



WHO STEPS

**Noncommunicable Disease
Risk Factor Survey**

**Data Book for Oman
(Data by Governorates)
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.

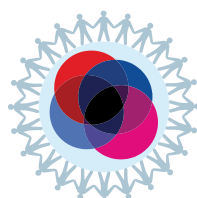
Format of the data book Each page in the data book contains a different table with:

- 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 $\geq 30\%$, 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:

I0: Governorate

C1: Sex

X2: Nationality

Distribution of the sample by nationality, sex and governorate							
Governorates	Omani			Non-Omani			Grand Total
	Male	Female	Total	Male	Female	Total	
Muscat	160	302	462	318	156	474	936
Dhofar	210	248	458	394	32	426	884
Musandam	288	312	600	240	58	298	898
Buraimi	307	323	630	116	49	165	795
Dakhliya	206	466	672	112	14	126	798
North Batinah	268	372	640	151	49	200	840
South Batinah	203	466	669	185	36	221	890
South Sharqiyah	297	493	790	147	20	167	957
North Sharqiyah	248	522	770	150	24	174	944
Dhahira	260	417	677	170	14	184	861
Wusta	270	459	729	207	40	247	976
Grand Total			7097			2682	9779

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		
Both Sexes		
Governorates	n	mean
Muscat	929	12.6
Dhofar	881	10.4
Musandam	898	9.8
Buraimi	785	11.3
Dakhliya	798	10.2
North Batinah	837	10.6
South Batinah	888	10.2
South Sharqiyah	951	10.4
North Sharqiyah	942	9.9
Dhahira	860	10.8
Wusta	973	8.6
Total	9742	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								
Total								
Governorates	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
Muscat	935	5.3	4.1	8.4	10.9	23.5	36.1	11.6
Dhofar	884	10.0	4.8	9.6	17.4	34.7	20.1	3.4
Musandam	898	14.7	4.5	13.4	14.1	29.8	21.0	2.4
Buraimi	795	9.9	7.0	7.4	9.2	32.5	31.7	2.3
Dakhliya	798	12.8	8.6	9.5	9.5	31.5	26.1	2.0
North Batinah	837	11.0	6.6	8.6	10.4	35.4	23.8	4.3
South Batinah	889	10.8	8.2	9.9	14.6	31.2	23.4	1.9
South Sharqiyah	957	12.3	6.9	7.9	12.0	35.1	23.4	2.3
North Sharqiyah	943	15.8	5.6	10.2	12.2	30.2	23.8	2.2
Dhahira	861	9.4	8.5	10.0	9.4	32.2	28.5	2.1
Wusta	976	20.9	11.5	9.3	12.2	27.8	15.0	3.4
Total	9773	12.2	6.9	9.5	12.1	31.2	24.7	3.5

Marital status Description: Marital status of survey respondents

Instrument question:
C7: What is your marital status?

Marital status						
	Total					
Governorates	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
Muscat	935	19.6	72.4	0.7	2.9	4.4
Dhofar	884	21.4	69.3	0.5	4.2	4.6
Musandam	898	21.0	72.9	0.1	1.0	4.9
Buraimi	792	22.0	69.8	0.4	2.4	5.4
Dakhliya	798	20.6	69.3	0.1	1.8	8.3
North Batinah	840	16.9	74.9	0.6	2.3	5.4
South Batinah	890	17.8	74.5	0.1	2.0	5.6
South Sharqiyah	957	17.9	71.2	0.1	3.7	7.2
North Sharqiyah	944	21.6	69.3	0.1	2.5	6.5
Dhahira	861	21.4	72.5	0.1	1.0	5.0
Wusta	976	17.2	76.4	0.0	3.0	3.4
Total	9775	19.7	72.1	0.3	2.5	5.5

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

Total		
Governorates	n	% related to spouse
Muscat	718	27.9
Dhofar	654	43.1
Musandam	699	34.5
Buraimi	596	40.1
Dakhliya	619	38.4
North Batinah	674	34.1
South Batinah	713	41.7
South Sharqiyah	750	50.4
North Sharqiyah	715	47.0
Dhahira	667	44.8
Wusta	779	46.1
Total	7584	40.9

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

Total				
Governorates	n	% First cousin	% Other	% No relation
Muscat	200	58.0	40.5	1.5
Dhofar	282	54.3	44.7	1.1
Musandam	241	60.6	39.0	0.4
Buraimi	239	53.6	46.4	0.0
Dakhliya	238	61.8	37.8	0.4
North Batinah	230	64.3	35.2	0.4
South Batinah	297	58.9	38.0	3.0
South Sharqiyah	378	63.5	36.2	0.3
North Sharqiyah	336	65.5	34.2	0.3
Dhahira	299	66.9	32.8	0.3
Wusta	359	78.0	20.6	1.4
Total	3099	63.0	36.1	0.8

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					
Total					
Governorates	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
Muscat	932	11.8	36.8	6.1	0.5
Dhofar	884	14.1	46.4	2.5	0.1
Musandam	898	27.8	23.1	2.7	0.1
Buraimi	795	23.0	14.5	10.7	0.3
Dakhliya	798	13.8	18.8	0.9	0.1
North Batinah	840	19.6	21.1	4.3	0.6
South Batinah	890	13.6	17.8	7.5	0.1
South Sharqiyah	955	21.2	19.7	1.4	0.1
North Sharqiyah	938	14.5	21.2	1.6	0.1
Dhahira	859	19.2	25.1	0.9	0.1
Wusta	973	17.2	22.3	4.1	0.1
Total	9762	17.8	24.4	3.8	0.2

Employment status						
Total						
Governorates	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
Muscat	932	4.9	28.6	6.4	3.9	0.9
Dhofar	884	2.8	21.4	6.0	6.3	0.3
Musandam	898	3.1	25.3	6.0	10.5	1.4
Buraimi	795	6.3	23.0	6.2	13.0	3.1
Dakhliya	798	8.0	40.4	8.0	8.5	1.5
North Batinah	840	4.5	32.1	8.2	7.7	1.8
South Batinah	890	3.0	39.0	9.0	8.5	1.5
South Sharqiyah	955	6.0	34.9	6.8	6.2	3.9
North Sharqiyah	938	6.8	38.4	5.8	8.4	3.2
Dhahira	859	5.4	30.6	7.2	10.2	1.2
Wusta	973	2.2	38.5	2.9	9.4	3.4
Total	9762	4.8	32.1	6.5	8.3	2.0

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)

Total						
Governorates	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
Muscat	414	1.2	11.1	64.5	14.5	8.7
Dhofar	324	0.3	7.7	58.3	16.4	17.3
Musandam	404	0.2	6.9	56.2	13.4	23.3
Buraimi	387	0.5	12.9	47.3	12.7	26.6
Dakhliya	519	0.2	12.3	62.0	12.3	13.1
North Batinah	447	1.1	8.5	60.4	15.4	14.5
South Batinah	531	0.2	5.1	65.3	15.1	14.3
South Sharqiyah	515	0.2	11.1	64.7	12.6	11.5
North Sharqiyah	558	0.2	11.5	64.5	9.7	14.2
Dhahira	460	0.2	10.0	57.2	13.5	19.1
Wusta	516	0.2	4.1	72.7	5.4	17.6
Total	5075	0.4	9.2	61.8	12.6	16.1

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			
		Total	
Governorates	n	% current smokers	95% CI
Muscat	936	13.2	10.5 - 16.4
Dhofar	884	14.1	11.0 - 17.8
Musandam	898	16.6	13.6 - 20.2
Buraimi	795	7.6	5.0 - 11.5
Dakhliya	798	5.3	3.5 - 8.0
North Batinah	840	13.8	9.8 - 19.0
South Batinah	890	8.6	6.0 - 12.1
South Sharqiyah	957	8.1	5.2 - 12.5
North Sharqiyah	944	7.0	4.3 - 11.1
Dhahira	861	10.4	7.6 - 14.1
Wusta	976	21.4	16.4 - 27.5
Total	9779	11.3	10.0 - 12.7

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									
Total									
Governorates	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
Muscat	936	8.9	6.7 - 11.8	4.3	2.9 - 6.2	8.1	5.5 - 11.7	78.8	74.4 - 82.6
Dhofar	884	11.9	9.1 - 15.5	2.1	1.2 - 3.6	4.0	2.8 - 5.8	81.9	78.2 - 85.1
Musandam	898	14.8	11.8 - 18.4	1.9	1.0 - 3.6	5.2	3.7 - 7.2	78.2	75.0 - 81.1
Buraimi	795	7.5	4.9 - 11.4	0.1*	0.0 - 0.7	5.9	3.3 - 10.3	86.5	82.2 - 89.9
Dakhliya	798	4.3	2.7 - 7.0	1.0*	0.4 - 2.4	4.9	3.1 - 7.7	89.8	86.3 - 92.4
North Batinah	840	11.3	7.8 - 16.0	2.5	1.3 - 4.7	5.7	3.8 - 8.5	80.5	74.9 - 85.2
South Batinah	890	6.5	4.4 - 9.6	2.1*	1.0 - 4.1	3.3	2.2 - 5.1	88.1	84.6 - 90.9
South Sharqiyah	957	8.0	5.0 - 12.4	0.1*	0.0 - 0.5	4.2	2.8 - 6.3	87.7	83.1 - 91.2
North Sharqiyah	944	4.8	2.7 - 8.4	2.1*	0.8 - 5.8	2.2	1.2 - 4.0	90.9	87.0 - 93.7
Dhahira	861	8.9	6.4 - 12.3	1.5*	0.8 - 3.0	2.9	1.9 - 4.3	86.7	83.0 - 89.7
Wusta	976	18.5	14.6 - 23.2	2.9*	0.9 - 8.8	4.1	2.1 - 7.7	74.5	67.5 - 80.4
Total	9779	8.8	7.7 - 10.0	2.5	2.0 - 3.2	5.5	4.5 - 6.7	83.2	81.5 - 84.9

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

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

	Total		
Governorates	n	% cigarette smokers	95% CI
Muscat	936	11.4	8.8 - 14.6
Dhofar	884	11.1	8.5 - 14.3
Musandam	898	10.2	7.4 - 13.8
Buraimi	795	5.6	3.2 - 9.9
Dakhliya	798	5.1	3.3 - 7.8
North Batinah	840	10.1	6.8 - 14.9
South Batinah	890	7.5	5.1 - 11.1
South Sharqiyah	957	5.7	3.4 - 9.3
North Sharqiyah	944	6.3	3.7 - 10.6
Dhahira	861	8.9	6.3 - 12.3
Wusta	976	15.9	11.9 - 21.0
Total	9779	9.2	8.1 - 10.6

Former daily smokers

Description: Percentage of former daily smokers among total population

Instrument question:

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

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

Former daily smokers among all population

Former daily smokers among all population			
	Total		
Governorates	n	% former daily smokers	95% CI
Muscat	936	5.4	3.4 - 8.4
Dhofar	884	3.4	2.2 - 5.1
Musandam	898	3.1	2.0 - 4.7
Buraimi	795	2.9*	1.0 - 7.8
Dakhliya	798	2.9	1.7 - 4.8
North Batinah	840	3.3	2.1 - 5.1
South Batinah	890	3.0	1.9 - 4.9
South Sharqiyah	957	2.1	1.2 - 3.6
North Sharqiyah	944	2.2	1.0 - 4.5
Dhahira	861	2.6	1.7 - 4.1
Wusta	976	3.8	1.9 - 7.4
Total	9779	3.7	2.9 - 4.6

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

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			
	Total		
Governorates	n	% current users	95% CI
Muscat	936	2.7	1.6 - 4.6
Dhofar	884	1.2	0.6 - 2.2
Musandam	898	2.1	1.1 - 3.8
Buraimi	795	1.6*	0.6 - 4.3
Dakhliya	798	0.8*	0.3 - 2.1
North Batinah	840	0.2*	0.1 - 0.6
South Batinah	890	0.5*	0.1 - 1.8
South Sharqiyah	957	1.5*	0.6 - 3.8
North Sharqiyah	944	0.2*	0.1 - 0.8
Dhahira	861	0.3*	0.1 - 0.9
Wusta	976	1.0*	0.3 - 3.2
Total	9779	1.3	0.9 - 1.9

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

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

Smokeless tobacco use									
Total									
Governorates	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
Muscat	936	2.3	1.3 - 4.2	0.4*	0.2 - 1.1	1.2*	0.5 - 2.5	96.1	94.0 - 97.5
Dhofar	884	0.8*	0.3 - 1.7	0.5*	0.2 - 1.1	0.9*	0.4 - 1.8	97.9	96.6 - 98.7
Musandam	898	1.9	0.9 - 3.6	0.2*	0.0 - 1.2	0.4*	0.1 - 1.4	97.5	95.4 - 98.7
Buraimi	795	1.3*	0.4 - 4.3	0.3*	0.0 - 1.8	0.8*	0.2 - 3.1	97.6	94.9 - 98.9
Dakhiya	798	0.4*	0.1 - 1.9	0.4*	0.1 - 1.3	1.6*	0.6 - 3.9	97.6	95.3 - 98.8
North Batinah	840	0.1*	0.0 - 0.5	0.1*	0.0 - 0.4	3.0*	0.9 - 9.7	96.8	90.4 - 99.0
South Batinah	890	0.4*	0.1 - 1.9	0.0*	0.0 - 0.2	1.2*	0.5 - 2.6	98.4	96.8 - 99.2
South Sharqiyah	957	1.3*	0.4 - 3.8	0.2*	0.0 - 1.0	0.4*	0.1 - 1.1	98.1	95.9 - 99.2
North Sharqiyah	944	0.2*	0.0 - 0.8	0.0*	0.0 - 0.2	0.4*	0.2 - 1.0	99.4	98.7 - 99.7
Dhahira	861	0.3*	0.1 - 0.9	0.0*	0.0 - 0.0	0.5*	0.1 - 1.8	99.2	98.1 - 99.7
Wusta	976	0.9*	0.3 - 3.2	0.1*	0.0 - 0.4	0.1*	0.0 - 0.4	98.9	96.8 - 99.6
Total	9779	1.1	0.7 - 1.6	0.2	0.1 - 0.4	1.3	0.8 - 2.3	97.3	96.3 - 98.1

* 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

Governorates	n	Total	
		% former daily users	95% CI
Muscat	936	1.1*	0.5 - 2.2
Dhofar	884	1.0	0.5 - 2.0
Musandam	898	0.6*	0.2 - 1.7
Buraimi	795	0.7*	0.2 - 2.9
Dakhliya	798	0.7*	0.3 - 1.8
North Batinah	840	0.8*	0.1 - 4.9
South Batinah	890	0.9*	0.4 - 2.1
South Sharqiyah	957	0.3*	0.1 - 1.1
North Sharqiyah	944	0.2*	0.0 - 0.8
Dhahira	861	0.4*	0.1 - 1.5
Wusta	976	0.0*	0.0 - 0.0
Total	9779	0.8	0.5 - 1.3

* 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

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?

Current users of heated tobacco products

Current users of heated tobacco products			
	Total		
Governorates	n	% current users	95% CI
Muscat	936	1.3*	0.6 - 3.1
Dhofar	884	0.1*	0.0 - 0.7
Musandam	898	0.3*	0.0 - 2.2
Buraimi	795	0.0*	0.0 - 0.0
Dakhliya	798	0.0*	0.0 - 0.0
North Batinah	840	0.0*	0.0 - 0.0
South Batinah	890	0.2*	0.1 - 1.0
South Sharqiyah	957	0.7*	0.2 - 3.2
North Sharqiyah	944	0.1*	0.0 - 0.6
Dhahira	861	0.0*	0.0 - 0.0
Wusta	976	0.2*	0.0 - 0.8
Total	9779	0.5	0.2 - 1.0

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

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

Governorates	Total		
	n	% current users	95% CI
Muscat	936	14.6	11.7 - 18.1
Dhofar	884	14.5	11.3 - 18.3
Musandam	898	18.1	15.0 - 21.7
Buraimi	795	9.0	6.2 - 13.1
Dakhliya	798	6.0	4.1 - 8.7
North Batinah	840	13.8	9.8 - 19.1
South Batinah	890	9.0	6.3 - 12.8
South Sharqiyah	957	9.5	6.2 - 14.5
North Sharqiyah	944	7.0	4.3 - 11.1
Dhahira	861	10.6	7.7 - 14.4
Wusta	976	21.4	16.4 - 27.5
Total	9779	12.1	10.7 - 13.6

Daily tobacco users

Governorates	Total		
	n	% daily users	95% CI
Muscat	936	10.3	7.7 - 13.5
Dhofar	884	12.2	9.3 - 15.7
Musandam	898	16.2	13.1 - 19.9
Buraimi	795	8.7	5.8 - 12.7
Dakhliya	798	4.7	3.0 - 7.4
North Batinah	840	11.3	7.9 - 16.0
South Batinah	890	7.0	4.7 - 10.3
South Sharqiyah	957	9.2	5.9 - 14.3
North Sharqiyah	944	4.9	2.8 - 8.4
Dhahira	861	9.1	6.5 - 12.6
Wusta	976	19.0	15.1 - 23.5
Total	9779	9.5	8.3 - 10.8

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									
Total									
Governorates	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
Muscat	936	10.3	7.7 - 13.5	4.4	3.0 - 6.3	8.9	6.1 - 12.8	76.5	71.9 - 80.5
Dhofar	884	12.2	9.3 - 15.7	2.3	1.4 - 3.8	4.1	2.8 - 6.1	81.4	77.7 - 84.6
Musandam	898	16.2	13.1 - 19.9	1.9	1.0 - 3.6	5.5	3.9 - 7.6	76.4	73.2 - 79.3
Buraimi	795	8.7	5.8 - 12.7	0.4*	0.1 - 1.6	5.1	2.7 - 9.7	85.8	81.3 - 89.4
Dakhliya	798	4.7	3.0 - 7.4	1.3*	0.6 - 2.7	4.9	3.1 - 7.7	89.1	85.6 - 91.8
North Batinah	840	11.3	7.9 - 16.0	2.5	1.3 - 4.7	7.5	4.4 - 12.5	78.7	73.3 - 83.3
South Batinah	890	7.0	4.7 - 10.3	2.1*	1.0 - 4.1	4.0	2.6 - 6.1	86.9	83.2 - 89.9
South Sharqiyah	957	9.2	5.9 - 14.3	0.3*	0.1 - 1.0	3.5	2.3 - 5.5	86.9	82.3 - 90.5
North Sharqiyah	944	4.9	2.8 - 8.4	2.0*	0.7 - 5.8	2.4	1.3 - 4.2	90.7	86.8 - 93.5
Dhahira	861	9.1	6.5 - 12.6	1.5*	0.8 - 3.0	3.1	2.1 - 4.6	86.3	82.4 - 89.4
Wusta	976	19.0	15.1 - 23.5	2.5*	0.7 - 8.7	4.1	2.2 - 7.8	74.4	67.5 - 80.3
Total	9779	9.5	8.3 - 10.8	2.6	2.0 - 3.3	6.1	4.9 - 7.5	81.9	80.0 - 83.6

* 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

Governorates	n	Total	
		% exposed	95% CI
Muscat	936	14.7	11.5 - 18.6
Dhofar	884	23.1	18.0 - 29.2
Musandam	898	29.3	24.5 - 34.6
Buraimi	795	18.1	13.6 - 23.7
Dakhliya	798	13.4	8.4 - 20.6
North Batinah	840	14.4	10.4 - 19.6
South Batinah	890	18.4	14.4 - 23.2
South Sharqiyah	957	20.0	15.7 - 25.2
North Sharqiyah	944	13.0	8.3 - 19.7
Dhahira	861	11.4	8.5 - 15.2
Wusta	976	32.7	23.4 - 43.5
Total	9779	16.4	14.7 - 18.2

