



WHO STEPS

**Noncommunicable Disease
Risk Factor Survey**

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

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1 Introduction

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.

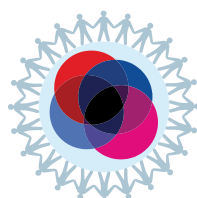
Format of the data book Each page in the data book contains a different table with:

- 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).

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 NCDs¹, relating to 7 of the 9 global targets.

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

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
MORTALITY AND MORBIDITY		
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

¹ 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 4. Age-standardized prevalence of heavy episodic drinking among adolescents and adults , 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 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)
Salt/sodium intake	4. A 30% relative reduction in mean population intake of salt/sodium	8. Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years
Tobacco use	5. A 30% relative reduction in prevalence of current tobacco use	9. Prevalence of current tobacco use among adolescents 10. Age-standardized prevalence of current tobacco use among persons aged 18+ years
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	11. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg) and mean systolic blood pressure
Diabetes and obesity	7. Halt the rise in diabetes & obesity	12. Age-standardized prevalence of raised blood glucose/diabetes among persons aged 18+ years (defined as fasting plasma glucose concentration ≥ 7.0 mmol/l (126 mg/dl) or on medication for raised blood glucose) 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) 14. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² for obesity)
Additional indicators		15. Age-standardized mean proportion of total energy intake from saturated fatty acids in persons aged 18+ years 16. Age-standardized prevalence of persons (aged 18+ years) consuming less than five total servings (400 grams) of fruit and vegetables per day 17. Age-standardized prevalence of raised total cholesterol among persons aged 18+ years (defined as total cholesterol ≥ 5.0 mmol/l or 190 mg/dl); and mean total cholesterol concentration

Framework Element	Target	Indicator
NATIONAL SYSTEMS RESPONSE		
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	18. Proportion of eligible persons (defined as aged 40 years and older with a 10-year cardiovascular risk \geq30%, including those with existing cardiovascular disease) receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes
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>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</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 - Omani						
Age Group (years)	Male		Female		Both Sexes	
	n	%	n	%	n	%
18-29	618	46.2	721	53.8	1339	100.0
30-44	1015	34.8	1898	65.2	2913	100.0
45-59	635	37.7	1048	62.3	1683	100.0
60+	449	38.6	713	61.4	1162	100.0
Total	2717	38.3	4380	61.7	7097	100.0

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)?

Mean number of years of education - Omani						
Age Group (years)	Male		Female		Both Sexes	
	n	mean	n	mean	n	mean
18-29	618	13.2	721	13.7	1339	13.5
30-44	1014	12.9	1896	12.8	2910	12.8
45-59	634	10.8	1045	8.3	1679	9.2
60+	441	4.5	696	1.4	1137	2.6
Total	2707	11.1	4358	10.0	7065	10.4

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 - Omani

Male								
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	617	0.5	0.2	1.6	9.4	54.1	32.7	1.5
30-44	1015	0.9	2.9	4.0	8.6	49.7	29.9	4.1
45-59	634	7.1	6.2	10.4	14.4	37.4	19.4	5.2
60+	448	48.0	11.4	16.5	9.2	8.9	3.8	2.2
Total	2714	10.0	4.4	7.0	10.2	41.1	23.8	3.5

Highest level of education - Omani

Female								
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	721	0.6	1.1	2.6	6.2	42.7	45.6	1.1
30-44	1898	2.4	2.8	4.3	8.7	42.8	35.7	3.2
45-59	1047	17.5	13.7	12.0	12.8	28.9	13.5	1.6
60+	712	74.7	13.1	6.6	3.1	1.3	1.1	0.1
Total	4378	17.5	6.8	6.3	8.4	32.7	26.4	2.0

Highest level of education - Omani

Total								
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	1338	0.5	0.7	2.2	7.7	48.0	39.7	1.3
30-44	2913	1.9	2.8	4.2	8.7	45.2	33.7	3.5
45-59	1681	13.6	10.8	11.4	13.4	32.1	15.7	3.0
60+	1160	64.4	12.4	10.4	5.4	4.2	2.2	0.9
Total	7092	14.6	5.9	6.6	9.1	35.9	25.4	2.5

Marital status Description: Marital status of survey respondents

Instrument question:
C7: What is your marital status?

Marital status - Omani

Male						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	618	88.2	11.7	0.2	0.0	0.0
30-44	1015	14.9	83.1	0.1	1.8	0.2
45-59	635	4.3	90.6	0.3	3.3	1.6
60+	448	1.8	87.7	0.9	2.2	7.4
Total	2716	26.9	69.3	0.3	1.8	1.7

Marital status - Omani

Female						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	721	61.9	36.8	0.0	1.2	0.1
30-44	1898	7.9	87.7	0.2	2.7	1.4
45-59	1048	5.0	79.3	0.4	6.7	8.7
60+	711	1.5	44.7	0.3	5.5	48.0
Total	4378	15.1	70.3	0.2	3.9	10.5

Marital status - Omani

Total						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	1339	74.0	25.2	0.1	0.7	0.1
30-44	2913	10.3	86.1	0.2	2.4	1.0
45-59	1683	4.7	83.5	0.4	5.4	6.0
60+	1159	1.6	61.3	0.5	4.2	32.3
Total	7094	19.6	69.9	0.3	3.1	7.1

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 - Omani

Total		
Age Categories (Years)	n	% related to spouse
18-29	338	45.3
30-44	2537	44.5
45-59	1507	48.9
60+	1085	50.5
Total	5467	47.0

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

Total				
Age Categories (Years)	n	% First cousin	% Other	% No relation
18-29	153	71.2	28.1	0.7
30-44	1129	65.2	33.9	0.9
45-59	737	62.8	36.8	0.4
60+	548	61.1	38.3	0.5
Total	2567	64.0	35.3	0.7

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 - Omani					
Male					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	616	14.9	12.0	2.3	0.2
30-44	1015	60.7	24.0	3.4	0.1
45-59	635	45.0	13.7	5.4	0.0
60+	447	2.2	2.0	3.8	0.4
Total	2713	37.0	15.3	3.7	0.1

Employment status - Omani						
Male						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	616	34.4	0.5	0.0	35.2	0.5
30-44	1015	0.1	0.8	1.2	8.5	1.2
45-59	635	0.0	0.5	30.1	4.4	0.9
60+	447	0.0	2.0	67.3	3.8	18.3
Total	2713	7.9	0.8	18.6	12.8	3.8

Employment status - Omani					
Female					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	721	5.5	3.5	0.7	0.0
30-44	1896	21.7	4.3	0.5	0.1
45-59	1046	8.5	2.7	0.4	0.2
60+	711	0.8	0.1	0.3	0.1
Total	4374	12.5	3.1	0.5	0.1

Employment status - Omani						
Female						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	721	30.4	31.6	0.0	27.7	0.6
30-44	1896	0.6	62.3	0.9	9.1	0.4
45-59	1046	0.1	77.5	7.7	2.2	0.7
60+	711	0.0	85.4	2.8	0.6	9.8
Total	4374	5.3	64.7	2.7	9.1	2.0

Employment status - Omani

Total					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	1337	9.9	7.4	1.4	0.1
30-44	2911	35.3	11.2	1.5	0.1
45-59	1681	22.3	6.8	2.3	0.1
60+	1158	1.4	0.9	1.6	0.3
Total	7087	21.9	7.8	1.7	0.1

Employment status - Omani

Total						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	1337	32.2	17.3	0.0	31.2	0.5
30-44	2911	0.4	40.9	1.0	8.9	0.7
45-59	1681	0.1	48.4	16.2	3.0	0.8
60+	1158	0.0	53.2	27.7	1.8	13.1
Total	7087	6.3	40.2	8.8	10.6	2.7

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) - Omani

Male						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	433	0.2	49.0	0.7	0.0	50.1
30-44	108	0.9	0.9	7.4	11.1	79.6
45-59	222	0.0	0.0	1.4	86.0	12.6
60+	329	0.6	0.0	2.7	91.5	5.2
Total	1092	0.4	19.5	2.1	46.2	31.9

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

Female						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	647	0.0	33.8	35.2	0.0	30.9
30-44	1385	0.1	0.8	85.3	1.2	12.5
45-59	918	0.2	0.1	88.3	8.8	2.5
60+	632	0.2	0.0	96.0	3.2	0.6
Total	3582	0.1	6.4	79.0	3.3	11.2

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

Total						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	1080	0.1	39.9	21.4	0.0	38.6
30-44	1493	0.2	0.8	79.7	1.9	17.3
45-59	1140	0.2	0.1	71.4	23.9	4.5
60+	961	0.3	0.0	64.1	33.4	2.2
Total	4674	0.2	9.5	61.0	13.3	16.0

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current smokers	95% CI	n	% current smokers	95% CI	n	% current smokers	95% CI
18-29	618	7.9	4.9 - 12.5	721	0.0*	0.0 - 0.0	1339	4.0	2.4 - 6.5
30-44	1015	12.0	9.0 - 15.9	1898	0.2*	0.0 - 1.1	2913	6.2	4.6 - 8.2
45-59	635	12.0	8.1 - 17.3	1048	0.6*	0.1 - 2.6	1683	6.3	4.3 - 9.0
60+	449	7.6	4.9 - 11.7	713	0.0*	0.0 - 0.3	1162	3.5	2.2 - 5.3
Total	2717	10.3	8.3 - 12.6	4380	0.2*	0.1 - 0.6	7097	5.2	4.2 - 6.4

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

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 - Omani

Male									
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	618	6.4	3.7 - 10.8	1.5*	0.6 - 4.1	4.2	2.4 - 7.4	87.9	82.9 - 91.6
30-44	1015	8.9	6.5 - 11.9	3.2	1.6 - 6.1	8.5	5.9 - 12.1	79.5	74.8 - 83.5
45-59	635	8.2	5.3 - 12.4	3.8	1.7 - 8.3	13.3	9.7 - 18.0	74.7	68.6 - 80.0
60+	449	6.1	3.9 - 9.4	1.6*	0.4 - 5.4	18.5	13.6 - 24.5	73.9	67.5 - 79.4
Total	2717	7.7	6.0 - 9.7	2.6	1.7 - 4.1	8.9	7.4 - 10.8	80.8	77.8 - 83.4

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

Smoking status - Omani

Female									
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	721	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	1898	0.0*	0.0 - 0.1	0.2*	0.0 - 1.2	0.1*	0.0 - 0.9	99.7	98.8 - 99.9
45-59	1048	0.2*	0.0 - 1.4	0.4*	0.1 - 2.8	0.4*	0.1 - 1.9	99.0	97.1 - 99.7
60+	713	0.0*	0.0 - 0.3	0.0*	0.0 - 0.0	0.9*	0.3 - 3.1	99.1	96.9 - 99.7
Total	4380	0.0*	0.0 - 0.2	0.1*	0.0 - 0.6	0.2*	0.1 - 0.5	99.6	99.2 - 99.8

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

Smoking status - Omani

Total									
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	1339	3.2	1.8 - 5.6	0.8*	0.3 - 2.1	2.1	1.2 - 3.8	93.9	91.1 - 95.8
30-44	2913	4.5	3.3 - 6.1	1.7	0.9 - 3.2	4.3	3.0 - 6.3	89.5	86.9 - 91.7
45-59	1683	4.2	2.7 - 6.3	2.1	1.0 - 4.4	6.8	5.0 - 9.3	86.9	83.6 - 89.6
60+	1162	2.8	1.8 - 4.3	0.7*	0.2 - 2.5	8.8	6.5 - 11.9	87.7	84.4 - 90.4
Total	7097	3.8	3.0 - 4.9	1.4	0.9 - 2.1	4.6	3.8 - 5.6	90.2	88.6 - 91.6

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% daily smokers	95% CI	n	% daily smokers	95% CI	n	% daily smokers	95% CI
18-29	63	80.7	56.8 - 93.0	0	-	-	63	80.7	56.8 - 93.0
30-44	155	73.6	57.7 - 85.1	2	-	-	157	72.7	57.0 - 84.2
45-59	88	68.0	46.1 - 84.1	2	-	-	90	66.3	45.5 - 82.3
60+	40	-	-	1	-	-	41	-	-
Total	346	74.6	63.6 - 83.2	5	-	-	351	73.7	62.9 - 82.2

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	54	16.8	15.4 - 18.2	0	-	-	54	16.8	15.4 - 18.2
30-44	129	20.2	19.0 - 21.5	1	-	-	130	20.2	18.9 - 21.4
45-59	73	23.8	21.9 - 25.7	1	-	-	74	23.9	22.0 - 25.7
60+	35	-	-	1	-	-	36	-	-
Total	291	20.4	19.3 - 21.5	3	-	-	294	20.4	19.3 - 21.5

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

Mean duration of smoking - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean duration	95% CI	n	mean duration	95% CI	n	mean duration	95% CI
18-29	54	7.2	5.8 - 8.6	0	-	-	54	7.2	5.8 - 8.6
30-44	129	17.5	15.6 - 19.4	1	-	-	130	17.5	15.6 - 19.4
45-59	73	26.5	24.6 - 28.3	1	-	-	74	26.6	24.8 - 28.4
60+	35	-	-	1	-	-	36	-	-
Total	291	18.2	15.9 - 20.4	3	-	-	294	18.3	16.0 - 20.5

- 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 - 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	52	40.3	20.9 - 63.4	0	-	-	52	40.3	20.9 - 63.4
30-44	130	44.8	29.6 - 61.1	1	-	-	131	45.0	29.8 - 61.2
45-59	73	66.3	46.1 - 81.9	1	-	-	74	64.7	45.0 - 80.4
60+	36	-	-	1	-	-	37	-	-
Total	291	47.2	36.7 - 58.0	3	-	-	294	47.1	36.6 - 57.9

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

Manufactured cigarette smokers among current smokers - 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	61	43.7	25.3 - 64.1	0	-	-	61	43.7	25.3 - 64.1
30-44	153	49.0	33.5 - 64.7	2	-	-	155	48.4	33.1 - 64.0
45-59	87	56.2	36.7 - 74.0	2	-	-	89	53.5	35.0 - 71.1
60+	40	-	-	1	-	-	41	-	-
Total	341	47.9	37.6 - 58.3	5	-	-	346	47.1	37.0 - 57.5

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	618	3.3	1.6 - 6.8	721	0.0*	0.0 - 0.0	1339	1.7	0.8 - 3.5
30-44	1015	5.9	3.7 - 9.4	1898	0.0*	0.0 - 0.1	2913	3.0	1.9 - 4.8
45-59	635	6.7	4.1 - 10.8	1048	0.0*	0.0 - 0.0	1683	3.3	2.0 - 5.5
60+	449	2.3	1.1 - 4.7	713	0.0*	0.0 - 0.3	1162	1.1	0.5 - 2.1
Total	2717	4.9	3.6 - 6.7	4380	0.0*	0.0 - 0.1	7097	2.4	1.8 - 3.4

* 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	63	31.3	15.2 - 53.6	0	-	-	63	31.3	15.2 - 53.6
30-44	155	33.4	22.1 - 47.0	2	-	-	157	33.1	21.9 - 46.5
45-59	88	44.2	27.0 - 62.9	2	-	-	90	42.1	25.8 - 60.3
60+	40	-	-	1	-	-	41	-	-
Total	346	34.9	26.3 - 44.6	5	-	-	351	34.4	25.9 - 44.0

- 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 - Omani

Male									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	61	43.7	25.3 - 64.1	62	0.8*	0.3 - 2.6	59	64.9	39.5 - 84.0
30-44	153	49.0	33.5 - 64.7	154	10.7	5.5 - 19.8	146	44.3	31.3 - 58.2
45-59	87	56.2	36.7 - 74.0	88	15.5*	5.6 - 36.0	82	32.5	18.9 - 49.8
60+	40	-	-	39	-	-	37	-	-
Total	341	47.9	37.6 - 58.3	343	8.9	5.3 - 14.4	324	47.9	37.7 - 58.3

- 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 - Omani

Male									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	63	11.7*	3.3 - 33.6	62	5.6*	0.9 - 28.5	62	0.0*	0.0 - 0.0
30-44	152	6.7*	2.5 - 16.5	153	30.1	18.1 - 45.8	152	1.4*	0.2 - 9.7
45-59	87	20.0*	8.3 - 40.6	88	16.8*	5.3 - 42.3	88	0.2*	0.0 - 1.3
60+	39	-	-	39	-	-	39	-	-
Total	341	10.8	6.5 - 17.5	342	19.7	12.0 - 30.6	341	0.7*	0.1 - 4.5

- 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 - Omani

Female								
Age Categories (Years)	n	% manuf. cigs.	95% CI	% hand-rolled cigs.	95% CI	% pipes of tobacco	95% CI	
18-29	0	-	-	-	-	-	-	
30-44	2	-	-	-	-	-	-	
45-59	2	-	-	-	-	-	-	
60+	1	-	-	-	-	-	-	
Total	5	-	-	-	-	-	-	

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

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

Female							
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	% shisha	95% CI	% other	95% CI
18-29	0	-	-	-	-	-	-
30-44	2	-	-	-	-	-	-
45-59	2	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
Total	5	-	-	-	-	-	-

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

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

Total									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	61	43.7	25.3 - 64.1	62	0.8*	0.3 - 2.6	59	64.9	39.5 - 84.0
30-44	155	48.4	33.1 - 64.0	156	10.6	5.5 - 19.5	148	43.8	31.0 - 57.5
45-59	89	53.5	35.0 - 71.1	90	14.7*	5.4 - 34.6	84	32.5	19.3 - 49.3
60+	41	-	-	40	-	-	38	-	-
Total	346	47.1	37.0 - 57.5	348	8.7	5.3 - 14.2	329	47.4	37.4 - 57.7

- 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 - Omani

Total									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	63	11.7*	3.3 - 33.6	62	5.6*	0.9 - 28.5	62	0.0*	0.0 - 0.0
30-44	154	6.6*	2.5 - 16.3	155	29.7	17.8 - 45.2	154	1.4*	0.2 - 9.5
45-59	89	19.0*	7.9 - 39.0	90	19.2*	7.1 - 42.5	90	0.2*	0.0 - 1.3
60+	40	-	-	40	-	-	40	-	-
Total	346	10.6	6.4 - 17.2	347	20.1	12.4 - 30.8	346	0.7*	0.1 - 4.4

- 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 - Omani

Male							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	13	-	-	-	-	-	-
30-44	43	-	-	-	-	-	-
45-59	32	-	-	-	-	-	-
60+	12	-	-	-	-	-	-
Total	100	18.0	8.5 - 34.2	24.5	9.3 - 50.8	17.0	8.9 - 30.0

- 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 - Omani

Male					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	13	-	-	-	-
30-44	43	-	-	-	-
45-59	32	-	-	-	-
60+	12	-	-	-	-
Total	100	33.2	18.7 - 51.7	7.3	2.7 - 18.3

- 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 - 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	1	-	-	-	-	-	-
45-59	0	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
Total	2	-	-	-	-	-	-

- 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 - Omani

Female					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	0	-	-	-	-
30-44	1	-	-	-	-
45-59	0	-	-	-	-
60+	1	-	-	-	-
Total	2	-	-	-	-

- 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 - Omani

Total							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	13	-	-	-	-	-	-
30-44	44	-	-	-	-	-	-
45-59	32	-	-	-	-	-	-
60+	13	-	-	-	-	-	-
Total	102	17.9	8.4 - 34.1	24.5	9.3 - 50.7	16.9	8.9 - 29.9

- 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 - Omani

Total					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	13	-	-	-	-
30-44	44	-	-	-	-
45-59	32	-	-	-	-
60+	13	-	-	-	-
Total	102	33.4	18.9 - 51.9	7.3	2.7 - 18.2

- Estimates are suppressed due to a small number of respondents (n < 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 - 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	618	3.2	1.6 - 6.3	721	0.0*	0.0 - 0.0	1339	1.6	0.8 - 3.3
30-44	1015	4.2	2.6 - 6.7	1898	0.0*	0.0 - 0.0	2913	2.1	1.3 - 3.4
45-59	635	8.7	6.1 - 12.4	1048	0.0*	0.0 - 0.0	1683	4.3	3.0 - 6.2
60+	449	14.6	10.6 - 19.9	713	0.9*	0.3 - 3.1	1162	7.1	5.1 - 9.8
Total	2717	5.7	4.5 - 7.1	4380	0.1*	0.0 - 0.4	7097	2.9	2.3 - 3.6

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

Former daily smokers among ever daily smokers - 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	72	33.5	16.9 - 55.5	0	-	-	72	33.5	16.9 - 55.5
30-44	174	32.1	20.9 - 45.7	1	-	-	175	32.0	20.9 - 45.7
45-59	126	51.7	37.4 - 65.6	1	-	-	127	51.1	37.0 - 64.9
60+	97	70.7	57.4 - 81.1	4	-	-	101	72.0	59.2 - 81.9
Total	469	42.6	35.3 - 50.3	6	-	-	475	42.9	35.6 - 50.5

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

Mean years since cessation - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean years	95% CI	n	mean years	95% CI	n	mean years	95% CI
18-29	21	-	-	0	-	-	21	-	-
30-44	64	11.5	7.7 - 15.2	1	-	-	65	11.5	7.8 - 15.2
45-59	70	21.9	18.0 - 25.8	2	-	-	72	21.8	18.1 - 25.6
60+	71	29.1	23.2 - 35.0	3	-	-	74	28.5	22.9 - 34.2
Total	226	17.2	14.4 - 20.0	6	-	-	232	17.2	14.4 - 19.9

- 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?

Current smokers who have tried to stop smoking - Omani

Age Categories (Years)	Male			Female			Total		
	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI
18-29	63	69.6	44.9 - 86.6	0	-	-	63	69.6	44.9 - 86.6
30-44	155	48.8	33.5 - 64.3	2	-	-	157	49.4	34.2 - 64.8
45-59	88	65.9	49.0 - 79.5	2	-	-	90	67.5	51.2 - 80.4
60+	40	-	-	1	-	-	41	-	-
Total	346	57.3	45.6 - 68.2	5	-	-	351	58.0	46.4 - 68.7

- Estimates are suppressed due to a small number of respondents (n < 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 - 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	56	22.1	11.8 - 37.5	0	-	-	56	22.1	11.8 - 37.5
30-44	151	32.2	21.6 - 45.0	2	-	-	153	33.3	22.6 - 46.1
45-59	82	51.7	33.9 - 69.1	2	-	-	84	54.1	36.6 - 70.6
60+	38	-	-	1	-	-	39	-	-
Total	327	37.5	29.3 - 46.6	5	-	-	332	38.7	30.3 - 47.7

- 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 - Omani

Male									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	38	-	-	38	-	-	38	-	-
30-44	81	60.9	38.7 - 79.3	80	18.6	8.8 - 35.3	80	7.3*	2.8 - 17.5
45-59	45	-	-	45	-	-	45	-	-
60+	16	-	-	16	-	-	16	-	-
Total	180	72.8	58.6 - 83.5	179	13.0	7.4 - 21.6	179	5.8	2.9 - 11.5

- 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 - Omani

Male						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	38	-	-	38	-	-
30-44	79	7.8*	3.1 - 18.3	80	0.1*	0.0 - 1.0
45-59	45	-	-	45	-	-
60+	16	-	-	16	-	-
Total	178	5.3*	2.5 - 10.9	179	1.8*	0.4 - 6.9

- 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 - Omani

Male						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	38	-	-	37	-	-
30-44	81	7.1*	2.5 - 18.3	80	1.7*	0.3 - 9.1
45-59	45	-	-	45	-	-
60+	16	-	-	16	-	-
Total	180	6.1	2.5 - 14.1	178	3.9*	1.5 - 9.9

- 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 - Omani

Female									
Age Categories (Years)	n	% no help	95% CI	% NRT (patch, gum)	95% CI	% switch to smokeless	95% CI	% switch to e-cigs	95% CI
18-29	0	-	-	-	-	-	-	-	-
30-44	1	-	-	-	-	-	-	-	-
45-59	2	-	-	-	-	-	-	-	-
60+	1	-	-	-	-	-	-	-	-
Total	4	-	-	-	-	-	-	-	-

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

Support sought for quitting smoking among current smokers - Omani

Female							
Age Categories (Years)	n	% HTPs	95% CI	% nicotine bags	95% CI	% Other	95% CI
18-29	0	-	-	-	-	-	-
30-44	1	-	-	-	-	-	-
45-59	2	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
Total	4	-	-	-	-	-	-

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

Support sought for quitting smoking among current smokers - Omani

Total									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	38	-	-	38	-	-	38	-	-
30-44	82	62.0	39.9 - 80.0	81	18.1	8.6 - 34.3	81	7.1*	2.7 - 17.0
45-59	47	-	-	47	-	-	47	-	-
60+	17	-	-	17	-	-	17	-	-
Total	184	73.6	59.7 - 84.0	183	12.6	7.3 - 20.8	183	5.7	2.8 - 11.1

- 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 - Omani

Total						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	38	-	-	38	-	-
30-44	80	7.6*	3.0 - 17.8	81	0.1*	0.0 - 0.9
45-59	47	-	-	47	-	-
60+	17	-	-	17	-	-
Total	182	5.2	2.4 - 10.5	183	1.7*	0.4 - 6.7

- 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 - Omani

Total						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	38	-	-	37	-	-
30-44	82	6.9*	2.4 - 17.8	81	1.7*	0.3 - 8.8
45-59	47	-	-	47	-	-
60+	17	-	-	17	-	-
Total	184	6.0*	2.5 - 13.7	182	3.8*	1.4 - 9.6

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	63	72.8	55.4 - 85.2	0	-	-	63	72.8	55.4 - 85.2
30-44	155	76.9	63.6 - 86.4	2	-	-	157	75.9	62.8 - 85.4
45-59	88	66.3	46.4 - 81.7	2	-	-	90	63.1	44.1 - 78.8
60+	40	-	-	1	-	-	41	-	-
Total	346	73.0	64.2 - 80.3	5	-	-	351	71.8	63.1 - 79.1

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	45	-	-	0	-	-	45	-	-
30-44	106	72.7	54.2 - 85.7	1	-	-	107	72.8	54.3 - 85.8
45-59	58	65.5	43.6 - 82.3	0	-	-	58	65.5	43.6 - 82.3
60+	25	-	-	1	-	-	26	-	-
Total	234	65.0	52.6 - 75.6	2	-	-	236	65.0	52.7 - 75.6

- 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 Ryals)?

