

Chapter 7 Appendix: Healthy Lifestyles and Non-communicable Diseases

Table A7.1: Self-rated health condition						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Current health status						
Excellent	13.7	14.2	12.4	13.6	14.4	13.7
Very good	24.5	25.8	19.9	24.4	24.6	24.4
Good	40.7	38.7	50.1	40.9	41.1	41.0
Fair	15.2	15.2	11.6	15.2	13.1	14.9
Poor	5.2	4.6	3.9	4.7	6.2	4.9
Very poor	0.8	1.4	2.2	1.2	0.6	1.1
Number	1173	484	157	1523	291	1814
Health compared to last year						
Much better now	10.2	9.9	7.7	10.0	9.6	9.9
Somewhat better	17.7	21.0	13.7	18.1	18.8	18.2
About the same	41.2	36.3	42.5	39.2	44.2	40.0
Somewhat worse	27.5	29.4	32.8	29.2	24.8	28.5
Much worse	3.4	3.4	3.4	3.5	2.6	3.4
Mean number of days was not able to do usual activities because was tired	3.9	3.8	4.2	4.0	3.0	3.9
Mean number of days was not able to do usual activities because was sick	2.2	2.6	2.0	2.3	2.2	2.3
Husbands						
Current health status						
Excellent	23.6	25.9	26.7	24.0	27.1	24.5
Very good	26.3	24.0	25.2	25.0	28.4	25.6
Good	36.7	33.2	32.8	36.2	31.5	35.4
Fair	9.2	9.2	7.7	9.6	6.6	9.1
Poor	4.0	6.5	5.9	4.6	5.7	4.8
Very poor	0.3	1.1	1.7	0.6	0.7	0.6
Number	777	320	105	1009	192	1201
Health compared to last year						
Much better now	4.6	9.6	3.0	5.5	7.1	5.8
Somewhat better	13.0	14.6	14.1	13.4	14.3	13.5
About the same	53.0	44.1	51.3	49.9	53.5	50.5
Somewhat worse	27.5	29.5	28.5	29.1	23.1	28.2
Much worse	1.9	2.3	3.2	2.1	2.1	2.1
Mean number of days was not able to do usual activities because was tired	1.9	2.4	3.2	2.1	2.3	2.2
Mean number of days was not able to do usual activities because was sick	1.4	1.9	2.5	1.6	1.9	1.6
Female youth						

Current health status						
Excellent	39.0	48.2	35.7	39.6	49.0	41.3
Very good	37.1	26.1	33.3	34.5	28.7	33.5
Good	21.8	21.6	16.7	22.0	17.6	21.2
Fair	2.1	2.2	3.3	1.7	4.8	2.3
Poor	0.0	2.0	11.1	39.6	49.0	41.3
Very poor	39.0	48.2	35.7	2.2	0.0	1.8
Number	278	135	50	381	82	463
Health compared to last year						
Much better now	19.5	27.0	20.2	21.1	24.6	21.8
Somewhat better	18.5	14.2	22.0	17.3	19.4	17.6
About the same	52.9	45.0	36.0	49.2	46.6	48.8
Somewhat worse	9.2	13.5	20.4	12.2	8.9	11.6
Much worse	0.0	0.3	1.4	0.2	0.5	0.3
Mean number of days was not able to do usual activities because was tired	2.0	1.5	1.8	1.9	1.5	1.8
Mean number of days was not able to do usual activities because was sick	1.1	0.9	0.8	1.0	0.8	0.9
Male youth						
Current health status						
Excellent	55.3	48.3	37.6	52.2	49.7	51.8
Very good	23.6	32.8	45.7	27.1	33.1	28.1
Good	20.7	15.8	14.7	19.6	15.0	18.8
Fair	0.4	3.1	0.0	0.9	2.2	1.1
Poor	0.0	0.0	2.0	0.2	0.0	0.2
Very poor						
Number						
Health compared to last year						
Much better now	11.2	20.3	12.6	14.7	10.0	13.9
Somewhat better	18.1	22.4	37.3	21.3	19.9	21.0
About the same	53.6	41.2	39.6	47.5	55.8	48.9
Somewhat worse	16.7	15.5	10.6	16.2	14.3	15.8
Much worse	0.4	0.5	0.0	0.5	0.0	0.4
Mean number of days was not able to do usual activities because was tired	1.3	0.9	1.6	1.3	1.0	1.2
Mean number of days was not able to do usual activities because was sick	0.6	0.8	0.7	0.7	0.5	0.7

Table A7.2: Distribution of women, husbands, and male and female youth and how they feel their health affects certain activities

	Yes, limited a lot	Yes, limited a little	No, not limited at all
Women			
	36.4	30.3	33.3
Vigorous activities	14.1	24.3	61.6
Moderate activities	14.9	25.8	59.3
Lifting or carrying groceries	23.0	27.3	49.7
Climbing several flights of stairs	9.1	19.1	71.9
Climbing one flight of stairs	11.5	18.1	70.4
Bending, kneeling	10.7	18.1	71.3
Walking for more than 20 minutes	7.9	14.6	77.5
Walking for 20 minutes or less	4.4	9.0	86.6
Bathing or dressing yourself	36.4	30.3	33.3
Husbands			
Vigorous activities	37.2	24.2	38.4
Moderate activities	10.1	18.6	71.1
Lifting or carrying groceries	8.4	18.0	73.4
Climbing several flights of stairs	18.6	27.2	53.9
Climbing one flight of stairs	6.3	15.0	78.4
Bending, kneeling	7.1	14.8	77.9
Walking for more than 20 minutes	8.5	12.6	78.6
Walking for 20 minutes or less	5.5	8.2	86.0
Bathing or dressing yourself	2.6	5.3	91.9
Female Youth			
Vigorous activities	7.4	16.1	76.5
Moderate activities	1.7	6.6	91.7
Lifting or carrying groceries	1.3	6.7	92.0
Climbing several flights of stairs	3.2	13.0	83.9
Climbing one flight of stairs	0.9	2.6	96.5
Bending, kneeling	1.3	3.9	94.8
Walking for more than 20 minutes	1.8	3.7	94.6
Walking for 20 minutes or less	1.1	3.0	95.9
Bathing or dressing yourself	0.1	1.4	98.6
Male Youth			
Vigorous activities	5.7	18.9	75.4
Moderate activities	0.3	5.7	94.0
Lifting or carrying groceries	0.4	3.7	95.9
Climbing several flights of stairs	2.7	12.2	85.2
Climbing one flight of stairs	0.6	1.5	97.9
Bending, kneeling	0.2	2.6	97.1
Walking for more than 20 minutes	0.4	5.3	94.3
Walking for 20 minutes or less	0.0	2.7	97.3
Bathing or dressing yourself	0.1	1.4	98.6

