WHO STEPS

Chronic Disease Risk Factor Surveillance

DATA BOOK FOR LEBANON



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PREFACE

The study was conducted in response to the growing need for country-level trends in chronic disease risk factors. Findings are addressed to a highly diversified audience, including researchers, policy makers, and program planners.

Using adapted standardized questions and protocols, the study followed the WHO STEPwise approach to surveillance of non-communicable disease risk factors: questionnaires, physical measurements (anthropometry and blood pressure) and biochemical measurements. In the first step, a nationally representative sample of Lebanese adults aged between 25 and 64 yrs of both sexes was drawn from randomly selected households based on area probability multi-stage sampling: the strata were the Lebanese Governorates, the clusters were selected at the level of districts, urban and rural areas, and the housing units constituted the primary sampling units in the different districts. One adult from each household was selected from the household roster excluding pregnant and lactating women. Also subjects with mental disabilities or learning difficulties were excluded. Care was taken such that the sample was proportional to the age, sex and district distribution of the baseline population in Lebanon (Central Administration of Statistics, 2004). The final sample included 1,982 subjects. Interviews were conducted using a comprehensive questionnaire covering information on socio-demographic characteristics, tobacco and alcohol use, dietary intake, physical activity pattern, general health status and health seeking behaviour. In the second step, blood pressure and anthropometric measurements were taken, using standardized techniques and calibrated equipment. In the third step, a sample of individuals with a cell phone or a landline number and free from self-reported diabetes or hyperlipidemia were contacted. Subjects were either visited in their homes or requested to visit an assigned health center within the neighborhood for overnight fasting venous blood withdrawal (n=273). Fieldwork was carried out between May 2008 and August 2009. The study conduct and protocol has been approved by the Institutional Review Board of the American University of Beirut, and informed consent was obtained from all participants.

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Demographic Information Results

Age group by sex, Lebanon, 2009

Age group and sex of respondents						
Age Group (years)	Men		Women		Both Sexes	
	n	%	n	%	n	%
25-34	318	35.6	389	35.7	707	35.7
35-44	247	27.7	328	30.1	575	29.0
45-54	188	21.1	226	20.8	414	20.9
55-64	140	15.4	146	13.4	286	14.4
25-64	**893**	**45.1**	**1089**	**54.9**	**1982**	**100.0**

Highest level of education, Lebanon, 2009

Highest level of education								
	Men							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Complement -ary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34	318	0.0	0.6	6.0	26.7	29.9	30.8	6.0
35-44	247	1.6	2.8	18.2	29.1	24.3	20.2	3.6
45-54	188	2.1	1.6	23.4	29.8	27.1	13.3	2.7
55-64	140	2.9	5.0	32.9	25.0	15.0	15.7	3.6
25-64	**893**	**1.3**	**2.1**	**17.2**	**27.8**	**25.4**	**21.8**	**4.3**

Highest level of education								
	Women							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Complement -ary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34	389	0.5	0.3	7.7	23.9	29.0	33.2	5.4
35-44	328	3.0	0.6	12.5	28.4	33.8	19.5	2.1
45-54	226	5.8	3.5	14.2	29.2	26.5	18.6	2.2
55-64	146	10.3	10.3	19.9	27.4	22.6	8.9	0.7
25-64	**1089**	**3.7**	**2.4**	**12.1**	**26.8**	**29.1**	**22.8**	**3.1**

Highest level of education								
	Both Sexes							
Age Group (years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Complement -ary school completed	% High school completed	% College/ University completed	% Post graduate degree completed
25-34	707	0.3	0.4	6.9	25.2	29.4	32.1	5.7
35-44	575	2.4	1.6	15.0	28.7	29.7	19.8	2.8
45-54	414	4.1	2.7	18.4	29.5	26.8	16.2	2.4
55-64	286	6.6	7.7	26.2	26.2	18.9	12.2	2.1
25-64	**1982**	**2.6**	**2.3**	**14.4**	**27.2**	**27.4**	**22.4**	**3.6**

Marital status, Lebanon, 2009

Age Group (years)	Marital status: Men					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
25-34	318	65.4	34.0	0.0	0.3	0.0
35-44	247	19.0	77.7	0.8	2.0	0.4
45-54	188	11.2	84.6	1.1	2.1	1.1
55-64	140	3.6	92.9	0.7	1.4	1.4
25-64	**893**	**31.5**	**66.0**	**0.6**	**1.3**	**0.6**

Age Group (years)	Marital status: Women					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
25-34	389	32.4	65.0	0.0	1.8	0.5
35-44	328	8.8	86.9	1.2	0.6	2.4
45-54	226	8.4	79.2	0.4	2.7	9.3
55-64	146	7.5	63.7	0.7	0.7	27.4
25-64	**1089**	**17.0**	**74.4**	**0.6**	**1.5**	**6.5**

Age Group (years)	Marital status: Both Sexes					
	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
25-34	707	47.2	51.1	0.0	1.1	0.3
35-44	575	13.2	83.0	1.0	1.2	1.6
45-54	414	9.7	81.6	0.7	2.4	5.6
55-64	286	5.6	78.0	0.7	1.0	14.7
25-64	**1982**	**23.5**	**70.6**	**0.6**	**1.4**	**3.8**

Employment status, Lebanon, 2009

Age Group (years)	Employment status: Men					
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid	% Unemployed
25-34	318	12.6	39.0	42.1	0.0	6.3
35-44	247	14.2	29.1	51.4	0.0	5.3
45-54	188	9.6	17.0	57.4	0.0	16.0
55-64	140	12.1	15.7	40.0	0.0	32.1
25-64	**893**	**12.3**	**28.0**	**47.6**	**0.0**	**12.1**

Age Group (years)	Employment status: Women					
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid	% Unemployed
25-34	389	5.9	32.1	8.2	0.0	53.7
35-44	328	5.5	11.9	6.4	0.0	76.2
45-54	226	4.9	9.7	8.0	0.4	77.0
55-64	146	5.5	5.5	5.5	1.4	82.2
25-64	**1089**	**5.5**	**17.8**	**7.3**	**0.3**	**69.1**

Age Group (years)	Employment status: Both Sexes					
	n	% Government employee	% Non-government employee	% Self-employed	% Unpaid	% Unemployed
25-34	707	8.9	35.2	23.5	0.0	32.4
35-44	575	9.2	19.3	25.7	0.0	45.7
45-54	414	7.0	13.0	30.4	0.2	49.3
55-64	286	8.7	10.5	22.4	0.7	57.7
25-64	**1982**	**8.6**	**22.4**	**25.4**	**0.2**	**43.4**

Tobacco Use

Cigarette Smoking Status, Lebanon, 2009

Percentage of Cigarette Smokers							
Age Group (years)	Men						
	n	% Current smoker	95% CI	% Past-Smoker	95% CI	% Never Smoked	95% CI
25-34	318	40.5	(34.8;45.7)	2.8	(1.0;4.7)	56.6	(51.1;52.1)
35-44	247	49.4	(43.1;55.7)	5.7	(2.8;8.6)	44.9	(38.7;51.2)
45-54	188	55.3	(48.1;62.5)	9.6	(5.3;1.4)	35.1	(28.2;42.0)
55-64	140	45.7	(37.4;54.1)	15.0	(9.0;2.1)	39.3	(31.1;47.5)
25-64	**893**	**46.8**	**(43.5;50.1)**	**6.9**	**(5.3;8.6)**	**46.1**	**(42.9;49.4)**

Percentage of Cigarette Smokers							
Age Group (years)	Women						
	n	% Current smoker	95% CI	% Past-Smoker	95% CI	% Never Smoked	95% CI
25-34	389	17.5	(13.7;21.3)	1.29	(0.2;2.4)	81.2	(77.3;85.1)
35-44	328	32.9	(27.8;38.0)	2.44	(0.8;4.1)	64.6	(59.4;69.8)
45-54	226	45.6	(39.0;52.1)	5.75	(2.7;8.8)	48.7	(42.1;55.2)
55-64	146	44.5	(36.4;52.7)	6.85	(2.7;11.0)	48.6	(40.4;56.8)
25-64	**1089**	**31.6**	**(28.8;34.4)**	**3.31**	**(2.2;4.4)**	**65.1**	**(62.3;67.9)**

Percentage of Cigarette Smokers							
Age Group (years)	Both Sexes						
	n	% Current smoker	95% CI	% Past-Smoker	95% CI	% Never Smoked	95% CI
25-34	707	27.7	(24.4;31.0)	2.0	(1.0;3.0)	70.2	(66.8;73.5)
35-44	575	40.0	(36.0;44.0)	3.8	(2.3;5.4)	56.2	(52.1;60.2)
45-54	414	50.0	(45.2;54.8)	7.5	(4.9;1.0)	42.5	(37.7;47.3)
55-64	286	45.1	(39.3;50.9)	10.8	(7.2;14.5)	44.1	(38.3;49.8)
25-64	**1982**	**38.5**	**(36.3;40.6)**	**4.9**	**(4.0;5.9)**	**56.6**	**(54.4;58.7)**

Age at initiation of cigarette smoking among those who ever smoked, Lebanon, 2009

