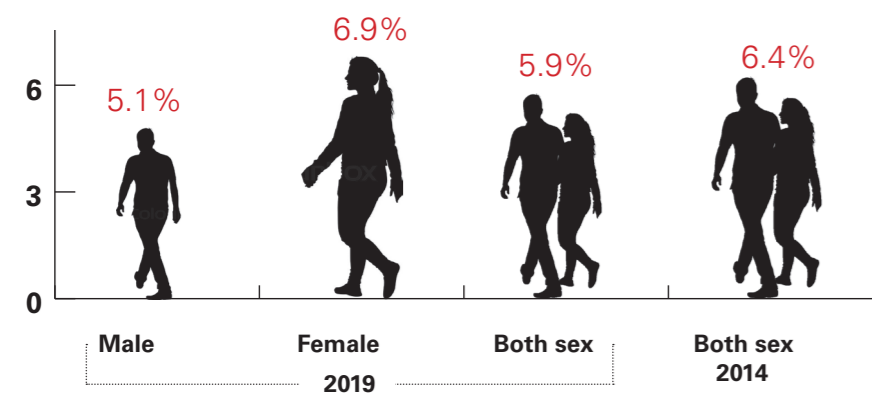
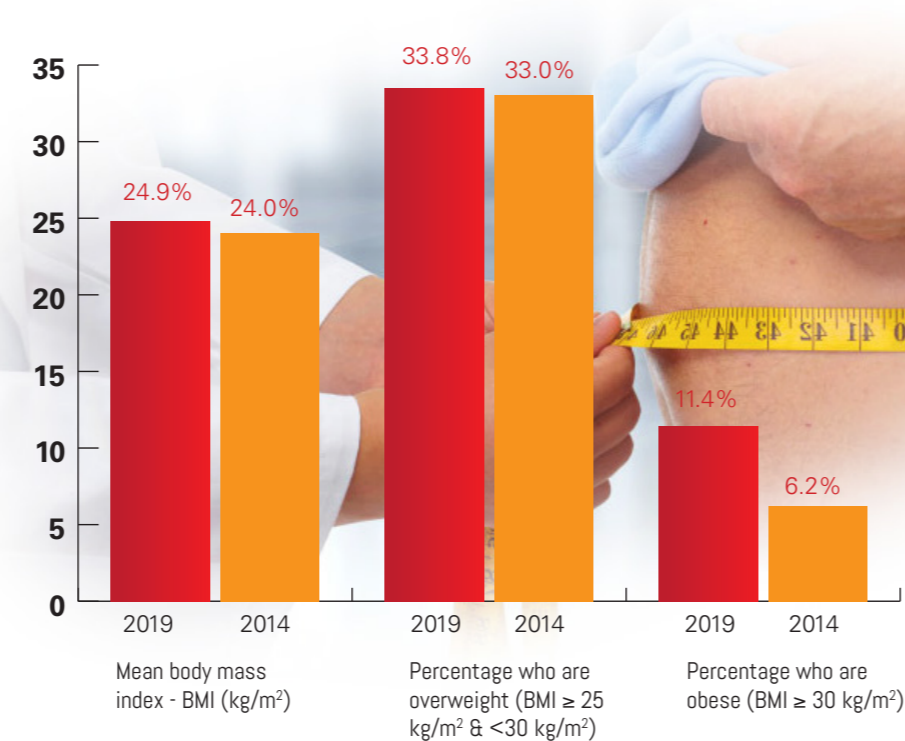


Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)	7.3 [6.2-8.5]	6.5 [5.3-8.1]	8.2 [6.7-10.0]
Median time spent in vigorous activity on an average per day (minutes) (1 <sup>st</sup> and 3 <sup>rd</sup> quartile)	17.1 [0 - 137.1]	42.9 [0 - 180.0]	0 [0 - 77.1]
Median time spent on sedentary activity on a typical day	120 [60 - 180]	120 [60 - 180]	120 [60 - 180]
<b>Oral Health</b>			
Percentage of who saw a dentist in last 12 month	33.6 [30.8-36.4]	32.8 [29.0 - 36.9]	34.4 [31.5 - 37.5]
<b>Mental Health</b>			
Percentage seriously considered attempting suicide in the past 12 months	1.2 [0.8-1.7]	0.8 [0.4-1.5]	1.7 [1.2-2.3]
Percentage with moderate to moderately severe depression	2.0 [1.4-2.7]	1.3 [0.7 -2.2]	2.8 [2.0-3.9]
Percentage with moderate to moderately severe anxiety	1.7 [1.1-2.5]	1.4 [0.7-2.7]	1.9 [1.2 -2.9]

