



**WHO STEPS**

**Noncommunicable Disease  
Risk Factor Survey**

**Data Book for Oman  
(Non-Omani)  
2025**

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# 1 Introduction

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**Purpose of the data book** This data book is a tool used to compile a complete set of data results relating to each question and measurement in the STEPS Instrument. The STEPS data book

- Provides detailed information for the data analyst on producing the results for the tables.
- Provides examples of which tables to use in the country report.
- Provides examples and suggestions on the layout of tables.

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**Format of the data book** Each page in the data book contains a different table with:

- Title and description of the table
- Data tables for men, women and both sexes
- Questions used to produce the table (actual question text)
- Analysis information (Epi Info program name to produce the table).

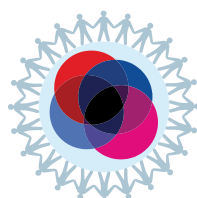
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**Global Action Plan 2013-2020 and Global Monitoring Framework** STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs<sup>1</sup>, relating to 7 of the 9 global targets.

Indicators captured in STEPS are marked in **bold** and *italic* in the table below.

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**Tables in the data book relating to the Global Monitoring Framework** Tables in the data book relating to the Global Monitoring Framework are identified with this symbol:



Framework Element	Target	Indicator
<b>MORTALITY AND MORBIDITY</b>		
Premature mortality from noncommunicable disease	1. A 25% relative reduction in the overall mortality from CVDs, cancer, diabetes, or chronic respiratory diseases	1. Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases
Additional indicator		2. Cancer incidence, by type of cancer, per 100 000 population

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<sup>1</sup> World Health Organization. Global action plan for the prevention and control of NCDs 2013-2020. Geneva: World Health Organization; 2013.

BEHAVIOURAL RISK FACTORS		
Harmful use of alcohol	2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context	3. Total (recorded and unrecorded) alcohol per capita (aged 15+ years old) consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context  <b>4. Age-standardized prevalence of heavy episodic drinking among adolescents and adults</b> , as appropriate, within the national context  5. Alcohol-related morbidity and mortality among adolescents and adults, as appropriate, within the national context
Physical inactivity	3. A 10% relative reduction in prevalence of insufficient physical activity	6. Prevalence of insufficiently physically active adolescents, defined as less than 60 minutes of moderate to vigorous intensity activity daily  <b>7. Age-standardized prevalence of insufficiently physically active persons aged 18+ years (defined as less than 150 minutes of moderate-intensity activity per week, or equivalent)</b>
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	<b>8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years</b>
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents  <b>10. Age-standardized prevalence of current tobacco use among persons aged 18+ years</b>
BIOLOGICAL RISK FACTORS		
Raised blood pressure	6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	<b>11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure <math>\geq 140</math> mmHg and/or diastolic blood pressure <math>\geq 90</math> mmHg) and mean systolic blood pressure</b>
Diabetes and obesity	7. Halt the rise in diabetes & obesity	<b>12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration <math>\geq 7.0</math> mmol/l (126 mg/dl) or on medication for raised blood glucose)</b>  13. Prevalence of overweight and obesity in adolescents (defined according to the WHO growth reference for school-aged children and adolescents, overweight – one standard deviation body mass index for age and sex, and obese – two standard deviations body mass index for age and sex)  <b>14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index <math>\geq 25</math> kg/m<sup>2</sup> for overweight and body mass index <math>\geq 30</math> kg/m<sup>2</sup> for obesity)</b>
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years  <b>16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day</b>  <b>17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol <math>\geq 5.0</math> mmol/l or 190 mg/dl); and mean total cholesterol concentration</b>

Framework Element	Target	Indicator
<b>NATIONAL SYSTEMS RESPONSE</b>		
Drug therapy to prevent heart attacks and strokes	8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes	<b>18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk <math>\geq 30\%</math>, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes</b>
Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases	9. An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major noncommunicable diseases in both public and private facilities	19. Availability and affordability of quality, safe and efficacious essential noncommunicable disease medicines, including generics, and basic technologies in both public and private facilities
Additional indicators		<p>20. Access to palliative care assessed by morphine-equivalent</p> <p>21. Adoption of national policies that limit saturated fatty acids and virtually eliminate partially hydrogenated vegetable oils in the food supply, as appropriate, within the national context and national programmes</p> <p>22. Availability, as appropriate, if cost-effective and affordable, of vaccines against human papillomavirus, according to national programmes and policies</p> <p>23. Policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans fatty acids, free sugars, or salt</p> <p>24. Vaccination coverage against hepatitis B virus monitored by number of third doses of Hep-B vaccine (HepB3) administered to infants</p> <p><b>25. Proportion of women between the ages of 30–49 screened for cervical cancer at least once, or more often, and for lower or higher age groups according to national programmes or policies</b></p>

## 2 Demographics

**Age group by sex** Description: Summary information by age group and sex of the respondents.

Instrument question:

C1: Sex

C2: What is your date of birth?

Age group and sex of respondents - Non-Omani						
Age Group (years)	Male		Female		Both Sexes	
	n	%	n	%	n	%
18-29	405	84.2	76	15.8	481	100.0
30-44	1199	82.0	264	18.0	1463	100.0
45-59	494	80.1	123	19.9	617	100.0
60+	92	76.0	29	-	121	100.0
<b>Total</b>	<b>2190</b>	<b>81.7</b>	<b>492</b>	<b>18.3</b>	<b>2682</b>	<b>100.0</b>

**Education**

Description: Mean number of years of education among respondents.

Instrument question:

C4: In total, how many years have you spent at school or in full-time study (excluding pre-school)?

<b>Mean number of years of education - Non-Omani</b>						
Age Group (years)	<b>Male</b>		<b>Female</b>		<b>Both Sexes</b>	
	n	mean	n	mean	n	mean
18-29	403	10.2	76	13.1	479	10.6
30-44	1198	9.5	262	14.0	1460	10.3
45-59	494	9.8	123	13.6	617	10.6
60+	92	9.9	29	-	121	9.4
<b>Total</b>	<b>2187</b>	<b>9.7</b>	<b>490</b>	<b>13.4</b>	<b>2677</b>	<b>10.4</b>

**Highest level of education**

Description: Highest level of education achieved by the survey respondents.

Instrument question:

C5: What is the highest level of education you have completed?

**Highest level of education - Non-Omani**

<b>Highest level of education - Non-Omani</b>								
<b>Male</b>								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	404	3.0	7.4	16.8	24.0	26.2	20.8	1.7
30-44	1199	5.5	11.7	21.9	23.1	18.0	16.1	3.8
45-59	494	7.5	14.4	17.8	20.9	13.6	18.8	7.1
60+	92	12.0	6.5	17.4	20.7	16.3	17.4	9.8
<b>Total</b>	<b>2189</b>	<b>5.8</b>	<b>11.3</b>	<b>19.8</b>	<b>22.7</b>	<b>18.5</b>	<b>17.6</b>	<b>4.4</b>

**Highest level of education - Non-Omani**

<b>Highest level of education - Non-Omani</b>								
<b>Female</b>								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	76	0.0	3.9	9.2	11.8	26.3	39.5	9.2
30-44	264	4.5	1.1	3.8	7.6	18.2	53.0	11.7
45-59	123	7.3	3.3	4.9	7.3	18.7	36.6	22.0
60+	29	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>5.7</b>	<b>2.4</b>	<b>5.9</b>	<b>8.1</b>	<b>19.1</b>	<b>45.5</b>	<b>13.2</b>

**Highest level of education - Non-Omani**

<b>Highest level of education - Non-Omani</b>								
<b>Total</b>								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	480	2.5	6.9	15.6	22.1	26.2	23.7	2.9
30-44	1463	5.3	9.8	18.6	20.3	18.0	22.8	5.2
45-59	617	7.5	12.2	15.2	18.2	14.6	22.4	10.0
60+	121	14.9	6.6	18.2	17.4	14.9	20.7	7.4
<b>Total</b>	<b>2681</b>	<b>5.7</b>	<b>9.7</b>	<b>17.3</b>	<b>20.0</b>	<b>18.6</b>	<b>22.8</b>	<b>6.0</b>

**Marital status** Description: Marital status of survey respondents

Instrument question:  
C7: What is your marital status?

**Marital status - Non-Omani**

<b>Male</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	405	74.6	25.4	0.0	0.0	0.0
30-44	1199	15.3	83.7	0.2	0.8	0.0
45-59	493	1.8	97.6	0.2	0.4	0.0
60+	92	0.0	98.9	0.0	1.1	0.0
<b>Total</b>	<b>2189</b>	<b>22.6</b>	<b>76.7</b>	<b>0.1</b>	<b>0.6</b>	<b>0.0</b>

**Marital status - Non-Omani**

<b>Female</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	76	30.3	69.7	0.0	0.0	0.0
30-44	264	6.4	90.2	0.8	1.5	1.1
45-59	123	1.6	83.7	1.6	2.4	10.6
60+	29	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>8.5</b>	<b>82.7</b>	<b>0.8</b>	<b>1.6</b>	<b>6.3</b>

**Marital status - Non-Omani**

<b>Total</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	481	67.6	32.4	0.0	0.0	0.0
30-44	1463	13.7	84.9	0.3	1.0	0.2
45-59	616	1.8	94.8	0.5	0.8	2.1
60+	121	0.0	86.0	0.0	1.7	12.4
<b>Total</b>	<b>2681</b>	<b>20.0</b>	<b>77.8</b>	<b>0.3</b>	<b>0.8</b>	<b>1.2</b>

**Blood relation** Description: Summary results for marital blood relation among currently married or widowed respondents

Instrument question:

X3. Is there a blood relation between you and your husband/wife?

X4. What is the degree of relation between you and your husband/wife?

**Existence of blood relation among married or widowed respondents - Non-Omani**

Age Categories (Years)	Total	
	n	% related to spouse
18-29	156	30.8
30-44	1245	25.1
45-59	597	23.6
60+	119	25.2
<b>Total</b>	<b>2117</b>	<b>25.1</b>

**Type of blood relation (among those with a blood relation) - Non-Omani**

Age Categories (Years)	Total			
n	% First cousin	% Other	% No relation	
18-29	48	-	-	-
30-44	313	56.5	41.2	2.2
45-59	141	61.7	38.3	0.0
60+	30	-	-	-
<b>Total</b>	<b>532</b>	<b>58.3</b>	<b>40.0</b>	<b>1.7</b>

**Employment status**

Description: Proportion of respondents in paid employment and those who are unpaid. Unpaid includes persons who are non-paid, students, homemakers, retired, and unemployed.

Instrument question:

C8: Which of the following best describes your main work status over the past 12 months?

**Employment status - Non-Omani**

<b>Male</b>					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	405	1.7	83.5	7.7	0.5
30-44	1194	4.9	82.2	10.8	0.3
45-59	494	9.1	73.9	14.4	0.8
60+	92	5.4	68.5	12.0	1.1
<b>Total</b>	<b>2185</b>	<b>5.3</b>	<b>80.0</b>	<b>11.1</b>	<b>0.5</b>

**Employment status - Non-Omani**

<b>Male</b>						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	405	3.0	0.2	0.0	3.5	0.0
30-44	1194	0.0	0.2	0.0	1.6	0.1
45-59	494	0.0	0.4	0.4	0.8	0.2
60+	92	0.0	1.1	8.7	3.3	0.0
<b>Total</b>	<b>2185</b>	<b>0.5</b>	<b>0.3</b>	<b>0.5</b>	<b>1.8</b>	<b>0.1</b>

**Employment status - Non-Omani**

<b>Female</b>					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	75	5.3	16.0	2.7	0.0
30-44	263	14.1	19.0	1.5	0.0
45-59	123	20.3	13.8	4.1	0.8
60+	29	-	-	-	-
<b>Total</b>	<b>490</b>	<b>13.9</b>	<b>16.7</b>	<b>2.2</b>	<b>0.2</b>

**Employment status - Non-Omani**

<b>Female</b>						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	75	13.3	57.3	0.0	5.3	0.0
30-44	263	0.0	57.4	0.0	7.2	0.8
45-59	123	0.0	55.3	1.6	3.3	0.8
60+	29	-	-	-	-	-
<b>Total</b>	<b>490</b>	<b>2.0</b>	<b>56.9</b>	<b>1.2</b>	<b>5.5</b>	<b>1.2</b>

**Employment status - Non-Omani**

<b>Total</b>					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	480	2.3	72.9	6.9	0.4
30-44	1457	6.5	70.8	9.1	0.2
45-59	617	11.3	61.9	12.3	0.8
60+	121	5.8	54.5	9.1	0.8
<b>Total</b>	<b>2675</b>	<b>6.8</b>	<b>68.4</b>	<b>9.5</b>	<b>0.4</b>

**Employment status - Non-Omani**

<b>Total</b>						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	480	4.6	9.2	0.0	3.8	0.0
30-44	1457	0.0	10.5	0.0	2.6	0.2
45-59	617	0.0	11.3	0.6	1.3	0.3
60+	121	0.0	14.9	9.9	2.5	2.5
<b>Total</b>	<b>2675</b>	<b>0.8</b>	<b>10.7</b>	<b>0.6</b>	<b>2.5</b>	<b>0.3</b>

**Unpaid work and unemployed**

Description: Proportion of respondents in unpaid work or unemployed

Instrument question:

C8: Which of the following best describes your main work status over the past 12 months?

**Unpaid work and unemployed (among those in unpaid work or unemployed) - Non-Omani**

<b>Male</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	29	-	-	-	-	-
30-44	24	-	-	-	-	-
45-59	12	-	-	-	-	-
60+	13	-	-	-	-	-
<b>Total</b>	<b>78</b>	<b>12.8</b>	<b>15.4</b>	<b>7.7</b>	<b>12.8</b>	<b>51.3</b>

**Unpaid work and unemployed (among those in unpaid work or unemployed) - Non-Omani**

<b>Female</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	57	0.0	17.5	75.4	0.0	7.0
30-44	170	0.0	0.0	88.8	0.0	11.2
45-59	75	1.3	0.0	90.7	2.7	5.3
60+	21	-	-	-	-	-
<b>Total</b>	<b>323</b>	<b>0.3</b>	<b>3.1</b>	<b>86.4</b>	<b>1.9</b>	<b>8.4</b>

**Unpaid work and unemployed (among those in unpaid work or unemployed) - Non-Omani**

<b>Total</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	86	2.3	25.6	51.2	0.0	20.9
30-44	194	1.5	0.0	78.9	0.0	19.6
45-59	87	5.7	0.0	80.5	4.6	9.2
60+	34	-	-	-	-	-
<b>Total</b>	<b>401</b>	<b>2.7</b>	<b>5.5</b>	<b>71.1</b>	<b>4.0</b>	<b>16.7</b>

### 3 Tobacco Use

**Current smoking**

Description: Current smokers among total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

Percentage of current smokers - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	% current smokers	95% CI	n	% current smokers	95% CI	n	% current smokers	95% CI
18-29	405	17.1	11.9 - 24.1	76	0.0*	0.0 - 0.0	481	13.0	9.1 - 18.3
30-44	1199	22.8	19.5 - 26.5	264	1.6*	0.6 - 3.9	1463	18.5	15.8 - 21.5
45-59	494	21.1	15.6 - 28.0	123	0.1*	0.0 - 0.9	617	16.6	12.2 - 22.2
60+	92	6.1	3.0 - 12.0	29	-	-	121	4.3	2.1 - 8.7
<b>Total</b>	<b>2190</b>	<b>20.7</b>	<b>17.9 - 23.7</b>	<b>492</b>	<b>0.8*</b>	<b>0.3 - 2.0</b>	<b>2682</b>	<b>16.3</b>	<b>14.2 - 18.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Smoking Status**

Description: Smoking status among total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past, did you ever smoke any tobacco products?

**Smoking status - Non-Omani**

<b>Male</b>									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	405	12.8	8.7 - 18.6	4.3	2.2 - 8.3	6.4	2.5 - 15.3	76.5	67.9 - 83.3
30-44	1199	18.4	15.3 - 22.1	4.4	2.8 - 6.8	7.5	5.1 - 10.9	69.7	65.3 - 73.8
45-59	494	16.3	11.8 - 22.2	4.8	2.5 - 9.0	6.2	3.5 - 10.5	72.7	65.6 - 78.8
60+	92	4.4	1.9 - 9.9	1.7*	0.5 - 5.7	30.9	18.1 - 47.6	62.9	47.2 - 76.4
<b>Total</b>	<b>2190</b>	<b>16.3</b>	<b>13.9 - 19.1</b>	<b>4.4</b>	<b>3.2 - 5.9</b>	<b>7.6</b>	<b>5.6 - 10.2</b>	<b>71.7</b>	<b>68.1 - 75.0</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Smoking status - Non-Omani**

<b>Female</b>									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	76	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	264	1.2*	0.4 - 3.2	0.4*	0.1 - 2.9	0.4*	0.1 - 2.6	98.0	95.5 - 99.1
45-59	123	0.0*	0.0 - 0.0	0.1*	0.0 - 0.9	5.8*	1.3 - 21.7	94.1	78.4 - 98.6
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>0.6*</b>	<b>0.2 - 1.6</b>	<b>0.2*</b>	<b>0.0 - 1.4</b>	<b>1.2*</b>	<b>0.3 - 4.4</b>	<b>98.0</b>	<b>95.3 - 99.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Smoking status - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	481	9.7	6.6 - 14.1	3.3	1.7 - 6.4	4.9	1.9 - 11.8	82.1	75.5 - 87.3
30-44	1463	14.9	12.4 - 17.9	3.6	2.3 - 5.5	6.0	4.1 - 8.8	75.5	71.8 - 78.8
45-59	617	12.8	9.2 - 17.6	3.8	2.0 - 7.1	6.1	3.6 - 10.1	77.3	71.4 - 82.3
60+	121	3.1	1.3 - 7.2	1.2*	0.3 - 4.1	21.8	11.8 - 36.6	73.9	59.2 - 84.7
<b>Total</b>	<b>2682</b>	<b>12.9</b>	<b>11.0 - 15.0</b>	<b>3.5</b>	<b>2.6 - 4.7</b>	<b>6.2</b>	<b>4.6 - 8.3</b>	<b>77.4</b>	<b>74.6 - 80.0</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Daily smoking** Description: Percentage of daily smokers among current smokers

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

**Daily smokers among current smokers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% daily smokers	95% CI	n	% daily smokers	95% CI	n	% daily smokers	95% CI
18-29	78	74.9	59.1 - 86.0	0	-	-	78	74.9	59.1 - 86.0
30-44	272	80.8	71.4 - 87.6	7	-	-	279	80.6	71.4 - 87.4
45-59	109	77.3	63.0 - 87.2	1	-	-	110	77.2	62.9 - 87.1
60+	14	-	-	0	-	-	14	-	-
<b>Total</b>	<b>473</b>	<b>78.9</b>	<b>72.5 - 84.1</b>	<b>8</b>	-	-	<b>481</b>	<b>78.8</b>	<b>72.4 - 84.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Initiation and duration of smoking**

Description: Mean age of initiation and mean duration of smoking, in years, among daily smokers (no total age group for mean duration of smoking as age influences these values).

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T3: How old were you when you first started smoking?

T4: Do you remember how long ago it was?

**Mean age started smoking - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	59	18.9	17.6 - 20.3	0	-	-	59	18.9	17.6 - 20.3
30-44	227	22.4	20.9 - 23.9	5	-	-	232	22.4	21.0 - 23.9
45-59	91	23.4	21.5 - 25.4	0	-	-	91	23.4	21.5 - 25.4
60+	11	-	-	0	-	-	11	-	-
<b>Total</b>	<b>388</b>	<b>21.9</b>	<b>20.8 - 23.0</b>	<b>5</b>	<b>-</b>	<b>-</b>	<b>393</b>	<b>22.0</b>	<b>20.9 - 23.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean duration of smoking - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean duration	95% CI	n	mean duration	95% CI	n	mean duration	95% CI
18-29	59	6.5	5.4 - 7.6	0	-	-	59	6.5	5.4 - 7.6
30-44	227	14.6	13.2 - 16.0	5	-	-	232	14.5	13.1 - 15.9
45-59	91	26.2	23.6 - 28.8	0	-	-	91	26.2	23.6 - 28.8
60+	11	-	-	0	-	-	11	-	-
<b>Total</b>	<b>388</b>	<b>15.5</b>	<b>14.0 - 17.0</b>	<b>5</b>	<b>-</b>	<b>-</b>	<b>393</b>	<b>15.4</b>	<b>13.9 - 16.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Manufactured cigarette smokers**

Description: Percentage of smokers who use manufactured cigarettes among daily smokers and among current smokers

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5: On average, how many of the following products do you smoke each day?

**Manufactured cigarette smokers among daily smokers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% manu-factured cigarette smoker	95% CI	n	% manu-factured cigarette smoker	95% CI	n	% manu-factured cigarette smoker	95% CI
18-29	58	88.5	66.8 - 96.7	0	-	-	58	88.5	66.8 - 96.7
30-44	228	97.5	94.6 - 98.9	4	-	-	232	97.0	93.8 - 98.6
45-59	89	96.2	84.0 - 99.2	0	-	-	89	96.2	84.0 - 99.2
60+	11	-	-	0	-	-	11	-	-
<b>Total</b>	<b>386</b>	<b>95.5</b>	<b>91.1 - 97.8</b>	<b>4</b>	<b>-</b>	<b>-</b>	<b>390</b>	<b>95.3</b>	<b>90.9 - 97.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Manufactured cigarette smokers among current smokers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29	76	82.5	59.4 - 93.9	0	-	-	76	82.5	59.4 - 93.9
30-44	272	94.9	88.4 - 97.9	6	-	-	278	94.1	87.9 - 97.2
45-59	107	92.1	75.2 - 97.8	1	-	-	108	92.1	75.2 - 97.8
60+	14	-	-	0	-	-	14	-	-
<b>Total</b>	<b>469</b>	<b>91.9</b>	<b>85.7 - 95.6</b>	<b>7</b>	<b>-</b>	<b>-</b>	<b>476</b>	<b>91.5</b>	<b>85.3 - 95.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Cigarette smokers**

Description: Cigarette smokers (manufactured or hand rolled)

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T5: On average, how many of the following products do you smoke each day?

T5: On average, how many of the following products do you smoke each week?

**Current cigarette smokers (manufactured or hand rolled) among all population - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	405	13.9	9.4 - 20.0	76	0.0*	0.0 - 0.0	481	10.5	7.2 - 15.2
30-44	1199	21.7	18.5 - 25.2	264	0.7*	0.2 - 2.6	1463	17.4	14.8 - 20.3
45-59	494	19.4	14.1 - 26.2	123	0.1*	0.0 - 0.9	617	15.3	11.1 - 20.8
60+	92	6.0	2.9 - 11.9	29	-	-	121	4.2	2.0 - 8.6
<b>Total</b>	<b>2190</b>	<b>18.9</b>	<b>16.3 - 21.9</b>	<b>492</b>	<b>0.4*</b>	<b>0.1 - 1.3</b>	<b>2682</b>	<b>14.9</b>	<b>12.9 - 17.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Current daily cigarette smokers (manufactured or hand rolled) among smokers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	78	64.7	46.2 - 79.6	0	-	-	78	64.7	46.2 - 79.6
30-44	272	78.0	68.6 - 85.1	7	-	-	279	77.3	68.1 - 84.5
45-59	109	74.3	60.0 - 84.7	1	-	-	110	74.2	59.9 - 84.6
60+	14	-	-	0	-	-	14	-	-
<b>Total</b>	<b>473</b>	<b>74.5</b>	<b>67.6 - 80.4</b>	<b>8</b>	-	-	<b>481</b>	<b>74.2</b>	<b>67.3 - 80.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Smoked tobacco consumption**

Description: Percentage of current smokers who smoke each of the following products

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5: On average, how many of the following products do you smoke each day?

**Percentage of current smokers smoking each of the following products - Non-Omani**

Male									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	76	82.5	59.4 - 93.9	76	7.8*	3.2 - 17.8	77	17.9	7.1 - 38.2
30-44	272	94.9	88.4 - 97.9	271	20.0	13.0 - 29.5	272	4.8	1.9 - 11.4
45-59	107	92.1	75.2 - 97.8	109	15.1	8.2 - 26.4	108	3.2*	0.8 - 12.5
60+	14	-	-	14	-	-	14	-	-
<b>Total</b>	<b>469</b>	<b>91.9</b>	<b>85.7 - 95.6</b>	<b>470</b>	<b>16.8</b>	<b>12.0 - 23.1</b>	<b>471</b>	<b>7.1</b>	<b>3.9 - 12.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of current smokers smoking each of the following products - Non-Omani**

Male									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	77	7.7*	2.2 - 23.6	77	7.1*	1.8 - 23.9	77	0.0*	0.0 - 0.0
30-44	271	10.0	5.4 - 17.8	272	15.4	8.6 - 26.0	268	0.0*	0.0 - 0.0
45-59	108	7.4*	2.5 - 19.5	109	12.9*	5.2 - 28.8	106	0.0*	0.0 - 0.0
60+	14	-	-	14	-	-	13	-	-
<b>Total</b>	<b>470</b>	<b>9.0</b>	<b>5.3 - 14.8</b>	<b>472</b>	<b>13.3</b>	<b>8.4 - 20.3</b>	<b>464</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of current smokers smoking each of the following products - Non-Omani**

Female									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	6	-	-	7	-	-	7	-	-
45-59	1	-	-	1	-	-	1	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>7</b>	-	-	<b>8</b>	-	-	<b>8</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of current smokers smoking each of the following products - Non-Omani**

Female									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	7	-	-	7	-	-	7	-	-
45-59	1	-	-	1	-	-	1	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>8</b>	-	-	<b>8</b>	-	-	<b>8</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of current smokers smoking each of the following products - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	76	82.5	59.4 - 93.9	76	7.8*	3.2 - 17.8	77	17.9	7.1 - 38.2
30-44	278	94.1	87.9 - 97.2	278	19.9	13.0 - 29.2	279	4.7	1.9 - 11.3
45-59	108	92.1	75.2 - 97.8	110	15.1	8.1 - 26.3	109	3.2*	0.8 - 12.5
60+	14	-	-	14	-	-	14	-	-
<b>Total</b>	<b>476</b>	<b>91.5</b>	<b>85.3 - 95.2</b>	<b>478</b>	<b>16.7</b>	<b>12.0 - 22.9</b>	<b>479</b>	<b>7.0</b>	<b>3.8 - 12.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of current smokers smoking each of the following products - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	77	7.7*	2.2 - 23.6	77	7.1*	1.8 - 23.9	77	0.0*	0.0 - 0.0
30-44	278	9.8	5.3 - 17.5	279	15.5	8.8 - 25.9	275	0.5*	0.1 - 3.3
45-59	109	7.4*	2.5 - 19.5	110	12.9*	5.2 - 28.8	107	0.0*	0.0 - 0.0
60+	14	-	-	14	-	-	13	-	-
<b>Total</b>	<b>478</b>	<b>8.9</b>	<b>5.2 - 14.7</b>	<b>480</b>	<b>13.4</b>	<b>8.6 - 20.3</b>	<b>472</b>	<b>0.3*</b>	<b>0.0 - 2.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of daily cigarette smoking**

Description: Percentage of daily cigarette smokers smoking given quantities of manufactured or hand-rolled cigarettes per day

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T5 a - b: On average, how many of the following products do you smoke each day?

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

Male							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	53	47.3	28.3 - 67.1	18.7	7.8 - 38.5	17.2*	7.7 - 34.0
30-44	212	38.8	28.5 - 50.3	23.3	14.0 - 36.2	21.0	13.4 - 31.5
45-59	84	37.4	22.7 - 54.9	28.8	16.6 - 45.1	19.5	7.9 - 40.6
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>358</b>	<b>39.8</b>	<b>31.5 - 48.8</b>	<b>23.6</b>	<b>16.3 - 32.9</b>	<b>19.9</b>	<b>13.9 - 27.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

Male					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	53	10.1*	2.8 - 30.0	6.7*	0.9 - 35.3
30-44	212	14.8	8.7 - 24.0	2.0*	0.8 - 5.1
45-59	84	11.8	5.4 - 23.9	2.5*	0.8 - 7.5
60+	9	-	-	-	-
<b>Total</b>	<b>358</b>	<b>13.4</b>	<b>8.8 - 19.9</b>	<b>3.2</b>	<b>1.4 - 7.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

Female							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	0	-	-	-	-	-	-
30-44	3	-	-	-	-	-	-
45-59	0	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
<b>Total</b>	<b>3</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

Female					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	0	-	-	-	-
30-44	3	-	-	-	-
45-59	0	-	-	-	-
60+	0	-	-	-	-
<b>Total</b>	<b>3</b>	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	53	47.3	28.3 - 67.1	18.7	7.8 - 38.5	17.2*	7.7 - 34.0
30-44	215	38.5	28.3 - 49.8	23.8	14.5 - 36.5	21.1	13.5 - 31.4
45-59	84	37.4	22.7 - 54.9	28.8	16.6 - 45.1	19.5	7.9 - 40.6
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>361</b>	<b>39.6</b>	<b>31.4 - 48.5</b>	<b>23.9</b>	<b>16.6 - 33.2</b>	<b>20.0</b>	<b>14.0 - 27.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of daily smokers smoking given quantities of manufactured or hand-rolled cigarettes per day - Non-Omani**

<b>Total</b>					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	53	10.1*	2.8 - 30.0	6.7*	0.9 - 35.3
30-44	215	14.6	8.6 - 23.8	2.0*	0.8 - 5.1
45-59	84	11.8	5.4 - 23.9	2.5*	0.8 - 7.5
60+	9	-	-	-	-
<b>Total</b>	<b>361</b>	<b>13.4</b>	<b>8.8 - 19.8</b>	<b>3.1</b>	<b>1.4 - 7.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Former daily smokers and former smokers**

Description: Percentage of former daily smokers among total population and among ever daily smokers, and the mean duration, in years, since former smokers quit smoking

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past did you ever smoke any tobacco products?

T9: In the past, did you ever smoke daily?

T10: How old were you when you stopped smoking?

**Former daily smokers among all population - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI
18-29	405	1.4*	0.5 - 3.7	76	0.0*	0.0 - 0.0	481	1.0*	0.4 - 2.8
30-44	1199	6.6	4.1 - 10.2	264	0.0*	0.0 - 0.1	1463	5.2	3.3 - 8.2
45-59	494	4.7	2.6 - 8.4	123	5.9*	1.4 - 21.6	617	4.9	2.8 - 8.6
60+	92	18.3*	8.4 - 35.4	29	-	-	121	12.9*	5.6 - 26.9
<b>Total</b>	<b>2190</b>	<b>5.3</b>	<b>3.8 - 7.3</b>	<b>492</b>	<b>1.1*</b>	<b>0.3 - 4.4</b>	<b>2682</b>	<b>4.4</b>	<b>3.2 - 6.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Former daily smokers among ever daily smokers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI
18-29	67	9.7*	3.6 - 23.6	0	-	-	67	9.7*	3.6 - 23.6
30-44	286	26.2	17.4 - 37.4	6	-	-	292	25.9	17.2 - 37.1
45-59	110	22.2	13.0 - 35.4	4	-	-	114	27.8	16.9 - 42.0
60+	21	-	-	0	-	-	21	-	-
<b>Total</b>	<b>484</b>	<b>24.4</b>	<b>18.2 - 32.1</b>	<b>10</b>	<b>-</b>	<b>-</b>	<b>494</b>	<b>25.3</b>	<b>19.0 - 32.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Mean years since cessation - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean years	95% CI	n	mean years	95% CI	n	mean years	95% CI
18-29	10	-	-	0	-	-	10	-	-
30-44	70	11.7	6.2 - 17.2	1	-	-	71	11.6	6.1 - 17.1
45-59	24	-	-	3	-	-	27	-	-
60+	16	-	-	0	-	-	16	-	-
<b>Total</b>	<b>120</b>	<b>12.9</b>	<b>9.5 - 16.3</b>	<b>4</b>	<b>-</b>	<b>-</b>	<b>124</b>	<b>12.6</b>	<b>9.3 - 15.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Cessation**

Description: Percentage of current smokers who have tried to stop smoking during the past 12 months

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T6: During the past 12 months, have you tried to stop smoking?

<b>Current smokers who have tried to stop smoking - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI
18-29	78	26.2	15.3 - 41.1	0	-	-	78	26.2	15.3 - 41.1
30-44	272	37.6	28.5 - 47.6	7	-	-	279	38.2	29.2 - 48.1
45-59	109	38.7	25.7 - 53.6	1	-	-	110	38.8	25.9 - 53.6
60+	14	-	-	0	-	-	14	-	-
<b>Total</b>	<b>473</b>	<b>35.3</b>	<b>27.9 - 43.5</b>	<b>8</b>	-	-	<b>481</b>	<b>35.7</b>	<b>28.4 - 43.8</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50).