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

Governorates	n	Total	
		% exposed	95% CI
Muscat	785	18.0	13.6 - 23.4
Dhofar	829	19.6	13.8 - 27.0
Musandam	752	22.3	17.3 - 28.4
Buraimi	766	10.8	8.0 - 14.5
Dakhliya	676	28.2	21.3 - 36.3
North Batinah	758	19.7	14.9 - 25.5
South Batinah	811	21.0	16.6 - 26.1
South Sharqiyah	854	24.1	19.2 - 29.8
North Sharqiyah	886	17.7	12.8 - 24.0
Dhahira	696	9.9	7.1 - 13.5
Wusta	645	27.5	18.8 - 38.4
Total	8458	19.8	17.7 - 22.0

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

Governorates	n	Total	
		%	95% CI
Muscat	936	82.9	79.1 - 86.1
Dhofar	884	88.7	83.3 - 92.5
Musandam	898	85.6	81.4 - 88.9
Buraimi	795	73.0	65.0 - 79.7
Dakhliya	798	83.6	78.4 - 87.7
North Batinah	840	86.6	82.3 - 90.0
South Batinah	890	85.2	81.0 - 88.6
South Sharqiyah	957	85.6	81.4 - 89.0
North Sharqiyah	944	76.1	70.3 - 81.1
Dhahira	861	87.6	82.9 - 91.2
Wusta	976	80.0	74.9 - 84.3
Total	9779	84.2	82.6 - 85.7

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

		Total	
Governorates	n	%	95% CI
Muscat	936	71.2	67.2 - 74.9
Dhofar	884	68.8	62.3 - 74.6
Musandam	898	80.1	75.6 - 83.9
Buraimi	795	80.2	72.7 - 86.1
Dakhliya	798	86.7	78.1 - 92.3
North Batinah	840	87.2	83.0 - 90.5
South Batinah	890	82.5	78.1 - 86.2
South Sharqiyah	957	83.3	77.8 - 87.7
North Sharqiyah	944	85.3	79.3 - 89.7
Dhahira	861	79.0	73.3 - 83.8
Wusta	976	65.7	60.6 - 70.6
Total	9779	78.6	76.7 - 80.3

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

Governorates	n	Total	
		% current users	95% CI
Muscat	936	0.6*	0.2 - 1.6
Dhofar	884	0.2*	0.0 - 1.2
Musandam	898	0.0*	0.0 - 0.0
Buraimi	795	0.4*	0.1 - 1.8
Dakhliya	798	0.0*	0.0 - 0.0
North Batinah	840	0.1*	0.0 - 0.5
South Batinah	890	0.0*	0.0 - 0.0
South Sharqiyah	957	0.0*	0.0 - 0.0
North Sharqiyah	944	0.0*	0.0 - 0.0
Dhahira	861	0.1*	0.0 - 0.5
Wusta	976	0.4*	0.1 - 3.0
Total	9779	0.2	0.1 - 0.5

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

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

Governorates	n	Total	
		% heard of e-cigs	95% CI
Muscat	936	63.6	57.4 - 69.4
Dhofar	884	58.1	52.3 - 63.6
Musandam	898	66.4	60.3 - 72.0
Buraimi	795	49.0	40.3 - 57.8
Dakhliya	798	68.1	60.7 - 74.6
North Batinah	840	65.5	59.9 - 70.7
South Batinah	890	68.0	62.2 - 73.2
South Sharqiyah	957	61.1	55.2 - 66.7
North Sharqiyah	944	52.5	46.3 - 58.5
Dhahira	861	54.0	48.0 - 59.8
Wusta	976	46.3	37.2 - 55.7
Total	9779	62.4	60.0 - 64.8

Current users of electronic cigarettes

Governorates	n	Total	
		% current users	95% CI
Muscat	936	3.0	1.8 - 4.9
Dhofar	884	0.5*	0.2 - 1.2
Musandam	898	1.5*	0.8 - 3.2
Buraimi	795	1.1*	0.4 - 3.2
Dakhliya	798	0.1*	0.0 - 0.8
North Batinah	840	0.5*	0.2 - 1.4
South Batinah	890	0.5*	0.1 - 1.9
South Sharqiyah	957	0.3*	0.1 - 0.9
North Sharqiyah	944	0.2*	0.0 - 1.3
Dhahira	861	0.1*	0.0 - 1.0
Wusta	976	2.0*	0.4 - 9.2
Total	9779	1.2	0.8 - 1.8

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

Electronic cigarette use

Governorates	n	Total					
		% daily user	95% CI	% non-daily user	95% CI		
Muscat	936	1.3*	0.6 - 3.1	1.6	0.9 - 2.9	96.7	94.7 - 98.0
Dhofar	884	0.1*	0.0 - 0.5	0.4*	0.1 - 1.1	99.1	98.0 - 99.6
Musandam	898	0.5*	0.1 - 2.1	1.0*	0.4 - 2.4	98.0	96.4 - 98.9
Buraimi	795	0.3*	0.1 - 1.5	0.8*	0.2 - 3.1	98.9	96.8 - 99.6
Dakhliya	798	0.0*	0.0 - 0.0	0.1*	0.0 - 0.8	99.2	97.4 - 99.8
North Batinah	840	0.1*	0.0 - 0.4	0.4*	0.1 - 1.3	99.5	98.6 - 99.8
South Batinah	890	0.0*	0.0 - 0.0	0.5*	0.1 - 1.9	99.4	98.1 - 99.8
South Sharqiyah	957	0.1*	0.0 - 0.4	0.2*	0.0 - 0.9	99.2	98.0 - 99.7
North Sharqiyah	944	0.2*	0.0 - 1.3	0.0*	0.0 - 0.0	99.1	97.5 - 99.7
Dhahira	861	0.0*	0.0 - 0.0	0.1*	0.0 - 1.0	99.3	98.1 - 99.7
Wusta	976	0.1*	0.0 - 0.4	2.0*	0.4 - 9.4	95.4	87.4 - 98.4
Total	9779	0.5	0.2 - 1.0	0.8	0.5 - 1.2	98.4	97.8 - 98.9

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

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

Governorates	Total		
	n	% current users	95% CI
Muscat	936	3.6	2.3 - 5.6
Dhofar	884	0.7*	0.3 - 1.5
Musandam	898	1.5*	0.8 - 3.2
Buraimi	795	1.3*	0.5 - 3.4
Dakhliya	798	0.1*	0.0 - 0.8
North Batinah	840	0.6*	0.2 - 1.4
South Batinah	890	0.5*	0.1 - 1.9
South Sharqiyah	957	0.3*	0.1 - 0.9
North Sharqiyah	944	0.2*	0.0 - 1.3
Dhahira	861	0.2*	0.1 - 0.9
Wusta	976	2.5*	0.6 - 9.1
Total	9779	1.4	1.0 - 2.1

* 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

Current users of tobacco or nicotine products			
	Total		
Governorates	n	% current users	95% CI
Muscat	936	16.5	13.3 - 20.3
Dhofar	884	14.8	11.7 - 18.6
Musandam	898	18.2	15.1 - 21.8
Buraimi	795	9.2	6.3 - 13.3
Dakhliya	798	6.0	4.1 - 8.7
North Batinah	840	14.3	10.3 - 19.5
South Batinah	890	9.0	6.3 - 12.8
South Sharqiyah	957	9.5	6.2 - 14.5
North Sharqiyah	944	7.0	4.3 - 11.1
Dhahira	861	10.7	7.8 - 14.6
Wusta	976	21.4	16.4 - 27.5
Total	9779	12.8	11.4 - 14.3

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

Governorates	n	Total	
		mean number of days	95% CI
Muscat	929	4.8	4.5 - 5.1
Dhofar	871	3.4	3.2 - 3.7
Musandam	896	4.9	4.7 - 5.1
Buraimi	794	4.1	3.8 - 4.4
Dakhliya	798	5.5	5.2 - 5.8
North Batinah	839	4.4	4.1 - 4.6
South Batinah	878	4.9	4.6 - 5.3
South Sharqiyah	953	4.6	4.4 - 4.8
North Sharqiyah	939	4.6	4.4 - 4.9
Dhahira	860	4.9	4.6 - 5.3
Wusta	973	3.8	3.4 - 4.1
Total	9730	4.6	4.5 - 4.7

Mean number of days vegetables consumed in a typical week

Governorates	n	Total	
		mean number of days	95% CI
Muscat	928	5.6	5.4 - 5.9
Dhofar	875	5.6	5.4 - 5.9
Musandam	896	5.8	5.7 - 6.0
Buraimi	794	5.1	4.7 - 5.4
Dakhliya	798	5.9	5.7 - 6.1
North Batinah	839	5.2	4.9 - 5.5
South Batinah	882	6.0	5.8 - 6.2
South Sharqiyah	957	5.8	5.6 - 6.0
North Sharqiyah	942	5.6	5.3 - 5.9
Dhahira	861	5.9	5.7 - 6.1
Wusta	972	4.7	4.1 - 5.2
Total	9744	5.6	5.5 - 5.7

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

Governorates	n	Total	
		mean number of servings	95% CI
Muscat	925	1.8	1.6 - 2.0
Dhofar	868	1.4	1.2 - 1.6
Musandam	896	1.4	1.3 - 1.5
Buraimi	794	2.3	1.8 - 2.9
Dakhliya	798	2.5	2.3 - 2.8
North Batinah	838	2.3	2.0 - 2.5
South Batinah	856	2.1	1.9 - 2.4
South Sharqiyah	951	2.4	2.0 - 2.7
North Sharqiyah	938	1.7	1.5 - 2.0
Dhahira	859	1.9	1.7 - 2.0
Wusta	970	1.2	1.0 - 1.4
Total	9693	2.0	1.9 - 2.1

Mean number of servings of vegetables on average per day

Governorates	n	Total	
		mean number of servings	95% CI
Muscat	923	2.3	2.0 - 2.6
Dhofar	875	2.9	2.6 - 3.3
Musandam	896	1.9	1.7 - 2.0
Buraimi	794	3.2	2.4 - 4.0
Dakhliya	798	2.1	1.9 - 2.3
North Batinah	838	2.3	2.1 - 2.5
South Batinah	859	2.2	2.0 - 2.4
South Sharqiyah	955	3.2	2.8 - 3.7
North Sharqiyah	942	2.1	1.9 - 2.3
Dhahira	860	1.6	1.5 - 1.7
Wusta	970	1.4	1.2 - 1.6
Total	9710	2.4	2.2 - 2.5

Mean number of servings of fruit and/or vegetables on average per day

Governorates	n	Total	
		mean number of servings	95% CI
Muscat	927	4.1	3.7 - 4.5
Dhofar	875	4.3	3.8 - 4.8
Musandam	896	3.3	3.0 - 3.5
Buraimi	794	5.5	4.2 - 6.8
Dakhliya	798	4.6	4.3 - 5.0
North Batinah	838	4.5	4.2 - 4.9
South Batinah	866	4.3	3.9 - 4.7
South Sharqiyah	956	5.6	4.8 - 6.3
North Sharqiyah	942	3.8	3.4 - 4.2
Dhahira	860	3.4	3.2 - 3.6
Wusta	971	2.5	2.2 - 2.8
Total	9723	4.3	4.2 - 4.5

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

Governorates	n	% no fruit or vegetables	Total						
			95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
Muscat	927	7.7	5.6 - 10.6	35.4	30.0 - 41.2	23.2	19.5 - 27.4	33.7	27.0 - 41.1
Dhofar	875	11.0	8.6 - 14.1	29.2	23.2 - 36.0	21.7	17.5 - 26.6	38.0	31.3 - 45.3
Musandam	896	5.1	3.3 - 8.0	55.0	49.7 - 60.3	25.6	19.9 - 32.2	14.3	11.5 - 17.5
Buraimi	794	12.6	7.9 - 19.4	42.6	35.6 - 50.0	19.5	14.5 - 25.7	25.3	18.9 - 32.8
Dakhliya	798	2.4	1.3 - 4.3	23.9	19.5 - 29.0	34.7	26.6 - 43.8	39.0	32.8 - 45.6
North Batinah	838	11.2	7.6 - 16.2	26.7	22.5 - 31.3	21.2	17.4 - 25.6	40.9	36.0 - 46.0
South Batinah	866	3.3	2.0 - 5.4	34.2	27.6 - 41.5	26.8	22.9 - 31.1	35.7	29.6 - 42.2
South Sharqiyah	956	4.3	2.9 - 6.4	28.9	22.2 - 36.7	23.9	20.0 - 28.4	42.9	33.7 - 52.5
North Sharqiyah	942	7.4	4.8 - 11.3	37.8	32.4 - 43.5	27.3	21.5 - 34.0	27.5	22.8 - 32.8
Dhahira	860	8.2	6.0 - 11.2	31.7	27.6 - 36.1	33.5	29.9 - 37.3	26.6	22.6 - 31.0
Wusta	971	17.9	10.0 - 30.0	48.6	39.3 - 58.0	22.8	18.3 - 28.1	10.6	6.2 - 17.6
Total	9723	7.7	6.6 - 8.9	32.1	29.8 - 34.4	24.9	23.0 - 26.8	35.3	32.7 - 38.1

Less than five servings of fruit and/or vegetables on average per day

Governorates	n	Total	
		% < five servings per day	95% CI
Muscat	927	66.3	58.9 - 73.0
Dhofar	875	62.0	54.7 - 68.7
Musandam	896	85.7	82.5 - 88.5
Buraimi	794	74.7	67.2 - 81.1
Dakhliya	798	61.0	54.4 - 67.2
North Batinah	838	59.1	54.0 - 64.0
South Batinah	866	64.3	57.8 - 70.4
South Sharqiyah	956	57.1	47.5 - 66.3
North Sharqiyah	942	72.5	67.2 - 77.2
Dhahira	860	73.4	69.0 - 77.4
Wusta	971	89.4	82.4 - 93.8
Total	9723	64.7	61.9 - 67.3

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

Governorates	n	Total %	95% CI
Muscat	935	22.5	19.0 - 26.5
Dhofar	884	26.2	21.0 - 32.3
Musandam	898	23.1	19.1 - 27.7
Buraimi	795	15.6	11.6 - 20.8
Dakhliya	797	16.9	11.7 - 23.9
North Batinah	836	17.2	13.5 - 21.8
South Batinah	889	16.8	12.9 - 21.6
South Sharqiyah	956	27.2	21.1 - 34.2
North Sharqiyah	938	25.5	19.4 - 32.7
Dhahira	857	15.4	11.9 - 19.8
Wusta	970	32.5	24.0 - 42.5
Total	9755	21.0	19.3 - 22.9

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

Governorates	n	Total	
		%	95% CI
Muscat	928	43.1	35.6 - 50.9
Dhofar	873	17.7	13.4 - 23.0
Musandam	817	26.7	20.1 - 34.7
Buraimi	791	12.7	8.5 - 18.5
Dakhliya	770	38.5	30.3 - 47.4
North Batinah	830	37.7	28.3 - 48.1
South Batinah	887	51.0	46.3 - 55.6
South Sharqiyah	937	17.9	12.9 - 24.4
North Sharqiyah	930	5.3	3.2 - 8.4
Dhahira	858	22.0	17.9 - 26.7
Wusta	960	52.2	44.6 - 59.7
Total	9581	34.2	31.1 - 37.5

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

Governorates	n	%	95% CI
Muscat	934	14.2	11.1 - 17.9
Dhofar	882	13.0	9.9 - 16.9
Musandam	897	10.1	7.9 - 12.7
Buraimi	793	12.4	9.2 - 16.6
Dakhliya	798	17.6	12.4 - 24.4
North Batinah	837	13.7	10.9 - 16.9
South Batinah	888	14.3	11.6 - 17.6
South Sharqiyah	956	18.8	14.5 - 23.9
North Sharqiyah	938	10.3	6.6 - 15.8
Dhahira	857	11.4	8.6 - 15.0
Wusta	973	15.5	8.6 - 26.6
Total	9753	14.2	12.8 - 15.7

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

Governorates	n	Total	
		%	95% CI
Muscat	929	6.1	4.4 - 8.4
Dhofar	883	9.7	6.7 - 13.9
Musandam	898	2.7	1.7 - 4.3
Buraimi	793	7.6	4.5 - 12.3
Dakhliya	798	8.0	5.2 - 12.0
North Batinah	840	3.5	2.3 - 5.3
South Batinah	873	5.6	3.3 - 9.3
South Sharqiyah	956	5.5	3.7 - 8.2
North Sharqiyah	941	4.3	2.9 - 6.5
Dhahira	856	4.5	2.4 - 8.2
Wusta	974	6.4	4.0 - 10.1
Total	9741	6.0	5.1 - 7.0

Self-reported quantity of salt consumed

Governorates	n	Total				% just the right amount	
		% far too much	95% CI	% too much	95% CI		95% CI
Muscat	929	1.5	0.6 - 3.5	4.7	3.3 - 6.5	64.4	59.8 - 68.7
Dhofar	883	0.1	0.0 - 0.3	9.6	6.6 - 13.8	71.5	64.8 - 77.4
Musandam	898	0.3	0.1 - 1.3	2.4	1.5 - 3.8	86.6	83.5 - 89.1
Buraimi	793	0.5	0.3 - 1.1	7.0	4.0 - 11.9	62.7	54.9 - 69.9
Dakhliya	798	0.5	0.1 - 2.1	7.5	4.8 - 11.4	80.1	74.3 - 84.8
North Batinah	840	0.3	0.1 - 1.0	3.2	2.1 - 5.0	74.0	69.5 - 78.0
South Batinah	873	1.3	0.5 - 2.8	4.3	2.2 - 8.3	75.9	71.3 - 79.9
South Sharqiyah	956	0.9	0.4 - 2.0	4.6	3.0 - 7.2	79.6	75.6 - 83.0
North Sharqiyah	941	1.1	0.4 - 3.3	3.2	2.1 - 4.9	70.0	63.9 - 75.5
Dhahira	856	1.0	0.3 - 3.9	3.4	2.1 - 5.7	66.2	60.9 - 71.0
Wusta	974	1.4	0.6 - 3.4	4.9	2.8 - 8.6	77.8	73.3 - 81.7
Total	9741	0.9	0.5 - 1.4	5.1	4.3 - 6.0	71.3	69.3 - 73.1

Self-reported quantity of salt consumed

Governorates	n	Total			
		% too little	95% CI	% far too little	95% CI
Muscat	929	25.0	21.2 - 29.3	4.5	3.1 - 6.4
Dhofar	883	17.4	12.8 - 23.2	1.4	0.7 - 2.8
Musandam	898	9.0	7.1 - 11.4	1.7	0.9 - 3.1
Buraimi	793	19.0	13.6 - 26.0	10.7	6.7 - 16.7
Dakhliya	798	11.2	8.2 - 15.1	0.8	0.4 - 1.7
North Batinah	840	19.8	15.6 - 24.7	2.7	1.4 - 5.4
South Batinah	873	16.6	13.5 - 20.2	2.0	1.1 - 3.5
South Sharqiyah	956	12.4	9.5 - 16.0	2.5	1.5 - 4.2
North Sharqiyah	941	18.0	14.4 - 22.2	7.7	4.7 - 12.2
Dhahira	856	21.1	17.2 - 25.5	8.3	4.7 - 14.2
Wusta	974	13.8	9.8 - 19.0	2.1	1.0 - 4.3
Total	9741	19.2	17.6 - 21.0	3.6	2.9 - 4.4