Table A7.3: Perceived weight status and attitudes about obesity						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Weight for age						
Underweight	5.3	7.0	5.6	5.9	5.2	5.8
Just right	48.9	51.5	57.7	48.9	57.5	50.3
Overweight	42.4	38.1	32.2	41.8	32.7	40.3
Don't know	3.5	3.5	4.6	3.4	4.6	3.6
Being overweight can cause serious problems						
Agree	95.5	95.3	96.4	95.8	93.6	95.5
Neutral	1.8	.8	0.0	1.9	2.1	1.9
Disagree	1.8	1.3	1.1	1.5	2.2	1.6
Don't know	0.9	0.6	2.5	0.8	2.0	1.0
It is likely that I will be overweight						
Agree	47.3	45.5	53.2	47.4	47.0	47.3
Neutral	9.8	13.0	10.4	10.2	13.6	10.7
Disagree	40.1	38.4	29.9	39.6	34.6	38.8
Don't know	2.8	3.1	6.5	2.9	4.8	3.2
Physical exercise is an effective way to control weight						
Agree	92.5	92.8	96.6	93.0	92.8	92.9
Neutral	3.1	3.5	1.2	2.9	3.8	3.1
Disagree	3.2	2.1	0.5	3.0	1.4	2.7
Don't know	1.2	1.5	1.7	1.1	2.1	1.3
Reducing consumption of food is effective way to control weight						
Agree	96.0	94.2	96.0	96.2	92.1	95.5
Neutral	1.9	3.5	1.7	1.8	4.9	2.3
Disagree	1.5	1.1	1.3	1.5	1.0	1.4
Don't know	0.6	1.2	1.1	0.6	2.1	0.8
I am confident that I can control my weight						
Agree	69.7	64.1	70.8	69.2	63.6	68.3
Neutral	12.3	13.4	9.7	11.9	14.7	12.3
Disagree	14.3	18.0	12.9	15.3	14.7	15.2
Don't know	3.7	4.5	6.7	3.6	7.1	4.2
Husbands						
Weight for age						
Underweight	8.6	6.9	9.2	8.2	8.2	8.2
Just right	54.6	62.1	54.8	55.0	64.7	56.6
Overweight	34.2	27.4	31.8	33.8	24.1	32.2
Don't know	2.6	3.6	4.2	3.0	3.1	3.0
Being overweight can cause serious problems						
Agree	96.7	94.8	97.5	96.5	95.0	96.3
Neutral	2.2	2.9	1.0	2.3	2.1	2.3
Disagree	0.8	2.0	0.8	0.93	1.99	1.1
Don't know	0.4	0.3	0.7	0.3	0.9	0.4
It is likely that I will be overweight						
Agree	38.6	44.5	45.1	40.2	43.4	40.7

Neutral	6.3	9.1	6.8	6.5	10.3	7.1
Disagree	53.6	43.3	44.1	51.5	42.1	50.0
Don't know	1.6	3.1	4.1	1.8	4.3	2.2
Physical exercise is an effective way to control weight						
Agree	97.2	93.9	99.5	96.8	95.3	96.5
Neutral	1.4	1.8	0.0	1.3	1.6	1.4
Disagree	1.1	2.5	0.5	1.5	1.3	1.4
Don't know	0.4	1.7	0.0	0.5	1.9	0.7
Reducing consumption of food is effective way to control weight						
Agree	93.3	94.3	93.7	93.6	93.7	93.6
Neutral	2.2	2.2	0.8	2.1	1.9	2.1
Disagree	3.3	2.2	1.9	3.1	1.7	2.9
Don't know	1.1	1.2	3.6	1.1	2.6	1.4
I am confident that I can control my weight						
Agree	76.4	67.5	65.8	74.1	67.9	73.1
Neutral	6.4	13.3	7.8	7.8	11.5	8.4
Disagree	15.2	15.2	19.8	15.7	15.4	15.6
Don't know	2.0	4.0	6.7	2.5	5.3	2.9
Female Youth						
Weight for age						
Underweight	10.1	5.3	2.6	8.7	4.1	7.9
Just right	66.9	75.3	72.4	67.7	80.8	70.0
Overweight	22.7	19.1	25.0	23.4	14.6	21.9
Don't know	0.4	0.3	0.0	0.3	0.5	0.3
Being overweight can cause serious problems						
Agree	96.4	96.2	95.4	96.4	95.6	96.2
Neutral	2.2	1.6	0.7	1.7	2.7	1.9
Disagree	1.4	1.9	3.9	2.0	1.2	1.8
Don't know	0.0	0.3	0.0	0.0	0.5	0.1
It is likely that I will be overweight						
Agree	51.8	58.3	74.2	55.4	59.5	56.1
Neutral	8.3	5.0	2.6	7.7	2.3	6.7
Disagree	38.5	36.2	21.3	35.5	38.2	36.0
Don't know	1.4	0.5	1.9	1.5	0.0	1.2
Physical exercise is an effective way to control weight						
Agree	97.3	96.7	83.1	95.4	96.3	95.6
Neutral	0.7	2.5	1.9	1.0	3.1	1.4
Disagree	2.0	0.8	15.0	3.6	0.6	3.0
Don't know						
Reducing consumption of food is effective way to control weight						
Agree	96.4	94.0	87.0	94.1	97.1	94.7
Neutral	1.0	3.7	1.9	1.9	1.9	1.9
Disagree	2.6	2.4	11.1	3.9	1.0	3.4
Don't know						
I am confident that I can control my weight						
Agree	79.1	79.6	78.6	79.5	77.4	79.2
Neutral	10.8	9.1	2.8	8.9	11.8	9.4
Disagree	9.6	9.9	18.6	11.0	9.0	10.7
Don't know	0.5	1.4	0.0	0.5	1.9	0.7

Male Youth						
Weight for age						
Underweight	15.9	14.5	15.0	15.6	14.5	15.4
Just right	71.4	69.0	69.8	69.2	77.0	70.6
Overweight	11.8	16.2	12.5	14.3	7.1	13.1
Don't know	0.9	0.4	2.7	0.8	1.4	0.9
Being overweight can cause serious problems						
Agree	92.4	95.4	96.9	93.3	95.3	93.6
Neutral	1.8	0.4	0.0	1.5	0.0	1.2
Disagree	3.4	4.2	3.2	3.3	4.7	3.6
Don't know	2.4	0.0	0.0	1.9	0.0	1.5
It is likely that I will be overweight						
Agree	52.5	55.7	56.1	53.1	56.5	53.7
Neutral	9.6	5.1	5.3	7.8	8.7	8.0
Disagree	35.0	38.9	38.6	37.3	31.8	36.4
Don't know	2.9	0.3	0.0	1.7	3.0	2.0
Physical exercise is an effective way to control weight						
Agree	95.4	97.8	94.7	95.7	97.8	96.0
Neutral	2.7	1.6	2.7	2.6	1.4	2.4
Disagree	0.9	0.6	2.6	1.0	0.8	1.0
Don't know	1.0	0.0	0.0	0.7	0.0	0.6
Reducing consumption of food is effective way to control weight						
Agree	2.4	0.9	1.7	2.2	0.6	1.9
Neutral	1.3	0.3	2.7	0.9	2.5	1.1
Disagree	94.1	98.0	95.6	95.1	96.3	95.3
Don't know	2.2	0.7	0.0	1.9	0.5	1.6
I am confident that I can control my weight						
Agree	72.8	72.9	77.6	73.1	73.6	73.2
Neutral	6.4	11.9	4.0	7.4	9.1	7.7
Disagree	18.6	13.6	15.9	17.7	13.5	17.0
Don't know	2.2	1.7	2.6	1.7	3.8	2.1