**Advice to stop smoking**

Description: Percentage of current smokers who have been advised by a doctor or other health worker to stop smoking, among those smokers who have had a visit to a doctor or other health worker in the past 12 months

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T7: During any visit to a doctor or other health worker in the past 12 months, were you advised to quit smoking tobacco?

**Current smokers who have been advised by doctor to stop smoking - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% advised to stop smoking	95% CI	n	% advised to stop smoking	95% CI	n	% advised to stop smoking	95% CI
18-29	62	31.7	18.0 - 49.7	0	-	-	62	31.7	18.0 - 49.7
30-44	233	34.1	25.2 - 44.2	6	-	-	239	33.5	24.8 - 43.5
45-59	89	38.7	21.4 - 59.3	1	-	-	90	38.6	21.4 - 59.2
60+	11	-	-	0	-	-	11	-	-
<b>Total</b>	<b>395</b>	<b>34.6</b>	<b>27.2 - 42.8</b>	<b>7</b>	<b>-</b>	<b>-</b>	<b>402</b>	<b>34.2</b>	<b>26.9 - 42.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Methods of attempting to stop smoking**

Description: Percentage of current smokers who have used various methods to attempt to stop smoking

Instrument question:

X11: Did you use any of the following to try to stop smoking tobacco in the past 12 months?

X11a: Try to quit without assistance?

X11b: Nicotine replacement therapy such as the patch or gum?

X11c: Switching to smokeless tobacco?

X11d: Switching to e-cigarettes?

X11e: Heated tobacco products (HTPs)?

X11f: Nicotine bags?

X11g: Anything else?

**Support sought for quitting smoking among current smokers - Non-Omani**

<b>Male</b>									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	17	-	-	16	-	-	17	-	-
30-44	79	79.7	62.7 - 90.1	77	16.9	6.9 - 36.1	77	12.1*	4.3 - 29.8
45-59	33	-	-	33	-	-	33	-	-
60+	3	-	-	3	-	-	3	-	-
<b>Total</b>	<b>132</b>	<b>77.5</b>	<b>66.4 - 85.7</b>	<b>129</b>	<b>20.0</b>	<b>11.0 - 33.6</b>	<b>130</b>	<b>8.9*</b>	<b>3.4 - 21.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Support sought for quitting smoking among current smokers - Non-Omani**

<b>Male</b>						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	17	-	-	18	-	-
30-44	79	7.1*	1.6 - 27.1	80	2.8*	0.4 - 17.6
45-59	33	-	-	33	-	-
60+	3	-	-	3	-	-
<b>Total</b>	<b>132</b>	<b>6.8*</b>	<b>2.4 - 17.7</b>	<b>134</b>	<b>1.8*</b>	<b>0.2 - 11.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Support sought for quitting smoking among current smokers - Non-Omani**

<b>Male</b>						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	18	-	-	17	-	-
30-44	79	7.7*	1.4 - 33.5	80	0.6*	0.1 - 4.0
45-59	33	-	-	32	-	-
60+	3	-	-	3	-	-
<b>Total</b>	<b>133</b>	<b>5.8*</b>	<b>1.3 - 22.4</b>	<b>132</b>	<b>1.1*</b>	<b>0.4 - 3.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Support sought for quitting smoking among current smokers - Non-Omani**

Female									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	5	-	-	5	-	-	5	-	-
45-59	1	-	-	1	-	-	1	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>6</b>	-	-	<b>6</b>	-	-	<b>6</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Support sought for quitting smoking among current smokers - Non-Omani**

Female						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	0	-	-	0	-	-
30-44	4	-	-	5	-	-
45-59	1	-	-	1	-	-
60+	0	-	-	0	-	-
<b>Total</b>	<b>5</b>	-	-	<b>6</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Support sought for quitting smoking among current smokers - Non-Omani**

Female						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	0	-	-	0	-	-
30-44	5	-	-	4	-	-
45-59	1	-	-	1	-	-
60+	0	-	-	0	-	-
<b>Total</b>	<b>6</b>	-	-	<b>5</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Support sought for quitting smoking among current smokers - Non-Omani**

Age Categories (Years)	Total						n	% switch to smokeless	95% CI
	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI			
18-29	17	-	-	16	-	-	17	-	-
30-44	84	78.7	62.5 - 89.1	82	16.7	6.9 - 35.2	82	11.7*	4.2 - 28.9
45-59	34	-	-	34	-	-	34	-	-
60+	3	-	-	3	-	-	3	-	-
<b>Total</b>	<b>138</b>	<b>76.9</b>	<b>65.8 - 85.2</b>	<b>135</b>	<b>19.8</b>	<b>10.9 - 33.1</b>	<b>136</b>	<b>8.7*</b>	<b>3.4 - 20.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Support sought for quitting smoking among current smokers - Non-Omani**

Age Categories (Years)	Total			n	% HTPs	95% CI
	n	% switch to e-cigs	95% CI			
18-29	17	-	-	18	-	-
30-44	83	7.0*	1.5 - 26.4	85	2.7*	0.4 - 17.1
45-59	34	-	-	34	-	-
60+	3	-	-	3	-	-
<b>Total</b>	<b>137</b>	<b>6.7*</b>	<b>2.4 - 17.4</b>	<b>140</b>	<b>1.7*</b>	<b>0.2 - 11.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Support sought for quitting smoking among current smokers - Non-Omani**

Age Categories (Years)	Total			n	% Other	95% CI
	n	% nicotine bags	95% CI			
18-29	18	-	-	17	-	-
30-44	84	7.4*	1.3 - 32.7	84	0.5*	0.1 - 3.9
45-59	34	-	-	33	-	-
60+	3	-	-	3	-	-
<b>Total</b>	<b>139</b>	<b>5.7*</b>	<b>1.3 - 21.9</b>	<b>137</b>	<b>1.1*</b>	<b>0.4 - 3.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Health warnings**

Description: Percentage of current smokers who noticed health warnings on cigarette packages and whether it led them to consider quitting

Instrument question:

TP4: During the past 30 days, did you notice any health warnings on cigarette packages?

TP5: During the past 30 days, have warning labels on cigarette packages led you to think about quitting?

**Current smokers who noticed health warnings on cigarettes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	78	57.8	40.6 - 73.2	0	-	-	78	57.8	40.6 - 73.2
30-44	272	67.2	58.3 - 75.0	7	-	-	279	67.2	58.4 - 74.9
45-59	109	72.7	60.8 - 82.0	1	-	-	110	72.7	60.9 - 82.1
60+	14	-	-	0	-	-	14	-	-
<b>Total</b>	<b>473</b>	<b>66.0</b>	<b>59.3 - 72.2</b>	<b>8</b>	<b>-</b>	<b>-</b>	<b>481</b>	<b>66.1</b>	<b>59.4 - 72.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Current smokers who thought about quitting because of health warnings on cigarette packages (among current smokers who noticed health warnings on cigarette packages) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	45	-	-	0	-	-	45	-	-
30-44	170	57.8	45.1 - 69.5	5	-	-	175	58.4	45.9 - 69.9
45-59	67	68.0	50.7 - 81.5	1	-	-	68	68.1	50.8 - 81.5
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>288</b>	<b>58.9</b>	<b>49.5 - 67.7</b>	<b>6</b>	<b>-</b>	<b>-</b>	<b>294</b>	<b>59.3</b>	<b>49.9 - 68.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Tobacco costs** Description: Mean price paid for cigarette purchase

Instrument question:

TP7: In total, how much money did you pay on cigarette purchase (Omani Rials)?

<b>Mean price paid on cigarette purchase (Omani Rials) - Non-Omani</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	59	5.2	3.2 - 7.3	0	-	-	59	5.2	3.2 - 7.3	
30-44	227	4.8	3.7 - 5.9	5	-	-	232	4.8	3.8 - 5.9	
45-59	94	4.5	1.9 - 7.2	1	-	-	95	4.5	1.9 - 7.2	
60+	13	-	-	0	-	-	13	-	-	
<b>Total</b>	<b>393</b>	<b>4.9</b>	<b>3.9 - 5.8</b>	<b>6</b>	<b>-</b>	<b>-</b>	<b>399</b>	<b>4.9</b>	<b>3.9 - 5.8</b>	

- Estimates are suppressed due to a small number of respondents (n < 50).

**Current users of smokeless tobacco**

Description: Percentage of current users of smokeless tobacco among total population

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

**Current users of smokeless tobacco - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	1.0*	0.3 - 4.0	76	0.0*	0.0 - 0.0	481	0.8*	0.2 - 3.1
30-44	1199	2.4	1.3 - 4.2	264	0.0*	0.0 - 0.0	1463	1.9	1.0 - 3.4
45-59	494	2.1	0.9 - 4.9	123	0.0*	0.0 - 0.0	617	1.6	0.7 - 3.9
60+	92	2.5*	0.4 - 15.9	29	-	-	121	1.8*	0.2 - 11.7
<b>Total</b>	<b>2190</b>	<b>2.0</b>	<b>1.2 - 3.2</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2682</b>	<b>1.6</b>	<b>1.0 - 2.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Status of smokeless tobacco use**

Description: Status of using smokeless tobacco among total population

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

**Smokeless tobacco use - Non-Omani**

<b>Male</b>									
		current users				non-users			
Age Categories (Years)	n	% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	405	1.0*	0.3 - 4.0	0.0*	0.0 - 0.0	3.1*	0.5 - 16.8	95.9	84.9 - 99.0
30-44	1199	2.0	1.0 - 3.8	0.4*	0.1 - 1.0	2.2	1.1 - 4.5	95.4	92.7 - 97.1
45-59	494	1.6	0.6 - 4.5	0.4*	0.1 - 2.6	2.3*	1.0 - 5.4	95.6	92.0 - 97.6
60+	92	2.5*	0.4 - 15.9	0.0*	0.0 - 0.0	1.3*	0.3 - 6.2	96.2	85.7 - 99.1
<b>Total</b>	<b>2190</b>	<b>1.7</b>	<b>1.0 - 2.9</b>	<b>0.3</b>	<b>0.1 - 0.7</b>	<b>2.4</b>	<b>1.2 - 4.7</b>	<b>95.6</b>	<b>93.3 - 97.1</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Smokeless tobacco use - Non-Omani**

<b>Female</b>									
		current users				non-users			
Age Categories (Years)	n	% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	76	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	264	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
45-59	123	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>100.0</b>	<b>100.0 - 100.0</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Smokeless tobacco use - Non-Omani**

<b>Total</b>									
		current users				non-users			
Age Categories (Years)	n	% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	481	0.8*	0.2 - 3.1	0.0*	0.0 - 0.0	2.4*	0.4 - 13.4	96.9	88.1 - 99.2
30-44	1463	1.6	0.8 - 3.1	0.3*	0.1 - 0.8	1.8	0.9 - 3.6	96.3	94.1 - 97.7
45-59	617	1.3	0.5 - 3.5	0.4*	0.1 - 2.0	1.8*	0.8 - 4.2	96.5	93.7 - 98.1
60+	121	1.8*	0.2 - 11.7	0.0*	0.0 - 0.0	0.9*	0.2 - 4.5	97.3	89.5 - 99.3
<b>Total</b>	<b>2682</b>	<b>1.3</b>	<b>0.8 - 2.3</b>	<b>0.2</b>	<b>0.1 - 0.5</b>	<b>1.9</b>	<b>1.0 - 3.7</b>	<b>96.5</b>	<b>94.7 - 97.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Former daily users of smokeless tobacco**

Description: Percentage of former daily users of smokeless tobacco among total population and among ever daily users

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

T16: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel] daily?

**Former daily smokeless tobacco users among all population - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% former daily users	95% CI	n	% former daily users	95% CI	n	% former daily users	95% CI
18-29	405	0.1*	0.0 - 0.8	76	0.0*	0.0 - 0.0	481	0.1*	0.0 - 0.6
30-44	1199	1.9	0.9 - 4.0	264	0.0*	0.0 - 0.0	1463	1.5	0.7 - 3.2
45-59	494	1.1*	0.4 - 3.0	123	0.0*	0.0 - 0.0	617	0.8*	0.3 - 2.4
60+	92	1.3*	0.3 - 6.3	29	-	-	121	0.9*	0.2 - 4.5
<b>Total</b>	<b>2190</b>	<b>1.3</b>	<b>0.7 - 2.4</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2682</b>	<b>1.0</b>	<b>0.5 - 1.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Former daily smokeless tobacco users among ever daily users - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% former daily users	95% CI	n	% former daily users	95% CI	n	% former daily users	95% CI
18-29	8	-	-	0	-	-	8	-	-
30-44	45	-	-	0	-	-	45	-	-
45-59	23	-	-	0	-	-	23	-	-
60+	3	-	-	0	-	-	3	-	-
<b>Total</b>	<b>79</b>	<b>43.0</b>	<b>23.6 - 64.8</b>	<b>0</b>	<b>-</b>	<b>-</b>	<b>79</b>	<b>43.0</b>	<b>23.6 - 64.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Smokeless tobacco consumption**

Description: Percentage of current users of smokeless tobacco who use each of the following products

Instrument question:

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T14: On average, how many times a day do you use...?

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

Male						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	7	-	-	7	-	-
30-44	32	-	-	32	-	-
45-59	20	-	-	21	-	-
60+	0	-	-	1	-	-
<b>Total</b>	<b>59</b>	<b>82.7</b>	<b>61.5 - 93.5</b>	<b>61</b>	<b>18.7*</b>	<b>6.5 - 43.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

Male									
Age Categories (Years)	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	7	-	-	7	-	-	0	-	-
30-44	32	-	-	34	-	-	0	-	-
45-59	21	-	-	21	-	-	0	-	-
60+	1	-	-	1	-	-	0	-	-
<b>Total</b>	<b>61</b>	<b>63.4</b>	<b>37.7 - 83.2</b>	<b>63</b>	<b>37.5</b>	<b>18.9 - 60.7</b>	<b>0</b>	<b>-</b>	<b>-</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% snuff by mouth	95% CI	% snuff by nose	95% CI	% chewing tobacco	95% CI
18-29	0	-	-	-	-	-	-
30-44	0	-	-	-	-	-	-
45-59	0	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
<b>Total</b>	<b>0</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

<b>Female</b>					
Age Categories (Years)	n	% betel quid with tobacco	95% CI	% other smokeless tobacco	95% CI
18-29	0	-	-	-	-
30-44	0	-	-	-	-
45-59	0	-	-	-	-
60+	0	-	-	-	-
<b>Total</b>	<b>0</b>	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

<b>Total</b>						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	7	-	-	7	-	-
30-44	32	-	-	32	-	-
45-59	20	-	-	21	-	-
60+	0	-	-	1	-	-
<b>Total</b>	<b>59</b>	<b>82.7</b>	<b>61.5 - 93.5</b>	<b>61</b>	<b>18.7*</b>	<b>6.5 - 43.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Percentage of current users of smokeless tobacco using each of the following products - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	7	-	-	7	-	-	0	-	-
30-44	32	-	-	34	-	-	0	-	-
45-59	21	-	-	21	-	-	0	-	-
60+	1	-	-	1	-	-	0	-	-
<b>Total</b>	<b>61</b>	<b>63.4</b>	<b>37.7 - 83.2</b>	<b>63</b>	<b>37.5</b>	<b>18.9 - 60.7</b>	<b>0</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Heated tobacco product use**

Description: Current daily and non-daily use of heated tobacco products among total population, heated tobacco products use among total population, mean times used per day among daily users and mean times used per week among less than daily users

Instrument question:

X6: Do you currently use heated tobacco products daily, less than daily or not at all?

X6a. On average, how many times do you use heated tobacco products each day?

X6aw. On average, how many times do you use heated tobacco products each week?

**Heated tobacco product use - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	405	0.1*	0.0 - 0.8	0.4*	0.1 - 2.8	99.5	97.5 - 99.9
30-44	1199	0.0*	0.0 - 0.1	1.3*	0.5 - 3.5	98.7	96.5 - 99.5
45-59	494	0.5*	0.1 - 2.9	0.4*	0.1 - 2.6	99.1	96.8 - 99.8
60+	92	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>2190</b>	<b>0.1*</b>	<b>0.0 - 0.5</b>	<b>0.9*</b>	<b>0.3 - 2.2</b>	<b>99.0</b>	<b>97.8 - 99.6</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Heated tobacco product use - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	76	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	264	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
45-59	123	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>100.0</b>	<b>100.0 - 100.0</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Heated tobacco product use - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	481	0.1*	0.0 - 0.6	0.3*	0.0 - 2.1	99.6	98.1 - 99.9
30-44	1463	0.0*	0.0 - 0.1	1.0*	0.4 - 2.8	99.0	97.2 - 99.6
45-59	617	0.4*	0.1 - 2.3	0.3*	0.0 - 2.1	99.3	97.5 - 99.8
60+	121	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>2682</b>	<b>0.1*</b>	<b>0.0 - 0.4</b>	<b>0.7*</b>	<b>0.3 - 1.7</b>	<b>99.2</b>	<b>98.2 - 99.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Current users of heated tobacco products - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	0.5*	0.1 - 2.5	76	0.0*	0.0 - 0.0	481	0.4*	0.1 - 1.9
30-44	1199	1.3*	0.5 - 3.5	264	0.0*	0.0 - 0.0	1463	1.0*	0.4 - 2.8
45-59	494	0.9*	0.2 - 3.2	123	0.0*	0.0 - 0.0	617	0.7*	0.2 - 2.5
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>1.0*</b>	<b>0.4 - 2.2</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2682</b>	<b>0.8*</b>	<b>0.3 - 1.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Mean times heated tobacco used per day among daily users - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean times	95% CI	n	mean times	95% CI	n	mean times	95% CI
18-29	1	-	-	0	-	-	1	-	-
30-44	1	-	-	0	-	-	1	-	-
45-59	2	-	-	0	-	-	2	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>4</b>	-	-	<b>0</b>	-	-	<b>4</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean times heated tobacco used per week among less than daily users - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean times	95% CI	n	mean times	95% CI	n	mean times	95% CI
18-29	1	-	-	0	-	-	1	-	-
30-44	4	-	-	0	-	-	4	-	-
45-59	1	-	-	0	-	-	1	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>6</b>	-	-	<b>0</b>	-	-	<b>6</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Current tobacco users** Description: Percentage of daily and current (daily plus non-daily) tobacco users, includes smoking and smokeless, among total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

X6: Do you currently use heated tobacco products daily, less than daily or not at all?

**Current tobacco users - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	18.1	12.7 - 25.1	76	0.0*	0.0 - 0.0	481	13.8	9.7 - 19.1
30-44	1199	23.8	20.4 - 27.6	264	1.6*	0.6 - 3.9	1463	19.3	16.5 - 22.4
45-59	494	23.0	17.2 - 30.0	123	0.1*	0.0 - 0.9	617	18.1	13.5 - 23.9
60+	92	8.7	4.1 - 17.5	29	-	-	121	6.1	2.8 - 12.9
<b>Total</b>	<b>2190</b>	<b>21.9</b>	<b>19.0 - 25.0</b>	<b>492</b>	<b>0.8*</b>	<b>0.3 - 2.0</b>	<b>2682</b>	<b>17.3</b>	<b>15.1 - 19.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Daily tobacco users - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% daily users	95% CI	n	% daily users	95% CI	n	% daily users	95% CI
18-29	405	13.8	9.5 - 19.7	76	0.0*	0.0 - 0.0	481	10.5	7.3 - 14.9
30-44	1199	19.4	16.1 - 23.1	264	1.2*	0.4 - 3.2	1463	15.7	13.0 - 18.7
45-59	494	17.8	13.1 - 23.8	123	0.0*	0.0 - 0.0	617	14.0	10.3 - 18.8
60+	92	7.0	2.9 - 16.0	29	-	-	121	4.9	2.0 - 11.7
<b>Total</b>	<b>2190</b>	<b>17.4</b>	<b>14.8 - 20.3</b>	<b>492</b>	<b>0.6*</b>	<b>0.2 - 1.6</b>	<b>2682</b>	<b>13.7</b>	<b>11.7 - 16.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Tobacco use status**

Description: Tobacco use status among total population

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T2: Do you currently smoke tobacco products daily?

T8: In the past, did you ever smoke any tobacco products?

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

T13: Do you currently use smokeless tobacco products daily?

T15: In the past, did you ever use smokeless tobacco such as [snuff, chewing tobacco, betel]?

X6: Do you currently use heated tobacco products daily, less than daily or not at all?

**Tobacco use status - Non-Omani**

<b>Male</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	405	13.8	9.5 - 19.7	4.3	2.2 - 8.3	9.4	4.1 - 19.9	72.5	64.2 - 79.4
30-44	1199	19.4	16.1 - 23.1	4.5	2.9 - 6.9	8.4	5.9 - 11.7	67.8	63.3 - 72.0
45-59	494	17.8	13.1 - 23.8	5.2	2.8 - 9.3	6.6	3.8 - 11.0	70.4	63.3 - 76.7
60+	92	7.0	2.9 - 16.0	1.7*	0.5 - 5.7	28.7	16.3 - 45.4	62.7	46.9 - 76.1
<b>Total</b>	<b>2190</b>	<b>17.4</b>	<b>14.8 - 20.3</b>	<b>4.5</b>	<b>3.3 - 6.0</b>	<b>8.8</b>	<b>6.4 - 12.0</b>	<b>69.3</b>	<b>65.7 - 72.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Tobacco use status - Non-Omani**

<b>Female</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	76	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	264	1.2*	0.4 - 3.2	0.4*	0.1 - 2.9	0.4*	0.1 - 2.6	98.0	95.5 - 99.1
45-59	123	0.0*	0.0 - 0.0	0.1*	0.0 - 0.9	5.8*	1.3 - 21.7	94.1	78.4 - 98.6
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>0.6*</b>	<b>0.2 - 1.6</b>	<b>0.2*</b>	<b>0.0 - 1.4</b>	<b>1.2*</b>	<b>0.3 - 4.4</b>	<b>98.0</b>	<b>95.3 - 99.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Tobacco use status - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	481	10.5	7.3 - 14.9	3.3	1.7 - 6.4	7.1	3.1 - 15.6	79.1	72.2 - 84.7
30-44	1463	15.7	13.0 - 18.7	3.6	2.4 - 5.6	6.7	4.8 - 9.5	74.0	70.2 - 77.4
45-59	617	14.0	10.3 - 18.8	4.1	2.2 - 7.4	6.4	3.8 - 10.5	75.5	69.5 - 80.7
60+	121	4.9	2.0 - 11.7	1.2*	0.3 - 4.1	20.2	10.7 - 34.9	73.7	59.0 - 84.5
<b>Total</b>	<b>2682</b>	<b>13.7</b>	<b>11.7 - 16.0</b>	<b>3.6</b>	<b>2.6 - 4.7</b>	<b>7.2</b>	<b>5.3 - 9.7</b>	<b>75.5</b>	<b>72.6 - 78.3</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Exposure to second-hand smoke in home in past 30 days**

Description: Percentage of the population exposed second-hand smoke in the home in the past 30 days

Instrument question:

T17: In the past 30 days, did someone smoke in your home?

**Exposed to second-hand smoke in home during the past 30 days - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	405	27.0	20.2 - 35.1	76	16.4*	7.8 - 31.3	481	24.4	18.6 - 31.3
30-44	1199	26.1	21.6 - 31.1	264	11.3	5.8 - 20.8	1463	23.1	19.2 - 27.4
45-59	494	18.3	14.0 - 23.6	123	14.5	7.9 - 25.2	617	17.5	13.8 - 22.1
60+	92	13.4	7.0 - 24.1	29	-	-	121	9.5	4.9 - 17.9
<b>Total</b>	<b>2190</b>	<b>24.5</b>	<b>21.2 - 28.2</b>	<b>492</b>	<b>12.8</b>	<b>8.4 - 19.1</b>	<b>2682</b>	<b>22.0</b>	<b>19.1 - 25.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Exposure to second-hand smoke in the workplace in past 30 days**

Description: Percentage of the population exposed second-hand smoke in the workplace in the past 30 days

Instrument question:

T18: During the past 30 days, did someone smoke in closed areas in your workplace (in the building, in a work area or a specific office)?

**Exposed to second-hand smoke in the workplace during the past 30 days - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	384	29.2	20.8 - 39.2	68	4.7*	1.6 - 12.9	452	23.5	16.9 - 31.7
30-44	1104	28.5	24.2 - 33.4	224	10.9	5.0 - 22.4	1328	25.3	21.3 - 29.7
45-59	455	18.2	13.5 - 24.2	108	5.9*	2.1 - 15.4	563	15.8	11.8 - 20.8
60+	83	14.9	7.9 - 26.3	22	-	-	105	11.9	6.3 - 21.1
<b>Total</b>	<b>2026</b>	<b>26.5</b>	<b>22.7 - 30.5</b>	<b>422</b>	<b>7.9</b>	<b>4.2 - 14.3</b>	<b>2448</b>	<b>22.7</b>	<b>19.5 - 26.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Smoking bans** Description: Percentage of population who think smoking should not be allowed in outdoor areas

Instrument question:

X21: Do you think smoking should or should not be allowed in outdoor areas such as public parks, beaches, traditional market, car parks and stadiums?

<b>Think smoking should not be allowed in outdoor areas - Non-Omani</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	405	77.4	69.6 - 83.7	76	88.0	77.1 - 94.1	481	80.0	73.7 - 85.1	
30-44	1199	74.6	70.3 - 78.4	264	89.6	83.8 - 93.4	1463	77.6	74.1 - 80.8	
45-59	494	82.0	75.9 - 86.8	123	83.2	70.5 - 91.1	617	82.2	76.9 - 86.5	
60+	92	79.5	65.9 - 88.7	29	-	-	121	67.1	46.6 - 82.6	
<b>Total</b>	<b>2190</b>	<b>76.8</b>	<b>73.6 - 79.6</b>	<b>492</b>	<b>85.8</b>	<b>80.1 - 90.1</b>	<b>2682</b>	<b>78.7</b>	<b>76.0 - 81.2</b>	

- Estimates are suppressed due to a small number of respondents (n < 50).

**Tobacco tax** Description: Views on increasing taxes on tobacco products

Instrument question:

X22: Would you favor or oppose increasing taxes on tobacco products?

<b>In favor of increasing taxes on tobacco products - Non-Omani</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	405	64.0	55.0 - 72.2	76	75.2	55.2 - 88.2	481	66.7	58.6 - 74.0	
30-44	1199	67.6	63.0 - 71.8	264	78.6	71.5 - 84.3	1463	69.8	66.1 - 73.3	
45-59	494	73.7	67.6 - 79.0	123	79.7	67.5 - 88.2	617	75.0	69.6 - 79.7	
60+	92	63.9	48.2 - 77.1	29	-	-	121	54.9	37.7 - 71.1	
<b>Total</b>	<b>2190</b>	<b>67.8</b>	<b>64.3 - 71.0</b>	<b>492</b>	<b>76.0</b>	<b>68.7 - 82.0</b>	<b>2682</b>	<b>69.6</b>	<b>66.5 - 72.4</b>	

- Estimates are suppressed due to a small number of respondents (n < 50).

**Nicotine pouches**

Description: current use of nicotine pouches among total population

Instrument question:

X12. On average, how many times a day do you use nicotine pouches?

X12w. On average, how many times a week do you use nicotine pouches?

**Current users of nicotine pouches - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	0.0*	0.0 - 0.0	76	0.0*	0.0 - 0.0	481	0.0*	0.0 - 0.0
30-44	1199	0.5*	0.1 - 1.8	264	0.0*	0.0 - 0.0	1463	0.4*	0.1 - 1.5
45-59	494	0.0*	0.0 - 0.3	123	0.0*	0.0 - 0.0	617	0.0*	0.0 - 0.2
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>0.3*</b>	<b>0.1 - 1.0</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2682</b>	<b>0.2*</b>	<b>0.1 - 0.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Electronic cigarettes**

Description: Percentage of population who have ever heard of electronic cigarettes, current use of electronic cigarettes among total population and age of initiation among electronic cigarette users

Instrument question:

X16: Before today, have you ever heard of electronic cigarettes?

X17: Do you currently use electronic cigarettes on a daily basis, less than daily, or not at all?

X18: How old were you when you first started using electronic cigarettes?

**Heard of electronic cigarettes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% heard of e-cigs	95% CI	n	% heard of e-cigs	95% CI	n	% heard of e-cigs	95% CI
18-29	405	56.2	46.7 - 65.3	76	39.5	24.2 - 57.3	481	52.2	43.4 - 60.8
30-44	1199	55.9	50.7 - 61.0	264	47.4	38.0 - 57.0	1463	54.2	49.5 - 58.7
45-59	494	49.6	41.3 - 58.0	123	60.0	46.8 - 71.9	617	51.8	44.6 - 58.9
60+	92	48.2	33.9 - 62.9	29	-	-	121	39.1	25.6 - 54.5
<b>Total</b>	<b>2190</b>	<b>54.6</b>	<b>50.7 - 58.5</b>	<b>492</b>	<b>46.2</b>	<b>38.4 - 54.2</b>	<b>2682</b>	<b>52.8</b>	<b>49.1 - 56.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Current users of electronic cigarettes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	2.4*	1.0 - 5.4	76	1.1*	0.2 - 7.8	481	2.1*	1.0 - 4.5
30-44	1199	1.7	0.8 - 3.7	264	0.0*	0.0 - 0.0	1463	1.4	0.6 - 2.9
45-59	494	1.4*	0.2 - 9.0	123	1.7*	0.3 - 9.7	617	1.5*	0.3 - 6.4
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>1.8</b>	<b>1.0 - 3.1</b>	<b>492</b>	<b>0.6*</b>	<b>0.2 - 2.3</b>	<b>2682</b>	<b>1.5</b>	<b>0.9 - 2.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Electronic cigarette use - Non-Omani**

Male							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	405	0.4*	0.1 - 2.8	2.0*	0.8 - 4.9	97.2	94.2 - 98.7
30-44	1199	0.8*	0.2 - 3.0	0.9*	0.4 - 2.2	98.0	96.1 - 99.0
45-59	494	1.4*	0.2 - 9.1	0.0*	0.0 - 0.2	98.2	92.1 - 99.6
60+	92	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>2190</b>	<b>0.8*</b>	<b>0.3 - 2.1</b>	<b>1.0</b>	<b>0.5 - 1.8</b>	<b>97.9</b>	<b>96.6 - 98.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Electronic cigarette use - Non-Omani**

Female							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	76	0.0*	0.0 - 0.0	1.1*	0.2 - 7.8	98.9	92.2 - 99.8
30-44	264	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	99.0	92.9 - 99.9
45-59	123	1.6*	0.2 - 10.4	0.2*	0.0 - 1.2	98.3	90.3 - 99.7
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>0.3*</b>	<b>0.0 - 2.0</b>	<b>0.3*</b>	<b>0.1 - 2.1</b>	<b>98.6</b>	<b>96.2 - 99.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Electronic cigarette use - Non-Omani**

Total							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	481	0.3*	0.1 - 2.1	1.8*	0.8 - 4.0	97.6	95.2 - 98.8
30-44	1463	0.7*	0.2 - 2.4	0.7*	0.3 - 1.8	98.2	96.6 - 99.0
45-59	617	1.4*	0.3 - 6.5	0.1*	0.0 - 0.2	98.2	93.9 - 99.5
60+	121	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	98.1	88.0 - 99.7
<b>Total</b>	<b>2682</b>	<b>0.7*</b>	<b>0.3 - 1.7</b>	<b>0.8</b>	<b>0.5 - 1.5</b>	<b>98.0</b>	<b>97.0 - 98.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Mean age started using electronic cigarettes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	9	-	-	1	-	-	10	-	-
30-44	12	-	-	0	-	-	12	-	-
45-59	2	-	-	2	-	-	4	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>23</b>	-	-	<b>3</b>	-	-	<b>26</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Nicotine products**

Description: current use of nicotine products (nicotine pouches or electronic cigarettes) among total population

Instrument question:

X12. On average, how many times a day do you use nicotine pouches?

X12w. On average, how many times a week do you use nicotine pouches?

X17: Do you currently use electronic cigarettes on a daily basis, less than daily, or not at all?

**Current users of nicotine products - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	2.4*	1.0 - 5.4	76	1.1*	0.2 - 7.8	481	2.1*	1.0 - 4.5
30-44	1199	2.2	1.1 - 4.2	264	0.0*	0.0 - 0.0	1463	1.8	0.9 - 3.4
45-59	494	1.4*	0.2 - 8.8	123	1.7*	0.3 - 9.7	617	1.5*	0.3 - 6.3
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>2.1</b>	<b>1.2 - 3.4</b>	<b>492</b>	<b>0.6*</b>	<b>0.2 - 2.3</b>	<b>2682</b>	<b>1.7</b>	<b>1.1 - 2.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Current users of tobacco or nicotine products**

Description: Percentage of adults currently using tobacco products (including smoked tobacco, non-smoked tobacco, and heated tobacco products) or nicotine products (including nicotine pouches and e-cigarettes).