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

Governorates	n	Total					
		% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
Muscat	918	44.8	39.8 - 49.8	47.7	42.7 - 52.7	7.5	5.8 - 9.8
Dhofar	871	59.6	53.0 - 65.9	37.7	31.9 - 43.8	2.7	1.5 - 4.7
Musandam	874	68.7	62.4 - 74.5	24.7	20.1 - 30.0	6.5	4.5 - 9.4
Buraimi	781	43.9	37.1 - 50.9	52.2	45.3 - 59.0	4.0	2.1 - 7.3
Dakhliya	783	31.1	24.5 - 38.6	54.3	45.8 - 62.5	14.6	9.9 - 21.1
North Batinah	835	61.2	56.5 - 65.7	33.1	28.9 - 37.6	5.7	3.6 - 8.9
South Batinah	860	54.2	49.3 - 58.9	38.3	34.0 - 42.8	7.5	5.3 - 10.7
South Sharqiyah	939	62.3	55.8 - 68.4	35.1	29.1 - 41.6	2.6	1.4 - 4.9
North Sharqiyah	929	51.5	44.9 - 58.1	46.8	40.6 - 53.1	1.7*	0.5 - 6.1
Dhahira	847	40.3	34.1 - 46.7	56.8	50.4 - 62.9	3.0	1.9 - 4.7
Wusta	959	44.5	36.6 - 52.7	50.0	41.9 - 58.1	5.5	3.1 - 9.6
Total	9596	50.4	48.2 - 52.5	43.2	41.1 - 45.4	6.4	5.4 - 7.5

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

Salt knowledge

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

Instrument question:

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

Think consuming too much salt could cause serious health problem

Governorates	n	Total %	95% CI
Muscat	936	91.9	89.6 - 93.7
Dhofar	884	96.2	93.9 - 97.7
Musandam	898	95.5	92.9 - 97.1
Buraimi	795	92.3	86.4 - 95.7
Dakhliya	798	84.2	72.6 - 91.5
North Batinah	840	93.2	88.0 - 96.2
South Batinah	890	90.1	86.3 - 92.9
South Sharqiyah	957	92.6	87.6 - 95.6
North Sharqiyah	944	86.5	80.9 - 90.7
Dhahira	861	94.4	91.5 - 96.4
Wusta	976	88.1	81.6 - 92.5
Total	9779	91.5	89.9 - 92.8

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

Governorates	n	Total	
		%	95% CI
Muscat	936	60.9	55.1 - 66.4
Dhofar	884	55.7	49.5 - 61.6
Musandam	898	66.4	58.3 - 73.6
Buraimi	795	59.1	47.3 - 69.9
Dakhliya	798	62.7	56.8 - 68.2
North Batinah	840	68.5	62.8 - 73.7
South Batinah	890	77.0	71.4 - 81.9
South Sharqiyah	957	58.7	52.0 - 65.1
North Sharqiyah	944	81.8	74.9 - 87.1
Dhahira	861	65.9	60.4 - 71.0
Wusta	976	63.8	51.6 - 74.5
Total	9779	64.8	62.5 - 67.1

Look at the salt or sodium content on food labels

Governorates	n	Total	
		%	95% CI
Muscat	936	30.5	25.9 - 35.5
Dhofar	884	21.4	17.4 - 26.0
Musandam	898	17.6	14.5 - 21.2
Buraimi	795	14.9	10.8 - 20.1
Dakhliya	798	18.1	13.2 - 24.1
North Batinah	840	21.7	17.4 - 26.7
South Batinah	890	35.5	30.6 - 40.8
South Sharqiyah	957	11.7	8.7 - 15.4
North Sharqiyah	944	17.0	12.3 - 23.0
Dhahira	861	20.1	15.9 - 25.0
Wusta	976	22.7	14.5 - 33.7
Total	9779	24.2	22.3 - 26.2

Buy low salt/sodium alternatives

Governorates	n	Total	
		%	95% CI
Muscat	936	21.2	16.7 - 26.7
Dhofar	884	10.9	7.9 - 14.7
Musandam	898	13.6	10.7 - 17.1
Buraimi	795	20.4	15.2 - 26.8
Dakhliya	798	9.3	6.4 - 13.2
North Batinah	840	17.4	13.7 - 22.0
South Batinah	890	24.4	20.4 - 28.9
South Sharqiyah	957	10.1	7.5 - 13.5
North Sharqiyah	944	12.8	9.2 - 17.4
Dhahira	861	6.2	4.3 - 8.9
Wusta	976	15.2	9.9 - 22.6
Total	9779	16.6	14.8 - 18.5

Use spices other than salt when cooking

Governorates	n	Total	
		%	95% CI
Muscat	936	37.9	31.6 - 44.5
Dhofar	884	33.6	27.4 - 40.5
Musandam	898	12.6	9.9 - 15.9
Buraimi	795	38.8	31.0 - 47.2
Dakhliya	798	27.0	20.2 - 35.1
North Batinah	840	21.0	16.5 - 26.3
South Batinah	890	29.2	24.7 - 34.2
South Sharqiyah	957	29.2	23.1 - 36.2
North Sharqiyah	944	17.6	13.1 - 23.2
Dhahira	861	26.1	21.8 - 31.0
Wusta	976	35.4	27.2 - 44.6
Total	9779	30.0	27.5 - 32.7

Avoid eating foods prepared outside of a home

Governorates	n	Total	
		%	95% CI
Muscat	936	55.3	50.9 - 59.7
Dhofar	884	44.8	38.6 - 51.1
Musandam	898	59.2	53.6 - 64.6
Buraimi	795	49.1	40.0 - 58.2
Dakhliya	798	47.3	39.8 - 54.9
North Batinah	840	61.5	56.8 - 65.9
South Batinah	890	63.2	57.6 - 68.5
South Sharqiyah	957	44.6	37.8 - 51.7
North Sharqiyah	944	64.6	57.9 - 70.7
Dhahira	861	63.7	58.7 - 68.4
Wusta	976	58.4	50.8 - 65.6
Total	9779	55.4	53.3 - 57.5

Do other things specifically to control your salt intake

Governorates	n	Total	
		%	95% CI
Muscat	936	11.9	8.7 - 16.1
Dhofar	884	19.5	14.9 - 25.0
Musandam	898	13.3	10.4 - 17.0
Buraimi	795	26.1	18.6 - 35.4
Dakhliya	798	16.0	12.0 - 21.0
North Batinah	840	12.7	9.5 - 16.7
South Batinah	890	18.7	15.3 - 22.7
South Sharqiyah	957	6.5	4.1 - 10.1
North Sharqiyah	944	13.9	10.0 - 18.9
Dhahira	861	10.5	7.6 - 14.4
Wusta	976	9.8	6.2 - 15.1
Total	9779	14.0	12.5 - 15.6

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

Governorates	n	Total	
		mean grams	95% CI
Muscat	810	8.6	8.3 - 8.8
Dhofar	795	8.9	8.6 - 9.2
Musandam	700	8.4	8.2 - 8.7
Buraimi	706	8.8	8.4 - 9.1
Dakhliya	669	8.4	8.1 - 8.6
North Batinah	671	8.8	8.5 - 9.0
South Batinah	750	8.5	8.3 - 8.8
South Sharqiyah	659	8.8	8.5 - 9.0
North Sharqiyah	827	8.3	8.1 - 8.6
Dhahira	746	8.4	8.2 - 8.6
Wusta	847	10.0	9.5 - 10.5
Total	8180	8.6	8.5 - 8.7

Mean salt intake (g/day) - Kawasaki

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	11.5	11.1 - 11.8
Dhofar	795	11.9	11.4 - 12.5
Musandam	698	11.0	10.7 - 11.3
Buraimi	706	12.0	11.5 - 12.5
Dakhliya	669	11.3	10.9 - 11.6
North Batinah	671	11.9	11.4 - 12.3
South Batinah	750	11.5	11.0 - 11.9
South Sharqiyah	659	11.9	11.2 - 12.5
North Sharqiyah	827	10.9	10.5 - 11.3
Dhahira	746	11.3	10.9 - 11.7
Wusta	842	14.9	13.8 - 15.9
Total	8174	11.6	11.4 - 11.8

Mean salt intake (g/day) - Tanaka

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	8.6	8.4 - 8.9
Dhofar	795	8.9	8.6 - 9.2
Musandam	700	8.4	8.2 - 8.6
Buraimi	705	9.0	8.7 - 9.2
Dakhliya	669	8.5	8.2 - 8.7
North Batinah	671	8.9	8.6 - 9.2
South Batinah	749	8.6	8.3 - 8.9
South Sharqiyah	659	8.8	8.5 - 9.2
North Sharqiyah	830	8.2	8.0 - 8.4
Dhahira	746	8.5	8.3 - 8.8
Wusta	847	10.7	10.4 - 11.0
Total	8182	8.7	8.6 - 8.8

Mean salt intake (g/day) - Mage

Governorates	n	Total	
		mean grams	95% CI
Muscat	797	8.6	8.1 - 9.1
Dhofar	777	9.2	8.5 - 9.9
Musandam	683	7.7	7.3 - 8.1
Buraimi	696	8.9	8.3 - 9.5
Dakhliya	665	7.9	7.2 - 8.6
North Batinah	655	8.8	8.1 - 9.5
South Batinah	737	8.5	7.8 - 9.2
South Sharqiyah	649	9.2	8.2 - 10.2
North Sharqiyah	809	7.2	6.8 - 7.6
Dhahira	737	8.0	7.5 - 8.6
Wusta	774	13.2	11.8 - 14.6
Total	7979	8.6	8.3 - 8.9

Mean salt intake (g/day) - Toft

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	9.9	9.7 - 10.2
Dhofar	795	10.4	10.0 - 10.9
Musandam	700	9.7	9.5 - 10.0
Buraimi	706	10.3	9.9 - 10.7
Dakhliya	669	9.8	9.5 - 10.1
North Batinah	671	10.2	9.9 - 10.4
South Batinah	750	9.9	9.6 - 10.1
South Sharqiyah	659	10.2	9.8 - 10.6
North Sharqiyah	830	9.7	9.4 - 10.1
Dhahira	746	9.8	9.5 - 10.1
Wusta	847	12.4	12.0 - 12.9
Total	8184	10.0	9.9 - 10.2

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

Governorates	n	Total	
		mean grams	95% CI
Muscat	810	9.4	9.2 - 9.7
Dhofar	795	9.8	9.5 - 10.1
Musandam	700	9.3	9.0 - 9.5
Buraimi	706	9.6	9.3 - 10.0
Dakhliya	669	9.2	8.9 - 9.5
North Batinah	671	9.7	9.4 - 9.9
South Batinah	750	9.4	9.1 - 9.7
South Sharqiyah	659	9.6	9.4 - 9.9
North Sharqiyah	827	9.2	8.9 - 9.4
Dhahira	746	9.2	9.0 - 9.5
Wusta	847	11.0	10.5 - 11.5
Total	8180	9.5	9.4 - 9.6

Mean salt intake (g/day) - Kawasaki

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	12.6	12.2 - 13.0
Dhofar	795	13.1	12.5 - 13.8
Musandam	698	12.1	11.7 - 12.4
Buraimi	706	13.2	12.7 - 13.8
Dakhliya	669	12.4	12.0 - 12.8
North Batinah	671	13.1	12.5 - 13.6
South Batinah	749	12.6	12.1 - 13.1
South Sharqiyah	659	13.1	12.4 - 13.8
North Sharqiyah	827	12.0	11.6 - 12.4
Dhahira	746	12.5	12.0 - 12.9
Wusta	833	16.3	15.1 - 17.4
Total	8164	12.8	12.6 - 12.9

Mean salt intake (g/day) - Tanaka

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	9.5	9.3 - 9.7
Dhofar	795	9.8	9.4 - 10.1
Musandam	700	9.2	9.0 - 9.4
Buraimi	705	9.9	9.6 - 10.1
Dakhliya	669	9.3	9.0 - 9.6
North Batinah	671	9.8	9.4 - 10.1
South Batinah	749	9.5	9.2 - 9.8
South Sharqiyah	659	9.7	9.4 - 10.1
North Sharqiyah	830	9.1	8.8 - 9.3
Dhahira	746	9.4	9.1 - 9.6
Wusta	847	11.8	11.4 - 12.1
Total	8182	9.6	9.5 - 9.7

Mean salt intake (g/day) - Mage

Governorates	n	Total	
		mean grams	95% CI
Muscat	796	9.4	8.8 - 10.0
Dhofar	773	10.0	9.3 - 10.8
Musandam	680	8.4	8.0 - 8.8
Buraimi	693	9.7	9.1 - 10.3
Dakhliya	663	8.6	7.9 - 9.4
North Batinah	656	9.7	8.9 - 10.4
South Batinah	735	9.2	8.4 - 9.9
South Sharqiyah	650	10.1	9.0 - 11.2
North Sharqiyah	810	7.9	7.4 - 8.4
Dhahira	734	8.8	8.2 - 9.4
Wusta	745	13.7	12.3 - 15.1
Total	7935	9.4	9.1 - 9.6

Mean salt intake (g/day) - Toft

Governorates	n	Total	
		mean grams	95% CI
Muscat	811	10.9	10.7 - 11.2
Dhofar	795	11.5	11.0 - 12.0
Musandam	700	10.7	10.4 - 11.0
Buraimi	706	11.3	10.9 - 11.8
Dakhliya	669	10.7	10.4 - 11.1
North Batinah	671	11.2	10.9 - 11.5
South Batinah	750	10.8	10.6 - 11.1
South Sharqiyah	659	11.2	10.8 - 11.7
North Sharqiyah	830	10.7	10.4 - 11.1
Dhahira	746	10.8	10.5 - 11.1
Wusta	847	13.7	13.2 - 14.2
Total	8184	11.1	10.9 - 11.2

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

Total							
Governorates	n	% unsaturated plant oils	95% CI	% saturated plant oils	95% CI	% butter	95% CI
Muscat	936	77.6	72.6 - 82.0	17.5	13.4 - 22.5	0.9*	0.4 - 2.1
Dhofar	884	52.8	45.5 - 60.0	40.2	33.0 - 47.8	0.1*	0.0 - 0.4
Musandam	898	85.3	79.7 - 89.5	10.3	6.4 - 16.2	0.4*	0.1 - 1.3
Buraimi	795	74.1	64.3 - 82.0	20.2	12.7 - 30.6	1.9*	1.0 - 3.4
Dakhliya	798	54.4	48.5 - 60.2	29.9	23.5 - 37.2	2.8*	1.3 - 5.8
North Batinah	840	76.2	69.2 - 82.0	18.9	14.1 - 24.9	0.2*	0.1 - 0.7
South Batinah	890	82.3	78.0 - 85.9	13.6	10.4 - 17.7	0.5*	0.2 - 1.4
South Sharqiyah	957	58.9	52.3 - 65.2	35.2	28.9 - 42.2	0.4*	0.1 - 1.3
North Sharqiyah	944	82.0	77.4 - 85.8	8.5	5.6 - 12.9	0.7*	0.3 - 1.6
Dhahira	861	84.2	78.4 - 88.7	10.9	6.9 - 16.9	1.2*	0.6 - 2.3
Wusta	976	67.6	56.2 - 77.2	26.4	17.3 - 38.2	3.6*	1.4 - 8.9
Total	9779	72.2	69.8 - 74.3	21.4	19.3 - 23.7	0.9	0.6 - 1.3

* 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

Total							
Governorates	n	% animal ghee	95% CI	% margarine or vegetable ghee	95% CI	% none used	95% CI
Muscat	936	2.0	1.3 - 3.1	0.4*	0.2 - 1.1	0.2*	0.1 - 0.5
Dhofar	884	2.9	1.6 - 5.0	0.1*	0.0 - 0.5	0.9*	0.4 - 2.4
Musandam	898	0.6*	0.3 - 1.3	0.0*	0.0 - 0.0	0.1*	0.0 - 0.5
Buraimi	795	2.4	1.4 - 4.1	0.6*	0.1 - 3.9	0.0*	0.0 - 0.0
Dakhliya	798	6.4	4.4 - 9.1	4.7	2.7 - 8.3	0.3*	0.0 - 1.6
North Batinah	840	1.6*	0.7 - 3.6	0.1*	0.0 - 0.9	2.4*	0.6 - 9.4
South Batinah	890	2.8	1.7 - 4.7	0.2*	0.1 - 0.7	0.1*	0.0 - 0.8
South Sharqiyah	957	2.4	1.3 - 4.5	1.7*	0.8 - 3.5	0.0*	0.0 - 0.0
North Sharqiyah	944	3.8	2.4 - 5.8	0.6*	0.2 - 2.0	0.4*	0.1 - 1.3
Dhahira	861	2.7	1.7 - 4.4	0.4*	0.1 - 1.5	0.2*	0.0 - 1.1
Wusta	976	1.9	1.1 - 3.3	0.1*	0.0 - 0.5	0.0*	0.0 - 0.0
Total	9779	2.7	2.3 - 3.3	0.8	0.6 - 1.2	0.6	0.2 - 1.7

* 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

Total			
Governorates	n	mean number of meals	95% CI
Muscat	935	2.3	2.0 - 2.5
Dhofar	884	2.1	1.8 - 2.4
Musandam	898	2.2	1.8 - 2.6
Buraimi	795	1.7	1.4 - 1.9
Dakhliya	798	1.7	1.5 - 2.0
North Batinah	840	2.6	2.0 - 3.2
South Batinah	889	2.2	1.6 - 2.8
South Sharqiyah	957	1.9	1.6 - 2.1
North Sharqiyah	944	2.9	2.0 - 3.8
Dhahira	861	1.7	1.4 - 2.0
Wusta	976	2.2	1.7 - 2.8
Total	9777	2.2	2.1 - 2.4

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

Governorates	n	Total	
		%	95% CI
Muscat	934	24.0	20.4 - 28.1
Dhofar	883	19.9	15.8 - 24.9
Musandam	897	14.1	10.4 - 18.9
Buraimi	795	26.3	21.0 - 32.4
Dakhliya	798	32.5	27.0 - 38.5
North Batinah	840	26.7	21.6 - 32.5
South Batinah	890	44.1	38.6 - 49.7
South Sharqiyah	957	29.2	24.2 - 34.9
North Sharqiyah	942	18.4	14.4 - 23.1
Dhahira	860	28.9	23.6 - 35.0
Wusta	975	19.8	13.9 - 27.5
Total	9771	27.1	25.2 - 29.0

Consume far too much or too much sugar or sugary foods

Governorates	n	Total	
		%	95% CI
Muscat	930	12.4	9.8 - 15.6
Dhofar	883	10.3	7.8 - 13.5
Musandam	897	8.9	6.3 - 12.6
Buraimi	795	21.2	15.1 - 29.0
Dakhliya	798	13.0	10.4 - 16.1
North Batinah	837	11.2	8.0 - 15.4
South Batinah	887	14.3	10.7 - 18.9
South Sharqiyah	955	11.9	9.0 - 15.5
North Sharqiyah	942	9.0	6.1 - 13.1
Dhahira	853	13.8	10.2 - 18.2
Wusta	973	15.1	9.2 - 23.7
Total	9750	12.3	11.0 - 13.6

Always or often add sugar to food right before eating

Governorates	n	Total	
		%	95% CI
Muscat	926	14.2	10.5 - 19.0
Dhofar	882	8.9	5.9 - 13.2
Musandam	897	11.6	9.1 - 14.8
Buraimi	795	15.7	11.2 - 21.7
Dakhliya	798	6.4	4.0 - 10.2
North Batinah	840	14.7	10.5 - 20.2
South Batinah	889	8.9	5.7 - 13.6
South Sharqiyah	957	11.6	7.8 - 17.0
North Sharqiyah	941	7.3	4.8 - 11.1
Dhahira	859	4.3	2.4 - 7.7
Wusta	947	16.3	12.1 - 21.5
Total	9731	11.5	9.8 - 13.3