Table A7.4: Frequency of exercise fro women, husbands and never-married youth							
	Never	1x month	1x week	2x week	3-4x week	5-6x week	Daily
Women							
Exercise for less than 20 minutes	52.3	3.0	6.7	6.5	5.6	3.5	22.2
Exercise for more than 20, less than 60	64.8	2.5	7.9	6.1	4.7	2.1	11.5
Exercise for 60 minutes plus	75.3	3.6	5.8	3.7	2.3	1.2	7.1
Husbands							
Exercise for less than 20 minutes	30.9	2.9	4.4	5.0	5.4	1.9	49.3
Exercise for more than 20, less than 60	40.4	5.1	7.9	8.5	5.1	2.0	30.2
Exercise for 60 minutes plus	58.3	8.2	6.6	4.3	2.8	1.4	17.5
Female Youth							
Exercise for less than 20 minutes	25.8	4.4	12.9	4.1	7.0	2.5	43.2
Exercise for more than 20, less than 60	28.8	6.1	15.9	4.9	7.9	3.4	32.9
Exercise for 60 minutes plus	43.3	7.3	12.6	5.6	6.7	3.0	21.4
Male Youth							
Exercise for less than 20 minutes	12.3	2.8	7.6	5.8	7.9	2.9	60.7
Exercise for more than 20, less than 60	13.8	4.1	13.9	8.4	8.1	4.3	47.3
Exercise for 60 minutes plus	21.7	9.4	17.6	10.0	5.9	3.7	31.5

Table A7.5: Percentage of respondents who know the benefits of regular exercise						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Benefits of regular exercise						
Lower blood pressure	5.9	3.4	3.7	5.2	4.3	5.0
Lower blood sugar	3.8	4.2	1.9	4.0	2.5	3.8
Lower cholesterol	8.0	5.3	5.9	7.4	5.4	7.1
Lower risk of atherosclerosis	4.1	4.0	1.3	4.2	1.8	3.9
Decreases arthritis/osteoporosis	4.8	3.4	1.6	4.4	2.9	4.2
Greater strength	31.7	26.2	30.2	30.6	27.4	30.1
Improved conditioning/stamina	66.5	62.8	70.3	65.9	65.4	65.9
Improved physical health	47.7	46.9	39.5	47.7	41.9	46.8
Longevity	4.6	5.6	3.7	4.9	4.2	4.8
Decreases weight	44.5	42.4	29.5	43.8	36.4	42.6
Decrease anxiety/depression	3.7	3.0	4.4	3.6	3.3	3.6
Energize blood circulation	5.1	5.7	4.9	5.5	4.1	5.3
Fitness/avoid flabbiness	2.7	1.8	0.6	2.5	1.0	2.3
Other	3.7	1.8	4.5	3.3	3.0	3.3
None	0.1	0.0	0.0	0.1	0.0	0.1
Don't know	2.5	3.7	3.2	2.4	5.1	2.8
Husbands						
Benefits of regular exercise						
Lower blood pressure	4.2	6.9	2.8	4.9	4.3	4.8
Lower blood sugar	7.0	7.5	2.0	7.1	4.5	6.7
Lower cholesterol	11.0	9.6	13.1	10.8	10.7	10.8
Lower risk of atherosclerosis	4.2	5.0	2.5	4.3	3.9	4.2
Decreases arthritis/osteoporosis	3.9	4.4	1.4	4.0	2.8	3.8
Greater strength	34.9	39.2	40.3	37.4	31.7	36.5
Improved conditioning/stamina	62.0	69.1	69.4	64.3	65.4	64.5
Improved physical health	54.5	54.2	54.1	54.3	55.0	54.4
Longevity	3.5	3.2	2.1	3.4	2.5	3.3
Decreases weight	29.0	30.4	24.1	28.4	31.9	29.0
Decrease anxiety/depression	3.2	3.4	0.0	3.1	2.4	3.0
Energize blood circulation	9.3	6.9	13.1	9.2	8.1	9.0
Fitness/avoid flabbiness	3.1	2.2	3.7	3.2	1.6	2.9
Other	8.7	4.1	3.4	7.5	4.3	7.0
None	0.2	0.0	0.0	0.1	0.0	0.1
Don't know	1.1	1.7	0.3	1.0	2.2	1.2
Female Youth						
Benefits of regular exercise						
Lower blood pressure	6.6	6.4	3.4	6.5	5.1	6.2

Lower blood sugar	4.3	5.8	7.2	4.2	9.0	5.1
Lower cholesterol	9.4	8.0	9.8	9.2	8.0	9.0
Lower risk of atherosclerosis	6.4	5.1	1.4	6.1	2.6	5.5
Decreases arthritis/osteoporosis	6.1	3.9	0.0	5.4	2.1	4.8
Greater strength	33.6	35.8	30.9	34.8	29.7	33.9
Improved conditioning/stamina	67.1	64.5	72.5	67.0	66.3	66.9
Improved physical health	53.0	39.1	32.2	47.1	44.8	46.7
Longevity	7.3	7.1	6.4	7.5	5.8	7.2
Decreases weight	50.5	50.8	31.6	47.7	52.6	48.6
Decrease anxiety/depression	3.0	4.8	0.7	3.5	2.3	3.3
Energize blood circulation	4.7	5.7	0.0	4.6	4.2	4.5
Fitness/avoid flabbiness	2.2	2.7	3.4	2.5	2.6	2.5
Other	3.5	1.5	1.9	3.2	0.5	2.7
None	0.0	0.0	0.0	0.0	0.0	0.0
Don't know	0.4	0.7	0.0	0.4	0.5	0.4

Male Youth

Benefits of regular exercise						
Lower blood pressure	3.7	4.8	11.4	3.9	8.6	4.7
Lower blood sugar	6.1	4.4	3.4	5.1	6.5	5.4
Lower cholesterol	8.7	8.7	4.9	7.5	12.2	8.4
Lower risk of atherosclerosis	4.2	3.2	0.0	3.6	3.3	3.5
Decreases arthritis/osteoporosis	3.6	2.8	0.8	3.1	3.1	3.1
Greater strength	33.2	43.1	41.0	35.0	44.1	36.6
Improved conditioning/stamina	57.3	60.7	56.7	56.4	66.5	58.2
Improved physical health	57.4	60.2	49.9	58.0	55.0	57.5
Longevity	5.4	2.3	2.6	4.7	2.5	4.3
Decreases weight	38.7	48.9	34.6	41.4	40.1	41.2
Decrease anxiety/depression	2.0	3.3	2.6	2.4	2.6	2.4
Energize blood circulation	12.8	10.6	10.4	12.0	11.6	12.0
Fitness/avoid flabbiness	3.2	5.4	2.6	3.6	4.3	3.7
Other	6.1	7.4	4.3	6.9	3.5	6.3
None	0.0	0.0	0.0	0.0	0.0	0.0
Don't know	1.3	0.4	4.4	1.4	1.1	1.4