Mean age started cigarette smoking									
Age Group (years)	Men			Women			Both Sexes		
	N	Mean age	95% CI	n	Mean age	95% CI	n	Mean age	95% CI
25-34	137	18.1	(17.4;18.8)	73	20.7	(19.6;21.8)	210	19.0	(18.4;19.6)
35-44	136	18.7	(17.8;19.6)	115	20.4	(19.3;21.5)	251	19.5	(18.8;20.2)
45-54	122	18.6	(17.8;19.5)	116	21.8	(20.2;23.2)	238	20.1	(19.3;21.0)
55-64	85	18.7	(17.3;20.1)	74	23.9	(21.7;26.0)	159	21.1	(19.5;22.4)
25-64	**480**	**18.5**	**(18.0;19.0)**	**378**	**21.6**	**(20.8;22.3)**	**858**	**19.9**	**(19.4;20.3)**

Years since cessation of cigarette smoking among ex-smokers, Lebanon, 2009

Mean years since cessation									
Age Group (years)	Men			Women			Both Sexes		
	N	Mean years	95% CI	n	Mean years	95% CI	n	Mean years	95% CI
25-34	8	5.6	(2.3;8.9)	4	5.0	(0.9;9.1)	12	5.4	(3.2;7.6)
35-44	14	6.1	(3.9;8.4)	8	6.4	(0.0;13.1)	22	6.2	(3.7;8.7)
45-54	16	11.5	(6.1;16.9)	13	10.1	(5.3;14.8)	29	10.9	(7.4;14.3)
55-64	20	12.5	(8.7;16.2)	10	6.5	(2.7;10.3)	30	10.5	(7.6;13.3)
25-64	**58**	**9.7**	**(7.6;11.8)**	**35**	**7.6**	**(5.3;10.0)**	**93**	**8.9**	**(7.4;10.5)**

Arguileh Smoking Status, Lebanon, 2009

Percentage of Current Arguileh Smokers									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	318	34.3	(29.0;39.5)	389	31.4	(26.7;36.0)	707	32.7	(29.2;36.1)
35-44	247	22.7	(17.4;27.9)	328	18.6	(14.4;22.8)	575	20.4	(17.0;23.6)
45-54	188	15.4	(10.2;20.6)	226	14.6	(10.0;19.2)	414	15.0	(11.5;18.4)
55-64	140	10.0	(5.0;15.0)	146	13.0	(7.5;18.5)	286	11.3	(7.8;15.3)
25-64	**893**	**23.3**	**(20.5;26.1)**	**1089**	**21.6**	**(19.1;24.0)**	**1982**	**22.4**	**(20.5;24.2)**

Alcohol Consumption

Alcohol consumption status, Lebanon, 2009

Alcohol consumption status					
Age Group (years)	Men				
	n	% Current drinker (past 30 days)	95% CI	% Drink in past 12 months	95% CI
25-34	318	36.8	(31.5;42.1)	58.5	(53.0;63.9)
35-44	247	29.2	(23.4;34.9)	48.6	(42.3;54.9)
45-54	188	31.9	(25.2;38.6)	52.7	(45.5;59.9)
55-64	140	28.6	(21.0;36.1)	55.7	(47.4;64.0)
25-64	**893**	**32.4**	**(29.3;35.4)**	**54.1**	**(50.8;57.4)**

Alcohol consumption status					
Age Group (years)	Women				
	n	% Current drinker (past 30 days)	95% CI	% Drink in past 12 months	95% CI
25-34	389	11.1	(7.9;14.2)	31.1	(26.5;35.7)
35-44	328	9.5	(6.3;12.6)	25.0	(20.3;29.7)
45-54	226	10.6	(6.6;14.7)	34.5	(28.3;40.8)
55-64	146	13.0	(7.5;18.5)	33.6	(25.8;41.3)
25-64	**1089**	**10.7**	**(8.9;12.6)**	**30.3**	**(27.6;33.0)**

Alcohol consumption status					
Age Group (years)	Both Sexes				
	n	% Current drinker (past 30 days)	95% CI	% Drink in past 12 months	95% CI
25-34	707	22.6	(19.5;25.7)	43.4	(39.8; 47.1)
35-44	575	17.9	(14.8;21.1)	35.1	(31.2;39.0)
45-54	414	20.3	(16.4;24.2)	42.8	(38.0;47.5)
55-64	286	20.6	(15.9;25.3)	44.4	(38.6;50.2)
25-64	**1982**	**20.5**	**(18.7;22.3)**	**41.0**	**(38.9;43.2)**

Frequency of alcohol consumption among past twelve months drinkers, Lebanon, 2009

Frequency of alcohol consumption in the past 12 months											
	Men										
Age Group (yrs)	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34	186	6.5	(2.9;10.0)	2.2	(0.04;4.3)	44.6	(37.4;51.8)	9.7	(5.4;14.0)	37.1	(30.1;44.1)
35-44	120	8.3	(3.3;13.4)	1.7	(0.0;4.0)	42.5	(33.5;51.5)	7.5	(2.7;12.3)	40.0	(31.1;49.0)
45-54	99	11.1	(4.8;17.4)	2.0	(0.0;4.8)	40.4	(30.6,50.2)	7.1	(1.9;12.2)	38.4	(29.6;49.2)
55-64	78	16.7	(8.2;25.1)	5.1	(0.1;10.0)	24.4	(14.6;34.1)	5.1	(0.1;10.1)	48.7	(37.4;60.1)
25-64	**483**	**9.5**	**(6.9;12.2)**	**2.5**	**(1.0;3.9)**	**40.0**	**(35.6;44.3)**	**7.9**	**(5.5;10.3)**	**40.2**	**(35.8;44.6)**

Frequency of alcohol consumption in the past 12 months											
	Women										
Age Group (yrs)	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34	121	0.8	(0.0;2.5)	0.0	0	21.5	(14.1;28.9)	13. 2	(7.1;19.3)	64.5	(55.8;73.1)
35-44	82	0.0	0	0.0	0	22.0	(12.8;31.1)	15.6	(7.8;23.9)	62.2	(51.5;72.9)
45-54	78	0.0	0	0.0	0	23.1	(13.5;32.6)	7.7	(1.6;13.7)	69.2	(58.8;0.80)
55-64	49	4.1	(0.0;9.8)	0.0	0	24.5	(12.0;37.0)	10.2	(1.4;19.0)	61.2	(47.1;75.4)
25-64	**330**	**0.9**	**(0.0;1.9)**	**0.0**	**0**	**22.4**	**(17.9;26.9)**	**12.1**	**(8.6;15.7)**	**64.6**	**(59.4;69.7)**

Frequency of alcohol consumption in the past 12 months											
	Both Sexes										
Age Group (yrs)	n	% Daily	95% CI	% 5-6 days p. week	95% CI	% 1-4 days p. week	95% CI	% 1-3 days p. month	95% CI	% < once a month	95% CI
25-34	307	4.2	(2.0;6.5)	1.3	(0.03;2.6)	35.5	(30.1;40.9)	11.1	(7.5;14.6)	47.9	(42.3;53.5)
35-44	202	5.0	(1.9;8.0)	1.0	(0.0;2.4)	34.2	(27.6;40.8)	10.9	(6.6;15.2)	49.0	(42.1;56.0)
45-54	177	6.2	(2.6;9.8)	1.1	(0.0;2.7)	32.8	(25.8;39.8)	7.3	(3.5;11.2)	52.5	(45.1;60.0)
55-64	127	11.8	(6.1;17.5)	3.2	(0.07;6.23)	24.4	(16.8;32.0)	7.1	(2.6;11.6)	53.5	(44.8;62.3)
25-64	**813**	**6.0**	**(4.4;7.7)**	**1.5**	**(0.6;2.3)**	**32.8**	**(29.6;36.1)**	**9.6**	**(7.6;11.6)**	**50.1**	**(46.6;53.5)**

Largest number of drinks consumed during a single occasion in the past 30 days among past 12 months drinkers, Lebanon, 2009

Mean maximum number of drinks consumed on one occasion in the past 30 days									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI	n	Mean maximum number	95% CI
25-34	184	5.2	(4.6;5.9)	120	1.9	(1.6;2.1)	304	3.9	(3.4;4.4)
35-44	118	5.6	(4.5;6.7)	80	1.9	(1.5;2.3)	198	4.1	(3.4;4.8)
45-54	99	4.1	(3.1;5.2)	76	1.8	(1.2;2.4)	175	3.1	(2.5;3.8)
55-64	77	3.0	(2.3;3.8)	49	1.4	(1.0;1.7)	126	2.4	(1.9;2.9)
25-64	**478**	**4.7**	**(4.3;5.2)**	**325**	**1.8**	**(1.6;2.0)**	**803**	**3.5**	**(3.2;3.8)**

Percentage of men who had five or more/women who had four or more drinks on any day in the past 30 days during a single occasion among the total population, Lebanon, 2009

Five/four or more drinks on a single occasion at least once during the past 30 days among total population						
Age Group (years)	Men			Women		
	n	% ≥ 5 drinks	95% CI	n	% ≥ 4drinks	95% CI
25-34	318	29.3	(24.2;34.3)	389	3.9	(1.9;5.8)
35-44	247	21.9	(16.7;27.1)	328	4.6	(2.3;6.8)
45-54	188	17.6	(12.1;23.0)	226	5.8	(2.7;8.8)
55-64	140	17.1	(10.8;23.5)	146	6.9	(2.7;10.9)
25-64	**893**	**22.8**	**(20.1;25.6)**	**1089**	**4.9**	**(3.6;6.1)**