Instrument question:

T1: Do you currently smoke any tobacco products, such as cigarettes, cigars, or pipes?

T12: Do you currently use any smokeless tobacco such as [snuff, chewing tobacco, betel]?

X6: Do you currently use heated tobacco products daily, less than daily or not at all?

X12. On average, how many times a day do you use nicotine pouches?

X12w. On average, how many times a week do you use nicotine pouches?

X17: Do you currently use electronic cigarettes on a daily basis, less than daily, or not at all?

**Current users of tobacco or nicotine products - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	405	18.7	13.3 - 25.8	76	1.1*	0.2 - 7.8	481	14.5	10.3 - 19.9
30-44	1199	24.9	21.2 - 28.9	264	1.6*	0.6 - 3.9	1463	20.1	17.2 - 23.4
45-59	494	24.4	18.3 - 31.7	123	1.8*	0.3 - 9.3	617	19.6	14.7 - 25.5
60+	92	8.7	4.1 - 17.5	29	-	-	121	6.1	2.8 - 12.9
<b>Total</b>	<b>2190</b>	<b>22.8</b>	<b>19.8 - 26.2</b>	<b>492</b>	<b>1.4</b>	<b>0.7 - 3.1</b>	<b>2682</b>	<b>18.2</b>	<b>15.8 - 20.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 4 Diet

### Mean number of days of fruit and vegetable consumption

Description: Mean number of days fruit and vegetables consumed

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D3: In a typical week, on how many days do you eat vegetables?

#### Mean number of days fruit consumed in a typical week - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	mean number of days	95% CI	n	mean number of days	95% CI	n	mean number of days	95% CI
18-29	403	4.2	3.8 - 4.5	76	4.3	3.7 - 5.0	479	4.2	3.9 - 4.5
30-44	1196	3.9	3.7 - 4.2	261	4.9	4.4 - 5.3	1457	4.1	3.9 - 4.4
45-59	491	4.3	4.0 - 4.7	123	5.3	4.8 - 5.7	614	4.5	4.2 - 4.8
60+	92	4.9	4.2 - 5.5	29	-	-	121	5.2	4.6 - 5.8
<b>Total</b>	<b>2182</b>	<b>4.1</b>	<b>3.9 - 4.3</b>	<b>489</b>	<b>4.8</b>	<b>4.5 - 5.1</b>	<b>2671</b>	<b>4.3</b>	<b>4.1 - 4.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

#### Mean number of days vegetables consumed in a typical week - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	mean number of days	95% CI	n	mean number of days	95% CI	n	mean number of days	95% CI
18-29	404	5.5	5.2 - 5.8	75	5.5	4.7 - 6.3	479	5.5	5.2 - 5.8
30-44	1196	5.4	5.2 - 5.7	262	5.9	5.6 - 6.2	1458	5.5	5.3 - 5.7
45-59	492	5.5	5.3 - 5.8	123	6.2	5.9 - 6.6	615	5.7	5.5 - 5.9
60+	92	5.9	5.4 - 6.4	29	-	-	121	6.0	5.5 - 6.5
<b>Total</b>	<b>2184</b>	<b>5.5</b>	<b>5.3 - 5.6</b>	<b>489</b>	<b>5.9</b>	<b>5.6 - 6.2</b>	<b>2673</b>	<b>5.6</b>	<b>5.4 - 5.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean number of servings of fruit and vegetable consumption**

Description: Mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D2: How many servings of fruit do you eat on one of those days?

D3: In a typical week, on how many days do you eat vegetables?

D4: How many servings of vegetables do you eat on one of those days?

**Mean number of servings of fruit on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	400	1.5	1.3 - 1.8	76	1.4	1.2 - 1.7	476	1.5	1.3 - 1.7
30-44	1188	1.4	1.2 - 1.6	261	1.7	1.4 - 1.9	1449	1.5	1.3 - 1.6
45-59	490	1.6	1.3 - 1.8	123	2.0	1.6 - 2.4	613	1.7	1.5 - 1.9
60+	92	1.8	1.3 - 2.3	29	-	-	121	2.3	1.4 - 3.2
<b>Total</b>	<b>2170</b>	<b>1.5</b>	<b>1.3 - 1.6</b>	<b>489</b>	<b>1.7</b>	<b>1.5 - 2.0</b>	<b>2659</b>	<b>1.5</b>	<b>1.4 - 1.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean number of servings of vegetables on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	399	2.4	2.1 - 2.8	75	2.4	1.8 - 3.1	474	2.4	2.1 - 2.7
30-44	1191	2.4	2.1 - 2.8	262	2.4	2.1 - 2.7	1453	2.4	2.2 - 2.7
45-59	491	2.1	1.8 - 2.4	123	2.4	2.0 - 2.7	614	2.2	1.9 - 2.4
60+	92	2.2	1.8 - 2.7	29	-	-	121	2.2	1.8 - 2.6
<b>Total</b>	<b>2173</b>	<b>2.4</b>	<b>2.1 - 2.6</b>	<b>489</b>	<b>2.4</b>	<b>2.1 - 2.7</b>	<b>2662</b>	<b>2.4</b>	<b>2.2 - 2.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean number of servings of fruit and/or vegetables on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	401	3.9	3.4 - 4.5	76	3.8	3.0 - 4.6	477	3.9	3.5 - 4.4
30-44	1193	3.8	3.4 - 4.2	262	4.1	3.6 - 4.5	1455	3.9	3.5 - 4.2
45-59	491	3.7	3.2 - 4.2	123	4.4	3.7 - 5.1	614	3.8	3.4 - 4.3
60+	92	4.1	3.3 - 4.8	29	-	-	121	4.6	3.4 - 5.7
<b>Total</b>	<b>2177</b>	<b>3.8</b>	<b>3.5 - 4.1</b>	<b>490</b>	<b>4.1</b>	<b>3.7 - 4.5</b>	<b>2667</b>	<b>3.9</b>	<b>3.6 - 4.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Fruit and vegetable consumption per day**

Description: Frequency of fruit and/or vegetable consumption

Instrument question:

D1: In a typical week, on how many days do you eat fruit?

D2: How many servings of fruit do you eat on one of those days?

D3: In a typical week, on how many days do you eat vegetables?

D4: How many servings of vegetables do you eat on one of those days?

**Number of servings of fruit and/or vegetables on average per day - Non-Omani**

<b>Male</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	401	9.6	6.3 - 14.3	35.5	28.4 - 43.4	24.8	18.8 - 31.8	30.2	22.2 - 39.5
30-44	1193	9.8	7.3 - 12.8	37.4	32.6 - 42.5	24.0	19.9 - 28.7	28.8	23.3 - 35.0
45-59	491	8.7	5.7 - 13.1	42.1	34.1 - 50.4	23.8	18.1 - 30.7	25.4	18.4 - 33.9
60+	92	5.3*	1.9 - 14.1	27.6	17.1 - 41.3	30.9	18.6 - 46.5	36.2	23.1 - 51.9
<b>Total</b>	<b>2177</b>	<b>9.4</b>	<b>7.5 - 11.7</b>	<b>37.5</b>	<b>33.4 - 41.9</b>	<b>24.4</b>	<b>21.1 - 27.9</b>	<b>28.7</b>	<b>24.2 - 33.7</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Number of servings of fruit and/or vegetables on average per day - Non-Omani**

<b>Female</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	76	6.2*	2.1 - 16.7	39.6	24.8 - 56.4	25.2	12.7 - 43.8	29.1	15.1 - 48.6
30-44	262	4.7	2.2 - 9.8	33.5	25.8 - 42.2	28.6	21.2 - 37.3	33.2	25.8 - 41.5
45-59	123	2.8*	0.7 - 10.2	23.5	14.1 - 36.5	34.3	23.3 - 47.3	39.4	26.6 - 53.7
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>490</b>	<b>4.8</b>	<b>2.7 - 8.4</b>	<b>32.4</b>	<b>26.1 - 39.4</b>	<b>29.1</b>	<b>22.9 - 36.1</b>	<b>33.7</b>	<b>26.8 - 41.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Number of servings of fruit and/or vegetables on average per day - Non-Omani**

<b>Total</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	477	8.7	5.9 - 12.7	36.5	30.1 - 43.3	24.9	19.2 - 31.5	29.9	22.8 - 38.2
30-44	1455	8.7	6.6 - 11.4	36.6	32.4 - 41.1	25.0	21.2 - 29.1	29.7	25.0 - 34.8
45-59	614	7.5	4.9 - 11.1	38.1	31.2 - 45.5	26.1	20.8 - 32.2	28.4	21.8 - 36.1
60+	121	5.6	2.2 - 13.8	22.0	13.2 - 34.3	32.9	20.0 - 49.1	39.4	23.6 - 57.8
<b>Total</b>	<b>2667</b>	<b>8.4</b>	<b>6.8 - 10.4</b>	<b>36.4</b>	<b>32.8 - 40.2</b>	<b>25.4</b>	<b>22.4 - 28.6</b>	<b>29.8</b>	<b>25.8 - 34.1</b>

**Less than five servings of fruit and/or vegetables on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-29	401	69.8	60.5 - 77.8	76	70.9	51.4 - 84.9	477	70.1	61.8 - 77.2
30-44	1193	71.2	65.0 - 76.7	262	66.8	58.5 - 74.2	1455	70.3	65.2 - 75.0
45-59	491	74.6	66.1 - 81.6	123	60.6	46.3 - 73.4	614	71.6	63.9 - 78.2
60+	92	63.8	48.1 - 76.9	29	-	-	121	60.6	42.2 - 76.4
<b>Total</b>	<b>2177</b>	<b>71.3</b>	<b>66.3 - 75.8</b>	<b>490</b>	<b>66.3</b>	<b>58.6 - 73.2</b>	<b>2667</b>	<b>70.2</b>	<b>65.9 - 74.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Adding salt at meal** Description: Percentage of the population who always or often add salt or salty sauce to their food before eating or as they are eating

Instrument question:

D5: How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?

**Add salt always or often before eating or when eating - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	21.3	15.2 - 28.8	76	17.7	9.1 - 31.4	480	20.4	15.3 - 26.7
30-44	1190	22.3	18.8 - 26.3	264	30.9	22.8 - 40.4	1454	24.1	20.5 - 28.0
45-59	493	18.5	13.3 - 25.1	123	17.0	10.5 - 26.2	616	18.2	13.7 - 23.8
60+	91	14.7*	5.9 - 32.0	29	-	-	120	13.3	6.0 - 27.1
<b>Total</b>	<b>2178</b>	<b>21.1</b>	<b>18.2 - 24.3</b>	<b>492</b>	<b>23.9</b>	<b>18.3 - 30.5</b>	<b>2670</b>	<b>21.7</b>	<b>19.0 - 24.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Adding salt when cooking** Description: Percentage of the population who report that salt or salty sauce is added to their food when cooking or preparing foods in their household

Instrument question:

D6: How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?

**Add salt always or often when cooking or preparing food at home - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	397	31.0	21.7 - 42.1	76	38.0	23.9 - 54.5	473	32.7	24.6 - 41.9
30-44	1172	29.2	24.2 - 34.8	264	38.7	30.2 - 47.9	1436	31.2	26.6 - 36.2
45-59	485	29.2	21.7 - 37.9	123	33.4	22.7 - 46.1	608	30.1	23.6 - 37.5
60+	88	34.9	21.8 - 50.8	29	-	-	117	36.9	21.1 - 56.1
<b>Total</b>	<b>2142</b>	<b>29.8</b>	<b>25.0 - 35.1</b>	<b>492</b>	<b>37.7</b>	<b>30.6 - 45.3</b>	<b>2634</b>	<b>31.5</b>	<b>27.3 - 36.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Salty processed food consumption** Description: Percentage of the population who always or often eat processed foods high in salt

Instrument question:

D7: How often do you eat processed food high in salt?

**Always or often consume processed food high in salt - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	402	12.9	8.6 - 18.9	76	9.0*	3.7 - 20.5	478	12.0	8.3 - 17.0
30-44	1192	11.1	8.4 - 14.6	264	16.9	10.0 - 27.3	1456	12.3	9.6 - 15.7
45-59	493	8.9	5.5 - 14.0	123	10.5	4.6 - 22.1	616	9.2	6.2 - 13.6
60+	91	7.9*	3.2 - 18.3	29	-	-	120	5.6*	2.2 - 13.4
<b>Total</b>	<b>2178</b>	<b>11.1</b>	<b>8.9 - 13.6</b>	<b>492</b>	<b>12.9</b>	<b>8.4 - 19.2</b>	<b>2670</b>	<b>11.5</b>	<b>9.4 - 13.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Salt consumption**

Description: Percentage of the population who think they consume far too much or too much salt

Instrument question:

D8: How much salt or salty sauce do you think you consume?

**Think they consume far too much or too much salt - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	402	7.8	4.7 - 12.8	76	0.1*	0.0 - 1.0	478	5.9	3.5 - 9.8
30-44	1187	5.6	3.8 - 8.1	263	5.0	2.3 - 10.3	1450	5.4	3.9 - 7.6
45-59	490	9.7	5.5 - 16.6	121	11.2*	3.8 - 28.8	611	10.0	6.0 - 16.2
60+	90	0.0*	0.0 - 0.0	29	-	-	119	0.0*	0.0 - 0.0
<b>Total</b>	<b>2169</b>	<b>6.7</b>	<b>5.2 - 8.7</b>	<b>489</b>	<b>4.5</b>	<b>2.3 - 8.5</b>	<b>2658</b>	<b>6.2</b>	<b>4.9 - 7.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Age Categories (Years)	Male							
	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI	
18-29	402	0.8*	0.3 - 2.4	7.0	4.0 - 12.0	74.1	67.0 - 80.1	
30-44	1187	0.7*	0.3 - 1.8	4.9	3.2 - 7.3	71.5	66.9 - 75.6	
45-59	490	4.0*	1.3 - 11.7	5.7	3.1 - 10.1	55.7	47.4 - 63.7	
60+	90	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	62.8	48.2 - 75.5	
<b>Total</b>	<b>2169</b>	<b>1.3</b>	<b>0.6 - 2.7</b>	<b>5.4</b>	<b>4.1 - 7.1</b>	<b>69.0</b>	<b>65.5 - 72.2</b>	

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Age Categories (Years)	Male				
	n	% too little	95% CI	% far too little	95% CI
18-29	402	14.5	9.6 - 21.2	3.6*	1.5 - 8.4
30-44	1187	20.6	16.7 - 25.2	2.3	1.4 - 3.8
45-59	490	27.1	21.1 - 34.2	7.5	4.4 - 12.4
60+	90	28.0	16.4 - 43.6	9.2*	4.0 - 19.5
<b>Total</b>	<b>2169</b>	<b>20.5</b>	<b>17.6 - 23.7</b>	<b>3.8</b>	<b>2.7 - 5.3</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Female							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	76	0.0*	0.0 - 0.0	0.1*	0.0 - 1.0	77.1	58.1 - 89.1
30-44	263	0.6*	0.2 - 1.7	4.3*	1.8 - 9.9	66.1	57.3 - 73.9
45-59	121	0.0*	0.0 - 0.0	11.2*	3.8 - 28.8	56.9	43.7 - 69.3
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>489</b>	<b>0.3*</b>	<b>0.1 - 0.9</b>	<b>4.2</b>	<b>2.1 - 8.2</b>	<b>65.9</b>	<b>58.3 - 72.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Female					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	76	18.4	7.7 - 38.0	4.3*	1.0 - 16.9
30-44	263	23.6	17.4 - 31.3	5.3	2.9 - 9.4
45-59	121	23.0	13.7 - 36.0	8.9*	4.2 - 17.9
60+	29	-	-	-	-
<b>Total</b>	<b>489</b>	<b>24.2</b>	<b>18.3 - 31.3</b>	<b>5.5</b>	<b>3.2 - 9.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Total							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	478	0.6*	0.2 - 1.8	5.3	3.1 - 9.2	74.8	68.0 - 80.6
30-44	1450	0.7	0.3 - 1.5	4.8	3.3 - 6.9	70.4	66.3 - 74.1
45-59	611	3.2*	1.0 - 9.4	6.8	3.9 - 11.7	56.0	48.8 - 62.8
60+	119	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	51.8	35.4 - 67.7
<b>Total</b>	<b>2658</b>	<b>1.1</b>	<b>0.6 - 2.2</b>	<b>5.1</b>	<b>3.9 - 6.7</b>	<b>68.3</b>	<b>65.1 - 71.4</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Self-reported quantity of salt consumed - Non-Omani**

Total					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	478	15.4	10.6 - 22.0	3.8	1.8 - 7.8
30-44	1450	21.2	17.8 - 25.1	2.9	2.0 - 4.3
45-59	611	26.3	20.9 - 32.5	7.8	4.8 - 12.2
60+	119	41.8	25.5 - 60.1	6.4*	2.7 - 14.4
<b>Total</b>	<b>2658</b>	<b>21.3</b>	<b>18.6 - 24.3</b>	<b>4.1</b>	<b>3.1 - 5.5</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Lowering salt** Description: Percentage of the population who think lowering salt in diet is very, somewhat or not at all important

Instrument question:

D9: How important to you is lowering the salt in your diet?

**Importance of lowering salt in diet - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	388	50.0	42.5 - 57.5	43.6	36.6 - 51.0	6.4	3.5 - 11.5
30-44	1145	48.8	43.8 - 53.8	46.3	40.9 - 51.9	4.8	3.1 - 7.5
45-59	476	53.7	46.5 - 60.8	42.4	35.5 - 49.6	3.8	2.0 - 7.2
60+	86	57.3	42.0 - 71.4	41.8	27.9 - 57.1	0.9*	0.1 - 5.6
<b>Total</b>	<b>2095</b>	<b>50.2</b>	<b>46.5 - 54.0</b>	<b>44.8</b>	<b>41.1 - 48.6</b>	<b>4.9</b>	<b>3.6 - 6.7</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Importance of lowering salt in diet - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	74	37.9	23.0 - 55.6	48.1	31.9 - 64.7	14.0*	4.0 - 38.7
30-44	262	54.3	45.4 - 63.0	38.5	30.1 - 47.5	7.2	3.9 - 13.0
45-59	121	63.3	50.2 - 74.7	32.7	22.2 - 45.4	4.0*	1.2 - 12.4
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>486</b>	<b>52.8</b>	<b>45.3 - 60.3</b>	<b>38.9</b>	<b>32.1 - 46.0</b>	<b>8.3</b>	<b>4.3 - 15.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Importance of lowering salt in diet - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	462	47.1	40.1 - 54.2	44.7	38.0 - 51.6	8.2	4.4 - 14.9
30-44	1407	50.0	45.5 - 54.4	44.7	39.9 - 49.5	5.3	3.7 - 7.6
45-59	597	55.8	49.7 - 61.7	40.3	34.5 - 46.4	3.9	2.2 - 6.7
60+	115	66.2	51.3 - 78.5	32.1	20.3 - 46.8	1.7*	0.4 - 6.6
<b>Total</b>	<b>2581</b>	<b>50.8</b>	<b>47.3 - 54.3</b>	<b>43.5</b>	<b>40.1 - 47.0</b>	<b>5.7</b>	<b>4.2 - 7.6</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Salt knowledge**

Description: Percentage of the population who think consuming too much salt could cause a serious health problem

Instrument question:

D10: Do you think that too much salt or salty sauce in your diet could cause a health problem?

**Think consuming too much salt could cause serious health problem - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	86.0	78.4 - 91.2	76	84.1	62.2 - 94.4	481	85.5	78.5 - 90.5
30-44	1199	86.7	82.8 - 89.9	264	94.3	89.1 - 97.1	1463	88.3	85.1 - 90.9
45-59	494	91.6	87.3 - 94.6	123	96.2	88.0 - 98.9	617	92.6	89.0 - 95.1
60+	92	91.6	82.5 - 96.2	29	-	-	121	93.0	85.7 - 96.8
<b>Total</b>	<b>2190</b>	<b>87.6</b>	<b>84.3 - 90.3</b>	<b>492</b>	<b>91.9</b>	<b>85.4 - 95.6</b>	<b>2682</b>	<b>88.5</b>	<b>85.7 - 90.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Controlling salt intake**

Description: Percentage of the population who take specific action on a regular basis to control salt intake

Instrument question:

D11a-f: Do you do any of the following on a regular basis to control your salt intake?

**Limit consumption of processed foods - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	57.4	49.8 - 64.7	76	75.5	61.8 - 85.5	481	61.8	54.8 - 68.3
30-44	1199	59.5	53.8 - 64.9	264	74.6	66.0 - 81.6	1463	62.6	57.6 - 67.3
45-59	494	64.0	56.3 - 71.0	123	76.8	62.6 - 86.8	617	66.7	60.3 - 72.6
60+	92	68.4	52.7 - 80.8	29	-	-	121	63.4	44.5 - 79.0
<b>Total</b>	<b>2190</b>	<b>60.1</b>	<b>55.8 - 64.1</b>	<b>492</b>	<b>74.3</b>	<b>67.6 - 80.0</b>	<b>2682</b>	<b>63.2</b>	<b>59.4 - 66.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Look at the salt or sodium content on food labels - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	13.4	8.9 - 19.7	76	23.8	13.2 - 38.9	481	15.9	11.3 - 21.9
30-44	1199	17.9	14.3 - 22.1	264	49.5	40.1 - 58.9	1463	24.3	20.5 - 28.6
45-59	494	25.0	18.3 - 33.2	123	33.2	22.3 - 46.4	617	26.8	21.1 - 33.3
60+	92	28.4	16.2 - 44.8	29	-	-	121	30.1	17.4 - 46.7
<b>Total</b>	<b>2190</b>	<b>18.4</b>	<b>15.4 - 21.8</b>	<b>492</b>	<b>38.8</b>	<b>31.7 - 46.4</b>	<b>2682</b>	<b>22.8</b>	<b>19.6 - 26.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Buy low salt/sodium alternatives - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	9.6	5.7 - 15.7	76	18.4	9.2 - 33.6	481	11.7	7.8 - 17.3
30-44	1199	10.5	7.6 - 14.5	264	36.3	27.4 - 46.3	1463	15.8	12.3 - 20.1
45-59	494	19.8	13.5 - 28.3	123	22.9	14.0 - 35.2	617	20.5	14.8 - 27.7
60+	92	10.7*	4.5 - 23.3	29	-	-	121	13.5	5.3 - 30.4
<b>Total</b>	<b>2190</b>	<b>12.0</b>	<b>9.3 - 15.5</b>	<b>492</b>	<b>28.3</b>	<b>22.0 - 35.5</b>	<b>2682</b>	<b>15.6</b>	<b>12.6 - 19.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Use spices other than salt when cooking - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	28.9	21.2 - 38.0	76	49.9	32.5 - 67.3	481	33.9	26.4 - 42.4
30-44	1199	31.5	26.6 - 36.8	264	47.2	38.2 - 56.4	1463	34.7	30.3 - 39.4
45-59	494	33.7	26.5 - 41.7	123	36.7	25.6 - 49.5	617	34.3	28.2 - 41.1
60+	92	32.8	20.4 - 48.2	29	-	-	121	30.1	17.8 - 46.1
<b>Total</b>	<b>2190</b>	<b>31.3</b>	<b>26.9 - 36.0</b>	<b>492</b>	<b>45.1</b>	<b>37.5 - 52.9</b>	<b>2682</b>	<b>34.3</b>	<b>30.2 - 38.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Avoid eating foods prepared outside of a home - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	48.1	40.9 - 55.4	76	65.2	48.0 - 79.1	481	52.2	45.3 - 59.1
30-44	1199	51.5	46.8 - 56.2	264	63.4	53.8 - 72.0	1463	54.0	49.7 - 58.2
45-59	494	58.8	51.0 - 66.1	123	63.2	49.8 - 74.8	617	59.7	53.1 - 66.0
60+	92	69.6	56.4 - 80.3	29	-	-	121	63.3	44.9 - 78.4
<b>Total</b>	<b>2190</b>	<b>52.5</b>	<b>48.8 - 56.2</b>	<b>492</b>	<b>63.2</b>	<b>55.9 - 69.9</b>	<b>2682</b>	<b>54.9</b>	<b>51.5 - 58.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Do other things specifically to control your salt intake - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	15.2	9.3 - 23.7	76	13.2	6.3 - 25.5	481	14.7	9.8 - 21.4
30-44	1199	11.4	8.7 - 14.9	264	16.8	11.4 - 24.2	1463	12.5	10.0 - 15.7
45-59	494	16.7	12.1 - 22.5	123	15.9	8.7 - 27.5	617	16.5	12.5 - 21.5
60+	92	10.5*	4.4 - 23.1	29	-	-	121	7.9	3.3 - 17.4
<b>Total</b>	<b>2190</b>	<b>13.3</b>	<b>10.7 - 16.4</b>	<b>492</b>	<b>15.0</b>	<b>11.0 - 20.2</b>	<b>2682</b>	<b>13.7</b>	<b>11.4 - 16.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Intake of salt per day** Description: Mean intake of salt in grams per day among all population

Instrument question:  
 M8: Are you pregnant?  
 B10: Had you been fasting prior to urine collection?  
 B14: Urinary sodium measurement  
 B15: Urinary creatinine measurement

**Mean salt intake (g/day) - INTERSALT - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	8.8	8.4 - 9.2	53	6.9	6.5 - 7.3	418	8.3	8.0 - 8.7
30-44	1066	9.4	9.2 - 9.6	232	7.7	7.5 - 8.0	1298	9.0	8.8 - 9.2
45-59	454	9.7	9.4 - 9.9	97	7.8	7.4 - 8.2	551	9.3	9.0 - 9.6
60+	88	9.8	9.3 - 10.3	19	-	-	107	8.8	8.0 - 9.6
<b>Total</b>	<b>1973</b>	<b>9.3</b>	<b>9.1 - 9.5</b>	<b>401</b>	<b>7.5</b>	<b>7.2 - 7.7</b>	<b>2374</b>	<b>8.9</b>	<b>8.7 - 9.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Kawasaki - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	364	12.3	11.5 - 13.1	53	11.2	9.5 - 13.0	417	12.0	11.3 - 12.8
30-44	1064	12.3	12.0 - 12.7	232	11.0	10.4 - 11.7	1296	12.1	11.7 - 12.4
45-59	453	12.1	11.6 - 12.6	97	10.7	9.8 - 11.6	550	11.8	11.4 - 12.3
60+	88	11.1	10.3 - 11.8	19	-	-	107	10.7	10.0 - 11.5
<b>Total</b>	<b>1969</b>	<b>12.2</b>	<b>11.9 - 12.5</b>	<b>401</b>	<b>11.0</b>	<b>10.3 - 11.6</b>	<b>2370</b>	<b>12.0</b>	<b>11.7 - 12.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Tanaka - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	8.5	8.1 - 9.0	53	8.7	7.7 - 9.8	418	8.6	8.2 - 9.0
30-44	1066	8.8	8.6 - 9.0	232	9.0	8.6 - 9.5	1298	8.8	8.6 - 9.0
45-59	454	8.9	8.6 - 9.2	97	9.1	8.5 - 9.7	551	9.0	8.7 - 9.2
60+	88	8.7	8.2 - 9.1	19	-	-	107	8.6	8.1 - 9.1
<b>Total</b>	<b>1973</b>	<b>8.7</b>	<b>8.6 - 8.9</b>	<b>401</b>	<b>8.9</b>	<b>8.5 - 9.3</b>	<b>2374</b>	<b>8.8</b>	<b>8.6 - 9.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Mage - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	359	9.2	8.2 - 10.2	53	9.0	6.4 - 11.6	412	9.2	8.1 - 10.2
30-44	1032	9.0	8.5 - 9.5	225	9.4	8.2 - 10.6	1257	9.1	8.6 - 9.6
45-59	442	8.6	7.8 - 9.3	96	9.0	7.4 - 10.6	538	8.7	8.0 - 9.4
60+	86	6.6	5.6 - 7.6	19	-	-	105	6.3	5.4 - 7.2
<b>Total</b>	<b>1919</b>	<b>8.9</b>	<b>8.5 - 9.4</b>	<b>393</b>	<b>9.1</b>	<b>8.1 - 10.1</b>	<b>2312</b>	<b>9.0</b>	<b>8.5 - 9.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Toft - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	11.1	10.6 - 11.6	53	8.0	7.6 - 8.5	418	10.4	9.9 - 10.8
30-44	1066	11.3	11.1 - 11.5	232	8.0	7.8 - 8.2	1298	10.6	10.4 - 10.8
45-59	454	11.3	11.0 - 11.6	97	7.9	7.6 - 8.2	551	10.6	10.3 - 10.9
60+	88	10.8	10.3 - 11.4	19	-	-	107	9.9	9.2 - 10.7
<b>Total</b>	<b>1973</b>	<b>11.2</b>	<b>11.0 - 11.4</b>	<b>401</b>	<b>8.0</b>	<b>7.8 - 8.2</b>	<b>2374</b>	<b>10.5</b>	<b>10.3 - 10.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Intake of salt per day (adjusted)**

Description: Mean intake of salt in grams per day among all population (adjusted by 10%)

Instrument question:

M8: Are you pregnant?

B10: Had you been fasting prior to urine collection?

B14: Urinary sodium measurement

B15: Urinary creatinine measurement

**Mean salt intake (g/day) - INTERSALT - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	9.7	9.2 - 10.1	53	7.6	7.1 - 8.1	418	9.1	8.8 - 9.5
30-44	1066	10.3	10.1 - 10.6	232	8.5	8.2 - 8.8	1298	9.9	9.7 - 10.2
45-59	454	10.6	10.3 - 10.9	97	8.6	8.2 - 9.0	551	10.2	9.9 - 10.5
60+	88	10.7	10.2 - 11.3	19	-	-	107	9.7	8.8 - 10.5
<b>Total</b>	<b>1973</b>	<b>10.2</b>	<b>10.0 - 10.4</b>	<b>401</b>	<b>8.2</b>	<b>8.0 - 8.5</b>	<b>2374</b>	<b>9.8</b>	<b>9.6 - 10.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Kawasaki - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	364	13.5	12.6 - 14.4	53	12.4	10.5 - 14.2	417	13.2	12.4 - 14.0
30-44	1064	13.6	13.2 - 14.0	232	12.1	11.4 - 12.8	1296	13.3	12.9 - 13.6
45-59	452	13.3	12.7 - 13.9	97	11.8	10.8 - 12.8	549	13.0	12.5 - 13.5
60+	88	12.2	11.3 - 13.0	19	-	-	107	11.8	11.0 - 12.6
<b>Total</b>	<b>1968</b>	<b>13.5</b>	<b>13.1 - 13.8</b>	<b>401</b>	<b>12.1</b>	<b>11.4 - 12.8</b>	<b>2369</b>	<b>13.2</b>	<b>12.9 - 13.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Tanaka - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	9.4	8.9 - 9.9	53	9.6	8.5 - 10.8	418	9.5	9.0 - 9.9
30-44	1066	9.7	9.4 - 9.9	232	9.9	9.4 - 10.4	1298	9.7	9.5 - 9.9
45-59	454	9.8	9.5 - 10.2	97	10.0	9.3 - 10.7	551	9.9	9.6 - 10.2
60+	88	9.5	9.0 - 10.0	19	-	-	107	9.4	8.9 - 10.0
<b>Total</b>	<b>1973</b>	<b>9.6</b>	<b>9.4 - 9.8</b>	<b>401</b>	<b>9.8</b>	<b>9.4 - 10.3</b>	<b>2374</b>	<b>9.7</b>	<b>9.5 - 9.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Mage - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	358	10.1	9.0 - 11.3	53	9.9	7.1 - 12.8	411	10.1	8.9 - 11.2
30-44	1023	9.8	9.2 - 10.4	225	10.3	9.0 - 11.6	1248	9.9	9.4 - 10.4
45-59	437	9.1	8.3 - 9.9	94	9.9	8.1 - 11.6	531	9.2	8.5 - 10.0
60+	87	7.2	6.1 - 8.3	19	-	-	106	6.9	5.9 - 7.9
<b>Total</b>	<b>1905</b>	<b>9.7</b>	<b>9.2 - 10.2</b>	<b>391</b>	<b>10.0</b>	<b>8.9 - 11.1</b>	<b>2296</b>	<b>9.7</b>	<b>9.3 - 10.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean salt intake (g/day) - Toft - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	365	12.2	11.7 - 12.8	53	8.9	8.3 - 9.4	418	11.4	10.9 - 11.9
30-44	1066	12.4	12.2 - 12.7	232	8.8	8.6 - 9.0	1298	11.7	11.4 - 11.9
45-59	454	12.4	12.0 - 12.8	97	8.7	8.4 - 9.0	551	11.7	11.3 - 12.0
60+	88	11.9	11.4 - 12.5	19	-	-	107	10.9	10.1 - 11.8
<b>Total</b>	<b>1973</b>	<b>12.4</b>	<b>12.2 - 12.6</b>	<b>401</b>	<b>8.8</b>	<b>8.6 - 9.0</b>	<b>2374</b>	<b>11.6</b>	<b>11.4 - 11.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Fats and oils** Description: Fat or oil used for meal preparation at home

Instrument question:

X23: What type of oil or fat is most often used for meal preparation in your household?

a- Unsaturated Plant Oils (olive oil, sunflower oil, corn oil, canola oil)

b- Saturated Plant Oils (coconut oil, palm, mixed vegetable)

c- Butter

d- Animal Ghee

e- Margarine or Vegetable Ghee

f- none used

**Type of fat or oil most often used for meal preparation - Non-Omani**

Total							
Age Categories (Years)	n	% unsaturated plant oils	95% CI	% saturated plant oils	95% CI	% butter	95% CI
18-29	481	64.4	57.3 - 71.0	30.2	23.5 - 38.0	0.3*	0.1 - 1.3
30-44	1463	62.9	58.4 - 67.2	32.1	28.0 - 36.4	1.0	0.4 - 2.4
45-59	617	62.4	56.3 - 68.2	34.0	28.3 - 40.1	0.3*	0.1 - 0.8
60+	121	75.7	59.9 - 86.7	24.2	13.3 - 40.1	0.0*	0.0 - 0.0
<b>Total</b>	<b>2682</b>	<b>63.6</b>	<b>60.1 - 67.0</b>	<b>31.7</b>	<b>28.5 - 35.1</b>	<b>0.7</b>	<b>0.3 - 1.4</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Type of fat or oil most often used for meal preparation - Non-Omani**

Total							
Age Categories (Years)	n	% animal ghee	95% CI	% margarine or vegetable ghee	95% CI	% none used	95% CI
18-29	481	0.4*	0.1 - 1.4	0.7*	0.3 - 1.7	2.5*	0.5 - 12.8
30-44	1463	1.6	0.9 - 2.8	0.7	0.3 - 1.4	0.6*	0.3 - 1.2
45-59	617	1.1	0.4 - 2.5	0.4*	0.1 - 1.7	1.1*	0.4 - 3.0
60+	121	0.0*	0.0 - 0.4	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0
<b>Total</b>	<b>2682</b>	<b>1.1</b>	<b>0.7 - 1.8</b>	<b>0.6</b>	<b>0.4 - 1.1</b>	<b>1.1*</b>	<b>0.4 - 3.0</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Meals outside the home**

Description: Average number of meals eaten per week that were prepared outside the home

Instrument question:

X24: On average, how many meals per week do you eat that were not prepared at a home? By meal, I mean breakfast, lunch and dinner.