Mean price paid on cigarette purchase (Omani Royals) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	61	4.6	1.8 - 7.4	0	-	-	61	4.6	1.8 - 7.4
30-44	141	6.8	4.5 - 9.1	1	-	-	142	6.7	4.4 - 9.0
45-59	74	5.8	3.1 - 8.5	1	-	-	75	5.7	3.1 - 8.3
60+	37	-	-	1	-	-	38	-	-
Total	313	6.1	4.6 - 7.6	3	-	-	316	6.0	4.5 - 7.5

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	1.3*	0.5 - 3.4	721	0.0*	0.0 - 0.0	1339	0.6*	0.2 - 1.7
30-44	1015	3.3	1.6 - 6.6	1898	0.0*	0.0 - 0.1	2913	1.7	0.8 - 3.4
45-59	635	1.3*	0.6 - 3.1	1048	0.1*	0.0 - 0.5	1683	0.7*	0.3 - 1.6
60+	449	1.0*	0.4 - 2.8	713	0.0*	0.0 - 0.0	1162	0.5*	0.2 - 1.3
Total	2717	2.1	1.2 - 3.4	4380	0.0*	0.0 - 0.1	7097	1.0	0.6 - 1.7

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

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 - Omani

Male									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	618	0.7*	0.2 - 2.7	0.6*	0.1 - 2.5	0.4*	0.1 - 1.5	98.4	96.3 - 99.3
30-44	1015	2.8	1.3 - 6.2	0.5*	0.1 - 1.7	2.1*	0.9 - 4.8	94.6	91.0 - 96.9
45-59	635	0.5*	0.1 - 1.8	0.8*	0.3 - 2.5	1.0*	0.4 - 2.6	97.7	95.7 - 98.8
60+	449	0.8*	0.2 - 2.6	0.2*	0.0 - 1.5	1.0*	0.3 - 2.7	98.0	95.9 - 99.0
Total	2717	1.5	0.8 - 2.9	0.5	0.3 - 1.1	1.2	0.7 - 2.3	96.7	95.2 - 97.8

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

Smokeless tobacco use - Omani

Female									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	721	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.3	100.0	99.7 - 100.0
30-44	1898	0.0*	0.0 - 0.0	0.0*	0.0 - 0.1	0.1*	0.0 - 0.4	99.9	99.7 - 100.0
45-59	1048	0.0*	0.0 - 0.0	0.1*	0.0 - 0.5	0.0*	0.0 - 0.0	99.9	99.5 - 100.0
60+	713	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.2*	0.0 - 1.7	99.8	98.3 - 100.0
Total	4380	0.0*	0.0 - 0.0	0.0*	0.0 - 0.1	0.1*	0.0 - 0.2	99.9	99.8 - 100.0

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

Smokeless tobacco use - Omani

Total									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	1339	0.4*	0.1 - 1.4	0.3*	0.1 - 1.3	0.2*	0.1 - 0.7	99.1	98.1 - 99.6
30-44	2913	1.4	0.6 - 3.2	0.2*	0.1 - 0.9	1.1	0.5 - 2.5	97.3	95.3 - 98.4
45-59	1683	0.2*	0.1 - 0.9	0.5*	0.2 - 1.3	0.5*	0.2 - 1.3	98.8	97.8 - 99.4
60+	1162	0.4*	0.1 - 1.2	0.1*	0.0 - 0.7	0.6*	0.2 - 1.4	99.0	98.0 - 99.5
Total	7097	0.8	0.4 - 1.5	0.3	0.1 - 0.6	0.6	0.4 - 1.2	98.3	97.5 - 98.8

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - 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	618	0.8*	0.2 - 2.6	721	0.0*	0.0 - 0.0	1339	0.4*	0.1 - 1.3
30-44	1015	1.5*	0.6 - 3.5	1898	0.0*	0.0 - 0.0	2913	0.8*	0.3 - 1.8
45-59	635	0.9*	0.4 - 2.1	1048	0.0*	0.0 - 0.0	1683	0.5*	0.2 - 1.0
60+	449	1.2*	0.5 - 2.9	713	0.2*	0.0 - 1.7	1162	0.7*	0.3 - 1.5
Total	2717	1.1	0.6 - 2.0	4380	0.0*	0.0 - 0.2	7097	0.6	0.3 - 1.0

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

Former daily smokeless tobacco users among ever daily users - 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	6	-	-	0	-	-	6	-	-
30-44	21	-	-	0	-	-	21	-	-
45-59	10	-	-	0	-	-	10	-	-
60+	10	-	-	1	-	-	11	-	-
Total	47	-	-	1	-	-	48	-	-

- 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 - Omani

Male						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	4	-	-	4	-	-
30-44	14	-	-	14	-	-
45-59	8	-	-	8	-	-
60+	5	-	-	5	-	-
Total	31	-	-	31	-	-

- 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 - 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	4	-	-	4	-	-	0	-	-
30-44	15	-	-	15	-	-	0	-	-
45-59	8	-	-	8	-	-	0	-	-
60+	4	-	-	4	-	-	0	-	-
Total	31	-	-	31	-	-	0	-	-

- 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 - Omani

Female						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	0	-	-	0	-	-
30-44	1	-	-	1	-	-
45-59	1	-	-	1	-	-
60+	0	-	-	0	-	-
Total	2	-	-	2	-	-

- 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 - Omani

Female									
Age Categories (Years)	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	1	-	-	1	-	-	0	-	-
45-59	1	-	-	1	-	-	0	-	-
60+	0	-	-	0	-	-	0	-	-
Total	2	-	-	2	-	-	0	-	-

- 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 - Omani

Age Categories (Years)	Total					
	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	4	-	-	4	-	-
30-44	15	-	-	15	-	-
45-59	9	-	-	9	-	-
60+	5	-	-	5	-	-
Total	33	-	-	33	-	-

- 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 - Omani

Age Categories (Years)	Total								
	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	4	-	-	4	-	-	0	-	-
30-44	16	-	-	16	-	-	0	-	-
45-59	9	-	-	9	-	-	0	-	-
60+	4	-	-	4	-	-	0	-	-
Total	33	-	-	33	-	-	0	-	-

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

Heated tobacco product use

Description: Current 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 - Omani

Male							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	618	0.2*	0.0 - 0.9	0.0*	0.0 - 0.0	99.8	99.1 - 100.0
30-44	1015	0.5*	0.1 - 2.3	0.0*	0.0 - 0.0	99.5	97.7 - 99.9
45-59	635	0.0*	0.0 - 0.0	0.3*	0.0 - 2.3	99.7	97.7 - 100.0
60+	449	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
Total	2717	0.3*	0.1 - 0.9	0.1*	0.0 - 0.4	99.7	99.1 - 99.9

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

Heated tobacco product use - Omani

Female							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	721	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	1898	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
45-59	1048	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
60+	713	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
Total	4380	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0

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

Heated tobacco product use - Omani

Total							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	1339	0.1*	0.0 - 0.5	0.0*	0.0 - 0.0	99.9	99.5 - 100.0
30-44	2913	0.3*	0.1 - 1.2	0.0*	0.0 - 0.0	99.7	98.8 - 99.9
45-59	1683	0.0*	0.0 - 0.0	0.2*	0.0 - 1.2	99.8	98.8 - 100.0
60+	1162	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
Total	7097	0.1*	0.0 - 0.5	0.0*	0.0 - 0.2	99.8	99.5 - 99.9

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

Current users of heated tobacco products - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	0.2*	0.0 - 0.9	721	0.0*	0.0 - 0.0	1339	0.1*	0.0 - 0.5
30-44	1015	0.5*	0.1 - 2.3	1898	0.0*	0.0 - 0.0	2913	0.3*	0.1 - 1.2
45-59	635	0.3*	0.0 - 2.3	1048	0.0*	0.0 - 0.0	1683	0.2*	0.0 - 1.2
60+	449	0.0*	0.0 - 0.0	713	0.0*	0.0 - 0.0	1162	0.0*	0.0 - 0.0
Total	2717	0.3*	0.1 - 0.9	4380	0.0*	0.0 - 0.0	7097	0.2*	0.1 - 0.5

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

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

Age Categories (Years)	Male			Female			Total		
	n	mean times	95% CI	n	mean times	95% CI	n	mean times	95% CI
18-29	2	-	-	0	-	-	2	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	0	-	-	0	-	-	0	-	-
60+	0	-	-	0	-	-	0	-	-
Total	5	-	-	0	-	-	5	-	-

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

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

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

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	8.1	5.0 - 12.7	721	0.0*	0.0 - 0.0	1339	4.1	2.5 - 6.6
30-44	1015	14.0	10.6 - 18.3	1898	0.2*	0.0 - 1.1	2913	7.2	5.4 - 9.5
45-59	635	12.9	9.0 - 18.3	1048	0.7*	0.2 - 2.5	1683	6.8	4.8 - 9.5
60+	449	8.4	5.5 - 12.5	713	0.0*	0.0 - 0.3	1162	3.8	2.5 - 5.7
Total	2717	11.4	9.3 - 13.8	4380	0.2*	0.1 - 0.6	7097	5.8	4.7 - 7.1

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

Daily tobacco users - Omani

Age Categories (Years)	Male			Female			Total		
	n	% daily users	95% CI	n	% daily users	95% CI	n	% daily users	95% CI
18-29	618	6.8	4.0 - 11.3	721	0.0*	0.0 - 0.0	1339	3.4	2.0 - 5.8
30-44	1015	10.6	7.8 - 14.3	1898	0.0*	0.0 - 0.1	2913	5.4	3.9 - 7.3
45-59	635	8.3	5.4 - 12.5	1048	0.2*	0.0 - 1.4	1683	4.2	2.8 - 6.4
60+	449	6.6	4.3 - 10.1	713	0.0*	0.0 - 0.3	1162	3.0	2.0 - 4.6
Total	2717	8.6	6.8 - 10.8	4380	0.0*	0.0 - 0.2	7097	4.3	3.4 - 5.4

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

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 - Omani

Male									
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	618	6.8	4.0 - 11.3	1.3*	0.5 - 3.6	4.0	2.2 - 7.2	87.9	82.9 - 91.6
30-44	1015	10.6	7.8 - 14.3	3.4	1.8 - 6.4	9.6	6.8 - 13.4	76.3	71.4 - 80.7
45-59	635	8.3	5.4 - 12.5	4.6	2.3 - 9.0	12.8	9.2 - 17.5	74.3	68.2 - 79.6
60+	449	6.6	4.3 - 10.1	1.8*	0.6 - 5.4	18.0	13.2 - 24.1	73.6	67.2 - 79.1
Total	2717	8.6	6.8 - 10.8	2.8	1.8 - 4.3	9.2	7.6 - 11.2	79.4	76.3 - 82.2

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

Tobacco use status - Omani

Female									
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	721	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.3	100.0	99.7 - 100.0
30-44	1898	0.0*	0.0 - 0.1	0.2*	0.0 - 1.2	0.2*	0.0 - 0.8	99.6	98.8 - 99.9
45-59	1048	0.2*	0.0 - 1.4	0.5*	0.1 - 2.5	0.4*	0.1 - 1.9	98.9	97.1 - 99.6
60+	713	0.0*	0.0 - 0.3	0.0*	0.0 - 0.0	1.1*	0.4 - 3.3	98.8	96.7 - 99.6
Total	4380	0.0*	0.0 - 0.2	0.2*	0.0 - 0.5	0.3	0.1 - 0.6	99.5	99.1 - 99.7

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

Tobacco use status - Omani

Total									
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	1339	3.4	2.0 - 5.8	0.7*	0.2 - 1.9	2.1	1.1 - 3.7	93.8	91.1 - 95.8
30-44	2913	5.4	3.9 - 7.3	1.8	1.0 - 3.3	5.0	3.5 - 7.0	87.9	85.1 - 90.2
45-59	1683	4.2	2.8 - 6.4	2.5	1.3 - 4.8	6.6	4.7 - 9.0	86.6	83.4 - 89.3
60+	1162	3.0	2.0 - 4.6	0.8*	0.3 - 2.5	8.8	6.4 - 11.8	87.4	84.1 - 90.1
Total	7097	4.3	3.4 - 5.4	1.5	1.0 - 2.2	4.7	3.9 - 5.7	89.5	87.8 - 90.9

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	618	15.9	11.9 - 21.0	721	7.4	5.3 - 10.1	1339	11.7	9.2 - 14.8
30-44	1015	10.3	7.4 - 14.3	1898	9.0	7.1 - 11.4	2913	9.7	7.9 - 11.9
45-59	635	6.2	4.0 - 9.4	1048	8.3	6.1 - 11.1	1683	7.2	5.6 - 9.2
60+	449	9.8	6.4 - 14.6	713	4.9	3.0 - 7.8	1162	7.1	5.2 - 9.6
Total	2717	11.3	9.3 - 13.7	4380	7.9	6.7 - 9.2	7097	9.6	8.4 - 11.0

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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	531	23.5	18.4 - 29.5	579	7.2	4.8 - 10.8	1110	15.5	12.3 - 19.4
30-44	941	32.5	27.5 - 37.9	1577	8.5	6.3 - 11.3	2518	21.3	18.1 - 24.9
45-59	570	14.3	10.6 - 18.9	880	5.5	3.5 - 8.5	1450	10.0	7.8 - 12.7
60+	344	8.0	4.8 - 13.0	588	1.5*	0.7 - 3.2	932	4.3	2.8 - 6.6
Total	2386	24.5	21.6 - 27.8	3624	6.8	5.5 - 8.4	6010	15.9	14.0 - 18.0

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?

Think smoking should not be allowed in outdoor areas - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	91.5	88.1 - 93.9	721	92.9	89.8 - 95.1	1339	92.2	90.0 - 93.9
30-44	1015	90.0	86.5 - 92.7	1898	91.5	89.2 - 93.3	2913	90.7	88.7 - 92.4
45-59	635	88.1	83.1 - 91.7	1048	90.2	87.4 - 92.5	1683	89.2	86.4 - 91.4
60+	449	87.7	82.8 - 91.3	713	89.9	86.4 - 92.6	1162	88.9	86.0 - 91.2
Total	2717	89.9	88.0 - 91.6	4380	91.5	90.0 - 92.8	7097	90.7	89.5 - 91.8

Tobacco tax Description: Views on increasing taxes on tobacco products

Instrument question:

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

In favor of increasing taxes on tobacco products - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	88.7	84.1 - 92.1	721	92.9	88.8 - 95.5	1339	90.7	87.8 - 93.0
30-44	1015	82.7	78.3 - 86.4	1898	96.1	94.8 - 97.1	2913	89.4	87.0 - 91.4
45-59	635	87.9	83.5 - 91.2	1048	92.5	89.9 - 94.5	1683	90.2	87.7 - 92.2
60+	449	86.4	82.4 - 89.7	713	83.2	78.3 - 87.1	1162	84.6	81.6 - 87.3
Total	2717	85.9	83.4 - 88.1	4380	93.0	91.5 - 94.2	7097	89.5	88.0 - 90.7

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	0.0*	0.0 - 0.0	721	0.0*	0.0 - 0.0	1339	0.0*	0.0 - 0.0
30-44	1015	1.1*	0.4 - 3.2	1898	0.0*	0.0 - 0.0	2913	0.5*	0.2 - 1.6
45-59	635	0.5*	0.1 - 1.9	1048	0.0*	0.0 - 0.0	1683	0.2*	0.1 - 1.0
60+	449	0.0*	0.0 - 0.0	713	0.0*	0.0 - 0.0	1162	0.0*	0.0 - 0.0
Total	2717	0.5*	0.2 - 1.3	4380	0.0*	0.0 - 0.0	7097	0.3*	0.1 - 0.7

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

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 - 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	618	85.9	81.7 - 89.2	721	80.6	76.4 - 84.3	1339	83.3	80.4 - 85.8
30-44	1015	82.2	78.0 - 85.7	1898	77.9	74.7 - 80.8	2913	80.1	77.4 - 82.5
45-59	635	80.5	75.4 - 84.7	1048	61.2	56.8 - 65.4	1683	70.8	67.3 - 74.1
60+	449	39.5	33.3 - 46.2	713	21.2	16.9 - 26.3	1162	29.5	25.5 - 33.8
Total	2717	79.0	76.5 - 81.2	4380	69.1	66.8 - 71.3	7097	74.0	72.3 - 75.7

Current users of electronic cigarettes - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	1.3	0.6 - 2.8	721	0.6*	0.1 - 4.4	1339	1.0	0.4 - 2.2
30-44	1015	2.3	1.1 - 4.6	1898	0.0*	0.0 - 0.0	2913	1.1	0.6 - 2.3
45-59	635	0.7*	0.3 - 1.8	1048	0.0*	0.0 - 0.0	1683	0.4*	0.1 - 0.9
60+	449	0.4*	0.1 - 3.0	713	0.0*	0.0 - 0.0	1162	0.2*	0.0 - 1.4
Total	2717	1.5	0.9 - 2.4	4380	0.2*	0.0 - 1.4	7097	0.8	0.5 - 1.4

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

Electronic cigarette use - Omani

Male							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	618	0.0*	0.0 - 0.0	1.3	0.6 - 2.8	98.7	97.2 - 99.4
30-44	1015	0.8*	0.3 - 2.2	1.5	0.6 - 3.8	97.2	94.7 - 98.5
45-59	635	0.2*	0.0 - 1.5	0.5*	0.2 - 1.4	99.3	98.2 - 99.7
60+	449	0.0*	0.0 - 0.0	0.4*	0.1 - 3.0	99.5	97.2 - 99.9
Total	2717	0.4*	0.1 - 0.9	1.1	0.6 - 2.0	98.3	97.2 - 98.9

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

Electronic cigarette use - Omani

Female							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	721	0.0*	0.0 - 0.0	0.6*	0.1 - 4.4	98.8	95.2 - 99.7
30-44	1898	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	99.8	99.5 - 99.9
45-59	1048	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
60+	713	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	99.8 - 100.0
Total	4380	0.0*	0.0 - 0.0	0.2*	0.0 - 1.4	99.5	98.5 - 99.9

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

Electronic cigarette use - Omani

Total							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	1339	0.0*	0.0 - 0.0	1.0	0.4 - 2.2	98.7	97.3 - 99.4
30-44	2913	0.4*	0.1 - 1.1	0.7	0.3 - 1.9	98.5	97.2 - 99.2
45-59	1683	0.1*	0.0 - 0.8	0.3*	0.1 - 0.7	99.6	99.1 - 99.9
60+	1162	0.0*	0.0 - 0.0	0.2	0.0 - 1.4	99.8	98.8 - 100.0
Total	7097	0.2*	0.1 - 0.5	0.7	0.4 - 1.2	98.9	98.3 - 99.3

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

Mean age started using electronic cigarettes - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	11	-	-	1	-	-	12	-	-
30-44	18	-	-	0	-	-	18	-	-
45-59	5	-	-	0	-	-	5	-	-
60+	1	-	-	0	-	-	1	-	-
Total	35	-	-	1	-	-	36	-	-

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	1.3	0.6 - 2.8	721	0.6*	0.1 - 4.4	1339	1.0	0.4 - 2.2
30-44	1015	3.3	1.9 - 5.9	1898	0.0*	0.0 - 0.0	2913	1.7	0.9 - 3.0
45-59	635	1.0*	0.4 - 2.4	1048	0.0*	0.0 - 0.0	1683	0.5*	0.2 - 1.2
60+	449	0.4*	0.1 - 3.0	713	0.0*	0.0 - 0.0	1162	0.2*	0.0 - 1.4
Total	2717	2.0	1.3 - 3.1	4380	0.2*	0.0 - 1.4	7097	1.1	0.7 - 1.7

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	618	8.4	5.3 - 13.0	721	0.6*	0.1 - 4.4	1339	4.6	2.9 - 7.1
30-44	1015	15.4	11.8 - 19.9	1898	0.2*	0.0 - 1.1	2913	7.9	6.0 - 10.3
45-59	635	13.3	9.3 - 18.6	1048	0.7*	0.2 - 2.5	1683	7.0	4.9 - 9.7
60+	449	8.8	5.9 - 13.0	713	0.0*	0.0 - 0.3	1162	4.0	2.7 - 5.9
Total	2717	12.1	10.0 - 14.6	4380	0.4*	0.1 - 1.2	7097	6.3	5.2 - 7.6

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

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 - 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	614	4.6	4.3 - 4.9	716	4.3	4.1 - 4.5	1330	4.5	4.3 - 4.6
30-44	1010	5.2	5.0 - 5.4	1884	5.3	5.1 - 5.4	2894	5.2	5.1 - 5.4
45-59	631	5.6	5.3 - 5.8	1044	5.6	5.4 - 5.8	1675	5.6	5.4 - 5.7
60+	448	5.6	5.3 - 5.9	712	5.6	5.3 - 5.8	1160	5.6	5.4 - 5.8
Total	2703	5.1	5.0 - 5.2	4356	5.1	4.9 - 5.2	7059	5.1	5.0 - 5.2

Mean number of days vegetables consumed in a typical week - 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	615	5.3	5.0 - 5.6	717	5.3	5.0 - 5.5	1332	5.3	5.1 - 5.5
30-44	1012	5.9	5.7 - 6.0	1889	5.9	5.8 - 6.0	2901	5.9	5.8 - 6.0
45-59	631	5.9	5.7 - 6.2	1046	5.9	5.8 - 6.1	1677	5.9	5.8 - 6.1
60+	448	5.8	5.6 - 6.1	713	5.9	5.7 - 6.1	1161	5.9	5.7 - 6.0
Total	2706	5.7	5.6 - 5.8	4365	5.7	5.6 - 5.8	7071	5.7	5.6 - 5.8

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 - 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	613	2.2	1.9 - 2.5	714	1.9	1.7 - 2.0	1327	2.0	1.9 - 2.2
30-44	1008	2.9	2.6 - 3.2	1876	2.5	2.3 - 2.6	2884	2.7	2.5 - 2.9
45-59	628	3.1	2.7 - 3.4	1041	2.6	2.4 - 2.8	1669	2.8	2.6 - 3.0
60+	444	3.3	2.9 - 3.6	710	2.4	2.1 - 2.6	1154	2.8	2.6 - 3.0
Total	2693	2.7	2.6 - 2.9	4341	2.3	2.2 - 2.4	7034	2.5	2.4 - 2.6