Mean number of times in the past 30 days on which current drinker drank five (for men)/four (for women) or more drinks during a single occasion among past 12 months drinkers, Lebanon, 2009

Mean number of times with five/four or more drinks during a single occasion in the past 30 days among current drinkers						
Age Group (years)	Men			Women		
	n	Mean number of times	95% CI	n	Mean number of times	95% CI
25-34	186	2.4	(1.7;3.1)	121	0.2	(0.1;0.3)
35-44	120	2.6	(1.7;3.6)	80	0.6	(0.2;0.9)
45-54	99	2.6	(1.3;3.9)	78	0.5	(0.1;0.8)
55-64	78	2.5	(0.9;4.0)	49	1.0	(0.0;2.2)
25-64	**483**	**2.5**	**(2.0;3.0)**	**328**	**0.5**	**(0.3;0.7)**

Food Consumption

Mean number of meals per week eaten outside a home, Lebanon, 2009

Mean number of meals eaten outside a home									
Age Group (years)	Men			Women			Both Sexes		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
25-34	318	2.3	(2.1;2.4)	389	1.3	(0.9;1.7)	707	1.7	(1.5;2.0)
35-44	247	1.6	(1.4;1.8)	328	0.4	(0.3;0.5)	575	0.9	(0.8;1.0)
45-54	188	0.9	(0.7;1.1)	226	0.4	(0.3;0.5)	414	0.6	(0.5;0.7)
55-64	140	1.2	(0.1;2.3)	146	0.3	(0.2;0.4)	286	0.7	(0.2;1.2)
25-64	**893**	**1.6**	**(1.4;1.8)**	**1089**	**0.7**	**(0.5;0.8)**	**1982**	**1.1**	**(1.0;1.2)**

Physical Activity

Introduction

A population's physical activity (or inactivity) can be described in different ways. The two most common ways are
(1) to estimate a population's mean or median physical activity using a continuous indicator such as MET-minutes per week or time spent in physical activity, and
(2) to classify a certain percentage of a population as 'inactive' by setting up a cut-point for a specific amount of physical activity.

When analyzing GPAQ data, both continuous as well as categorical indicators are used.

Metabolic Equivalent (MET)

METs (Metabolic Equivalents) are commonly used to express the intensity of physical activities, and are also used for the analysis of GPAQ data.

Applying MET values to activity levels allows us to calculate total physical activity. MET is the ratio of a person's working metabolic rate relative to the resting metabolic rate. One MET is defined as the energy cost of sitting quietly, and is equivalent to a caloric consumption of 1 kcal/kg/hour. For the analysis of GPAQ data, existing guidelines have been adopted: It is estimated that, compared to sitting quietly, a person's caloric consumption is four times as high when being moderately active, and eight times as high when being vigorously active.

Therefore, for the calculation of a person's total physical activity using GPAQ data, the following MET values are used:

Domain	MET value
Work	• Moderate MET value = 4.0 • Vigorous MET value = 8.0
Transport	Cycling and walking MET value = 4.0
Recreation	• Moderate MET value = 4.0 • Vigorous MET value = 8.0

Categorical indicator

For the calculation of a categorical indicator, the total time spent in physical activity during a typical week, the number of days as well as the intensity of the physical activity are taken into account.
The three levels of physical activity suggested for classifying populations are low, moderate, and high. The criteria for these levels are shown below.

- **High**

A person reaching any of the following criteria is classified in this category:
- Vigorous-intensity activity on at least 3 days achieving a minimum of at least 1,500 MET-minutes/week OR

- 7 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 3,000 MET-minutes per week.

- **Moderate**

A person not meeting the criteria for the "high" category, but meeting any of the following criteria is classified in this category:
- 3 or more days of vigorous-intensity activity of at least 20 minutes per day OR
- 5 or more days of moderate-intensity activity or walking of at least 30 minutes per day OR
- 5 or more days of any combination of walking, moderate- or vigorous-intensity activities achieving a minimum of at least 600 MET-minutes per week.

- **Low**

A person not meeting any of the above mentioned criteria falls in this category.

Percentage of respondents classified into three categories of total physical activity, Lebanon, 2009

Age Group (years)	Level of total physical activity – Men						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34	318	55.4	(49.9;60.8)	19.2	(14.8;23.5)	25.5	(20.7;30.3)
35-44	247	55.5	(49.2;61.7)	25.1	(19.7;30.5)	19.4	(14.5;24.4)
45-54	188	50.0	(42.8;57.2)	30.3	(23.7;36.9)	19.7	(13.9;25.4)
55-64	140	43.6	(35.3;51.9)	36.4	(28.4;44.5)	20.0	(13.3;26.7)
25-64	**893**	**52.4**	**(49.1;55.7)**	**25.9**	**(23.0;28.7)**	**21.7**	**(19.0;24.4)**

Age Group (years)	Level of total physical activity – Women						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34	389	52.0	(46.9;56.9)	29.8	(25.3;34.4)	18.3	(14.4;22.1)
35-44	328	32.6	(27.5; 37.7)	39.6	(34.3;45.0)	27.7	(22.9;32.6)
45-54	226	33.6	(27.4;39.8)	41.6	(35.1;48.1)	24.8	(19.1;30.5)
55-64	146	37.0	(29.1;44.9)	36.3	(28.4;44.2)	26.7	(19.5;34.0)
25-64	**1089**	**40.3**	**(37.4;43.2)**	**36.1**	**(33.2;38.9)**	**23.6**	**(21.1;26.1)**

Age Group (years)	Level of total physical activity – Both Sexes						
	n	% Low	95% CI	% Moderate	95% CI	% High	95% CI
25-34	707	53.5	(49.8;57.2)	25.0	(21.8;28.2)	21.5	(18.5;24.5)
35-44	575	42.4	(38.4;46.5)	33.4	(29.5;37.3)	24.2	(20.7;27.7)
45-54	414	41.1	(36.3;45.8)	36.5	(31.8;41.1)	22.5	(18.4;26.5)
55-64	286	40.2	(34.5;45.9)	36.4	(30.8;42.0)	23.4	(18.5;28.4)
25-64	**1982**	**45.8**	**(43.6;48.0)**	**31.5**	**(29.4;33.5)**	**22.8**	**(20.9;24.6)**

Mean minutes of total physical activity on average per day, Lebanon, 2009

Mean minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean minutes	95% CI	n	Mean minutes	95% CI	n	Mean minutes	95% CI
25-34	318	90.7	(78.1;103.3)	389	98.5	(88.5;108.5)	707	95.0	(87.1;102.9)
35-44	247	88.1	(73.7;102.5)	328	145.1	(133.4;156.9)	575	120.7	(111.3;130.0)
45-54	188	98.2	(80.7;115.7)	226	134.1	(120.2;147.7)	414	117.7	(106.7;128.7)
55-64	140	98.4	(77.9;119.1)	146	106.2	(89.8;122.6)	286	102.4	(89.4;115.4)
25-64	**893**	**92.8**	**(85.1;100.5)**	**1089**	**120.9**	**(114.7;127.2)**	**1982**	**108.3**	**(103.3;113.2)**

Median minutes of total physical activity on average per day, Lebanon, 2009

Median minutes of total physical activity on average per day									
Age Group (years)	Men			Women			Both Sexes		
	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)	n	Median minutes	Inter-quartile range (P25-P75)
25-34	318	60.0	(0.0-130.0)	389	60.0	(15.0-150.0)	707	60.0	(15.0-135.0)
35-44	247	45.0	(0.0-120.0)	328	120.0	(60.0-200.0)	575	90.0	(30.0-180.0)
45-54	188	60.0	(10.0-138.8)	226	120.0	(60.0-180.0)	414	90.0	(30.0-180.0)
55-64	14.	60.0	(15.0-120.0)	146	75.0	(28.0-180.0)	286	60.0	(18.8-150.0)
25-64	**893**	**60.0**	**(10.0-120.0)**	**1089**	**110.0**	**(30.0-180.0)**	**1982**	**75.0**	**(20.0-180.0)**

Percentage of respondents not engaging in vigorous physical activity, Lebanon, 2009

No vigorous physical activity									
Age Group (years)	Men			Women			Both Sexes		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
25-34	318	68.2	(63.1;73.4)	389	89.2	(86.1;92.3)	707	79.8	(76.8;82.7)
35-44	247	80.6	(75.6;85.5)	328	91.2	(88.1;94.2)	575	86.6	(83.8;89.4)
45-54	188	84.6	(79.4;89.8)	226	92.5	(89.0;96.0)	414	88.9	(85.8;91.9)
55-64	140	80.0	(73.3;86.7)	146	90.4	(85.6;95.2)	286	85.3	(81.9;89.4)
25-64	**893**	**76.9**	**(74.2;79.7)**	**1089**	**90.6**	**(88.9;92.4)**	**1982**	**84.5**	**(82.9;86.1)**

Minutes spent in sedentary activities on a typical day, Lebanon, 2009

Minutes spent in sedentary activities on average per day					
Age Group (years)	Men				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34	317	585.0	(561.1;609.0)	600.0	(420.0-720.0)
35-44	246	612.4	(586.6;638.2)	600.0	(480.0-720.0)
45-54	187	633.9	(601.0;666.7)	660.0	(480.0-840.0)
55-64	140	665.6	601.1;730.0)	600.0	(540.0-780.0)
25-64	**890**	**615.5**	**(599.0;632.1)**	**600.0**	**(480.0-780.0)**