**Average number of meals eaten per week that were prepared outside the home - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of meals	95% CI	n	mean number of meals	95% CI	n	mean number of meals	95% CI
18-29	405	3.4	2.4 - 4.4	76	1.7	1.2 - 2.1	481	3.0	2.2 - 3.8
30-44	1199	2.6	2.2 - 2.9	264	1.4	1.1 - 1.6	1463	2.3	2.0 - 2.6
45-59	494	2.3	1.8 - 2.7	123	1.4	0.9 - 2.0	617	2.1	1.7 - 2.5
60+	92	1.5	0.9 - 2.0	29	-	-	121	1.2	0.7 - 1.6
<b>Total</b>	<b>2190</b>	<b>2.7</b>	<b>2.4 - 3.0</b>	<b>492</b>	<b>1.4</b>	<b>1.2 - 1.6</b>	<b>2682</b>	<b>2.4</b>	<b>2.1 - 2.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Sugar consumption**

Description: Frequency of consumption of food high in sugar, perceived sugar consumption, frequency of adding sugar to food and sugary drink consumption per week

Instrument question:

X25: How often do you eat food high in sugar? Foods such as [sweets, sweetened canned juices, Ready-made breakfast cereals (cornflakes), Canned fruits, Soft drinks, Coffee with sugar, tea with sugar & Sauces (ketchup, tomato sauce)]

X26: How much sugar or food high in sugar do you think you consume?

X27: How often do you add sugar to your food right before you eat it or as you are eating it?

X28: In a typical week, how many cans/cups (approximately 250ml) of sweet and sugary beverages (examples kenza, super, pepsi, Dew) do you drink?

X29: How important to you is lowering the sugar in your diet?

X30: Do you think that too much sugar or food high in sugar in your diet could cause a health problem?

**Always or often consumed food high in sugar - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	23.2	17.5 - 30.2	76	29.7	16.8 - 46.9	480	24.8	19.3 - 31.3
30-44	1196	22.9	19.6 - 26.7	264	23.1	15.8 - 32.4	1460	23.0	19.8 - 26.5
45-59	493	21.3	15.8 - 28.1	123	21.2	12.7 - 33.2	616	21.3	16.2 - 27.4
60+	91	10.3	5.3 - 19.1	29	-	-	120	9.2	4.3 - 18.8
<b>Total</b>	<b>2184</b>	<b>22.4</b>	<b>19.7 - 25.3</b>	<b>492</b>	<b>23.9</b>	<b>18.2 - 30.8</b>	<b>2676</b>	<b>22.7</b>	<b>20.1 - 25.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Consume far too much or too much sugar or sugary foods - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	11.1	6.9 - 17.5	75	21.0*	10.2 - 38.4	479	13.5	9.1 - 19.6
30-44	1191	9.8	7.3 - 12.9	264	5.9	3.1 - 11.1	1455	9.0	6.9 - 11.6
45-59	493	7.2	4.6 - 11.0	120	7.6	3.1 - 17.4	613	7.3	4.9 - 10.7
60+	91	2.9*	0.9 - 9.0	29	-	-	120	2.1*	0.7 - 6.3
<b>Total</b>	<b>2179</b>	<b>9.4</b>	<b>7.6 - 11.7</b>	<b>488</b>	<b>10.1</b>	<b>6.5 - 15.6</b>	<b>2667</b>	<b>9.6</b>	<b>7.8 - 11.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Always or often add sugar to food right before eating - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	12.4	8.2 - 18.3	76	12.0*	4.6 - 28.1	481	12.3	8.4 - 17.7
30-44	1189	12.2	8.7 - 16.8	263	9.1	5.3 - 15.0	1452	11.5	8.4 - 15.6
45-59	490	15.1	10.1 - 21.8	122	17.6	8.1 - 34.2	612	15.6	10.9 - 21.8
60+	91	5.3*	2.1 - 12.7	29	-	-	120	5.6*	2.3 - 13.1
<b>Total</b>	<b>2175</b>	<b>12.6</b>	<b>9.7 - 16.1</b>	<b>490</b>	<b>11.3</b>	<b>7.4 - 16.8</b>	<b>2665</b>	<b>12.3</b>	<b>9.8 - 15.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Mean number of cans/cups of sweet and sugary beverages consumed per week - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of cans/cups	95% CI	n	mean number of cans/cups	95% CI	n	mean number of cans/cups	95% CI
18-29	401	2.2	1.8 - 2.7	75	1.1	0.7 - 1.5	476	2.0	1.6 - 2.3
30-44	1186	1.9	1.7 - 2.1	255	0.7	0.5 - 0.9	1441	1.6	1.5 - 1.8
45-59	490	1.2	1.0 - 1.4	123	0.8	0.4 - 1.3	613	1.1	0.9 - 1.3
60+	91	0.8	0.4 - 1.2	29	-	-	120	0.6	0.3 - 0.9
<b>Total</b>	<b>2168</b>	<b>1.8</b>	<b>1.6 - 2.0</b>	<b>482</b>	<b>0.8</b>	<b>0.7 - 1.0</b>	<b>2650</b>	<b>1.6</b>	<b>1.4 - 1.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Lowering Sugar**

Description: Importance of lowering sugar in diet, perceptions of too much sugar consumption on health and actions taken to control sugar intake

Instrument question:

X29: How important to you is lowering the sugar in your diet?

**Importance of lowering sugar in diet - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	391	51.0	43.4 - 58.5	44.4	37.1 - 52.0	4.6	2.3 - 9.1
30-44	1156	58.7	53.7 - 63.5	35.9	31.3 - 40.8	5.4	3.5 - 8.3
45-59	473	64.1	56.5 - 71.0	30.7	24.6 - 37.6	5.2	2.2 - 12.0
60+	88	58.6	43.5 - 72.3	39.2	25.8 - 54.6	2.2*	0.5 - 9.6
<b>Total</b>	<b>2108</b>	<b>57.8</b>	<b>53.7 - 61.8</b>	<b>37.1</b>	<b>33.2 - 41.1</b>	<b>5.1</b>	<b>3.6 - 7.1</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Importance of lowering sugar in diet - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	74	48.3	32.7 - 64.3	27.3	16.2 - 42.3	24.4*	11.0 - 45.5
30-44	264	73.2	65.1 - 79.9	22.2	15.9 - 30.0	4.7	2.1 - 9.9
45-59	121	78.9	67.3 - 87.1	19.9	11.6 - 31.9	1.2*	0.2 - 7.6
60+	28	-	-	-	-	-	-
<b>Total</b>	<b>487</b>	<b>67.8</b>	<b>60.3 - 74.4</b>	<b>22.9</b>	<b>17.7 - 29.1</b>	<b>9.3</b>	<b>4.9 - 17.0</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Importance of lowering sugar in diet - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	465	50.3	43.1 - 57.5	40.2	33.6 - 47.3	9.5	5.3 - 16.4
30-44	1420	61.7	57.4 - 65.9	33.0	29.0 - 37.2	5.3	3.5 - 7.7
45-59	594	67.2	60.4 - 73.4	28.4	22.8 - 34.7	4.4	1.9 - 9.8
60+	116	66.3	51.3 - 78.6	32.1	20.2 - 47.0	1.6*	0.3 - 6.9
<b>Total</b>	<b>2595</b>	<b>60.0</b>	<b>56.3 - 63.7</b>	<b>33.9</b>	<b>30.5 - 37.6</b>	<b>6.0</b>	<b>4.4 - 8.2</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Sugar knowledge**

Description: Percentage of the population who think consuming too much sugar could cause a serious health problem

Instrument question:

X30: Do you think that too much sugar or food high in sugar in your diet could cause a health problem?

**Think too much sugar in diet could cause health problems - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	84.5	75.8 - 90.5	76	94.9	86.4 - 98.2	481	87.0	80.0 - 91.8
30-44	1199	91.8	88.4 - 94.2	264	94.2	87.7 - 97.4	1463	92.3	89.4 - 94.4
45-59	494	94.0	90.8 - 96.2	123	95.2	86.1 - 98.4	617	94.3	91.4 - 96.2
60+	92	95.1	86.4 - 98.4	29	-	-	121	95.5	88.7 - 98.3
<b>Total</b>	<b>2190</b>	<b>90.5</b>	<b>87.3 - 93.0</b>	<b>492</b>	<b>94.7</b>	<b>91.0 - 96.9</b>	<b>2682</b>	<b>91.4</b>	<b>88.8 - 93.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Sugar control** Description: Percentage of the population who take specific action on a regular basis to control sugar intake

Instrument question:

X31a-d: Do you do any of the following on a regular basis to control your sugar intake?

**Limit consumption of food high in sugar - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	62.8	54.0 - 70.9	76	61.1	42.6 - 76.9	481	62.4	54.2 - 70.0
30-44	1199	66.7	61.9 - 71.1	264	81.3	73.1 - 87.4	1463	69.6	65.4 - 73.6
45-59	494	69.8	62.4 - 76.2	123	82.1	69.3 - 90.4	617	72.4	66.1 - 77.9
60+	92	73.5	60.0 - 83.6	29	-	-	121	65.9	46.9 - 80.9
<b>Total</b>	<b>2190</b>	<b>66.5</b>	<b>62.5 - 70.3</b>	<b>492</b>	<b>74.5</b>	<b>66.6 - 81.0</b>	<b>2682</b>	<b>68.2</b>	<b>64.6 - 71.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Look at the sugar content on food labels - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	19.8	14.1 - 27.1	76	30.3	18.5 - 45.4	481	22.3	16.8 - 29.0
30-44	1199	22.7	18.0 - 28.2	264	58.4	49.2 - 66.9	1463	30.0	25.1 - 35.3
45-59	494	25.8	19.7 - 32.9	123	39.8	28.3 - 52.5	617	28.8	23.3 - 35.0
60+	92	29.9	17.3 - 46.5	29	-	-	121	42.1	26.0 - 60.1
<b>Total</b>	<b>2190</b>	<b>22.8</b>	<b>19.1 - 26.9</b>	<b>492</b>	<b>47.8</b>	<b>40.4 - 55.2</b>	<b>2682</b>	<b>28.2</b>	<b>24.5 - 32.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Use artificial sugar or natural alternatives - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	12.6	8.1 - 19.1	76	18.5	10.1 - 31.4	481	14.0	9.8 - 19.6
30-44	1199	15.4	11.5 - 20.4	264	30.4	22.9 - 39.1	1463	18.5	14.8 - 22.8
45-59	494	22.5	15.5 - 31.3	123	27.7	17.0 - 41.7	617	23.6	17.5 - 31.0
60+	92	22.1	11.6 - 37.8	29	-	-	121	18.0	9.6 - 31.2
<b>Total</b>	<b>2190</b>	<b>16.2</b>	<b>13.0 - 20.0</b>	<b>492</b>	<b>25.7</b>	<b>20.3 - 31.9</b>	<b>2682</b>	<b>18.3</b>	<b>15.4 - 21.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Avoid eating foods prepared outside of a home - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	49.2	41.8 - 56.5	76	72.5	56.6 - 84.3	481	54.8	47.9 - 61.5
30-44	1199	54.9	50.0 - 59.7	264	70.2	61.6 - 77.5	1463	58.0	53.6 - 62.3
45-59	494	66.7	60.0 - 72.8	123	75.0	61.7 - 84.9	617	68.5	62.7 - 73.7
60+	92	69.3	55.8 - 80.1	29	-	-	121	59.4	41.7 - 75.0
<b>Total</b>	<b>2190</b>	<b>56.1</b>	<b>52.3 - 59.8</b>	<b>492</b>	<b>70.3</b>	<b>63.3 - 76.4</b>	<b>2682</b>	<b>59.2</b>	<b>55.7 - 62.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 5 Physical Activity

### Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)

Description: Percentage of the population not meeting WHO recommendations on physical activity for health (population doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent)

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

#### Not meeting WHO recommendations on physical activity for health - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
18-29	390	19.6	14.3 - 26.4	74	39.2	23.8 - 57.1	464	24.4	18.2 - 31.9
30-44	1172	25.2	20.9 - 30.0	258	31.4	23.7 - 40.1	1430	26.4	22.6 - 30.7
45-59	487	27.9	21.2 - 35.7	121	36.5	24.5 - 50.4	608	29.7	23.7 - 36.6
60+	91	23.4	14.1 - 36.1	29	-	-	120	31.0	18.9 - 46.5
<b>Total</b>	<b>2140</b>	<b>24.3</b>	<b>20.8 - 28.1</b>	<b>482</b>	<b>35.2</b>	<b>28.2 - 42.8</b>	<b>2622</b>	<b>26.7</b>	<b>23.4 - 30.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Levels of total physical activity according to former recommendations**

Description: Percentage of the population classified into three categories of total physical activity according to former recommendations

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Level of total physical activity according to former recommendations - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	390	26.7	19.9 - 34.8	27.9	21.3 - 35.6	45.4	37.5 - 53.5
30-44	1172	28.5	24.1 - 33.4	27.9	24.0 - 32.1	43.6	38.4 - 49.0
45-59	487	29.9	23.0 - 37.8	33.2	26.5 - 40.5	36.9	29.8 - 44.7
60+	91	25.2	15.5 - 38.1	45.1	31.0 - 60.2	29.7	18.8 - 43.4
<b>Total</b>	<b>2140</b>	<b>28.3</b>	<b>24.6 - 32.2</b>	<b>29.4</b>	<b>26.2 - 32.8</b>	<b>42.4</b>	<b>38.2 - 46.7</b>

**Level of total physical activity according to former recommendations - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	74	47.4	31.8 - 63.6	30.3	16.4 - 49.2	22.2	12.9 - 35.6
30-44	258	39.4	31.1 - 48.4	28.5	21.1 - 37.2	32.2	23.7 - 41.9
45-59	121	40.0	27.4 - 54.1	29.2	18.8 - 42.5	30.7	20.1 - 44.0
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>482</b>	<b>42.3</b>	<b>35.2 - 49.6</b>	<b>29.8</b>	<b>23.7 - 36.9</b>	<b>27.9</b>	<b>22.0 - 34.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Level of total physical activity according to former recommendations - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	464	31.8	24.8 - 39.6	28.5	22.2 - 35.7	39.8	32.6 - 47.3
30-44	1430	30.8	26.7 - 35.2	28.0	24.6 - 31.7	41.2	36.7 - 45.9
45-59	608	32.1	25.8 - 39.1	32.3	26.8 - 38.4	35.6	29.5 - 42.2
60+	120	33.3	20.7 - 48.8	45.3	29.5 - 62.2	21.4	12.8 - 33.5
<b>Total</b>	<b>2622</b>	<b>31.3</b>	<b>27.9 - 35.0</b>	<b>29.5</b>	<b>26.6 - 32.5</b>	<b>39.2</b>	<b>35.5 - 43.0</b>

**Total physical activity- mean**

Description: Mean minutes of total physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Mean minutes of total physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	390	196.2	150.9 - 241.4	74	66.3	45.2 - 87.4	464	164.5	126.5 - 202.5
30-44	1172	159.1	136.3 - 182.0	258	94.1	74.4 - 113.9	1430	145.7	126.5 - 164.9
45-59	487	140.3	112.1 - 168.5	121	89.5	60.4 - 118.5	608	129.3	106.2 - 152.4
60+	91	113.8	63.4 - 164.3	29	-	-	120	95.0	57.3 - 132.7
<b>Total</b>	<b>2140</b>	<b>163.2</b>	<b>144.0 - 182.5</b>	<b>482</b>	<b>83.8</b>	<b>70.4 - 97.3</b>	<b>2622</b>	<b>145.7</b>	<b>129.4 - 162.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Total physical activity- median**

Description: Median minutes of total physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Median minutes of total physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	390	70.0	30.0 - 292.9	74	34.3	7.1 - 98.6	464	64.3	25.7 - 210.0
30-44	1172	64.3	20.0 - 180.0	258	50.0	11.4 - 145.7	1430	60.0	17.1 - 180.0
45-59	487	60.0	17.1 - 171.4	121	42.9	0.0 - 137.1	608	60.0	14.3 - 162.9
60+	91	42.9	21.4 - 96.4	29	-	-	120	42.9	14.3 - 90.0
<b>Total</b>	<b>2140</b>	<b>62.1</b>	<b>21.4 - 205.7</b>	<b>482</b>	<b>42.9</b>	<b>7.1 - 120.0</b>	<b>2622</b>	<b>60.0</b>	<b>17.1 - 180.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Domain-specific physical activity- mean**

Description: Mean minutes spent in work-, transport- and recreation-related physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Mean minutes of work-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	390	140.7	97.3 - 184.1	74	34.7	20.3 - 49.1	464	114.8	79.1 - 150.6
30-44	1172	109.6	89.0 - 130.2	258	62.4	44.7 - 80.0	1430	99.8	82.5 - 117.2
45-59	487	92.8	68.5 - 117.0	121	63.1	36.6 - 89.5	608	86.4	66.5 - 106.2
60+	91	71.3	23.9 - 118.7	29	-	-	120	59.1	24.8 - 93.5
<b>Total</b>	<b>2140</b>	<b>112.8</b>	<b>94.8 - 130.9</b>	<b>482</b>	<b>53.6</b>	<b>41.7 - 65.5</b>	<b>2622</b>	<b>99.8</b>	<b>84.6 - 115.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean minutes of transport-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	390	35.3	27.1 - 43.6	74	21.4	10.2 - 32.7	464	31.9	25.2 - 38.7
30-44	1172	31.6	27.4 - 35.8	258	16.0	11.4 - 20.7	1430	28.4	24.9 - 31.9
45-59	487	30.0	23.8 - 36.3	121	7.3	4.3 - 10.4	608	25.2	19.9 - 30.4
60+	91	27.4	15.8 - 39.0	29	-	-	120	24.9	16.1 - 33.7
<b>Total</b>	<b>2140</b>	<b>32.1</b>	<b>28.8 - 35.4</b>	<b>482</b>	<b>16.0</b>	<b>11.9 - 20.2</b>	<b>2622</b>	<b>28.6</b>	<b>25.7 - 31.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean minutes of recreation-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	390	20.1	11.9 - 28.3	74	10.2	3.0 - 17.4	464	17.7	11.2 - 24.3
30-44	1172	17.9	14.5 - 21.3	258	15.7	10.1 - 21.4	1430	17.5	14.5 - 20.4
45-59	487	17.5	13.0 - 22.0	121	19.1	9.6 - 28.6	608	17.8	13.7 - 22.0
60+	91	15.2	8.6 - 21.7	29	-	-	120	11.0	5.4 - 16.6
<b>Total</b>	<b>2140</b>	<b>18.3</b>	<b>15.3 - 21.3</b>	<b>482</b>	<b>14.2</b>	<b>10.3 - 18.1</b>	<b>2622</b>	<b>17.4</b>	<b>14.9 - 19.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Domain-specific physical activity-median**

Description: Median minutes spent in work-, transport- and recreation-related physical activity on average per day

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Median minutes of work-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	390	12.9	0.0 - 210.0	74	4.3	0.0 - 34.3	464	10.7	0.0 - 120.0
30-44	1172	0.0	0.0 - 120.0	258	0.0	0.0 - 90.0	1430	0.0	0.0 - 115.7
45-59	487	0.0	0.0 - 85.7	121	8.6	0.0 - 120.0	608	0.0	0.0 - 85.7
60+	91	0.0	0.0 - 8.6	29	-	-	120	0.0	0.0 - 42.9
<b>Total</b>	<b>2140</b>	<b>0.0</b>	<b>0.0 - 120.0</b>	<b>482</b>	<b>4.3</b>	<b>0.0 - 60.0</b>	<b>2622</b>	<b>0.0</b>	<b>0.0 - 102.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Median minutes of transport-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	390	17.1	7.1 - 40.0	74	8.6	0.0 - 30.0	464	15.0	2.1 - 40.0
30-44	1172	17.1	2.9 - 40.0	258	1.4	0.0 - 21.4	1430	15.0	0.0 - 34.3
45-59	487	17.1	0.0 - 42.9	121	0.0	0.0 - 8.6	608	12.9	0.0 - 30.0
60+	91	14.0	2.1 - 30.0	29	-	-	120	14.0	0.0 - 30.0
<b>Total</b>	<b>2140</b>	<b>17.1</b>	<b>2.9 - 40.0</b>	<b>482</b>	<b>1.4</b>	<b>0.0 - 21.4</b>	<b>2622</b>	<b>15.0</b>	<b>0.0 - 32.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Median minutes of recreation-related physical activity on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	390	0.0	0.0 - 25.7	74	0.0	0.0 - 6.4	464	0.0	0.0 - 20.0
30-44	1172	0.0	0.0 - 25.7	258	0.0	0.0 - 17.1	1430	0.0	0.0 - 25.0
45-59	487	0.0	0.0 - 25.0	121	0.0	0.0 - 25.7	608	0.0	0.0 - 25.7
60+	91	0.0	0.0 - 30.0	29	-	-	120	0.0	0.0 - 12.9
<b>Total</b>	<b>2140</b>	<b>0.0</b>	<b>0.0 - 25.7</b>	<b>482</b>	<b>0.0</b>	<b>0.0 - 15.0</b>	<b>2622</b>	<b>0.0</b>	<b>0.0 - 22.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**No physical activity by domain**

Description: Percentage of the population classified as doing no work-, transport- or recreational-related physical activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**No work-related physical activity - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-29	390	45.8	36.6 - 55.3	74	48.2	31.4 - 65.4	464	46.4	38.1 - 54.9
30-44	1172	51.2	45.2 - 57.1	258	50.1	40.2 - 60.1	1430	51.0	45.6 - 56.3
45-59	487	54.9	46.5 - 63.1	121	44.5	31.8 - 57.9	608	52.7	45.3 - 59.9
60+	91	66.8	52.2 - 78.9	29	-	-	120	62.7	44.1 - 78.2
<b>Total</b>	<b>2140</b>	<b>51.0</b>	<b>46.1 - 55.9</b>	<b>482</b>	<b>48.7</b>	<b>40.4 - 57.1</b>	<b>2622</b>	<b>50.5</b>	<b>46.0 - 55.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**No transport-related physical activity - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI
18-29	390	18.5	12.7 - 26.2	74	40.1	25.0 - 57.3	464	23.7	17.7 - 31.1
30-44	1172	24.4	20.2 - 29.0	258	49.9	40.9 - 58.8	1430	29.6	25.7 - 33.9
45-59	487	27.3	20.5 - 35.3	121	63.0	50.4 - 74.0	608	35.0	28.3 - 42.4
60+	91	23.9	13.3 - 39.2	29	-	-	120	27.8	15.8 - 44.0
<b>Total</b>	<b>2140</b>	<b>23.5</b>	<b>20.2 - 27.1</b>	<b>482</b>	<b>49.0</b>	<b>41.7 - 56.4</b>	<b>2622</b>	<b>29.1</b>	<b>25.9 - 32.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**No recreation-related physical activity - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI
18-29	390	56.2	48.4 - 63.8	74	73.2	59.0 - 83.8	464	60.4	52.9 - 67.4
30-44	1172	59.4	54.4 - 64.3	258	68.1	59.7 - 75.5	1430	61.2	56.8 - 65.5
45-59	487	66.6	60.0 - 72.6	121	55.1	42.3 - 67.2	608	64.1	58.2 - 69.6
60+	91	62.0	46.2 - 75.6	29	-	-	120	72.6	57.2 - 84.0
<b>Total</b>	<b>2140</b>	<b>60.1</b>	<b>56.0 - 64.0</b>	<b>482</b>	<b>68.4</b>	<b>61.9 - 74.2</b>	<b>2622</b>	<b>61.9</b>	<b>58.3 - 65.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Composition of total physical activity**

Description: Percentage of work, transport and recreational activity contributing to total activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**Composition of total physical activity - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	349	41.5	33.7 - 49.2	40.9	33.2 - 48.6	17.6	12.4 - 22.9
30-44	1044	37.8	33.2 - 42.5	42.3	37.5 - 47.1	19.9	16.2 - 23.5
45-59	432	36.0	29.6 - 42.4	46.0	39.3 - 52.7	18.0	13.3 - 22.6
60+	80	21.7	11.0 - 32.3	50.5	37.6 - 63.5	27.8	14.0 - 41.6
<b>Total</b>	<b>1905</b>	<b>37.9</b>	<b>34.1 - 41.8</b>	<b>42.9</b>	<b>38.7 - 47.1</b>	<b>19.2</b>	<b>16.4 - 21.9</b>

**Composition of total physical activity - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	61	45.9	32.8 - 59.0	42.7	29.0 - 56.4	11.4	4.5 - 18.4
30-44	213	47.0	37.7 - 56.3	36.9	27.7 - 46.2	16.1	11.6 - 20.6
45-59	100	52.2	41.2 - 63.3	20.9	11.8 - 30.0	26.9	17.4 - 36.3
60+	20	-	-	-	-	-	-
<b>Total</b>	<b>394</b>	<b>47.6</b>	<b>40.6 - 54.5</b>	<b>36.4</b>	<b>29.2 - 43.5</b>	<b>16.1</b>	<b>12.3 - 19.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Composition of total physical activity - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	410	42.5	35.7 - 49.2	41.3	34.4 - 48.3	16.2	11.7 - 20.8
30-44	1257	39.6	35.4 - 43.9	41.3	37.0 - 45.5	19.1	16.1 - 22.1
45-59	532	39.0	33.3 - 44.8	41.3	35.3 - 47.3	19.7	15.4 - 23.9
60+	100	27.6	13.9 - 41.2	50.9	39.2 - 62.5	21.5	8.7 - 34.3
<b>Total</b>	<b>2299</b>	<b>39.9</b>	<b>36.4 - 43.4</b>	<b>41.6</b>	<b>37.8 - 45.3</b>	<b>18.5</b>	<b>16.2 - 20.9</b>

**No vigorous physical activity**

Description: Percentage of the population not engaging in vigorous physical activity

Instrument question:

P1 - P15b: activity at work, travel to and from places, and recreational activities

**No vigorous physical activity - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29	390	66.9	57.3 - 75.2	74	97.5	90.7 - 99.4	464	74.3	66.4 - 80.9
30-44	1172	64.7	58.7 - 70.2	258	89.0	83.3 - 92.9	1430	69.7	64.7 - 74.3
45-59	487	77.9	70.8 - 83.7	121	96.3	90.2 - 98.6	608	81.9	76.1 - 86.5
60+	91	80.7	68.2 - 89.0	29	-	-	120	86.0	75.7 - 92.4
<b>Total</b>	<b>2140</b>	<b>68.1</b>	<b>63.6 - 72.3</b>	<b>482</b>	<b>93.1</b>	<b>89.9 - 95.3</b>	<b>2622</b>	<b>73.6</b>	<b>69.9 - 77.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Sedentary** Description: Minutes spent in sedentary activities on a typical day

Instrument question:

P16a-b: How much time do you usually spend sitting or reclining on a typical day?

**Minutes spent in sedentary activities on average per day - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	401	167.0	146.3 - 187.6	76	245.3	202.9 - 287.7	477	185.9	165.8 - 206.0
30-44	1194	153.4	138.9 - 167.9	261	190.0	160.7 - 219.3	1455	160.9	147.7 - 174.1
45-59	494	161.3	137.3 - 185.3	122	220.7	184.5 - 256.9	616	174.0	153.3 - 194.7
60+	92	163.4	132.7 - 194.1	29	-	-	121	170.5	125.8 - 215.3
<b>Total</b>	<b>2181</b>	<b>158.5</b>	<b>146.6 - 170.3</b>	<b>488</b>	<b>210.9</b>	<b>189.7 - 232.0</b>	<b>2669</b>	<b>169.9</b>	<b>158.8 - 180.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Physical Activity  
Neighborhood  
Environment**

Description: The percentage of the population who agree that their neighborhood supports physical activity

Instrument question:

X35a: Many shops, stores, markets or other places to buy things I need are within easy walking distance of my home

X35b: It is within easy walking distance from my home to access the public transport such as bus and taxi on the main road of my neighborhood.

X35c: There are sidewalks on most of the streets in my neighborhood that are well-maintained and not obstructed

X35d: There are facilities to walk and bicycle in or near my neighborhood, such as special lanes, separate paths, shared use paths for cycles and pedestrians.

X35e: My neighborhood has several places such as open fields, parks, a beach, clubs, and gymnasium, etc. to exercise and play football and other sports

X35f: Walking at night is safe in my neighborhood

X35g: There is so much traffic on the streets that it makes it difficult or unpleasant to walk in my neighborhoods

X35h: I see many people being physically active in my neighborhood doing things like walking, jogging, cycling, or playing sports and active games

X35i: There are many interesting things to look at while walking in my neighborhoods such as shade trees, building variety, beautiful beach, etc.

X35j: There are many cross- junctions in my neighborhood.

X35k: Walking during the day is safe in my neighborhood.

X35l: There are many places to go within easy walking distance of my home such as mosques, schools, health institutes, work places, etc.