Mean number of cans/cups of sweet and sugary beverages consumed per week

Governorates	n	Total	
		mean number of cans/cups	95% CI
Muscat	888	1.6	1.3 - 1.8
Dhofar	872	1.7	1.4 - 1.9
Musandam	894	2.3	1.9 - 2.6
Buraimi	791	2.0	1.7 - 2.4
Dakhliya	796	1.6	1.3 - 1.8
North Batinah	838	1.9	1.5 - 2.2
South Batinah	885	1.4	1.2 - 1.6
South Sharqiyah	952	1.9	1.6 - 2.2
North Sharqiyah	942	1.7	1.4 - 2.1
Dhahira	861	1.7	1.5 - 1.9
Wusta	968	2.1	1.8 - 2.4
Total	9687	1.7	1.6 - 1.8

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

Governorates	n	Total					
		% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
Muscat	929	65.7	60.7 - 70.4	27.8	23.4 - 32.7	6.5	4.4 - 9.4
Dhofar	879	65.4	59.4 - 70.9	32.2	26.3 - 38.9	2.4	1.0 - 5.4
Musandam	874	78.0	72.0 - 83.0	17.9	13.6 - 23.2	4.1	2.6 - 6.4
Buraimi	789	57.9	51.1 - 64.4	38.3	32.0 - 45.0	3.8	1.8 - 7.6
Dakhliya	788	34.4	27.9 - 41.6	54.7	47.9 - 61.2	10.9	6.5 - 17.8
North Batinah	838	69.7	64.4 - 74.5	25.8	21.2 - 31.0	4.5	2.7 - 7.5
South Batinah	879	60.3	54.3 - 65.9	35.2	30.3 - 40.5	4.5	2.1 - 9.4
South Sharqiyah	943	70.2	63.9 - 75.7	28.5	23.0 - 34.7	1.3*	0.6 - 3.1
North Sharqiyah	930	59.9	54.6 - 64.9	40.0	35.0 - 45.3	0.1*	0.0 - 0.4
Dhahira	852	54.6	48.8 - 60.2	41.8	36.4 - 47.5	3.6	1.6 - 7.8
Wusta	963	52.6	43.6 - 61.3	43.8	35.7 - 52.2	3.7*	1.2 - 10.8
Total	9664	62.0	59.8 - 64.2	33.0	31.0 - 35.1	5.0	4.0 - 6.2

* 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

Governorates	n	Total %	95% CI
Muscat	936	96.1	94.5 - 97.3
Dhofar	884	95.6	91.9 - 97.6
Musandam	898	97.7	96.1 - 98.7
Buraimi	795	89.9	81.9 - 94.6
Dakliya	798	88.8	76.6 - 95.1
North Batinah	840	92.5	87.3 - 95.7
South Batinah	890	95.9	93.6 - 97.4
South Sharqiyah	957	94.1	88.7 - 97.0
North Sharqiyah	944	90.4	85.1 - 94.0
Dhahira	861	96.1	92.2 - 98.1
Wusta	976	91.4	84.4 - 95.4
Total	9779	94.0	92.5 - 95.3

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

Governorates	n	Total %	95% CI
Muscat	936	69.9	64.4 - 74.8
Dhofar	884	59.8	54.1 - 65.3
Musandam	898	71.1	64.0 - 77.2
Buraimi	795	61.4	50.2 - 71.5
Dakhliya	798	69.9	63.8 - 75.4
North Batinah	840	71.2	64.7 - 77.0
South Batinah	890	80.5	74.6 - 85.3
South Sharqiyah	957	64.3	57.6 - 70.5
North Sharqiyah	944	82.7	75.9 - 87.9
Dhahira	861	76.5	72.0 - 80.5
Wusta	976	72.1	61.2 - 80.9
Total	9779	70.6	68.3 - 72.8

Look at the sugar content on food labels

Governorates	n	Total %	95% CI
Muscat	936	36.9	31.5 - 42.6
Dhofar	884	23.8	19.1 - 29.3
Musandam	898	17.5	13.6 - 22.1
Buraimi	795	23.4	17.8 - 30.2
Dakhliya	798	24.9	19.2 - 31.7
North Batinah	840	30.8	25.4 - 36.8
South Batinah	890	38.0	33.2 - 43.1
South Sharqiyah	957	14.2	10.6 - 18.7
North Sharqiyah	944	23.2	18.5 - 28.6
Dhahira	861	25.2	20.9 - 30.0
Wusta	976	21.4	16.9 - 26.7
Total	9779	29.8	27.6 - 32.2

Use artificial sugar or natural alternatives

Governorates	Total		
	n	%	95% CI
Muscat	936	24.1	19.4 - 29.6
Dhofar	884	22.2	17.2 - 28.1
Musandam	898	9.9	7.6 - 12.7
Buraimi	795	17.5	12.6 - 23.9
Dakhliya	798	13.2	9.6 - 17.9
North Batinah	840	24.4	19.7 - 29.8
South Batinah	890	27.8	23.4 - 32.6
South Sharqiyah	957	13.2	10.2 - 16.8
North Sharqiyah	944	15.5	11.4 - 20.7
Dhahira	861	11.9	9.5 - 14.8
Wusta	976	15.1	9.0 - 24.3
Total	9779	21.1	19.1 - 23.2

Avoid eating foods prepared outside of a home

Governorates	Total		
	n	%	95% CI
Muscat	936	53.1	48.5 - 57.7
Dhofar	884	52.5	45.8 - 59.2
Musandam	898	65.2	60.2 - 70.0
Buraimi	795	57.0	47.0 - 66.4
Dakhliya	798	60.9	54.5 - 67.0
North Batinah	840	69.3	64.1 - 74.0
South Batinah	890	70.5	64.6 - 75.8
South Sharqiyah	957	50.0	43.1 - 56.9
North Sharqiyah	944	70.1	62.6 - 76.7
Dhahira	861	67.5	62.4 - 72.2
Wusta	976	68.5	59.6 - 76.2
Total	9779	60.2	58.1 - 62.3

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

Governorates	n	Total	
		% not meeting recs	95% CI
Muscat	896	25.4	20.5 - 31.0
Dhofar	871	46.4	40.6 - 52.4
Musandam	886	28.8	24.4 - 33.8
Buraimi	786	32.8	26.7 - 39.5
Dakhliya	790	21.4	16.9 - 26.7
North Batinah	823	27.4	22.4 - 33.0
South Batinah	864	33.8	29.2 - 38.7
South Sharqiyah	946	17.1	13.4 - 21.7
North Sharqiyah	934	23.3	18.3 - 29.0
Dhahira	852	23.3	19.1 - 28.2
Wusta	965	26.6	20.0 - 34.5
Total	9613	27.9	25.8 - 30.1

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

Governorates	n	% low	Total				
			95% CI	% moderate	95% CI	% high	95% CI
Muscat	896	31.9	26.8 - 37.5	31.0	27.3 - 35.0	37.1	31.7 - 42.8
Dhofar	871	51.1	44.8 - 57.4	27.4	22.1 - 33.4	21.5	17.0 - 26.9
Musandam	886	34.7	29.8 - 40.0	22.8	19.2 - 27.0	42.4	37.3 - 47.7
Buraimi	786	38.7	32.4 - 45.4	29.5	24.5 - 35.0	31.8	26.0 - 38.3
Dakhliya	790	26.5	21.6 - 32.2	29.1	23.8 - 35.0	44.4	38.7 - 50.1
North Batinah	823	33.5	28.0 - 39.5	28.5	24.0 - 33.4	38.0	32.9 - 43.4
South Batinah	864	37.4	32.7 - 42.4	28.8	24.4 - 33.6	33.8	29.8 - 38.1
South Sharqiyah	946	23.7	19.1 - 28.9	26.7	21.6 - 32.5	49.6	42.1 - 57.2
North Sharqiyah	934	26.8	21.5 - 32.8	33.0	27.7 - 38.7	40.2	33.5 - 47.4
Dhahira	852	27.9	23.3 - 33.1	31.3	26.6 - 36.5	40.8	35.6 - 46.2
Wusta	965	31.5	24.4 - 39.6	26.6	22.0 - 31.7	41.9	32.0 - 52.5
Total	9613	33.4	31.2 - 35.7	29.4	27.7 - 31.2	37.1	34.9 - 39.4

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

Governorates	n	Total	
		mean minutes	95% CI
Muscat	896	115.7	93.1 - 138.2
Dhofar	871	84.9	66.2 - 103.7
Musandam	886	164.1	137.3 - 190.9
Buraimi	786	86.9	70.8 - 103.1
Dakhliya	790	145.4	109.6 - 181.2
North Batinah	823	112.2	86.9 - 137.5
South Batinah	864	103.2	88.7 - 117.7
South Sharqiyah	946	173.3	144.5 - 202.1
North Sharqiyah	934	137.4	102.3 - 172.4
Dhahira	852	122.2	107.7 - 136.6
Wusta	965	165.1	107.9 - 222.4
Total	9613	119.3	109.5 - 129.1

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

Governorates	n	Total	
		median minutes	Inter-quartile range
Muscat	896	55.7	18.6 - 124.3
Dhofar	871	25.7	0.0 - 77.1
Musandam	886	69.3	15.0 - 245.6
Buraimi	786	51.4	8.6 - 115.7
Dakhliya	790	85.7	25.7 - 176.4
North Batinah	823	55.7	17.1 - 140.0
South Batinah	864	52.9	12.9 - 135.0
South Sharqiyah	946	92.1	34.3 - 240.0
North Sharqiyah	934	72.9	23.6 - 158.6
Dhahira	852	66.4	23.6 - 150.0
Wusta	965	71.4	17.1 - 265.7
Total	9613	59.3	17.1 - 139.3

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

Governorates	n	Total	
		mean minutes	95% CI
Muscat	896	68.7	49.0 - 88.3
Dhofar	871	52.0	35.6 - 68.3
Musandam	886	108.4	85.4 - 131.5
Buraimi	786	41.0	28.1 - 53.9
Dakhliya	790	106.0	71.0 - 141.1
North Batinah	823	64.6	39.1 - 90.1
South Batinah	864	62.7	48.9 - 76.5
South Sharqiyah	946	128.9	101.3 - 156.6
North Sharqiyah	934	84.5	54.2 - 114.7
Dhahira	852	75.6	62.0 - 89.3
Wusta	965	106.9	68.5 - 145.3
Total	9613	74.8	65.8 - 83.8

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

Governorates	n	Total	
		mean minutes	95% CI
Muscat	896	25.5	21.3 - 29.6
Dhofar	871	22.3	17.9 - 26.7
Musandam	886	37.4	30.1 - 44.7
Buraimi	786	24.1	18.2 - 30.0
Dakhliya	790	21.7	17.5 - 25.9
North Batinah	823	24.5	20.2 - 28.8
South Batinah	864	21.3	18.4 - 24.2
South Sharqiyah	946	21.7	17.4 - 26.0
North Sharqiyah	934	35.3	27.9 - 42.6
Dhahira	852	26.4	21.4 - 31.4
Wusta	965	38.7	26.0 - 51.5
Total	9613	24.8	23.0 - 26.5

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

Governorates	n	Total	
		mean minutes	95% CI
Muscat	896	21.6	17.9 - 25.2
Dhofar	871	10.6	7.8 - 13.5
Musandam	886	18.3	14.4 - 22.2
Buraimi	786	21.8	17.5 - 26.2
Dakhliya	790	17.7	14.5 - 20.8
North Batinah	823	23.1	18.6 - 27.7
South Batinah	864	19.2	15.2 - 23.2
South Sharqiyah	946	22.6	17.4 - 27.9
North Sharqiyah	934	17.6	14.3 - 20.9
Dhahira	852	20.2	16.9 - 23.4
Wusta	965	19.5	8.4 - 30.6
Total	9613	19.8	18.2 - 21.3

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			
		Total	
Governorates	n	% no activity at work	95% CI
Muscat	896	54.2	47.1 - 61.0
Dhofar	871	75.8	70.8 - 80.2
Musandam	886	45.3	39.7 - 51.0
Buraimi	786	55.2	49.4 - 60.8
Dakhliya	790	29.8	25.2 - 34.8
North Batinah	823	49.9	42.0 - 57.8
South Batinah	864	52.6	47.6 - 57.5
South Sharqiyah	946	33.5	27.4 - 40.2
North Sharqiyah	934	54.7	46.1 - 63.0
Dhahira	852	55.4	49.4 - 61.2
Wusta	965	46.1	36.1 - 56.3
Total	9613	51.7	48.8 - 54.6

No transport-related physical activity			
		Total	
Governorates	n	% no transport-related activity	95% CI
Muscat	896	35.2	30.4 - 40.4
Dhofar	871	36.6	30.8 - 42.8
Musandam	886	34.9	28.6 - 41.8
Buraimi	786	37.1	31.2 - 43.4
Dakhliya	790	32.3	27.0 - 38.1
North Batinah	823	25.1	20.7 - 30.2
South Batinah	864	32.3	28.2 - 36.8
South Sharqiyah	946	38.9	34.1 - 43.9
North Sharqiyah	934	22.6	18.3 - 27.7
Dhahira	852	28.4	23.9 - 33.4
Wusta	965	29.9	23.0 - 37.9
Total	9613	32.2	30.2 - 34.3

No recreation-related physical activity			
		Total	
Governorates	n	% no recreation-related activity	95% CI
Muscat	896	55.5	50.1 - 60.7
Dhofar	871	76.3	71.5 - 80.5
Musandam	886	63.9	58.6 - 69.0
Buraimi	786	56.9	51.1 - 62.6
Dakhliya	790	56.2	50.6 - 61.6
North Batinah	823	47.0	41.1 - 52.9
South Batinah	864	57.0	51.4 - 62.5
South Sharqiyah	946	56.6	49.8 - 63.3
North Sharqiyah	934	58.1	50.8 - 65.1
Dhahira	852	50.2	44.4 - 56.0
Wusta	965	56.3	46.7 - 65.4
Total	9613	56.6	54.3 - 58.9

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

Governorates	n	Total					
		mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
Muscat	754	33.9	29.2 - 38.6	39.6	34.1 - 45.1	26.5	22.9 - 30.1
Dhofar	623	25.4	20.2 - 30.6	60.8	54.6 - 67.1	13.8	10.7 - 16.9
Musandam	745	46.1	41.2 - 51.0	36.1	31.5 - 40.7	17.8	14.5 - 21.1
Buraimi	570	33.2	28.1 - 38.4	39.0	33.8 - 44.2	27.8	23.6 - 32.0
Dakhliya	696	52.7	48.1 - 57.4	27.0	23.1 - 30.9	20.2	16.7 - 23.8
North Batinah	701	34.2	27.9 - 40.5	39.1	33.5 - 44.7	26.7	22.7 - 30.6
South Batinah	735	36.1	31.3 - 40.9	41.7	36.7 - 46.6	22.2	18.2 - 26.2
South Sharqiyah	808	55.2	49.2 - 61.2	23.6	19.0 - 28.1	21.2	17.6 - 24.8
North Sharqiyah	780	36.3	28.9 - 43.7	44.7	37.5 - 51.8	19.0	15.8 - 22.3
Dhahira	775	35.4	30.2 - 40.5	39.6	34.4 - 44.7	25.1	21.2 - 29.0
Wusta	700	42.8	34.7 - 51.0	34.8	29.9 - 39.7	22.4	16.1 - 28.6
Total	7887	37.3	35.2 - 39.5	39.4	37.1 - 41.7	23.3	21.8 - 24.8

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			
		Total	
Governorates	n	% no vigorous activity	95% CI
Muscat	896	68.7	63.0 - 73.8
Dhofar	871	85.8	81.9 - 88.9
Musandam	886	70.7	65.9 - 75.1
Buraimi	786	74.0	66.6 - 80.2
Dakhliya	790	71.4	66.4 - 76.0
North Batinah	823	78.8	72.4 - 84.1
South Batinah	864	76.6	72.2 - 80.5
South Sharqiyah	946	80.4	75.9 - 84.2
North Sharqiyah	934	75.4	68.0 - 81.6
Dhahira	852	72.9	67.6 - 77.6
Wusta	965	70.7	57.2 - 81.2
Total	9613	74.9	72.6 - 77.0

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

Governorates	n	Total	
		mean minutes	95% CI
Muscat	919	194.3	177.9 - 210.8
Dhofar	883	196.7	171.2 - 222.2
Musandam	896	197.1	186.0 - 208.2
Buraimi	791	158.3	140.2 - 176.3
Dakhliya	798	198.9	175.9 - 221.9
North Batinah	837	152.7	136.3 - 169.0
South Batinah	868	194.1	177.5 - 210.8
South Sharqiyah	957	266.6	223.1 - 310.1
North Sharqiyah	942	154.4	135.1 - 173.6
Dhahira	861	152.9	136.5 - 169.4
Wusta	973	201.1	186.3 - 215.8
Total	9725	187.7	180.0 - 195.4

**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

Governorates	n	Total	
		%	95% CI
Muscat	936	85.6	81.9 - 88.7
Dhofar	884	65.4	56.1 - 73.8
Musandam	898	52.5	43.8 - 61.1
Buraimi	795	57.4	49.5 - 64.9
Dakhliya	798	57.9	50.1 - 65.3
North Batinah	840	66.2	58.9 - 72.8
South Batinah	890	77.4	70.7 - 83.0
South Sharqiyah	957	63.0	54.0 - 71.2
North Sharqiyah	944	54.4	45.7 - 62.8
Dhahira	861	43.1	34.7 - 51.8
Wusta	976	59.1	47.0 - 70.1
Total	9779	70.0	67.7 - 72.3

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.

Governorates	n	Total	
		%	95% CI
Muscat	936	76.2	71.8 - 80.1
Dhofar	884	45.1	36.8 - 53.7
Musandam	898	23.2	18.3 - 29.0
Buraimi	795	48.8	40.7 - 56.9
Dakhliya	798	56.4	47.8 - 64.7
North Batinah	840	52.1	45.3 - 59.0
South Batinah	890	65.3	57.9 - 72.0
South Sharqiyah	957	52.2	44.1 - 60.2
North Sharqiyah	944	46.9	38.1 - 56.0
Dhahira	861	28.5	21.9 - 36.2
Wusta	976	46.6	33.3 - 60.4
Total	9779	58.7	56.1 - 61.3

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

Governorates	n	Total	
		%	95% CI
Muscat	936	67.5	61.2 - 73.3
Dhofar	884	60.3	51.9 - 68.2
Musandam	898	30.8	24.7 - 37.6
Buraimi	795	42.7	35.3 - 50.4
Dakhliya	798	36.4	29.4 - 44.0
North Batinah	840	33.6	27.1 - 40.9
South Batinah	890	38.0	32.2 - 44.2
South Sharqiyah	957	45.9	37.0 - 55.2
North Sharqiyah	944	38.5	28.3 - 49.8
Dhahira	861	14.8	10.7 - 20.0
Wusta	976	56.1	42.3 - 69.0
Total	9779	48.3	45.4 - 51.1

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.

