less than 5 servings of fruits &amp; vegetables per day</li> <li>insufficient physical activity</li> </ul>	<ul style="list-style-type: none"> <li>overweight (BMI ≥ 25 kg/m<sup>2</sup>)</li> <li>raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)</li> </ul>		
Percentage with none of the above risk factors	6.2%	6.6%	5.7%
Percentage with three or more of the above risk factors, aged 25 to 44 years	14.6%	13.6%	15.7%
Percentage with three or more of the above risk factors, aged 45 to 64 years	27.5%	25.9%	29.3%
Percentage with three or more of the above risk factors, aged 25 to 64 years	19.6%	18.3%	20.9%
<b>Cervical Cancer Screening</b>			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	-	-	4.4%

\* 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)).