**Percentage who agree that: Many shops, stores, markets or other places to buy things I need are within easy walking distance of my home - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	85.7	79.5 - 90.2	76	65.5	45.1 - 81.4	481	80.8	73.4 - 86.5
30-44	1199	82.2	77.9 - 85.8	264	76.8	68.6 - 83.4	1463	81.1	77.5 - 84.3
45-59	494	78.7	72.4 - 84.0	123	81.4	69.1 - 89.6	617	79.3	73.8 - 83.9
60+	92	86.3	75.0 - 93.0	29	-	-	121	81.9	66.6 - 91.1
<b>Total</b>	<b>2190</b>	<b>82.5</b>	<b>79.1 - 85.5</b>	<b>492</b>	<b>74.3</b>	<b>66.6 - 80.7</b>	<b>2682</b>	<b>80.7</b>	<b>77.7 - 83.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: It is within easy walking distance from my home to access the public transport such as bus and taxi on the main road of my neighborhood. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	75.3	68.1 - 81.4	76	74.0	56.3 - 86.3	481	75.0	68.2 - 80.8
30-44	1199	71.3	66.5 - 75.6	264	66.5	57.9 - 74.1	1463	70.3	66.2 - 74.1
45-59	494	68.0	60.3 - 74.8	123	77.5	65.5 - 86.2	617	70.0	63.5 - 75.8
60+	92	76.4	64.3 - 85.3	29	-	-	121	69.7	54.9 - 81.3
<b>Total</b>	<b>2190</b>	<b>71.8</b>	<b>67.9 - 75.4</b>	<b>492</b>	<b>70.1</b>	<b>63.3 - 76.1</b>	<b>2682</b>	<b>71.4</b>	<b>68.0 - 74.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There are sidewalks on most of the streets in my neighborhood that are well-maintained and not obstructed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	55.2	45.0 - 65.0	76	52.7	35.4 - 69.3	481	54.6	45.6 - 63.3
30-44	1199	57.8	52.2 - 63.2	264	65.6	56.4 - 73.8	1463	59.4	54.5 - 64.1
45-59	494	57.2	50.1 - 64.0	123	54.2	41.5 - 66.5	617	56.5	50.3 - 62.6
60+	92	53.0	37.7 - 67.7	29	-	-	121	61.0	45.1 - 74.8
<b>Total</b>	<b>2190</b>	<b>56.9</b>	<b>52.0 - 61.7</b>	<b>492</b>	<b>60.6</b>	<b>53.1 - 67.6</b>	<b>2682</b>	<b>57.7</b>	<b>53.3 - 62.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There are facilities to walk and bicycle in or near my neighborhood, such as special lanes, separate paths, shared use paths for cycles and pedestrians. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	40.8	33.9 - 48.2	76	29.3	17.1 - 45.5	481	38.1	31.7 - 44.9
30-44	1199	47.9	42.2 - 53.8	264	53.3	43.6 - 62.7	1463	49.0	43.9 - 54.1
45-59	494	47.4	40.0 - 54.9	123	51.8	39.0 - 64.4	617	48.3	41.8 - 54.9
60+	92	31.6	20.1 - 45.9	29	-	-	121	38.2	22.9 - 56.2
<b>Total</b>	<b>2190</b>	<b>45.7</b>	<b>41.1 - 50.3</b>	<b>492</b>	<b>46.4</b>	<b>39.0 - 54.0</b>	<b>2682</b>	<b>45.8</b>	<b>41.7 - 50.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: My neighborhood has several places such as open fields, parks, a beach, clubs, and gymnasium, etc. to exercise and play football and other sports - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	47.6	40.3 - 55.0	76	42.8	27.5 - 59.6	481	46.4	39.4 - 53.6
30-44	1199	51.7	45.6 - 57.7	264	65.3	56.9 - 72.8	1463	54.5	49.2 - 59.6
45-59	494	51.4	43.3 - 59.3	123	65.3	52.5 - 76.3	617	54.3	47.4 - 61.1
60+	92	47.0	33.2 - 61.2	29	-	-	121	53.1	37.2 - 68.4
<b>Total</b>	<b>2190</b>	<b>50.5</b>	<b>45.8 - 55.2</b>	<b>492</b>	<b>59.2</b>	<b>51.9 - 66.0</b>	<b>2682</b>	<b>52.4</b>	<b>48.1 - 56.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: Walking at night is safe in my neighborhood - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	89.5	81.2 - 94.4	76	78.1	57.2 - 90.5	481	86.7	78.9 - 92.0
30-44	1199	92.8	90.4 - 94.7	264	85.3	78.7 - 90.1	1463	91.3	88.9 - 93.2
45-59	494	93.7	88.3 - 96.7	123	88.4	77.9 - 94.3	617	92.6	88.1 - 95.4
60+	92	94.8	86.0 - 98.2	29	-	-	121	93.7	85.5 - 97.4
<b>Total</b>	<b>2190</b>	<b>92.2</b>	<b>89.2 - 94.5</b>	<b>492</b>	<b>84.1</b>	<b>77.4 - 89.1</b>	<b>2682</b>	<b>90.5</b>	<b>87.7 - 92.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There is so much traffic on the streets that it makes it difficult or unpleasant to walk in my neighborhoods - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	66.6	58.7 - 73.6	76	65.0	46.8 - 79.6	481	66.2	58.8 - 72.9
30-44	1199	63.2	57.6 - 68.5	264	59.7	50.8 - 68.0	1463	62.5	57.5 - 67.2
45-59	494	58.4	51.7 - 64.8	123	64.8	52.2 - 75.7	617	59.8	53.8 - 65.5
60+	92	62.0	46.2 - 75.6	29	-	-	121	52.0	35.6 - 68.1
<b>Total</b>	<b>2190</b>	<b>63.1</b>	<b>58.6 - 67.4</b>	<b>492</b>	<b>60.8</b>	<b>53.1 - 68.0</b>	<b>2682</b>	<b>62.6</b>	<b>58.4 - 66.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: I see many people being physically active in my neighborhood doing things like walking, jogging, cycling, or playing sports and active games - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	67.6	59.9 - 74.4	76	65.2	46.5 - 80.2	481	67.0	59.6 - 73.7
30-44	1199	69.9	64.7 - 74.6	264	73.3	65.5 - 79.9	1463	70.6	66.1 - 74.7
45-59	494	67.2	60.2 - 73.5	123	81.2	69.4 - 89.2	617	70.2	63.9 - 75.8
60+	92	73.8	60.2 - 84.0	29	-	-	121	71.4	56.1 - 83.0
<b>Total</b>	<b>2190</b>	<b>68.9</b>	<b>64.4 - 73.1</b>	<b>492</b>	<b>72.2</b>	<b>64.9 - 78.5</b>	<b>2682</b>	<b>69.6</b>	<b>65.7 - 73.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There are many interesting things to look at while walking in my neighborhoods such as shade trees, building variety, beautiful beach, etc. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	44.5	36.9 - 52.4	76	32.4	19.9 - 48.1	481	41.6	34.8 - 48.8
30-44	1199	51.4	46.0 - 56.7	264	54.6	45.2 - 63.7	1463	52.0	47.3 - 56.7
45-59	494	55.0	47.8 - 62.0	123	56.5	43.3 - 68.8	617	55.3	49.1 - 61.4
60+	92	62.8	48.2 - 75.4	29	-	-	121	69.2	55.5 - 80.2
<b>Total</b>	<b>2190</b>	<b>50.7</b>	<b>46.1 - 55.3</b>	<b>492</b>	<b>50.0</b>	<b>42.6 - 57.5</b>	<b>2682</b>	<b>50.5</b>	<b>46.5 - 54.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There are many cross- junctions in my neighborhood. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	78.1	71.4 - 83.6	76	68.4	51.4 - 81.6	481	75.8	69.1 - 81.3
30-44	1199	73.8	69.1 - 78.1	264	66.2	56.9 - 74.4	1463	72.3	68.1 - 76.1
45-59	494	70.1	63.1 - 76.2	123	64.7	50.5 - 76.6	617	68.9	62.6 - 74.7
60+	92	80.9	69.0 - 89.0	29	-	-	121	66.6	46.7 - 82.0
<b>Total</b>	<b>2190</b>	<b>74.4</b>	<b>70.5 - 77.9</b>	<b>492</b>	<b>65.2</b>	<b>57.5 - 72.1</b>	<b>2682</b>	<b>72.4</b>	<b>68.8 - 75.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: Walking during the day is safe in my neighborhood. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	93.9	87.2 - 97.2	76	87.1	62.9 - 96.4	481	92.2	85.1 - 96.1
30-44	1199	94.8	92.5 - 96.4	264	93.2	88.6 - 96.0	1463	94.5	92.5 - 95.9
45-59	494	93.1	88.4 - 96.0	123	95.2	84.6 - 98.6	617	93.5	89.6 - 96.0
60+	92	97.8	91.9 - 99.4	29	-	-	121	98.4	94.2 - 99.6
<b>Total</b>	<b>2190</b>	<b>94.3</b>	<b>92.4 - 95.8</b>	<b>492</b>	<b>92.1</b>	<b>85.6 - 95.9</b>	<b>2682</b>	<b>93.9</b>	<b>91.9 - 95.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage who agree that: There are many places to go within easy walking distance of my home such as mosques, schools, health institutes, work places, etc. - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	78.7	70.3 - 85.3	76	64.2	46.1 - 78.9	481	75.2	67.6 - 81.5
30-44	1199	77.6	71.8 - 82.5	264	79.2	72.3 - 84.8	1463	77.9	73.1 - 82.1
45-59	494	84.0	77.8 - 88.7	123	85.0	71.6 - 92.8	617	84.2	78.9 - 88.4
60+	92	95.6	90.6 - 98.0	29	-	-	121	96.4	92.7 - 98.2
<b>Total</b>	<b>2190</b>	<b>79.5</b>	<b>75.0 - 83.4</b>	<b>492</b>	<b>76.9</b>	<b>69.9 - 82.7</b>	<b>2682</b>	<b>79.0</b>	<b>75.2 - 82.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 6 Health and ability to work

### Health and ability to work

Description: General health, long-term physical or mental health conditions and their impact

Instrument question:

X53: How is your health in general, would you say it was?

X54: Do you have any physical or mental health conditions or illness lasting or expected to last for 12 months or more?

X55: Do any of your conditions or illnesses reduce your ability to carry-out day-to-day activities?

X56: For how long has your ability to carry- out day- to day activities been reduced?

General health - Non-Omani							
Male							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	405	66.3	57.9 - 73.8	30.9	23.8 - 39.0	2.8*	1.3 - 6.1
30-44	1199	52.5	47.3 - 57.6	40.7	35.8 - 45.9	6.7	4.6 - 9.8
45-59	494	39.5	32.8 - 46.6	52.4	44.4 - 60.3	7.8	4.1 - 14.0
60+	92	32.0	20.3 - 46.4	57.6	43.0 - 71.0	9.3*	3.8 - 21.0
<b>Total</b>	<b>2190</b>	<b>52.9</b>	<b>48.8 - 56.9</b>	<b>41.0</b>	<b>37.0 - 45.0</b>	<b>6.0</b>	<b>4.4 - 8.2</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

General health - Non-Omani					
Male					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	405	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0
30-44	1199	0.1*	0.0 - 0.4	0.0*	0.0 - 0.0
45-59	494	0.3*	0.0 - 2.3	0.0*	0.0 - 0.0
60+	92	1.1*	0.2 - 7.7	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>0.1*</b>	<b>0.0 - 0.4</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**General health - Non-Omani**

Female							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	76	49.6	32.2 - 67.1	44.4	28.4 - 61.7	6.0*	1.9 - 17.2
30-44	264	36.7	29.1 - 45.1	52.7	44.4 - 60.8	8.4	5.2 - 13.4
45-59	123	38.2	26.6 - 51.3	35.7	25.3 - 47.6	22.9	12.3 - 38.7
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>41.1</b>	<b>34.1 - 48.5</b>	<b>46.8</b>	<b>39.8 - 53.9</b>	<b>10.5</b>	<b>7.1 - 15.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**General health - Non-Omani**

Female					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	76	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0
30-44	264	2.1*	0.6 - 6.9	0.0*	0.0 - 0.0
45-59	123	3.2*	0.9 - 11.1	0.0*	0.0 - 0.0
60+	29	-	-	-	-
<b>Total</b>	<b>492</b>	<b>1.6*</b>	<b>0.7 - 4.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**General health - Non-Omani**

Total							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	481	62.3	54.1 - 69.8	34.2	27.2 - 41.9	3.6	1.7 - 7.3
30-44	1463	49.3	44.9 - 53.7	43.2	38.9 - 47.5	7.1	5.1 - 9.7
45-59	617	39.2	33.1 - 45.7	48.9	41.6 - 56.1	11.0	7.0 - 16.8
60+	121	37.0	21.5 - 55.7	52.3	35.8 - 68.4	9.9	4.6 - 19.8
<b>Total</b>	<b>2682</b>	<b>50.3</b>	<b>46.6 - 54.0</b>	<b>42.2</b>	<b>38.7 - 45.8</b>	<b>7.0</b>	<b>5.4 - 9.0</b>

**General health - Non-Omani**

Total					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	481	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0
30-44	1463	0.5*	0.2 - 1.4	0.0*	0.0 - 0.0
45-59	617	1.0*	0.3 - 2.8	0.0*	0.0 - 0.0
60+	121	0.8*	0.1 - 5.4	0.0*	0.0 - 0.0
<b>Total</b>	<b>2682</b>	<b>0.5</b>	<b>0.2 - 1.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Have physical/mental health condition/illness lasting for 12 months or more - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	5.1*	2.0 - 12.8	76	5.5*	1.4 - 19.3	481	5.2	2.4 - 11.2
30-44	1199	4.7	3.0 - 7.3	264	11.6	7.3 - 18.0	1463	6.1	4.4 - 8.4
45-59	494	10.0	6.9 - 14.4	123	17.0	9.9 - 27.8	617	11.5	8.4 - 15.6
60+	92	27.0	14.7 - 44.3	29	-	-	121	23.9	13.3 - 39.0
<b>Total</b>	<b>2190</b>	<b>6.4</b>	<b>4.9 - 8.4</b>	<b>492</b>	<b>11.1</b>	<b>7.9 - 15.3</b>	<b>2682</b>	<b>7.4</b>	<b>6.0 - 9.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Degree of impact of long-term condition/illness on carrying out day-to-day activities (among those with long-term condition/illness) - Non-Omani**

Age Categories (Years)	Male						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	9	-	-	-	-	-	-
30-44	62	9.0*	1.8 - 34.5	44.8	23.3 - 68.4	46.2	25.6 - 68.2
45-59	63	14.3*	4.0 - 40.2	19.6	10.1 - 34.8	66.0	45.6 - 81.9
60+	19	-	-	-	-	-	-
<b>Total</b>	<b>153</b>	<b>8.2*</b>	<b>3.1 - 19.9</b>	<b>25.3</b>	<b>14.2 - 40.9</b>	<b>66.5</b>	<b>50.7 - 79.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Degree of impact of long-term condition/illness on carrying out day-to-day activities (among those with long-term condition/illness) - Non-Omani**

Age Categories (Years)	Female						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	2	-	-	-	-	-	-
30-44	29	-	-	-	-	-	-
45-59	31	-	-	-	-	-	-
60+	11	-	-	-	-	-	-
<b>Total</b>	<b>73</b>	<b>19.8</b>	<b>9.4 - 37.1</b>	<b>43.6</b>	<b>27.4 - 61.3</b>	<b>36.6</b>	<b>20.9 - 55.7</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Degree of impact of long-term condition/illness on carrying out day-to-day activities (among those with long-term condition/illness) - Non-Omani**

Age Categories (Years)	Total						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	11	-	-	-	-	-	-
30-44	91	18.2*	8.6 - 34.5	38.1	22.5 - 56.6	43.7	28.6 - 60.1
45-59	94	12.1*	4.0 - 31.1	36.2	23.4 - 51.2	51.8	36.5 - 66.7
60+	30	-	-	-	-	-	-
<b>Total</b>	<b>226</b>	<b>12.0</b>	<b>6.6 - 20.9</b>	<b>31.3</b>	<b>21.7 - 42.7</b>	<b>56.7</b>	<b>45.0 - 67.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Duration of impact of long-term condition/illness  
(among those reporting a long-term condition/illness impacting their day-to-day activities) - Non-Omani**

<b>Male</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	3	-	-	-	-	-	-
30-44	24	-	-	-	-	-	-
45-59	23	-	-	-	-	-	-
60+	7	-	-	-	-	-	-
<b>Total</b>	<b>57</b>	<b>12.5*</b>	<b>3.2 - 38.6</b>	<b>33.7</b>	<b>17.3 - 55.2</b>	<b>53.7</b>	<b>34.5 - 71.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Duration of impact of long-term condition/illness  
(among those reporting a long-term condition/illness impacting their day-to-day activities) - Non-Omani**

<b>Female</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	1	-	-	-	-	-	-
30-44	18	-	-	-	-	-	-
45-59	17	-	-	-	-	-	-
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>45</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Duration of impact of long-term condition/illness  
(among those reporting a long-term condition/illness impacting their day-to-day activities) - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	4	-	-	-	-	-	-
30-44	42	-	-	-	-	-	-
45-59	40	-	-	-	-	-	-
60+	16	-	-	-	-	-	-
<b>Total</b>	<b>102</b>	<b>20.2</b>	<b>9.8 - 36.9</b>	<b>27.6</b>	<b>16.3 - 42.7</b>	<b>52.3</b>	<b>38.3 - 65.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 7 NCDs Screening

**National screening awareness** Description: Not applicable.

## 8 Cervical and Breast Cancer Screening

### Cervical cancer screening

Description: Percentage of female population who have ever had a screening test for cervical cancer

Instrument question:

CX1: Have you ever had a screening test for cervical cancer, using any of these methods described above?

Screening tests for cervical cancer prevention can be done in different ways, including Visual Inspection with Acetic Acid/vinegar (VIA), pap smear and Human Papillomavirus (HPV) test.

#### Cervical cancer screening prevalence - Non-Omani

Cervical cancer screening prevalence - Non-Omani			
Female			
Age Categories (Years)	n	% ever tested	95% CI
18-29	71	1.1*	0.1 - 7.7
30-44	262	10.0	5.9 - 16.4
45-59	123	22.0	12.3 - 36.2
60+	29	-	-
<b>Total</b>	<b>485</b>	<b>9.7</b>	<b>6.3 - 14.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

#### Cervical cancer screening among women aged 30-49 years - Non-Omani

Cervical cancer screening among women aged 30-49 years - Non-Omani			
Female			
Age Categories (Years)	n	% ever tested	95% CI
<b>30-49</b>	<b>322</b>	<b>12.7</b>	<b>7.7 - 20.2</b>

**HPV  
vaccination**

Description: Percentage of women who have been vaccinated against Human Papilloma virus (HPV)

Instrument question:

X46: Did you receive vaccine against Human Papilloma virus (HPV vaccine) to protect you from cervical cancer?

<b>Vaccinated against HPV - Non-Omani</b>			
		<b>Female</b>	
Age Categories (Years)	n	%	95% CI
18-29	76	2.3*	0.5 - 9.0
30-44	264	2.3*	0.8 - 6.4
45-59	123	0.0*	0.0 - 0.1
60+	29	-	-
<b>Total</b>	<b>492</b>	<b>1.8*</b>	<b>0.8 - 4.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Breast cancer screening and diagnosis**

Description: Percentage of women who have had a clinical breast exam in the last 12 months, who do a self-breast exam, who have ever had a mammogram and who have ever been diagnosed with breast cancer

Instrument question:

X47: Have you had clinical breast examination during the last 12 months?

X48: Do you do self-breast examination?

X49: Have you had screening for breast cancer with mammogram?

X50: Have you ever been diagnosed with breast cancer?

**Had clinical breast exam in the last 12 months - Non-Omani**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	76	3.3*	1.2 - 8.9
30-44	264	12.8	8.8 - 18.4
45-59	123	27.7	16.7 - 42.3
60+	29	-	-
<b>Total</b>	<b>492</b>	<b>12.8</b>	<b>9.3 - 17.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Do self-breast exams - Non-Omani**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	76	14.5	7.8 - 25.5
30-44	264	45.5	37.3 - 53.9
45-59	123	48.2	35.5 - 61.1
60+	29	-	-
<b>Total</b>	<b>492</b>	<b>37.5</b>	<b>31.2 - 44.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Had mammogram - Non-Omani**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	76	1.1*	0.2 - 7.8
30-44	264	10.1	5.9 - 16.9
45-59	123	25.5	15.2 - 39.3
60+	29	-	-
<b>Total</b>	<b>492</b>	<b>10.4</b>	<b>7.1 - 15.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Ever diagnosed with breast cancer - Non-Omani**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	76	0.0*	0.0 - 0.0
30-44	264	0.0*	0.0 - 0.1
45-59	123	1.4*	0.2 - 7.4
60+	29	-	-
<b>Total</b>	<b>492</b>	<b>0.3*</b>	<b>0.0 - 1.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 9 History of Raised Blood Pressure

### Blood pressure measurement and diagnosis

Description: Blood pressure measurement and diagnosis among all population and mean age at diagnosis

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H2b: Have you been told in the past 12 months?

X36: What was your age when diagnosed with raised blood pressure?

#### Blood pressure measurement and diagnosis - Non-Omani

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	405	34.9	28.1 - 42.4	64.6	57.1 - 71.5	0.4*	0.1 - 1.9	0.0*	0.0 - 0.2
30-44	1199	29.1	25.2 - 33.2	62.7	58.0 - 67.2	5.8	3.3 - 10.0	2.4	1.3 - 4.3
45-59	494	23.5	17.9 - 30.3	61.1	53.5 - 68.1	12.4	8.1 - 18.6	3.0	1.2 - 7.1
60+	92	11.4*	5.0 - 24.1	58.3	43.2 - 72.0	25.2	14.8 - 39.6	5.1*	1.5 - 15.6
<b>Total</b>	<b>2190</b>	<b>29.0</b>	<b>25.8 - 32.4</b>	<b>62.8</b>	<b>59.3 - 66.1</b>	<b>6.3</b>	<b>4.5 - 8.6</b>	<b>2.0</b>	<b>1.3 - 3.2</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

#### Blood pressure measurement and diagnosis - Non-Omani

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	76	18.8	10.5 - 31.5	81.1	68.5 - 89.5	0.0*	0.0 - 0.0	0.0*	0.0 - 0.3
30-44	264	23.0	16.7 - 30.7	74.6	66.9 - 81.1	0.8*	0.1 - 5.2	1.6*	0.5 - 5.1
45-59	123	11.0	4.7 - 23.6	63.6	50.7 - 74.8	21.6	13.3 - 33.1	3.8*	1.2 - 11.4
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>18.8</b>	<b>14.3 - 24.3</b>	<b>74.6</b>	<b>68.8 - 79.6</b>	<b>4.9</b>	<b>2.9 - 8.1</b>	<b>1.7</b>	<b>0.8 - 3.6</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

#### Blood pressure measurement and diagnosis - Non-Omani

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	481	31.0	25.3 - 37.4	68.6	62.3 - 74.3	0.3*	0.1 - 1.5	0.0*	0.0 - 0.2
30-44	1463	27.8	24.4 - 31.5	65.2	61.1 - 69.0	4.8	2.8 - 8.1	2.3	1.3 - 3.8
45-59	617	20.9	16.1 - 26.6	61.6	55.2 - 67.6	14.4	10.5 - 19.4	3.2	1.5 - 6.4
60+	121	8.4	3.6 - 18.1	64.0	49.1 - 76.7	22.3	13.2 - 35.3	5.3	2.0 - 13.4
<b>Total</b>	<b>2682</b>	<b>26.7</b>	<b>24.0 - 29.7</b>	<b>65.3</b>	<b>62.3 - 68.2</b>	<b>6.0</b>	<b>4.5 - 7.8</b>	<b>2.0</b>	<b>1.3 - 2.9</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Mean age when diagnosed with raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	3	-	-	1	-	-	4	-	-
30-44	66	32.9	30.5 - 35.2	9	-	-	75	32.7	30.5 - 34.9
45-59	63	43.9	41.8 - 46.0	35	-	-	98	44.2	42.4 - 46.0
60+	33	-	-	14	-	-	47	-	-
<b>Total</b>	<b>165</b>	<b>38.7</b>	<b>36.0 - 41.3</b>	<b>59</b>	<b>42.9</b>	<b>39.3 - 46.6</b>	<b>224</b>	<b>39.4</b>	<b>37.1 - 41.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Pregnancy induced hypertension**

Description: Percentage of ever-married females who had pregnancy induced hypertension

Instrument question:

X37: Have you ever been diagnosed with pregnancy induced hypertension?

**Pregnancy induced hypertension (among ever-married females) - Non-Omani**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	53	0.1*	0.0 - 0.4
30-44	247	1.1*	0.2 - 5.8
45-59	121	3.6*	1.2 - 10.3
60+	29	-	-
<b>Total</b>	<b>450</b>	<b>1.4*</b>	<b>0.5 - 3.5</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Blood pressure treatment among those diagnosed**

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H3: In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?

**Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	3	-	-	1	-	-	4	-	-
30-44	66	50.0	28.5 - 71.5	9	-	-	75	50.6	30.0 - 71.0
45-59	63	86.1	71.3 - 93.9	35	-	-	98	84.2	72.8 - 91.4
60+	33	-	-	14	-	-	47	-	-
<b>Total</b>	<b>165</b>	<b>65.7</b>	<b>50.4 - 78.3</b>	<b>59</b>	<b>79.0</b>	<b>58.4 - 91.0</b>	<b>224</b>	<b>68.1</b>	<b>54.8 - 79.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Blood pressure advice by a traditional healer**

Description: Percentage of the population who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H4: Have you ever seen a traditional healer for raised blood pressure?

H5: Are you currently taking any herbal or traditional remedy for your high blood pressure?

**Seen a traditional healer among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	3	-	-	1	-	-	4	-	-
30-44	66	1.1*	0.1 - 7.5	9	-	-	75	1.0*	0.1 - 7.0
45-59	63	8.9*	2.6 - 26.2	35	-	-	98	8.8*	3.2 - 22.4
60+	33	-	-	14	-	-	47	-	-
<b>Total</b>	<b>165</b>	<b>3.9*</b>	<b>1.3 - 10.9</b>	<b>59</b>	<b>6.7*</b>	<b>1.1 - 31.0</b>	<b>224</b>	<b>4.4</b>	<b>1.8 - 10.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	3	-	-	1	-	-	4	-	-
30-44	66	0.1*	0.0 - 0.5	9	-	-	75	0.1*	0.0 - 0.5
45-59	63	6.8*	1.4 - 26.5	35	-	-	98	6.6*	2.1 - 19.2
60+	33	-	-	14	-	-	47	-	-
<b>Total</b>	<b>165</b>	<b>2.6*</b>	<b>0.6 - 10.6</b>	<b>59</b>	<b>6.7*</b>	<b>2.3 - 17.8</b>	<b>224</b>	<b>3.4*</b>	<b>1.2 - 8.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 10 History of Diabetes

### Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all population and mean age at diagnosis

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H7b: Have you been told in the past 12 months?

X38: What was your age when you were diagnosed with diabetes?

#### Blood sugar measurement and diagnosis - Non-Omani

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	405	44.9	37.5 - 52.6	54.7	47.1 - 62.2	0.3*	0.1 - 1.7	0.0*	0.0 - 0.2
30-44	1199	38.0	33.5 - 42.7	55.9	51.3 - 60.4	4.6	2.7 - 8.0	1.5	0.8 - 2.9
45-59	494	31.7	25.2 - 39.1	50.5	43.0 - 58.1	15.4	10.8 - 21.6	2.3*	0.7 - 7.5
60+	92	15.6	7.9 - 28.2	56.9	42.0 - 70.7	25.1	12.8 - 43.2	2.4*	0.4 - 12.6
<b>Total</b>	<b>2190</b>	<b>37.9</b>	<b>34.5 - 41.5</b>	<b>54.6</b>	<b>51.2 - 58.0</b>	<b>6.1</b>	<b>4.6 - 8.2</b>	<b>1.3</b>	<b>0.7 - 2.3</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

#### Blood sugar measurement and diagnosis - Non-Omani

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	76	43.9	28.8 - 60.3	56.1	39.7 - 71.2	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0
30-44	264	29.5	22.7 - 37.3	67.0	58.8 - 74.3	1.7*	0.4 - 7.7	1.8*	0.7 - 4.3
45-59	123	12.9	6.1 - 25.3	70.9	58.0 - 81.2	12.3	6.1 - 23.3	3.8*	1.4 - 9.9
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>29.3</b>	<b>23.7 - 35.7</b>	<b>65.3</b>	<b>58.9 - 71.2</b>	<b>3.7</b>	<b>2.1 - 6.6</b>	<b>1.7</b>	<b>0.9 - 3.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

#### Blood sugar measurement and diagnosis - Non-Omani

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	481	44.7	37.9 - 51.7	55.0	48.0 - 61.9	0.2*	0.0 - 1.3	0.0*	0.0 - 0.1
30-44	1463	36.3	32.5 - 40.2	58.1	54.2 - 62.0	4.0	2.4 - 6.8	1.6	0.9 - 2.7
45-59	617	27.7	22.1 - 34.1	54.9	48.4 - 61.3	14.8	10.7 - 20.0	2.6	1.1 - 6.3
60+	121	11.3	5.6 - 21.5	64.2	48.8 - 77.1	22.3	12.0 - 37.8	2.2*	0.5 - 8.4
<b>Total</b>	<b>2682</b>	<b>36.0</b>	<b>33.0 - 39.2</b>	<b>57.0</b>	<b>53.9 - 60.0</b>	<b>5.6</b>	<b>4.3 - 7.3</b>	<b>1.4</b>	<b>0.9 - 2.2</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Mean age when diagnosed with diabetes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	34.6	33.0 - 36.3	13	-	-	74	34.4	32.6 - 36.2
45-59	69	44.5	42.3 - 46.7	25	-	-	94	44.4	42.4 - 46.4
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>40.2</b>	<b>38.2 - 42.1</b>	<b>52</b>	<b>41.4</b>	<b>36.1 - 46.7</b>	<b>207</b>	<b>40.4</b>	<b>38.5 - 42.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Retinal examination**

Description: Percentage of diagnosed diabetics who have had a retinal exam

Instrument question:

X39: Have you ever had a retinal examination?

<b>Ever had retinal exam (among diagnosed diabetics) - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	67.1	46.7 - 82.6	13	-	-	74	66.9	48.6 - 81.3
45-59	69	45.0	27.4 - 64.0	25	-	-	94	49.2	32.7 - 65.9
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>59.1</b>	<b>45.5 - 71.5</b>	<b>52</b>	<b>64.7</b>	<b>43.1 - 81.6</b>	<b>207</b>	<b>60.1</b>	<b>47.8 - 71.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Gestational diabetes**

Description: Percentage of ever-married females who had gestational diabetes

Instrument question:

X40: Have you ever been diagnosed with gestational diabetes?

**Gestational diabetes (among ever-married females) - Non-Omani**

Age Categories (Years)	n	%	95% CI
18-29	53	0.0*	0.0 - 0.0
30-44	247	1.2*	0.4 - 3.4
45-59	121	3.4*	0.9 - 11.8
60+	29	-	-
<b>Total</b>	<b>450</b>	<b>1.5</b>	<b>0.7 - 3.2</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Diabetes treatment among those diagnosed**

Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

**Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	82.3	63.2 - 92.7	13	-	-	74	82.1	65.0 - 91.9
45-59	69	95.0	87.7 - 98.1	25	-	-	94	93.8	86.6 - 97.2
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>89.4</b>	<b>80.4 - 94.5</b>	<b>52</b>	<b>82.4</b>	<b>62.2 - 93.1</b>	<b>207</b>	<b>88.2</b>	<b>80.6 - 93.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Currently taking insulin prescribed for diabetes among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	2.9*	0.9 - 9.1	13	-	-	74	3.7*	1.3 - 9.7
45-59	69	10.9	5.1 - 21.7	25	-	-	94	8.9*	4.3 - 17.6
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>9.0</b>	<b>4.8 - 16.2</b>	<b>52</b>	<b>4.5</b>	<b>1.3 - 14.4</b>	<b>207</b>	<b>8.3</b>	<b>4.6 - 14.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Diabetes advice by traditional healer**

Description: Percentage of the population who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H10: Have you ever seen a traditional healer for diabetes or raised blood sugar?

H11: Are you currently taking any herbal or traditional remedy for your diabetes?

**Seen a traditional healer for diabetes among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	5.4*	1.5 - 18.3	13	-	-	74	4.8*	1.3 - 16.0
45-59	69	8.5*	2.2 - 28.0	25	-	-	94	7.9*	2.4 - 23.3
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>7.5*</b>	<b>3.2 - 16.9</b>	<b>52</b>	<b>3.6*</b>	<b>0.8 - 14.5</b>	<b>207</b>	<b>6.9</b>	<b>2.9 - 15.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Currently taking herbal or traditional treatment for diabetes among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	61	1.0*	0.2 - 4.5	13	-	-	74	5.7*	1.1 - 25.7
45-59	69	9.8*	2.9 - 27.9	25	-	-	94	8.0*	2.4 - 23.2
60+	22	-	-	14	-	-	36	-	-
<b>Total</b>	<b>155</b>	<b>6.1*</b>	<b>2.3 - 15.0</b>	<b>52</b>	<b>15.2*</b>	<b>3.2 - 49.2</b>	<b>207</b>	<b>7.6</b>	<b>3.3 - 16.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

# 11 History of Raised Total Cholesterol

## Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all population and mean age at diagnosis

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H13b: Have you been told in the past 12 months?