Mean number of servings of vegetables on average per day - 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	611	2.1	1.9 - 2.3	716	2.0	1.8 - 2.2	1327	2.1	1.9 - 2.2
30-44	1011	2.5	2.3 - 2.6	1880	2.6	2.4 - 2.8	2891	2.5	2.4 - 2.7
45-59	630	2.6	2.3 - 2.9	1044	2.4	2.2 - 2.5	1674	2.5	2.3 - 2.7
60+	444	2.5	2.2 - 2.8	712	2.3	2.1 - 2.5	1156	2.4	2.2 - 2.5
Total	2696	2.4	2.2 - 2.5	4352	2.3	2.2 - 2.5	7048	2.4	2.3 - 2.5

Mean number of servings of fruit and/or vegetables on average per day - 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	614	4.3	3.8 - 4.7	717	3.9	3.5 - 4.2	1331	4.1	3.8 - 4.4
30-44	1011	5.4	4.9 - 5.8	1883	5.0	4.8 - 5.3	2894	5.2	4.9 - 5.5
45-59	630	5.7	5.1 - 6.3	1045	5.0	4.6 - 5.3	1675	5.3	5.0 - 5.7
60+	444	5.7	5.2 - 6.3	712	4.6	4.2 - 5.0	1156	5.1	4.8 - 5.5
Total	2699	5.1	4.8 - 5.4	4357	4.6	4.4 - 4.8	7056	4.9	4.7 - 5.0

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 - Omani

Male									
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	614	10.9	7.5 - 15.5	32.5	27.3 - 38.1	24.0	19.3 - 29.4	32.7	27.2 - 38.6
30-44	1011	4.7	3.1 - 7.1	23.1	19.0 - 27.7	25.1	21.2 - 29.6	47.0	41.7 - 52.4
45-59	630	4.6	2.7 - 7.7	20.0	15.6 - 25.4	19.2	14.9 - 24.3	56.2	50.1 - 62.2
60+	444	8.0	5.2 - 12.2	16.6	12.3 - 22.1	18.3	13.8 - 23.7	57.1	49.9 - 64.0
Total	2699	7.0	5.5 - 8.8	24.9	22.2 - 27.8	23.0	20.5 - 25.8	45.1	41.6 - 48.5

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

Female									
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	717	9.6	6.8 - 13.3	39.2	33.7 - 44.9	23.4	19.2 - 28.1	27.9	23.2 - 33.1
30-44	1883	6.0	4.4 - 8.1	24.0	20.8 - 27.6	25.1	22.0 - 28.5	44.9	41.0 - 48.8
45-59	1045	4.7	3.2 - 6.9	24.2	20.1 - 28.8	25.6	21.7 - 29.9	45.6	40.7 - 50.5
60+	712	5.1	3.4 - 7.7	25.5	20.6 - 31.0	31.6	26.6 - 37.1	37.8	32.5 - 43.4
Total	4357	6.7	5.5 - 8.2	28.9	26.4 - 31.5	25.4	23.3 - 27.6	38.9	36.3 - 41.7

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

Total									
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	1331	10.2	7.9 - 13.1	35.8	31.8 - 39.9	23.7	20.4 - 27.3	30.3	26.5 - 34.5
30-44	2894	5.3	4.2 - 6.8	23.6	20.8 - 26.6	25.1	22.6 - 27.9	46.0	42.5 - 49.5
45-59	1675	4.6	3.3 - 6.4	22.1	18.9 - 25.8	22.4	19.4 - 25.6	50.9	46.8 - 54.9
60+	1156	6.4	4.7 - 8.7	21.5	18.0 - 25.5	25.6	22.0 - 29.5	46.5	41.9 - 51.2
Total	7056	6.9	5.8 - 8.1	26.9	24.9 - 29.0	24.2	22.5 - 26.0	42.0	39.6 - 44.5

Less than five servings of fruit and/or vegetables on average per day - 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	614	67.3	61.4 - 72.8	717	72.1	66.9 - 76.8	1331	69.7	65.5 - 73.5
30-44	1011	53.0	47.6 - 58.3	1883	55.1	51.2 - 59.0	2894	54.0	50.5 - 57.5
45-59	630	43.8	37.8 - 49.9	1045	54.4	49.5 - 59.3	1675	49.1	45.1 - 53.2
60+	444	42.9	36.0 - 50.1	712	62.2	56.6 - 67.5	1156	53.5	48.8 - 58.1
Total	2699	54.9	51.5 - 58.4	4357	61.1	58.3 - 63.7	7056	58.0	55.5 - 60.4

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	616	18.8	14.7 - 23.8	721	30.3	25.5 - 35.6	1337	24.5	21.2 - 28.1
30-44	1014	16.8	13.3 - 20.9	1896	25.7	22.7 - 28.9	2910	21.2	18.8 - 23.7
45-59	633	15.6	11.7 - 20.6	1048	17.2	14.1 - 20.8	1681	16.4	13.8 - 19.3
60+	446	10.0	6.5 - 15.1	711	9.9	7.4 - 13.2	1157	9.9	7.7 - 12.7
Total	2709	16.6	14.3 - 19.1	4376	23.7	21.6 - 26.0	7085	20.2	18.6 - 21.8

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	581	37.4	31.2 - 43.9	714	41.0	35.0 - 47.2	1295	39.2	34.6 - 44.0
30-44	964	38.0	32.6 - 43.8	1896	37.6	33.4 - 42.1	2860	37.8	33.8 - 41.9
45-59	620	35.6	29.3 - 42.4	1046	41.2	36.2 - 46.3	1666	38.4	34.0 - 43.0
60+	425	30.1	23.9 - 37.2	701	29.9	24.3 - 36.3	1126	30.0	25.5 - 35.0
Total	2590	36.6	32.8 - 40.6	4357	38.4	35.0 - 42.0	6947	37.5	34.4 - 40.8

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	617	21.6	16.6 - 27.6	720	25.6	21.2 - 30.5	1337	23.5	20.2 - 27.3
30-44	1012	17.7	14.3 - 21.8	1897	19.6	16.8 - 22.6	2909	18.6	16.4 - 21.1
45-59	634	11.1	7.8 - 15.5	1047	13.7	10.7 - 17.3	1681	12.4	10.1 - 15.0
60+	445	3.5	1.5 - 7.7	711	4.1	2.5 - 6.5	1156	3.8	2.4 - 5.9
Total	2708	16.4	14.2 - 18.9	4375	18.5	16.6 - 20.7	7083	17.5	15.9 - 19.1

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	5.1	3.1 - 8.2	720	7.5	5.3 - 10.5	1338	6.3	4.7 - 8.3
30-44	1012	6.3	4.3 - 9.3	1895	5.3	3.9 - 7.1	2907	5.8	4.5 - 7.4
45-59	632	4.4	2.6 - 7.3	1047	5.7	4.0 - 8.1	1679	5.1	3.8 - 6.8
60+	446	3.8	1.8 - 8.1	713	4.4	2.6 - 7.5	1159	4.2	2.7 - 6.5
Total	2708	5.3	4.1 - 6.9	4375	5.9	4.9 - 7.2	7083	5.6	4.8 - 6.6

Self-reported quantity of salt consumed - Omani

Age Categories (Years)	n	Male		Female		Total	
		% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	618	0.7*	0.2 - 2.2	4.4	2.6 - 7.5	81.5	76.4 - 85.7
30-44	1012	0.8*	0.3 - 2.0	5.6	3.6 - 8.4	73.4	68.5 - 77.8
45-59	632	0.6*	0.1 - 2.9	3.8	2.2 - 6.4	71.0	64.9 - 76.5
60+	446	0.2*	0.0 - 1.2	3.6*	1.6 - 7.9	61.0	54.3 - 67.4
Total	2708	0.7	0.4 - 1.3	4.7	3.5 - 6.2	74.4	71.5 - 77.0

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

Self-reported quantity of salt consumed - Omani

Age Categories (Years)	n	Male		Female		Total	
		% too little	95% CI	% far too little	95% CI	% just the right amount	95% CI
18-29	618	11.5	8.2 - 15.8	2.0*	0.7 - 5.2	81.5	76.4 - 85.7
30-44	1012	17.0	13.3 - 21.4	3.2	1.9 - 5.4	73.4	68.5 - 77.8
45-59	632	19.1	14.6 - 24.6	5.4	3.0 - 9.7	71.0	64.9 - 76.5
60+	446	29.5	23.5 - 36.4	5.6	3.6 - 8.6	61.0	54.3 - 67.4
Total	2708	16.8	14.6 - 19.3	3.5	2.5 - 4.8	74.4	71.5 - 77.0

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

Self-reported quantity of salt consumed - Omani

Female							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	720	0.3*	0.1 - 0.8	7.2	5.0 - 10.2	80.2	75.7 - 84.0
30-44	1895	0.8	0.4 - 1.5	4.5	3.2 - 6.3	79.0	75.9 - 81.9
45-59	1047	0.8*	0.3 - 2.4	4.9	3.3 - 7.2	69.8	65.7 - 73.6
60+	713	0.3*	0.1 - 1.2	4.1	2.3 - 7.2	57.5	52.0 - 62.8
Total	4375	0.6	0.3 - 1.0	5.4	4.4 - 6.6	75.2	73.1 - 77.2

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

Self-reported quantity of salt consumed - Omani

Female					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	720	11.3	8.2 - 15.5	1.0*	0.5 - 2.3
30-44	1895	13.6	11.2 - 16.4	2.1	1.3 - 3.2
45-59	1047	22.4	18.8 - 26.4	2.1	1.2 - 3.6
60+	713	31.2	26.0 - 36.8	6.9	4.7 - 10.0
Total	4375	16.5	14.7 - 18.5	2.3	1.8 - 3.0

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

Self-reported quantity of salt consumed - Omani

Total							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	1338	0.5	0.2 - 1.2	5.8	4.3 - 7.8	80.8	77.5 - 83.8
30-44	2907	0.8	0.4 - 1.4	5.0	3.8 - 6.6	76.2	73.3 - 78.9
45-59	1679	0.7	0.3 - 1.8	4.3	3.2 - 5.9	70.4	66.7 - 73.9
60+	1159	0.3*	0.1 - 0.8	3.9	2.4 - 6.2	59.1	55.0 - 63.1
Total	7083	0.6	0.4 - 1.0	5.0	4.2 - 5.9	74.8	73.0 - 76.5

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

Self-reported quantity of salt consumed - Omani

Total					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	1338	11.4	9.0 - 14.3	1.5	0.7 - 3.0
30-44	2907	15.3	13.0 - 18.0	2.7	1.9 - 3.8
45-59	1679	20.8	17.8 - 24.1	3.8	2.4 - 5.9
60+	1159	30.4	26.5 - 34.6	6.3	4.7 - 8.4
Total	7083	16.7	15.2 - 18.2	2.9	2.3 - 3.6

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 - Omani

Male							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	597	39.6	34.1 - 45.5	42.6	36.7 - 48.8	17.7	13.1 - 23.5
30-44	998	48.8	43.6 - 54.0	45.3	40.0 - 50.7	5.9	4.0 - 8.5
45-59	631	60.1	54.0 - 65.8	32.7	27.2 - 38.7	7.2	4.4 - 11.7
60+	444	62.8	55.5 - 69.6	34.5	28.1 - 41.6	2.7*	0.9 - 7.4
Total	2670	49.3	46.2 - 52.5	41.1	37.9 - 44.4	9.5	7.7 - 11.7

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

Importance of lowering salt in diet - Omani

Female							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	710	39.3	34.0 - 44.9	52.1	46.7 - 57.5	8.6	6.0 - 12.1
30-44	1887	55.4	51.5 - 59.2	40.4	36.6 - 44.3	4.2	3.0 - 5.9
45-59	1044	55.4	50.6 - 60.1	42.1	37.4 - 46.9	2.6	1.6 - 4.2
60+	704	53.7	47.8 - 59.5	44.0	38.2 - 50.0	2.3	1.2 - 4.5
Total	4345	50.3	47.6 - 53.0	44.7	42.0 - 47.3	5.0	4.0 - 6.3

Importance of lowering salt in diet - Omani

Total							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	1307	39.5	35.5 - 43.5	47.3	43.2 - 51.5	13.2	10.5 - 16.5
30-44	2885	52.1	48.7 - 55.5	42.9	39.5 - 46.3	5.0	3.9 - 6.5
45-59	1675	57.7	53.7 - 61.6	37.4	33.6 - 41.4	4.9	3.3 - 7.1
60+	1148	57.8	52.9 - 62.5	39.7	35.2 - 44.4	2.5	1.3 - 4.5
Total	7015	49.8	47.6 - 52.1	42.9	40.7 - 45.1	7.3	6.1 - 8.6

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	91.9	87.2 - 95.0	721	96.1	93.9 - 97.6	1339	94.0	91.4 - 95.8
30-44	1015	94.3	91.5 - 96.2	1898	97.0	95.6 - 97.9	2913	95.6	94.1 - 96.8
45-59	635	93.9	89.9 - 96.4	1048	97.3	95.9 - 98.2	1683	95.6	93.6 - 97.0
60+	449	93.8	89.2 - 96.5	713	95.4	92.6 - 97.2	1162	94.7	92.3 - 96.4
Total	2717	93.4	91.6 - 94.9	4380	96.6	95.7 - 97.3	7097	95.0	94.0 - 95.9

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	61.6	55.3 - 67.6	721	55.5	49.7 - 61.2	1339	58.6	54.3 - 62.8
30-44	1015	64.3	59.2 - 69.1	1898	69.7	66.0 - 73.2	2913	67.0	63.7 - 70.1
45-59	635	78.2	72.6 - 82.9	1048	75.2	71.2 - 78.8	1683	76.7	73.3 - 79.8
60+	449	78.5	72.5 - 83.4	713	69.3	63.8 - 74.3	1162	73.5	69.4 - 77.2
Total	2717	67.3	64.2 - 70.4	4380	66.3	63.6 - 68.9	7097	66.8	64.6 - 69.0

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	22.4	17.6 - 28.1	721	20.7	16.7 - 25.4	1339	21.6	18.3 - 25.2
30-44	1015	30.5	25.9 - 35.6	1898	34.0	30.6 - 37.7	2913	32.3	29.3 - 35.4
45-59	635	28.9	23.8 - 34.7	1048	24.6	21.2 - 28.4	1683	26.8	23.5 - 30.3
60+	449	16.4	11.5 - 22.7	713	9.6	6.9 - 13.3	1162	12.7	10.0 - 16.0
Total	2717	26.3	23.6 - 29.1	4380	25.4	23.4 - 27.5	7097	25.8	24.1 - 27.6

Buy low salt/sodium alternatives - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	16.4	11.9 - 22.0	721	16.2	12.2 - 21.1	1339	16.3	13.2 - 19.9
30-44	1015	20.1	16.2 - 24.8	1898	19.7	16.9 - 22.8	2913	19.9	17.5 - 22.6
45-59	635	21.1	16.4 - 26.8	1048	17.5	14.2 - 21.4	1683	19.3	16.3 - 22.7
60+	449	12.3	8.5 - 17.4	713	11.1	8.0 - 15.1	1162	11.6	9.1 - 14.7
Total	2717	18.4	15.9 - 21.1	4380	17.2	15.4 - 19.2	7097	17.8	16.2 - 19.5

Use spices other than salt when cooking - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	26.8	21.4 - 33.0	721	28.2	23.3 - 33.6	1339	27.5	23.6 - 31.7
30-44	1015	27.6	23.3 - 32.3	1898	23.7	20.6 - 27.1	2913	25.7	23.0 - 28.5
45-59	635	23.7	18.1 - 30.4	1048	21.6	18.1 - 25.4	1683	22.6	19.2 - 26.5
60+	449	21.2	15.7 - 27.9	713	16.5	13.2 - 20.4	1162	18.6	15.4 - 22.3
Total	2717	26.0	23.2 - 29.1	4380	23.9	21.6 - 26.2	7097	24.9	23.0 - 27.0

Avoid eating foods prepared outside of a home - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	47.7	42.0 - 53.6	721	41.4	36.1 - 46.9	1339	44.6	40.6 - 48.7
30-44	1015	55.1	50.1 - 60.0	1898	58.4	54.7 - 62.0	2913	56.8	53.5 - 60.0
45-59	635	69.9	64.2 - 75.0	1048	63.8	59.1 - 68.3	1683	66.8	63.0 - 70.4
60+	449	68.8	62.7 - 74.3	713	69.3	63.7 - 74.5	1162	69.1	64.9 - 73.0
Total	2717	56.8	53.8 - 59.7	4380	55.4	52.9 - 57.9	7097	56.1	54.0 - 58.1

Do other things specifically to control your salt intake - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	8.9	6.4 - 12.4	721	13.6	10.1 - 18.0	1339	11.2	9.0 - 13.9
30-44	1015	13.4	10.5 - 17.1	1898	20.1	16.8 - 23.8	2913	16.7	14.5 - 19.3
45-59	635	16.9	13.0 - 21.6	1048	16.5	13.4 - 20.1	1683	16.7	14.1 - 19.6
60+	449	10.8	7.4 - 15.5	713	11.2	8.3 - 14.9	1162	11.0	8.7 - 13.9
Total	2717	12.4	10.5 - 14.5	4380	16.4	14.4 - 18.6	7097	14.4	12.9 - 16.0

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	8.6	8.3 - 8.9	548	6.9	6.7 - 7.1	1062	7.8	7.6 - 8.0
30-44	855	9.2	9.0 - 9.4	1461	7.9	7.8 - 8.1	2316	8.6	8.4 - 8.7
45-59	539	9.7	9.4 - 10.0	895	7.7	7.6 - 7.8	1434	8.7	8.5 - 8.9
60+	391	9.9	9.6 - 10.2	603	6.4	6.2 - 6.6	994	8.0	7.7 - 8.3
Total	2299	9.2	9.0 - 9.3	3507	7.4	7.3 - 7.5	5806	8.3	8.2 - 8.4

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	511	12.6	12.1 - 13.1	548	10.6	10.2 - 10.9	1059	11.6	11.3 - 11.9
30-44	854	11.7	11.3 - 12.2	1461	10.7	10.5 - 11.0	2315	11.2	11.0 - 11.5
45-59	539	11.3	10.9 - 11.7	894	10.2	9.9 - 10.5	1433	10.8	10.5 - 11.0
60+	391	10.8	10.4 - 11.3	606	9.7	9.4 - 10.1	997	10.2	9.9 - 10.5
Total	2295	11.8	11.6 - 12.1	3509	10.5	10.3 - 10.6	5804	11.2	11.0 - 11.3

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	8.7	8.4 - 9.0	548	8.4	8.1 - 8.6	1062	8.5	8.4 - 8.7
30-44	855	8.5	8.3 - 8.8	1461	8.9	8.7 - 9.0	2316	8.7	8.6 - 8.8
45-59	539	8.5	8.2 - 8.8	895	8.6	8.4 - 8.8	1434	8.5	8.4 - 8.7
60+	391	8.5	8.2 - 8.7	605	8.3	8.0 - 8.6	996	8.4	8.2 - 8.6
Total	2299	8.6	8.4 - 8.7	3509	8.6	8.5 - 8.7	5808	8.6	8.5 - 8.7

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	500	9.1	8.3 - 9.8	539	7.7	7.0 - 8.3	1039	8.4	7.9 - 8.9
30-44	831	8.6	8.0 - 9.3	1431	8.9	8.4 - 9.3	2262	8.7	8.4 - 9.1
45-59	525	7.6	7.0 - 8.2	882	7.7	7.2 - 8.2	1407	7.6	7.3 - 8.0
60+	378	6.4	5.9 - 7.0	581	6.2	5.7 - 6.7	959	6.3	5.9 - 6.7
Total	2234	8.4	8.0 - 8.7	3433	8.0	7.7 - 8.3	5667	8.2	7.9 - 8.4

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	11.3	11.0 - 11.6	549	7.9	7.8 - 8.0	1063	9.7	9.5 - 9.9
30-44	855	10.9	10.6 - 11.2	1461	7.9	7.9 - 8.0	2316	9.4	9.3 - 9.6
45-59	539	10.8	10.5 - 11.1	895	7.8	7.7 - 7.9	1434	9.3	9.1 - 9.5
60+	391	10.8	10.5 - 11.1	606	7.6	7.5 - 7.7	997	9.0	8.8 - 9.3
Total	2299	11.0	10.8 - 11.1	3511	7.9	7.8 - 7.9	5810	9.4	9.3 - 9.6

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	9.5	9.1 - 9.8	548	7.6	7.4 - 7.8	1062	8.6	8.4 - 8.8
30-44	855	10.1	9.9 - 10.4	1461	8.7	8.6 - 8.9	2316	9.4	9.3 - 9.6
45-59	539	10.7	10.4 - 11.0	895	8.4	8.3 - 8.6	1434	9.6	9.4 - 9.8
60+	391	10.9	10.6 - 11.2	603	7.0	6.8 - 7.2	994	8.8	8.5 - 9.1
Total	2299	10.1	9.9 - 10.3	3507	8.1	8.0 - 8.2	5806	9.1	9.0 - 9.2

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	509	13.8	13.2 - 14.3	548	11.6	11.2 - 12.0	1057	12.7	12.4 - 13.1
30-44	850	12.9	12.5 - 13.4	1460	11.8	11.5 - 12.1	2310	12.4	12.1 - 12.6
45-59	538	12.4	11.9 - 12.9	893	11.2	10.9 - 11.5	1431	11.8	11.5 - 12.1
60+	391	11.9	11.4 - 12.4	606	10.7	10.3 - 11.1	997	11.3	10.9 - 11.6
Total	2288	13.0	12.7 - 13.3	3507	11.5	11.3 - 11.7	5795	12.3	12.1 - 12.4

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	9.6	9.3 - 9.9	548	9.2	9.0 - 9.4	1062	9.4	9.2 - 9.6
30-44	855	9.4	9.1 - 9.7	1461	9.7	9.6 - 9.9	2316	9.6	9.4 - 9.7
45-59	539	9.3	9.1 - 9.6	895	9.4	9.2 - 9.7	1434	9.4	9.2 - 9.6
60+	391	9.3	9.0 - 9.6	605	9.1	8.8 - 9.4	996	9.2	9.0 - 9.4
Total	2299	9.4	9.3 - 9.6	3509	9.5	9.3 - 9.6	5808	9.4	9.4 - 9.5

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	496	9.8	9.1 - 10.6	537	8.3	7.7 - 9.0	1033	9.1	8.6 - 9.6
30-44	822	9.5	8.8 - 10.2	1419	9.7	9.2 - 10.2	2241	9.6	9.1 - 10.0
45-59	522	8.3	7.6 - 9.0	880	8.5	7.9 - 9.0	1402	8.4	8.0 - 8.8
60+	378	7.0	6.4 - 7.6	585	6.8	6.2 - 7.4	963	6.9	6.5 - 7.3
Total	2218	9.1	8.7 - 9.5	3421	8.7	8.4 - 9.0	5639	8.9	8.7 - 9.2

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	514	12.4	12.1 - 12.7	549	8.7	8.6 - 8.8	1063	10.7	10.4 - 10.9
30-44	855	12.0	11.7 - 12.3	1461	8.7	8.6 - 8.8	2316	10.4	10.2 - 10.6
45-59	539	11.9	11.5 - 12.2	895	8.5	8.5 - 8.6	1434	10.2	10.0 - 10.4
60+	391	11.9	11.5 - 12.2	606	8.3	8.2 - 8.5	997	9.9	9.7 - 10.2
Total	2299	12.1	11.9 - 12.3	3511	8.6	8.6 - 8.7	5810	10.4	10.3 - 10.5

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 - Omani

Total							
Age Categories (Years)	n	% unsaturated plant oils	95% CI	% saturated plant oils	95% CI	% butter	95% CI
18-29	1339	83.2	80.1 - 85.8	8.3	6.4 - 10.6	1.2	0.7 - 2.2
30-44	2913	81.8	79.3 - 84.0	9.7	8.0 - 11.7	0.9	0.5 - 1.7
45-59	1683	83.9	81.1 - 86.4	8.4	6.6 - 10.6	1.7	0.9 - 3.2
60+	1162	80.3	76.7 - 83.5	9.6	7.2 - 12.7	0.6*	0.3 - 1.3
Total	7097	82.5	80.9 - 83.9	9.0	7.8 - 10.3	1.1	0.8 - 1.6