Table A7.6: Percentage of respondents who agreed with the statements regarding smoking by statement						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Smoking endangers the health of smokers						
Percent agree	97.8	97.4	96.1	97.6	97.1	97.5
Smoking endangers the health of people around smokers						
Percent agree	97.4	97.1	96.8	97.5	96.1	97.3
Smoking reduces a person's ability to participate in sports						
Percent agree	91.5	93.9	87.7	91.7	92.1	91.8
Creating a non-smoking area in your home is an effective way to reduce the harmful effects of exposure to second hand smoke						
Percent agree	88.5	88.0	89.7	88.6	88.0	88.5
Knowledge of health effects of smoking						
Heart disease	27.5	27.8	18.1	26.7	27.0	26.8
Respiratory problems	79.5	73.5	74.6	78.3	72.9	77.5
High blood pressure	13.4	15.9	12.8	13.4	17.5	14.0
Cancer	34.2	36.9	24.7	34.3	33.4	34.1
Low birth weight among pregnant women	1.3	3.6	2.5	2.1	1.7	2.1
Low growth rate among infants and children	0.9	1.5	0.0	1.0	0.8	1.0
Don't know	9.2	10.0	7.5	9.1	10.1	9.3
Other	3.1	3.2	4.1	3.2	3.1	3.2
Husbands						
Smoking endangers the health of smokers						
Agree	98.2	97.9	100.0	98.3	98.5	98.3
Smoking endangers the health of people around smokers						
Agree	97.3	98.1	98.5	97.7	97.1	97.6
Smoking reduces a person's ability to participate in sports						
Agree	95.4	98.7	99.4	96.8	96.1	96.7
Creating a non-smoking area in your home is an effective way to reduce the harmful effects of exposure to second hand smoke						
Agree	90.2	89.1	92.3	90.2	89.4	90.1
Knowledge of health						

effects of smoking						
Heart disease	28.2	35.2	24.0	30.3	26.5	29.7
Respiratory problems	75.3	72.0	74.0	74.9	71.5	74.3
High blood pressure	9.8	16.1	8.1	11.3	11.6	11.3
Cancer	27.9	32.9	17.6	29.6	21.9	28.3
Low birth weight among pregnant women	0.8	3.3	0.8	1.5	1.4	1.5
Low growth rate among infants and children	0.7	2.7	1.9	1.5	0.5	1.3
Other	12.3	10.6	11.4	11.9	11.3	11.8
Don't know	4.8	5.3	9.4	5.0	6.7	5.3
Female Youth						
Smoking endangers the health of smokers						
Agree	96.6	99.7	100.0	97.7	98.6	97.9
Smoking endangers the health of people around smokers						
Agree	96.9	96.8	100.0	97.1	97.8	97.2
Smoking reduces a person's ability to participate in sports						
Agree	91.8	94.6	97.4	91.8	100.0	93.2
Creating a non-smoking area in your home is an effective way to reduce the harmful effects of exposure to second hand smoke						
Agree	87.4	92.7	97.4	89.9	90.6	90.0
Knowledge of health effects of smoking						
Heart disease	35.9	34.9	26.4	34.8	33.4	34.6
Respiratory problems	72.4	65.0	67.7	68.1	77.5	69.8
High blood pressure	18.4	20.6	7.9	18.1	17.1	17.9
Cancer	42.5	49.4	34.9	44.6	39.4	43.7
Low birth weight among pregnant women	2.9	1.9	0.0	2.5	1.1	2.3
Low growth rate among infants and children	0.0	0.7	0.0	0.2	0.0	0.2
Other	12.0	11.8	27.0	15.3	5.4	13.6
Don't know	1.0	2.9	0.0	1.6	0.9	1.4
Male Youth						
Smoking endangers the health of smokers						
Agree	95.0	97.9	98.7	96.0	96.9	96.2
Smoking endangers the health of people around smokers						
Agree	98.0	97.1	98.2	97.8	97.3	97.7
Smoking reduces a person's ability to participate in sports						
Agree	98.0	97.4	100.0	98.2	97.1	98.0
Creating a non-smoking area in your home is an effective way to reduce the harmful effects of exposure to second hand smoke						

Agree	85.9	92.2	89.4	88.2	86.7	88.0
Knowledge of health effects of smoking						
Heart disease	31.3	39.7	24.0	32.1	36.9	32.9
Respiratory problems	70.2	71.1	73.2	71.8	65.8	70.8
High blood pressure	7.2	12.9	7.1	7.3	15.5	8.7
Cancer	35.1	35.7	26.3	34.7	33.6	34.5
Low birth weight among pregnant women	0.5	3.9	0.0	1.0	3.2	1.4
Low growth rate among infants and children	0.5	2.8	0.0	1.0	1.4	1.1
Other	10.6	15.4	16.9	11.6	16.6	12.5
Don't know	6.8	3.8	0.5	5.7	4.4	5.4

Table A7.7: Percentage distribution of respondents by likelihood of health effects of second-hand smoking						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Heart disease						
Likely	79.3	78.7	76.3	79.5	75.4	78.9
Somewhat likely	8.7	8.0	8.3	8.5	8.4	8.5
Unlikely	6.5	8.5	9.2	7.0	8.5	7.2
Don't know	5.5	4.9	6.2	5.0	7.7	5.4
Respiratory problems						
Likely	96.4	94.6	93.7	96.1	93.5	95.7
Somewhat likely	1.9	2.1	1.8	1.9	2.2	1.9
Unlikely	0.6	1.5	2.5	1.0	1.0	1.0
Don't know	1.1	1.8	2.0	1.0	3.3	1.3
High blood pressure						
Likely	81.0	83.9	83.6	81.2	86.1	82.0
Somewhat likely	7.9	5.8	6.3	7.3	6.6	7.2
Unlikely	11.1	10.3	10.1	11.5	7.3	10.8
Don't know						
Cancer						
Likely	72.6	73.2	72.9	73.0	71.9	72.8
Somewhat likely	10.6	8.5	8.8	10.1	9.0	9.9
Unlikely	11.0	13.0	7.9	11.2	11.8	11.3
Don't know	5.8	5.3	10.4	5.8	7.3	6.0
Low birth weight						
Likely	72.3	69.6	69.1	71.8	68.5	71.3
Somewhat likely	9.5	11.4	8.3	9.8	10.7	9.9
Unlikely	7.5	8.9	7.1	8.2	5.9	7.9
Don't know	10.6	10.1	15.5	10.2	15.0	10.9
Low growth rate among infants and children						
Likely	70.0	65.7	62.5	69.5	61.1	68.2
Somewhat likely	9.3	12.3	8.3	9.5	12.7	10.0
Unlikely	8.5	8.5	7.6	8.9	6.1	8.4
Don't know	12.2	13.6	21.7	12.1	20.2	13.4
Husbands						
Heart disease						
Likely	76.8	85.0	78.5	78.9	80.4	79.1
Somewhat likely	9.1	7.2	10.9	8.8	8.9	8.8
Unlikely	8.4	4.6	6.4	7.3	6.6	7.2
Don't know	5.7	3.2	4.2	5.0	4.1	4.9
Respiratory problems						
Likely	94.3	94.5	89.9	94.3	92.6	94.0
Somewhat likely	2.2	3.0	5.8	2.6	3.5	2.7
Unlikely	1.6	1.4	1.8	1.5	2.1	1.6
Don't know	1.9	1.1	2.5	1.7	1.8	1.7
High blood pressure						