Governorates	n	Total	
		%	95% CI
Muscat	936	58.2	51.2 - 64.9
Dhofar	884	35.6	28.3 - 43.7
Musandam	898	14.5	10.4 - 20.0
Buraimi	795	32.0	25.2 - 39.5
Dakhliya	798	21.2	16.5 - 27.0
North Batinah	840	26.0	20.6 - 32.2
South Batinah	890	22.3	17.6 - 27.8
South Sharqiyah	957	41.2	31.9 - 51.1
North Sharqiyah	944	24.3	17.8 - 32.3
Dhahira	861	8.9	5.9 - 13.1
Wusta	976	36.8	23.9 - 51.9
Total	9779	36.3	33.6 - 39.2

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

Governorates	n	Total	
		%	95% CI
Muscat	936	67.1	60.7 - 73.0
Dhofar	884	34.0	26.9 - 42.0
Musandam	898	30.6	23.6 - 38.6
Buraimi	795	34.4	28.1 - 41.4
Dakhliya	798	41.3	32.6 - 50.7
North Batinah	840	45.2	39.6 - 51.0
South Batinah	890	45.1	39.1 - 51.3
South Sharqiyah	957	48.2	39.2 - 57.3
North Sharqiyah	944	25.0	19.3 - 31.8
Dhahira	861	18.7	13.8 - 24.9
Wusta	976	34.5	23.2 - 47.9
Total	9779	47.6	44.9 - 50.4

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

Governorates	n	Total	
		%	95% CI
Muscat	936	91.0	88.5 - 93.0
Dhofar	884	93.7	87.6 - 96.9
Musandam	898	95.2	91.4 - 97.4
Buraimi	795	78.2	72.6 - 82.9
Dakhliya	798	85.7	75.5 - 92.1
North Batinah	840	85.7	81.1 - 89.2
South Batinah	890	92.6	88.0 - 95.5
South Sharqiyah	957	84.6	79.3 - 88.6
North Sharqiyah	944	74.2	65.6 - 81.2
Dhahira	861	90.1	86.0 - 93.0
Wusta	976	86.1	79.6 - 90.7
Total	9779	88.2	86.6 - 89.6

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

Governorates	n	Total	
		%	95% CI
Muscat	936	60.7	53.9 - 67.2
Dhofar	884	60.3	53.7 - 66.5
Musandam	898	27.4	21.1 - 34.8
Buraimi	795	49.5	43.0 - 56.0
Dakhliya	798	48.1	41.9 - 54.3
North Batinah	840	55.7	49.6 - 61.5
South Batinah	890	59.2	52.2 - 65.9
South Sharqiyah	957	77.1	71.3 - 82.0
North Sharqiyah	944	38.5	31.0 - 46.6
Dhahira	861	48.3	41.8 - 54.9
Wusta	976	47.9	38.8 - 57.2
Total	9779	56.9	54.2 - 59.5

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

		Total	
Governorates	n	%	95% CI
Muscat	936	78.0	72.1 - 83.0
Dhofar	884	50.8	43.8 - 57.8
Musandam	898	74.8	68.6 - 80.2
Buraimi	795	71.0	64.7 - 76.5
Dakhliya	798	81.6	69.5 - 89.7
North Batinah	840	77.3	72.5 - 81.4
South Batinah	890	86.7	81.6 - 90.5
South Sharqiyah	957	73.0	67.0 - 78.3
North Sharqiyah	944	61.4	52.4 - 69.7
Dhahira	861	79.4	74.0 - 83.8
Wusta	976	54.2	43.0 - 65.0
Total	9779	74.5	72.0 - 76.8

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.

		Total	
Governorates	n	%	95% CI
Muscat	936	62.2	56.1 - 67.9
Dhofar	884	32.7	26.2 - 39.9
Musandam	898	38.5	31.6 - 45.9
Buraimi	795	44.8	38.1 - 51.7
Dakhliya	798	38.7	31.8 - 46.2
North Batinah	840	50.3	45.1 - 55.4
South Batinah	890	44.8	39.1 - 50.7
South Sharqiyah	957	52.5	45.1 - 59.8
North Sharqiyah	944	25.3	19.1 - 32.6
Dhahira	861	28.8	23.4 - 34.9
Wusta	976	38.3	28.0 - 49.7
Total	9779	47.7	45.1 - 50.3

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

		Total	
Governorates	n	%	95% CI
Muscat	936	74.5	69.1 - 79.2
Dhofar	884	69.7	61.2 - 77.0
Musandam	898	35.5	29.3 - 42.1
Buraimi	795	63.5	55.4 - 70.9
Dakhliya	798	73.8	66.1 - 80.3
North Batinah	840	58.9	53.3 - 64.3
South Batinah	890	68.8	63.0 - 74.0
South Sharqiyah	957	81.1	75.6 - 85.6
North Sharqiyah	944	48.8	40.7 - 57.0
Dhahira	861	45.6	38.8 - 52.6
Wusta	976	59.7	50.3 - 68.3
Total	9779	67.5	65.0 - 69.8

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

Governorates	n	Total	
		%	95% CI
Muscat	936	93.4	90.7 - 95.3
Dhofar	884	97.9	96.4 - 98.7
Musandam	898	97.7	95.8 - 98.8
Buraimi	795	81.4	75.8 - 86.0
Dakhliya	798	82.7	75.2 - 88.3
North Batinah	840	93.9	91.5 - 95.7
South Batinah	890	93.9	90.9 - 95.9
South Sharqiyah	957	96.3	94.5 - 97.5
North Sharqiyah	944	84.3	76.6 - 89.8
Dhahira	861	93.7	91.2 - 95.5
Wusta	976	81.1	71.1 - 88.3
Total	9779	92.2	90.9 - 93.3

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.

Governorates	n	Total	
		%	95% CI
Muscat	936	85.3	79.8 - 89.4
Dhofar	884	73.4	63.1 - 81.7
Musandam	898	72.2	64.7 - 78.7
Buraimi	795	65.8	58.6 - 72.2
Dakhliya	798	81.4	74.1 - 87.0
North Batinah	840	74.0	68.9 - 78.5
South Batinah	890	81.1	75.4 - 85.7
South Sharqiyah	957	76.9	70.5 - 82.2
North Sharqiyah	944	56.2	48.0 - 64.0
Dhahira	861	59.9	53.5 - 66.0
Wusta	976	71.9	61.5 - 80.3
Total	9779	77.1	74.8 - 79.3

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							
Total							
Governorates	n	% very good	95% CI	% good	95% CI	% fair	95% CI
Muscat	936	45.1	40.2 - 50.0	45.0	40.4 - 49.6	9.4	7.2 - 12.2
Dhofar	884	55.0	48.7 - 61.2	38.9	33.1 - 45.0	5.3	3.1 - 8.9
Musandam	898	70.5	66.1 - 74.6	22.4	18.9 - 26.3	6.5	4.7 - 9.0
Buraimi	795	50.4	44.1 - 56.6	44.9	38.7 - 51.3	4.6	2.9 - 7.2
Dakhliya	798	58.6	50.9 - 65.9	37.4	30.6 - 44.8	3.6	2.3 - 5.5
North Batinah	840	56.5	50.3 - 62.4	34.5	28.3 - 41.1	8.4	5.9 - 11.7
South Batinah	890	54.9	49.9 - 59.8	38.6	33.8 - 43.7	6.0	4.4 - 8.1
South Sharqiyah	957	62.1	55.3 - 68.5	30.8	25.9 - 36.2	6.8	4.0 - 11.4
North Sharqiyah	944	61.2	55.1 - 66.9	31.5	27.3 - 36.0	7.2	4.5 - 11.3
Dhahira	861	50.5	44.3 - 56.7	39.4	33.7 - 45.5	8.7	6.2 - 12.2
Wusta	976	36.0	27.0 - 46.2	55.3	44.4 - 65.7	8.3	5.4 - 12.6
Total	9779	53.0	50.7 - 55.3	39.1	36.9 - 41.3	7.4	6.4 - 8.5

General health					
Total					
Governorates	n	% bad	95% CI	% very bad	95% CI
Muscat	936	0.5*	0.2 - 1.5	0.0*	0.0 - 0.1
Dhofar	884	0.7*	0.3 - 1.8	0.0*	0.0 - 0.0
Musandam	898	0.5*	0.1 - 3.4	0.0*	0.0 - 0.0
Buraimi	795	0.1*	0.0 - 0.6	0.1*	0.0 - 0.3
Dakhliya	798	0.4*	0.1 - 1.2	0.0*	0.0 - 0.0
North Batinah	840	0.7*	0.3 - 1.6	0.0*	0.0 - 0.0
South Batinah	890	0.5*	0.2 - 1.0	0.0*	0.0 - 0.0
South Sharqiyah	957	0.3*	0.1 - 0.9	0.0*	0.0 - 0.0
North Sharqiyah	944	0.1*	0.0 - 0.3	0.0*	0.0 - 0.3
Dhahira	861	1.3*	0.5 - 3.7	0.0*	0.0 - 0.0
Wusta	976	0.4*	0.1 - 1.0	0.0*	0.0 - 0.1
Total	9779	0.5	0.4 - 0.8	0.0*	0.0 - 0.0

* 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

Governorates	Total		
	n	%	95% CI
Muscat	936	12.8	10.3 - 16.0
Dhofar	884	9.6	7.2 - 12.5
Musandam	898	18.0	14.8 - 21.7
Buraimi	795	15.3	11.1 - 20.8
Dakhliya	798	9.2	7.2 - 11.6
North Batinah	840	8.1	6.0 - 10.9
South Batinah	890	12.0	9.5 - 15.1
South Sharqiyah	957	8.3	5.8 - 11.8
North Sharqiyah	944	5.9	4.0 - 8.8
Dhahira	861	11.5	8.6 - 15.3
Wusta	976	9.1	6.1 - 13.4
Total	9779	10.6	9.5 - 11.7

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

Governorates	n	Total					
		% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
Muscat	150	22.9	15.0 - 33.3	34.4	23.8 - 46.8	42.7	30.6 - 55.7
Dhofar	130	19.6	12.6 - 29.1	39.4	27.9 - 52.1	41.0	29.8 - 53.2
Musandam	195	11.9	7.2 - 19.2	33.7	23.3 - 46.0	54.3	41.1 - 67.0
Buraimi	134	8.6	4.3 - 16.2	32.0	21.0 - 45.4	59.4	44.0 - 73.2
Dakhliya	106	23.5	14.7 - 35.3	37.6	23.9 - 53.6	38.9	23.7 - 56.6
North Batinah	101	23.4	14.3 - 35.8	35.4	23.4 - 49.7	41.2	26.4 - 57.7
South Batinah	161	24.1	17.1 - 32.9	40.1	31.2 - 49.7	35.8	26.7 - 46.0
South Sharqiyah	116	9.4	4.4 - 19.2	44.2	27.7 - 62.0	46.4	27.8 - 66.1
North Sharqiyah	96	28.1	15.7 - 45.0	35.6	24.0 - 49.2	36.4	22.3 - 53.2
Dhahira	109	28.8	17.1 - 44.3	46.9	32.4 - 61.9	24.3	14.7 - 37.2
Wusta	113	1.3*	0.6 - 2.9	33.4	22.2 - 46.8	65.3	51.9 - 76.7
Total	1411	21.6	17.8 - 26.0	37.0	31.9 - 42.4	41.4	35.6 - 47.4

* 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)**

Governorates	n	Total					
		% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
Muscat	98	18.7	9.7 - 33.0	25.5	15.5 - 39.0	55.8	42.0 - 68.7
Dhofar	84	6.5*	2.7 - 14.9	8.7*	2.9 - 23.5	84.7	71.3 - 92.5
Musandam	100	11.9*	4.7 - 27.2	13.4	6.5 - 25.6	74.7	60.3 - 85.1
Buraimi	77	23.5	12.8 - 39.1	11.1*	5.3 - 21.8	65.4	52.1 - 76.7
Dakhliya	80	13.2*	6.2 - 25.8	15.8	8.1 - 28.6	71.0	56.5 - 82.2
North Batinah	71	1.3*	0.2 - 8.7	12.2*	6.1 - 22.7	86.5	75.9 - 92.9
South Batinah	112	8.0*	3.7 - 16.3	21.8	12.3 - 35.7	70.2	56.0 - 81.4
South Sharqiyah	76	4.5*	1.8 - 10.6	10.4*	3.1 - 30.0	85.1	68.5 - 93.8
North Sharqiyah	64	17.3*	5.0 - 45.3	15.2*	6.7 - 30.8	67.5	47.0 - 82.9
Dhahira	82	11.1*	3.7 - 29.3	18.1*	8.2 - 35.5	70.8	54.7 - 82.9
Wusta	60	8.6*	2.4 - 26.0	23.2	10.9 - 42.8	68.2	48.3 - 83.1
Total	904	12.1	8.2 - 17.7	18.7	14.1 - 24.4	69.1	62.6 - 75.0

* 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)

Governorates	n	Total	
		%	95% CI
Muscat	335	71.4	63.9 - 77.9
Dhofar	344	74.3	67.8 - 79.9
Musandam	432	51.6	44.5 - 58.5
Buraimi	443	83.1	77.0 - 87.8
Dakhliya	465	84.7	80.1 - 88.4
North Batinah	466	72.4	66.5 - 77.5
South Batinah	490	74.3	68.4 - 79.4
South Sharqiyah	556	63.7	57.8 - 69.2
North Sharqiyah	490	51.3	42.2 - 60.3
Dhahira	468	79.5	74.4 - 83.8
Wusta	446	68.4	62.3 - 74.0
Total	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

Governorates	n	Female	
		% ever tested	95% CI
Muscat	452	14.7	11.0 - 19.4
Dhofar	279	8.7	3.3 - 20.8
Musandam	361	4.6	2.7 - 7.7
Buraimi	371	13.3	9.0 - 19.2
Dakliya	475	7.3	5.2 - 10.1
North Batinah	419	8.5	5.6 - 12.7
South Batinah	499	5.4	3.8 - 7.8
South Sharqiyah	500	5.3	3.0 - 9.1
North Sharqiyah	538	7.7	4.8 - 12.3
Dhahira	429	9.5	5.7 - 15.4
Wusta	496	2.1	0.8 - 5.3
Total	4819	9.7	8.2 - 11.5

Cervical cancer screening among women aged 30-49 years

Governorates	n	Female	
		% ever tested	95% CI
Muscat	259	15.0	9.7 - 22.5
Dhofar	127	14.7*	5.1 - 35.6
Musandam	214	5.5	2.9 - 9.9
Buraimi	214	18.3	12.4 - 26.2
Dakliya	254	7.0	4.5 - 10.8
North Batinah	230	11.7	6.8 - 19.3
South Batinah	287	5.0	3.0 - 8.0
South Sharqiyah	268	7.3	3.4 - 14.9
North Sharqiyah	274	9.3	5.0 - 16.7
Dhahira	238	13.1	6.5 - 24.8
Wusta	288	2.1*	0.9 - 5.2
Total	2653	11.4	9.0 - 14.5

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

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			
Governorates	n	Female %	95% CI
Muscat	458	2.2*	1.0 - 4.6
Dhofar	280	0.3*	0.0 - 2.0
Musandam	370	2.4*	0.8 - 7.2
Buraimi	372	2.5*	0.9 - 6.5
Dakhliya	480	0.3*	0.1 - 1.0
North Batinah	421	0.8*	0.2 - 2.9
South Batinah	502	0.7*	0.2 - 2.4
South Sharqiyah	513	2.8*	0.6 - 12.0
North Sharqiyah	546	0.1*	0.0 - 0.9
Dhahira	431	0.8*	0.2 - 2.7
Wusta	499	0.3*	0.1 - 0.9
Total	4872	1.3	0.8 - 2.1

* 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

Governorates	n	Female	
		%	95% CI
Muscat	458	21.4	17.0 - 26.6
Dhofar	280	15.5	8.7 - 26.3
Musandam	370	11.9	8.0 - 17.4
Buraimi	372	21.1	16.2 - 27.0
Dakhliya	480	17.6	13.1 - 23.2
North Batinah	421	12.8	9.4 - 17.1
South Batinah	502	21.1	17.0 - 25.9
South Sharqiyah	513	14.4	9.1 - 21.9
North Sharqiyah	546	22.3	17.9 - 27.5
Dhahira	431	32.0	25.1 - 39.9
Wusta	499	8.9	5.8 - 13.5
Total	4872	18.8	16.9 - 20.9

Do self-breast exams

Governorates	n	Female	
		%	95% CI
Muscat	458	45.7	40.3 - 51.1
Dhofar	280	30.0	19.8 - 42.7
Musandam	370	20.5	15.5 - 26.5
Buraimi	372	39.1	30.3 - 48.6
Dakhliya	480	27.9	21.1 - 36.0
North Batinah	421	38.1	31.5 - 45.2
South Batinah	502	31.4	25.3 - 38.2
South Sharqiyah	513	33.7	25.2 - 43.3
North Sharqiyah	546	44.8	37.6 - 52.2
Dhahira	431	42.4	35.1 - 50.0
Wusta	499	36.0	26.8 - 46.4
Total	4872	37.9	35.2 - 40.6

Had mammogram

Governorates	n	Female	
		%	95% CI
Muscat	458	16.4	12.6 - 21.2
Dhofar	280	13.4	6.7 - 25.0
Musandam	370	4.7	1.9 - 11.3
Buraimi	372	7.7	5.1 - 11.4
Dakhliya	480	11.6	8.3 - 16.0
North Batinah	421	10.8	7.6 - 15.2
South Batinah	502	7.1	5.0 - 9.9
South Sharqiyah	513	14.7	9.5 - 22.1
North Sharqiyah	546	17.4	13.2 - 22.6
Dhahira	431	10.8	8.1 - 14.1
Wusta	499	7.7	4.6 - 12.5
Total	4872	12.9	11.2 - 14.8

Ever diagnosed with breast cancer

Governorates	n	Female	
		%	95% CI
Muscat	458	0.4*	0.1 - 1.5
Dhofar	280	0.4*	0.1 - 1.5
Musandam	370	0.2*	0.0 - 1.2
Buraimi	372	1.2*	0.4 - 3.0
Dakhliya	480	0.3*	0.1 - 1.1
North Batinah	421	0.3*	0.1 - 0.8
South Batinah	502	0.6*	0.2 - 1.9
South Sharqiyah	513	0.3*	0.1 - 0.9
North Sharqiyah	546	1.1*	0.4 - 3.3
Dhahira	431	0.8*	0.3 - 1.8
Wusta	499	0.7*	0.2 - 2.5
Total	4872	0.5	0.3 - 0.7

* 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

Total									
Governorates	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
Muscat	936	20.5	16.4 - 25.2	68.3	63.7 - 72.6	9.6	7.2 - 12.7	1.6	1.0 - 2.7
Dhofar	884	30.1	25.1 - 35.6	62.4	57.0 - 67.5	6.3	4.7 - 8.3	1.3	0.7 - 2.3
Musandam	898	21.5	17.4 - 26.2	64.8	60.1 - 69.3	9.9	7.9 - 12.2	3.8	2.7 - 5.4
Buraimi	795	26.1	18.1 - 36.2	64.6	56.2 - 72.1	2.9	1.9 - 4.6	6.3	4.0 - 9.8
Dakhliya	798	11.3	8.2 - 15.5	78.7	74.1 - 82.6	8.1	5.7 - 11.2	1.9	1.1 - 3.4
North Batinah	840	16.6	12.6 - 21.6	70.9	66.3 - 75.2	7.1	5.7 - 8.8	5.4	3.5 - 8.1
South Batinah	890	15.6	12.8 - 18.9	73.7	70.2 - 76.9	8.0	6.0 - 10.6	2.6	1.7 - 4.1
South Sharqiyah	957	18.9	14.1 - 24.8	72.0	66.0 - 77.4	7.9	6.1 - 10.1	1.2	0.7 - 2.0
North Sharqiyah	944	25.7	20.4 - 31.9	67.1	61.4 - 72.3	3.7	2.6 - 5.1	3.5	2.3 - 5.4
Dhahira	861	15.6	11.3 - 21.1	71.9	66.4 - 76.7	8.4	6.0 - 11.6	4.2	2.6 - 6.7
Wusta	976	18.2	11.9 - 26.7	74.3	66.1 - 81.1	2.6	1.4 - 4.9	4.9	3.5 - 6.8
Total	9779	19.5	17.8 - 21.4	70.0	68.1 - 71.8	7.7	6.8 - 8.8	2.7	2.3 - 3.3

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)