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

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

Total							
Age Categories (Years)	n	% animal ghee	95% CI	% margarine or vegetable ghee	95% CI	% none used	95% CI
18-29	1339	3.5	2.5 - 5.1	0.6*	0.2 - 1.4	0.0*	0.0 - 0.0
30-44	2913	5.0	3.9 - 6.5	1.3	0.6 - 2.8	0.0*	0.0 - 0.2
45-59	1683	4.5	3.3 - 6.2	1.0	0.5 - 2.0	0.0*	0.0 - 0.1
60+	1162	6.2	4.4 - 8.6	1.9	0.9 - 3.7	0.1*	0.0 - 0.5
Total	7097	4.6	3.9 - 5.5	1.1	0.6 - 1.8	0.0	0.0 - 0.1

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - 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	618	3.1	2.8 - 3.4	721	2.2	2.0 - 2.5	1339	2.7	2.5 - 2.9
30-44	1015	2.8	2.4 - 3.1	1897	1.5	1.3 - 1.6	2912	2.1	1.9 - 2.3
45-59	635	1.4	1.2 - 1.6	1048	1.0	0.8 - 1.1	1683	1.2	1.0 - 1.3
60+	449	1.0	0.7 - 1.3	712	0.5	0.4 - 0.7	1161	0.7	0.6 - 0.9
Total	2717	2.4	2.3 - 2.6	4378	1.5	1.4 - 1.6	7095	2.0	1.9 - 2.1

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	617	40.5	34.9 - 46.4	721	46.4	40.9 - 52.1	1338	43.4	39.4 - 47.6
30-44	1015	34.6	29.8 - 39.7	1898	30.7	27.2 - 34.4	2913	32.6	29.7 - 35.8
45-59	635	21.1	16.6 - 26.3	1048	23.4	19.8 - 27.4	1683	22.2	19.3 - 25.5
60+	448	15.8	11.1 - 22.0	713	15.4	11.6 - 20.3	1161	15.6	12.5 - 19.3
Total	2715	32.2	29.3 - 35.3	4380	32.4	29.9 - 35.1	7095	32.3	30.4 - 34.4

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	617	24.0	19.2 - 29.6	717	23.2	18.7 - 28.3	1334	23.6	20.2 - 27.4
30-44	1014	19.2	15.3 - 23.8	1894	11.2	9.2 - 13.5	2908	15.2	12.9 - 17.9
45-59	634	10.8	7.7 - 15.0	1048	6.1	4.4 - 8.3	1682	8.4	6.6 - 10.7
60+	448	3.9	2.2 - 6.7	711	5.3	3.1 - 8.9	1159	4.7	3.1 - 6.9
Total	2713	17.8	15.4 - 20.4	4370	13.3	11.5 - 15.2	7083	15.5	14.0 - 17.2

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	612	14.6	10.4 - 20.1	720	14.3	10.8 - 18.8	1332	14.5	11.6 - 17.9
30-44	1010	12.6	9.3 - 16.9	1896	8.2	6.4 - 10.3	2906	10.4	8.5 - 12.7
45-59	628	4.9	2.9 - 8.1	1047	7.6	5.3 - 10.8	1675	6.2	4.6 - 8.4
60+	445	4.4	2.4 - 7.8	708	7.5	4.7 - 11.7	1153	6.1	4.2 - 8.8
Total	2695	11.1	8.9 - 13.6	4371	9.9	8.3 - 11.7	7066	10.5	9.1 - 12.0

Mean number of cans/cups of sweet and sugary beverages consumed per week - 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	613	3.3	2.7 - 3.9	717	2.0	1.7 - 2.3	1330	2.7	2.4 - 3.0
30-44	1005	2.3	2.0 - 2.6	1886	1.4	1.2 - 1.5	2891	1.8	1.7 - 2.0
45-59	630	1.1	0.9 - 1.3	1038	0.7	0.6 - 0.8	1668	0.9	0.8 - 1.0
60+	444	0.5	0.3 - 0.7	704	0.4	0.2 - 0.6	1148	0.4	0.3 - 0.6
Total	2692	2.2	2.0 - 2.5	4345	1.3	1.2 - 1.5	7037	1.8	1.7 - 1.9

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 - Omani

Male							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	614	52.9	47.0 - 58.7	39.1	33.4 - 45.1	8.0	5.1 - 12.4
30-44	1010	63.3	58.2 - 68.2	31.7	27.1 - 36.7	5.0	3.1 - 7.9
45-59	634	71.3	65.6 - 76.4	28.0	22.9 - 33.7	0.7*	0.2 - 2.3
60+	446	68.7	61.5 - 75.1	29.5	23.2 - 36.7	1.8*	0.7 - 5.0
Total	2704	62.0	58.9 - 65.0	33.2	30.3 - 36.2	4.9	3.6 - 6.6

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

Importance of lowering sugar in diet - Omani

Female							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	718	57.9	52.6 - 63.1	36.8	31.6 - 42.4	5.2	2.9 - 9.2
30-44	1891	72.5	69.2 - 75.6	25.4	22.5 - 28.5	2.1	1.3 - 3.4
45-59	1046	69.0	64.5 - 73.3	30.1	25.9 - 34.7	0.8*	0.3 - 2.4
60+	710	66.3	60.5 - 71.7	33.4	28.0 - 39.2	0.3*	0.1 - 1.3
Total	4365	66.7	64.2 - 69.1	30.7	28.4 - 33.1	2.6	1.7 - 3.9

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

Importance of lowering sugar in diet - Omani

Total							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	1332	55.4	51.3 - 59.4	38.0	34.0 - 42.1	6.6	4.6 - 9.5
30-44	2901	67.9	64.8 - 70.9	28.6	25.8 - 31.5	3.5	2.4 - 5.1
45-59	1680	70.2	66.6 - 73.5	29.1	25.7 - 32.6	0.8	0.3 - 1.7
60+	1156	67.4	62.7 - 71.8	31.6	27.2 - 36.3	1.0*	0.4 - 2.4
Total	7069	64.3	62.3 - 66.4	31.9	30.0 - 34.0	3.7	2.9 - 4.8

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	95.3	91.4 - 97.5	721	98.1	96.1 - 99.1	1339	96.7	94.6 - 98.0
30-44	1015	96.0	93.7 - 97.6	1898	98.2	97.0 - 98.9	2913	97.1	95.8 - 98.0
45-59	635	98.8	97.8 - 99.4	1048	97.9	96.5 - 98.7	1683	98.3	97.5 - 98.9
60+	449	96.6	93.7 - 98.2	713	97.3	95.5 - 98.4	1162	97.0	95.5 - 98.0
Total	2717	96.4	95.0 - 97.4	4380	98.0	97.3 - 98.5	7097	97.2	96.4 - 97.8

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	65.9	59.8 - 71.6	721	63.2	57.6 - 68.4	1339	64.6	60.5 - 68.5
30-44	1015	72.6	67.6 - 77.0	1898	78.8	75.5 - 81.7	2913	75.6	72.6 - 78.4
45-59	635	80.2	74.8 - 84.7	1048	82.8	78.6 - 86.3	1683	81.5	78.2 - 84.4
60+	449	80.9	74.9 - 85.7	713	76.4	71.1 - 81.0	1162	78.5	74.4 - 82.0
Total	2717	72.6	69.6 - 75.5	4380	74.4	71.8 - 76.9	7097	73.5	71.4 - 75.6

Look at the sugar content on food labels - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	31.8	26.4 - 37.8	721	28.5	23.7 - 33.8	1339	30.2	26.5 - 34.1
30-44	1015	36.4	31.4 - 41.6	1898	38.5	34.9 - 42.2	2913	37.4	34.3 - 40.7
45-59	635	33.3	27.8 - 39.4	1048	30.3	26.2 - 34.7	1683	31.8	28.2 - 35.6
60+	449	20.4	15.1 - 27.0	713	11.5	8.5 - 15.4	1162	15.5	12.6 - 19.1
Total	2717	32.8	30.0 - 35.8	4380	30.8	28.4 - 33.2	7097	31.8	29.9 - 33.8

Use artificial sugar or natural alternatives - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	22.5	18.2 - 27.5	721	26.5	22.0 - 31.6	1339	24.5	21.3 - 28.1
30-44	1015	24.2	20.0 - 28.9	1898	27.0	23.7 - 30.4	2913	25.6	22.8 - 28.5
45-59	635	28.8	22.8 - 35.6	1048	23.1	19.7 - 26.9	1683	25.9	22.1 - 30.1
60+	449	18.8	14.0 - 24.8	713	16.7	12.6 - 21.9	1162	17.7	14.4 - 21.4
Total	2717	24.0	21.3 - 26.9	4380	24.9	22.8 - 27.3	7097	24.5	22.5 - 26.5

Avoid eating foods prepared outside of a home - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	47.4	41.6 - 53.3	721	46.4	40.9 - 52.0	1339	46.9	42.9 - 51.0
30-44	1015	60.5	55.5 - 65.2	1898	64.5	60.5 - 68.4	2913	62.5	59.3 - 65.6
45-59	635	75.4	69.8 - 80.3	1048	75.3	70.7 - 79.3	1683	75.3	71.7 - 78.7
60+	449	74.2	67.6 - 79.9	713	79.4	74.4 - 83.6	1162	77.1	73.0 - 80.7
Total	2717	60.3	57.3 - 63.3	4380	62.6	59.9 - 65.3	7097	61.5	59.4 - 63.5

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 - 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	608	20.9	16.5 - 26.2	708	36.3	31.1 - 41.9	1316	28.5	24.8 - 32.4
30-44	996	18.3	15.0 - 22.2	1871	32.7	29.2 - 36.3	2867	25.4	22.8 - 28.2
45-59	626	25.1	20.2 - 30.7	1031	31.3	27.2 - 35.7	1657	28.2	24.8 - 31.8
60+	446	38.7	31.8 - 46.1	705	56.8	51.0 - 62.5	1151	48.6	43.9 - 53.4
Total	2676	22.4	20.1 - 24.8	4315	36.4	33.9 - 39.0	6991	29.4	27.6 - 31.3

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 - Omani

Male							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	608	26.0	21.2 - 31.6	25.0	20.1 - 30.6	49.0	43.2 - 54.8
30-44	996	25.2	21.3 - 29.6	28.7	24.7 - 33.1	46.1	41.1 - 51.1
45-59	626	31.1	25.8 - 36.9	36.8	31.2 - 42.8	32.1	26.7 - 38.0
60+	446	41.2	34.2 - 48.6	41.6	34.8 - 48.8	17.2	12.9 - 22.5
Total	2676	28.1	25.5 - 30.8	30.2	27.5 - 33.1	41.7	38.6 - 44.9

Level of total physical activity according to former recommendations - Omani

Female							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	708	45.6	40.4 - 50.9	28.7	24.0 - 33.9	25.7	21.2 - 30.7
30-44	1871	40.3	36.8 - 43.8	29.4	26.5 - 32.4	30.4	27.2 - 33.8
45-59	1031	38.5	34.3 - 42.9	28.6	24.6 - 32.9	32.9	28.5 - 37.7
60+	705	58.9	53.1 - 64.4	25.4	20.9 - 30.6	15.7	11.9 - 20.3
Total	4315	43.8	41.3 - 46.4	28.5	26.4 - 30.8	27.7	25.4 - 30.1

Level of total physical activity according to former recommendations - Omani

Total							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	1316	35.6	31.9 - 39.6	26.8	23.3 - 30.5	37.6	33.7 - 41.6
30-44	2867	32.7	29.9 - 35.5	29.0	26.6 - 31.5	38.3	35.3 - 41.5
45-59	1657	34.8	31.2 - 38.6	32.7	29.2 - 36.3	32.5	29.0 - 36.3
60+	1151	50.9	46.2 - 55.6	32.8	28.6 - 37.1	16.4	13.5 - 19.7
Total	6991	35.9	34.1 - 37.9	29.4	27.6 - 31.2	34.7	32.7 - 36.7

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	608	109.4	96.5 - 122.3	708	66.0	57.4 - 74.7	1316	88.1	79.8 - 96.4
30-44	996	110.4	97.7 - 123.1	1871	83.2	76.6 - 89.8	2867	97.0	89.7 - 104.2
45-59	626	85.4	74.2 - 96.6	1031	90.5	80.1 - 100.9	1657	87.9	80.3 - 95.6
60+	446	55.9	44.6 - 67.2	705	47.8	38.2 - 57.3	1151	51.5	44.1 - 58.8
Total	2676	100.3	93.0 - 107.5	4315	75.1	70.4 - 79.7	6991	87.7	83.1 - 92.3

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 - 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	608	72.9	27.1 - 139.3	708	34.3	7.1 - 90.0	1316	51.4	15.7 - 120.0
30-44	996	71.4	30.0 - 140.7	1871	48.6	12.9 - 120.0	2867	60.0	19.3 - 132.9
45-59	626	51.4	19.3 - 111.4	1031	55.7	12.9 - 128.6	1657	53.6	17.1 - 120.0
60+	446	34.3	4.3 - 65.0	705	15.0	0.0 - 62.6	1151	21.4	0.0 - 64.3
Total	2676	62.9	23.6 - 128.6	4315	38.6	8.6 - 114.3	6991	51.4	14.3 - 120.0

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	608	39.4	29.5 - 49.2	708	37.5	30.5 - 44.5	1316	38.4	32.1 - 44.8
30-44	996	49.2	38.4 - 60.1	1871	58.0	52.1 - 63.9	2867	53.5	47.4 - 59.7
45-59	626	31.6	22.9 - 40.3	1031	64.6	54.7 - 74.4	1657	48.1	41.5 - 54.8
60+	446	18.2	12.0 - 24.5	705	31.3	22.2 - 40.4	1151	25.4	19.7 - 31.1
Total	2676	39.9	34.1 - 45.7	4315	49.7	45.7 - 53.7	6991	44.8	41.1 - 48.5

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

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	608	28.4	24.6 - 32.1	708	12.6	10.3 - 14.9	1316	20.6	18.2 - 23.0
30-44	996	26.5	22.6 - 30.4	1871	13.1	11.5 - 14.7	2867	19.9	17.6 - 22.1
45-59	626	30.7	26.3 - 35.0	1031	14.6	12.6 - 16.5	1657	22.6	20.0 - 25.1
60+	446	24.6	17.5 - 31.6	705	10.4	8.6 - 12.3	1151	16.8	13.2 - 20.5
Total	2676	27.6	25.4 - 29.9	4315	12.9	11.8 - 13.9	6991	20.3	18.9 - 21.6

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

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	608	41.6	36.1 - 47.1	708	16.0	12.2 - 19.7	1316	29.0	25.5 - 32.6
30-44	996	34.7	29.5 - 39.9	1871	12.2	10.5 - 13.8	2867	23.6	20.7 - 26.4
45-59	626	23.1	19.2 - 27.1	1031	11.3	9.4 - 13.3	1657	17.2	14.8 - 19.6
60+	446	13.1	9.7 - 16.6	705	6.0	4.4 - 7.6	1151	9.2	7.4 - 11.0
Total	2676	32.7	29.8 - 35.7	4315	12.5	11.1 - 13.9	6991	22.6	20.9 - 24.3

**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 - 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	608	0.0	0.0 - 30.0	708	4.3	0.0 - 42.9	1316	0.0	0.0 - 34.3
30-44	996	0.0	0.0 - 51.4	1871	10.0	0.0 - 90.0	2867	4.3	0.0 - 68.6
45-59	626	0.0	0.0 - 22.9	1031	15.0	0.0 - 90.0	1657	0.0	0.0 - 60.0
60+	446	0.0	0.0 - 17.1	705	0.0	0.0 - 19.3	1151	0.0	0.0 - 17.1
Total	2676	0.0	0.0 - 34.3	4315	4.3	0.0 - 64.3	6991	0.0	0.0 - 51.4

Median minutes of transport-related physical activity on average per day - 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	608	15.0	4.3 - 34.3	708	1.4	0.0 - 15.0	1316	8.6	0.0 - 30.0
30-44	996	11.4	0.0 - 40.0	1871	4.3	0.0 - 17.1	2867	8.6	0.0 - 25.7
45-59	626	19.3	0.0 - 42.9	1031	4.3	0.0 - 20.0	1657	10.0	0.0 - 30.0
60+	446	10.7	0.0 - 30.0	705	0.0	0.0 - 12.9	1151	4.3	0.0 - 20.0
Total	2676	15.0	0.0 - 38.6	4315	2.9	0.0 - 17.1	6991	8.6	0.0 - 30.0

Median minutes of recreation-related physical activity on average per day - 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	608	25.7	0.0 - 64.3	708	0.0	0.0 - 21.4	1316	10.0	0.0 - 45.0
30-44	996	19.3	0.0 - 51.4	1871	0.0	0.0 - 12.9	2867	4.3	0.0 - 34.3
45-59	626	8.6	0.0 - 34.3	1031	0.0	0.0 - 17.1	1657	0.0	0.0 - 25.7
60+	446	0.0	0.0 - 17.1	705	0.0	0.0 - 0.0	1151	0.0	0.0 - 8.6
Total	2676	17.1	0.0 - 51.4	4315	0.0	0.0 - 15.0	6991	0.0	0.0 - 30.0

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 - 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	608	59.8	53.9 - 65.5	708	47.7	42.0 - 53.4	1316	53.8	49.5 - 58.1
30-44	996	51.1	45.7 - 56.5	1871	45.9	41.8 - 50.0	2867	48.5	45.1 - 52.0
45-59	626	64.1	57.9 - 69.9	1031	43.2	38.5 - 47.9	1657	53.6	49.5 - 57.7
60+	446	67.0	59.4 - 73.9	705	67.6	62.0 - 72.9	1151	67.4	62.8 - 71.7
Total	2676	57.8	54.3 - 61.2	4315	48.5	45.7 - 51.3	6991	53.1	50.8 - 55.5

No transport-related physical activity - 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	608	18.6	14.7 - 23.2	708	49.4	43.8 - 55.0	1316	33.7	29.9 - 37.7
30-44	996	31.1	26.7 - 35.9	1871	42.1	38.7 - 45.6	2867	36.5	33.6 - 39.6
45-59	626	25.2	20.3 - 30.9	1031	43.0	38.5 - 47.5	1657	34.1	30.6 - 37.9
60+	446	33.2	27.6 - 39.4	705	52.5	47.0 - 58.0	1151	43.8	39.5 - 48.1
Total	2676	26.3	23.7 - 29.0	4315	45.7	43.2 - 48.2	6991	36.0	34.1 - 38.0

No recreation-related physical activity - 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	608	30.7	25.5 - 36.5	708	57.0	51.5 - 62.5	1316	43.6	39.6 - 47.8
30-44	996	34.9	30.3 - 39.6	1871	61.3	57.5 - 65.0	2867	47.9	44.7 - 51.2
45-59	626	47.0	41.1 - 53.0	1031	62.3	57.5 - 66.9	1657	54.7	50.6 - 58.7
60+	446	64.5	57.2 - 71.1	705	76.0	70.5 - 80.8	1151	70.8	66.4 - 74.8
Total	2676	38.6	35.6 - 41.7	4315	61.9	59.2 - 64.6	6991	50.3	48.1 - 52.4

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 - Omani

Male							
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	559	19.9	16.5 - 23.3	39.5	35.1 - 43.8	40.6	36.3 - 45.0
30-44	858	28.3	24.5 - 32.0	34.0	30.3 - 37.6	37.8	34.0 - 41.5
45-59	510	20.6	16.8 - 24.4	48.7	43.6 - 53.8	30.7	26.3 - 35.2
60+	311	23.1	18.1 - 28.1	54.6	48.7 - 60.4	22.4	17.2 - 27.5
Total	2238	23.7	21.5 - 25.9	40.1	37.6 - 42.5	36.2	33.8 - 38.6

Composition of total physical activity - Omani

Female							
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	551	41.8	36.9 - 46.6	32.6	28.1 - 37.1	25.6	21.0 - 30.3
30-44	1558	48.4	45.0 - 51.7	32.0	28.9 - 35.2	19.6	17.2 - 21.9
45-59	827	50.2	46.0 - 54.5	30.8	27.0 - 34.6	18.9	15.5 - 22.3
60+	414	38.6	32.4 - 44.8	43.1	36.7 - 49.5	18.3	13.9 - 22.7
Total	3350	45.7	43.5 - 48.0	33.0	30.8 - 35.3	21.2	19.2 - 23.2

Composition of total physical activity - Omani

Total							
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	1110	29.9	26.8 - 33.0	36.3	33.2 - 39.4	33.8	30.6 - 36.9
30-44	2416	37.8	35.4 - 40.3	33.1	30.5 - 35.6	29.1	26.9 - 31.4
45-59	1337	35.2	31.9 - 38.4	39.9	36.4 - 43.4	24.9	22.0 - 27.9
60+	725	31.0	27.1 - 35.0	48.7	44.4 - 53.0	20.3	16.9 - 23.6
Total	5588	34.2	32.5 - 35.9	36.7	35.0 - 38.5	29.1	27.5 - 30.6

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 - 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	608	47.8	41.8 - 54.0	708	88.1	83.8 - 91.4	1316	67.6	63.4 - 71.5
30-44	996	58.6	53.5 - 63.6	1871	92.8	90.9 - 94.3	2867	75.5	72.3 - 78.5
45-59	626	75.3	69.5 - 80.3	1031	93.0	89.9 - 95.3	1657	84.2	80.9 - 87.0
60+	446	87.1	81.7 - 91.0	705	95.9	92.8 - 97.7	1151	91.9	89.1 - 94.0
Total	2676	61.0	57.9 - 63.9	4315	91.8	90.2 - 93.1	6991	76.4	74.4 - 78.2

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	615	238.4	217.0 - 259.8	717	234.5	214.8 - 254.3	1332	236.5	221.1 - 251.9
30-44	1014	208.4	192.0 - 224.9	1884	176.6	165.5 - 187.7	2898	192.8	182.1 - 203.5
45-59	632	168.2	151.8 - 184.7	1044	181.9	168.8 - 195.0	1676	175.1	164.3 - 185.9
60+	442	243.6	212.3 - 275.0	708	253.8	233.4 - 274.2	1150	249.2	230.7 - 267.7
Total	2703	214.1	202.4 - 225.8	4353	204.4	194.8 - 214.0	7056	209.3	200.8 - 217.8

**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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	61.8	55.3 - 67.9	721	55.6	49.9 - 61.1	1339	58.7	54.3 - 63.0
30-44	1015	60.1	54.9 - 65.0	1898	48.9	44.8 - 53.1	2913	54.6	51.1 - 57.9
45-59	635	66.1	60.1 - 71.7	1048	57.0	52.3 - 61.6	1683	61.6	57.6 - 65.4
60+	449	57.1	49.3 - 64.5	713	52.4	46.9 - 58.0	1162	54.5	49.9 - 59.1
Total	2717	61.4	58.1 - 64.7	4380	52.8	49.8 - 55.9	7097	57.1	54.6 - 59.6

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. - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	42.6	36.3 - 49.2	721	44.2	38.6 - 50.0	1339	43.4	38.9 - 48.0
30-44	1015	46.5	41.2 - 51.8	1898	38.7	34.7 - 42.8	2913	42.6	39.3 - 46.0
45-59	635	48.9	42.4 - 55.5	1048	43.1	38.5 - 47.8	1683	46.0	41.7 - 50.4
60+	449	48.0	40.1 - 56.1	713	37.5	32.3 - 43.1	1162	42.3	37.5 - 47.2
Total	2717	45.8	42.3 - 49.4	4380	41.0	38.1 - 44.0	7097	43.4	40.9 - 46.0

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	37.9	32.0 - 44.2	721	38.0	32.4 - 43.9	1339	37.9	33.7 - 42.3
30-44	1015	36.3	31.1 - 41.8	1898	33.9	30.0 - 38.0	2913	35.1	31.5 - 38.8
45-59	635	36.2	30.0 - 42.8	1048	39.2	34.8 - 43.8	1683	37.7	33.8 - 41.7
60+	449	43.4	35.6 - 51.6	713	36.5	31.2 - 42.1	1162	39.6	34.9 - 44.5
Total	2717	37.5	34.1 - 41.0	4380	36.4	33.6 - 39.3	7097	36.9	34.5 - 39.5

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. - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	22.6	17.8 - 28.2	721	27.3	22.1 - 33.2	1339	24.9	21.1 - 29.1
30-44	1015	24.3	19.5 - 29.7	1898	24.0	20.5 - 27.8	2913	24.1	20.9 - 27.7
45-59	635	25.3	19.5 - 32.2	1048	24.5	20.5 - 28.9	1683	24.9	21.1 - 29.2
60+	449	31.7	23.9 - 40.7	713	24.7	20.3 - 29.7	1162	27.9	23.4 - 32.8
Total	2717	24.6	21.5 - 28.1	4380	25.2	22.6 - 28.0	7097	24.9	22.5 - 27.4