Likely	80.1	81.9	78.8	80.4	80.9	80.5
Somewhat likely	9.8	8.7	12.4	9.9	8.9	9.7
Unlikely	10.2	9.4	8.9	9.8	10.2	9.8
Don't know						
Cancer						
Likely	67.4	74.7	71.8	70.3	66.7	69.7
Somewhat likely	10.6	9.3	11.0	9.7	13.3	10.3
Unlikely	15.8	8.1	12.0	13.5	13.3	13.4
Don't know	6.2	7.8	5.1	6.5	6.8	6.6
Low birth weight						
Likely	68.5	69.2	76.1	70.1	65.3	69.3
Somewhat likely	8.1	10.7	1.9	8.0	9.2	8.2
Unlikely	8.5	5.0	3.0	7.1	7.1	7.1
Don't know	15.0	15.2	19.0	14.8	18.4	15.4
Low growth rate among infants and children						
Likely	67.4	66.6	70.8	68.5	61.9	67.5
Somewhat likely	10.1	10.9	4.5	9.5	11.2	9.8
Unlikely	8.9	5.1	4.7	7.4	7.9	7.5
Don't know	13.7	17.5	19.9	14.5	19.1	15.2
Female youth						
Heart disease						
Likely	81.0	79.2	65.2	78.7	79.2	78.8
Somewhat likely	11.0	8.9	6.4	10.0	9.4	9.9
Unlikely	7.6	11.4	15.4	9.3	10.6	9.6
Don't know	0.4	0.5	13.0	2.0	0.8	1.8
Respiratory problems						
Likely	91.9	92.5	97.9	91.7	97.5	92.7
Somewhat likely	7.1	5.1	0.7	6.5	2.6	5.8
Unlikely	1.1	1.5	1.4	1.5	0.0	1.3
Don't know	0.0	0.9	0.0	0.3	0.0	0.3
High blood pressure						
Likely	79.5	83.1	72.1	78.1	87.1	79.8
Somewhat likely	10.2	6.2	2.9	9.2	4.0	8.3
Unlikely	10.3	10.7	25.0	12.6	8.9	11.9
Don't know						
Cancer						
Likely	74.0	72.6	62.3	71.3	77.1	72.3
Somewhat likely	11.2	7.4	4.0	9.9	6.5	9.3
Unlikely	13.7	18.7	33.7	17.5	16.3	17.3
Don't know	1.0	1.4	0.0	1.2	0.0	1.0
Low birth weight						
Likely	69.0	72.2	56.3	65.9	80.9	68.5
Somewhat likely	12.2	7.0	3.1	10.4	6.3	9.7
Unlikely	5.6	10.0	15.9	8.3	6.9	8.0
Don't know	13.3	10.8	24.7	15.5	5.9	13.8
Low growth rate among infants and children						
Likely	65.7	68.7	50.3	63.2	72.9	64.9
Somewhat likely	13.9	8.0	13.5	13.3	6.7	12.1
Unlikely	5.9	12.5	6.9	7.9	7.8	7.9
Don't know	14.6	10.7	29.3	15.6	12.5	15.1

	Male youth					
Heart disease						
Likely	75.0	82.2	68.3	75.7	79.6	76.4
Somewhat likely	11.0	8.9	15.3	11.0	10.2	10.8
Unlikely	8.8	8.6	13.2	9.3	8.5	9.1
Don't know	5.2	0.3	3.2	4.1	1.7	3.7
Respiratory problems						
Likely	95.1	94.5	91.2	94.9	93.2	94.6
Somewhat likely	2.2	4.2	6.2	3.3	2.6	3.1
Unlikely	2.2	0.9	2.6	1.6	3.3	1.9
Don't know	0.5	0.3	0.0	0.3	0.9	0.4
High blood pressure						
Likely	79.1	78.5	73.8	77.9	80.5	78.4
Somewhat likely	9.3	5.5	5.9	8.4	5.5	7.9
Unlikely	11.6	16.0	20.3	13.7	14.0	13.7
Don't know						
Cancer						
Likely	66.2	74.6	61.5	67.0	73.3	68.1
Somewhat likely	8.7	6.9	3.1	8.3	5.0	7.7
Unlikely	19.1	16.9	31.6	19.8	18.9	19.7
Don't know	6.0	1.6	3.9	4.9	2.8	4.6
Low birth weight						
Likely	63.4	57.6	62.9	61.4	63.7	61.8
Somewhat likely	10.6	14.1	5.3	11.0	11.5	11.1
Unlikely	6.6	9.4	13.4	7.8	8.7	8.0
Don't know	19.5	18.9	18.4	19.9	16.1	19.2
Low growth rate among infants and children						
Likely	67.2	55.4	67.5	63.4	66.6	64.0
Somewhat likely	10.9	10.6	3.8	10.8	7.5	10.2
Unlikely	5.2	11.9	11.9	7.7	7.4	7.6
Don't know	16.8	22.1	16.7	18.2	18.4	18.2

Table A7.8: Percentage of women who are aware of risk factors for breast cancer and attitudes about breast cancer						
	Central	North	South	Urban	Rural	Total (weighted)
Risk factors for breast cancer						
Fatty diet	5.9	6.4	2.4	5.8	5.4	5.7
Family history	7.8	7.8	9.1	7.6	9.3	7.9
Previous episodes of breast cancer	2.5	2.1	0.6	2.2	2.6	2.2
Smoking	20.9	18.8	15.3	20.1	18.5	19.9
Age	4.9	5.8	4.6	4.5	8.2	5.1
Not being able to breastfeed	8.9	8.3	15.0	9.2	10.0	9.3
Other	18.7	13.3	17.5	18.1	12.3	17.1
Don't know	49.7	50.8	50.5	50.1	49.5	50.0
A woman should perform monthly self-exam						
Percent agree	91.2	89.7	91.5	91.5	87.6	90.8
A woman should have a yearly clinical exam						
Percent agree	93.2	92.7	93.1	93.6	90.0	93.0
A woman should have a mammogram after 40						
Percent agree	88.5	87.7	89.6	88.9	85.7	88.4
Many cancers can be cured if they are detected early						
Percent agree	89.5	90.4	86.5	90.1	86.4	89.5
N	1173	484	157	1523	291	1814
Percent that performed self-breast exam in last 30 days						
N	1173	484	157	1523	291	1814
Percent who had clinical breast exam in last 12 months						
N	1173	484	157	1523	291	1814
Percent who had a mammogram in the last 12 months (only for women over the age of 40)						
N	598	240	80	765	153	918