**Percentage with insufficient physical activity for age group 18-69 years (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)**



Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>BMI and Obesity</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	24.8 [24.7 - 25.0]	24.4 [24.2 - 24.5]	25.4 [25.2 - 25.6]
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> & <30 kg/m <sup>2</sup> )	33.5 [32.0-35.0]	31.7 [29.5-34.0]	35.4 [33.5-37.4]
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	11.4 [10.5-12.5]	8.4 [7.1-9.8]	14.9 [13.5-16.3]
Percentage of who are underweight (BMI <18 kg/m <sup>2</sup> )	3.1 [2.5-3.8]	2.3 [1.6-3.3]	3.9 [3.0-5.0]
Percent adults with high WHR (>=0.85 women, >=0.90 men)	52.9 [50.6-55.3]	44.5 [41.1-47.9]	62.4 [60.1-64.8]



Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Raised Blood Pressure, Raised Blood Sugar and Raised Cholesterol Level</b>			
Prevalence of raised BP: Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	28 [26.5-29.6]	31.6 [29.2-34.1]	24 [22.1-26.0]
Prevalence of raised blood sugar: Percentage with raised fasting blood glucose (fasting blood glucose ≥ 126 mg/dl) or currently on medication for raised blood glucose	1.9 [1.5-2.6]	1.8 [1.2-2.8]	2.1 [1.6-2.8]
Percentage with raised total cholesterol (≥ 5 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	11 [9.7-12.5]	9.9 [8.0-12.1]	12.3 [10.7-14.1]
<b>Cardiovascular Disease (CVD) Risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD	3.7 [2.9 - 4.8]	3.0 [2.0 - 4.5]	4.6 [3.3 - 6.3]
<b>Cervical cancer</b>			
Percentage women ever tested for cervical cancer, aged 30 to 49 years	-	-	82.1 [79.6 - 84.4]
Percentage women ever tested for cervical cancer, aged 25 to 65 years	-	-	72.0 [69.2 - 74.7]



# Noncommunicable disease risk factors at a GLANCE

BHUTAN, 2019

The STEPS Survey of non-communicable diseases (NCD) risk factors in Bhutan was carried out from April to June 2019.

The survey interviewed the participants to assess behavioral risk factors and health history related to non-communicable diseases under STEP 1; physical measurements to assess blood pressure, height, weight, waist and hip circumference under STEP 2; and biochemical measurement with rapid diagnostic tests to assess fasting blood glucose and total cholesterol using cardio check spot testing equipment.