Minutes spent in sedentary activities on average per day					
Age Group (years)	Women				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34	387	559.8	(514.1;605.6)	540.0	(360.0-660.0)
35-44	326	553.8	(532.6;575.0)	600.0	(420.0-720.0)
45-54	224	568.7	(543.6;593.7)	600.0	(420.0-720.0)
55-64	146	591.4	(528.2;654.6)	600.0	(420.0-720.0)
25-64	**1083**	**564.1**	**(544.0;584.2)**	**540.0**	**(420.0-720.0)**

Minutes spent in sedentary activities on average per day					
Age Group (years)	Both Sexes				
	n	Mean minutes	95% CI	Median minutes	Inter-quartile range (P25-P75)
25-34	704	571.2	(543.9;598.5)	540.0	(420.0-720.0)
35-44	572	579.0	(562.5;595.5)	600.0	(420.0-720.0)
45-54	411	598.3	(578.0;618.7)	600.0	(480.0-780.0)
55-64	286	627.7	(582.6;672.7)	600.0	(480.0-720.0)
25-64	**1973**	**587.3**	**(573.9;600.7)**	**600.0**	**(420.0-720.0)**

Blood Pressure, Diabetes and Cholesterol History

Blood pressure measurement and diagnosis among all respondents, Lebanon, 2009

Instrument questions:

- Have you ever had your blood pressure measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

Blood pressure measurement and diagnosis					
Age Group (years)	Men				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	318	29.9	(24.8;34.9)	4.7	(2.4;7.1)
35-44	247	22.0	(16.7;27.2)	8.5	(5.0;12.0)
45-54	188	13.4	(8.4;18.3)	19.7	(13.9;25.4)
55-64	140	5.7	(1.8;9.6)	32.1	(24.3;40.0)
25-64	**893**	**20.4**	**(17.8;23.1)**	**13.2**	**(11.0;15.4)**

Blood pressure measurement and diagnosis					
Age Group (years)	Women				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	389	15.8	(12.1;19.4)	2.3	(0.8;3.8)
35-44	328	16.2	(12.2;20.2)	7.0	(4.2;9.8)
45-54	226	8.0	(4.4;11.5)	21.7	(16.3;27.1)
55-64	146	3.4	(0.4;6.4)	50.7	(42.5;58.9)
25-64	**1089**	**12.6**	**(10.6;14.6)**	**14.2**	**(12.2;16.3)**

Blood pressure measurement and diagnosis					
Age Group (years)	Both sexes				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	707	22.1	(19.1;25.2)	3.4	(2.1;4.7)
35-44	575	18.6	(15.4;21.8)	7.7	(5.5;9.8)
45-54	414	10.4	(7.5;13.4)	20.8	(16.8;24.7)
55-64	286	4.6	(3.1;7.0)	41.6	(35.9;47.4)
25-64	**1,982**	**16.1**	**(14.5;17.7)**	**13.8**	**(12.3;15.3)**

Raised blood pressure treatment results among those previously diagnosed with raised blood pressure, Lebanon, 2009

Currently taking blood pressure drugs prescribed by doctor or health worker among those diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
25-34	15	33.3	(6.3;60.4)	9	44.4	(3.9;85.0)	24	37.5	(16.6;58.4)
35-44	21	57.1	(34.1;80.2)	23	52.2	(30.1;74.3)	44	54.6	(39.2;69.9)
45-54	37	81.1	(67.8;94.3)	49	85.7	(75.6;95.9)	86	83.7	(75.8;91.7)
55-64	45	95.6	(89.3;101.8)	74	93.2	(87.4;99.1)	119	94.1	(89.8;98.4)
25-64	**118**	**76.3**	**(68.5;84.1)**	**155**	**81.9**	**(75.8;88.1)**	**273**	**79.5**	**(74.7;84.3)**

Currently following a special diet advised by doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	15	33. 3	(6.3;60.4)	9	66.7	(28.2;105.1)	24	45.8	(24.3;67.3)
35-44	21	76.2	(56.3;96.1)	23	52.1	(30.1;74.3)	44	63.6	(48.8;78.4)
45-54	37	70.3	(54.8;85.7)	49	71.4	(58.3;84.5)	86	70.9	(61.1;80.7)
55-64	45	80.0	(67.8;92.2)	74	73.0	(62.6;83.3)	119	75.6	(67.8;83.5)
25-64	**118**	**70.3**	**(62.0;78.7)**	**155**	**69.0**	**(61.7;76.4)**	**273**	**69.6**	**(64.1;75.1)**

Currently doing exercises after advice from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	15	33.3	(6.3;60.4)	9	44.4	(3.9;85.0)	24	37.5	(16.7;58.4)
35-44	21	52.4	(29.1;75.7)	23	47.8	(25.7;69.9)	44	50.0	(34.6;65.4)
45-54	37	37.8	(21.4;54.2)	49	42.9	(28.5;57.2)	86	40.7	(30.1;51.3)
55-64	45	55.6	(40.5;70.7)	74	40.5	(29.1;52.0)	119	46.2	(37.1;55.3)
25-64	**118**	**46.6**	**(37.5;55.7)**	**155**	**42.6**	**(34.7;50.5)**	**273**	**44.3**	**(38.4;50.3)**

Percentage of respondents who have sought advice or received treatment from traditional healers for raised blood pressure among those previously diagnosed with raised blood pressure, Lebanon, 2009

Seen a traditional healer within the past twelve months among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	15	0.0	0	9	11.1	(0.0;36.7)	24	4.2	(0.0;12.8)
35-44	21	9.5	(0.0;23.2)	23	4.4	(0.0;13.4)	44	6.8	(0.0;14.6)
45-54	37	2.7	(0.0;8.2)	49	4.1	(0.0;9.8)	86	3.5	(0.0;7.4)
55-64	45	2.2	(0.0;6.7)	74	4.1	(0.0;8.7)	119	3.4	(0.08;6.65)
25-64	**118**	**3.4**	**(0.08;6.70)**	**155**	**4.5**	**(1.2;7.8)**	**273**	**4.0**	**(1.7;6.4)**

Currently taking herbal or traditional remedy for high blood pressure among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	15	0.0	0	9	11.1	(0.0;36.7)	24	4.2	(0.0;12.8)
35-44	21	4.8	(0.0;14.7)	23	4.4	(0.0;13.4)	44	4.6	(0.0;11.0)
45-54	37	0.0	0	49	0.0	0	86	0.0	0
55-64	45	2.2	(0.0;6.7)	74	1.4	(0.0;4.0)	119	1.7	(0.0;4.0)
25-64	**118**	**1.7**	**(0.0;4.1)**	**155**	**1.9**	**(0.0;4.1)**	**273**	**1.8**	**(0.2;3.4)**

Diabetes measurement and diagnosis among all respondents, Lebanon, 2009

Instrument questions:

- Have you ever had your blood sugar measured by a doctor or other health worker?
- Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

Blood sugar measurement and diagnosis					
Age Group (years)	Men				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	318	50.9	(45.4;56.5)	0.9	(0.0;2.0)
35-44	247	39.7	(33.5;45.8)	2.8	(0.8;4.9)
45-54	188	25.5	(19.2;31.8)	12.8	(8.0;17.6)
55-64	140	10.7	(5.5;15.9)	21.4	(14.5;28.3)
25-64	**893**	**36.2**	**(33.0;39.3)**	**7.2**	**(5.5;8.9)**

Blood sugar measurement and diagnosis					
Age Group (years)	Women				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	389	32.6	(28.0;37.3)	1.0	(0.02;2.04)
35-44	328	27.7	(22.9;32.6)	2.7	(1.0;4.5)
45-54	226	14.2	(9.6;18.7)	4.9	(2.0;7.7)
55-64	146	9.6	(4.8;14.4)	19.2	(12.7;25.6)
25-64	**1089**	**24.2**	**(21.7;26.8)**	**4.8**	**(3.5;6.0)**

Blood sugar measurement and diagnosis					
Age Group (years)	Both sexes				
	n	% Never measured	95% CI	% diagnosed	95% CI
25-34	707	40.9	(37.2;44.5)	1.0	(0.3;1.7)
35-44	575	27.7	(29.0;36.7)	2.8	(1.4;4.1)
45-54	414	14.2	(15.5;23.1)	8.5	(5.8;11.1)
55-64	286	9.6	(6.6;13.7)	20.3	(15.6;25.0)
25-64	**1982**	**29.6**	**(27.6;31.6)**	**5.9**	**(4.8;6.9)**

Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes, Lebanon, 2009

Currently taking insulin prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	N	% taking insulin	95% CI
25-34	2	0.0	0	3	0. 0	0	5	0.00	0
35-44	6	0.0	0	7	14.3	(0.0;49.2)	13	7.7	(0.0;24.5)
45-54	24	8.3	(0.0;20.3)	11	9.1	(0.0;29.3)	35	8.6	(0.0;18.3)
55-64	28	7.1	(0.0;17.3)	28	7.1	(0.0;17.3)	56	7.1	(0.2;14.1)
25-64	**60**	**6.7**	**(0.2;13.2)**	**49**	**8.2**	**(0.2;16.1)**	**109**	**7.3**	**(2.4;12.3)**