Table A7.9: Knowledge and practices related to hypertension						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Percent that have heard of hypertension	99.1	96.0	99.8	98.6	97.1	98.3
Factors that can increase the risk of hypertension						
Family history	9.7	11.5	2.3	9.8	7.8	9.5
Smoking	16.2	20.1	10.5	17.4	13.5	16.7
Lack of physical activity	4.6	3.9	2.5	4.5	3.2	4.3
Salty foods	60.0	50.6	57.1	58.4	50.8	57.2
High cholesterol	12.5	13.1	14.4	13.1	11.6	12.8
Excessive alcohol intake	3.5	3.7	3.4	3.3	5.0	3.6
Age	4.5	4.7	2.7	4.4	4.7	4.4
Post-menopause	2.2	4.2	1.0	2.1	5.3	2.6
Sadness/stress	51.3	40.4	54.8	49.2	46.1	48.7
Fatigue	2.4	2.7	3.1	2.5	2.9	2.6
Obesity	4.5	2.6	1.5	4.1	2.1	3.8
Fatty foods	3.7	1.7	4.1	3.4	2.3	3.2
Other	5.8	6.4	10.8	6.2	7.5	6.4
Don't know	7.7	11.7	7.3	8.1	12.0	8.7
Husbands						
Percent that have heard of hypertension	97.3	95.4	97.6	97.4	93.7	96.8
Factors that can increase the risk of hypertension						
Family history	9.7	7.5	2.3	8.6	7.9	8.5
Smoking	25.5	31.1	16.5	26.5	24.6	26.2
Lack of physical activity	6.1	4.2	6.4	5.5	6.2	5.6
Salty foods	39.6	39.3	38.9	40.0	37.0	39.5
High cholesterol	14.5	13.8	10.2	14.2	12.7	13.9
Excessive alcohol intake	2.5	4.1	1.1	3.0	2.0	2.8
Age	4.6	5.3	1.5	4.3	5.5	4.5
Post-menopause	0.6	1.3	0.0	0.7	0.9	0.7
Sadness/stress	50.1	43.1	57.3	49.9	43.3	48.9
Fatigue	3.6	3.3	6.2	3.6	4.6	3.8
Obesity	2.7	5.1	2.2	3.7	1.6	3.3
Fatty foods	3.2	3.3	6.4	3.3	4.6	3.5
Other	10.7	5.4	6.1	9.1	7.7	8.9
Don't know	10.9	14.1	11.7	11.4	14.4	11.8
Female Youth						
Percent that have heard of hypertension	99.3	95.1	100.0	98.2	97.9	98.2
Factors that can increase the risk of hypertension						
Family history	11.5	8.1	5.2	10.9	5.0	9.8

Smoking	24.2	31.2	11.6	24.8	25.5	24.9
Lack of physical activity	5.6	3.3	1.4	5.1	1.6	4.5
Salty foods	52.8	42.8	53.5	49.5	52.1	49.9
High cholesterol	14.3	10.9	12.0	14.0	8.7	13.1
Excessive alcohol intake	5.0	3.3	1.9	4.7	1.6	4.2
Age	3.4	5.8	0.0	3.6	4.5	3.8
Post-menopause	1.3	5.4	0.0	2.3	2.7	2.3
Sadness/stress	39.9	28.8	29.0	34.5	39.9	35.4
Fatigue	1.1	1.7	0.0	1.2	1.2	1.2
Obesity	3.7	2.1	3.1	2.8	5.3	3.2
Fatty foods	0.9	1.9	1.4	1.3	0.8	1.2
Other	6.7	6.1	15.4	7.7	6.2	7.4
Don't know	11.7	12.7	8.5	12.6	7.0	11.6
Male youth						
Percent that have heard of hypertension	94.9	93.4	86.4	93.4	95.0	93.7
Factors that can increase the risk of hypertension						
Family history	8.0	5.6	2.7	6.8	7.3	6.9
Smoking	23.6	31.0	14.5	24.6	26.1	24.8
Lack of physical activity	4.7	3.1	0.0	4.2	2.2	3.9
Salty foods	36.8	43.8	28.4	37.0	42.8	38.0
High cholesterol	7.6	7.4	5.4	6.6	10.7	7.3
Excessive alcohol intake	3.0	4.1	0.0	3.4	1.2	3.0
Age	7.0	4.6	2.3	6.2	4.7	5.9
Post-menopause	0.5	0.6	0.0	0.6	0.0	0.5
Sadness/stress	39.7	37.0	40.5	39.2	38.3	39.1
Fatigue	4.4	4.2	1.7	3.7	5.9	4.1
Obesity	3.6	1.2	1.5	3.0	1.9	2.8
Fatty foods	1.1	0.7	2.2	1.3	0.0	1.1
Other	9.3	6.4	3.1	8.8	3.9	7.9
Don't know	15.2	18.5	31.6	17.7	17.2	17.6

Table A7.10: Knowledge of health impacts of hypertension and ways to decrease health problems caused by hypertension						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Potential health impacts of hypertension						
Heart attack	13.8	15.9	10.2	14.0	14.6	14.1
Stroke	63.4	60.6	58.2	62.5	60.7	62.2
Atherosclerosis	8.3	8.5	3.9	8.2	6.7	7.9
Other cardiovascular problems	11.1	9.1	7.4	10.9	6.5	10.2
Visual problems	6.8	5.8	3.2	6.4	4.9	6.2
Kidney problems	2.4	3.1	0.0	2.2	3.2	2.4
Premature death	5.5	7.1	4.1	5.6	7.1	5.8
Headache	11.7	9.8	12.1	12.0	7.3	11.2
Faintness	2.3	1.8	2.1	2.2	2.0	2.1
General fatigue	4.2	2.6	2.5	3.6	3.8	3.6
Other	7.1	9.0	11.3	8.3	5.9	7.9
Don't know	10.1	13.1	10.8	10.4	13.9	11.0
Ways to decrease health problems caused by hypertension						
Increase physical activity	8.5	6.4	6.0	7.9	6.7	7.7
Decrease salt intake	64.9	57.8	59.9	63.7	57.0	62.6
Control diabetes/blood sugar	3.7	4.4	1.3	3.7	3.6	3.7
Reduce body weight	14.5	17.7	10.2	14.8	16.1	15.0
Take prescribed medication	19.9	16.3	16.2	18.8	17.8	18.6
Consult a doctor	13.4	13.8	8.9	13.1	13.0	13.1
Following a strict therapeutic diet	33.1	26.7	24.0	31.8	24.4	30.6
Avoid sadness/stress	28.1	20.7	29.0	27.6	19.1	26.2
Avoid smoking	2.2	2.1	2.5	2.1	2.7	2.2
Other	4.3	3.5	7.0	4.3	4.1	4.3
Don't know	7.9	12.6	8.6	8.4	13.4	9.2
Husbands						
Potential health impacts of hypertension						
Heart attack	16.4	14.1	8.9	15.7	12.2	15.2
Stroke	60.3	59.4	53.7	59.6	59.1	59.5
Atherosclerosis	9.3	10.6	12.2	10.4	7.3	9.9
Other cardiovascular problems	6.7	10.2	5.1	7.5	7.2	7.5
Visual problems	5.9	7.0	1.6	6.0	4.8	5.8
Kidney problems	2.5	3.2	0.8	2.5	2.5	2.5
Premature death	11.1	14.1	15.7	11.8	15.0	12.3
Headache	9.6	6.4	11.4	9.4	6.7	8.9
Faintness	2.5	1.2	5.1	2.5	1.8	2.4