X41: What was your age when you were diagnosed with raised cholesterol?

### Total cholesterol measurement and diagnosis - Non-Omani

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	405	67.5	60.0 - 74.2	30.6	24.1 - 38.0	0.3*	0.1 - 1.8	1.6*	0.3 - 8.0
30-44	1199	59.3	54.8 - 63.8	34.9	30.5 - 39.5	3.9	2.1 - 7.1	1.9	0.9 - 4.0
45-59	494	44.4	37.1 - 52.0	42.2	34.7 - 50.1	10.6	6.4 - 17.0	2.8	1.1 - 7.1
60+	92	22.6	13.5 - 35.4	51.6	37.3 - 65.7	23.7	11.9 - 41.6	2.1*	0.6 - 7.6
<b>Total</b>	<b>2190</b>	<b>57.6</b>	<b>54.0 - 61.0</b>	<b>35.7</b>	<b>32.5 - 38.9</b>	<b>4.8</b>	<b>3.4 - 6.8</b>	<b>2.0</b>	<b>1.1 - 3.5</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

### Total cholesterol measurement and diagnosis - Non-Omani

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	76	79.2	60.5 - 90.5	18.8	8.1 - 37.8	0.0*	0.0 - 0.0	2.0*	0.3 - 13.1
30-44	264	45.9	37.2 - 54.8	52.6	43.7 - 61.3	0.4*	0.1 - 2.6	1.1*	0.4 - 3.2
45-59	123	31.1	20.1 - 44.8	53.5	41.0 - 65.5	8.2	4.0 - 15.9	7.3	3.3 - 15.2
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>50.9</b>	<b>43.4 - 58.4</b>	<b>44.5</b>	<b>37.3 - 52.1</b>	<b>1.8</b>	<b>1.0 - 3.4</b>	<b>2.7</b>	<b>1.5 - 5.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

### Total cholesterol measurement and diagnosis - Non-Omani

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	481	70.3	63.4 - 76.4	27.8	21.9 - 34.6	0.2*	0.0 - 1.4	1.7*	0.5 - 6.1
30-44	1463	56.6	52.5 - 60.6	38.5	34.5 - 42.6	3.2	1.7 - 5.7	1.7	0.9 - 3.4
45-59	617	41.6	35.0 - 48.4	44.6	38.1 - 51.4	10.1	6.6 - 15.2	3.8	2.0 - 7.1
60+	121	18.4	10.8 - 29.5	60.4	44.7 - 74.2	17.6	8.5 - 32.9	3.6*	1.2 - 10.0
<b>Total</b>	<b>2682</b>	<b>56.1</b>	<b>52.9 - 59.3</b>	<b>37.6</b>	<b>34.6 - 40.7</b>	<b>4.1</b>	<b>3.0 - 5.7</b>	<b>2.2</b>	<b>1.4 - 3.3</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Mean age when diagnosed with raised cholesterol - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	60	35.1	33.1 - 37.1	9	-	-	69	35.0	33.2 - 36.9
45-59	45	-	-	26	-	-	71	45.3	42.2 - 48.3
60+	17	-	-	11	-	-	28	-	-
<b>Total</b>	<b>126</b>	<b>39.7</b>	<b>36.9 - 42.5</b>	<b>47</b>	<b>-</b>	<b>-</b>	<b>173</b>	<b>40.2</b>	<b>37.7 - 42.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Cholesterol treatment among those diagnosed**

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H14: In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

**Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	60	31.6	11.4 - 62.2	9	-	-	69	29.7	10.7 - 59.7
45-59	45	-	-	26	-	-	71	67.5	47.9 - 82.4
60+	17	-	-	11	-	-	28	-	-
<b>Total</b>	<b>126</b>	<b>48.3</b>	<b>33.5 - 63.4</b>	<b>47</b>	-	-	<b>173</b>	<b>48.0</b>	<b>35.0 - 61.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Cholesterol advice by traditional healer**

Description: Percentage of the population who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H15: Have you ever seen a traditional healer for raised cholesterol?

H16: Are you currently taking any herbal or traditional remedy for your raised cholesterol?

**Seen a traditional healer for raised cholesterol among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	60	1.7*	0.3 - 7.9	9	-	-	69	1.6*	0.3 - 7.3
45-59	45	-	-	26	-	-	71	9.1*	2.3 - 29.5
60+	17	-	-	11	-	-	28	-	-
<b>Total</b>	<b>126</b>	<b>5.0*</b>	<b>1.5 - 15.8</b>	<b>47</b>	-	-	<b>173</b>	<b>6.3*</b>	<b>2.3 - 16.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	60	1.7*	0.3 - 8.0	9	-	-	69	1.6*	0.3 - 7.4
45-59	45	-	-	26	-	-	71	9.1*	3.0 - 24.2
60+	17	-	-	11	-	-	28	-	-
<b>Total</b>	<b>126</b>	<b>2.7*</b>	<b>0.6 - 11.3</b>	<b>47</b>	-	-	<b>173</b>	<b>4.8*</b>	<b>2.0 - 11.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 12 History of Cardiovascular Diseases

### History of cardiovascular diseases

Description: Percentage of the population who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all population

Instrument question:

H17: Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?

#### Ever had a heart attack or chest pain from heart disease or a stroke - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	405	1.2*	0.3 - 4.9	76	0.0*	0.0 - 0.0	481	0.9*	0.2 - 3.7
30-44	1199	0.9*	0.3 - 2.2	264	0.7*	0.1 - 3.9	1463	0.8*	0.4 - 1.9
45-59	494	2.7	1.1 - 6.2	123	7.0*	2.7 - 16.9	617	3.6	1.9 - 6.7
60+	92	18.9*	7.7 - 39.4	29	-	-	121	15.3*	6.4 - 32.0
<b>Total</b>	<b>2190</b>	<b>1.8</b>	<b>1.1 - 2.9</b>	<b>492</b>	<b>1.9</b>	<b>0.9 - 4.0</b>	<b>2682</b>	<b>1.8</b>	<b>1.2 - 2.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Prevention and treatment of heart disease**

Description: Percentage of the population who are currently taking aspirin or statins regularly to prevent or treat heart disease

Instrument question:

H18: Are you currently taking aspirin regularly to prevent or treat heart disease?

H19: Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

**Currently taking aspirin regularly to prevent or treat heart disease - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29	405	0.9*	0.3 - 2.9	76	0.0*	0.0 - 0.0	481	0.7*	0.2 - 2.2
30-44	1199	0.1*	0.0 - 0.4	264	0.9*	0.2 - 3.8	1463	0.2*	0.1 - 0.8
45-59	494	4.1	1.9 - 8.7	123	5.0*	2.0 - 12.1	617	4.3	2.3 - 7.8
60+	92	18.3	7.4 - 38.6	29	-	-	121	14.6	6.2 - 30.7
<b>Total</b>	<b>2190</b>	<b>1.5</b>	<b>0.9 - 2.5</b>	<b>492</b>	<b>1.6</b>	<b>0.8 - 3.1</b>	<b>2682</b>	<b>1.5</b>	<b>1.0 - 2.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Currently taking statins regularly to prevent or treat heart disease - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29	405	1.1*	0.2 - 5.1	76	0.0*	0.0 - 0.0	481	0.8*	0.2 - 3.9
30-44	1199	2.3	0.9 - 5.9	264	0.0*	0.0 - 0.2	1463	1.8	0.7 - 4.7
45-59	494	10.2	6.2 - 16.3	123	5.8	2.6 - 12.3	617	9.3	6.0 - 14.1
60+	92	23.1	10.7 - 42.8	29	-	-	121	24.9	12.7 - 43.1
<b>Total</b>	<b>2190</b>	<b>4.0</b>	<b>2.7 - 6.0</b>	<b>492</b>	<b>2.3</b>	<b>1.0 - 4.9</b>	<b>2682</b>	<b>3.7</b>	<b>2.5 - 5.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Weight-loss medication use**

Description: Percentage of the population who ever used Ozempic, Saxenda or Mounjaro to control their weight

Instrument question:

X42: Have you ever used any of the following medications (Ozempic, Saxenda, or Mounjaro) as tablets or injections to control your weight?

<b>Taken weight-loss medications - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI
18-29	405	0.4*	0.1 - 1.7	76	0.1*	0.0 - 0.8	481	0.3*	0.1 - 1.3
30-44	1199	0.4*	0.1 - 2.0	264	3.8*	1.5 - 9.3	1463	1.1	0.5 - 2.4
45-59	494	0.3*	0.1 - 1.0	123	0.3*	0.1 - 1.7	617	0.3*	0.1 - 0.8
60+	92	0.1*	0.0 - 0.7	29	-	-	121	0.1*	0.0 - 0.5
<b>Total</b>	<b>2190</b>	<b>0.4*</b>	<b>0.1 - 1.1</b>	<b>492</b>	<b>2.0</b>	<b>0.8 - 4.8</b>	<b>2682</b>	<b>0.7</b>	<b>0.4 - 1.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 13 Lifestyle Advice

### Lifestyle advice

Description: Percentage of the population who received lifestyle advice from a doctor or health worker during the past 12 months among all population

Instrument question:

H20a-f: During the past 12 months, has a doctor or other health worker advised you to do any of the following?

#### Advised by doctor or health worker to quit using tobacco or don't start - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	5.7	2.5 - 12.2	76	1.3*	0.4 - 4.5	481	4.6	2.2 - 9.6
30-44	1199	11.0	7.9 - 15.1	264	1.5*	0.6 - 3.5	1463	9.0	6.5 - 12.4
45-59	494	13.7	9.4 - 19.5	123	8.1	3.7 - 16.9	617	12.5	8.9 - 17.3
60+	92	13.4	6.6 - 25.6	29	-	-	121	9.6	4.6 - 19.2
<b>Total</b>	<b>2190</b>	<b>10.3</b>	<b>8.0 - 13.0</b>	<b>492</b>	<b>2.6</b>	<b>1.6 - 4.4</b>	<b>2682</b>	<b>8.6</b>	<b>6.8 - 10.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

#### Advised by doctor or health worker to reduce salt in the diet - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	9.0	4.4 - 17.7	76	3.7*	1.6 - 8.3	481	7.7	4.1 - 14.3
30-44	1199	14.3	10.9 - 18.5	264	18.5	12.3 - 26.7	1463	15.1	12.1 - 18.8
45-59	494	26.0	20.0 - 33.0	123	28.2	17.3 - 42.4	617	26.4	21.2 - 32.5
60+	92	37.2	23.9 - 52.8	29	-	-	121	47.9	31.7 - 64.5
<b>Total</b>	<b>2190</b>	<b>15.8</b>	<b>13.1 - 19.0</b>	<b>492</b>	<b>18.4</b>	<b>13.5 - 24.5</b>	<b>2682</b>	<b>16.4</b>	<b>13.9 - 19.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

#### Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	10.4	6.2 - 16.8	76	16.9	8.5 - 30.8	481	12.0	8.0 - 17.4
30-44	1199	17.8	13.8 - 22.5	264	32.2	24.1 - 41.5	1463	20.7	17.1 - 24.8
45-59	494	25.5	19.4 - 32.6	123	33.8	22.4 - 47.4	617	27.2	21.9 - 33.3
60+	92	37.3	23.1 - 54.1	29	-	-	121	33.2	20.3 - 49.2
<b>Total</b>	<b>2190</b>	<b>17.9</b>	<b>15.1 - 21.2</b>	<b>492</b>	<b>27.9</b>	<b>22.1 - 34.4</b>	<b>2682</b>	<b>20.1</b>	<b>17.5 - 23.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Advised by doctor or health worker to reduce fat in the diet - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	10.4	5.6 - 18.5	76	8.5	3.2 - 20.9	481	9.9	5.8 - 16.4
30-44	1199	18.9	15.3 - 23.2	264	32.6	24.3 - 42.1	1463	21.7	18.3 - 25.6
45-59	494	28.3	22.0 - 35.6	123	33.9	22.3 - 48.0	617	29.5	23.8 - 36.0
60+	92	41.6	27.7 - 57.1	29	-	-	121	52.8	37.3 - 67.7
<b>Total</b>	<b>2190</b>	<b>19.2</b>	<b>16.1 - 22.7</b>	<b>492</b>	<b>28.1</b>	<b>21.9 - 35.3</b>	<b>2682</b>	<b>21.1</b>	<b>18.3 - 24.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Advised by doctor or health worker to start or do more physical activity - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	10.2	6.2 - 16.3	76	17.8	9.3 - 31.4	481	12.0	8.2 - 17.3
30-44	1199	20.0	15.9 - 24.9	264	32.4	24.8 - 41.1	1463	22.6	18.9 - 26.7
45-59	494	29.5	23.2 - 36.8	123	40.8	28.2 - 54.8	617	32.0	26.2 - 38.3
60+	92	37.7	24.6 - 52.8	29	-	-	121	52.5	36.8 - 67.7
<b>Total</b>	<b>2190</b>	<b>19.9</b>	<b>16.9 - 23.2</b>	<b>492</b>	<b>32.2</b>	<b>26.0 - 39.0</b>	<b>2682</b>	<b>22.6</b>	<b>19.8 - 25.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Advised by doctor or health worker to maintain a healthy body weight or to lose weight - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	8.8	4.5 - 16.5	76	9.6	4.5 - 19.2	481	8.9	5.2 - 14.9
30-44	1199	18.3	14.4 - 23.0	264	35.2	27.0 - 44.4	1463	21.7	18.0 - 25.9
45-59	494	30.8	24.4 - 38.0	123	44.0	31.2 - 57.7	617	33.6	27.9 - 39.9
60+	92	31.9	20.0 - 46.7	29	-	-	121	46.5	30.8 - 62.9
<b>Total</b>	<b>2190</b>	<b>18.6</b>	<b>15.7 - 22.0</b>	<b>492</b>	<b>31.6</b>	<b>25.3 - 38.7</b>	<b>2682</b>	<b>21.5</b>	<b>18.6 - 24.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Advised by doctor or health worker to reduce sugary beverages in diet - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	405	12.6	6.9 - 22.1	76	16.2	8.2 - 29.7	481	13.5	8.5 - 20.9
30-44	1199	17.9	14.4 - 22.1	264	28.0	20.2 - 37.4	1463	20.0	16.7 - 23.8
45-59	494	27.2	21.1 - 34.2	123	37.3	24.9 - 51.6	617	29.3	23.7 - 35.6
60+	92	35.1	22.4 - 50.2	29	-	-	121	48.7	33.0 - 64.6
<b>Total</b>	<b>2190</b>	<b>18.8</b>	<b>15.9 - 22.1</b>	<b>492</b>	<b>28.6</b>	<b>22.6 - 35.5</b>	<b>2682</b>	<b>21.0</b>	<b>18.3 - 23.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 14 Chronic Respiratory Diseases

**CRD Diagnosis** Description: Percentage of the population with a previous diagnosis of asthma/COPD

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

Chronic respiratory diseases diagnosis - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	1.2*	0.4 - 3.3	76	2.7*	0.4 - 17.2	481	1.5*	0.5 - 4.3
30-44	1199	2.0	0.9 - 4.4	264	1.8*	0.5 - 5.5	1463	2.0	1.0 - 3.8
45-59	494	1.8*	0.6 - 5.0	123	7.2	3.5 - 14.4	617	3.0	1.6 - 5.4
60+	92	0.0*	0.0 - 0.0	29	-	-	121	1.1*	0.2 - 6.6
<b>Total</b>	<b>2190</b>	<b>1.7</b>	<b>1.0 - 3.0</b>	<b>492</b>	<b>3.1</b>	<b>1.6 - 5.9</b>	<b>2682</b>	<b>2.0</b>	<b>1.3 - 3.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**CRD Treatment** Description: Percentage of those diagnosed with CRD receiving current treatment for asthma/COPD prescribed by a doctor or other health worker

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD2. In the past two weeks, have you taken any drugs (medication, including inhalers) for asthma prescribed by a doctor or other health worker?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD4. In the past two weeks, have you taken any drugs (medication, including inhalers) for chronic obstructive pulmonary (COPD) or chronic bronchitis or emphysema prescribed by a doctor or other health worker?

Currently taking medication for Asthma/COPD - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	15	-	-	5	-	-	20	-	-
45-59	10	-	-	11	-	-	21	-	-
60+	0	-	-	2	-	-	2	-	-
<b>Total</b>	<b>30</b>	<b>-</b>	<b>-</b>	<b>19</b>	<b>-</b>	<b>-</b>	<b>49</b>	<b>-</b>	<b>-</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**CRD  
Symptoms**

Description: Percentage of the population with chronic respiratory symptoms

Instrument question:

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

**Chronic respiratory symptoms - Non-Omani**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	404	0.9*	0.2 - 3.5	0.9*	0.1 - 6.1	9.8*	4.8 - 18.8
30-44	1198	1.7*	0.7 - 3.9	1.0*	0.4 - 2.5	3.6	2.1 - 6.3
45-59	493	1.5*	0.4 - 5.2	2.4*	0.9 - 6.4	5.9	3.3 - 10.3
60+	92	0.0*	0.0 - 0.0	2.5*	0.4 - 16.1	6.2*	1.5 - 21.6
<b>Total</b>	<b>2187</b>	<b>1.4</b>	<b>0.8 - 2.7</b>	<b>1.3</b>	<b>0.7 - 2.4</b>	<b>5.6</b>	<b>3.9 - 8.1</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Chronic respiratory symptoms - Non-Omani**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	76	3.5*	0.5 - 21.1	2.7*	0.4 - 15.0	16.1*	6.8 - 33.6
30-44	263	5.1*	1.4 - 17.4	1.1*	0.4 - 3.2	10.3	5.1 - 19.5
45-59	121	5.1*	2.0 - 12.8	3.3*	1.0 - 10.7	19.8	11.6 - 31.7
60+	29	-	-	-	-	-	-
<b>Total</b>	<b>489</b>	<b>4.5</b>	<b>1.7 - 11.1</b>	<b>1.9</b>	<b>0.8 - 4.4</b>	<b>13.3</b>	<b>8.7 - 19.8</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Chronic respiratory symptoms - Non-Omani**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	480	1.5*	0.4 - 5.2	1.4*	0.4 - 5.0	11.3	6.6 - 18.7
30-44	1461	2.4	1.1 - 5.0	1.0	0.5 - 2.2	5.0	3.2 - 7.7
45-59	614	2.2*	1.0 - 4.9	2.6*	1.2 - 5.7	8.8	6.0 - 12.7
60+	121	0.1*	0.0 - 0.6	1.8*	0.3 - 11.7	5.6*	1.7 - 16.3
<b>Total</b>	<b>2676</b>	<b>2.1</b>	<b>1.2 - 3.6</b>	<b>1.4</b>	<b>0.8 - 2.4</b>	<b>7.3</b>	<b>5.5 - 9.6</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**CRD Symptoms with no Asthma/COPD diagnosis**

Description: Percentage of the population with chronic respiratory symptoms among those without an Asthma/COPD diagnosis

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD - Non-Omani**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	400	0.4*	0.1 - 3.1	0.9*	0.1 - 6.2	9.0*	4.2 - 18.5
30-44	1179	1.0*	0.3 - 3.1	1.0*	0.4 - 2.6	2.5	1.2 - 5.2
45-59	483	0.5*	0.1 - 3.4	1.9*	0.5 - 6.3	4.9	2.6 - 9.1
60+	92	0.0*	0.0 - 0.0	2.5*	0.4 - 16.1	6.2*	1.5 - 21.6
<b>Total</b>	<b>2154</b>	<b>0.7*</b>	<b>0.3 - 1.8</b>	<b>1.2</b>	<b>0.6 - 2.3</b>	<b>4.7</b>	<b>3.0 - 7.2</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD - Non-Omani**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	74	3.6*	0.5 - 21.7	2.8*	0.4 - 15.5	13.8*	5.2 - 31.8
30-44	257	5.2*	1.4 - 17.7	1.1*	0.4 - 3.2	10.3	5.1 - 19.7
45-59	110	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	16.7	9.1 - 28.7
60+	27	-	-	-	-	-	-
<b>Total</b>	<b>468</b>	<b>3.7*</b>	<b>1.1 - 11.3</b>	<b>1.3*</b>	<b>0.4 - 4.2</b>	<b>12.0</b>	<b>7.5 - 18.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD - Non-Omani**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	474	1.2*	0.3 - 5.3	1.4*	0.4 - 5.0	10.2	5.6 - 17.9
30-44	1436	1.9*	0.8 - 4.5	1.1	0.5 - 2.2	4.1	2.5 - 6.8
45-59	593	0.4*	0.1 - 2.7	1.5*	0.4 - 5.2	7.2	4.6 - 11.1
60+	119	0.1*	0.0 - 0.6	1.8*	0.3 - 11.8	4.5*	1.2 - 16.2
<b>Total</b>	<b>2622</b>	<b>1.4</b>	<b>0.6 - 3.0</b>	<b>1.2</b>	<b>0.7 - 2.2</b>	<b>6.2</b>	<b>4.5 - 8.5</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**CRD Symptoms with Asthma/COPD diagnosis**

Description: Percentage of the population with chronic respiratory symptoms among those with an Asthma/COPD diagnosis

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

**Chronic respiratory symptoms among diagnosed Asthma/COPD - Non-Omani**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	4	-	-	-	-	-	-
30-44	15	-	-	-	-	-	-
45-59	10	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
<b>Total</b>	<b>29</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Chronic respiratory symptoms among diagnosed Asthma/COPD - Non-Omani**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1	-	-	-	-	-	-
30-44	5	-	-	-	-	-	-
45-59	11	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
<b>Total</b>	<b>19</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Chronic respiratory symptoms among diagnosed Asthma/COPD - Non-Omani**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	5	-	-	-	-	-	-
30-44	20	-	-	-	-	-	-
45-59	21	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
<b>Total</b>	<b>48</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Symptoms of severe asthma**

Description: Percentage of the population with symptoms suggestive of severe asthma

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD7. How many attacks of wheezing have you had in the past 12 months?

CRD8. In the past 12 months, how often, on average has your sleep been disturbed due to wheezing, shortness of breath or coughing?

CRD9. In the past 12 months, has wheezing ever been severe enough to limit your speech to only one or two words at a time between breaths?

**Severe asthma symptoms among those with no diagnosis - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	400	0.0*	0.0 - 0.0	74	3.6*	0.5 - 21.7	474	0.9*	0.1 - 5.9
30-44	1180	0.9*	0.2 - 3.1	258	4.8*	1.2 - 17.9	1438	1.7*	0.6 - 4.5
45-59	484	0.5*	0.1 - 3.4	112	0.0*	0.0 - 0.0	596	0.4*	0.1 - 2.7
60+	92	0.0*	0.0 - 0.0	27	-	-	119	0.0*	0.0 - 0.3
<b>Total</b>	<b>2156</b>	<b>0.6*</b>	<b>0.2 - 1.7</b>	<b>471</b>	<b>3.4*</b>	<b>1.0 - 11.3</b>	<b>2627</b>	<b>1.2*</b>	<b>0.5 - 2.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Severe asthma symptoms among those with diagnosis - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	15	-	-	5	-	-	20	-	-
45-59	10	-	-	11	-	-	21	-	-
60+	0	-	-	2	-	-	2	-	-
<b>Total</b>	<b>30</b>	<b>-</b>	<b>-</b>	<b>19</b>	<b>-</b>	<b>-</b>	<b>49</b>	<b>-</b>	<b>-</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**CRD Symptoms impacting daily activities**

Description: Percentage of the population with chronic respiratory symptoms impacting significantly on daily activities in past 12 months

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

CRD13. In the past 12 months, have you missed work or have your daily activities been affected by your breathing problems?

**CRD symptoms impacting significantly on daily activities (among those with symptoms) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	11	-	-	7	-	-	18	-	-
30-44	35	-	-	26	-	-	61	22.4*	7.9 - 49.3
45-59	24	-	-	19	-	-	43	-	-
60+	3	-	-	4	-	-	7	-	-
<b>Total</b>	<b>73</b>	<b>8.7*</b>	<b>3.3 - 20.9</b>	<b>56</b>	<b>21.0*</b>	<b>6.7 - 49.6</b>	<b>129</b>	<b>13.2</b>	<b>5.9 - 26.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Hospitalization due to CRD Symptoms**

Description: Percentage of the population with hospital admission due to chronic respiratory symptoms in past 12 months

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

CRD14. In the past 12 months, have you been admitted to hospital because of your breathing problems?

**Admission to hospital due to CRD symptoms (among those with symptoms) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	11	-	-	7	-	-	18	-	-
30-44	35	-	-	26	-	-	61	2.5*	0.5 - 12.5
45-59	24	-	-	19	-	-	43	-	-
60+	3	-	-	4	-	-	7	-	-
<b>Total</b>	<b>73</b>	<b>2.2*</b>	<b>0.3 - 14.5</b>	<b>56</b>	<b>5.4*</b>	<b>1.8 - 14.9</b>	<b>129</b>	<b>3.4*</b>	<b>1.2 - 9.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Peak expiratory flow (PEF) measurement**

Description: Percentage of symptomatic respondents with PEF measurement consistent with airway obstruction (i.e. below 80% predicted for age, height and sex) among those participants with symptoms or a diagnosis

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

PEF3a-c. Peak Expiratory Flow Measurement 1-3 (L/min)

**PEF measurement consistent with airway obstruction (among those with symptoms or a diagnosis) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	12	-	-	5	-	-	17	-	-
30-44	43	-	-	30	-	-	73	66.5	50.1 - 79.7
45-59	27	-	-	23	-	-	50	25.4	13.5 - 42.5
60+	3	-	-	3	-	-	6	-	-
<b>Total</b>	<b>85</b>	<b>44.7</b>	<b>29.2 - 61.2</b>	<b>61</b>	<b>56.8</b>	<b>38.4 - 73.6</b>	<b>146</b>	<b>49.0</b>	<b>36.4 - 61.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 15 Mental Health - Depression

### Depressive episode

Description: Percentage of the population with depressive episode

Instrument question:

MH1. In the last 12 months, have you, for a period of at least 2 weeks, felt sad or depressed for most of the day, nearly every day?

MH2. In the last 12 months, have you, for a period of at least 2 weeks, been a lot less interested in, or experienced a lot less pleasure from, doing the things you normally enjoy?

MH3. Please tell me when in the last 12 months you experienced the worst period of [LOW MOOD and/or LOSS OF INTEREST OR PLEASURE] that lasted for at least 2 weeks?

The next questions I am going to ask you will all refer specifically to this time, that is [ANSWER TO MH3]. Try to remember as best you can what you were experiencing during that time, rather than what you might have experienced at other times.

MH4. During this time in which your [LOW MOOD and/or LOSS OF INTEREST] were at its worst, that is [SPECIFY PERIOD FROM MH3], did you have more trouble concentrating and staying focused on things than usual OR did you struggle more than usual to make decisions most of the day, nearly every day for at least 2 weeks?

MH5. During that same 2-week period, in [SPECIFY PERIOD], did you feel less valuable as a person or even worthless most of the day, nearly every day?

MH6. During that same 2-week period, did you feel overly guilty about things you did or neglected to do most of the day, nearly every day?

MH7. During that same 2-week period, did you feel more hopeless about the future, like things would never turn out well for you most of the day, nearly every day?

MH8. The next question can be a sensitive question.

During that same 2-week period, in [SPECIFY PERIOD], on most days did you think about death or suicide, or did you try to end your life?

MH9. On most days during that same 2-week period, did you have more trouble sleeping than usual (for example falling or staying asleep), or did you sleep a lot more than you usually do?

MH10. On most days during that same 2-week period, did you not want to eat even when food was available, OR did you eat more than before your [LOW MOOD, and/or LOSS OF INTEREST] started?

MH11. On most days during that same 2-week period, did you have less energy than before your [LOW MOOD, and/or LOSS OF INTEREST] started OR were you much more tired than usual even when doing some small task?

MH12. On most days during that same 2-week period, did others notice you were moving or speaking more slowly than is normal for you, OR the opposite — did others notice you were fidgeting or pacing around a lot?

MH13. During this time when you experienced [LIST ALL ENDORSED SYMPTOMS], did these difficulties affect your ability to function in daily life (for example your work or school, your social life, your relationships)?

Prevalence of depressive episode - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	2.4*	1.2 - 5.0	76	13.7*	6.4 - 27.0	481	5.2	2.9 - 9.0
30-44	1199	2.3	1.4 - 4.0	264	10.1	4.4 - 21.4	1463	3.9	2.4 - 6.4
45-59	494	3.7	1.9 - 7.0	123	5.6*	2.3 - 13.2	617	4.1	2.4 - 6.9
60+	92	1.4*	0.2 - 9.5	29	-	-	121	1.3*	0.3 - 6.2
<b>Total</b>	<b>2190</b>	<b>2.6</b>	<b>1.8 - 3.7</b>	<b>492</b>	<b>9.9</b>	<b>5.8 - 16.4</b>	<b>2682</b>	<b>4.2</b>	<b>3.0 - 5.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Depression medication**

Description: Percentage of those with depressive episode who are taking depression medication

Instrument question:

MH14. In the past 12 months, have you taken anti-depressant medication prescribed by a doctor or other health worker?

**Depression medication - Non-Omani**

Male							
Age Categories (Years)	n	% yes, for less than 3 months	95% CI	% yes, for 3 months or more	95% CI	% no	95% CI
18-29	9	-	-	-	-	-	-
30-44	23	-	-	-	-	-	-
45-59	12	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>45</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Depression medication - Non-Omani**

Female							
Age Categories (Years)	n	% yes, for less than 3 months	95% CI	% yes, for 3 months or more	95% CI	% no	95% CI
18-29	7	-	-	-	-	-	-
30-44	14	-	-	-	-	-	-
45-59	10	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>32</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Depression medication - Non-Omani**

Total							
Age Categories (Years)	n	% yes, for less than 3 months	95% CI	% yes, for 3 months or more	95% CI	% no	95% CI
18-29	16	-	-	-	-	-	-
30-44	37	-	-	-	-	-	-
45-59	22	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
<b>Total</b>	<b>77</b>	<b>1.0*</b>	<b>0.1 - 7.1</b>	<b>4.0*</b>	<b>0.9 - 15.6</b>	<b>95.0</b>	<b>84.1 - 98.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Depression medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI
18-29	9	-	-	7	-	-	16	-	-
30-44	23	-	-	14	-	-	37	-	-
45-59	12	-	-	10	-	-	22	-	-
60+	1	-	-	1	-	-	2	-	-
<b>Total</b>	<b>45</b>	-	-	<b>32</b>	-	-	<b>77</b>	<b>5.0*</b>	<b>1.5 - 15.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Depression therapy**

Description: Percentage of those with depressive episode receiving psychological therapy/counselling

Instrument question:

MH15. In the past 12 months, have you received psychological therapy/counselling sessions for at least 30 minutes by a doctor or other health worker for the difficulties we've just talked about?

**Psychological therapy/counselling for depression - Non-Omani**

Male							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	9	-	-	-	-	-	-
30-44	24	-	-	-	-	-	-
45-59	12	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>46</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Psychological therapy/counselling for depression - Non-Omani**

Female							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	7	-	-	-	-	-	-
30-44	14	-	-	-	-	-	-
45-59	10	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>32</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Psychological therapy/counselling for depression - Non-Omani**

Total							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	16	-	-	-	-	-	-
30-44	38	-	-	-	-	-	-
45-59	22	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
<b>Total</b>	<b>78</b>	<b>6.1*</b>	<b>1.9 - 17.9</b>	<b>3.1*</b>	<b>0.5 - 16.4</b>	<b>90.8</b>	<b>77.7 - 96.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Psychological therapy/counselling for depression - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-29	9	-	-	7	-	-	16	-	-
30-44	24	-	-	14	-	-	38	-	-
45-59	12	-	-	10	-	-	22	-	-
60+	1	-	-	1	-	-	2	-	-
<b>Total</b>	<b>46</b>	-	-	<b>32</b>	-	-	<b>78</b>	<b>9.2*</b>	<b>3.4 - 22.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Depression diagnosis**

Description: Percentage of population diagnosed with depression and percentage of ever-married females diagnosed with post-partum depression

Instrument question:

X51: Have you ever been diagnosed with depression by a healthcare professional?

X52: Have you ever been diagnosed with postpartum depression by a healthcare professional?