Governorates	Female		
	n	%	95% CI
Muscat	395	3.0	1.7 - 5.1
Dhofar	245	1.7*	0.5 - 5.1
Musandam	314	3.4*	1.5 - 7.6
Buraimi	309	3.3	1.4 - 7.2
Dakhliya	406	4.8	2.8 - 8.2
North Batinah	363	5.5	2.7 - 11.0
South Batinah	447	3.4	2.1 - 5.5
South Sharqiyah	451	2.8	1.6 - 4.8
North Sharqiyah	459	1.4*	0.6 - 2.8
Dhahira	352	4.1	2.3 - 7.2
Wusta	428	5.2	2.8 - 9.7
Total	4169	3.5	2.7 - 4.6

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

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

Governorates	n	Total							
		% 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
Muscat	936	29.0	24.5 - 34.1	61.2	56.2 - 65.9	8.1	5.8 - 11.0	1.7	1.0 - 3.0
Dhofar	884	36.7	32.0 - 41.8	56.2	51.0 - 61.3	5.4	4.0 - 7.3	1.7	0.8 - 3.5
Musandam	898	25.6	21.7 - 29.9	64.6	60.2 - 68.8	7.0	5.1 - 9.5	2.7	1.8 - 4.2
Buraimi	795	39.0	31.8 - 46.9	51.3	43.8 - 58.7	3.4	2.1 - 5.5	6.2	3.5 - 10.7
Dakhliya	798	22.4	16.9 - 29.1	70.4	64.5 - 75.7	6.0	4.3 - 8.4	1.2	0.6 - 2.3
North Batinah	840	26.8	22.4 - 31.6	64.7	60.4 - 68.8	6.3	4.7 - 8.5	2.2	1.4 - 3.4
South Batinah	890	25.3	20.4 - 30.8	68.6	63.2 - 73.5	5.2	3.7 - 7.1	1.0	0.6 - 1.8
South Sharqiyah	957	30.4	25.1 - 36.2	63.4	57.8 - 68.6	5.7	4.2 - 7.6	0.5	0.3 - 0.9
North Sharqiyah	944	33.4	28.2 - 39.1	61.9	56.4 - 67.1	4.1	2.8 - 5.9	0.6	0.3 - 1.2
Dhahira	861	27.1	21.6 - 33.4	65.2	59.3 - 70.7	5.2	3.8 - 6.9	2.5	1.6 - 4.0
Wusta	976	30.2	23.2 - 38.2	62.7	54.6 - 70.2	4.8	2.7 - 8.5	2.3	1.3 - 4.2
Total	9779	28.9	27.0 - 30.9	63.1	61.1 - 65.1	6.3	5.4 - 7.3	1.7	1.4 - 2.1

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)

Governorates	Female		
	n	%	95% CI
Muscat	395	4.3	2.6 - 6.9
Dhofar	245	2.4*	0.8 - 7.1
Musandam	314	4.7	2.9 - 7.7
Buraimi	309	8.1	4.1 - 15.3
Dakhliya	406	4.1	2.3 - 7.4
North Batinah	363	5.7	3.5 - 9.2
South Batinah	447	5.0	3.2 - 7.7
South Sharqiyah	451	3.6	1.9 - 6.5
North Sharqiyah	459	2.0	1.1 - 3.8
Dhahira	352	6.4	4.0 - 10.3
Wusta	428	4.6	2.7 - 7.9
Total	4169	4.4	3.6 - 5.5

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

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

Governorates	n	Total							
		% 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
Muscat	936	52.2	47.5 - 57.0	37.2	33.1 - 41.6	8.3	6.4 - 10.8	2.2	1.4 - 3.7
Dhofar	884	49.4	44.2 - 54.6	42.4	36.5 - 48.5	5.2	3.7 - 7.4	3.0	1.8 - 5.1
Musandam	898	45.2	40.1 - 50.4	42.6	36.9 - 48.4	8.3	6.3 - 11.0	3.9	2.7 - 5.7
Buraimi	795	54.2	47.2 - 61.1	36.5	30.7 - 42.6	4.8	3.2 - 7.1	4.5	3.1 - 6.5
Dakhliya	798	53.1	46.7 - 59.5	38.8	33.5 - 44.4	6.2	4.5 - 8.5	1.9	1.0 - 3.7
North Batinah	840	58.1	53.6 - 62.5	29.2	25.3 - 33.4	7.7	5.7 - 10.2	5.1	3.2 - 7.8
South Batinah	890	48.1	42.8 - 53.5	44.3	38.9 - 49.8	4.7	3.4 - 6.4	3.0	1.9 - 4.5
South Sharqiyah	957	47.6	40.5 - 54.8	46.2	39.5 - 53.0	4.6	3.4 - 6.2	1.6	0.9 - 2.7
North Sharqiyah	944	53.4	47.8 - 59.0	38.6	33.6 - 43.8	5.7	4.4 - 7.4	2.3	1.4 - 3.8
Dhahira	861	43.8	39.1 - 48.6	44.3	39.5 - 49.3	5.8	4.1 - 8.1	6.1	4.3 - 8.7
Wusta	976	54.8	48.0 - 61.5	32.0	25.4 - 39.4	5.2	3.2 - 8.4	8.0	4.4 - 14.0
Total	9779	52.0	50.0 - 54.0	38.2	36.3 - 40.1	6.7	5.9 - 7.6	3.1	2.6 - 3.8

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

Governorates	n	Total	
		% CVD history	95% CI
Muscat	936	1.9	1.1 - 3.2
Dhofar	884	1.6	0.8 - 3.4
Musandam	898	1.5	0.8 - 3.0
Buraimi	795	2.8	1.8 - 4.2
Dakhliya	798	0.9	0.4 - 1.8
North Batinah	840	3.7	2.3 - 5.9
South Batinah	890	1.6	0.8 - 3.0
South Sharqiyah	957	2.5	1.6 - 4.1
North Sharqiyah	944	0.7	0.4 - 1.3
Dhahira	861	2.5	1.5 - 4.1
Wusta	976	0.8	0.3 - 2.0
Total	9779	2.0	1.6 - 2.6

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

Governorates	n	Total	
		% taking aspirin	95% CI
Muscat	936	3.1	2.2 - 4.5
Dhofar	884	1.8	1.0 - 3.1
Musandam	898	4.3	2.9 - 6.4
Buraimi	795	3.2	2.2 - 4.6
Dakhliya	798	3.0	2.0 - 4.4
North Batinah	840	3.3	2.2 - 4.8
South Batinah	890	2.6	1.7 - 3.9
South Sharqiyah	957	3.1	2.1 - 4.6
North Sharqiyah	944	2.1	1.4 - 3.2
Dhahira	861	3.3	2.1 - 5.1
Wusta	976	1.6	0.9 - 2.9
Total	9779	2.9	2.4 - 3.4

Currently taking statins regularly to prevent or treat heart disease

Governorates	n	Total	
		% taking statins	95% CI
Muscat	936	7.0	5.1 - 9.7
Dhofar	884	3.2	2.1 - 4.7
Musandam	898	7.3	5.4 - 9.7
Buraimi	795	6.1	4.4 - 8.3
Dakhliya	798	4.2	3.0 - 5.9
North Batinah	840	6.7	4.7 - 9.4
South Batinah	890	5.9	4.4 - 7.8
South Sharqiyah	957	4.8	3.4 - 6.6
North Sharqiyah	944	2.2	1.4 - 3.4
Dhahira	861	6.4	4.4 - 9.3
Wusta	976	6.5	3.5 - 12.0
Total	9779	5.7	4.9 - 6.6

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			
Governorates	n	% took weight-loss meds	95% CI
Muscat	936	1.3	0.7 - 2.2
Dhofar	884	0.6*	0.3 - 1.4
Musandam	898	2.1	1.2 - 3.6
Buraimi	795	1.2*	0.5 - 2.6
Dakhliya	798	0.9*	0.4 - 2.0
North Batinah	840	2.4	1.4 - 4.3
South Batinah	890	0.6*	0.2 - 1.8
South Sharqiyah	957	1.4	0.7 - 2.7
North Sharqiyah	944	0.1*	0.0 - 0.6
Dhahira	861	0.6*	0.3 - 1.3
Wusta	976	0.1*	0.0 - 0.5
Total	9779	1.2	0.9 - 1.6

* 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

Governorates	n	Total	
		% advised	95% CI
Muscat	936	9.4	6.9 - 12.8
Dhofar	884	9.0	6.6 - 12.1
Musandam	898	6.3	4.6 - 8.7
Buraimi	795	12.6	9.4 - 16.7
Dakhliya	798	7.1	4.1 - 12.2
North Batinah	840	7.7	5.3 - 11.1
South Batinah	890	11.5	8.9 - 14.6
South Sharqiyah	957	12.7	10.0 - 16.1
North Sharqiyah	944	8.8	6.5 - 11.8
Dhahira	861	10.0	7.5 - 13.2
Wusta	976	18.8	14.5 - 24.0
Total	9779	9.4	8.3 - 10.7

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

Governorates	n	Total	
		% advised	95% CI
Muscat	936	18.5	15.0 - 22.6
Dhofar	884	21.7	17.3 - 26.9
Musandam	898	17.8	14.5 - 21.6
Buraimi	795	28.8	23.5 - 34.7
Dakhliya	798	19.4	14.8 - 24.9
North Batinah	840	26.4	21.6 - 31.8
South Batinah	890	24.8	20.8 - 29.3
South Sharqiyah	957	23.0	18.1 - 28.8
North Sharqiyah	944	18.2	15.1 - 21.7
Dhahira	861	21.4	17.6 - 25.8
Wusta	976	31.3	25.6 - 37.6
Total	9779	21.7	20.0 - 23.5

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

Governorates	n	Total	
		% advised	95% CI
Muscat	936	25.0	21.6 - 28.7
Dhofar	884	24.2	20.1 - 28.8
Musandam	898	18.0	14.9 - 21.6
Buraimi	795	31.7	25.5 - 38.7
Dakhliya	798	24.2	18.7 - 30.8
North Batinah	840	33.1	27.6 - 39.0
South Batinah	890	27.5	22.8 - 32.7
South Sharqiyah	957	25.2	20.2 - 31.0
North Sharqiyah	944	19.5	15.8 - 23.9
Dhahira	861	23.3	18.9 - 28.2
Wusta	976	31.5	24.1 - 40.1
Total	9779	26.3	24.5 - 28.1

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

Governorates	n	Total	
		% advised	95% CI
Muscat	936	26.7	22.4 - 31.6
Dhofar	884	24.1	19.9 - 29.0
Musandam	898	22.7	18.4 - 27.7
Buraimi	795	31.7	26.0 - 38.0
Dakhliya	798	26.2	21.4 - 31.6
North Batinah	840	32.9	27.7 - 38.5
South Batinah	890	29.4	25.3 - 33.8
South Sharqiyah	957	25.6	20.9 - 30.9
North Sharqiyah	944	19.9	16.5 - 23.7
Dhahira	861	27.5	23.0 - 32.6
Wusta	976	33.8	26.3 - 42.2
Total	9779	27.5	25.6 - 29.4

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

Governorates	n	Total	
		% advised	95% CI
Muscat	936	31.0	26.9 - 35.5
Dhofar	884	25.7	21.3 - 30.7
Musandam	898	25.7	21.7 - 30.1
Buraimi	795	33.0	27.6 - 38.9
Dakhliya	798	24.8	20.6 - 29.6
North Batinah	840	35.0	29.7 - 40.7
South Batinah	890	30.8	26.3 - 35.8
South Sharqiyah	957	25.5	20.5 - 31.1
North Sharqiyah	944	20.6	17.2 - 24.4
Dhahira	861	31.8	26.9 - 37.0
Wusta	976	32.3	26.8 - 38.5
Total	9779	29.6	27.8 - 31.5

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

Total			
Governorates	n	% advised	95% CI
Muscat	936	27.5	23.5 - 32.0
Dhofar	884	24.0	19.9 - 28.8
Musandam	898	23.0	19.1 - 27.4
Buraimi	795	32.8	26.8 - 39.4
Dakhliya	798	26.3	20.4 - 33.1
North Batinah	840	33.1	27.9 - 38.8
South Batinah	890	30.4	25.9 - 35.2
South Sharqiyah	957	24.5	19.6 - 30.1
North Sharqiyah	944	20.8	17.1 - 25.1
Dhahira	861	29.7	24.8 - 35.0
Wusta	976	33.1	28.0 - 38.5
Total	9779	28.0	26.1 - 29.9

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

Total			
Governorates	n	% advised	95% CI
Muscat	936	25.5	21.7 - 29.7
Dhofar	884	22.9	18.6 - 27.8
Musandam	898	23.0	19.0 - 27.6
Buraimi	795	33.7	28.2 - 39.7
Dakhliya	798	30.1	25.2 - 35.5
North Batinah	840	34.5	29.2 - 40.2
South Batinah	890	28.0	23.7 - 32.8
South Sharqiyah	957	24.1	19.5 - 29.3
North Sharqiyah	944	20.5	17.1 - 24.4
Dhahira	861	28.6	24.0 - 33.7
Wusta	976	36.7	29.3 - 44.8
Total	9779	27.5	25.8 - 29.4

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			
Governorates	n	%	95% CI
Muscat	936	2.9	1.9 - 4.5
Dhofar	884	3.4	2.3 - 5.1
Musandam	898	2.3	1.4 - 3.7
Buraimi	795	3.9	1.8 - 8.5
Dakhliya	798	1.9	1.1 - 3.3
North Batinah	840	3.2	1.8 - 5.8
South Batinah	890	2.9	1.8 - 4.5
South Sharqiyah	957	2.3	1.1 - 4.6
North Sharqiyah	942	2.1	1.2 - 3.5
Dhahira	861	3.2	2.0 - 5.1
Wusta	976	3.0	2.0 - 4.4
Total	9777	2.9	2.3 - 3.5

**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

Chronic respiratory symptoms							
Total							
Governorates	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
Muscat	933	3.5	2.2 - 5.5	3.2	2.0 - 4.9	9.5	7.4 - 12.2
Dhofar	884	1.8	0.9 - 3.4	1.9	1.2 - 3.1	5.4	3.2 - 8.9
Musandam	897	1.7	0.8 - 3.3	2.2*	0.8 - 6.0	5.6	4.0 - 7.8
Buraimi	793	2.3	1.2 - 4.2	1.8	0.8 - 4.3	4.8	2.5 - 9.0
Dakhliya	798	4.3	1.6 - 10.8	3.1	2.0 - 4.7	11.1	7.4 - 16.5
North Batinah	836	2.8	1.8 - 4.2	1.5	0.9 - 2.7	13.5	9.6 - 18.6
South Batinah	889	1.5	0.8 - 3.0	1.7	1.0 - 3.0	8.8	5.6 - 13.4
South Sharqiyah	955	0.7	0.4 - 1.5	0.7	0.4 - 1.5	2.3	1.4 - 3.7
North Sharqiyah	944	1.0	0.5 - 1.8	5.4	3.8 - 7.5	4.0	2.5 - 6.4
Dhahira	860	3.5	2.2 - 5.5	1.2	0.6 - 2.1	7.2	5.1 - 10.0
Wusta	975	1.9	1.1 - 3.4	3.6*	0.9 - 13.0	8.1	3.2 - 19.0
Total	9764	2.7	2.1 - 3.4	2.4	2.0 - 3.0	8.7	7.5 - 10.2

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

CRD Symptoms with no Asthma/COPD diagnosis

Description: Percentage of the population with chronic respiratory symptoms among those without an Asthma/COPD diagnosis

Instrument question:

CRD1. Have you ever been told by a doctor or other health worker that you have asthma?

CRD3. Have you ever been told by a doctor or other health worker that you have chronic obstructive pulmonary diseases (COPD) or chronic bronchitis or emphysema?

CRD6. In the past 12 months, have you had wheezing or whistling in your chest?

CRD10. In the past 12 months, have you coughed on most days, for at least 3 months?

CRD12. Are you troubled by shortness of breath when hurrying on the level or walking up a slight hill?

Chronic respiratory symptoms among undiagnosed with Asthma/COPD

Total							
Governorates	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
Muscat	898	1.9	0.9 - 3.9	2.7	1.7 - 4.4	7.5	5.5 - 10.3
Dhofar	841	1.0*	0.4 - 2.7	1.0	0.5 - 1.9	3.8	2.1 - 6.7
Musandam	871	0.9*	0.4 - 2.3	1.6*	0.6 - 4.0	4.6	3.0 - 7.0
Buraimi	761	1.2	0.6 - 2.5	1.3*	0.5 - 3.3	2.2	1.4 - 3.7
Dakhliya	772	3.9*	1.4 - 10.8	2.9	1.8 - 4.6	10.3	6.5 - 15.7
North Batinah	813	1.8	1.0 - 3.0	1.4	0.8 - 2.5	12.1	8.1 - 17.6
South Batinah	857	0.4*	0.2 - 1.0	1.5	0.8 - 2.8	7.3	4.2 - 12.2
South Sharqiyah	927	0.4*	0.1 - 1.1	0.6*	0.2 - 1.4	1.7	0.9 - 3.1
North Sharqiyah	909	0.6*	0.2 - 1.5	4.9	3.4 - 7.0	3.4	2.0 - 5.8
Dhahira	824	1.9	1.0 - 3.5	0.6*	0.3 - 1.5	5.8	4.0 - 8.4
Wusta	915	1.0*	0.4 - 2.6	3.1*	0.6 - 14.4	7.3*	2.5 - 19.7
Total	9388	1.6	1.1 - 2.4	2.0	1.6 - 2.6	7.3	6.1 - 8.7

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

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

Governorates	n	Total	
		%	95% CI
Muscat	900	1.8	0.8 - 3.8
Dhofar	841	0.5*	0.2 - 1.2
Musandam	872	0.4*	0.1 - 1.1
Buraimi	763	0.7*	0.3 - 1.6
Dakliya	772	3.1*	0.8 - 11.2
North Batinah	817	1.0	0.5 - 2.1
South Batinah	858	0.3*	0.1 - 0.7
South Sharqiyah	929	0.1*	0.0 - 0.8
North Sharqiyah	909	0.1*	0.0 - 0.3
Dhahira	825	1.4*	0.6 - 2.9
Wusta	916	0.9*	0.3 - 2.6
Total	9402	1.2	0.7 - 2.0

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

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

Governorates	n	%	95% CI
Muscat	934	6.9	5.1 - 9.2
Dhofar	884	2.8	1.7 - 4.6
Musandam	898	2.7	1.4 - 5.0
Buraimi	795	9.4	5.6 - 15.4
Dakhliya	798	7.1	3.8 - 12.8
North Batinah	840	4.2	2.8 - 6.2
South Batinah	889	5.3	3.5 - 7.9
South Sharqiyah	956	5.9	2.7 - 12.5
North Sharqiyah	942	3.7	2.4 - 5.7
Dhahira	861	4.7	3.2 - 6.8
Wusta	976	4.7*	0.9 - 20.7
Total	9773	5.5	4.6 - 6.5

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

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

Governorates	n	Total	
		%	95% CI
Muscat	936	1.0	0.6 - 1.9
Dhofar	884	0.1*	0.0 - 0.5
Musandam	898	0.1*	0.0 - 0.5
Buraimi	795	0.7*	0.3 - 1.7
Dakhliya	798	0.4*	0.1 - 1.3
North Batinah	840	0.6*	0.3 - 1.7
South Batinah	890	0.4*	0.1 - 1.2
South Sharqiyah	957	0.5*	0.1 - 1.6
North Sharqiyah	944	0.2*	0.1 - 0.9
Dhahira	861	0.7*	0.2 - 2.9
Wusta	976	0.1*	0.0 - 0.3
Total	9779	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 $\geq 50\%$).