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	46.4	40.5 - 52.5	721	41.0	35.4 - 46.8	1339	43.8	39.5 - 48.2
30-44	1015	44.6	39.3 - 50.1	1898	36.1	32.1 - 40.4	2913	40.4	36.8 - 44.2
45-59	635	44.5	38.1 - 51.0	1048	39.3	34.6 - 44.3	1683	41.9	37.6 - 46.3
60+	449	46.5	38.5 - 54.7	713	38.4	33.0 - 44.1	1162	42.1	37.1 - 47.1
Total	2717	45.4	41.8 - 48.9	4380	38.5	35.6 - 41.5	7097	41.9	39.4 - 44.5

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	87.5	82.6 - 91.2	721	84.9	80.6 - 88.3	1339	86.2	83.1 - 88.8
30-44	1015	85.0	81.4 - 88.0	1898	82.9	80.1 - 85.5	2913	84.0	81.7 - 86.0
45-59	635	90.0	86.2 - 92.8	1048	86.3	83.0 - 89.1	1683	88.2	85.6 - 90.4
60+	449	89.5	85.3 - 92.7	713	80.3	75.0 - 84.7	1162	84.5	81.0 - 87.4
Total	2717	87.1	84.9 - 89.1	4380	83.8	81.9 - 85.6	7097	85.5	84.0 - 86.9

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	47.5	41.8 - 53.2	721	45.7	39.8 - 51.8	1339	46.6	42.6 - 50.7
30-44	1015	51.9	46.6 - 57.1	1898	50.5	46.8 - 54.3	2913	51.2	47.7 - 54.7
45-59	635	54.5	48.5 - 60.3	1048	53.9	49.3 - 58.5	1683	54.2	50.4 - 58.0
60+	449	48.6	42.0 - 55.2	713	47.1	41.3 - 52.9	1162	47.7	43.3 - 52.2
Total	2717	50.6	47.5 - 53.8	4380	49.3	46.5 - 52.0	7097	50.0	47.7 - 52.2

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	83.2	78.6 - 87.0	721	81.5	77.0 - 85.2	1339	82.3	79.2 - 85.1
30-44	1015	82.2	78.0 - 85.7	1898	80.0	76.8 - 82.9	2913	81.1	78.3 - 83.6
45-59	635	81.7	76.9 - 85.7	1048	81.0	77.2 - 84.3	1683	81.4	78.3 - 84.2
60+	449	71.0	64.4 - 76.9	713	69.0	63.4 - 74.2	1162	69.9	65.6 - 73.9
Total	2717	81.4	78.9 - 83.6	4380	79.4	77.1 - 81.5	7097	80.4	78.5 - 82.1

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. - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	44.8	38.5 - 51.3	721	46.1	40.5 - 51.8	1339	45.4	41.0 - 49.9
30-44	1015	41.7	36.8 - 46.8	1898	42.0	37.8 - 46.3	2913	41.8	38.3 - 45.5
45-59	635	44.0	37.7 - 50.6	1048	47.8	43.0 - 52.7	1683	45.9	41.8 - 50.2
60+	449	52.9	46.1 - 59.6	713	42.4	36.7 - 48.2	1162	47.1	42.5 - 51.8
Total	2717	44.2	40.9 - 47.5	4380	44.4	41.5 - 47.3	7097	44.3	41.8 - 46.8

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	62.3	56.1 - 68.1	721	58.4	52.4 - 64.2	1339	60.4	56.0 - 64.6
30-44	1015	62.8	57.5 - 67.9	1898	61.5	57.7 - 65.2	2913	62.2	58.8 - 65.5
45-59	635	66.1	60.0 - 71.6	1048	65.3	61.1 - 69.3	1683	65.7	61.9 - 69.2
60+	449	56.5	49.6 - 63.1	713	55.0	49.5 - 60.3	1162	55.6	51.2 - 60.0
Total	2717	62.6	59.1 - 66.1	4380	60.5	57.6 - 63.3	7097	61.6	59.0 - 64.0

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	94.1	90.9 - 96.2	721	91.6	87.9 - 94.3	1339	92.9	90.5 - 94.7
30-44	1015	88.0	84.1 - 91.1	1898	87.0	84.3 - 89.2	2913	87.5	84.9 - 89.7
45-59	635	90.0	85.2 - 93.4	1048	90.6	87.8 - 92.8	1683	90.3	87.7 - 92.4
60+	449	94.8	91.2 - 97.0	713	91.0	87.6 - 93.5	1162	92.7	90.4 - 94.5
Total	2717	91.0	88.9 - 92.7	4380	89.5	87.9 - 91.0	7097	90.3	88.8 - 91.5

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. - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	78.9	73.7 - 83.4	721	70.6	65.6 - 75.2	1339	74.9	71.1 - 78.2
30-44	1015	74.5	70.0 - 78.6	1898	72.1	68.7 - 75.3	2913	73.3	70.4 - 76.1
45-59	635	79.9	74.4 - 84.5	1048	78.7	74.4 - 82.3	1683	79.3	75.8 - 82.4
60+	449	75.5	69.1 - 80.8	713	71.3	65.8 - 76.2	1162	73.2	69.0 - 76.9
Total	2717	77.0	74.1 - 79.6	4380	72.7	70.2 - 75.1	7097	74.9	72.7 - 76.9

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 - Omani							
Male							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	618	72.0	66.3 - 77.1	22.7	18.1 - 28.1	4.6	2.7 - 7.8
30-44	1015	64.9	60.0 - 69.4	30.4	26.0 - 35.2	4.4	2.9 - 6.7
45-59	635	56.2	49.9 - 62.3	37.2	31.4 - 43.4	6.2	4.0 - 9.5
60+	449	26.6	21.0 - 33.1	51.1	44.9 - 57.4	18.9	14.0 - 25.0
Total	2717	61.9	58.9 - 64.8	31.2	28.4 - 34.2	6.2	5.1 - 7.6

General health - Omani					
Male					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	618	0.6*	0.1 - 4.3	0.0*	0.0 - 0.0
30-44	1015	0.3*	0.1 - 1.0	0.0*	0.0 - 0.0
45-59	635	0.4*	0.1 - 1.2	0.0*	0.0 - 0.0
60+	449	3.3*	1.7 - 6.1	0.1*	0.0 - 0.7
Total	2717	0.7	0.4 - 1.3	0.0*	0.0 - 0.1

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

General health - Omani

Female							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	721	65.0	59.6 - 70.1	29.5	24.9 - 34.6	5.0	3.2 - 7.9
30-44	1898	56.2	52.8 - 59.6	37.3	34.1 - 40.8	5.9	4.5 - 7.9
45-59	1048	36.2	32.1 - 40.5	51.3	46.8 - 55.7	12.2	9.6 - 15.3
60+	713	15.7	12.2 - 20.1	53.4	47.6 - 59.1	29.1	23.9 - 34.9
Total	4380	50.6	48.0 - 53.2	39.3	36.9 - 41.8	9.5	8.2 - 10.9

General health - Omani

Female					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	721	0.5*	0.1 - 1.5	0.0*	0.0 - 0.0
30-44	1898	0.5*	0.2 - 1.2	0.0*	0.0 - 0.1
45-59	1048	0.3*	0.1 - 0.9	0.0*	0.0 - 0.0
60+	713	1.6	0.8 - 3.0	0.2*	0.0 - 1.5
Total	4380	0.6	0.4 - 0.9	0.0*	0.0 - 0.2

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

General health - Omani

Total							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	1339	68.6	64.5 - 72.4	26.1	22.6 - 29.8	4.8	3.4 - 6.9
30-44	2913	60.6	57.5 - 63.6	33.9	31.0 - 36.8	5.2	4.1 - 6.6
45-59	1683	46.2	42.3 - 50.1	44.3	40.4 - 48.2	9.2	7.4 - 11.3
60+	1162	20.6	17.3 - 24.5	52.4	48.1 - 56.6	24.5	20.7 - 28.6
Total	7097	56.2	54.1 - 58.3	35.3	33.3 - 37.3	7.8	7.0 - 8.8

General health - Omani

Total					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	1339	0.5*	0.2 - 1.9	0.0*	0.0 - 0.0
30-44	2913	0.4*	0.2 - 0.8	0.0*	0.0 - 0.0
45-59	1683	0.4*	0.2 - 0.8	0.0*	0.0 - 0.0
60+	1162	2.4	1.5 - 3.7	0.2*	0.0 - 0.7
Total	7097	0.6	0.4 - 1.0	0.0*	0.0 - 0.1

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

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	6.3	3.8 - 10.3	721	6.8	4.4 - 10.4	1339	6.5	4.6 - 9.3
30-44	1015	11.2	8.4 - 14.9	1898	12.9	10.6 - 15.5	2913	12.0	10.2 - 14.1
45-59	635	15.6	11.5 - 20.8	1048	22.1	18.4 - 26.3	1683	18.9	16.0 - 22.1
60+	449	37.7	30.7 - 45.3	713	38.6	33.2 - 44.3	1162	38.2	33.8 - 42.7
Total	2717	13.0	11.0 - 15.2	4380	15.6	14.0 - 17.4	7097	14.3	13.0 - 15.8

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

Age Categories (Years)	Male						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	35	-	-	-	-	-	-
30-44	103	29.4	16.6 - 46.5	44.2	30.0 - 59.3	26.5	15.9 - 40.6
45-59	106	18.1	9.6 - 31.5	21.1	11.5 - 35.6	60.8	45.4 - 74.3
60+	166	28.9	19.4 - 40.6	27.8	18.5 - 39.6	43.3	29.7 - 58.0
Total	410	24.6	18.1 - 32.5	35.9	28.8 - 43.7	39.5	31.9 - 47.7

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

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

Age Categories (Years)	Female						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	49	-	-	-	-	-	-
30-44	232	24.2	17.0 - 33.2	44.8	34.1 - 56.0	31.0	22.0 - 41.7
45-59	220	29.4	20.4 - 40.4	41.6	32.0 - 52.0	28.9	21.2 - 38.2
60+	274	37.2	29.3 - 46.0	47.2	39.0 - 55.5	15.6	10.4 - 22.5
Total	775	30.2	25.3 - 35.5	44.4	38.5 - 50.6	25.4	20.7 - 30.7

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

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

Age Categories (Years)	Total						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	84	23.2	12.7 - 38.6	47.7	29.6 - 66.4	29.1	15.5 - 47.9
30-44	335	26.6	19.1 - 35.8	44.5	35.4 - 53.9	28.9	21.7 - 37.3
45-59	326	24.7	17.9 - 33.1	33.2	25.6 - 41.8	42.1	33.3 - 51.3
60+	440	33.5	27.2 - 40.5	38.6	31.9 - 45.7	27.9	20.3 - 37.1
Total	1185	27.6	23.5 - 32.2	40.6	35.9 - 45.4	31.8	27.4 - 36.5

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

Male							
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	23	-	-	-	-	-	-
30-44	62	9.3*	3.0 - 25.6	24.1*	11.7 - 43.3	66.5	47.6 - 81.3
45-59	42	-	-	-	-	-	-
60+	113	2.4*	0.6 - 8.8	8.2*	2.9 - 21.5	89.3	76.9 - 95.5
Total	240	8.3	4.3 - 15.3	15.0	8.8 - 24.4	76.7	67.0 - 84.3

- 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 $\geq 50\%$).

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

Female							
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	32	-	-	-	-	-	-
30-44	157	14.6	7.5 - 26.6	13.1	7.2 - 22.6	72.3	60.0 - 82.0
45-59	146	8.4	3.3 - 19.9	19.6	11.6 - 31.1	72.0	59.0 - 82.1
60+	227	4.7	2.1 - 10.1	8.9	5.1 - 15.1	86.4	79.3 - 91.4
Total	562	9.4	6.3 - 13.9	15.4	10.6 - 21.7	75.2	68.1 - 81.2

- 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) - Omani

Total							
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	55	11.0*	4.8 - 23.4	16.9*	5.5 - 41.6	72.1	50.1 - 86.9
30-44	219	12.1	6.7 - 20.9	18.4	11.1 - 29.0	69.5	58.5 - 78.7
45-59	188	9.6	4.6 - 19.2	18.1	11.3 - 27.8	72.2	61.2 - 81.2
60+	340	3.9	1.9 - 7.6	8.7	5.2 - 14.1	87.5	81.6 - 91.6
Total	802	9.0	6.2 - 12.8	15.2	11.1 - 20.5	75.8	69.7 - 81.1

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

7 NCDs Screening

National screening awareness Description: Percentage of Omani population aged 35 and older who are aware of national screening for NCDs

Instrument question:

X43: Have you ever heard about the national screening for non-communicable diseases service in Oman?

Aware of national screening for NCDs (among Omanis aged 35+ years) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
35-44	747	67.9	61.7 - 73.5	1343	75.7	71.7 - 79.4	2090	71.8	68.0 - 75.3
45-59	635	78.5	73.2 - 83.0	1048	77.9	74.3 - 81.1	1683	78.2	74.9 - 81.1
60+	449	66.9	60.8 - 72.5	713	63.3	57.4 - 68.8	1162	64.9	60.7 - 68.9
Total	1831	71.2	67.5 - 74.6	3104	73.9	71.2 - 76.5	4935	72.6	70.2 - 74.8

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 - Omani

Age Categories (Years)	n	Female	
		% ever tested	95% CI
18-29	720	2.7	1.4 - 5.3
30-44	1883	9.3	7.3 - 11.9
45-59	1043	20.3	16.8 - 24.2
60+	688	13.5	9.9 - 18.2
Total	4334	9.7	8.5 - 11.2

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

Age Categories (Years)	n	Female	
		% ever tested	95% CI
30-49	2331	10.6	8.7 - 12.9

**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?

Vaccinated against HPV - Omani			
		Female	
Age Categories (Years)	n	%	95% CI
18-29	721	0.8*	0.2 - 3.5
30-44	1898	0.7	0.3 - 1.4
45-59	1048	1.6*	0.6 - 3.9
60+	713	1.6*	0.5 - 4.9
Total	4380	1.0	0.6 - 1.7

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	721	11.0	7.8 - 15.4
30-44	1898	23.1	20.2 - 26.3
45-59	1048	37.8	33.8 - 42.0
60+	713	22.3	17.9 - 27.3
Total	4380	22.0	20.0 - 24.0

Do self-breast exams - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	721	23.1	18.5 - 28.4
30-44	1898	50.0	46.4 - 53.6
45-59	1048	50.5	46.0 - 55.0
60+	713	18.5	14.4 - 23.5
Total	4380	38.1	35.7 - 40.6

Had mammogram - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	721	1.7	0.8 - 3.4
30-44	1898	10.3	8.0 - 13.3
45-59	1048	34.5	30.3 - 38.9
60+	713	28.5	23.5 - 34.0
Total	4380	14.1	12.6 - 15.9

Ever diagnosed with breast cancer - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	721	0.2*	0.0 - 0.8
30-44	1898	0.2*	0.1 - 0.5
45-59	1048	1.6	0.9 - 2.9
60+	713	1.2*	0.5 - 2.9
Total	4380	0.6	0.4 - 0.9

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

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 - 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	618	16.5	12.8 - 21.0	81.0	76.2 - 85.0	1.6*	0.5 - 5.3	1.0*	0.4 - 2.1
30-44	1015	13.9	10.7 - 17.9	78.6	73.9 - 82.6	4.0	2.4 - 6.6	3.5	1.8 - 6.6
45-59	635	7.1	4.5 - 10.9	68.9	62.9 - 74.3	18.2	13.9 - 23.4	5.9	3.7 - 9.2
60+	449	4.2	2.1 - 8.2	45.8	39.0 - 52.7	38.1	31.7 - 45.0	11.9	8.1 - 17.1
Total	2717	12.5	10.6 - 14.7	74.4	71.7 - 76.9	9.1	7.6 - 10.8	3.9	2.9 - 5.2

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

Blood pressure measurement and diagnosis - 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	721	16.2	12.7 - 20.5	82.1	77.2 - 86.1	0.6*	0.2 - 1.6	1.2*	0.3 - 4.4
30-44	1898	7.1	5.6 - 8.9	87.3	85.1 - 89.3	3.6	2.6 - 4.9	2.0	1.3 - 3.1
45-59	1048	5.3	3.7 - 7.5	70.3	66.1 - 74.1	19.0	15.7 - 22.8	5.4	3.7 - 8.0
60+	713	4.0	2.2 - 7.1	36.6	31.4 - 42.1	48.7	42.8 - 54.5	10.8	7.8 - 14.7
Total	4380	9.2	7.8 - 10.9	76.7	74.7 - 78.6	10.7	9.5 - 12.0	3.4	2.7 - 4.3

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

Blood pressure measurement and diagnosis - 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	1339	16.3	13.6 - 19.5	81.5	78.1 - 84.5	1.1*	0.4 - 2.8	1.1	0.5 - 2.4
30-44	2913	10.5	8.7 - 12.7	82.9	80.3 - 85.2	3.8	2.7 - 5.2	2.8	1.8 - 4.3
45-59	1683	6.2	4.6 - 8.3	69.6	66.0 - 73.0	18.6	15.8 - 21.7	5.6	4.1 - 7.7
60+	1162	4.1	2.6 - 6.3	40.7	36.4 - 45.2	43.9	39.5 - 48.4	11.3	8.8 - 14.3
Total	7097	10.9	9.6 - 12.3	75.6	73.8 - 77.2	9.9	8.9 - 11.0	3.7	3.0 - 4.4

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

Mean age when diagnosed with raised blood pressure - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	14	-	-	12	-	-	26	-	-
30-44	70	33.9	31.8 - 35.9	108	33.1	31.3 - 34.9	178	33.5	32.1 - 35.0
45-59	138	44.9	42.9 - 47.0	245	44.0	42.5 - 45.6	383	44.5	43.2 - 45.8
60+	226	55.9	54.0 - 57.8	413	54.3	52.4 - 56.1	639	54.9	53.6 - 56.3
Total	448	44.8	42.7 - 46.9	778	46.5	44.9 - 48.1	1226	45.7	44.3 - 47.1

- 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) - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	275	3.5*	0.7 - 14.7
30-44	1748	2.7	1.8 - 4.0
45-59	996	6.3	4.3 - 9.3
60+	700	10.1	6.9 - 14.7
Total	3719	4.8	3.8 - 6.2

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	14	-	-	12	-	-	26	-	-
30-44	70	41.9	24.4 - 61.7	108	54.3	40.6 - 67.3	178	47.1	34.8 - 59.8
45-59	138	81.1	70.3 - 88.6	245	84.2	77.6 - 89.2	383	82.7	76.6 - 87.4
60+	226	90.9	83.8 - 95.1	414	95.3	91.7 - 97.4	640	93.5	90.2 - 95.8
Total	448	70.9	62.3 - 78.3	779	82.3	76.9 - 86.6	1227	76.8	71.9 - 81.2

- 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 - 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	14	-	-	12	-	-	26	-	-
30-44	70	21.8*	8.9 - 44.1	108	9.2*	4.0 - 19.7	178	16.5	8.1 - 30.5
45-59	138	12.4	5.8 - 24.6	245	5.0	2.4 - 10.1	383	8.7	4.9 - 15.0
60+	226	8.6	4.1 - 17.1	414	5.4	2.8 - 10.4	640	6.7	4.1 - 10.9
Total	448	12.8	8.1 - 19.7	779	5.8	3.8 - 8.7	1227	9.1	6.4 - 12.9

- 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 - 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	14	-	-	12	-	-	26	-	-
30-44	70	36.0*	17.6 - 59.7	108	8.1*	2.7 - 22.1	178	24.3	12.7 - 41.7
45-59	138	11.7	5.2 - 24.2	245	10.4	5.8 - 17.9	383	11.1	6.7 - 17.7
60+	226	8.6	4.1 - 17.3	414	4.0	1.9 - 8.2	640	5.9	3.4 - 9.9
Total	448	15.5	9.5 - 24.3	779	6.6	4.3 - 9.9	1227	10.9	7.6 - 15.4

- 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 - 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	618	36.7	31.2 - 42.5	63.3	57.5 - 68.7	0.0*	0.0 - 0.2	0.0*	0.0 - 0.0
30-44	1015	23.5	19.3 - 28.3	74.4	69.7 - 78.6	1.3	0.8 - 2.2	0.7	0.3 - 1.5
45-59	635	13.5	9.8 - 18.4	68.4	62.1 - 74.1	14.9	11.0 - 20.0	3.1	1.7 - 5.8
60+	449	6.8	4.2 - 10.8	56.9	49.5 - 64.0	31.6	24.7 - 39.4	4.7	2.9 - 7.6
Total	2717	24.3	21.7 - 27.1	68.1	65.1 - 70.9	6.3	5.1 - 7.7	1.3	0.9 - 1.9

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

Blood sugar measurement and diagnosis - 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	721	29.0	24.3 - 34.2	70.5	65.3 - 75.2	0.2*	0.0 - 1.2	0.3*	0.1 - 1.0
30-44	1898	12.8	10.6 - 15.3	80.9	78.2 - 83.4	3.8	2.8 - 5.3	2.5	1.5 - 4.0
45-59	1048	9.2	7.1 - 11.8	70.8	66.7 - 74.7	15.2	12.4 - 18.5	4.8	3.2 - 7.2
60+	713	6.6	4.3 - 10.1	54.6	49.1 - 60.0	31.0	26.0 - 36.5	7.7	4.9 - 11.9
Total	4380	16.4	14.5 - 18.4	72.8	70.6 - 74.9	7.9	6.9 - 9.1	2.8	2.2 - 3.6

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

Blood sugar measurement and diagnosis - 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	1339	32.9	29.1 - 36.9	66.8	62.8 - 70.6	0.1*	0.0 - 0.6	0.2*	0.0 - 0.5
30-44	2913	18.2	15.7 - 21.0	77.6	74.9 - 80.2	2.6	2.0 - 3.4	1.6	1.1 - 2.4
45-59	1683	11.3	9.0 - 14.1	69.6	65.9 - 73.1	15.1	12.6 - 18.0	4.0	2.8 - 5.7
60+	1162	6.7	4.9 - 9.2	55.7	51.1 - 60.1	31.3	27.1 - 35.8	6.4	4.5 - 8.9
Total	7097	20.3	18.7 - 22.1	70.5	68.5 - 72.3	7.1	6.3 - 8.0	2.1	1.7 - 2.6

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

Mean age when diagnosed with diabetes - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	32.8	30.7 - 34.9	156	32.5	30.8 - 34.2
45-59	105	43.5	41.0 - 46.0	194	43.8	42.1 - 45.5	299	43.7	42.2 - 45.1
60+	160	53.1	51.2 - 54.9	275	52.1	50.2 - 54.0	435	52.5	51.2 - 53.9
Total	307	46.6	44.7 - 48.4	593	44.4	43.0 - 45.8	900	45.3	44.2 - 46.4

- 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?