Currently taking oral drugs prescribed for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	N	% taking meds	95% CI
25-34	3	100.0	(1;1)	3	33.3	(0.0;176.7)	6	66.7	(12.5;120.9)
35-44	7	28.6	(0.0;73.7)	7	57.1	(7.7;106.5)	14	42.9	(13.2;72.5)
45-54	24	79.2	(61.6;96.7)	11	54.6	(19.5;89.6)	35	71.4	(55.7;87.2)
55-64	30	90.0	(78.6;101.4)	28	89.3	(77.1;101.5)	58	89.7	(81.6;97.7)
25-64	**64**	**79.7**	**(69.6;89.8)**	**49**	**73.5**	**(60.7;86.3)**	**113**	**77.0**	**(69.1;84.9)**

Percentage of respondents who received diabetes lifestyle advice from a doctor or health worker among those previously diagnosed with diabetes, Lebanon, 2009

Currently following special diet after advise from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	3	100.0	(1;1)	3	33.3	(0.0;176.8)	6	66.7	(12.5;120.9)
35-44	7	85.7	(50.8;120.7)	7	100.0	(1;1)	14	92.9	(77.4;108.2)
45-54	24	87.5	(73.2;101.8)	11	81.8	(54.6;109.0)	35	85.7	(73.5;97.9)
55-64	30	83.3	(69.2;97.5)	28	75.0	(57.9;92.1)	58	79.3	(68.6;90.1)
25-64	**64**	**85.9**	**(77.2;94.7)**	**49**	**77.6**	**(65.4;89.7)**	**113**	**82.3**	**(75.2;89.4)**

Currently trying to lose weight after advise from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	3	66.7	(0.0;210.1)	3	66.7	(0.0;210.1)	6	66.7	(12.5;120.9)
35-44	7	57.1	(7.7;106.6)	7	42.9	(0.0;92.3)	14	50.0	(20.0;80.0)
45-54	24	58.3	(37.1;79.6)	11	45.5	(10.4;80.5)	35	54.3	(36.9;71.6)
55-64	30	60.0	(41.4;78.6)	28	39.3	(20.0;58.6)	58	50.0	(36.7;63.3)
25-64	**64**	**59.4**	**(47.0;71.7)**	**49**	**42.9**	**(28.5;57.2)**	**113**	**52.2**	**(42.9;61.6)**

Currently doing exercises after Advise from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	3	100.0	(1;1)	3	33.3	(0.0;176.8)	6	66.7	(12.4;120.9)
35-44	7	71.4	(26.3;116.6)	7	71.4	(26.3;116.6)	14	71.4	(44.4;98.5)
45-54	24	70.8	(51.2;90.4)	11	54.6	(19.5;89.6)	35	65.7	(49.2;82.3)
55-64	30	50.0	(31.0;69.0)	28	64.3	(45.4;83.2)	58	56.9	(43.8;70.0)
25-64	**64**	**62.5**	**(50.3;74.7)**	**49**	**61.2**	**(47.1;75.4)**	**113**	**62.0**	**(52.9;71.0)**

Percentage of respondents who sought advice or treatment from traditional healers for diabetes among those previously diagnosed, Lebanon, 2009

Seen a traditional healer for diabetes within the past 12 months among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	3	0.0	0	3	0.0	0	6	0.0	0
35-44	7	0.0	0	7	14.3	(0.0;49.2)	14	7.1	(0.0;22.6)
45-54	24	12.5	(0.0;26.8)	11	9.1	(0.0;29.3)	35	11.4	(0.3;22.5)
55-64	30	3.3	(0.0;10.2)	28	3.6	(0.0;10.9)	58	3.5	(0.0;8.3)
25-64	**64**	**6.3**	**(0.2;12.3)**	**49**	**6.1**	**(0.0;13.1)**	**113**	**6.2**	**(1.7;10.7)**

Currently taking herbal or traditional treatment for diabetes among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	3	0.0	0	3	0.0	0	6	0.0	0
35-44	7	0.0	0	7	0.0	0	14	0.0	0
45-54	24	4.2	(0.0;12.8)	11	0.0	0	35	2.9	(0.0;8.7)
55-64	30	3.3	(0.0;10.2)	28	3.6	(0.0;10.9)	58	3.5	(0.0;8.3)
25-64	**64**	**3.1**	**(0.0;7.5)**	**49**	**2.0**	**(0.0;6.1)**	**113**	**2.7**	**(0.0;5.7)**

Percentage of participants previously diagnosed with diabetes who, as part of their diabetes control, have had their eyes examined within the past 2 years, more than 2 years ago or never, Lebanon, 2009*

Time of last eye exam, as part of diabetes control, among those diagnosed with diabetes							
Age Group (years)	Men						
	n	% within the past 2 years	95% CI	% more than 2 years ago	95% CI	% never	95% CI
25-34	3	33.3	(0.0;176.8)	0.0	0	66.7	(0.0;210.1)
35-44	7	28.6	(0.0;73.7)	0.0	0	71.4	(26.3;116.6)
45-54	24	50.0	(28.4;71.6)	4.2	(0.0;12.8)	45.8	(24.3;67.3)
55-64	30	56.7	(37.8;75.5)	13.3	(0.4;26.2)	26.7	(9.9;43.5)
25-64	**64**	**50.00**	**(37.4;62.6)**	**7.8**	**(1.1;14.6)**	**40.6**	**(28.3;53.0)**

Time of last eye exam, as part of diabetes control, among those diagnosed with diabetes							
Age Group (years)	Women						
	n	% within the past 2 years	95% CI	% more than 2 years ago	95% CI	% never	95% CI
25-34	3	33.3	(0.0;176.8)	0.0	0	33.3	(0.0;176.8)
35-44	7	57.1	(7.7;106.6)	0.0	0	42.9	(0.0;9.3)
45-54	11	45.5	(10.4;80.5)	18.8	(0.0;45.4)	36.4	(2.5;70.3)
55-64	28	64.3	(45.4;83.2)	10.7	(0.0;22.9)	25.0	(7.9;42.1)
25-64	**49**	**57.1**	**(42.8;71.5)**	**10.2**	**(0.4;23.2)**	**30.6**	**(17.2;44.0)**

Time of last eye exam, as part of diabetes control, among those diagnosed with diabetes							
Age Group (years)	Both sexes						
	n	% within the past 2 years	95% CI	% more than 2 years ago	95% CI	% never	95% CI
25-34	6	33.3	(0.0;87.5)	0.0	0	50.0	(0.0;107.5)
35-44	14	42.9	(13.2;72.5)	0.0	0	57.1	(27.5;86.8)
45-54	35	48.6	(31.2;66.0)	8.6	(0.0;18.3)	42.9	(25.6;60.1)
55-64	58	60.3	(47.4;73.3)	12.1	(3.4;20.7)	25.9	(14.2;37.5)
25-64	**113**	**53.1**	**(43.8;62.4)**	**8.9**	**(3.5;14.2)**	**36.3**	**(27.3;45.3)**

* Row percentages do not necessarily add to 100% because of missing data

Percentage of participants previously diagnosed with diabetes who, as part of their diabetes control, have had their feet examined within the past year, Lebanon, 2009

foot exam in the past year, as part of diabetes control, among those diagnosed with diabetes									
Age Group (years)	Men			Women			Both Sexes		
	n	% within the past year	95% CI	n	% within the past year	95% CI	n	% within the past year	95% CI
25-34	3	0.0	0	3	33.3	(0.0;176.8)	6	16.7	(0.0;59.5)
35-44	7	28.6	(0.0;73.7)	7	28.6	(0.0;73.7)	14	28.6	(1.5;55.6)
45-54	24	50.0	(28.4;71.6)	11	27.3	(0.0;58.7)	35	42.9	(25.6;60.1)
55-64	30	43.3	(24.5;62.2)	28	35.7	(16.8;54.6)	58	39.7	(26.7;52.6)
25-64	**64**	**42.2**	**(29.8;24.6)**	**49**	**32.7**	**(19.0;46.3)**	**113**	**38.1**	**(29.0;47.1)**

Raised total cholesterol diagnosis and treatment results, Lebanon, 2009

Instrument questions:

- Have you ever been told by a doctor or other health worker that you have raised cholesterol?
- Are you currently receiving any of the following treatments/advice for raised cholesterol prescribed by a doctor or other health worker?