Diagnosed with post-partum depression (among ever-married females)

Governorates	n	Female	
		%	95% CI
Muscat	395	2.7*	1.1 - 6.5
Dhofar	245	0.0*	0.0 - 0.0
Musandam	314	0.7*	0.2 - 2.1
Buraimi	309	0.8*	0.2 - 3.5
Dakhliya	406	0.8*	0.2 - 2.6
North Batinah	363	0.7*	0.2 - 2.3
South Batinah	447	0.0*	0.0 - 0.0
South Sharqiyah	451	0.3*	0.0 - 1.8
North Sharqiyah	459	0.0*	0.0 - 0.0
Dhahira	352	0.9*	0.2 - 3.1
Wusta	428	0.0*	0.0 - 0.0
Total	4169	1.1	0.5 - 2.2

* 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									
Total									
Governorates	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
Muscat	936	3.5	2.2 - 5.4	1.9	1.0 - 3.6	3.7	2.1 - 6.5	90.9	87.2 - 93.7
Dhofar	884	0.7*	0.3 - 1.7	0.2*	0.0 - 1.6	1.1*	0.3 - 3.7	98.0	95.9 - 99.0
Musandam	898	0.6*	0.2 - 1.8	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	99.4	98.2 - 99.8
Buraimi	795	0.4*	0.1 - 2.0	0.5*	0.1 - 3.2	0.3*	0.1 - 1.0	98.8	96.8 - 99.6
Dakhliya	798	1.6*	0.5 - 4.8	0.1*	0.0 - 0.4	1.3*	0.5 - 3.6	97.1	94.2 - 98.5
North Batinah	840	1.0*	0.3 - 2.9	0.5*	0.1 - 2.2	0.8*	0.3 - 2.1	97.7	95.6 - 98.9
South Batinah	890	0.2*	0.0 - 0.8	0.1*	0.0 - 0.8	0.3*	0.1 - 0.8	99.4	98.6 - 99.7
South Sharqiyah	957	0.5*	0.1 - 1.8	0.3*	0.0 - 2.1	0.2*	0.1 - 0.6	99.0	97.6 - 99.6
North Sharqiyah	944	0.0*	0.0 - 0.3	0.0*	0.0 - 0.0	0.3*	0.1 - 1.0	99.7	99.0 - 99.9
Dhahira	861	0.1*	0.0 - 0.3	0.0*	0.0 - 0.0	0.2*	0.0 - 0.6	99.8	99.4 - 99.9
Wusta	976	3.6	1.7 - 7.6	2.5*	0.5 - 12.2	0.7*	0.2 - 2.5	93.2	86.8 - 96.6
Total	9779	1.6	1.1 - 2.2	0.8	0.5 - 1.3	1.6	1.0 - 2.5	96.1	94.8 - 97.0

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

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)

Total			
Governorates	n	% high-end level	95% CI
Muscat	936	0.2*	0.0 - 1.3
Dhofar	884	0.1*	0.0 - 0.5
Musandam	898	0.0*	0.0 - 0.0
Buraimi	795	0.1*	0.0 - 0.3
Dakhliya	797	0.0*	0.0 - 0.0
North Batinah	840	0.2*	0.0 - 1.0
South Batinah	890	0.0*	0.0 - 0.0
South Sharqiyah	957	0.0*	0.0 - 0.0
North Sharqiyah	944	0.0*	0.0 - 0.0
Dhahira	861	0.0*	0.0 - 0.0
Wusta	975	0.0*	0.0 - 0.0
Total	9777	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 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)

Total			
Governorates	n	% intermediate level	95% CI
Muscat	936	0.6*	0.2 - 1.7
Dhofar	884	0.0*	0.0 - 0.2
Musandam	898	0.0*	0.0 - 0.0
Buraimi	795	0.0*	0.0 - 0.0
Dakhliya	797	0.0*	0.0 - 0.0
North Batinah	840	0.1*	0.0 - 0.6
South Batinah	890	0.1*	0.0 - 0.8
South Sharqiyah	957	0.0*	0.0 - 0.0
North Sharqiyah	944	0.0*	0.0 - 0.3
Dhahira	861	0.0*	0.0 - 0.0
Wusta	975	0.3*	0.1 - 1.1
Total	9777	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 ≥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)

Total			
Governorates	n	% lower-end level	95% CI
Muscat	936	2.7	1.6 - 4.4
Dhofar	884	0.6*	0.2 - 1.7
Musandam	898	0.6*	0.2 - 1.8
Buraimi	795	0.3*	0.0 - 2.2
Dakhliya	797	1.4*	0.4 - 4.9
North Batinah	840	0.7*	0.2 - 3.0
South Batinah	890	0.1*	0.0 - 0.6
South Sharqiyah	957	0.5*	0.1 - 1.8
North Sharqiyah	944	0.0*	0.0 - 0.0
Dhahira	861	0.1*	0.0 - 0.3
Wusta	975	3.3	1.5 - 7.1
Total	9777	1.2	0.8 - 1.8

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

Six or more drinks on a single occasion (“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

Governorates	Total		
	n	% ≥ 6 drinks	95% CI
Muscat	935	0.1*	0.0 - 0.4
Dhofar	884	0.1*	0.0 - 0.4
Musandam	897	0.0*	0.0 - 0.0
Buraimi	795	0.0*	0.0 - 0.1
Dakhliya	797	0.0*	0.0 - 0.0
North Batinah	839	0.3*	0.1 - 1.6
South Batinah	890	0.0*	0.0 - 0.0
South Sharqiyah	957	0.0*	0.0 - 0.0
North Sharqiyah	944	0.0*	0.0 - 0.0
Dhahira	861	0.0*	0.0 - 0.0
Wusta	976	0.3*	0.1 - 1.1
Total	9775	0.1*	0.0 - 0.3

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

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)			
Governorates	n	Total mean	95% CI
Muscat	931	123.9	122.2 - 125.6
Dhofar	881	123.2	121.3 - 125.2
Musandam	892	126.9	125.1 - 128.7
Buraimi	788	127.2	125.2 - 129.1
Dakhliya	795	126.0	123.2 - 128.7
North Batinah	839	123.2	121.7 - 124.7
South Batinah	889	121.9	120.3 - 123.4
South Sharqiyah	947	124.5	123.0 - 126.0
North Sharqiyah	938	123.2	121.6 - 124.8
Dhahira	859	118.0	115.3 - 120.8
Wusta	971	125.5	124.0 - 126.9
Total	9730	123.6	122.9 - 124.3

Mean diastolic blood pressure (mmHg)			
Governorates	n	Total mean	95% CI
Muscat	931	82.7	81.7 - 83.6
Dhofar	881	82.2	81.3 - 83.1
Musandam	892	83.4	82.3 - 84.6
Buraimi	788	83.4	82.1 - 84.8
Dakhliya	795	85.1	83.1 - 87.2
North Batinah	839	82.3	81.4 - 83.3
South Batinah	889	81.8	80.9 - 82.8
South Sharqiyah	947	81.3	80.1 - 82.4
North Sharqiyah	938	80.3	79.4 - 81.2
Dhahira	859	78.4	77.0 - 79.8
Wusta	971	83.2	81.7 - 84.8
Total	9730	82.3	81.9 - 82.8

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 \geq140 and/or DBP \geq 90 mmHg			
Governorates	n	Total %	95% CI
Muscat	931	25.9	22.4 - 29.8
Dhofar	881	23.5	19.3 - 28.3
Musandam	892	32.7	27.8 - 37.9
Buraimi	788	31.9	26.3 - 38.1
Dakhliya	795	35.3	27.8 - 43.7
North Batinah	839	28.5	24.6 - 32.8
South Batinah	889	21.3	17.8 - 25.2
South Sharqiyah	947	20.3	16.8 - 24.2
North Sharqiyah	938	20.2	16.2 - 24.8
Dhahira	859	17.6	13.7 - 22.4
Wusta	971	29.1	24.3 - 34.3
Total	9730	25.7	24.0 - 27.6

SBP \geq140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure			
Governorates	n	Total %	95% CI
Muscat	931	29.1	25.4 - 33.0
Dhofar	881	25.1	21.1 - 29.6
Musandam	892	38.5	33.4 - 43.8
Buraimi	788	33.7	28.0 - 39.9
Dakhliya	795	37.5	30.1 - 45.6
North Batinah	839	32.4	28.4 - 36.7
South Batinah	889	25.5	21.7 - 29.8
South Sharqiyah	947	23.0	19.4 - 27.0
North Sharqiyah	938	22.8	18.8 - 27.4
Dhahira	859	21.8	17.7 - 26.4
Wusta	971	30.5	26.1 - 35.4
Total	9730	28.8	27.1 - 30.7

SBP \geq140 and/or DBP \geq 90 mmHg or currently on medication for raised blood pressure (among \geq35 years)			
Governorates	n	Total %	95% CI
Muscat	643	39.5	34.2 - 45.1
Dhofar	627	31.9	27.0 - 37.3
Musandam	623	48.5	42.1 - 55.0
Buraimi	559	39.1	30.8 - 48.0
Dakhliya	548	50.2	42.0 - 58.4
North Batinah	602	44.7	37.7 - 51.9
South Batinah	601	37.5	32.3 - 42.9
South Sharqiyah	649	32.9	28.4 - 37.7
North Sharqiyah	601	33.3	27.4 - 39.7
Dhahira	585	33.7	27.9 - 39.9
Wusta	625	41.2	34.4 - 48.3
Total	6663	39.5	37.0 - 42.0

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

Governorates	Total		
	n	%	95% CI
Muscat	931	30.6	26.8 - 34.5
Dhofar	881	25.9	21.8 - 30.5
Musandam	892	39.1	34.0 - 44.5
Buraimi	788	33.8	28.1 - 40.0
Dakhliya	795	38.3	30.9 - 46.3
North Batinah	839	33.6	29.7 - 37.8
South Batinah	889	26.4	22.5 - 30.8
South Sharqiyah	947	23.7	20.1 - 27.8
North Sharqiyah	938	23.8	19.7 - 28.5
Dhahira	859	24.3	20.1 - 29.0
Wusta	971	30.7	26.2 - 35.6
Total	9730	30.0	28.2 - 31.8

SBP \geq 160 and/or DBP \geq 100 mmHg

Governorates	n	Total	
		%	95% CI
Muscat	931	7.0	5.0 - 9.7
Dhofar	881	6.0	4.4 - 8.1
Musandam	892	10.1	7.6 - 13.4
Buraimi	788	7.7	5.5 - 10.5
Dakhliya	795	10.7	7.4 - 15.3
North Batinah	839	6.2	4.6 - 8.2
South Batinah	889	6.0	4.3 - 8.4
South Sharqiyah	947	5.3	3.6 - 7.8
North Sharqiyah	938	4.7	3.1 - 7.0
Dhahira	859	4.8	2.6 - 8.7
Wusta	971	5.1	3.1 - 8.2
Total	9730	6.7	5.8 - 7.7

SBP \geq 160 and/or DBP \geq 100 mmHg or currently on medication for raised blood pressure

Governorates	n	Total	
		%	95% CI
Muscat	931	13.2	10.6 - 16.2
Dhofar	881	10.7	8.3 - 13.6
Musandam	892	19.9	16.4 - 23.9
Buraimi	788	12.8	9.8 - 16.5
Dakhliya	795	16.1	12.6 - 20.4
North Batinah	839	12.8	10.7 - 15.3
South Batinah	889	13.6	10.7 - 17.0
South Sharqiyah	947	12.0	9.7 - 14.8
North Sharqiyah	938	8.4	6.3 - 11.1
Dhahira	859	12.2	8.6 - 16.9
Wusta	971	10.8	7.7 - 14.9
Total	9730	12.8	11.7 - 14.0

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)

Governorates	n	Total	
		mean	95% CI
Muscat	915	165.4	164.4 - 166.4
Dhofar	868	164.6	163.5 - 165.7
Musandam	880	163.6	162.5 - 164.8
Buraimi	777	164.6	163.2 - 165.9
Dakhliya	777	163.1	162.1 - 164.2
North Batinah	821	164.3	163.4 - 165.3
South Batinah	871	163.6	162.6 - 164.6
South Sharqiyah	919	164.2	163.2 - 165.1
North Sharqiyah	901	163.1	162.2 - 164.0
Dhahira	835	163.6	162.3 - 164.8
Wusta	950	166.9	165.2 - 168.7
Total	9514	164.4	164.0 - 164.8

Mean weight (kg)

Governorates	n	Total	
		mean	95% CI
Muscat	915	75.1	73.4 - 76.8
Dhofar	868	79.2	76.8 - 81.5
Musandam	880	75.8	73.8 - 77.7
Buraimi	777	75.4	73.3 - 77.5
Dakhliya	777	70.7	68.1 - 73.2
North Batinah	821	74.5	72.7 - 76.4
South Batinah	872	73.8	72.0 - 75.6
South Sharqiyah	919	74.2	72.7 - 75.7
North Sharqiyah	900	71.1	69.5 - 72.7
Dhahira	835	71.9	70.1 - 73.8
Wusta	950	78.6	77.0 - 80.1
Total	9514	74.5	73.8 - 75.2

Mean BMI (kg/m²)

Governorates	n	Total	
		mean	95% CI
Muscat	910	27.3	26.9 - 27.8
Dhofar	863	28.9	28.1 - 29.6
Musandam	873	28.0	27.5 - 28.5
Buraimi	774	27.6	27.1 - 28.1
Dakhliya	775	26.5	25.7 - 27.3
North Batinah	818	27.5	26.8 - 28.2
South Batinah	869	27.6	27.1 - 28.1
South Sharqiyah	919	27.5	27.0 - 28.0
North Sharqiyah	897	26.7	26.2 - 27.1
Dhahira	833	26.9	26.2 - 27.6
Wusta	945	28.2	27.7 - 28.7
Total	9476	27.4	27.2 - 27.7

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

Governorates	n	Total							
		% 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
Muscat	910	2.3	1.1 - 4.7	29.9	26.5 - 33.4	42.4	38.2 - 46.7	25.5	21.9 - 29.4
Dhofar	863	1.2	0.6 - 2.4	28.4	23.1 - 34.5	32.3	28.3 - 36.5	38.1	32.5 - 44.0
Musandam	873	1.9	1.1 - 3.4	28.9	25.1 - 32.9	38.9	34.1 - 43.9	30.3	25.7 - 35.4
Buraimi	774	3.1	2.0 - 4.8	30.5	24.8 - 36.9	36.6	29.6 - 44.3	29.8	24.2 - 36.0
Dakhliya	775	6.3	2.5 - 15.0	37.9	32.0 - 44.1	30.0	25.2 - 35.3	25.9	21.3 - 31.1
North Batinah	818	3.2	2.0 - 5.1	34.3	29.2 - 39.9	35.3	30.7 - 40.2	27.2	22.3 - 32.7
South Batinah	869	4.2	2.7 - 6.4	31.2	26.8 - 36.0	37.1	32.6 - 41.8	27.5	23.9 - 31.4
South Sharqiyah	919	1.5	0.9 - 2.7	31.4	26.8 - 36.4	40.2	34.9 - 45.7	26.9	22.7 - 31.5
North Sharqiyah	897	3.2	1.9 - 5.1	38.5	34.5 - 42.8	37.7	33.0 - 42.7	20.6	16.9 - 24.9
Dhahira	833	4.1	2.5 - 6.6	37.9	32.7 - 43.4	33.8	29.3 - 38.5	24.2	19.8 - 29.3
Wusta	945	1.0	0.5 - 2.2	27.9	22.8 - 33.7	38.1	30.5 - 46.3	33.0	27.7 - 38.7
Total	9476	3.0	2.2 - 4.0	32.4	30.6 - 34.2	37.3	35.5 - 39.2	27.3	25.6 - 29.1

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			
Governorates	n	Total % BMI \geq 25	95% CI
Muscat	910	67.9	63.8 - 71.8
Dhofar	863	70.4	64.5 - 75.6
Musandam	873	69.2	65.1 - 73.0
Buraimi	774	66.4	60.2 - 72.1
Dakhliya	775	55.9	49.9 - 61.6
North Batinah	818	62.4	57.0 - 67.6
South Batinah	869	64.6	59.5 - 69.4
South Sharqiyah	919	67.1	62.0 - 71.8
North Sharqiyah	897	58.3	53.9 - 62.5
Dhahira	833	58.0	52.1 - 63.7
Wusta	945	71.1	65.4 - 76.2
Total	9476	64.7	62.7 - 66.5

BMI\geq25 kg/m² (among \geq35 years)			
Governorates	n	Total % BMI \geq 25	95% CI
Muscat	634	77.3	72.9 - 81.2
Dhofar	618	72.2	64.1 - 79.1
Musandam	615	76.5	70.1 - 81.8
Buraimi	552	76.1	69.2 - 81.9
Dakhliya	538	73.2	67.2 - 78.4
North Batinah	588	73.3	67.1 - 78.8
South Batinah	589	71.4	66.3 - 76.0
South Sharqiyah	636	80.9	75.5 - 85.4
North Sharqiyah	578	67.1	60.9 - 72.7
Dhahira	573	69.3	61.6 - 76.1
Wusta	612	85.9	80.0 - 90.3
Total	6533	74.6	72.4 - 76.6

BMI ≥ 30 kg/m² Description: Percentage of the population (excluding pregnant women) classified as obese (BMI ≥ 30)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

BMI≥ 30 kg/m²			
Governorates	n	Total % BMI ≥ 30	95% CI
Muscat	910	25.5	21.9 - 29.4
Dhofar	863	38.1	32.5 - 44.0
Musandam	873	30.3	25.7 - 35.4
Buraimi	774	29.8	24.2 - 36.0
Dakhliya	775	25.9	21.3 - 31.1
North Batinah	818	27.2	22.3 - 32.7
South Batinah	869	27.5	23.9 - 31.4
South Sharqiyah	919	26.9	22.7 - 31.5
North Sharqiyah	897	20.6	16.9 - 24.9
Dhahira	833	24.2	19.8 - 29.3
Wusta	945	33.0	27.7 - 38.7
Total	9476	27.3	25.6 - 29.1

BMI≥ 30 kg/m² (among ≥ 35 years)			
Governorates	n	Total % BMI ≥ 30	95% CI
Muscat	634	32.2	27.5 - 37.2
Dhofar	618	41.3	33.9 - 49.1
Musandam	615	36.7	31.0 - 42.8
Buraimi	552	34.7	26.7 - 43.7
Dakhliya	538	35.4	28.2 - 43.4
North Batinah	588	31.5	25.8 - 37.9
South Batinah	589	35.5	30.8 - 40.5
South Sharqiyah	636	32.9	26.8 - 39.6
North Sharqiyah	578	24.8	20.1 - 30.3
Dhahira	573	30.7	25.2 - 36.7
Wusta	612	39.4	32.4 - 46.9
Total	6533	33.4	31.2 - 35.8

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)						
Governorates	n	Male		n	Female	
		mean	95% CI		mean	95% CI
Muscat	476	92.7	91.1 - 94.4	439	89.9	88.2 - 91.6
Dhofar	601	93.8	92.1 - 95.5	267	100.6	96.4 - 104.8
Musandam	524	93.5	91.8 - 95.2	357	90.0	88.1 - 91.9
Buraimi	422	95.9	93.9 - 97.8	356	90.7	87.0 - 94.3
Dakhliya	317	91.3	88.8 - 93.7	460	88.2	82.9 - 93.6
North Batinah	417	92.2	90.4 - 94.1	404	86.0	83.8 - 88.2
South Batinah	388	92.0	90.6 - 93.4	484	93.7	91.1 - 96.3
South Sharqiyah	441	93.4	91.7 - 95.0	477	89.3	86.9 - 91.6
North Sharqiyah	392	89.4	87.2 - 91.6	508	89.0	87.1 - 90.8
Dhahira	427	92.8	90.8 - 94.7	409	89.7	87.9 - 91.5
Wusta	473	95.3	93.9 - 96.8	476	93.9	91.3 - 96.4
Total	4878	92.5	91.8 - 93.2	4637	90.3	89.2 - 91.3