General fatigue	3.3	3.4	1.6	3.2	3.0	3.2
Other	14.3	10.3	9.4	13.4	9.5	12.8
Don't know	9.3	13.9	12.4	10.1	14.8	10.8
Ways to decrease health problems caused by hypertension						
Increase physical activity	14.0	12.5	10.8	14.0	9.9	13.3
Decrease salt intake	48.5	48.3	47.8	49.3	43.7	48.4
Control diabetes/blood sugar	3.3	3.7	0.8	3.3	2.6	3.2
Reduce body weight	6.9	10.5	9.3	7.2	12.9	8.1
Take prescribed medication	15.6	14.6	9.8	15.0	13.9	14.8
Consult a doctor	9.7	7.1	8.5	8.8	9.3	8.9
Following a strict therapeutic diet	30.3	32.0	29.1	31.6	26.0	30.7
Avoid sadness/stress	35.2	24.6	44.0	33.6	30.9	33.2
Avoid smoking	6.4	4.6	3.7	6.0	4.1	5.7
Other	8.8	5.4	4.2	7.8	5.8	7.5
Don't know	10.8	14.7	12.9	11.2	16.0	12.0
Female Youth						
Potential health impacts of hypertension						
Heart attack	19.1	17.2	18.8	18.3	19.2	18.5
Stroke	56.3	50.3	41.7	52.2	56.7	53.0
Atherosclerosis	12.2	13.1	7.8	11.9	12.2	11.9
Other cardiovascular problems	8.5	6.8	6.7	7.2	10.8	7.8
Visual problems	8.2	4.2	3.9	7.3	3.1	6.5
Kidney problems	1.1	3.2	3.9	1.9	2.5	2.0
Premature death	7.1	4.4	16.4	7.7	5.7	7.3
Headache	10.0	3.5	0.0	8.0	2.2	7.0
Faintness	1.4	2.0	3.6	1.6	2.7	1.8
General fatigue	5.4	1.8	0.0	4.1	2.2	3.8
Other	10.9	11.3	19.0	12.9	7.4	11.9
Don't know	13.8	21.8	8.6	15.6	15.6	15.6
Ways to decrease health problems caused by hypertension						
Increase physical activity	15.6	8.0	8.3	13.5	8.3	12.6
Decrease salt intake	57.5	47.4	56.9	54.1	56.2	54.5
Control diabetes/blood sugar	3.1	2.7	3.1	3.2	1.9	3.0
Reduce body weight	16.4	21.3	11.2	17.3	17.0	17.2
Take prescribed medication	10.9	15.6	4.7	11.2	13.2	11.6
Consult a doctor	11.0	9.1	5.3	9.3	12.5	9.9
Following a strict therapeutic diet	27.7	15.4	13.1	22.7	21.7	22.5
Avoid sadness/stress	20.7	19.8	19.4	19.4	24.5	20.3
Avoid smoking	2.4	6.2	3.4	3.2	5.9	3.7
Other	2.6	0.8	10.7	2.5	5.1	3.0
Don't know	13.4	14.3	20.2	15.1	11.4	14.4
Male youth						

Potential health impacts of hypertension						
Heart attack	13.7	10.6	3.3	11.6	13.5	11.9
Stroke	47.2	45.7	26.2	44.0	48.9	44.9
Atherosclerosis	8.8	13.3	3.0	9.8	8.2	9.5
Other cardiovascular problems	6.6	6.6	6.7	6.3	8.0	6.6
Visual problems	4.1	3.4	2.3	4.3	1.2	3.7
Kidney problems	1.2	0.7	5.0	1.0	3.2	1.4
Premature death	7.2	10.2	6.8	7.4	10.7	8.0
Headache	9.5	8.2	10.6	9.9	6.2	9.3
Faintness	4.2	1.3	4.6	3.4	3.6	3.5
General fatigue	3.1	6.2	5.7	3.7	6.2	4.2
Other	10.3	12.6	17.2	12.5	7.1	11.6
Don't know	19.1	22.7	35.6	21.6	21.6	21.6
Ways to decrease health problems caused by hypertension						
Increase physical activity	13.5	10.2	0.0	12.2	7.6	11.4
Decrease salt intake	47.0	47.1	20.5	45.0	42.8	44.6
Control diabetes/blood sugar	3.5	1.8	1.7	3.4	0.5	2.9
Reduce body weight	7.5	6.3	15.0	6.7	13.5	7.9
Take prescribed medication	14.1	10.9	5.0	12.0	14.4	12.4
Consult a doctor	11.7	11.4	9.6	12.1	8.0	11.4
Following a strict therapeutic diet	24.7	27.1	18.4	25.5	21.2	24.8
Avoid sadness/stress	24.8	25.5	25.7	25.5	23.2	25.1
Avoid smoking	6.8	6.9	5.3	5.9	10.6	6.7
Other	7.1	6.3	4.9	7.1	4.5	6.7
Don't know	13.6	21.4	38.5	17.4	20.4	18.0