Raised cholesterol ever diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
25-34	318	7.9	(4.9;10.8)	389	4.1	(2.1;6.1)	707	5.8	(4.1;7.5)
35-44	247	15.4	(10.9;19.9)	328	8.8	(5.8;11.9)	575	11.7	(9.0;14.3)
45-54	188	29.8	(23.2;36.4)	226	26.1	(20.3;31.9)	414	27.8	(23.4;32.1)
55-64	140	30.0	(22.3;37.7)	146	41.8	(33.7;50.0)	286	36.0	(30.4;41.6)
25-64	**893**	**18.0**	**(15.5;20.6)**	**1089**	**15.2**	**(13.0;17.3)**	**1982**	**16.5**	**(14.8;18.1)**

Currently taking cholesterol medication prescribed by doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
25-34	25	12.0	(0.0;25.7)	16	31.3	(5.7;56.8)	41	19.5	(6.8;32.2)
35-44	37	29.7	(14.3;45.2)	29	13.8	(0.4;27.1)	66	22.7	(12.3;33.1)
45-54	56	41.1	(27.8;54.4)	59	42.4	(29.4;55.4)	115	41.7	(32.6;50.9)
55-64	42	52.4	(36.6;68.1)	61	67.2	(55.1;79.3)	103	61.2	(51.6;70.7)
25-64	**160**	**36.9**	**(29.3;44.4)**	**165**	**45.5**	**(37.8;53.1)**	**325**	**41.2**	**(35.9;46.6)**

Percentage of population with raised cholesterol who received lifestyle advice, Lebanon, 2009

Currently following special diet after advice from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	25	52.0	(31.0;73.0)	16	62.5	(35.9;89.1)	41	56.1	(40.2;72.0)
35-44	38	86.8	(75.6;98.1)	29	79.3	(63.6;95.0)	67	83.6	(74.5;92.7)
45-54	56	66.1	(53.3;78.9)	59	83.1	(73.2;92.9)	115	74.8	(66.7;82.8)
55-64	42	71.4	(57.2;85.7)	61	78.7	(68.1;89.3)	103	75.7	(67.3;84.1)
25-64	**161**	**70.2**	**(63.0;77.3)**	**165**	**78.8**	**(72.5;85.1)**	**326**	**74.5**	**(69.8;79.3)**

Currently doing exercises after advice from doctor or health worker among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	25	60.0	(39.4;80.6)	16	50.0	(22.5;77.5)	41	56.1	(40.2;72.0)
35-44	38	63.2	(47.1;79.2)	29	55.2	(35.9;74.4)	67	59.7	(47.6;71.8)
45-54	56	53.6	(40.1;67.0)	59	59.3	(46.4;72.2)	115	56.5	(47.3;65.7)
55-64	42	59.5	(44.0;75.0)	61	60.7	(48.0;73.3)	103	60.2	(50.6;69.8)
25-64	**161**	**58.4**	**(50.7;66.1)**	**165**	**58.2**	**(50.6;65.8)**	**326**	**58.3**	**(52.9;63.7)**

Percentage of population with raised cholesterol, who are seeking advice with traditional healers, Lebanon, 2009

Seen a traditional healer for diabetes in the last 12 months among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	25	0.0	0	16	0.0	0	41	0.0	0
35-44	38	5.3	(0.0;12.7)	29	3.5	(0.0;10.5)	67	4.5	(0.0;9.6)
45-54	56	0.0	0	59	3.4	(0.0;8.1)	115	1.7	(0.0;4.2)
55-64	42	2.4	(0.0;7.2)	61	3.3	(0.0;7.9)	103	2.9	(0.0;6.2)
25-64	**161**	**1.9**	**(0.0;4.0)**	**165**	**3.0**	**(0.4;5.7)**	**326**	**2.5**	**(0.8;4.1)**

Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	25	0.0	0	16	0.0	0	41	0.0	0
35-44	38	7.9	(0.0;16.9)	28	0.0	0	66	4.6	(0.0;9.7)
45-54	56	1.8	(0.0;5.4)	59	5.1	(0.0;10.9)	115	3.5	(0.08;6.9)
55-64	41	2.4	(0.0;7.4)	60	0.0	0	101	1.0	(0.0;3.1)
25-64	**160**	**3.1**	**(0.4;5.9)**	**163**	**1.8**	**(0.0;3.9)**	**323**	**2.5**	**(0.8;4.2)**

Family history of Chronic Disease Conditions

Percentage with a family member who has been diagnosed with a chronic disease condition, Lebanon, 2009

Age Group (years)	Family member who has been diagnosed with: Men				
	n	% Diabetes or high blood sugar	% Raised blood pressure	% Heart Disease	% Obesity
25-34	318	47.8	57.9	45.0	42.3
35-44	247	49.0	66.8	49.4	34.0
45-54	188	47.3	59.6	58.5	38.8
55-64	140	46.4	52.9	40.0	35.7
25-64	**893**	**47.8**	**59.9**	**48.3**	**38.2**

Age Group (years)	Family member who has been diagnosed with: Women				
	n	% Diabetes or high blood sugar	% Raised blood pressure	% Heart Disease	% Obesity
25-34	388	61.9	66.0	50.3	44.8
35-44	328	58.8	65.6	55.8	49.7
45-54	226	55.8	67.3	52.2	46.9
55-64	145	47.6	68.3	50.3	35.9
25-64	**1087**	**57.8**	**66.4**	**52.4**	**45.5**

Age Group (years)	Family member who has been diagnosed with: Both Sexes				
	n	% Diabetes or high blood sugar	% Raised blood pressure	% Heart Disease	% Obesity
25-34	706	55.5	63.3	47.9	43.7
35-44	575	54.6	66.1	53.0	42.9
45-54	414	51.9	63.8	55.1	43.2
55-64	285	47.0	60.7	45.3	35.8
25-64	**1980**	**53.3**	**63.5**	**50.5**	**42.2**

Physical Measurements

Mean height, weight, and body mass index among all respondents (excluding pregnant women), Lebanon, 2009

Mean height (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	N	Mean	95% CI
25-34	317	175.6	(174.9;176.3)	387	161.3	(160.7;161.9)
35-44	246	174.1	(173.2;175.0)	321	159.8	(159.2;160.4)
45-54	186	172.1	(171.1;173.1)	224	158.1	(157.3;158.9)
55-64	136	169.7	(168.5;171.0)	145	155.3	(154.3;156.3)
25-64	**885**	**173.5**	**(173.1;174.0)**	**1077**	**159.4**	**(159.0;159.7)**

Mean weight (kg)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	N	Mean	95% CI
25-34	316	83.5	(81.8;85.3)	386	64.6	(63.4;65.9)
35-44	246	85.0	(82.9;87.0)	324	70.0	(68.4;71.7)
45-54	186	86.2	(83.8;88.6)	223	72.9	(71.0;74.9)
55-64	139	81.3	(79.1;83.5)	145	71.9	(69.8;74.1)
25-64	**887**	**84.1**	**(83.1;85.1)**	**1077**	**69.0**	**(68.1;69.8)**

Mean BMI (kg/m^2)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	316	27.0	(26.5;27.6)	386	24.8	(24.4;25.3)	702	25.8	(25.5;26.2)
35-44	246	28.0	(27.4;28.6)	318	27.4	(26.8;28.1)	564	27.7	(27.2; 28.1)
45-54	186	29.1	(28.3;29.8)	221	29.2	(28.4;30.0)	407	29.1	(28.6;29.7)
55-64	135	28.1	(27.4; 28.8)	145	29.9	(29.0;30.7)	280	29.0	(28.5;29.6)
25-64	**883**	**27.9**	**(27.6;28.2)**	**1070**	**27.2**	**(26.9;27.5)**	**1953**	**27.5**	**(27.3;27.8)**

Percentage of respondents (excluding pregnant women) in each BMI category, Lebanon, 2009

Age Group (yrs)	BMI classifications: Men								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34	316	0.9	(0.0;2.0)	34.5	(29.2;39.8)	42.4	(36.9;47.9)	22.2	(17.5;26.8)
35-44	246	0	0	26.8	(21.3;32.4)	45.5	(39.3;51.8)	27.6	(22.0;32.3)
45-54	186	0	0	18.8	(13.1;24.5)	41.9	(34.8;49.1)	39.2	(32.2;46.3)
55-64	135	0.7	(0.0;2.2)	19.3	(12.5;26.0)	48.9	(40.3;57.4)	31.1	(23.2;39.0)
25-64	**883**	**0.5**	**(0.1;0.9)**	**26.7**	**(23.8;29.7)**	**44.2**	**(40.9;47.4)**	**28.7**	**(25.7;31.6)**

Age Group (yrs)	BMI classifications: Women								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34	386	2.3	(0.8;3.8)	59.1	(54.1;64.0)	24.6	(20.3;28.9)	14.0	(10.5;17.5)
35-44	318	1.9	(0.4;3.4)	36.8	(31.5;42.1)	35.9	(30.5;41.1)	25.5	(20.7;30.3)
45-54	221	0.5	(0.0;1.3)	22.6	(17.1;28.2)	38.5	(32.0;45.0)	38.5	(32.0;45.0)
55-64	145	0.7	(0.0;2.1)	15.9	(9.8;21.9)	40.0	(32.0;48.1)	43.5	(35.3;51.6)
25-64	**1070**	**1.6**	**(0.8;2.3)**	**39.1**	**(36.1;42.0)**	**32.9**	**(30.1;35.7)**	**26.5**	**(23.8;29.1)**

Age Group (yrs)	BMI classifications: Both Sexes								
	n	% Under-weight <18.5	95% CI	% Normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% Obese ≥30.0	95% CI
25-34	702	1.7	(0.7;2.7)	48.0	(44.3;51.7)	32.6	(29.1;36.1)	17.7	(14.8;20.5)
35-44	564	1.1	(0.2;1.9)	32.5	(28.6;36.3)	40.1	(36.0;44.1)	26.4	(22.8;30.1)
45-54	407	0.3	(0.0;0.7)	20.9	(16.9;24.9)	40.1	(35.3;44.8)	38.8	(34.1;43.6)
55-64	280	0.7	(0.0;1.7)	17.5	(13.0;22.0)	44.3	(38.4;50.1)	37.5	(31.8;43.2)
25-64	**1953**	**1.1**	**(0.6;1.5)**	**33.5**	**(31.4;35.6)**	**38.0**	**(35.8;40.1)**	**27.4**	**25.5;29.4)**