Diagnosed with depression - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	405	0.4*	0.1 - 1.5	76	0.0*	0.0 - 0.0	481	0.3*	0.1 - 1.2
30-44	1199	0.0*	0.0 - 0.0	264	2.5*	0.8 - 7.1	1463	0.5*	0.2 - 1.5
45-59	494	0.0*	0.0 - 0.0	123	0.0*	0.0 - 0.0	617	0.0*	0.0 - 0.0
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2190</b>	<b>0.1*</b>	<b>0.0 - 0.4</b>	<b>492</b>	<b>1.2*</b>	<b>0.4 - 3.6</b>	<b>2682</b>	<b>0.3*</b>	<b>0.1 - 0.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

Diagnosed with post-partum depression (among ever-married females) - Non-Omani			
Age Categories (Years)	Female		
	n	%	95% CI
18-29	53	3.8*	0.6 - 21.5
30-44	247	1.6*	0.5 - 5.2
45-59	121	0.0*	0.0 - 0.2
60+	29	-	-
<b>Total</b>	<b>450</b>	<b>1.7*</b>	<b>0.6 - 5.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

## 16 Alcohol Consumption

### Alcohol consumption status

Description: Alcohol consumption status of all population

Instrument question:

A1: Have you ever consumed any alcohol such as ...?

A2: Have you consumed any alcohol in the past 12 months?

A5: Have you consumed any alcohol in the past 30 days?

#### Alcohol consumption status - Non-Omani

Male									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	405	0.9*	0.3 - 3.2	0.4*	0.1 - 1.8	2.2*	0.3 - 12.7	96.4	89.0 - 98.9
30-44	1199	4.2	2.7 - 6.5	1.9	1.0 - 3.8	2.2	1.1 - 4.4	91.7	88.4 - 94.1
45-59	494	3.4	1.6 - 6.9	2.1*	0.5 - 7.7	2.4*	0.8 - 7.0	92.1	86.7 - 95.5
60+	92	2.3*	0.9 - 5.9	0.4*	0.1 - 3.2	5.6*	0.8 - 30.2	91.7	73.4 - 97.8
<b>Total</b>	<b>2190</b>	<b>3.2</b>	<b>2.2 - 4.6</b>	<b>1.5</b>	<b>0.9 - 2.7</b>	<b>2.3</b>	<b>1.3 - 4.2</b>	<b>92.9</b>	<b>90.3 - 94.9</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

#### Alcohol consumption status - Non-Omani

Female									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	76	1.1*	0.2 - 7.8	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	98.9	92.2 - 99.8
30-44	264	1.1*	0.2 - 7.0	1.0*	0.2 - 3.8	0.5*	0.1 - 2.6	97.5	93.2 - 99.1
45-59	123	1.6*	0.2 - 10.7	1.2*	0.3 - 4.7	1.0*	0.1 - 6.7	96.2	89.5 - 98.7
60+	29	-	-	-	-	-	-	-	-
<b>Total</b>	<b>492</b>	<b>1.1*</b>	<b>0.4 - 3.5</b>	<b>0.7*</b>	<b>0.3 - 2.0</b>	<b>1.9*</b>	<b>0.4 - 8.7</b>	<b>96.2</b>	<b>91.2 - 98.4</b>

- Estimates are suppressed due to a small number of respondents ( $n < 50$ ).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

#### Alcohol consumption status - Non-Omani

Total									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	481	1.0*	0.4 - 2.8	0.3*	0.1 - 1.4	1.7*	0.3 - 9.8	97.0	91.6 - 99.0
30-44	1463	3.5	2.3 - 5.5	1.7	0.9 - 3.4	1.8*	0.9 - 3.6	92.9	90.1 - 94.9
45-59	617	3.0	1.6 - 5.7	1.9*	0.6 - 6.0	2.1	0.8 - 5.7	93.0	88.1 - 96.0
60+	121	1.6*	0.6 - 4.2	0.4*	0.1 - 2.0	14.8*	3.5 - 45.4	83.2	55.2 - 95.2
<b>Total</b>	<b>2682</b>	<b>2.7</b>	<b>1.9 - 3.9</b>	<b>1.4</b>	<b>0.8 - 2.4</b>	<b>2.2</b>	<b>1.3 - 3.9</b>	<b>93.7</b>	<b>91.4 - 95.3</b>

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability ( $CV \geq 50\%$ ).

**Stopping drinking due to health reasons**

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those who drank in their lifetime, but not in the last 12 months

Instrument question:

A2: Have you consumed any alcohol in the past 12 months?

A3: Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker?

**Stopping drinking due to health reasons - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI
18-29	2	-	-	0	-	-	2	-	-
30-44	14	-	-	2	-	-	16	-	-
45-59	6	-	-	1	-	-	7	-	-
60+	1	-	-	1	-	-	2	-	-
<b>Total</b>	<b>23</b>	-	-	<b>4</b>	-	-	<b>27</b>	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption**

Description: Frequency of alcohol consumption in the past 12 months among those who drank in the last 12 months

Instrument question:

A4: During the past 12 months, how frequently have you had at least one alcoholic drink?

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	6	-	-	-	-	-	-
30-44	52	4.8*	0.7 - 26.2	0.4*	0.1 - 3.2	2.1*	0.5 - 8.4
45-59	22	-	-	-	-	-	-
60+	7	-	-	-	-	-	-
<b>Total</b>	<b>87</b>	<b>3.4*</b>	<b>0.5 - 19.5</b>	<b>0.3*</b>	<b>0.0 - 2.3</b>	<b>3.7*</b>	<b>1.2 - 11.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

Male							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	6	-	-	-	-	-	-
30-44	52	37.0	21.5 - 55.7	37.3	21.3 - 56.6	18.4*	7.4 - 39.1
45-59	22	-	-	-	-	-	-
60+	7	-	-	-	-	-	-
<b>Total</b>	<b>87</b>	<b>33.0</b>	<b>20.4 - 48.6</b>	<b>33.9</b>	<b>21.7 - 48.8</b>	<b>25.7</b>	<b>13.7 - 42.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

Female							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	1	-	-	-	-	-	-
30-44	4	-	-	-	-	-	-
45-59	3	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>9</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

Female							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	1	-	-	-	-	-	-
30-44	4	-	-	-	-	-	-
45-59	3	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>9</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	7	-	-	-	-	-	-
30-44	56	4.4*	0.7 - 24.5	0.4*	0.1 - 3.0	1.9*	0.5 - 7.8
45-59	25	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
<b>Total</b>	<b>96</b>	<b>3.0*</b>	<b>0.5 - 17.9</b>	<b>0.3*</b>	<b>0.0 - 2.0</b>	<b>3.3*</b>	<b>1.0 - 10.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of alcohol consumption in the past 12 months - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	7	-	-	-	-	-	-
30-44	56	34.1	19.4 - 52.6	38.4	22.5 - 57.3	20.8	8.4 - 42.7
45-59	25	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
<b>Total</b>	<b>96</b>	<b>29.8</b>	<b>18.1 - 45.0</b>	<b>34.9</b>	<b>23.0 - 49.1</b>	<b>28.6</b>	<b>16.4 - 45.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Drinking occasions in the past 30 days**

Description: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers

Instrument question:

A6: During the past 30 days, on how many occasions did you have at least one alcoholic drink?

**Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of occasions	95% CI	n	mean number of occasions	95% CI	n	mean number of occasions	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	36	-	-	2	-	-	38	-	-
45-59	17	-	-	1	-	-	18	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>63</b>	<b>4.1</b>	<b>1.5 - 6.7</b>	<b>4</b>	-	-	<b>67</b>	<b>3.9</b>	<b>1.5 - 6.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Standard drinks per drinking occasion**

Description: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	15	-	-	1	-	-	16	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>62</b>	<b>3.6</b>	<b>1.0 - 6.2</b>	<b>4</b>	-	-	<b>66</b>	<b>3.4</b>	<b>1.0 - 5.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Average drinking levels among total population**

Description: Percentage of the population with different drinking levels.  
A standard drink contains approximately 10g of pure alcohol

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Drinking at high-end level among all population (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	405	0.0*	0.0 - 0.2	76	0.0*	0.0 - 0.0	481	0.0*	0.0 - 0.1
30-44	1199	0.4*	0.1 - 1.7	264	0.0*	0.0 - 0.0	1463	0.3*	0.1 - 1.3
45-59	492	0.0*	0.0 - 0.1	123	0.0*	0.0 - 0.0	615	0.0*	0.0 - 0.1
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2188</b>	<b>0.2*</b>	<b>0.1 - 0.9</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2680</b>	<b>0.2*</b>	<b>0.0 - 0.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Drinking at intermediate level among all population (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	405	0.4*	0.1 - 3.0	76	0.0*	0.0 - 0.0	481	0.3*	0.0 - 2.3
30-44	1199	0.3*	0.1 - 1.2	264	0.0*	0.0 - 0.0	1463	0.2*	0.1 - 1.0
45-59	492	0.2*	0.0 - 0.9	123	1.6*	0.2 - 10.7	615	0.5*	0.1 - 2.1
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2188</b>	<b>0.3*</b>	<b>0.1 - 0.8</b>	<b>492</b>	<b>0.3*</b>	<b>0.0 - 2.0</b>	<b>2680</b>	<b>0.3*</b>	<b>0.1 - 0.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Drinking at lower-end level among all population (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	405	0.5*	0.1 - 2.5	76	1.1*	0.2 - 7.8	481	0.6*	0.2 - 2.2
30-44	1199	3.5	2.0 - 5.8	264	1.1*	0.2 - 7.0	1463	3.0	1.8 - 4.9
45-59	492	3.0	1.4 - 6.6	123	0.0*	0.0 - 0.0	615	2.4	1.1 - 5.2
60+	92	2.3*	0.9 - 5.9	29	-	-	121	1.6*	0.6 - 4.2
<b>Total</b>	<b>2188</b>	<b>2.6</b>	<b>1.7 - 3.9</b>	<b>492</b>	<b>0.8*</b>	<b>0.2 - 3.4</b>	<b>2680</b>	<b>2.2</b>	<b>1.5 - 3.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Average drinking levels among current (past 30 days) drinkers**

Description: Percentage of current (past 30 days) drinkers with different drinking levels.

A standard drink contains approximately 10g of pure alcohol.

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Drinking at high-end level among current drinkers (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	15	-	-	1	-	-	16	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>62</b>	<b>7.5*</b>	<b>1.8 - 26.1</b>	<b>4</b>	-	-	<b>66</b>	<b>6.8*</b>	<b>1.6 - 24.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Drinking at intermediate level among current drinkers (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	15	-	-	1	-	-	16	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>62</b>	<b>9.6*</b>	<b>3.6 - 23.3</b>	<b>4</b>	-	-	<b>66</b>	<b>11.0*</b>	<b>3.7 - 28.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Drinking at lower-end level among current drinkers (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	15	-	-	1	-	-	16	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>62</b>	<b>83.0</b>	<b>66.4 - 92.3</b>	<b>4</b>	-	-	<b>66</b>	<b>82.2</b>	<b>64.1 - 92.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Largest number of drinks in the past 30 days**

Description: Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers

Instrument question:

A8: During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

**Mean maximum number of standard drinks consumed on one occasion in the past 30 days - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean maximum number	95% CI	n	mean maximum number	95% CI	n	mean maximum number	95% CI
18-29	3	-	-	1	-	-	4	-	-
30-44	31	-	-	2	-	-	33	-	-
45-59	16	-	-	1	-	-	17	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>56</b>	<b>2.7</b>	<b>1.8 - 3.5</b>	<b>4</b>	-	-	<b>60</b>	<b>2.6</b>	<b>1.8 - 3.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Six or more drinks on a single occasion (“heavy episodic drinking”)**

Description: Percentage of the population who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Instrument question:

A9: During the past 30 days, how many times did you have six or more standard alcoholic drinks in a single drinking occasion?

**Six or more drinks on a single occasion at least once during the past 30 days among total population - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-29	405	0.0*	0.0 - 0.0	76	0.0*	0.0 - 0.0	481	0.0*	0.0 - 0.0
30-44	1196	0.3*	0.1 - 1.1	264	0.0*	0.0 - 0.0	1460	0.3*	0.1 - 0.9
45-59	493	0.0*	0.0 - 0.2	123	0.0*	0.0 - 0.0	616	0.0*	0.0 - 0.1
60+	92	0.0*	0.0 - 0.0	29	-	-	121	0.0*	0.0 - 0.0
<b>Total</b>	<b>2186</b>	<b>0.2*</b>	<b>0.1 - 0.6</b>	<b>492</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>2678</b>	<b>0.1*</b>	<b>0.0 - 0.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Six or more drinks on a single occasion**

Description: Mean number of times in the past 30 days on which current (past 30 days) drinkers consumed six or more drinks during a single occasion.

Instrument question:

A9: During the past 30 days, how many times did you have six or more standard alcoholic drinks in a single drinking occasion?

**Mean number of times six or more drinks consumed during a single occasion in the past 30 days among current drinkers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of times	95% CI	n	mean number of times	95% CI	n	mean number of times	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	34	-	-	2	-	-	36	-	-
45-59	16	-	-	1	-	-	17	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>60</b>	<b>0.1</b>	<b>0.0 - 0.2</b>	<b>4</b>	-	-	<b>64</b>	<b>0.1</b>	<b>0.0 - 0.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Past 7 days drinking**

Description: Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers

Instrument question:

A10a-g: During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	4	-	-	-	-	-	-
30-44	37	-	-	-	-	-	-
45-59	17	-	-	-	-	-	-
60+	6	-	-	-	-	-	-
<b>Total</b>	<b>64</b>	<b>7.4*</b>	<b>1.8 - 25.9</b>	<b>0.1*</b>	<b>0.0 - 1.1</b>	<b>15.3*</b>	<b>5.0 - 38.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

Male					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	4	-	-	-	-
30-44	37	-	-	-	-
45-59	17	-	-	-	-
60+	6	-	-	-	-
<b>Total</b>	<b>64</b>	<b>66.8</b>	<b>45.6 - 82.9</b>	<b>10.4</b>	<b>3.8 - 25.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

Female							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	1	-	-	-	-	-	-
30-44	2	-	-	-	-	-	-
45-59	1	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
<b>Total</b>	<b>4</b>	-	-	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

Female					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	1	-	-	-	-
30-44	2	-	-	-	-
45-59	1	-	-	-	-
60+	0	-	-	-	-
<b>Total</b>	<b>4</b>	-	-	-	-

- Estimates are suppressed due to a small number of respondents (n < 50).

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

<b>Total</b>							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	5	-	-	-	-	-	-
30-44	39	-	-	-	-	-	-
45-59	18	-	-	-	-	-	-
60+	6	-	-	-	-	-	-
<b>Total</b>	<b>68</b>	<b>6.8*</b>	<b>1.6 - 23.9</b>	<b>0.1*</b>	<b>0.0 - 1.0</b>	<b>14.0*</b>	<b>4.6 - 35.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Frequency of alcohol consumption in the past 7 days - Non-Omani**

<b>Total</b>					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	5	-	-	-	-
30-44	39	-	-	-	-
45-59	18	-	-	-	-
60+	6	-	-	-	-
<b>Total</b>	<b>68</b>	<b>63.1</b>	<b>42.8 - 79.6</b>	<b>16.0</b>	<b>6.8 - 33.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Standard drinks per day in the past 7 days**

Description: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers

Instrument question:

A10a-g: During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

**Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	17	-	-	1	-	-	18	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>64</b>	<b>1.8</b>	<b>0.0 - 4.5</b>	<b>4</b>	<b>-</b>	<b>-</b>	<b>68</b>	<b>1.7</b>	<b>0.0 - 4.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Consumption of unrecorded alcohol**

Description: Percentage of the population that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers

Instrument question:

A5: Have you consumed any alcohol within the past 30 days?

A11: During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?

**Consumption of unrecorded alcohol - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	17	-	-	1	-	-	18	-	-
60+	6	-	-	0	-	-	6	-	-
<b>Total</b>	<b>64</b>	<b>7.1*</b>	<b>1.2 - 33.0</b>	<b>4</b>	<b>-</b>	<b>-</b>	<b>68</b>	<b>8.7*</b>	<b>2.1 - 29.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 17 Physical Measurements

### Blood pressure

Description: Mean blood pressure among all population, including those currently on medication for raised blood pressure

Instrument question:

M4-6 (a-b): Reading 1-3 systolic and diastolic blood pressure

#### Mean systolic blood pressure (mmHg) - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	404	123.3	120.8 - 125.8	74	105.5	102.3 - 108.7	478	119.0	116.5 - 121.5
30-44	1194	126.6	124.7 - 128.5	261	113.7	111.2 - 116.1	1455	124.0	122.3 - 125.6
45-59	492	130.9	129.1 - 132.8	123	125.9	122.3 - 129.5	615	129.8	128.2 - 131.5
60+	92	136.2	132.4 - 140.0	28	-	-	120	135.8	132.3 - 139.3
<b>Total</b>	<b>2182</b>	<b>126.9</b>	<b>125.7 - 128.1</b>	<b>486</b>	<b>114.5</b>	<b>112.2 - 116.8</b>	<b>2668</b>	<b>124.2</b>	<b>123.0 - 125.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

#### Mean diastolic blood pressure (mmHg) - Non-Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	404	79.7	77.6 - 81.9	74	76.4	74.1 - 78.6	478	78.9	77.1 - 80.7
30-44	1194	84.5	83.4 - 85.6	261	80.2	78.6 - 81.9	1455	83.6	82.6 - 84.6
45-59	492	86.5	85.2 - 87.9	123	85.2	82.8 - 87.7	615	86.3	85.1 - 87.4
60+	92	85.3	82.9 - 87.7	28	-	-	120	85.0	82.0 - 87.9
<b>Total</b>	<b>2182</b>	<b>83.7</b>	<b>82.9 - 84.6</b>	<b>486</b>	<b>80.2</b>	<b>78.9 - 81.5</b>	<b>2668</b>	<b>83.0</b>	<b>82.2 - 83.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Raised blood pressure**

Description: Percentage of the population with raised blood pressure

Instrument question:

Reading 1-3 systolic and diastolic blood pressure

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

**SBP  $\geq$ 140 and/or DBP  $\geq$  90 mmHg - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	20.1	13.6 - 28.7	74	3.2*	0.9 - 11.5	478	16.0	11.0 - 22.8
30-44	1194	28.2	23.6 - 33.3	261	17.5	11.6 - 25.6	1455	26.0	22.1 - 30.4
45-59	492	41.1	34.8 - 47.7	123	32.9	21.6 - 46.6	615	39.3	33.8 - 45.2
60+	92	49.0	35.2 - 63.0	28	-	-	120	50.3	34.6 - 66.0
<b>Total</b>	<b>2182</b>	<b>29.2</b>	<b>25.9 - 32.7</b>	<b>486</b>	<b>17.8</b>	<b>13.1 - 23.6</b>	<b>2668</b>	<b>26.7</b>	<b>23.9 - 29.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**SBP  $\geq$ 140 and/or DBP  $\geq$  90 mmHg or currently on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	20.1	13.6 - 28.7	74	3.2*	0.9 - 11.5	478	16.0	11.0 - 22.8
30-44	1194	29.5	24.7 - 34.7	261	18.0	12.0 - 26.0	1455	27.1	23.1 - 31.5
45-59	492	48.7	42.0 - 55.5	123	40.9	28.9 - 54.1	615	47.0	41.0 - 53.1
60+	92	57.1	41.9 - 71.0	28	-	-	120	58.7	42.6 - 73.1
<b>Total</b>	<b>2182</b>	<b>31.5</b>	<b>28.2 - 35.0</b>	<b>486</b>	<b>19.8</b>	<b>14.9 - 26.0</b>	<b>2668</b>	<b>29.0</b>	<b>26.1 - 32.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**SBP  $\geq$ 140 and/or DBP  $\geq$  90 mmHg or currently on medication for raised blood pressure (among  $\geq$ 35 years) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
<b>35+</b>	<b>1423</b>	<b>39.1</b>	<b>34.5 - 43.8</b>	<b>326</b>	<b>30.7</b>	<b>23.2 - 39.4</b>	<b>1749</b>	<b>37.4</b>	<b>33.5 - 41.5</b>

**SBP ≥140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure or previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	20.5	14.0 - 29.1	74	3.2*	0.9 - 11.5	478	16.4	11.3 - 23.1
30-44	1194	30.8	26.0 - 36.0	261	18.0	12.0 - 26.0	1455	28.2	24.1 - 32.6
45-59	492	49.7	43.0 - 56.3	123	43.0	30.7 - 56.3	615	48.3	42.3 - 54.2
60+	92	58.6	43.4 - 72.4	28	-	-	120	59.8	43.6 - 74.0
<b>Total</b>	<b>2182</b>	<b>32.5</b>	<b>29.3 - 36.0</b>	<b>486</b>	<b>20.2</b>	<b>15.2 - 26.4</b>	<b>2668</b>	<b>29.9</b>	<b>27.0 - 32.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**SBP ≥160 and/or DBP ≥ 100 mmHg - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	4.4*	1.5 - 12.4	74	0.0*	0.0 - 0.0	478	3.3*	1.1 - 9.6
30-44	1194	8.3	5.9 - 11.6	261	4.8	2.2 - 10.1	1455	7.6	5.5 - 10.3
45-59	492	10.7	7.1 - 15.9	123	6.7	3.1 - 13.9	615	9.9	6.8 - 14.0
60+	92	14.2	7.2 - 26.1	28	-	-	120	10.4	5.2 - 19.6
<b>Total</b>	<b>2182</b>	<b>8.0</b>	<b>6.2 - 10.1</b>	<b>486</b>	<b>3.7</b>	<b>2.1 - 6.4</b>	<b>2668</b>	<b>7.0</b>	<b>5.6 - 8.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	404	4.4*	1.5 - 12.4	74	0.0*	0.0 - 0.3	478	3.4*	1.1 - 9.6
30-44	1194	10.3	7.5 - 14.1	261	5.3	2.6 - 10.6	1455	9.3	6.9 - 12.3
45-59	492	23.7	18.1 - 30.4	123	25.0	16.0 - 36.9	615	24.0	19.0 - 29.7
60+	92	36.3	23.6 - 51.3	28	-	-	120	32.2	20.6 - 46.4
<b>Total</b>	<b>2182</b>	<b>12.0</b>	<b>10.0 - 14.5</b>	<b>486</b>	<b>8.1</b>	<b>5.5 - 11.9</b>	<b>2668</b>	<b>11.2</b>	<b>9.4 - 13.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Hypertension Care Cascade** Description: Percentage of diagnosed, treated and controlled among cases with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure.

Instrument question:

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?

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Reading 1-3 systolic and diastolic blood pressure

**Raised blood pressure diagnosis among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	76	0.2*	0.0 - 1.2	5	-	-	81	0.2*	0.0 - 1.0
30-44	335	23.5	15.2 - 34.5	48	-	-	383	22.1	14.7 - 31.9
45-59	225	29.7	21.0 - 40.2	60	56.8	37.3 - 74.5	285	34.8	27.0 - 43.4
60+	57	50.4	31.6 - 69.1	19	-	-	76	45.2	25.2 - 66.9
<b>Total</b>	<b>693</b>	<b>23.0</b>	<b>17.5 - 29.6</b>	<b>132</b>	<b>31.6</b>	<b>20.6 - 45.0</b>	<b>825</b>	<b>24.3</b>	<b>19.3 - 30.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**Currently on treatment for hypertension among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	76	0.2*	0.0 - 1.2	5	-	-	81	0.2*	0.0 - 1.0
30-44	335	14.0	7.9 - 23.5	48	-	-	383	13.1	7.7 - 21.5
45-59	225	27.3	18.8 - 37.8	60	49.7	31.6 - 67.9	285	31.5	23.9 - 40.2
60+	57	47.2	28.9 - 66.3	19	-	-	76	43.1	23.9 - 64.6
<b>Total</b>	<b>693</b>	<b>17.3</b>	<b>12.7 - 23.1</b>	<b>132</b>	<b>26.5</b>	<b>16.7 - 39.3</b>	<b>825</b>	<b>18.7</b>	<b>14.4 - 23.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**Hypertension control among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	76	0.0*	0.0 - 0.0	5	-	-	81	0.0*	0.0 - 0.0
30-44	335	4.3	1.9 - 9.5	48	-	-	383	4.0	1.8 - 8.6
45-59	225	15.6	9.1 - 25.5	60	19.7	9.2 - 37.2	285	16.4	10.6 - 24.4
60+	57	14.2*	6.1 - 29.6	19	-	-	76	14.3	6.6 - 28.3
<b>Total</b>	<b>693</b>	<b>7.3</b>	<b>4.8 - 11.1</b>	<b>132</b>	<b>10.3</b>	<b>5.5 - 18.5</b>	<b>825</b>	<b>7.8</b>	<b>5.4 - 11.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**Hypertension Care Cascade  
(Healthcare Service Cascade)**

Description: Percentage of diagnosed among cases with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure, percentage of treated among diagnosed cases, and percentage of controlled among treated cases.

Instrument question:

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?

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Reading 1-3 systolic and diastolic blood pressure

**Raised blood pressure diagnosis among those with  
raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	76	0.2*	0.0 - 1.2	5	-	-	81	0.2*	0.0 - 1.0
30-44	335	23.5	15.2 - 34.5	48	-	-	383	22.1	14.7 - 31.9
45-59	225	29.7	21.0 - 40.2	60	56.8	37.3 - 74.5	285	34.8	27.0 - 43.4
60+	57	50.4	31.6 - 69.1	19	-	-	76	45.2	25.2 - 66.9
<b>Total</b>	<b>693</b>	<b>23.0</b>	<b>17.5 - 29.6</b>	<b>132</b>	<b>31.6</b>	<b>20.6 - 45.0</b>	<b>825</b>	<b>24.3</b>	<b>19.3 - 30.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**Percentage of treated among diagnosed cases - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	1	-	-	1	-	-	2	-	-
30-44	57	59.4	33.2 - 81.2	9	-	-	66	59.4	34.8 - 80.1
45-59	60	91.9	81.2 - 96.7	33	-	-	93	90.5	81.2 - 95.5
60+	32	-	-	14	-	-	46	-	-
<b>Total</b>	<b>150</b>	<b>75.1</b>	<b>56.8 - 87.4</b>	<b>57</b>	<b>83.9</b>	<b>61.7 - 94.4</b>	<b>207</b>	<b>76.8</b>	<b>61.4 - 87.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of controlled among treated cases - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	1	-	-	1	-	-	2	-	-
30-44	42	-	-	6	-	-	48	-	-
45-59	53	57.2	35.3 - 76.6	30	-	-	83	52.0	34.9 - 68.7
60+	29	-	-	14	-	-	43	-	-
<b>Total</b>	<b>125</b>	<b>42.4</b>	<b>27.8 - 58.5</b>	<b>51</b>	<b>39.0</b>	<b>22.2 - 58.9</b>	<b>176</b>	<b>41.7</b>	<b>29.4 - 55.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Height, weight and BMI**

Description: Mean height, weight, and body mass index among all population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

**Mean height (cm) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	404	169.2	167.9 - 170.6	64	157.1	155.6 - 158.6	468	166.6	165.1 - 168.0
30-44	1194	167.2	166.3 - 168.1	252	158.4	157.4 - 159.5	1446	165.4	164.7 - 166.2
45-59	492	168.1	167.0 - 169.2	123	157.6	155.0 - 160.2	615	165.8	164.6 - 167.0
60+	92	167.8	166.0 - 169.7	27	-	-	119	162.9	159.1 - 166.7
<b>Total</b>	<b>2182</b>	<b>167.9</b>	<b>167.2 - 168.5</b>	<b>466</b>	<b>157.6</b>	<b>156.7 - 158.5</b>	<b>2648</b>	<b>165.7</b>	<b>165.1 - 166.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean weight (kg) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	404	73.8	71.5 - 76.2	64	61.7	56.8 - 66.6	468	71.2	68.7 - 73.6
30-44	1194	75.9	74.3 - 77.5	252	73.1	70.0 - 76.3	1446	75.4	73.9 - 76.8
45-59	492	79.2	76.8 - 81.6	123	80.1	75.6 - 84.7	615	79.4	77.2 - 81.6
60+	92	74.9	71.9 - 78.0	27	-	-	119	71.8	68.4 - 75.2
<b>Total</b>	<b>2182</b>	<b>76.0</b>	<b>74.7 - 77.3</b>	<b>466</b>	<b>71.1</b>	<b>68.5 - 73.8</b>	<b>2648</b>	<b>75.0</b>	<b>73.8 - 76.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean BMI (kg/m<sup>2</sup>) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	404	25.8	24.9 - 26.7	64	24.9	23.1 - 26.8	468	25.6	24.8 - 26.4
30-44	1191	27.0	26.5 - 27.4	251	28.8	27.8 - 29.8	1442	27.3	26.9 - 27.8
45-59	491	27.8	27.1 - 28.5	122	31.7	30.2 - 33.2	613	28.6	27.9 - 29.3
60+	92	26.6	25.6 - 27.7	27	-	-	119	27.1	26.1 - 28.1
<b>Total</b>	<b>2178</b>	<b>26.8</b>	<b>26.5 - 27.2</b>	<b>464</b>	<b>28.3</b>	<b>27.4 - 29.2</b>	<b>2642</b>	<b>27.1</b>	<b>26.8 - 27.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**BMI categories**

Description: Percentage of the population (excluding pregnant women) in each BMI category

Instrument question:  
M8: For women: Are you pregnant?  
M11: Height  
M12: Weight

**BMI classifications - Non-Omani**

<b>Male</b>									
Age Categories (Years)	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
18-29	404	1.5*	0.6 - 3.7	51.2	43.5 - 58.9	33.6	26.7 - 41.2	13.7	9.0 - 20.5
30-44	1191	1.8	0.7 - 4.6	31.1	27.1 - 35.4	47.3	42.5 - 52.1	19.8	15.8 - 24.6
45-59	491	0.8*	0.3 - 2.3	27.4	21.9 - 33.7	42.8	35.9 - 50.0	29.0	21.9 - 37.2
60+	92	0.0*	0.0 - 0.0	35.2	22.1 - 51.0	42.4	29.1 - 56.8	22.5	13.0 - 35.9
<b>Total</b>	<b>2178</b>	<b>1.5</b>	<b>0.8 - 2.9</b>	<b>35.4</b>	<b>32.4 - 38.5</b>	<b>43.0</b>	<b>39.5 - 46.5</b>	<b>20.1</b>	<b>17.2 - 23.3</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**BMI classifications - Non-Omani**

<b>Female</b>									
Age Categories (Years)	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
18-29	64	12.2*	2.7 - 40.8	37.2	22.7 - 54.4	34.8	20.3 - 52.7	15.9	8.0 - 29.1
30-44	251	2.3*	0.8 - 6.3	24.4	17.3 - 33.2	38.9	30.6 - 47.9	34.4	25.9 - 44.1
45-59	122	0.1*	0.0 - 1.0	13.9	7.9 - 23.3	24.7	15.6 - 36.9	61.2	48.0 - 73.0
60+	27	-	-	-	-	-	-	-	-
<b>Total</b>	<b>464</b>	<b>4.3</b>	<b>1.4 - 13.0</b>	<b>25.5</b>	<b>19.9 - 32.2</b>	<b>36.4</b>	<b>29.5 - 44.0</b>	<b>33.7</b>	<b>27.4 - 40.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**BMI classifications - Non-Omani**

<b>Total</b>									
Age Categories (Years)	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
18-29	468	3.8*	1.3 - 11.1	48.1	41.1 - 55.3	33.8	27.5 - 40.7	14.2	9.9 - 20.0
30-44	1442	1.9	0.8 - 4.5	29.8	26.2 - 33.6	45.6	41.4 - 49.9	22.7	19.0 - 26.9
45-59	613	0.7*	0.3 - 1.8	24.6	19.8 - 30.0	39.0	33.1 - 45.2	35.8	29.2 - 42.9
60+	119	0.0*	0.0 - 0.3	30.6	18.5 - 46.1	49.8	34.0 - 65.7	19.5	11.5 - 31.3
<b>Total</b>	<b>2642</b>	<b>2.1</b>	<b>1.1 - 4.0</b>	<b>33.4</b>	<b>30.6 - 36.2</b>	<b>41.6</b>	<b>38.5 - 44.8</b>	<b>22.9</b>	<b>20.2 - 25.8</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**BMI  $\geq$ 25 kg/m<sup>2</sup>** Description: Percentage of the population (excluding pregnant women) classified as overweight (BMI $\geq$ 25)

Instrument question:  
M8: For women: Are you pregnant?  
M11: Height  
M12: Weight

<b>BMI<math>\geq</math>25 kg/m<sup>2</sup> - Non-Omani</b>									
Age Categories (Years)	Male			Female			Total		
	n	% BMI $\geq$ 25	95% CI	n	% BMI $\geq$ 25	95% CI	n	% BMI $\geq$ 25	95% CI
18-29	404	47.3	39.7 - 55.0	64	50.7	32.5 - 68.7	468	48.0	40.9 - 55.2
30-44	1191	67.1	62.4 - 71.5	251	73.3	64.3 - 80.7	1442	68.3	64.1 - 72.2
45-59	491	71.8	65.5 - 77.3	122	86.0	76.6 - 92.0	613	74.8	69.3 - 79.5
60+	92	64.8	49.0 - 77.9	27	-	-	119	69.4	53.8 - 81.5
<b>Total</b>	<b>2178</b>	<b>63.1</b>	<b>59.8 - 66.2</b>	<b>464</b>	<b>70.1</b>	<b>62.4 - 76.8</b>	<b>2642</b>	<b>64.5</b>	<b>61.4 - 67.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

<b>BMI<math>\geq</math>25 kg/m<sup>2</sup> (among <math>\geq</math>35 years) - Non-Omani</b>									
Age Categories (Years)	Male			Female			Total		
	n	% BMI $\geq$ 25	95% CI	n	% BMI $\geq$ 25	95% CI	n	% BMI $\geq$ 25	95% CI
<b>35+</b>	<b>1419</b>	<b>70.7</b>	<b>66.8 - 74.2</b>	<b>320</b>	<b>80.7</b>	<b>74.0 - 86.0</b>	<b>1739</b>	<b>72.6</b>	<b>69.2 - 75.7</b>

**BMI  $\geq$ 30 kg/m<sup>2</sup>** Description: Percentage of the population (excluding pregnant women) classified as obese (BMI $\geq$ 30)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

<b>BMI<math>\geq</math>30 kg/m<sup>2</sup> - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI
18-29	404	13.7	9.0 - 20.5	64	15.9	8.0 - 29.1	468	14.2	9.9 - 20.0
30-44	1191	19.8	15.8 - 24.6	251	34.4	25.9 - 44.1	1442	22.7	19.0 - 26.9
45-59	491	29.0	21.9 - 37.2	122	61.2	48.0 - 73.0	613	35.8	29.2 - 42.9
60+	92	22.5	13.0 - 35.9	27	-	-	119	19.5	11.5 - 31.3
<b>Total</b>	<b>2178</b>	<b>20.1</b>	<b>17.2 - 23.3</b>	<b>464</b>	<b>33.7</b>	<b>27.4 - 40.6</b>	<b>2642</b>	<b>22.9</b>	<b>20.2 - 25.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

<b>BMI<math>\geq</math>30 kg/m<sup>2</sup> (among <math>\geq</math>35 years) - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI
<b>35+</b>	<b>1419</b>	<b>23.7</b>	<b>19.8 - 28.1</b>	<b>320</b>	<b>43.9</b>	<b>35.2 - 53.0</b>	<b>1739</b>	<b>27.5</b>	<b>24.0 - 31.4</b>

**Waist circumference**

Description: Mean waist circumference among all population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M14: Waist circumference measurement

<b>Waist circumference (cm) - Non-Omani</b>						
		<b>Male</b>			<b>Female</b>	
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI
18-29	403	87.9	86.1 - 89.7	64	81.3	76.1 - 86.5
30-44	1194	92.6	91.4 - 93.7	251	91.1	88.3 - 94.0
45-59	492	97.5	95.6 - 99.4	123	100.5	96.5 - 104.5
60+	92	99.1	95.1 - 103.1	28	-	-
<b>Total</b>	<b>2181</b>	<b>92.5</b>	<b>91.5 - 93.5</b>	<b>466</b>	<b>90.7</b>	<b>88.1 - 93.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

## 18 Biochemical Measurements

### Mean fasting blood glucose

Description: Mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded)

Instrument question:

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Mean fasting blood glucose (mmol/L) - Non-Omani										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	396	4.5	4.3 - 4.8	69	5.3	4.6 - 5.9	465	4.7	4.4 - 5.0	
30-44	1178	5.6	5.2 - 6.0	258	5.1	4.8 - 5.3	1436	5.5	5.2 - 5.8	
45-59	486	6.0	5.6 - 6.4	119	5.7	4.9 - 6.6	605	6.0	5.6 - 6.3	
60+	91	6.2	5.4 - 6.9	27	-	-	118	6.5	5.7 - 7.3	
<b>Total</b>	<b>2151</b>	<b>5.4</b>	<b>5.2 - 5.7</b>	<b>473</b>	<b>5.3</b>	<b>5.0 - 5.6</b>	<b>2624</b>	<b>5.4</b>	<b>5.2 - 5.6</b>	

- Estimates are suppressed due to a small number of respondents (n < 50).