Table A7.11: Knowledge of diabetes among women, husbands, and male and female youth						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Have heard of diabetes?	99.3	98.3	99.6	99.2	98.4	99.0
Ways to decrease health problems of diabetes						
Increase physical activity	9.4	8.6	2.9	8.9	7.3	8.6
Decrease sugar intake	75.3	71.2	74.3	74.9	70.2	74.1
Control blood sugar	6.1	7.7	1.4	6.3	5.1	6.1
Reduce body weight	14.9	17.3	9.0	15.6	12.3	15.0
Take prescribed medication/follow treatment regimen	17.8	16.1	14.5	17.5	14.5	17.1
Consult a doctor	11.7	10.4	6.6	11.1	9.7	10.9
Following strict therapeutic diet	42.5	41.3	34.2	42.3	37.0	41.4
Avoid stress	16.8	10.1	13.8	15.5	11.1	14.8
Other	3.7	2.6	3.1	3.3	3.4	3.3
Don't know	4.9	5.1	8.5	4.8	7.9	5.3
Husbands						
Have heard of diabetes?	99.7	99.7	99.3	99.8	99.0	99.7
Ways to decrease health problems of diabetes						
Increase physical activity	13.5	15.9	5.7	14.1	10.2	13.5
Decrease sugar intake	70.9	69.4	75.1	71.3	68.8	70.9
Control blood sugar	4.7	4.6	0.0	4.3	4.2	4.3
Reduce body weight	9.0	8.2	5.5	8.2	10.3	8.5
Take prescribed medication/follow treatment regimen	13.9	14.4	10.1	14.0	12.0	13.7
Consult a doctor	7.6	7.8	7.1	7.2	10.0	7.6
Following strict therapeutic diet	41.8	45.7	34.0	43.5	35.0	42.2
Avoid stress	16.8	10.0	10.9	15.5	8.7	14.4
Other	8.0	6.0	13.2	8.1	7.0	7.9
Don't know	4.9	6.1	5.3	4.9	7.3	5.3
Female Youth						
Have heard of diabetes?	99.8	99.1	100.0	99.8	98.9	99.6
Ways to decrease health problems of diabetes						
Increase physical activity	13.4	9.6	4.9	12.3	7.1	11.4
Decrease sugar intake	79.8	69.7	86.0	77.8	76.1	77.5
Control blood sugar	5.1	12.9	5.5	7.8	5.9	7.4
Reduce body weight	21.5	18.6	9.3	20.2	15.4	19.4
Take prescribed medication/follow treatment regimen	13.7	14.2	2.6	13.0	11.3	12.7
Consult a doctor	10.3	14.2	2.6	11.3	7.4	10.6

Following strict therapeutic diet	30.9	25.5	23.0	29.4	24.1	28.5
Other	3.4	3.7	0.7	3.3	2.5	3.2
Don't know	6.0	5.3	5.0	5.7	5.6	5.7
Male Youth						
Have heard of diabetes?	97.8	98.7	92.5	97.4	98.2	97.6
Ways to decrease health problems of diabetes						
Increase physical activity	11.1	11.5	5.6	10.2	13.1	10.7
Decrease sugar intake	76.6	78.7	72.8	76.2	80.0	76.8
Control blood sugar	5.0	5.6	5.5	4.9	6.5	5.2
Reduce body weight	6.5	8.8	4.9	6.8	7.9	6.9
Take prescribed medication/follow treatment regimen	11.8	15.7	6.9	11.8	15.5	12.4
Consult a doctor	8.6	7.1	9.8	7.8	10.6	8.3
Following strict therapeutic diet	23.2	39.3	26.3	27.6	29.1	27.9
Other	2.3	2.5	3.5	2.6	1.9	2.4
Don't know	9.2	5.8	14.3	8.8	8.3	8.7

Table A7.12: Knowledge of osteoporosis and risk factors associated with osteoporosis						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Have heard of osteoporosis?	95.1	90.3	88.8	94.4	87.6	93.3
Signs and symptoms:						
Brittle bones	21.3	13.7	11.2	19.4	13.3	18.4
Frequent broken bones	25.4	26.4	14.1	25.1	22.8	24.7
Pain in the limbs	49.2	49.5	47.4	49.4	47.7	49.2
Fatigue	2.8	1.8	2.3	2.5	2.3	2.5
Unable to move/walk	3.6	2.6	2.2	3.6	0.9	3.2
Other	4.5	3.1	7.8	4.5	3.9	4.4
Don't know	19.8	24.8	30.2	20.6	29.4	22.0
Ways to decrease risk of osteoporosis						
Increase calcium intake	54.9	50.3	48.3	54.4	46.4	53.1
Regularly doing load bearing exercise	14.9	19.0	7.3	15.4	15.1	15.3
Avoid carbonated and alcoholic beverages	5.1	3.5	6.0	4.8	4.5	4.7
Eat appropriate food/protein	6.2	3.6	5.6	5.7	4.0	5.4
Medical exams	4.4	2.3	4.3	3.8	4.2	3.9
Other	6.2	8.1	6.9	7.1	5.1	6.8
Don't know	27.4	31.7	36.0	28.1	35.2	29.3
Husbands						
Have heard of osteoporosis?	90.2	85.4	83.0	89.5	82.1	88.3
Signs and symptoms:						
Brittle bones	26.5	24.2	12.6	25.7	19.4	24.7
Frequent broken bones	18.7	21.0	17.1	19.6	17.0	19.2
Pain in the limbs	30.0	31.1	24.2	30.1	28.0	29.8
Fatigue	3.6	4.5	6.2	4.0	4.6	4.1
Unable to move/walk	7.1	4.3	3.6	6.6	3.2	6.1
Other	5.9	2.2	5.2	5.2	3.1	4.9
Don't know	31.6	32.5	44.7	31.4	41.2	33.0
Ways to decrease risk of osteoporosis						
Increase calcium intake	44.7	41.3	28.5	44.2	32.9	42.4
Regularly doing load bearing exercise	9.5	9.9	2.0	9.1	8.1	9.0
Avoid carbonated and alcoholic beverages	4.0	3.7	8.4	4.6	2.9	4.3
Eat appropriate food/protein	8.7	7.5	3.5	8.5	4.6	7.9
Medical exams	7.5	3.7	7.6	6.8	4.6	6.5
Other	8.4	5.1	5.2	7.5	5.6	7.2
Don't know	31.8	40.0	53.0	33.3	49.1	35.8

Table A7.13: Dental hygiene						
	Central	North	South	Urban	Rural	Total (weighted)
Women						
Likelihood that respondents will go to a dental check-up in the next 12 months						
Unlikely	30.0	24.8	22.3	28.5	25.1	27.9
Somewhat likely	10.8	11.1	8.0	10.2	12.8	10.6
Likely	54.1	58.7	60.7	56.1	54.7	55.9
Don't know	5.1	5.4	9.1	5.2	7.4	5.5
Total	1172	484	157	1523	290	1813
Husbands						
Likelihood that respondents will go to a dental check-up in the next 12 months						
Unlikely	28.5	26.3	25.4	27.5	28.4	27.6
Somewhat likely	9.9	10.6	4.1	9.6	9.4	9.5
Likely	60.2	61.3	68.0	61.4	59.9	61.2
Don't know	1.5	1.8	2.6	1.5	2.3	1.7
Total	776	319	105	1006	193	1199
Female youth						
Likelihood that respondents will go to a dental check-up in the next 12 months						
Unlikely	25.2	21.0	15.2	23.0	23.0	23.0
Somewhat likely	7.2	12.0	17.3	9.72	9.4	9.7
Likely	63.6	63.8	65.6	64.15	62.5	63.9
Don't know	4.1	3.3	1.9	3.23	5.44	3.62
Total	278	135	50	381	82	463
Male youth						
Likelihood that respondents will go to a dental check-up in the next 12 months						
Unlikely	28.6	21.4	20.0	26.6	22.5	25.9
Somewhat likely	13.6	11.2	8.1	12.5	12.2	12.4
Likely	56.3	65.8	68.9	59.4	62.8	60.0
Don't know	1.6	1.6	3.0	1.5	2.5	1.7
Total	300	130	43	391	82	473