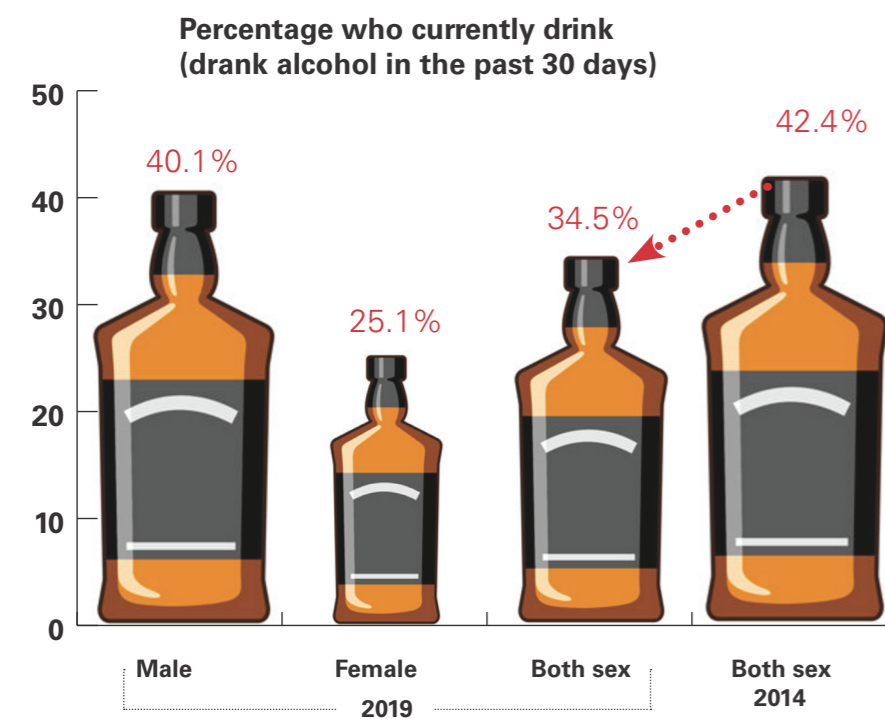


In addition, mean sodium intake of the adult population was estimated by measuring urinary sodium under STEP 3.

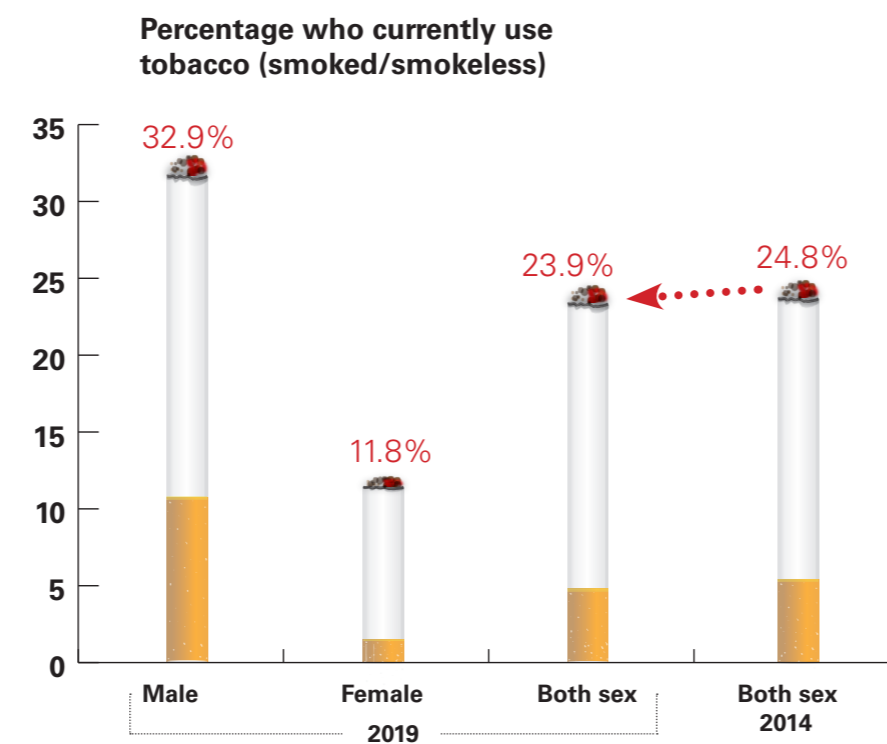
A multistage sample design was used to produce representative data for the age range 15-69 years in Bhutan. A total of 5,575 people were interviewed.