Mean fasting blood glucose (mg/dl) - Non-Omani										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	396	81.6	77.5 - 85.7	69	94.6	82.8 - 106.5	465	84.7	80.1 - 89.3	
30-44	1178	100.7	93.5 - 108.0	258	91.0	86.9 - 95.1	1436	98.8	92.8 - 104.7	
45-59	486	108.6	101.6 - 115.6	119	103.5	87.5 - 119.4	605	107.5	100.8 - 114.2	
60+	91	111.5	97.9 - 125.1	27	-	-	118	116.9	101.8 - 131.9	
<b>Total</b>	<b>2151</b>	<b>97.8</b>	<b>92.9 - 102.8</b>	<b>473</b>	<b>95.8</b>	<b>90.3 - 101.4</b>	<b>2624</b>	<b>97.4</b>	<b>93.2 - 101.6</b>	

- Estimates are suppressed due to a small number of respondents (n < 50).

**Raised blood glucose**

Description: Categorization of population into blood glucose level categories and percentage of the population currently on medication for raised blood glucose (non-fasting recipients excluded)  
 Impaired fasting glycaemia definition: Fasting Blood Glucose  $\geq 6.1$  mmol/L and  $< 7.0$  mmol/L  
 Raised blood glucose (diabetes) definition: Fasting Blood Glucose  $\geq 7.0$  mmol/L or currently on medication for diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Impaired Fasting Glycaemia - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	396	6.2	3.8 - 10.0	69	4.2*	0.9 - 18.2	465	5.7	3.5 - 9.2
30-44	1178	9.8	7.1 - 13.2	258	10.6	6.8 - 16.1	1436	9.9	7.6 - 12.9
45-59	486	14.4	9.9 - 20.5	119	11.1*	3.2 - 32.3	605	13.7	9.4 - 19.5
60+	91	9.7	4.4 - 19.9	27	-	-	118	7.3	3.4 - 15.0
<b>Total</b>	<b>2151</b>	<b>9.7</b>	<b>7.8 - 12.1</b>	<b>473</b>	<b>8.6</b>	<b>5.5 - 13.1</b>	<b>2624</b>	<b>9.5</b>	<b>7.7 - 11.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Raised blood glucose or currently on medication for diabetes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	396	2.5	1.1 - 5.8	69	7.7*	2.1 - 24.7	465	3.8	1.7 - 8.0
30-44	1178	13.7	10.6 - 17.4	258	7.3	4.1 - 12.6	1436	12.4	9.8 - 15.5
45-59	486	27.2	21.4 - 33.8	119	23.3	14.4 - 35.3	605	26.3	21.3 - 32.1
60+	91	42.2	28.0 - 57.9	27	-	-	118	40.4	25.9 - 56.9
<b>Total</b>	<b>2151</b>	<b>14.2</b>	<b>12.0 - 16.9</b>	<b>473</b>	<b>11.4</b>	<b>7.7 - 16.7</b>	<b>2624</b>	<b>13.6</b>	<b>11.7 - 15.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

**Raised blood glucose or currently on medication for diabetes (among ≥35 years) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
<b>35+</b>	<b>1403</b>	<b>20.6</b>	<b>17.4 - 24.2</b>	<b>320</b>	<b>15.5</b>	<b>10.8 - 21.8</b>	<b>1723</b>	<b>19.6</b>	<b>16.8 - 22.7</b>

**Raised blood glucose or currently on medication for diabetes or previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	396	2.5	1.1 - 5.8	69	7.7*	2.1 - 24.7	465	3.8	1.7 - 8.0
30-44	1178	14.2	11.2 - 17.9	258	8.0	4.5 - 13.7	1436	12.9	10.4 - 16.0
45-59	486	27.4	21.6 - 34.1	119	25.1	16.0 - 37.1	605	26.9	21.9 - 32.6
60+	91	42.2	28.0 - 57.9	27	-	-	118	40.5	25.9 - 57.0
<b>Total</b>	<b>2151</b>	<b>14.6</b>	<b>12.3 - 17.1</b>	<b>473</b>	<b>12.1</b>	<b>8.2 - 17.6</b>	<b>2624</b>	<b>14.0</b>	<b>12.1 - 16.2</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

**Diabetes Care Cascade** Description: Percentage of diagnosed, treated and controlled among cases with raised blood glucose or on medication.

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

**Diagnosed with diabetes among those with raised BG or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	11	-	-	8	-	-	19	-	-
30-44	154	40.9	27.9 - 55.3	23	-	-	177	40.7	28.7 - 54.0
45-59	129	64.8	51.1 - 76.4	31	-	-	160	64.5	52.3 - 75.0
60+	34	-	-	13	-	-	47	-	-
<b>Total</b>	<b>328</b>	<b>50.1</b>	<b>40.8 - 59.5</b>	<b>75</b>	<b>41.5</b>	<b>23.8 - 61.7</b>	<b>403</b>	<b>48.6</b>	<b>39.9 - 57.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Currently on treatment for diabetes among those with raised BG or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	11	-	-	8	-	-	19	-	-
30-44	154	36.9	24.1 - 51.9	23	-	-	177	37.2	25.3 - 50.9
45-59	129	63.3	49.2 - 75.4	31	-	-	160	63.2	50.8 - 74.1
60+	34	-	-	13	-	-	47	-	-
<b>Total</b>	<b>328</b>	<b>47.3</b>	<b>37.7 - 57.1</b>	<b>75</b>	<b>39.3</b>	<b>22.3 - 59.4</b>	<b>403</b>	<b>45.8</b>	<b>37.0 - 54.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Diabetes control among those with raised BG or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	11	-	-	8	-	-	19	-	-
30-44	154	16.9	6.7 - 36.6	23	-	-	177	16.6	7.2 - 33.9
45-59	129	27.9	16.6 - 43.0	31	-	-	160	29.6	18.6 - 43.6
60+	34	-	-	13	-	-	47	-	-
<b>Total</b>	<b>328</b>	<b>22.6</b>	<b>14.4 - 33.5</b>	<b>75</b>	<b>18.2</b>	<b>8.4 - 35.0</b>	<b>403</b>	<b>21.8</b>	<b>14.4 - 31.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Diabetes Care Cascade  
(Healthcare Service Cascade)**

Description: Percentage of diagnosed among cases with raised blood glucose or on medication, percentage of treated among diagnosed cases, and percentage of controlled among treated cases.

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

**Diagnosed with diabetes among those with raised BG or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	11	-	-	8	-	-	19	-	-
30-44	154	40.9	27.9 - 55.3	23	-	-	177	40.7	28.7 - 54.0
45-59	129	64.8	51.1 - 76.4	31	-	-	160	64.5	52.3 - 75.0
60+	34	-	-	13	-	-	47	-	-
<b>Total</b>	<b>328</b>	<b>50.1</b>	<b>40.8 - 59.5</b>	<b>75</b>	<b>41.5</b>	<b>23.8 - 61.7</b>	<b>403</b>	<b>48.6</b>	<b>39.9 - 57.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of treated among diagnosed cases - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	2	-	-	0	-	-	2	-	-
30-44	54	90.3	72.4 - 97.1	10	-	-	64	91.4	75.4 - 97.4
45-59	67	97.6	89.1 - 99.5	22	-	-	89	98.0	91.0 - 99.6
60+	22	-	-	11	-	-	33	-	-
<b>Total</b>	<b>145</b>	<b>94.3</b>	<b>86.6 - 97.7</b>	<b>43</b>	-	-	<b>188</b>	<b>94.4</b>	<b>87.8 - 97.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Percentage of controlled among treated cases - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	2	-	-	0	-	-	2	-	-
30-44	47	-	-	10	-	-	57	44.7	22.2 - 69.6
45-59	64	44.2	26.2 - 63.7	22	-	-	86	46.8	29.9 - 64.4
60+	20	-	-	9	-	-	29	-	-
<b>Total</b>	<b>133</b>	<b>47.7</b>	<b>32.8 - 63.0</b>	<b>41</b>	-	-	<b>174</b>	<b>47.5</b>	<b>33.9 - 61.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Diabetes care** Description: Percentage of people with diabetes with good control of blood pressure (SBP < 140 mmHg)

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Reading 1-3 systolic blood pressure

<b>Blood pressure control among people with diabetes - Non-Omani</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	11	-	-	8	-	-	19	-	-
30-44	154	73.2	57.4 - 84.7	23	-	-	177	75.4	60.9 - 85.8
45-59	129	70.1	57.4 - 80.4	31	-	-	160	74.3	63.4 - 82.8
60+	34	-	-	13	-	-	47	-	-
<b>Total</b>	<b>328</b>	<b>72.2</b>	<b>63.2 - 79.7</b>	<b>75</b>	<b>92.6</b>	<b>83.0 - 97.0</b>	<b>403</b>	<b>75.9</b>	<b>68.1 - 82.3</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Total cholesterol**

Description: Mean total cholesterol among all population including those currently on medication for raised cholesterol

Instrument question:  
B8: Total cholesterol measurement

**Mean total cholesterol (mmol/L) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	325	3.9	3.7 - 4.1	62	4.4	4.1 - 4.8	387	4.0	3.9 - 4.2
30-44	1062	4.4	4.3 - 4.5	239	4.7	4.5 - 4.9	1301	4.5	4.4 - 4.6
45-59	434	4.4	4.2 - 4.6	104	4.9	4.4 - 5.4	538	4.5	4.3 - 4.7
60+	81	4.4	4.1 - 4.7	27	-	-	108	4.6	4.3 - 4.9
<b>Total</b>	<b>1902</b>	<b>4.3</b>	<b>4.2 - 4.4</b>	<b>432</b>	<b>4.7</b>	<b>4.5 - 4.8</b>	<b>2334</b>	<b>4.4</b>	<b>4.3 - 4.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean total cholesterol (mg/dl) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	325	151.0	144.3 - 157.7	62	171.2	158.6 - 183.8	387	156.4	149.9 - 163.0
30-44	1062	170.9	166.1 - 175.7	239	181.3	174.3 - 188.3	1301	173.1	168.9 - 177.3
45-59	434	170.1	163.4 - 176.7	104	188.8	170.8 - 206.9	538	173.9	167.5 - 180.4
60+	81	170.4	159.7 - 181.0	27	-	-	108	177.9	167.3 - 188.5
<b>Total</b>	<b>1902</b>	<b>166.3</b>	<b>162.6 - 170.0</b>	<b>432</b>	<b>180.3</b>	<b>174.2 - 186.4</b>	<b>2334</b>	<b>169.5</b>	<b>166.1 - 172.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Raised total cholesterol**

Description: Percentage of the population with raised total cholesterol

Instrument question:

B8: Total cholesterol measurement

**Total cholesterol  $\geq$  5.0 mmol/L or  $\geq$  190 mg/dl - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	325	11.2	7.0 - 17.6	62	20.6	9.6 - 38.8	387	13.8	8.9 - 20.7
30-44	1062	27.4	22.5 - 32.8	239	36.2	28.3 - 44.9	1301	29.2	25.0 - 33.9
45-59	434	30.7	24.1 - 38.2	104	48.5	33.5 - 63.7	538	34.4	28.1 - 41.2
60+	81	24.0	13.2 - 39.6	27	-	-	108	37.1	20.4 - 57.5
<b>Total</b>	<b>1902</b>	<b>24.3</b>	<b>20.8 - 28.2</b>	<b>432</b>	<b>35.1</b>	<b>28.4 - 42.5</b>	<b>2334</b>	<b>26.8</b>	<b>23.4 - 30.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Total cholesterol  $\geq$  6.2 mmol/L or  $\geq$  240 mg/dl - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	325	3.4*	1.1 - 9.9	62	3.6*	0.8 - 14.8	387	3.4	1.4 - 8.2
30-44	1062	6.4	4.4 - 9.4	239	8.0	4.8 - 13.2	1301	6.8	4.9 - 9.2
45-59	434	6.4	4.2 - 9.7	104	17.4	8.2 - 33.1	538	8.7	5.9 - 12.6
60+	81	5.0*	1.2 - 18.9	27	-	-	108	5.6*	1.7 - 16.3
<b>Total</b>	<b>1902</b>	<b>5.7</b>	<b>4.3 - 7.6</b>	<b>432</b>	<b>8.3</b>	<b>5.4 - 12.6</b>	<b>2334</b>	<b>6.3</b>	<b>5.0 - 8.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**Raised total cholesterol or on medication**

Description: Percentage of the population with raised total cholesterol

Instrument question:

B8: Total cholesterol measurement

B9: During the past two weeks, have you been treated for raised cholesterol with drugs (medication) prescribed by a medical doctor or other health worker?

**Total cholesterol  $\geq$  5.0 mmol/L or  $\geq$  190 mg/dl or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	325	11.2	7.0 - 17.6	62	20.6	9.6 - 38.8	387	13.8	8.9 - 20.7
30-44	1062	27.5	22.7 - 32.9	239	36.2	28.4 - 44.9	1301	29.4	25.1 - 34.0
45-59	434	43.2	35.4 - 51.3	104	51.2	35.8 - 66.4	538	44.8	38.1 - 51.8
60+	81	43.4	29.2 - 58.7	27	-	-	108	52.2	35.4 - 68.6
<b>Total</b>	<b>1902</b>	<b>27.2</b>	<b>23.6 - 31.3</b>	<b>432</b>	<b>35.9</b>	<b>29.1 - 43.3</b>	<b>2334</b>	<b>29.2</b>	<b>25.8 - 32.9</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Total cholesterol  $\geq$  5.0 mmol/L or  $\geq$  190 mg/dl or currently on medication (among  $\geq$ 35 years) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
<b>35+</b>	<b>1263</b>	<b>32.9</b>	<b>28.0 - 38.1</b>	<b>297</b>	<b>46.4</b>	<b>37.3 - 55.7</b>	<b>1560</b>	<b>35.6</b>	<b>31.3 - 40.2</b>

**Total cholesterol  $\geq$  5.0 mmol/L or  $\geq$  190 mg/dl or currently on medication or previously diagnosed - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	325	11.7	7.4 - 18.0	62	20.6	9.6 - 38.8	387	14.1	9.2 - 21.0
30-44	1062	30.3	25.2 - 35.9	239	36.7	28.7 - 45.4	1301	31.6	27.2 - 36.5
45-59	434	46.3	38.5 - 54.3	104	55.9	39.8 - 70.8	538	48.3	41.5 - 55.2
60+	81	48.0	33.8 - 62.7	27	-	-	108	56.3	39.4 - 71.9
<b>Total</b>	<b>1902</b>	<b>29.6</b>	<b>25.8 - 33.8</b>	<b>432</b>	<b>37.1</b>	<b>30.2 - 44.5</b>	<b>2334</b>	<b>31.3</b>	<b>27.8 - 35.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Total cholesterol  $\geq$  6.2 mmol/L or  $\geq$  240 mg/dl or currently on medication - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	325	3.4*	1.1 - 9.9	62	3.6*	0.8 - 14.8	387	3.4	1.4 - 8.2
30-44	1062	6.9	4.8 - 9.8	239	8.1	4.8 - 13.2	1301	7.1	5.2 - 9.6
45-59	434	18.9	12.7 - 27.3	104	21.4	11.4 - 36.7	538	19.5	14.0 - 26.4
60+	81	25.5	13.2 - 43.5	27	-	-	108	21.3	11.1 - 37.1
<b>Total</b>	<b>1902</b>	<b>8.9</b>	<b>6.8 - 11.4</b>	<b>432</b>	<b>9.3</b>	<b>6.2 - 13.6</b>	<b>2334</b>	<b>8.9</b>	<b>7.2 - 11.0</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

**HDL**

Description: Mean High Density Lipoprotein (HDL) and percentage of population with low HDL levels

Instrument question:

B17: HDL cholesterol measurement

Mean HDL (mmol/L) - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	397	0.9	0.9 - 1.0	70	1.2	1.1 - 1.2	467	1.0	0.9 - 1.0
30-44	1180	0.9	0.9 - 0.9	258	1.1	1.1 - 1.2	1438	1.0	0.9 - 1.0
45-59	488	0.9	0.9 - 1.0	121	1.1	1.0 - 1.2	609	1.0	0.9 - 1.0
60+	91	0.9	0.9 - 1.0	29	-	-	120	1.0	0.9 - 1.1
<b>Total</b>	<b>2156</b>	<b>0.9</b>	<b>0.9 - 0.9</b>	<b>478</b>	<b>1.1</b>	<b>1.1 - 1.2</b>	<b>2634</b>	<b>1.0</b>	<b>0.9 - 1.0</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50).

Mean HDL (mg/dl) - Non-Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	397	36.0	34.6 - 37.4	70	44.5	41.0 - 48.1	467	38.0	36.5 - 39.5
30-44	1180	35.2	34.2 - 36.2	258	43.5	41.5 - 45.6	1438	36.9	35.9 - 37.9
45-59	488	36.7	35.0 - 38.5	121	42.1	38.0 - 46.3	609	37.9	36.1 - 39.7
60+	91	35.7	33.1 - 38.3	29	-	-	120	39.2	35.8 - 42.5
<b>Total</b>	<b>2156</b>	<b>35.7</b>	<b>34.9 - 36.5</b>	<b>478</b>	<b>43.7</b>	<b>42.1 - 45.4</b>	<b>2634</b>	<b>37.4</b>	<b>36.6 - 38.2</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50).

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl - Non-Omani			
Age Categories (Years)	n	Male	
		%	95% CI
18-29	397	71.5	63.8 - 78.2
30-44	1180	77.7	73.4 - 81.5
45-59	488	71.0	64.4 - 76.7
60+	91	67.6	52.4 - 79.9
<b>Total</b>	<b>2156</b>	<b>74.7</b>	<b>71.0 - 78.0</b>

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl - Non-Omani			
Age Categories (Years)	n	Female	
		%	95% CI
18-29	70	73.1	55.0 - 85.8
30-44	258	72.5	63.4 - 80.0
45-59	121	77.7	65.7 - 86.4
60+	29	-	-
<b>Total</b>	<b>478</b>	<b>72.6</b>	<b>65.2 - 78.9</b>

- Estimates are suppressed due to a small number of respondents (n &lt; 50)

**Triglycerides** Description: Mean fasting triglycerides and percentage of population with raised fasting triglycerides (non-fasting recipients excluded)

Instrument question:  
B16: Triglyceride measurement

**Mean fasting triglycerides (mmol/L) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	346	1.3	1.2 - 1.4	60	1.2	1.0 - 1.4	406	1.3	1.2 - 1.4
30-44	1082	1.7	1.6 - 1.8	237	1.3	1.2 - 1.4	1319	1.6	1.5 - 1.7
45-59	467	1.6	1.5 - 1.8	117	1.6	1.4 - 1.7	584	1.6	1.5 - 1.7
60+	86	1.7	1.5 - 1.9	27	-	-	113	1.6	1.4 - 1.9
<b>Total</b>	<b>1981</b>	<b>1.6</b>	<b>1.5 - 1.7</b>	<b>441</b>	<b>1.3</b>	<b>1.3 - 1.4</b>	<b>2422</b>	<b>1.6</b>	<b>1.5 - 1.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Mean fasting triglycerides (mg/dl) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	346	118.5	110.2 - 126.8	60	108.5	92.6 - 124.4	406	116.1	108.6 - 123.5
30-44	1082	152.4	143.0 - 161.8	237	113.6	105.6 - 121.5	1319	144.4	136.5 - 152.3
45-59	467	145.0	134.5 - 155.4	117	139.4	126.5 - 152.3	584	143.8	135.0 - 152.6
60+	86	150.7	132.0 - 169.5	27	-	-	113	144.8	124.0 - 165.6
<b>Total</b>	<b>1981</b>	<b>143.0</b>	<b>136.9 - 149.1</b>	<b>441</b>	<b>117.9</b>	<b>110.7 - 125.0</b>	<b>2422</b>	<b>137.4</b>	<b>132.3 - 142.6</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Fasting triglycerides ≥ 1.7mmol/L or ≥ 150mg/dl - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	346	22.3	15.9 - 30.4	60	18.5	7.1 - 40.4	406	21.4	15.4 - 28.8
30-44	1082	42.6	37.0 - 48.4	237	18.2	12.8 - 25.3	1319	37.6	32.8 - 42.6
45-59	467	39.8	32.8 - 47.2	117	36.5	24.7 - 50.2	584	39.1	32.9 - 45.6
60+	86	45.4	30.2 - 61.5	27	-	-	113	37.5	23.4 - 54.1
<b>Total</b>	<b>1981</b>	<b>37.4</b>	<b>33.6 - 41.4</b>	<b>441</b>	<b>21.8</b>	<b>16.4 - 28.4</b>	<b>2422</b>	<b>34.0</b>	<b>30.6 - 37.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Fasting triglycerides ≥ 2.0mmol/L or ≥ 180mg/dl - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	346	12.2	8.0 - 18.1	60	6.4*	2.0 - 18.8	406	10.8	7.3 - 15.7
30-44	1082	30.1	25.4 - 35.3	237	9.7	5.7 - 15.9	1319	25.9	21.9 - 30.3
45-59	467	26.2	20.7 - 32.6	117	20.7	12.1 - 33.1	584	25.0	20.2 - 30.6
60+	86	33.5	19.9 - 50.6	27	-	-	113	29.2	17.3 - 45.0
<b>Total</b>	<b>1981</b>	<b>25.3</b>	<b>22.0 - 28.8</b>	<b>441</b>	<b>11.3</b>	<b>8.0 - 15.8</b>	<b>2422</b>	<b>22.2</b>	<b>19.5 - 25.1</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

## 19 Cardiovascular disease risk

**CVD risk** Description: 10-year cardiovascular disease (CVD) risk<sup>§</sup> among population aged 40-69 years

Instrument question:  
 Gender, age  
 Smoking status  
 Systolic blood pressure measurements  
 History of diabetes  
 Total cholesterol measurements  
 Body mass index

### Percentage of the population by level of 10-year CVD risk - Non-Omani

Male							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	692	85.5	79.6 - 89.9	13.1	8.9 - 18.9	1.4*	0.4 - 5.2
55-69	137	27.7	16.8 - 42.0	57.5	44.1 - 69.9	14.8	8.8 - 23.8
<b>Total</b>	<b>829</b>	<b>77.7</b>	<b>72.3 - 82.2</b>	<b>19.1</b>	<b>14.7 - 24.5</b>	<b>3.2</b>	<b>1.8 - 5.7</b>

### Percentage of the population by level of 10-year CVD risk - Non-Omani

Female							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	157	98.0	92.8 - 99.5	1.8*	0.4 - 7.3	0.2*	0.0 - 1.1
55-69	35	-	-	-	-	-	-
<b>Total</b>	<b>192</b>	<b>80.8</b>	<b>67.4 - 89.6</b>	<b>16.6</b>	<b>8.2 - 30.7</b>	<b>2.6*</b>	<b>0.9 - 7.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

### Percentage of the population by level of 10-year CVD risk - Non-Omani

Total							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	849	87.7	82.5 - 91.5	11.1	7.5 - 16.2	1.2*	0.3 - 4.3
55-69	172	26.6	17.3 - 38.6	59.8	46.9 - 71.6	13.6	8.5 - 21.0
<b>Total</b>	<b>1021</b>	<b>78.3</b>	<b>73.4 - 82.5</b>	<b>18.6</b>	<b>14.5 - 23.6</b>	<b>3.1</b>	<b>1.8 - 5.2</b>

\* Estimates are based on a small number of respondents with the characteristic (≤10) or have high sampling variability (CV ≥50%).

§ A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

**CVD risk of  $\geq 20\%$  or existing CVD**

Description: Percentage of the population aged 40-69 years with a 10-year cardiovascular disease (CVD) risk<sup>§</sup>  $\geq 20\%$  or with existing CVD

Instrument question:

Gender, age

Smoking status

Systolic blood pressure measurements

History of diabetes

Total cholesterol measurements

Body mass index

**Percentage of the population with a 10-year CVD risk  $\geq 20\%$  or with existing CVD - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	692	3.3	1.6 - 6.8	157	1.2*	0.2 - 6.5	849	2.9	1.5 - 5.8
55-69	137	17.2	10.1 - 27.6	35	-	-	172	16.8	10.7 - 25.5
<b>Total</b>	<b>829</b>	<b>5.2</b>	<b>3.3 - 8.1</b>	<b>192</b>	<b>4.7*</b>	<b>2.1 - 10.1</b>	<b>1021</b>	<b>5.1</b>	<b>3.4 - 7.5</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) or have high sampling variability (CV  $\geq 50\%$ ).

§ A 10-year CVD risk of  $\geq 20\%$  is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

**Drug therapy and counselling for those with CVD risk  $\geq 20\%$  or existing CVD**

Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk<sup>§</sup>  $\geq 20\%$ , including those with existing CVD) receiving drug therapy and counselling<sup>†</sup> (including glycaemic control) to prevent heart attacks and strokes

Instrument question:  
 Gender, age  
 Smoking status  
 Systolic blood pressure measurements  
 History of diabetes  
 Total cholesterol measurements  
 Body mass index

**Percentage of eligible persons receiving drug therapy and counselling to prevent heart attacks and strokes - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	20	-	-	2	-	-	22	-	-
55-69	35	-	-	8	-	-	43	-	-
<b>Total</b>	<b>55</b>	<b>47.8</b>	<b>25.3 - 71.2</b>	<b>10</b>	-	-	<b>65</b>	<b>48.2</b>	<b>28.1 - 68.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

§ A 10-year CVD risk of  $\geq 20\%$  is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

† Counseling is defined as receiving advice from a doctor or other health worker to quit using tobacco or not start, reduce salt in diet, eat at least five servings of fruit and/or vegetables per day, reduce fat in diet, start or do more physical activity, maintain a healthy body weight or lose weight.

## 20 Summary of Combined Risk Factors

### Summary of Combined Risk Factors

Description: Percentage of the population with 0, 1-2, or 3-5 of the following risk factors

Instrument question:

Current daily smoking

Less than five servings of fruit and/or vegetables per day

Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)

Overweight or obese (BMI  $\geq$  25 kg/m<sup>2</sup>)

Raised BP (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg or currently on medication for raised BP).

#### Summary of Combined Risk Factors - Non-Omani

Male							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1548	6.5	4.5 - 9.2	64.4	60.1 - 68.5	29.1	25.4 - 33.1
45-69	558	3.4	1.6 - 7.0	49.5	42.1 - 57.0	47.0	39.8 - 54.4
70+	15	-	-	-	-	-	-
<b>Total</b>	<b>2121</b>	<b>5.8</b>	<b>4.1 - 8.1</b>	<b>61.4</b>	<b>57.4 - 65.3</b>	<b>32.8</b>	<b>29.1 - 36.8</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

#### Summary of Combined Risk Factors - Non-Omani

Female							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	307	5.4	3.0 - 9.5	74.1	66.2 - 80.6	20.5	14.5 - 28.2
45-69	139	2.6*	0.7 - 9.4	55.2	41.6 - 68.1	42.1	29.6 - 55.7
70+	8	-	-	-	-	-	-
<b>Total</b>	<b>454</b>	<b>4.7</b>	<b>2.8 - 8.0</b>	<b>69.8</b>	<b>62.8 - 76.0</b>	<b>25.5</b>	<b>19.6 - 32.4</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

\* Estimates are based on a small number of respondents with the characteristic ( $\leq$ 10) or have high sampling variability (CV  $\geq$ 50%).

#### Summary of Combined Risk Factors - Non-Omani

Total							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	1855	6.2	4.5 - 8.6	66.4	62.6 - 70.1	27.3	24.1 - 30.8
45-69	697	3.2	1.7 - 6.1	50.8	44.0 - 57.6	45.9	39.4 - 52.6
70+	23	-	-	-	-	-	-
<b>Total</b>	<b>2575</b>	<b>5.6</b>	<b>4.1 - 7.5</b>	<b>63.2</b>	<b>59.6 - 66.6</b>	<b>31.2</b>	<b>28.0 - 34.7</b>

- Estimates are suppressed due to a small number of respondents (n < 50).

**Summary of Combined Risk Factors (18-44) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI
<b>18-44</b>	<b>1548</b>	<b>29.1</b>	<b>25.4 - 33.1</b>	<b>307</b>	<b>20.5</b>	<b>14.5 - 28.2</b>	<b>1855</b>	<b>27.3</b>	<b>24.1 - 30.8</b>

**Summary of Combined Risk Factors (45-69) - Non-Omani**

Age Categories (Years)	Male			Female			Total		
	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI
<b>45-69</b>	<b>558</b>	<b>47.0</b>	<b>39.8 - 54.4</b>	<b>139</b>	<b>42.1</b>	<b>29.6 - 55.8</b>	<b>697</b>	<b>45.9</b>	<b>39.4 - 52.6</b>