Ever had retinal exam (among diagnosed diabetics) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	55.8	41.8 - 68.9	156	61.6	49.6 - 72.3
45-59	105	72.6	58.5 - 83.2	194	83.1	73.9 - 89.5	299	78.1	70.0 - 84.5
60+	160	86.2	75.1 - 92.8	275	92.9	87.0 - 96.2	435	90.0	84.5 - 93.6
Total	307	79.6	71.6 - 85.7	593	80.9	74.9 - 85.7	900	80.3	75.8 - 84.2

- 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) - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	275	0.8*	0.2 - 3.0
30-44	1748	5.0	3.6 - 6.8
45-59	996	9.4	6.9 - 12.7
60+	700	9.6	6.4 - 14.2
Total	3719	6.2	5.2 - 7.5

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	65.9	51.8 - 77.7	156	72.2	60.6 - 81.4
45-59	105	87.4	76.9 - 93.6	194	87.6	79.6 - 92.8	299	87.5	81.4 - 91.8
60+	160	90.5	80.9 - 95.6	275	96.8	93.4 - 98.5	435	94.1	89.7 - 96.7
Total	307	89.3	83.4 - 93.2	593	85.7	81.0 - 89.5	900	87.2	83.7 - 90.1

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

Currently taking insulin prescribed for diabetes among those previously diagnosed - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	17.9	9.3 - 31.6	156	18.7	11.1 - 29.6
45-59	105	13.5	7.2 - 24.0	194	27.6	19.4 - 37.7	299	21.0	15.3 - 28.1
60+	160	19.3	11.9 - 29.8	275	27.4	20.3 - 35.8	435	23.8	18.4 - 30.4
Total	307	17.0	12.0 - 23.4	593	25.4	20.5 - 31.1	900	21.9	18.3 - 26.1

- Estimates are suppressed due to a small number of respondents (n < 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 - 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	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	8.0*	3.0 - 19.5	156	6.7*	2.7 - 15.4
45-59	105	9.0*	3.6 - 20.7	194	5.0*	2.2 - 10.7	299	6.9	3.7 - 12.6
60+	160	6.3*	2.6 - 14.3	275	4.6*	1.8 - 11.3	435	5.3	2.8 - 9.9
Total	307	7.0	3.8 - 12.6	593	5.4	3.2 - 9.0	900	6.1	4.1 - 9.0

- 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 - 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	2	-	-	8	-	-	10	-	-
30-44	40	-	-	116	8.2*	3.1 - 19.9	156	9.0	4.2 - 18.0
45-59	105	9.5	3.9 - 21.3	194	5.4	2.7 - 10.6	299	7.4	4.0 - 13.1
60+	160	8.5*	3.4 - 19.5	275	4.8*	2.0 - 11.3	435	6.4	3.3 - 12.0
Total	307	9.2	5.3 - 15.7	593	5.7	3.5 - 9.2	900	7.2	4.9 - 10.4

- 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 - 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	618	76.7	71.7 - 81.0	22.7	18.4 - 27.7	0.2*	0.1 - 0.6	0.5*	0.1 - 1.9
30-44	1015	45.2	40.2 - 50.3	44.9	39.9 - 49.9	5.8	3.9 - 8.7	4.0	2.5 - 6.5
45-59	635	21.1	16.8 - 26.1	50.8	44.7 - 56.9	19.4	14.9 - 24.9	8.7	6.0 - 12.3
60+	449	12.3	9.0 - 16.6	47.3	40.1 - 54.6	31.3	25.5 - 37.7	9.1	5.8 - 13.8
Total	2717	47.7	44.6 - 50.9	39.1	36.1 - 42.2	8.9	7.5 - 10.6	4.2	3.3 - 5.4

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

Total cholesterol measurement and diagnosis - 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	721	77.6	73.4 - 81.2	21.3	17.7 - 25.4	0.8*	0.3 - 2.6	0.3*	0.1 - 0.8
30-44	1898	43.8	40.0 - 47.6	49.1	45.3 - 52.9	3.0	2.0 - 4.4	4.2	2.9 - 5.8
45-59	1048	21.6	18.3 - 25.3	49.9	45.4 - 54.3	22.0	18.9 - 25.5	6.5	4.7 - 9.0
60+	713	10.8	7.8 - 14.8	33.8	28.6 - 39.3	43.1	37.5 - 48.8	12.4	8.9 - 16.9
Total	4380	46.3	43.9 - 48.8	38.9	36.6 - 41.2	10.4	9.3 - 11.7	4.3	3.6 - 5.3

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

Total cholesterol measurement and diagnosis - 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	1339	77.1	73.9 - 80.1	22.0	19.1 - 25.3	0.5	0.2 - 1.3	0.4	0.1 - 1.0
30-44	2913	44.5	41.3 - 47.7	47.0	43.7 - 50.2	4.4	3.3 - 6.0	4.1	3.1 - 5.4
45-59	1683	21.3	18.4 - 24.6	50.3	46.6 - 54.1	20.7	18.0 - 23.8	7.6	5.9 - 9.7
60+	1162	11.5	9.2 - 14.2	39.9	35.6 - 44.4	37.7	33.6 - 42.0	10.9	8.4 - 14.0
Total	7097	47.0	45.0 - 49.1	39.0	37.0 - 41.0	9.7	8.7 - 10.7	4.3	3.7 - 5.0

Mean age when diagnosed with raised cholesterol - 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	-	-	13	-	-	22	-	-
30-44	104	35.3	34.1 - 36.5	128	36.4	34.7 - 38.1	232	35.8	34.8 - 36.8
45-59	173	46.3	44.6 - 48.1	273	46.7	45.7 - 47.8	446	46.5	45.5 - 47.6
60+	188	56.5	54.7 - 58.4	389	57.1	55.6 - 58.5	577	56.9	55.7 - 58.0
Total	474	45.6	44.0 - 47.2	803	48.7	47.4 - 50.0	1277	47.3	46.3 - 48.3

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	9	-	-	13	-	-	22	-	-
30-44	104	26.2	14.9 - 41.7	128	28.4	18.2 - 41.5	232	27.1	18.8 - 37.4
45-59	173	49.9	38.8 - 61.1	273	70.6	62.3 - 77.8	446	60.4	53.1 - 67.2
60+	188	78.9	69.4 - 86.0	389	87.3	81.1 - 91.7	577	84.2	78.9 - 88.3
Total	474	51.3	44.5 - 58.1	803	68.3	62.9 - 73.2	1277	60.3	55.9 - 64.6

- 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 - 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	9	-	-	13	-	-	22	-	-
30-44	104	14.7*	6.4 - 30.4	128	1.4*	0.2 - 8.3	232	9.2	4.1 - 19.1
45-59	173	6.1*	2.1 - 16.4	273	5.3	2.7 - 9.9	446	5.7	3.0 - 10.5
60+	188	6.5*	2.6 - 15.6	389	5.0	2.2 - 10.8	577	5.6	3.0 - 10.0
Total	474	8.8	5.1 - 14.7	803	4.3	2.6 - 7.1	1277	6.4	4.3 - 9.5

- 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 - 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	9	-	-	13	-	-	22	-	-
30-44	104	15.1*	6.1 - 32.7	128	4.8*	2.0 - 11.1	232	10.8	5.0 - 21.6
45-59	173	7.5*	3.0 - 17.2	273	5.8	3.1 - 10.7	446	6.6	3.8 - 11.5
60+	188	9.6*	4.1 - 20.6	389	3.6	1.5 - 8.2	577	5.8	3.1 - 10.7
Total	474	10.3	6.1 - 16.8	803	4.5	2.9 - 7.0	1277	7.2	4.8 - 10.7

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	618	0.1*	0.0 - 0.4	721	0.9*	0.2 - 4.2	1339	0.5*	0.1 - 2.0
30-44	1015	1.6	0.8 - 3.2	1898	0.6	0.3 - 1.2	2913	1.1	0.6 - 1.9
45-59	635	4.5	2.5 - 8.0	1048	3.0	1.8 - 5.2	1683	3.8	2.4 - 5.9
60+	449	10.8	7.5 - 15.4	713	9.3	6.3 - 13.3	1162	10.0	7.6 - 12.9
Total	2717	2.5	1.9 - 3.4	4380	2.2	1.6 - 3.0	7097	2.3	1.9 - 2.9

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29	618	0.0*	0.0 - 0.0	721	0.0*	0.0 - 0.1	1339	0.0*	0.0 - 0.1
30-44	1015	0.7*	0.3 - 1.7	1898	1.4	0.7 - 2.8	2913	1.0	0.6 - 1.8
45-59	635	8.0	5.2 - 12.1	1048	6.7	4.7 - 9.5	1683	7.4	5.6 - 9.7
60+	449	28.3	22.5 - 34.9	713	24.1	19.9 - 28.9	1162	26.0	22.4 - 30.0
Total	2717	4.4	3.6 - 5.5	4380	4.6	3.8 - 5.5	7097	4.5	3.9 - 5.2

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

Currently taking statins regularly to prevent or treat heart disease - Omani

Age Categories (Years)	Male			Female			Total		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29	618	0.3*	0.1 - 2.2	721	0.1*	0.0 - 0.2	1339	0.2*	0.0 - 1.0
30-44	1015	1.9	1.0 - 3.4	1898	1.4	0.8 - 2.5	2913	1.7	1.1 - 2.5
45-59	635	15.1	10.8 - 20.6	1048	19.0	15.5 - 23.2	1683	17.0	14.3 - 20.3
60+	449	33.4	27.5 - 39.9	713	47.0	41.5 - 52.6	1162	40.9	36.7 - 45.1
Total	2717	6.8	5.7 - 8.2	4380	9.5	8.3 - 10.8	7097	8.2	7.3 - 9.1

* Estimates are based on a small number of respondents with the characteristic (≤ 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?

Taken weight-loss medications - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI
18-29	618	0.6*	0.2 - 2.0	721	0.8*	0.3 - 2.4	1339	0.7	0.3 - 1.6
30-44	1015	2.1	1.1 - 3.9	1898	3.8	2.5 - 5.7	2913	2.9	2.1 - 4.1
45-59	635	1.4*	0.6 - 3.3	1048	1.7	0.9 - 3.2	1683	1.5	0.9 - 2.6
60+	449	1.2*	0.3 - 4.8	713	0.8*	0.3 - 2.3	1162	0.9*	0.4 - 2.4
Total	2717	1.4	0.9 - 2.2	4380	2.1	1.5 - 3.0	7097	1.8	1.3 - 2.3

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

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	9.9	7.3 - 13.4	721	6.3	4.2 - 9.3	1339	8.2	6.4 - 10.4
30-44	1015	13.2	10.1 - 17.2	1898	7.2	5.7 - 9.1	2913	10.2	8.4 - 12.4
45-59	635	18.8	14.7 - 23.8	1048	8.0	5.8 - 10.8	1683	13.4	10.9 - 16.4
60+	449	22.3	16.9 - 28.7	713	6.0	3.9 - 9.2	1162	13.4	10.3 - 17.2
Total	2717	14.1	12.1 - 16.2	4380	6.9	5.8 - 8.2	7097	10.5	9.3 - 11.8

Advised by doctor or health worker to reduce salt in the diet - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	16.3	12.5 - 21.0	721	19.6	15.6 - 24.3	1339	17.9	15.0 - 21.2
30-44	1015	21.9	18.0 - 26.3	1898	29.0	25.8 - 32.4	2913	25.4	22.8 - 28.2
45-59	635	33.9	28.8 - 39.3	1048	39.9	35.6 - 44.3	1683	36.9	33.4 - 40.4
60+	449	53.2	45.2 - 61.0	713	55.2	49.8 - 60.4	1162	54.3	49.4 - 59.0
Total	2717	25.3	22.8 - 28.0	4380	31.1	29.0 - 33.3	7097	28.2	26.4 - 30.0

Advised by doctor or health worker to eat at least five servings of fruit and/or vegetables each day - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	23.3	18.6 - 28.7	721	30.4	25.3 - 36.1	1339	26.8	23.0 - 30.9
30-44	1015	24.7	20.6 - 29.3	1898	37.8	34.5 - 41.2	2913	31.2	28.5 - 34.0
45-59	635	35.0	29.8 - 40.5	1048	43.8	39.4 - 48.4	1683	39.4	35.8 - 43.1
60+	449	54.5	46.6 - 62.2	713	53.3	47.9 - 58.6	1162	53.8	49.1 - 58.5
Total	2717	29.0	26.2 - 32.0	4380	38.4	36.0 - 40.9	7097	33.7	31.8 - 35.7

Advised by doctor or health worker to reduce fat in the diet - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	22.1	17.5 - 27.5	721	24.9	20.5 - 30.0	1339	23.5	20.2 - 27.2
30-44	1015	27.9	23.6 - 32.7	1898	35.7	32.4 - 39.1	2913	31.8	28.9 - 34.8
45-59	635	44.7	39.0 - 50.6	1048	51.2	46.9 - 55.4	1683	48.0	44.3 - 51.7
60+	449	59.5	51.7 - 66.8	713	59.9	54.6 - 65.0	1162	59.7	55.1 - 64.2
Total	2717	32.2	29.3 - 35.1	4380	38.0	35.7 - 40.3	7097	35.1	33.2 - 37.0

Advised by doctor or health worker to start or do more physical activity - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	27.0	22.0 - 32.6	721	26.6	22.1 - 31.6	1339	26.8	23.4 - 30.4
30-44	1015	32.4	27.7 - 37.6	1898	40.2	36.6 - 43.9	2913	36.3	33.1 - 39.5
45-59	635	46.5	40.7 - 52.4	1048	55.8	51.5 - 60.0	1683	51.2	47.4 - 54.9
60+	449	56.5	48.9 - 63.8	713	55.4	50.0 - 60.7	1162	55.9	51.3 - 60.4
Total	2717	35.6	32.7 - 38.6	4380	40.6	38.3 - 43.0	7097	38.1	36.1 - 40.1

Advised by doctor or health worker to maintain a healthy body weight or to lose weight - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	23.3	18.8 - 28.5	721	26.2	21.7 - 31.2	1339	24.7	21.5 - 28.3
30-44	1015	30.8	26.2 - 35.7	1898	39.6	36.3 - 43.0	2913	35.2	32.3 - 38.1
45-59	635	42.7	37.1 - 48.4	1048	51.6	47.2 - 56.0	1683	47.2	43.6 - 50.7
60+	449	48.3	40.4 - 56.3	713	53.6	48.3 - 59.0	1162	51.2	46.6 - 55.9
Total	2717	32.2	29.5 - 35.1	4380	39.3	37.0 - 41.6	7097	35.8	33.9 - 37.7

Advised by doctor or health worker to reduce sugary beverages in diet - Omani

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	618	25.6	20.8 - 30.9	721	28.3	23.4 - 33.6	1339	26.9	23.4 - 30.7
30-44	1015	28.4	24.0 - 33.3	1898	38.7	35.5 - 42.1	2913	33.5	30.6 - 36.6
45-59	635	40.1	34.5 - 45.9	1048	45.3	40.7 - 49.9	1683	42.7	39.0 - 46.5
60+	449	57.4	50.2 - 64.3	713	54.8	49.1 - 60.3	1162	56.0	51.4 - 60.5
Total	2717	32.4	29.6 - 35.4	4380	38.6	36.2 - 41.0	7097	35.5	33.5 - 37.5

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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	3.6	2.1 - 6.3	721	4.2	2.3 - 7.5	1339	3.9	2.5 - 6.0
30-44	1015	3.0	1.8 - 5.2	1898	3.1	2.1 - 4.4	2913	3.0	2.2 - 4.2
45-59	635	2.3	1.2 - 4.2	1047	5.0	3.5 - 7.2	1682	3.6	2.7 - 5.0
60+	448	6.3	3.5 - 11.2	713	8.3	5.8 - 11.9	1161	7.4	5.4 - 10.1
Total	2716	3.4	2.5 - 4.6	4379	4.4	3.4 - 5.6	7095	3.9	3.2 - 4.7

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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	23	-	-	28	-	-	51	33.4	18.4 - 52.7
30-44	31	-	-	67	43.4	26.5 - 62.0	98	49.8	33.6 - 66.1
45-59	19	-	-	62	38.2	23.1 - 56.1	81	34.2	21.8 - 49.3
60+	27	-	-	62	61.0	40.2 - 78.5	89	64.0	46.5 - 78.4
Total	100	42.4	28.4 - 57.8	219	46.7	35.2 - 58.6	319	44.9	36.0 - 54.1

- 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 - Omani

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	618	1.7	0.7 - 3.8	1.8	0.9 - 3.4	6.8	4.2 - 10.8
30-44	1014	3.5	2.1 - 5.9	4.0	2.4 - 6.4	5.3	3.5 - 7.9
45-59	632	3.2	1.6 - 6.1	2.0	1.0 - 4.2	6.8	4.4 - 10.3
60+	448	6.0	3.3 - 10.8	3.4	1.8 - 6.1	10.2	6.5 - 15.6
Total	2712	3.1	2.2 - 4.3	2.9	2.0 - 4.0	6.5	5.2 - 8.1

Chronic respiratory symptoms - Omani

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	720	3.1	1.7 - 5.5	4.1	2.4 - 6.9	13.4	9.6 - 18.3
30-44	1895	3.1	2.1 - 4.5	3.9	2.9 - 5.3	12.6	10.3 - 15.4
45-59	1048	4.7	3.1 - 7.0	5.2	3.6 - 7.6	17.5	14.3 - 21.2
60+	713	4.9	3.0 - 7.9	5.9	3.8 - 9.0	19.3	15.2 - 24.3
Total	4376	3.6	2.8 - 4.6	4.4	3.6 - 5.5	14.5	12.6 - 16.6

Chronic respiratory symptoms - Omani

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1338	2.4	1.5 - 3.8	2.9	1.9 - 4.4	10.0	7.6 - 13.1
30-44	2909	3.3	2.4 - 4.6	3.9	3.0 - 5.2	8.9	7.4 - 10.6
45-59	1680	3.9	2.7 - 5.6	3.6	2.6 - 5.1	12.1	10.0 - 14.7
60+	1161	5.4	3.7 - 8.0	4.7	3.3 - 6.7	15.2	12.2 - 18.7
Total	7088	3.4	2.8 - 4.1	3.7	3.0 - 4.4	10.5	9.3 - 11.8

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 - Omani

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	595	1.1*	0.4 - 3.3	1.5	0.7 - 3.1	5.2	2.8 - 9.2
30-44	983	2.1	1.1 - 4.0	3.7	2.2 - 6.1	4.1	2.6 - 6.5
45-59	613	1.9*	0.7 - 5.0	1.4*	0.5 - 3.4	5.1	3.0 - 8.6
60+	420	3.4*	1.4 - 8.2	1.3*	0.5 - 3.2	7.3	4.1 - 12.8
Total	2611	1.9	1.2 - 2.9	2.3	1.6 - 3.4	4.9	3.8 - 6.5

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

Chronic respiratory symptoms among undiagnosed with Asthma/COPD - Omani

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	692	1.6	0.7 - 3.3	3.8	2.1 - 6.7	10.6	7.1 - 15.6
30-44	1827	2.1	1.3 - 3.4	3.3	2.3 - 4.6	11.3	9.1 - 14.0
45-59	985	2.3	1.3 - 3.9	3.8	2.4 - 6.0	15.1	11.9 - 18.9
60+	651	1.9	0.9 - 4.0	4.6	2.7 - 7.8	15.0	11.0 - 20.1
Total	4155	1.9	1.4 - 2.6	3.7	2.9 - 4.8	12.2	10.3 - 14.3

Chronic respiratory symptoms among undiagnosed with Asthma/COPD - Omani

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1287	1.3	0.7 - 2.5	2.6	1.6 - 4.1	7.8	5.6 - 10.8
30-44	2810	2.1	1.4 - 3.1	3.5	2.6 - 4.8	7.7	6.3 - 9.3
45-59	1598	2.1	1.2 - 3.6	2.6	1.7 - 3.9	10.0	8.0 - 12.6
60+	1071	2.6	1.4 - 4.8	3.1	1.9 - 5.0	11.5	8.7 - 15.1
Total	6766	1.9	1.5 - 2.5	3.0	2.4 - 3.7	8.6	7.4 - 9.8

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 - Omani

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	23	-	-	-	-	-	-
30-44	31	-	-	-	-	-	-
45-59	19	-	-	-	-	-	-
60+	27	-	-	-	-	-	-
Total	100	38.2	24.5 - 54.1	17.9	9.9 - 30.4	50.5	35.6 - 65.4

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

Chronic respiratory symptoms among diagnosed Asthma/COPD - Omani

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	28	-	-	-	-	-	-
30-44	67	36.0	20.5 - 55.0	23.4	12.5 - 39.6	55.0	36.0 - 72.6
45-59	62	50.2	32.2 - 68.3	31.8	17.1 - 51.3	63.5	44.2 - 79.3
60+	62	38.3	21.7 - 58.1	20.0	9.5 - 37.1	67.0	48.9 - 81.1
Total	219	40.2	29.2 - 52.4	20.8	14.2 - 29.4	65.6	54.7 - 75.0

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

Chronic respiratory symptoms among diagnosed Asthma/COPD - Omani

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	51	28.4	15.3 - 46.5	10.7*	4.3 - 24.4	63.8	43.6 - 80.1
30-44	98	42.4	26.5 - 59.9	18.2	9.2 - 32.7	47.8	31.7 - 64.4
45-59	81	52.1	36.3 - 67.5	31.3	18.3 - 48.1	67.7	51.8 - 80.3
60+	89	41.1	26.3 - 57.8	25.5	14.9 - 40.1	61.5	44.4 - 76.2
Total	319	39.4	30.7 - 48.8	19.5	14.2 - 26.3	59.0	49.6 - 67.8

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	595	0.3*	0.1 - 1.2	693	0.9*	0.3 - 2.9	1288	0.6	0.3 - 1.6
30-44	984	1.8	0.9 - 3.5	1830	1.4	0.8 - 2.3	2814	1.6	1.0 - 2.5
45-59	616	1.2*	0.3 - 4.7	985	1.7	0.8 - 3.3	1601	1.4	0.7 - 2.9
60+	421	2.1*	0.5 - 7.5	651	1.2*	0.4 - 2.9	1072	1.6	0.6 - 3.8
Total	2616	1.2	0.7 - 2.1	4159	1.3	0.9 - 1.9	6775	1.3	0.9 - 1.7

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

Severe asthma symptoms among those with diagnosis - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	23	-	-	28	-	-	51	22.4	10.1 - 42.7
30-44	31	-	-	67	23.2	10.7 - 43.2	98	26.8	13.9 - 45.3
45-59	19	-	-	62	36.3	19.8 - 56.8	81	29.3	16.4 - 46.7
60+	27	-	-	62	34.1	18.3 - 54.6	89	29.4	17.1 - 45.8
Total	100	22.2	11.9 - 37.8	219	29.5	20.0 - 41.4	319	26.4	18.9 - 35.5

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	51	6.7*	2.8 - 14.9	95	23.0	12.6 - 38.3	146	17.0	9.9 - 27.5
30-44	79	14.1	7.0 - 26.2	249	26.3	19.3 - 34.7	328	21.4	15.8 - 28.4
45-59	39	-	-	170	28.9	20.7 - 38.7	209	24.0	17.4 - 32.2
60+	43	-	-	123	28.4	18.6 - 40.9	166	32.0	22.7 - 43.1
Total	212	14.9	10.0 - 21.8	637	26.3	21.4 - 31.8	849	22.2	18.5 - 26.4

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	51	3.8*	1.2 - 11.6	95	7.6	3.6 - 15.2	146	6.1	3.3 - 11.2
30-44	79	6.7*	2.2 - 18.2	249	8.2	4.3 - 15.1	328	7.6	4.3 - 13.0
45-59	39	-	-	170	6.9	3.4 - 13.5	209	7.1	3.6 - 13.3
60+	43	-	-	123	13.7	8.3 - 22.0	166	18.9	11.9 - 28.6
Total	212	9.0	5.2 - 15.2	637	8.6	6.2 - 11.8	849	8.7	6.5 - 11.6

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	62	64.2	46.2 - 78.9	98	86.7	74.2 - 93.7	160	77.4	67.2 - 85.1
30-44	95	44.4	30.7 - 59.0	250	56.4	47.5 - 64.8	345	51.3	43.5 - 59.0
45-59	45	-	-	188	59.3	49.6 - 68.3	233	51.3	42.6 - 60.0
60+	51	46.7	28.7 - 65.6	130	82.8	72.5 - 89.8	181	70.0	60.0 - 78.4
Total	253	48.9	39.6 - 58.4	666	69.3	63.9 - 74.2	919	61.5	56.5 - 66.2

- 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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	617	6.7	4.2 - 10.4	719	9.2	6.2 - 13.4	1336	7.9	5.9 - 10.5
30-44	1015	6.8	4.2 - 10.7	1895	8.5	6.7 - 10.6	2910	7.6	5.9 - 9.8
45-59	635	4.8	2.6 - 8.4	1048	7.9	5.5 - 11.2	1683	6.3	4.7 - 8.6
60+	449	2.0*	0.9 - 4.6	713	5.3	3.0 - 9.0	1162	3.8	2.4 - 6.0
Total	2716	5.9	4.5 - 7.8	4375	8.2	6.8 - 9.8	7091	7.1	6.0 - 8.3

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

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 - 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	33	-	-	-	-	-	-
30-44	41	-	-	-	-	-	-
45-59	18	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
Total	100	5.3*	1.7 - 15.7	7.1*	2.7 - 17.7	87.5	75.6 - 94.1

- 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 - 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	58	0.0*	0.0 - 0.0	3.6*	0.8 - 15.3	96.4	84.7 - 99.2
30-44	143	2.8*	0.9 - 8.3	1.8*	0.4 - 7.2	95.4	89.2 - 98.1
45-59	59	11.4*	3.0 - 34.8	8.2*	2.1 - 27.2	80.4	59.2 - 92.1
60+	27	-	-	-	-	-	-
Total	287	3.1*	1.2 - 8.1	5.2	2.5 - 10.6	91.7	85.5 - 95.4