Percentage of respondents being classified as overweight (BMI≥25), Lebanon, 2009

Age Group (years)	BMI≥25								
	Men			Women			Both Sexes		
	n	% BMI≥25	95% CI	N	% BMI≥25	95% CI	n	% BMI≥25	95% CI
25-34	316	64.6	(59.3;69.9)	386	38.6	(33.7;43.5)	702	50.3	(46.6;54.0)
35-44	246	73.2	(67.6;78.7)	318	61.3	(56.0;66.7)	564	66.5	(62.6;70.4)
45-54	186	81.2	(75.5;86.9)	221	76.9	(71.3;82.5)	407	78.9	(74.9;82.9)
55-64	135	80.0	(73.2;86.8)	145	83.5	(77.3;89.6)	280	81.8	(77.2;86.3)
25-64	**883**	**72.8**	**(69.9;75.8)**	**1070**	**59.4**	**(56.4;62.3)**	**1953**	**65.4**	**63.3;67.5)**

Mean waist circumference among all respondents (excluding pregnant women), Lebanon, 2009

Waist circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
25-34	312	92.9	(91.5;94.2)	381	81.1	(80.0; 82.2)
35-44	241	96.4	(94.9;97.9)	316	85.6	(84.2;87.0)
45-54	183	99.4	(97.4;101.3)	220	91.2	(89.3;93.1)
55-64	133	98.0	(96.1;99.9)	141	94.9	(92.8;97.1)
25-64	**869**	**96.0**	**(95.2;96.8)**	**1058**	**86.4**	**(85.6;87.2)**

Mean hip circumference among all respondents (excluding pregnant women), Lebanon, 2009

Hip circumference (cm)						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
25-34	311	103.1	(102.1;104.2)	381	100.1	(99.1;101.18)
35-44	241	102.9	(101.6;104.1)	315	102.6	(101.6;103.74)
45-54	183	103.2	(101.7;104.6)	220	106.2	(104.6;107.66)
55-64	133	101.3	(99.4;103.2)	141	105.5	(103.3;107.63)
25-64	**868**	**102.8**	**(102.1;103.5)**	**1057**	**102.9**	**(102.2;103.52)**

Mean waist-to-hip ratio among all respondents (excluding pregnant women), Lebanon, 2009

Mean waist / hip ratio						
Age Group (years)	Men			Women		
	n	Mean	95% CI	n	Mean	95% CI
25-34	311	0.899	(0.891;0.906)	381	0.811	(0.802;0.820)
35-44	240	0.937	(0.927;0.947)	315	0.833	(0.824;0.841)
45-54	183	0.962	(0.951;0.972)	220	0.858	(0.847;0.869)
55-64	133	0.969	(0.955;0.982)	141	0.917	(0.873;0.961)
25-64	**867**	**0.933**	**(0.928;0.939)**	**1057**	**0.841**	**(0.833;0.849)**

Mean blood pressure among all respondents, including those currently on medication for raised blood pressure, Lebanon, 2009

Instrument question:

- Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	315	126.5	(125.0;127.9)	386	114.0	(113.0;115.0)	701	119.6	(118.6;120.6)
35-44	245	127.1	(125.6;129.2)	322	118.1	(116.7;119.5)	567	122.1	(121.0;123.3)
45-54	186	134.4	(131.8;137.0)	223	124.0	(121.9;126.0)	409	128.7	(127.0;130.4)
55-64	139	134.9	(132.1;137.7)	142	132.9	(130.2;135.7)	281	133.9	(132.0;135.8)
25-64	**885**	**129.7**	**(128.7;130.8)**	**1073**	**119.8**	**(118.9;120.7)**	**1958**	**124.3**	**(123.6;125.0)**

Mean diastolic blood pressure (mmHg)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	315	78.6	(77.5;79.7)	386	72.3	(71.4;73.2)	701	75.1	(74.4;75.8)
35-44	245	79.8	(78.5;81.1)	322	74.7	(73.7;75.7)	567	76.9	(76.1;77.8)
45-54	186	83.3	(81.5;85.1)	223	77.2	(75.9;78.6)	409	80.0	(78.9;81.1)
55-64	139	80.1	(78.3;81.9)	142	79.3	(77.2;81.3)	281	79.7	(78.3;81.0)
25-64	**885**	**80.2**	**(79.4;80.9)**	**1073**	**75.0**	**(74.3;75.6)**	**1958**	**77.3**	**(76.8;77.8)**

Percentage of respondents with raised blood pressure, Lebanon, 2009

SBP ≥140 and/or DBP ≥ 90 mmHg							
Age Group (years)	Men						
	n	% Negative	95% CI	% Positive	95% CI	% Undiagnosed	95% CI
25-34	315	81.0	(76.6; 85.3)	4.1	(1.9; 6.3)	14.9	(11.0; 18.9)
35-44	245	76.3	(71.0; 81.7)	8.6	(5.0; 12.1)	15.1	(10.6; 19.6)
45-54	186	55.9	(48.7; 63.1)	19.4	(13.6; 25.1)	24.7	(18.5; 31.0)
55-64	139	46.0	(37.7; 54.4)	31.7	(23.8; 39.5)	22.3	(15.3; 17.1)
25-64	**885**	**68.9**	**(65.9; 72.0)**	**12.9**	**(10.7; 15.1)**	**18.2**	**(15.6; 20.7)**

SBP ≥140 and/or DBP ≥ 90 mmHg							
Age Group (years)	Women						
	n	% Negative	95% CI	% Positive	95% CI	% Undiagnosed	95% CI
25-34	386	93.8	(91.4; 96.2)	2.1	(0.6; 3.5)	4.1	(2.1; 6.1)
35-44	324	85.2	(81.3; 89.1)	7.1	(4.3; 9.9)	7.7	(4.8; 10.6)
45-54	223	65.5	(59.2; 71.8)	21.1	(15.7; 26.5)	13.5	(8.9; 18.0)
55-64	142	39.4	(31.3; 47.6)	49.3	(41.0; 57.6)	11.3	(6.0; 16.5)
25-64	**1075**	**78.1**	**(75.7; 80.6)**	**13.8**	**(11.7; 15.8)**	**8.1**	**(6.4; 9.7)**

SBP ≥140 and/or DBP ≥ 90 mmHg							
Age Group (years)	Both Sexes						
	n	% Negative	95% CI	% Positive	95% CI	% Undiagnosed	95% CI
25-34	701	88.0	(85.6; 90.4)	3.0	(1.7; 4.3)	9.0	(6.9; 11.1)
35-44	569	81.4	(78.2; 84.6)	7.7	(5.5; 9.9)	10.9	(8.3; 13.5)
45-54	409	61.1	(56.4; 65.9)	20.3	(16.4; 24.2)	18.6	(14.8; 22.4)
55-64	281	42.7	(36.9; 48.5)	40.6	(34.8; 46.3)	16.7	(12.3; 21.1)
25-64	**1960**	**74.0**	**(72.0; 75.9)**	**13.4**	**(11.9; 14.9)**	**12.7**	**(11.2; 14.1)**

Biochemical Measurements

Mean fasting blood glucose results among a sample of respondents reported being free from both diabetes and cholesterol (non-fasting recipients excluded), Lebanon, 2009

Mean fasting blood glucose (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	54	93.8	(90.5;97.2)	40	97.3	(92.3;102.3)	94	95.3	(92.5;98.2)
35-44	35	109.9	(101.7;117.9)	62	103.5	(96.4;110.5)	97	105.8	(100.5;111.1)
45-54	20	112.3	(100.9;123.6)	36	105.2	(99.7;110.7)	56	107.7	(102.5;113.0)
55-64	13	125.9	(104.8;146.9)	8	122.8	(55.0;190.5)	21	124.7	(99.6;149.7)
25-64	**122**	**104.9**	**(100.7;109.1)**	**146**	**103.3**	**(98.6;107.9)**	**268**	**104.0**	**(100.6;107.2)**

Categorization of respondents into blood glucose level categories and percentage of respondents with raised blood glucose (non-fasting recipients excluded), Lebanon, 2009

Impaired Fasting Glycaemia*									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	N	%	95% CI	n	%	95% CI
25-34	54	9.3	(1.3;17.2)	40	27.5	(13.0;42.0)	94	17.0	(9.3;24.8)
35-44	35	22.9	(8.2;37.5)	62	9.7	(2.1;17.2)	97	14.4	(7.3;21.6)
45-54	20	15.0	(0.0;32.1)	36	30.6	(14.7;46.4)	56	25.0	(13.3;36.7)
55-64	13	23.1	(0.0;49.6)	8	12.5	(0.0;42.1)	21	19.1	(0.7;37.4)
25-64	**122**	**15.6**	**(9.0;22.1)**	**146**	**19.9**	**(13.3;26.4)**	**268**	**17.9**	**(13.3;22.5)**

Raised blood glucose**									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	54	1.9	(0.0;5.6)	40	2.5	(0.0;7.4)	94	2.1	(0.0;5.1)
35-44	35	20.0	(6.1;34.0)	62	11.3	(3.1;18.8)	97	14.4	(7.2;21.1)
45-54	20	25.0	(4.2;45.8)	36	8.3	(0.0;17.8)	56	14.3	(4.8;23.7)
55-64	13	38.5	(13.2;72.5)	8	12.5	(0.0;36.7)	21	28.6	(10.1;50.8)
25-64	**122**	**14.8**	**(9.0;21.9)**	**146**	**8.2**	**(3.6;12.4)**	**268**	**11.2**	**(7.6;15.1)**