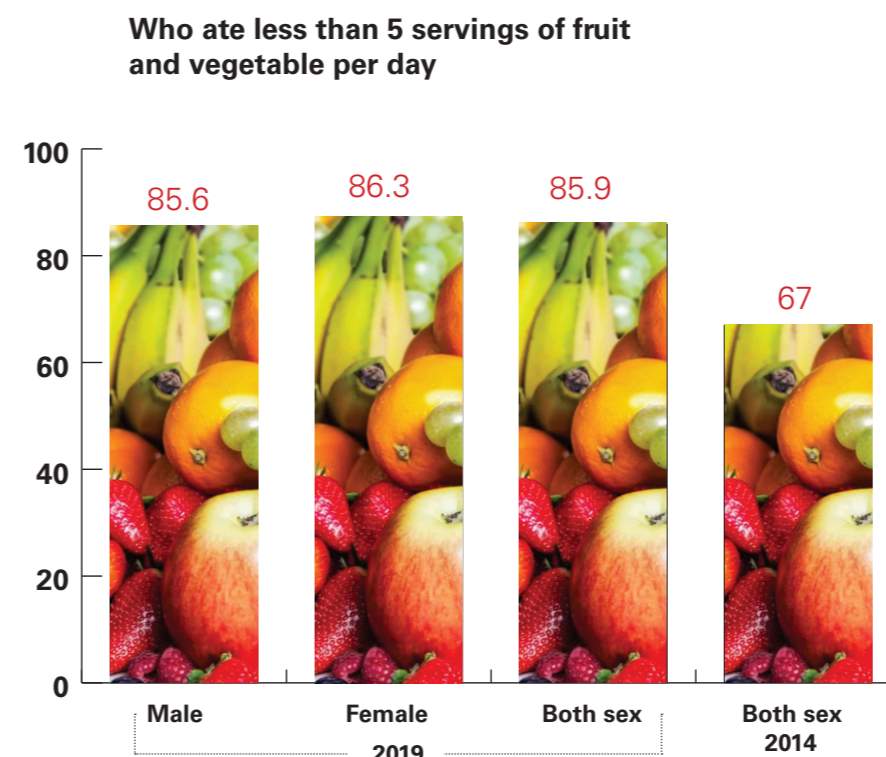
Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Alcohol Consumption</b>			
Percentage who are lifetime abstainers	40.7 [38.3-43.1]	32.7 [29.6-35.9]	49.7 [46.7-52.6]
Percentage who are past 12 month abstainers (former drinker)	164 [14.5-184]	17.2 [14.7-20.0]	154 [13.7-174]
Percentage who currently drink (drank alcohol in the past 12 months)	42.9 [40.8-45.1]	50.1 [47.0-53.2]	34.9 [32.4-37.4]
Percentage who currently drink (drank alcohol in the past 30 days)	33.1 [31.1-35.0]	40.1 [37.3-43.1]	25.1 [23.0-27.4]



Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Tobacco Use</b>			
Percentage who currently use tobacco (smoked/smokeless)	23.9 [21.4-26.6]	32.9 [29.4-36.4]	11.8 [10.1-13.7]
Percentage who currently smoke any tobacco	10.6 [9.2-12.3]	15.2 [13.0-17.7]	3.7 [2.7-5.0]
Percentage who currently use smokeless tobacco	14.7 [12.9-16.7]	20.3 [17.6-23.3]	8.3 [7.0-10.0]
Average age at initiation of smoking (years) among those who smoke daily	20.1 [19.2 - 21.1]	19.9 [18.9-21.0]	20.4 [18.9-21.8]



Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Betel and areca nut use</b>			
Percentage who currently use betel and/or areca nut ( <i>Doma</i> and <i>Paan</i> )	51.8 [49.2 - 54.5]	52.2 [48.8 - 55.5]	51.5 [48.2 - 54.2]
Percentage who currently use betel and/or areca nut on daily basis	20.2 [18.3-22.2]	21.3 [19.1-23.7]	18.9 [16.7-21.4]
Mean number of betel and/or areca nut consumed per week	32.7 [29.4 - 36.0]	39.1 [33.9 - 44.5]	25.4 [22.4 - 28.4]



Results of adults aged 15-69 years	Both sexes (% & 95% CI)	Male (% & 95% CI)	Female (% & 95% CI)
<b>Dietary Habits</b>			
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	86.4 [84.2 - 88.2]	86.1 [83.6 - 88.2]	86.7 [84.2 - 88.9]
Percent of population self-reported as vegetarian	13.7 [11.8-15.8]	11.8 [9.6-14.3]	15.8 [13.7-18.2]
<b>Dietary Salt Intake</b>			
Percentage who always or often eat processed foods high in salt	11.5 [9.8 - 13.4]	11.2 [9.3 - 13.5]	11.7 [9.7 - 14.1]
Mean intake of salt per day (in grams) (based on spot urine examination*(based on Intersalt equation for North America)	8.3 grams [8.2-8.4]	9.1 grams [8.9-9.2]	7.4 grams [7.3-7.5]