- 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 - 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	91	0.8*	0.1 - 5.8	6.4*	1.9 - 19.2	92.8	80.5 - 97.6
30-44	184	2.7*	1.0 - 7.6	2.2*	0.8 - 5.6	95.1	90.1 - 97.6
45-59	77	14.1*	4.5 - 35.9	11.0*	4.0 - 26.9	74.9	55.6 - 87.7
60+	35	-	-	-	-	-	-
Total	387	4.1	1.9 - 8.5	6.0	3.2 - 10.9	89.9	84.3 - 93.7

- 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 - 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	33	-	-	58	3.6*	0.8 - 15.3	91	7.2*	2.4 - 19.5
30-44	41	-	-	143	4.6*	1.9 - 10.8	184	4.9	2.4 - 9.9
45-59	18	-	-	59	19.6*	7.9 - 40.8	77	25.1*	12.3 - 44.4
60+	8	-	-	27	-	-	35	-	-
Total	100	12.5	5.9 - 24.4	287	8.3	4.6 - 14.5	387	10.1	6.3 - 15.7

- 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 - 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	33	-	-	-	-	-	-
30-44	41	-	-	-	-	-	-
45-59	18	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
Total	100	7.1*	2.3 - 19.9	3.8*	1.3 - 11.0	89.1	77.0 - 95.2

- 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 - 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	58	4.9*	1.4 - 15.9	4.0*	1.0 - 15.0	91.1	78.7 - 96.6
30-44	143	4.8*	2.0 - 11.4	0.0*	0.0 - 0.0	95.2	88.6 - 98.0
45-59	59	10.4*	2.9 - 31.0	5.8*	0.9 - 28.4	83.8	62.9 - 94.1
60+	27	-	-	-	-	-	-
Total	287	5.9	3.2 - 10.8	2.4*	0.8 - 7.0	91.7	86.0 - 95.2

- 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 - 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	91	7.3*	2.5 - 19.5	2.8*	0.8 - 8.9	89.9	78.2 - 95.7
30-44	184	3.2	1.4 - 7.2	1.1*	0.2 - 7.5	95.7	90.7 - 98.1
45-59	77	13.4*	4.3 - 34.6	9.5*	3.0 - 26.2	77.1	57.6 - 89.3
60+	35	-	-	-	-	-	-
Total	387	6.4	3.5 - 11.6	3.0*	1.4 - 6.4	90.6	85.1 - 94.2

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-29	33	-	-	58	8.9*	3.4 - 21.3	91	10.1*	4.3 - 21.8
30-44	41	-	-	143	4.8*	2.0 - 11.4	184	4.3	1.9 - 9.3
45-59	18	-	-	59	16.2*	5.9 - 37.1	77	22.9*	10.7 - 42.4
60+	8	-	-	27	-	-	35	-	-
Total	100	10.9	4.8 - 23.0	287	8.3	4.8 - 14.0	387	9.4	5.8 - 14.9

- 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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	618	0.8*	0.2 - 3.2	721	0.8*	0.3 - 2.3	1339	0.8*	0.3 - 1.9
30-44	1015	0.7*	0.3 - 1.8	1898	0.8	0.3 - 1.6	2913	0.7	0.4 - 1.3
45-59	635	2.1*	0.7 - 6.0	1048	1.4*	0.5 - 3.4	1683	1.7	0.8 - 3.6
60+	449	0.5*	0.1 - 2.8	713	1.2*	0.4 - 4.1	1162	0.9*	0.3 - 2.4
Total	2717	1.0	0.5 - 1.8	4380	0.9	0.6 - 1.6	7097	0.9	0.6 - 1.4

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

Diagnosed with post-partum depression (among ever-married females) - Omani			
Age Categories (Years)	Female		
	n	%	95% CI
18-29	275	0.0*	0.0 - 0.2
30-44	1748	0.7	0.3 - 1.4
45-59	996	1.4*	0.5 - 3.8
60+	700	0.3*	0.1 - 1.4
Total	3719	0.7	0.4 - 1.3

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - 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	618	0.0*	0.0 - 0.1	0.0*	0.0 - 0.0	0.2*	0.1 - 0.6	99.8	99.4 - 99.9
30-44	1015	0.0*	0.0 - 0.1	0.0*	0.0 - 0.0	2.0*	0.9 - 4.7	97.9	95.3 - 99.1
45-59	635	0.8*	0.3 - 2.1	0.3*	0.0 - 2.1	2.2*	0.8 - 5.7	96.6	93.4 - 98.3
60+	449	1.8*	0.4 - 7.2	0.0*	0.0 - 0.0	3.7	1.8 - 7.6	94.5	89.6 - 97.1
Total	2717	0.3*	0.1 - 0.9	0.1*	0.0 - 0.4	1.6	1.0 - 2.7	98.0	96.9 - 98.7

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

Alcohol consumption status - 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	721	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	1898	0.0*	0.0 - 0.0	0.1*	0.0 - 0.6	0.0*	0.0 - 0.0	99.9	99.4 - 100.0
45-59	1048	0.0*	0.0 - 0.0	0.1*	0.0 - 0.8	0.1*	0.0 - 0.4	99.8	99.3 - 100.0
60+	713	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.1	100.0	99.9 - 100.0
Total	4380	0.0*	0.0 - 0.0	0.1*	0.0 - 0.2	0.0*	0.0 - 0.1	99.9	99.8 - 100.0

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

Alcohol consumption status - 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	1339	0.0*	0.0 - 0.1	0.0*	0.0 - 0.0	0.1*	0.0 - 0.3	99.9	99.7 - 100.0
30-44	2913	0.0*	0.0 - 0.1	0.0*	0.0 - 0.3	1.0*	0.4 - 2.4	98.9	97.6 - 99.5
45-59	1683	0.4*	0.2 - 1.0	0.2*	0.0 - 0.9	1.1*	0.4 - 2.9	98.2	96.6 - 99.1
60+	1162	0.8*	0.2 - 3.3	0.0*	0.0 - 0.0	1.7	0.8 - 3.6	97.5	95.1 - 98.7
Total	7097	0.2*	0.1 - 0.5	0.1*	0.0 - 0.2	0.8	0.5 - 1.4	99.0	98.4 - 99.3

* Estimates are based on a small number of respondents with the characteristic (≤ 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 - 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	4	-	-	1	-	-	5	-	-
30-44	7	-	-	1	-	-	8	-	-
45-59	8	-	-	1	-	-	9	-	-
60+	13	-	-	1	-	-	14	-	-
Total	32	-	-	4	-	-	36	-	-

- 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 - Omani

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	1	-	-	-	-	-	-
30-44	3	-	-	-	-	-	-
45-59	7	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	13	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 12 months - 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	1	-	-	-	-	-	-
30-44	3	-	-	-	-	-	-
45-59	7	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	13	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 12 months - Omani

Female							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	0	-	-	-	-	-	-
30-44	1	-	-	-	-	-	-
45-59	1	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
Total	2	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 12 months - 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	0	-	-	-	-	-	-
30-44	1	-	-	-	-	-	-
45-59	1	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
Total	2	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 12 months - Omani

Total							
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	8	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	15	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 12 months - Omani

Total							
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	8	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	15	-	-	-	-	-	-

- 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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	618	0.0*	0.0 - 0.0	721	0.0*	0.0 - 0.0	1339	0.0*	0.0 - 0.0
30-44	1015	0.0*	0.0 - 0.0	1898	0.0*	0.0 - 0.0	2913	0.0*	0.0 - 0.0
45-59	635	0.6*	0.2 - 1.8	1048	0.0*	0.0 - 0.0	1683	0.3*	0.1 - 0.9
60+	449	0.0*	0.0 - 0.0	713	0.0*	0.0 - 0.0	1162	0.0*	0.0 - 0.0
Total	2717	0.1*	0.0 - 0.3	4380	0.0*	0.0 - 0.0	7097	0.1*	0.0 - 0.2

* 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) - 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	618	0.0*	0.0 - 0.0	721	0.0*	0.0 - 0.0	1339	0.0*	0.0 - 0.0
30-44	1015	0.0*	0.0 - 0.0	1898	0.0*	0.0 - 0.0	2913	0.0*	0.0 - 0.0
45-59	635	0.1*	0.0 - 0.4	1048	0.0*	0.0 - 0.0	1683	0.0*	0.0 - 0.2
60+	449	1.8*	0.4 - 7.2	713	0.0*	0.0 - 0.0	1162	0.8*	0.2 - 3.3
Total	2717	0.2*	0.0 - 0.7	4380	0.0*	0.0 - 0.0	7097	0.1*	0.0 - 0.4

* 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	618	0.0*	0.0 - 0.1	721	0.0*	0.0 - 0.0	1339	0.0*	0.0 - 0.1
30-44	1015	0.0*	0.0 - 0.1	1898	0.0*	0.0 - 0.0	2913	0.0*	0.0 - 0.1
45-59	635	0.2*	0.0 - 1.2	1048	0.0*	0.0 - 0.0	1683	0.1*	0.0 - 0.6
60+	449	0.0*	0.0 - 0.0	713	0.0*	0.0 - 0.0	1162	0.0*	0.0 - 0.0
Total	2717	0.1*	0.0 - 0.2	4380	0.0*	0.0 - 0.0	7097	0.0*	0.0 - 0.1

* 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- Estimates are suppressed due to a small number of respondents (n < 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) - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

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

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-29	618	0.0*	0.0 - 0.0	721	0.0*	0.0 - 0.0	1339	0.0*	0.0 - 0.0
30-44	1015	0.0*	0.0 - 0.0	1898	0.0*	0.0 - 0.0	2913	0.0*	0.0 - 0.0
45-59	635	0.2*	0.0 - 1.6	1048	0.0*	0.0 - 0.0	1683	0.1*	0.0 - 0.8
60+	449	0.0*	0.0 - 0.0	713	0.0*	0.0 - 0.0	1162	0.0*	0.0 - 0.0
Total	2717	0.0*	0.0 - 0.3	4380	0.0*	0.0 - 0.0	7097	0.0*	0.0 - 0.1

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

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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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 - Omani

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	1	-	-	-	-	-	-
30-44	3	-	-	-	-	-	-
45-59	6	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	12	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 7 days - Omani

Male					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	1	-	-	-	-
30-44	3	-	-	-	-
45-59	6	-	-	-	-
60+	2	-	-	-	-
Total	12	-	-	-	-

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

Frequency of alcohol consumption in the past 7 days - Omani

Female							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	0	-	-	-	-	-	-
30-44	0	-	-	-	-	-	-
45-59	0	-	-	-	-	-	-
60+	0	-	-	-	-	-	-
Total	0	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 7 days - Omani

Female					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	0	-	-	-	-
30-44	0	-	-	-	-
45-59	0	-	-	-	-
60+	0	-	-	-	-
Total	0	-	-	-	-

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

Frequency of alcohol consumption in the past 7 days - Omani

Total							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	1	-	-	-	-	-	-
30-44	3	-	-	-	-	-	-
45-59	6	-	-	-	-	-	-
60+	2	-	-	-	-	-	-
Total	12	-	-	-	-	-	-

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

Frequency of alcohol consumption in the past 7 days - Omani

Total					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	1	-	-	-	-
30-44	3	-	-	-	-
45-59	6	-	-	-	-
60+	2	-	-	-	-
Total	12	-	-	-	-

- 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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

- 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 - 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	1	-	-	0	-	-	1	-	-
30-44	3	-	-	0	-	-	3	-	-
45-59	6	-	-	0	-	-	6	-	-
60+	2	-	-	0	-	-	2	-	-
Total	12	-	-	0	-	-	12	-	-

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

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	613	122.8	121.4 - 124.3	714	108.5	107.3 - 109.8	1327	115.8	114.6 - 117.0
30-44	1012	126.7	125.1 - 128.3	1892	115.6	114.5 - 116.7	2904	121.2	120.2 - 122.2
45-59	632	133.1	131.2 - 135.1	1047	127.4	125.9 - 129.0	1679	130.3	129.0 - 131.5
60+	446	140.5	138.0 - 143.0	706	135.1	133.0 - 137.2	1152	137.5	135.9 - 139.2
Total	2703	128.0	127.0 - 128.9	4359	117.8	117.0 - 118.6	7062	122.9	122.2 - 123.6

Mean diastolic blood pressure (mmHg) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	613	78.1	77.0 - 79.2	714	76.5	75.7 - 77.2	1327	77.3	76.6 - 78.0
30-44	1012	83.5	82.4 - 84.7	1892	81.2	80.4 - 81.9	2904	82.4	81.7 - 83.0
45-59	632	86.8	85.7 - 87.9	1047	85.0	84.1 - 85.8	1679	85.9	85.2 - 86.6
60+	446	84.9	83.3 - 86.4	706	82.9	81.8 - 84.0	1152	83.8	82.8 - 84.8
Total	2703	82.5	81.8 - 83.2	4359	80.6	80.2 - 81.1	7062	81.6	81.1 - 82.0

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	613	14.8	11.1 - 19.6	714	5.0	3.2 - 7.8	1327	10.0	7.8 - 12.7
30-44	1012	26.9	22.4 - 31.9	1892	19.6	16.8 - 22.7	2904	23.3	20.6 - 26.2
45-59	632	43.8	37.5 - 50.2	1047	36.4	32.3 - 40.7	1679	40.1	36.3 - 43.9
60+	446	49.1	42.5 - 55.6	706	43.6	38.3 - 49.1	1152	46.1	41.8 - 50.5
Total	2703	28.2	25.5 - 31.1	4359	20.9	19.3 - 22.7	7062	24.6	22.9 - 26.3

SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	613	14.9	11.1 - 19.6	714	5.2	3.3 - 7.9	1327	10.1	7.9 - 12.8
30-44	1012	27.5	23.0 - 32.5	1892	20.4	17.6 - 23.5	2904	24.0	21.3 - 26.9
45-59	632	49.6	43.1 - 56.1	1047	43.5	39.3 - 47.7	1679	46.5	42.7 - 50.4
60+	446	68.2	61.3 - 74.5	706	73.0	67.7 - 77.8	1152	70.9	66.4 - 75.0
Total	2703	31.4	28.6 - 34.3	4359	26.0	24.2 - 27.9	7062	28.7	27.0 - 30.5

SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure (among \geq 35 years) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
35+	1823	43.8	40.0 - 47.7	3091	40.5	37.9 - 43.1	4914	42.1	39.8 - 44.4

SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure or previously diagnosed - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	613	16.8	12.7 - 21.7	714	6.7	4.4 - 10.0	1327	11.8	9.4 - 14.7
30-44	1012	28.8	24.2 - 33.8	1892	21.7	18.9 - 24.9	2904	25.3	22.6 - 28.2
45-59	632	50.3	43.7 - 56.8	1047	45.1	40.8 - 49.4	1679	47.7	43.8 - 51.6
60+	446	71.1	64.2 - 77.1	706	74.0	68.8 - 78.7	1152	72.7	68.3 - 76.7
Total	2703	32.9	30.1 - 35.8	4359	27.4	25.6 - 29.3	7062	30.1	28.4 - 31.9

SBP ≥160 and/or DBP ≥ 100 mmHg - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	613	3.2	1.7 - 6.0	714	0.7*	0.3 - 2.0	1327	2.0	1.1 - 3.4
30-44	1012	6.7	4.7 - 9.6	1892	4.1	3.0 - 5.7	2904	5.4	4.2 - 7.0
45-59	632	10.8	7.8 - 14.9	1047	9.3	7.1 - 12.2	1679	10.1	8.0 - 12.6
60+	446	18.8	13.6 - 25.3	706	13.2	9.5 - 17.9	1152	15.7	12.4 - 19.8
Total	2703	7.5	6.1 - 9.2	4359	5.1	4.2 - 6.1	7062	6.3	5.4 - 7.3

* 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	613	3.3	1.7 - 6.1	714	0.9*	0.4 - 2.1	1327	2.1	1.2 - 3.5
30-44	1012	8.4	6.1 - 11.5	1892	6.0	4.6 - 7.8	2904	7.2	5.9 - 8.9
45-59	632	27.5	22.4 - 33.2	1047	26.9	23.2 - 31.0	1679	27.2	24.1 - 30.6
60+	446	55.8	49.1 - 62.3	706	62.0	56.1 - 67.4	1152	59.2	54.7 - 63.5
Total	2703	14.8	13.0 - 16.8	4359	14.7	13.3 - 16.2	7062	14.8	13.6 - 16.0

* 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	102	4.7*	2.1 - 10.4	43	-	-	145	4.3	2.1 - 8.6
30-44	301	22.9	15.1 - 33.2	353	20.5	15.3 - 27.0	654	21.9	16.6 - 28.3
45-59	315	47.6	39.2 - 56.2	449	52.5	45.6 - 59.2	764	49.9	44.1 - 55.7
60+	314	69.2	61.1 - 76.3	500	80.1	74.6 - 84.7	814	75.4	70.6 - 79.6
Total	1032	36.9	32.2 - 41.9	1345	48.6	44.5 - 52.8	2377	42.2	38.9 - 45.7

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	102	1.3*	0.4 - 4.0	43	-	-	145	1.7*	0.6 - 4.2
30-44	301	11.5	6.8 - 19.0	353	14.8	10.5 - 20.6	654	12.9	9.4 - 17.6
45-59	315	39.8	31.8 - 48.4	449	47.4	40.7 - 54.1	764	43.3	37.8 - 49.0
60+	314	66.7	58.5 - 74.0	500	77.8	72.0 - 82.7	814	72.9	68.0 - 77.4
Total	1032	29.6	25.5 - 34.1	1345	44.5	40.4 - 48.8	2377	36.4	33.3 - 39.6

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	102	0.4*	0.1 - 2.7	43	-	-	145	1.0*	0.3 - 3.4
30-44	301	2.2*	0.9 - 5.5	353	3.6	1.9 - 6.5	654	2.8	1.6 - 4.7
45-59	315	11.7	7.4 - 18.0	449	16.3	12.0 - 21.8	764	13.9	10.6 - 18.0
60+	314	28.1	21.2 - 36.3	500	40.3	34.1 - 46.7	814	35.0	30.2 - 40.1
Total	1032	10.1	7.8 - 12.9	1345	19.4	16.6 - 22.4	2377	14.3	12.5 - 16.3

- 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 - Omani**

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	102	4.7*	2.1 - 10.4	43	-	-	145	4.3	2.1 - 8.6
30-44	301	22.9	15.1 - 33.2	353	20.5	15.3 - 27.0	654	21.9	16.6 - 28.3
45-59	315	47.6	39.2 - 56.2	449	52.5	45.6 - 59.2	764	49.9	44.1 - 55.7
60+	314	69.2	61.1 - 76.3	500	80.1	74.6 - 84.7	814	75.4	70.6 - 79.6
Total	1032	36.9	32.2 - 41.9	1345	48.6	44.5 - 52.8	2377	42.2	38.9 - 45.7

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	9	-	-	2	-	-	11	-	-
30-44	58	50.3	28.4 - 72.1	79	72.2	54.9 - 84.7	137	58.9	42.4 - 73.7
45-59	132	83.5	72.6 - 90.7	229	90.2	83.7 - 94.3	361	86.8	80.8 - 91.2
60+	217	96.3	92.3 - 98.3	401	97.1	93.5 - 98.7	618	96.8	94.4 - 98.2
Total	416	80.2	71.2 - 86.9	711	91.6	87.8 - 94.3	1127	86.1	81.4 - 89.8

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

Percentage of controlled among treated cases - Omani

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	3	-	-	2	-	-	5	-	-
30-44	36	-	-	57	24.0	13.1 - 39.8	93	21.6	12.5 - 34.8
45-59	113	29.4	18.8 - 42.9	209	34.4	25.8 - 44.2	322	32.0	24.9 - 40.0
60+	206	42.2	32.5 - 52.5	391	51.8	44.1 - 59.3	597	47.9	41.8 - 54.1
Total	358	34.1	27.0 - 41.9	659	43.5	38.2 - 49.0	1017	39.3	35.0 - 43.8

- 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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	613	171.0	170.1 - 172.0	685	156.3	155.6 - 156.9	1298	163.9	163.0 - 164.8
30-44	1009	170.5	169.7 - 171.3	1739	157.5	156.9 - 158.0	2748	164.3	163.7 - 164.9
45-59	631	167.6	166.8 - 168.3	1045	154.9	154.4 - 155.4	1676	161.2	160.5 - 161.9
60+	442	161.9	160.7 - 163.1	702	152.8	152.0 - 153.6	1144	156.9	156.2 - 157.7
Total	2695	169.3	168.8 - 169.8	4171	156.0	155.7 - 156.4	6866	162.8	162.4 - 163.2

Mean weight (kg) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	613	72.8	70.5 - 75.1	684	61.0	59.1 - 62.9	1297	67.1	65.5 - 68.7
30-44	1009	81.5	79.8 - 83.2	1739	73.9	72.5 - 75.3	2748	77.9	76.7 - 79.0
45-59	631	80.6	78.8 - 82.3	1044	75.4	74.3 - 76.6	1675	78.0	77.0 - 79.0
60+	443	73.6	71.4 - 75.8	703	71.7	70.0 - 73.5	1146	72.6	71.2 - 73.9
Total	2696	77.8	76.7 - 78.9	4170	69.9	68.9 - 70.9	6866	73.9	73.1 - 74.7

Mean BMI (kg/m²) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	610	24.8	24.1 - 25.5	678	25.0	24.2 - 25.7	1288	24.9	24.4 - 25.4
30-44	1006	27.9	27.4 - 28.4	1733	29.6	29.1 - 30.1	2739	28.7	28.3 - 29.1
45-59	630	28.7	28.1 - 29.2	1039	31.5	31.0 - 31.9	1669	30.1	29.7 - 30.4
60+	440	28.0	27.1 - 28.9	698	30.5	29.8 - 31.3	1138	29.4	28.8 - 29.9
Total	2686	27.0	26.7 - 27.4	4148	28.6	28.3 - 29.0	6834	27.8	27.6 - 28.1

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 - Omani

Male									
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	610	7.5	5.0 - 11.1	52.7	46.3 - 59.0	22.7	18.0 - 28.2	17.1	13.1 - 22.0
30-44	1006	1.0	0.6 - 1.9	28.7	24.2 - 33.7	40.5	35.8 - 45.5	29.7	25.3 - 34.6
45-59	630	0.8*	0.2 - 3.0	20.8	16.3 - 26.2	44.9	38.5 - 51.5	33.4	28.2 - 39.1
60+	440	2.5	1.0 - 6.0	26.1	20.4 - 32.6	40.5	34.1 - 47.2	30.9	23.9 - 38.8
Total	2686	3.2	2.3 - 4.4	34.7	31.6 - 38.0	35.6	32.6 - 38.7	26.4	23.9 - 29.1

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

BMI classifications - Omani

Female									
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	678	12.2	9.1 - 16.3	43.9	38.5 - 49.5	22.8	18.2 - 28.1	21.1	16.7 - 26.3
30-44	1733	1.9	1.2 - 3.2	24.3	21.2 - 27.6	31.2	28.0 - 34.6	42.6	38.9 - 46.4
45-59	1039	0.5*	0.2 - 1.5	11.1	8.8 - 14.1	33.5	29.1 - 38.2	54.9	50.3 - 59.4
60+	698	2.5	1.4 - 4.6	19.8	15.7 - 24.8	26.7	22.3 - 31.8	50.9	45.6 - 56.1
Total	4148	4.9	3.8 - 6.3	27.3	25.0 - 29.8	28.5	26.3 - 30.7	39.3	36.8 - 41.8

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

BMI classifications - Omani

Total									
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	1288	9.8	7.7 - 12.4	48.5	44.3 - 52.7	22.7	19.5 - 26.3	19.0	16.0 - 22.5
30-44	2739	1.5	1.0 - 2.1	26.6	23.7 - 29.8	36.1	33.1 - 39.2	35.8	32.8 - 38.9
45-59	1669	0.7*	0.3 - 1.7	16.0	13.4 - 19.0	39.2	35.3 - 43.3	44.2	40.5 - 47.9
60+	1138	2.5	1.5 - 4.2	22.7	19.1 - 26.7	33.0	29.2 - 37.1	41.8	37.6 - 46.1
Total	6834	4.1	3.3 - 5.0	31.1	29.1 - 33.2	32.1	30.3 - 34.0	32.7	30.9 - 34.6