* Impaired fasting glycaemia is defined as either
- plasma venous value: ≥6.1mmol/L (110mg/dl) and <7.0mmol/L (126mg/dl)
- capillary whole blood value: ≥5.6mmol/L (100mg/dl) and <6.1mmol/L (110mg/dl)

** Raised blood glucose is defined as either
- plasma venous value: ≥ 7.0 mmol/L (126 mg/dl)
- capillary whole blood value: ≥ 6.1 mmol/L (110 mg/dl)

Mean total cholesterol among a sample of respondents reported being free from both diabetes and cholesterol, Lebanon, 2009

Mean total cholesterol (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	54	199.2	(186.8;211.7)	39	200.9	(187.7;214.0)	93	199.9	(191.0;208.8)
35-44	35	224.6	(210.1;239.2)	62	215.0	(204.7;225.3)	97	218.5	(210.1;226.8)
45-54	20	220.7	(204.4;236.9)	36	234.1	(219.5;248.8)	56	229.3	(218.4;240.2)
55-64	13	217.7	(194.0;241.4)	8	219.4	(180.6;258.2)	21	218.3	(199.7;237.0)
25-64	**122**	**212.0**	**(204.2;219.8)**	**145**	**216.2**	**(209.2;223.2)**	**267**	**214.3**	**(209.1;219.5)**

Percentage of respondents with raised total cholesterol, Lebanon, 2009

Total cholesterol ≥ 5.0 mmol/L or ≥ 190 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	N	%	95% CI	N	%	95% CI	n	%	95% CI
25-34	54	55.6	(43.8;71.0)	39	61.5	(42.8;74.3)	93	58.1	(47.8;68.0)
35-44	35	82.9	(69.7;96.0)	62	75.8	(62.3;84.6)	97	78.4	(68.3;85.2)
45-54	20	75.0	(54.2;95.8)	36	83.3	(70.5;96.1)	56	80.4	(69.6;91.1)
55-64	13	84.6	(54.0;103.2)	8	75.0	(28.2;105.1)	21	81.0	(54.5;93.3)
25-64	**122**	**69.7**	**(61.7;78.1)**	**145**	**73.8**	**(64.0;78.7)**	**267**	**71.9**	**(65.3;76.1)**

Total cholesterol ≥ 6.2 mmol/L or ≥ 240 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	N	%	95% CI	n	%	95% CI
25-34	54	14.8	(6.4;26.9)	39	10.3	(0.3;19.2)	93	12.9	(6.6;20.7)
35-44	35	34.3	(17.7;50.8)	62	24.2	(12.8;34.1)	97	27.8	(18.3;36.2)
45-54	20	25.0	(4.2;45.8)	36	50.0	(32.8;67.2)	56	41.1	(27.8;54.4)
55-64	13	30.8	(1.5;55.6)	8	12.5	(0.0;36.7)	21	23.8	(3.5;40.0)
25-64	**122**	**23.8**	**(16.7;32.1)**	**145**	**26.2**	**(18.3;32.4)**	**267**	**25.1**	**(19.7;30.1)**

Mean High density lipoprotein (HDL) among a sample of respondents reported being free from both diabetes and cholesterol and percentage of respondents with low HDL, Lebanon, 2009

Mean HDL (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	54	43.7	(40.4;47.0)	39	56.8	(51.8;61.9)	93	49.2	(46.1;52.3)
35-44	35	41.1	(37.3;45.0)	62	57.5	(53.8; 61.2)	97	51.6	(48.5;54.7)
45-54	20	45.5	(40.3;50.6)	36	58.7	(54.3;63.0)	56	54.0	(50.3;57.6)
55-64	13	45.2	(39.9;50.4)	8	55.9	(46.6;65.2)	21	49.2	(44.3;54.2)
25-64	**122**	**43.4**	**(41.4;45.4)**	**145**	**57.5**	**(55.2;59.8)**	**267**	**51.1**	**(49.3;52.8)**

Percentage of male respondents with HDL <1.03mmol/L or <40 mg/dl			
Age Group (years)	Men		
	n	%	95% CI
25-34	54	40.7	(27.2;54.3)
35-44	35	45.7	(28.4;63.1)
45-54	20	35.0	(12.1;57.9)
55-64	13	46.2	(14.8;77.5)
25-64	**122**	**41.8**	**(32.9;50.7)**

Percentage of female respondents with HDL <1.29mmol/L or <50 mg/dl			
Age Group (years)	Women		
	n	%	95% CI
25-34	39	35.9	(20.1;51.7)
35-44	62	27.4	(16.0;38.8)
45-54	36	25.00	(10.1;39.9)
55-64	8	25.00	(0.0;63.7)
25-64	**145**	**29.0**	**(21.5;36.4)**

Mean fasting triglycerides among a sample of respondents reported being free from both diabetes and cholesterol and percentage of respondents with raised fasting triglycerides (non-fasting recipients excluded), Lebanon, 2009

Mean fasting triglycerides (mg/dl)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
25-34	54	154.2	(126.2;182.2)	39	102.5	(89.0;115.9)	93	132.5	(114.7;150.2)
35-44	35	192.4	(158.5;226.3)	62	128.8	(110.0;147.5)	97	151.7	(133.9;169.6)
45-54	20	133.2	(109.0;157.3)	36	126.8	(114.2;139.3)	56	129.0	(117.7;140.4)
55-64	13	151.2	(104.7;197.6)	8	138.6	(72.1;205.2)	21	146.4	(111.7;181.1)
25-64	**121**	**161.4**	**(144.6;178.2)**	**145**	**121.7**	**(112.0;131.52)**	**267**	**139.9**	**(130.3;149.4)**

Percentage of respondents with fasting triglycerides ≥ 1.7 mmol/L or ≥ 150 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	54	33.3	(20.3;46.3)	39	12.8	(1.8;23.8)	93	24.7	(15.8;33.7)
35-44	35	62.9	(46.0;79.7)	62	27.4	(16.0;38.8)	97	40.2	(30.3;50.1)
45-54	20	25.0	(4.2;45.8)	36	19.4	(5.9;33.0)	56	21.4	(10.3;32.5)
55-64	13	38.5	(7.9;69.1)	8	25.0	(0.0;63.7)	21	33.3	(11.3;55.3)
25-64	**122**	**41.0**	**(32.1;49.8)**	**145**	**21.4**	**(14.6;28.1)**	**267**	**30.3**	**(24.8;35.9)**

Percentage of respondents with fasting triglycerides ≥ 2.0 mmol/L or ≥ 180 mg/dl									
Age Group (years)	Men			Women			Both Sexes		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
25-34	54	24.1	(12.3;35.9)	39	7.7	(1.1;16.4)	93	17.2	(9.4;25.0)
35-44	35	42.9	(25.6;60.1)	62	17.7	(8.0;27.5)	97	26.8	(17.8;35.8)
45-54	20	5.0	(0.0;15.5)	36	11.1	(0.3;21.9)	56	8.9	(1.2;16.6)
55-64	13	23.1	(0.0;49.6)	8	12.5	(0.0;42.1)	21	19.1	(0.7;37.4)
25-64	**122**	**26.2**	**(18.3;34.1)**	**145**	**13.1**	**(7.5;18.7)**	**267**	**19.1**	**(14.4;23.8)**

Summary of Combined Risk Factors

Summary of Combined Risk Factors

Description: Percentage of respondents with 0, 1-2, or 3-4 of the following risk factors:

- current daily smoker
- low level of activity (<600 MET -minutes)
- overweight or obese (BMI ≥ 25 kg/m^2)
- raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP).

Instrument questions: combined from Step 1 and Step 2

Summary of Combined Risk Factors							
	Men						
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-4 risk factors	95% CI
25-44	539	5.6	(3.6; 7.5)	55.5	(51.3; 59.7)	39.0	(34.8; 43.1)
45-64	288	2.1	(0.4; 3.7)	47.6	(41.2; 53.4)	50.3	(44.5; 56.2)
25-64	**827**	**4.4**	**(3.0; 5.7)**	**52.7**	**(49.3; 56.1)**	**42.9**	**(39.5; 46.3)**

Summary of Combined Risk Factors							
	Women						
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-4 risk factors	95% CI
25-44	694	20.2	(17.2; 23.2)	61.4	(57.8; 65.0)	18.4	(15.6; 21.3)
45-64	341	4.7	(2.4; 6.9)	50.7	(45.4; 15.6)	44.6	(39.3; 49.9)
25-64	**1035**	**15.1**	**(12.9; 17.3)**	**57.9**	**(54.9; 60.9)**	**27.1**	**(24.3; 29.8)**

Summary of Combined Risk Factors							
	Both Sexes						
Age Group (years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-4 risk factors	95% CI
25-44	1233	13.8	(11.9; 15.7)	58.8	(56.0; 61.6)	27.4	(24.9; 30.0)
45-64	629	3.5	(2.1; 4.9)	49.3	(45.4; 53.2)	47.2	(43.3; 51.1)
25-64	**1862**	**10.3**	**(8.9; 11.7)**	**55.6**	**(53.3; 57.8)**	**34.1**	**(31.9; 36.3)**