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)			
Governorates	n	Total mean	95% CI
Muscat	921	5.3	4.9 - 5.7
Dhofar	853	5.3	5.1 - 5.5
Musandam	854	5.5	5.2 - 5.7
Buraimi	769	5.5	5.2 - 5.8
Dakhliya	772	5.7	5.4 - 6.0
North Batinah	814	5.0	4.7 - 5.2
South Batinah	875	5.1	5.0 - 5.3
South Sharqiyah	898	5.3	5.1 - 5.5
North Sharqiyah	920	5.7	5.5 - 5.9
Dhahira	850	5.2	5.1 - 5.3
Wusta	961	5.7	5.4 - 6.0
Total	9487	5.3	5.2 - 5.4

Mean fasting blood glucose (mg/dl)			
Governorates	n	Total mean	95% CI
Muscat	921	96.1	89.0 - 103.2
Dhofar	853	95.2	91.2 - 99.1
Musandam	854	98.4	94.2 - 102.7
Buraimi	769	99.1	93.1 - 105.1
Dakhliya	772	102.8	97.5 - 108.2
North Batinah	814	89.6	85.2 - 94.0
South Batinah	875	92.4	89.2 - 95.6
South Sharqiyah	898	95.9	92.3 - 99.4
North Sharqiyah	920	103.1	99.7 - 106.4
Dhahira	850	93.9	91.4 - 96.3
Wusta	961	102.3	96.9 - 107.8
Total	9487	95.6	93.2 - 98.1

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

Governorates	n	Total	
		%	95% CI
Muscat	921	10.4	7.9 - 13.6
Dhofar	853	6.0	3.5 - 10.1
Musandam	854	7.0	5.0 - 9.8
Buraimi	769	9.1	6.1 - 13.5
Dakhliya	772	8.9	6.3 - 12.3
North Batinah	814	6.7	4.6 - 9.6
South Batinah	875	9.9	7.2 - 13.5
South Sharqiyah	898	5.8	4.0 - 8.1
North Sharqiyah	920	12.2	9.0 - 16.3
Dhahira	850	8.0	5.9 - 10.9
Wusta	961	11.0	6.3 - 18.6
Total	9487	8.7	7.7 - 10.0

Raised blood glucose or currently on medication for diabetes

Governorates	n	Total	
		%	95% CI
Muscat	921	15.1	12.3 - 18.5
Dhofar	853	10.9	8.3 - 14.1
Musandam	854	18.2	14.4 - 22.9
Buraimi	769	11.9	8.7 - 16.0
Dakhliya	772	14.2	11.0 - 18.2
North Batinah	814	13.7	10.8 - 17.3
South Batinah	875	11.0	8.6 - 13.9
South Sharqiyah	898	9.2	6.9 - 12.1
North Sharqiyah	920	17.1	13.2 - 21.8
Dhahira	850	10.8	8.2 - 13.9
Wusta	961	11.5	8.0 - 16.3
Total	9487	13.4	12.1 - 14.7

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

Governorates	n	Total	
		%	95% CI
Muscat	639	22.0	17.8 - 26.8
Dhofar	605	15.3	12.0 - 19.3
Musandam	594	22.6	18.0 - 27.9
Buraimi	546	19.2	14.5 - 24.9
Dakhliya	530	20.4	16.0 - 25.7
North Batinah	583	19.4	15.6 - 24.0
South Batinah	593	19.7	15.6 - 24.7
South Sharqiyah	622	15.4	11.7 - 20.0
North Sharqiyah	587	24.1	19.2 - 29.8
Dhahira	577	16.9	13.0 - 21.6
Wusta	617	19.6	14.9 - 25.4
Total	6493	19.9	18.1 - 21.8

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

Governorates	Total		
	n	%	95% CI
Muscat	921	15.8	13.0 - 19.2
Dhofar	853	11.3	8.7 - 14.6
Musandam	854	19.1	15.1 - 23.9
Buraimi	769	13.2	9.9 - 17.3
Dakhliya	772	14.4	11.2 - 18.3
North Batinah	814	14.3	11.3 - 17.9
South Batinah	875	11.5	9.1 - 14.4
South Sharqiyah	898	9.5	7.3 - 12.4
North Sharqiyah	920	17.3	13.4 - 22.0
Dhahira	850	12.4	9.8 - 15.6
Wusta	961	11.8	8.2 - 16.5
Total	9487	13.9	12.7 - 15.3

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)

Governorates	n	Total mean	95% CI
Muscat	781	4.5	4.3 - 4.6
Dhofar	769	4.3	4.2 - 4.4
Musandam	768	4.2	4.1 - 4.3
Buraimi	666	4.3	4.2 - 4.5
Dakhliya	736	4.5	4.4 - 4.7
North Batinah	654	4.2	4.1 - 4.4
South Batinah	738	4.3	4.1 - 4.4
South Sharqiyah	831	4.0	3.9 - 4.1
North Sharqiyah	903	4.6	4.5 - 4.7
Dhahira	819	4.6	4.5 - 4.7
Wusta	924	4.8	4.5 - 5.1
Total	8589	4.4	4.3 - 4.4

Mean total cholesterol (mg/dl)

Governorates	n	Total mean	95% CI
Muscat	781	172.9	167.7 - 178.1
Dhofar	769	165.3	160.6 - 170.0
Musandam	768	161.9	156.9 - 166.8
Buraimi	666	167.8	163.4 - 172.3
Dakhliya	736	175.4	170.8 - 179.9
North Batinah	654	163.2	157.5 - 169.0
South Batinah	738	164.8	159.8 - 169.7
South Sharqiyah	831	154.3	150.8 - 157.8
North Sharqiyah	903	176.7	172.6 - 180.8
Dhahira	819	177.5	173.8 - 181.2
Wusta	924	185.6	175.5 - 195.6
Total	8589	169.1	167.0 - 171.2

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

Governorates	n	Total %	95% CI
Muscat	781	30.6	25.7 - 36.0
Dhofar	769	22.5	18.5 - 27.2
Musandam	768	21.0	16.5 - 26.3
Buraimi	666	24.6	19.6 - 30.2
Dakhliya	736	26.4	22.0 - 31.3
North Batinah	654	23.5	17.7 - 30.5
South Batinah	738	22.4	17.8 - 27.9
South Sharqiyah	831	12.5	9.3 - 16.4
North Sharqiyah	903	31.0	27.2 - 35.1
Dhahira	819	33.8	29.3 - 38.6
Wusta	924	36.3	31.5 - 41.4
Total	8589	26.1	24.0 - 28.2

Total cholesterol \geq 6.2 mmol/L or \geq 240 mg/dl

Governorates	n	Total %	95% CI
Muscat	781	7.8	5.9 - 10.3
Dhofar	769	6.0	4.3 - 8.4
Musandam	768	4.2	2.7 - 6.5
Buraimi	666	4.4	2.7 - 7.2
Dakhliya	736	9.3	6.4 - 13.4
North Batinah	654	5.5	3.7 - 8.0
South Batinah	738	4.5	3.1 - 6.5
South Sharqiyah	831	0.7	0.4 - 1.6
North Sharqiyah	903	6.5	4.9 - 8.6
Dhahira	819	5.7	3.9 - 8.1
Wusta	924	17.4	11.5 - 25.6
Total	8589	6.4	5.6 - 7.4

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

Governorates	n	Total	
		%	95% CI
Muscat	781	36.1	31.2 - 41.3
Dhofar	769	25.6	21.8 - 29.8
Musandam	768	26.9	21.7 - 32.8
Buraimi	666	26.7	21.7 - 32.4
Dakhliya	736	29.4	24.9 - 34.3
North Batinah	654	27.3	21.1 - 34.6
South Batinah	738	26.2	21.1 - 31.9
South Sharqiyah	831	15.9	12.6 - 19.7
North Sharqiyah	903	33.1	29.0 - 37.4
Dhahira	819	38.7	33.9 - 43.7
Wusta	924	39.3	34.1 - 44.8
Total	8589	30.1	28.0 - 32.3

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

Governorates	n	Total	
		%	95% CI
Muscat	554	43.0	37.0 - 49.2
Dhofar	555	33.3	28.4 - 38.5
Musandam	541	33.7	27.8 - 40.2
Buraimi	475	34.7	27.3 - 42.9
Dakhliya	515	38.8	32.3 - 45.8
North Batinah	471	35.4	27.0 - 44.9
South Batinah	512	31.9	26.2 - 38.2
South Sharqiyah	587	19.8	15.8 - 24.5
North Sharqiyah	578	45.5	39.1 - 52.0
Dhahira	562	49.0	42.5 - 55.4
Wusta	593	41.3	34.3 - 48.5
Total	5943	37.8	35.2 - 40.6

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

Governorates	Total		
	n	%	95% CI
Muscat	781	39.1	34.3 - 44.2
Dhofar	769	27.7	23.5 - 32.4
Musandam	768	31.1	25.6 - 37.1
Buraimi	666	30.7	25.5 - 36.4
Dakhliya	736	32.4	27.7 - 37.4
North Batinah	654	33.5	27.3 - 40.4
South Batinah	738	28.1	22.9 - 34.0
South Sharqiyah	831	18.2	14.8 - 22.1
North Sharqiyah	903	35.5	31.2 - 40.2
Dhahira	819	42.0	37.1 - 47.1
Wusta	924	41.2	36.2 - 46.5
Total	8589	33.3	31.3 - 35.5

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

Governorates	Total		
	n	%	95% CI
Muscat	781	14.0	11.3 - 17.2
Dhofar	769	9.8	7.7 - 12.5
Musandam	768	10.7	8.2 - 13.9
Buraimi	666	7.0	5.0 - 9.8
Dakhliya	736	13.0	10.1 - 16.7
North Batinah	654	10.1	7.6 - 13.3
South Batinah	738	8.7	6.5 - 11.6
South Sharqiyah	831	4.5	3.2 - 6.1
North Sharqiyah	903	9.0	7.3 - 11.2
Dhahira	819	11.3	8.6 - 14.6
Wusta	924	20.9	14.6 - 29.1
Total	8589	11.0	10.0 - 12.2

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)			
Governorates	n	Total mean	95% CI
Muscat	921	1.0	1.0 - 1.0
Dhofar	857	1.0	1.0 - 1.0
Musandam	859	1.1	1.1 - 1.2
Buraimi	782	1.1	1.1 - 1.2
Dakhliya	772	1.1	1.0 - 1.1
North Batinah	820	1.0	1.0 - 1.0
South Batinah	869	1.0	1.0 - 1.0
South Sharqiyah	902	1.1	1.1 - 1.2
North Sharqiyah	931	1.1	1.1 - 1.1
Dhahira	849	1.0	1.0 - 1.1
Wusta	962	1.0	1.0 - 1.0
Total	9524	1.0	1.0 - 1.0

Mean HDL (mg/dl)			
Governorates	n	Total mean	95% CI
Muscat	921	39.0	37.7 - 40.3
Dhofar	857	38.7	37.3 - 40.1
Musandam	859	44.5	42.6 - 46.3
Buraimi	782	43.9	40.9 - 47.0
Dakhliya	772	40.8	38.9 - 42.7
North Batinah	820	39.1	37.7 - 40.5
South Batinah	869	38.1	36.9 - 39.4
South Sharqiyah	902	43.6	42.4 - 44.8
North Sharqiyah	931	42.7	41.1 - 44.3
Dhahira	849	39.9	38.8 - 40.9
Wusta	962	38.6	37.4 - 39.9
Total	9524	39.8	39.2 - 40.4

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)			
Governorates	n	Total mean	95% CI
Muscat	836	1.5	1.4 - 1.6
Dhofar	749	1.4	1.3 - 1.5
Musandam	795	1.8	1.7 - 2.0
Buraimi	667	1.4	1.3 - 1.5
Dakhliya	573	1.4	1.2 - 1.6
North Batinah	681	1.5	1.4 - 1.6
South Batinah	768	1.3	1.3 - 1.4
South Sharqiyah	791	1.3	1.2 - 1.5
North Sharqiyah	883	1.6	1.5 - 1.8
Dhahira	697	1.3	1.2 - 1.4
Wusta	937	1.5	1.4 - 1.6
Total	8377	1.4	1.4 - 1.5

Mean fasting triglycerides (mg/dl)			
Governorates	n	Total mean	95% CI
Muscat	836	132.2	125.4 - 139.1
Dhofar	749	121.5	114.5 - 128.5
Musandam	795	162.3	148.4 - 176.3
Buraimi	667	121.5	113.3 - 129.8
Dakhliya	573	125.3	110.2 - 140.4
North Batinah	681	132.2	123.7 - 140.7
South Batinah	768	117.7	112.8 - 122.6
South Sharqiyah	791	119.4	108.5 - 130.2
North Sharqiyah	883	144.7	133.8 - 155.7
Dhahira	697	116.8	109.5 - 124.1
Wusta	937	133.9	122.0 - 145.9
Total	8377	128.4	125.1 - 131.6

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

Governorates	n	Total	
		%	95% CI
Muscat	836	31.6	27.4 - 36.2
Dhofar	749	25.7	20.3 - 32.1
Musandam	795	43.9	36.7 - 51.4
Buraimi	667	23.3	17.5 - 30.2
Dakhliya	573	25.1	17.7 - 34.4
North Batinah	681	31.4	25.5 - 38.0
South Batinah	768	18.9	15.9 - 22.3
South Sharqiyah	791	19.2	14.6 - 24.8
North Sharqiyah	883	34.2	27.7 - 41.4
Dhahira	697	20.2	15.6 - 25.7
Wusta	937	28.8	20.9 - 38.1
Total	8377	27.8	25.7 - 30.0

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

Governorates	n	Total	
		%	95% CI
Muscat	836	20.9	17.1 - 25.3
Dhofar	749	15.2	11.5 - 19.8
Musandam	795	35.5	28.7 - 42.9
Buraimi	667	14.4	9.6 - 21.0
Dakhliya	573	16.8	12.0 - 23.0
North Batinah	681	19.7	15.6 - 24.5
South Batinah	768	12.5	10.0 - 15.5
South Sharqiyah	791	11.6	7.9 - 16.7
North Sharqiyah	883	25.1	19.7 - 31.4
Dhahira	697	13.5	9.9 - 18.3
Wusta	937	17.9	11.8 - 26.2
Total	8377	18.2	16.5 - 20.0

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

Governorates	n	Total					
		% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
Muscat	383	72.3	64.7 - 78.8	22.8	16.6 - 30.5	4.9	2.9 - 8.3
Dhofar	386	75.5	69.3 - 80.8	20.3	15.4 - 26.4	4.1	2.4 - 7.1
Musandam	366	75.6	68.7 - 81.3	17.9	13.0 - 24.2	6.5	3.9 - 10.8
Buraimi	333	78.5	69.6 - 85.4	16.3	10.7 - 24.1	5.1	2.6 - 9.8
Dakhliya	362	69.8	63.2 - 75.7	24.5	18.4 - 31.9	5.7	3.3 - 9.5
North Batinah	326	75.0	67.8 - 81.0	19.3	14.1 - 25.7	5.8	3.5 - 9.4
South Batinah	326	79.1	72.3 - 84.6	18.8	13.6 - 25.5	2.0	1.0 - 4.0
South Sharqiyah	394	82.2	77.9 - 85.8	13.2	9.8 - 17.5	4.6	2.7 - 7.9
North Sharqiyah	388	79.9	74.4 - 84.4	18.2	13.8 - 23.6	1.9	1.0 - 3.7
Dhahira	381	74.0	67.8 - 79.4	18.6	13.9 - 24.4	7.4	4.0 - 13.1
Wusta	382	79.5	71.7 - 85.5	15.8	10.7 - 22.6	4.7	2.4 - 9.0
Total	4027	74.8	72.0 - 77.5	20.4	17.8 - 23.3	4.7	3.8 - 6.0

§ A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

CVD risk of $\geq 20\%$ or existing CVD

Description: Percentage of the population aged 40-69 years with a 10-year cardiovascular disease (CVD) risk[§] $\geq 20\%$ 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

Governorates	n	Total	
		%	95% CI
Muscat	383	7.2	4.5 - 11.2
Dhofar	386	6.2	3.9 - 9.9
Musandam	366	7.9	4.9 - 12.5
Buraimi	333	7.3	4.4 - 12.1
Dakhliya	362	7.1	4.4 - 11.3
North Batinah	326	9.6	6.1 - 14.7
South Batinah	326	4.7	2.3 - 9.0
South Sharqiyah	394	7.4	4.8 - 11.1
North Sharqiyah	388	2.8	1.6 - 4.6
Dhahira	381	10.4	6.7 - 15.8
Wusta	382	5.8	3.2 - 10.4
Total	4027	7.1	5.9 - 8.6

§ 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.

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

Governorates	n	Total					
		% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
Muscat	869	7.4	5.1 - 10.6	61.7	56.3 - 66.8	30.9	26.0 - 36.3
Dhofar	844	5.1	2.9 - 9.0	56.5	51.2 - 61.7	38.4	32.9 - 44.1
Musandam	860	2.2	1.3 - 4.0	56.9	51.2 - 62.3	40.9	35.9 - 46.1
Buraimi	763	4.2	2.7 - 6.7	58.9	52.3 - 65.3	36.8	30.6 - 43.5
Dakhliya	767	7.2	5.0 - 10.4	71.8	66.6 - 76.5	21.0	17.0 - 25.6
North Batinah	804	6.1	4.0 - 9.0	67.3	61.9 - 72.3	26.6	22.1 - 31.7
South Batinah	824	7.5	5.3 - 10.5	61.5	56.5 - 66.3	31.0	26.2 - 36.2
South Sharqiyah	907	10.2	7.2 - 14.3	70.0	65.3 - 74.3	19.8	15.6 - 24.8
North Sharqiyah	886	8.2	5.6 - 11.7	68.9	63.6 - 73.8	22.9	18.0 - 28.7
Dhahira	824	5.8	3.8 - 8.8	69.4	65.0 - 73.4	24.8	20.8 - 29.3
Wusta	932	3.0	0.9 - 9.2	53.8	46.2 - 61.2	43.2	36.3 - 50.4
Total	9280	6.9	5.9 - 8.1	64.2	62.1 - 66.3	28.9	26.9 - 31.0

Summary of Combined Risk Factors (18-44)

Total			
Governorates	n	% with 3-5 risk factors	95% CI
Muscat	530	25.7	20.8 - 31.3
Dhofar	515	34.7	28.7 - 41.2
Musandam	545	33.0	26.3 - 40.4
Buraimi	476	35.8	28.2 - 44.1
Dakhliya	459	16.9	12.6 - 22.4
North Batinah	481	21.4	16.8 - 26.9
South Batinah	524	27.3	21.7 - 33.6
South Sharqiyah	563	13.8	9.8 - 19.1
North Sharqiyah	540	20.4	15.0 - 27.3
Dhahira	527	18.2	14.2 - 23.0
Wusta	640	37.6	29.3 - 46.8
Total	5800	24.2	22.1 - 26.4

Summary of Combined Risk Factors (45-69)

Total			
Governorates	n	% with 3-5 risk factors	95% CI
Muscat	309	44.7	36.2 - 53.5
Dhofar	291	48.7	38.9 - 58.5
Musandam	261	59.4	50.4 - 67.8
Buraimi	250	38.2	29.4 - 47.8
Dakhliya	262	31.9	24.7 - 40.1
North Batinah	271	43.2	34.6 - 52.4
South Batinah	263	43.8	35.4 - 52.6
South Sharqiyah	303	38.2	29.6 - 47.6
North Sharqiyah	288	27.7	21.6 - 34.8
Dhahira	261	43.4	33.4 - 54.0
Wusta	255	64.0	54.8 - 72.2
Total	3014	42.5	38.8 - 46.2