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

BMI \geq 25 kg/m² 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

BMI\geq25 kg/m² - Omani									
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	610	39.8	33.8 - 46.1	678	43.9	38.1 - 49.8	1288	41.7	37.7 - 45.9
30-44	1006	70.3	65.3 - 74.8	1733	73.8	70.4 - 76.9	2739	71.9	68.8 - 74.9
45-59	630	78.3	72.9 - 83.0	1039	88.4	85.4 - 90.8	1669	83.4	80.3 - 86.0
60+	440	71.4	64.7 - 77.3	698	77.6	72.7 - 81.9	1138	74.8	70.8 - 78.4
Total	2686	62.0	58.8 - 65.2	4148	67.7	65.1 - 70.2	6834	64.8	62.7 - 66.9

BMI\geq25 kg/m² (among \geq35 years) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% BMI \geq 25	95% CI	n	% BMI \geq 25	95% CI	n	% BMI \geq 25	95% CI
35+	1810	73.2	69.4 - 76.7	2984	81.0	78.7 - 83.1	4794	77.1	74.8 - 79.3

BMI \geq 30 kg/m² 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

BMI\geq30 kg/m² - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% BMI \geq 30	95% CI	n	% BMI \geq 30	95% CI	n	% BMI \geq 30	95% CI
18-29	610	17.1	13.1 - 22.0	678	21.1	16.7 - 26.3	1288	19.0	16.0 - 22.5
30-44	1006	29.7	25.3 - 34.6	1733	42.6	38.9 - 46.4	2739	35.8	32.8 - 38.9
45-59	630	33.4	28.2 - 39.1	1039	54.9	50.3 - 59.4	1669	44.2	40.5 - 47.9
60+	440	30.9	23.9 - 38.8	698	50.9	45.6 - 56.1	1138	41.8	37.6 - 46.1
Total	2686	26.4	23.9 - 29.1	4148	39.3	36.8 - 41.8	6834	32.7	30.9 - 34.6

BMI\geq30 kg/m² (among \geq35 years) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	% BMI \geq 30	95% CI	n	% BMI \geq 30	95% CI	n	% BMI \geq 30	95% CI
35+	1810	31.7	28.4 - 35.3	2984	50.1	47.4 - 52.9	4794	41.0	38.7 - 43.3

Waist circumference

Description: Mean waist circumference among all population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M14: Waist circumference measurement

Waist circumference (cm) - Omani						
Age Categories (Years)	Male			Female		
	n	mean	95% CI	n	mean	95% CI
18-29	613	85.2	83.4 - 87.1	686	79.5	77.9 - 81.2
30-44	1010	94.6	93.2 - 95.9	1737	91.7	90.5 - 92.8
45-59	631	98.2	96.8 - 99.5	1044	98.2	97.1 - 99.3
60+	443	98.2	95.9 - 100.6	704	99.3	97.6 - 101.0
Total	2697	92.6	91.6 - 93.5	4171	90.0	89.2 - 90.9

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) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	598	4.6	4.5 - 4.8	699	4.7	4.5 - 4.8	1297	4.7	4.6 - 4.7
30-44	978	5.0	4.9 - 5.1	1842	5.1	5.0 - 5.2	2820	5.0	4.9 - 5.2
45-59	604	5.6	5.3 - 6.0	1021	6.0	5.7 - 6.3	1625	5.8	5.6 - 6.0
60+	436	5.9	5.6 - 6.3	685	6.5	6.2 - 6.9	1121	6.3	6.0 - 6.5
Total	2616	5.1	5.0 - 5.2	4247	5.3	5.2 - 5.4	6863	5.2	5.1 - 5.3

Mean fasting blood glucose (mg/dl) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	598	83.5	81.3 - 85.8	699	84.1	81.9 - 86.4	1297	83.8	82.1 - 85.5
30-44	978	90.1	87.5 - 92.7	1842	91.8	89.4 - 94.2	2820	90.9	89.1 - 92.8
45-59	604	101.3	95.1 - 107.5	1021	108.1	102.7 - 113.5	1625	104.7	100.6 - 108.9
60+	436	107.0	101.0 - 112.9	685	117.5	111.5 - 123.5	1121	112.7	108.3 - 117.1
Total	2616	91.7	89.7 - 93.6	4247	95.4	93.5 - 97.3	6863	93.5	92.0 - 95.0

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 ≥ 6.1 mmol/L and < 7.0 mmol/L
 Raised blood glucose (diabetes) definition: Fasting Blood Glucose ≥ 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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	598	4.9	2.9 - 8.2	699	3.1	2.0 - 4.9	1297	4.0	2.8 - 5.8
30-44	978	6.7	4.4 - 9.9	1842	7.7	6.0 - 9.9	2820	7.2	5.7 - 9.0
45-59	604	12.1	8.2 - 17.5	1021	12.5	9.8 - 15.9	1625	12.3	9.9 - 15.2
60+	436	14.5	9.7 - 21.1	685	13.4	10.0 - 17.8	1121	13.9	10.9 - 17.5
Total	2616	7.8	6.3 - 9.7	4247	7.8	6.7 - 9.1	6863	7.8	6.8 - 8.9

Raised blood glucose or currently on medication for diabetes - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	598	3.4	1.7 - 6.4	699	2.5	1.3 - 4.9	1297	2.9	1.8 - 4.7
30-44	978	6.9	5.1 - 9.3	1842	7.9	6.3 - 10.0	2820	7.4	6.1 - 9.0
45-59	604	23.4	18.4 - 29.4	1021	26.3	22.6 - 30.4	1625	24.9	21.7 - 28.4
60+	436	39.7	32.6 - 47.3	685	47.0	41.3 - 52.9	1121	43.7	39.2 - 48.4
Total	2616	11.9	10.2 - 13.9	4247	14.1	12.8 - 15.6	6863	13.0	11.8 - 14.3

Raised blood glucose or currently on medication for diabetes (among ≥35 years) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
35+	1762	18.5	15.8 - 21.5	3008	21.9	19.8 - 24.2	4770	20.2	18.4 - 22.2

Raised blood glucose or currently on medication for diabetes or previously diagnosed - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	598	3.4	1.7 - 6.4	699	2.8	1.5 - 5.2	1297	3.1	1.9 - 4.9
30-44	978	7.0	5.1 - 9.4	1842	9.8	8.0 - 12.0	2820	8.4	7.0 - 10.0
45-59	604	24.8	19.7 - 30.7	1021	28.1	24.2 - 32.3	1625	26.5	23.2 - 30.0
60+	436	40.7	33.5 - 48.3	685	47.8	42.1 - 53.6	1121	44.6	40.1 - 49.2
Total	2616	12.3	10.5 - 14.3	4247	15.4	14.0 - 16.9	6863	13.8	12.6 - 15.1

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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	21	-	-	20	-	-	41	-	-
30-44	81	29.0	18.1 - 42.9	150	57.1	44.8 - 68.7	231	43.9	34.8 - 53.5
45-59	129	71.5	58.5 - 81.7	242	69.8	61.2 - 77.1	371	70.6	63.1 - 77.0
60+	174	88.6	80.3 - 93.7	325	80.3	73.4 - 85.8	499	83.7	78.6 - 87.8
Total	405	60.7	52.8 - 68.1	737	67.8	62.1 - 72.9	1142	64.5	59.8 - 69.0

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	21	-	-	20	-	-	41	-	-
30-44	81	28.6	17.8 - 42.6	150	53.5	41.2 - 65.3	231	41.8	32.8 - 51.4
45-59	129	67.1	54.1 - 78.0	242	68.3	59.8 - 75.8	371	67.8	60.3 - 74.4
60+	174	85.6	76.5 - 91.6	325	79.6	72.7 - 85.2	499	82.1	76.7 - 86.4
Total	405	58.1	50.3 - 65.6	737	66.2	60.6 - 71.4	1142	62.5	57.7 - 67.1

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

Diabetes control among those with raised BG or currently on medication - Omani

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	21	-	-	20	-	-	41	-	-
30-44	81	8.6	4.3 - 16.6	150	23.9	14.6 - 36.5	231	16.7	11.1 - 24.4
45-59	129	43.7	31.1 - 57.2	242	29.7	22.5 - 38.1	371	36.3	28.9 - 44.3
60+	174	50.5	39.7 - 61.1	325	35.0	27.6 - 43.3	499	41.4	34.9 - 48.2
Total	405	33.8	27.1 - 41.2	737	29.4	24.8 - 34.4	1142	31.4	27.3 - 35.8

- 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	21	-	-	20	-	-	41	-	-
30-44	81	29.0	18.1 - 42.9	150	57.1	44.8 - 68.7	231	43.9	34.8 - 53.5
45-59	129	71.5	58.5 - 81.7	242	69.8	61.2 - 77.1	371	70.6	63.1 - 77.0
60+	174	88.6	80.3 - 93.7	325	80.3	73.4 - 85.8	499	83.7	78.6 - 87.8
Total	405	60.7	52.8 - 68.1	737	67.8	62.1 - 72.9	1142	64.5	59.8 - 69.0

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

Percentage of treated among diagnosed cases - Omani

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	2	-	-	3	-	-	5	-	-
30-44	33	-	-	77	93.6	81.8 - 97.9	110	95.2	87.0 - 98.3
45-59	92	93.9	83.3 - 98.0	172	97.9	94.4 - 99.2	264	96.0	91.2 - 98.3
60+	150	96.7	89.3 - 99.0	260	99.1	97.2 - 99.7	410	98.1	95.1 - 99.3
Total	277	95.8	90.9 - 98.1	512	97.7	95.4 - 98.8	789	96.9	94.7 - 98.2

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

Percentage of controlled among treated cases - Omani

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	2	-	-	3	-	-	5	-	-
30-44	32	-	-	70	44.7	28.3 - 62.3	102	40.0	27.5 - 53.9
45-59	85	65.1	47.7 - 79.2	167	43.5	33.4 - 54.2	252	53.5	43.7 - 63.1
60+	145	58.9	47.2 - 69.7	255	44.0	35.0 - 53.4	400	50.4	43.0 - 57.8
Total	264	58.2	48.8 - 67.0	495	44.4	38.2 - 50.7	759	50.2	44.8 - 55.7

- 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

Blood pressure control among people with diabetes - Omani

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	21	-	-	20	-	-	41	-	-
30-44	81	70.1	54.2 - 82.3	149	86.8	78.0 - 92.4	230	79.0	69.9 - 85.9
45-59	129	57.2	43.4 - 70.0	242	68.2	59.4 - 75.9	371	63.1	54.9 - 70.6
60+	174	54.6	44.0 - 64.8	324	63.2	55.1 - 70.6	498	59.7	53.2 - 65.9
Total	405	60.5	52.3 - 68.2	735	72.1	67.0 - 76.7	1140	66.8	62.1 - 71.2

- 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) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	495	3.8	3.7 - 3.9	637	4.2	4.1 - 4.3	1132	4.0	3.9 - 4.1
30-44	895	4.3	4.2 - 4.4	1738	4.7	4.6 - 4.8	2633	4.5	4.4 - 4.5
45-59	536	4.5	4.3 - 4.6	963	4.9	4.7 - 5.0	1499	4.7	4.6 - 4.8
60+	363	4.1	4.0 - 4.3	628	4.6	4.5 - 4.7	991	4.4	4.3 - 4.5
Total	2289	4.2	4.1 - 4.2	3966	4.6	4.5 - 4.6	6255	4.4	4.3 - 4.4

Mean total cholesterol (mg/dl) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	495	146.8	142.7 - 150.9	637	161.9	158.0 - 165.8	1132	154.6	151.7 - 157.5
30-44	895	164.9	160.9 - 168.8	1738	180.7	177.3 - 184.1	2633	172.9	170.1 - 175.7
45-59	536	173.5	167.9 - 179.1	963	188.0	182.8 - 193.1	1499	181.1	177.2 - 184.9
60+	363	159.6	153.6 - 165.6	628	177.7	172.3 - 183.2	991	170.1	166.0 - 174.2
Total	2289	160.5	158.0 - 163.0	3966	176.1	173.7 - 178.5	6255	168.6	166.8 - 170.5

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 - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	495	10.4	7.0 - 15.2	637	17.3	13.5 - 21.9	1132	14.0	11.3 - 17.1
30-44	895	20.5	16.8 - 24.8	1738	35.3	31.7 - 39.1	2633	28.0	25.2 - 31.0
45-59	536	27.8	22.2 - 34.2	963	43.4	38.3 - 48.5	1499	36.0	32.2 - 40.0
60+	363	20.5	14.9 - 27.5	628	32.9	27.4 - 39.0	991	27.7	23.7 - 32.1
Total	2289	18.8	16.4 - 21.5	3966	31.2	28.7 - 33.7	6255	25.2	23.4 - 27.1

Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl - Omani									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	495	0.9*	0.4 - 2.1	637	3.9	2.3 - 6.3	1132	2.4	1.6 - 3.8
30-44	895	4.1	2.6 - 6.5	1738	9.2	7.3 - 11.5	2633	6.7	5.4 - 8.3
45-59	536	7.4	4.9 - 11.0	963	16.1	12.3 - 20.8	1499	12.0	9.5 - 14.9
60+	363	4.1	1.8 - 8.9	628	10.3	7.2 - 14.4	991	7.7	5.5 - 10.6
Total	2289	3.7	2.8 - 4.9	3966	9.0	7.8 - 10.5	6255	6.5	5.6 - 7.4

* 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	495	10.4	7.0 - 15.2	637	17.3	13.5 - 22.0	1132	14.0	11.3 - 17.1
30-44	895	21.4	17.6 - 25.8	1738	36.1	32.5 - 39.9	2633	28.9	26.1 - 31.9
45-59	536	41.2	34.9 - 47.7	963	54.7	50.2 - 59.1	1499	48.3	44.4 - 52.1
60+	363	43.9	36.4 - 51.6	628	68.3	62.5 - 73.7	991	58.0	53.3 - 62.6
Total	2289	23.8	21.1 - 26.7	3966	37.7	35.2 - 40.4	6255	31.1	29.1 - 33.1

Total cholesterol \geq 5.0 mmol/L or \geq 190 mg/dl or currently on medication (among \geq 35 years) - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
35+	1567	31.5	28.0 - 35.2	2816	48.7	45.7 - 51.6	4383	40.5	38.2 - 42.9

Total cholesterol \geq 5.0 mmol/L or \geq 190 mg/dl or currently on medication or previously diagnosed - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	495	11.2	7.7 - 16.0	637	17.7	13.8 - 22.3	1132	14.6	11.9 - 17.7
30-44	895	28.9	24.5 - 33.8	1738	39.2	35.6 - 43.0	2633	34.2	31.3 - 37.2
45-59	536	48.9	42.5 - 55.4	963	60.1	55.9 - 64.2	1499	54.8	50.9 - 58.6
60+	363	53.6	45.9 - 61.1	628	79.4	74.1 - 83.8	991	68.5	64.0 - 72.7
Total	2289	29.5	26.7 - 32.5	3966	41.4	38.8 - 44.0	6255	35.7	33.7 - 37.7

Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl or currently on medication - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	495	0.9*	0.4 - 2.1	637	3.9	2.4 - 6.4	1132	2.5	1.6 - 3.8
30-44	895	5.0	3.4 - 7.5	1738	10.3	8.3 - 12.8	2633	7.7	6.3 - 9.4
45-59	536	23.0	17.8 - 29.2	963	30.7	26.5 - 35.2	1499	27.0	23.6 - 30.8
60+	363	32.2	25.5 - 39.7	628	52.4	46.6 - 58.0	991	43.9	39.3 - 48.5
Total	2289	9.6	8.1 - 11.3	3966	17.1	15.5 - 18.9	6255	13.5	12.3 - 14.8

* Estimates are based on a small number of respondents with the characteristic (≤ 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) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	599	1.0	1.0 - 1.0	701	1.2	1.1 - 1.2	1300	1.1	1.1 - 1.1
30-44	984	1.0	1.0 - 1.1	1849	1.2	1.2 - 1.2	2833	1.1	1.1 - 1.1
45-59	607	1.0	1.0 - 1.1	1023	1.2	1.2 - 1.2	1630	1.1	1.1 - 1.1
60+	439	1.0	1.0 - 1.1	688	1.2	1.1 - 1.2	1127	1.1	1.1 - 1.1
Total	2629	1.0	1.0 - 1.0	4261	1.2	1.2 - 1.2	6890	1.1	1.1 - 1.1

Mean HDL (mg/dl) - Omani									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	599	39.2	37.8 - 40.5	701	45.0	43.7 - 46.2	1300	42.0	41.1 - 42.9
30-44	984	39.3	37.7 - 40.9	1849	46.7	45.7 - 47.7	2833	43.0	42.0 - 43.9
45-59	607	39.2	37.5 - 40.8	1023	46.9	45.6 - 48.1	1630	43.0	41.9 - 44.2
60+	439	39.2	37.6 - 40.9	688	46.0	44.4 - 47.6	1127	42.9	41.7 - 44.2
Total	2629	39.2	38.4 - 40.1	4261	46.1	45.4 - 46.8	6890	42.7	42.1 - 43.3

Percentage of respondents with HDL <1.03mmol/L or <40 mg/dl - Omani

Age Categories (Years)	n	Male	
		%	95% CI
18-29	599	58.2	52.0 - 64.2
30-44	984	59.8	54.5 - 64.8
45-59	607	56.9	50.6 - 63.0
60+	439	56.5	49.6 - 63.2
Total	2629	58.5	55.2 - 61.7

Percentage of respondents with HDL <1.29mmol/L or <50 mg/dl - Omani

Age Categories (Years)	n	Female	
		%	95% CI
18-29	701	71.3	66.6 - 75.6
30-44	1849	63.2	59.6 - 66.7
45-59	1023	61.8	57.2 - 66.1
60+	688	65.9	60.2 - 71.1
Total	4261	65.8	63.4 - 68.0

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) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	456	1.2	1.1 - 1.3	565	1.1	1.0 - 1.2	1021	1.1	1.1 - 1.2
30-44	883	1.4	1.3 - 1.4	1578	1.3	1.3 - 1.4	2461	1.3	1.3 - 1.4
45-59	545	1.5	1.3 - 1.6	928	1.4	1.4 - 1.5	1473	1.4	1.4 - 1.5
60+	383	1.4	1.3 - 1.5	617	1.4	1.3 - 1.5	1000	1.4	1.3 - 1.4
Total	2267	1.3	1.3 - 1.4	3688	1.3	1.3 - 1.3	5955	1.3	1.3 - 1.3

Mean fasting triglycerides (mg/dl) - Omani

Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	456	104.8	96.7 - 112.9	565	97.8	92.2 - 103.4	1021	101.3	96.4 - 106.1
30-44	883	120.7	113.7 - 127.8	1578	116.8	111.1 - 122.4	2461	118.8	114.2 - 123.5
45-59	545	128.6	119.4 - 137.7	928	128.2	121.6 - 134.8	1473	128.4	122.8 - 133.9
60+	383	121.6	111.1 - 132.0	617	122.8	116.0 - 129.6	1000	122.2	116.2 - 128.3
Total	2267	118.0	113.4 - 122.5	3688	114.6	111.1 - 118.1	5955	116.3	113.4 - 119.2

Fasting triglycerides \geq 1.7mmol/L or \geq 150mg/dl - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	456	13.5	9.2 - 19.4	565	10.6	7.3 - 15.1	1021	12.1	9.3 - 15.6
30-44	883	22.2	18.2 - 26.9	1578	19.7	16.6 - 23.2	2461	21.0	18.3 - 24.0
45-59	545	26.8	21.3 - 33.2	928	24.8	21.1 - 29.0	1473	25.8	22.5 - 29.4
60+	383	21.7	16.1 - 28.6	617	23.0	18.3 - 28.3	1000	22.4	18.7 - 26.6
Total	2267	20.7	18.0 - 23.6	3688	18.6	16.7 - 20.7	5955	19.7	18.0 - 21.4

Fasting triglycerides \geq 2.0mmol/L or \geq 180mg/dl - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	456	10.2	6.3 - 15.9	565	6.8	4.2 - 10.9	1021	8.5	6.0 - 11.7
30-44	883	14.8	11.4 - 19.1	1578	10.6	8.3 - 13.4	2461	12.8	10.6 - 15.3
45-59	545	20.0	14.9 - 26.3	928	15.1	12.1 - 18.7	1473	17.5	14.5 - 20.9
60+	383	15.2	10.0 - 22.3	617	15.0	11.1 - 20.1	1000	15.1	11.8 - 19.2
Total	2267	14.6	12.1 - 17.4	3688	11.0	9.5 - 12.8	5955	12.8	11.3 - 14.4

19 Cardiovascular disease risk

CVD risk Description: 10-year cardiovascular disease (CVD) risk[§] 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 - Omani

Male							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	750	89.4	85.4 - 92.4	9.7	6.8 - 13.8	0.8	0.3 - 2.2
55-69	326	20.3	14.5 - 27.6	57.9	50.0 - 65.5	21.8	15.7 - 29.4
Total	1076	70.1	65.9 - 73.9	23.2	19.6 - 27.2	6.7	4.9 - 9.1

Percentage of the population by level of 10-year CVD risk - Omani

Female							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	1293	95.5	93.9 - 96.7	4.3	3.1 - 5.9	0.1*	0.0 - 0.8
55-69	637	24.4	20.4 - 28.9	56.5	50.5 - 62.3	19.1	14.8 - 24.4
Total	1930	71.8	68.8 - 74.7	21.7	19.1 - 24.5	6.5	4.9 - 8.5

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

Percentage of the population by level of 10-year CVD risk - Omani

Total							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	2043	92.6	90.5 - 94.3	6.9	5.3 - 9.0	0.5	0.2 - 1.1
55-69	963	22.7	19.3 - 26.5	57.1	52.3 - 61.7	20.2	16.6 - 24.4
Total	3006	71.0	68.6 - 73.4	22.4	20.3 - 24.7	6.6	5.3 - 8.1

§ 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.

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[§] $\geq 20\%$ 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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	750	2.3	1.3 - 4.2	1293	1.5	0.9 - 2.6	2043	1.9	1.3 - 2.9
55-69	326	26.6	19.1 - 35.9	637	25.8	20.7 - 31.5	963	26.1	21.8 - 30.9
Total	1076	9.1	6.7 - 12.3	1930	9.6	7.7 - 11.9	3006	9.4	7.8 - 11.3

§ 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[§] $\geq 20\%$, including those with existing CVD) receiving drug therapy and counselling[†] (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 - Omani

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	29	-	-	23	-	-	52	50.8	31.0 - 70.4
55-69	93	62.8	41.8 - 79.9	140	86.4	77.6 - 92.1	233	76.3	64.3 - 85.2
Total	122	63.4	45.4 - 78.3	163	80.3	70.9 - 87.2	285	72.7	61.6 - 81.6

- 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/m²)

Raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP).

Summary of Combined Risk Factors - 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	1582	12.2	9.8 - 15.1	67.0	63.3 - 70.6	20.8	17.8 - 24.0
45-69	858	5.7	3.6 - 8.8	60.4	54.8 - 65.7	33.9	29.2 - 39.1
70+	194	2.9*	1.0 - 8.0	49.1	38.3 - 59.9	48.0	37.4 - 58.8
Total	2634	10.3	8.4 - 12.5	64.7	61.8 - 67.6	25.0	22.4 - 27.7

* 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 - 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	2363	8.8	7.0 - 11.1	72.3	69.4 - 75.0	18.9	16.5 - 21.5
45-69	1459	2.3	1.5 - 3.7	54.1	50.4 - 57.9	43.5	39.8 - 47.3
70+	249	1.0*	0.3 - 3.0	41.2	32.0 - 51.2	57.8	47.9 - 67.1
Total	4071	6.7	5.4 - 8.4	66.2	64.0 - 68.3	27.1	25.0 - 29.3

* 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 - 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	3945	10.6	8.9 - 12.5	69.5	67.1 - 71.9	19.9	17.9 - 22.0
45-69	2317	3.9	2.8 - 5.5	57.1	53.9 - 60.3	38.9	35.9 - 42.1
70+	443	2.0*	0.8 - 4.5	45.3	38.1 - 52.8	52.7	45.3 - 60.0
Total	6705	8.6	7.3 - 10.0	65.4	63.6 - 67.3	26.0	24.3 - 27.8

* 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 (18-44) - 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
18-44	1582	20.8	17.8 - 24.0	2363	18.9	16.5 - 21.5	3945	19.9	17.9 - 22.0

Summary of Combined Risk Factors (45-69) - 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
45-69	858	33.9	29.2 - 39.1	1459	43.5	39.8 - 47.3	2317	38.9	35.9 - 42.1