



**WHO STEPS**

**Noncommunicable Disease  
Risk Factor Survey**

**Data Book for Oman  
2025**

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# 1 Introduction

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

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

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

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

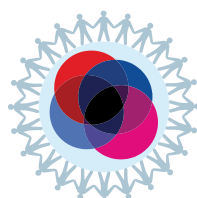
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**Global Action Plan 2013-2020 and Global Monitoring Framework** STEPS captures 11 of the 25 indicators outlined in the Global Action Plan 2013-2020 and the Comprehensive Global Monitoring Framework for the Prevention and Control of NCDs<sup>1</sup>,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

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

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



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

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

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

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

## 2 Demographics

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

Instrument question:

C1: Sex

C2: What is your date of birth?

Age group and sex of respondents						
Age Group (years)	Male		Female		Both Sexes	
	n	%	n	%	n	%
18-29	1023	56.2	797	43.8	1820	100.0
30-44	2214	50.6	2162	49.4	4376	100.0
45-59	1129	49.1	1171	50.9	2300	100.0
60+	541	42.2	742	57.8	1283	100.0
<b>Total</b>	<b>4907</b>	<b>50.2</b>	<b>4872</b>	<b>49.8</b>	<b>9779</b>	<b>100.0</b>
Nationality						
Non-Omani	2190	81.7	492	18.3	2682	100.0
Omani	2717	38.3	4380	61.7	7097	100.0

**Education**

Description: Mean number of years of education among respondents.

Instrument question:

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

Mean number of years of education						
Age Group (years)	Male		Female		Both Sexes	
	n	mean	n	mean	n	mean
18-29	1021	12.0	797	13.6	1818	12.7
30-44	2212	11.0	2158	12.9	4370	12.0
45-59	1128	10.4	1168	8.9	2296	9.6
60+	533	5.4	725	1.7	1258	3.3
<b>Total</b>	<b>4894</b>	<b>10.5</b>	<b>4848</b>	<b>10.4</b>	<b>9742</b>	<b>10.4</b>
Nationality						
Non-Omani	2187	9.7	490	13.4	2677	10.4
Omani	2707	11.1	4358	10.0	7065	10.4

**Highest level of education**

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

Instrument question:

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

Highest level of education								
Male								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	1021	1.5	3.0	7.6	15.2	43.1	28.0	1.6
30-44	2214	3.4	7.6	13.7	16.4	32.5	22.4	3.9
45-59	1128	7.3	9.8	13.7	17.2	27.0	19.1	6.0
60+	540	41.9	10.6	16.7	11.1	10.2	6.1	3.5
<b>Total</b>	<b>4903</b>	<b>8.1</b>	<b>7.5</b>	<b>12.7</b>	<b>15.8</b>	<b>31.0</b>	<b>21.0</b>	<b>3.9</b>
Nationality								
Non-Omani	2189	5.8	11.3	19.8	22.7	18.5	17.6	4.4
Omani	2714	10.0	4.4	7.0	10.2	41.1	23.8	3.5

Highest level of education								
Female								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	797	0.5	1.4	3.3	6.8	41.2	45.0	1.9
30-44	2162	2.7	2.6	4.3	8.6	39.8	37.8	4.2
45-59	1170	16.4	12.6	11.3	12.2	27.9	15.9	3.8
60+	741	72.7	12.8	7.2	3.2	1.6	2.3	0.1
<b>Total</b>	<b>4870</b>	<b>16.3</b>	<b>6.4</b>	<b>6.2</b>	<b>8.3</b>	<b>31.4</b>	<b>28.3</b>	<b>3.1</b>
Nationality								
Non-Omani	492	5.7	2.4	5.9	8.1	19.1	45.5	13.2
Omani	4378	17.5	6.8	6.3	8.4	32.7	26.4	2.0

Highest level of education								
Total								
Age Categories (Years)	n	% No formal schooling	% Less than primary school	% Primary school completed	% Secondary school completed	% High school completed	% College/ University completed	% Post graduate degree
18-29	1818	1.0	2.3	5.7	11.5	42.2	35.5	1.7
30-44	4376	3.0	5.2	9.0	12.5	36.1	30.0	4.1
45-59	2298	11.9	11.2	12.4	14.7	27.4	17.5	4.9
60+	1281	59.7	11.9	11.2	6.6	5.2	3.9	1.6
<b>Total</b>	<b>9773</b>	<b>12.2</b>	<b>6.9</b>	<b>9.5</b>	<b>12.1</b>	<b>31.2</b>	<b>24.7</b>	<b>3.5</b>
Nationality								
Non-Omani	2681	5.7	9.7	17.3	20.0	18.6	22.8	6.0
Omani	7092	14.6	5.9	6.6	9.1	35.9	25.4	2.5

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

Instrument question:  
C7: What is your marital status?

<b>Marital status</b>						
<b>Male</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	1023	82.8	17.1	0.1	0.0	0.0
30-44	2214	15.1	83.4	0.1	1.3	0.1
45-59	1128	3.2	93.6	0.3	2.0	0.9
60+	540	1.5	89.6	0.7	2.0	6.1
<b>Total</b>	<b>4905</b>	<b>25.0</b>	<b>72.6</b>	<b>0.2</b>	<b>1.3</b>	<b>0.9</b>
Nationality						
Non-Omani	2189	22.6	76.7	0.1	0.6	0.0
Omani	2716	26.9	69.3	0.3	1.8	1.7

<b>Marital status</b>						
<b>Female</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	797	58.8	39.9	0.0	1.1	0.1
30-44	2162	7.7	88.0	0.3	2.6	1.4
45-59	1171	4.6	79.8	0.5	6.2	8.9
60+	740	1.5	44.7	0.3	5.4	48.1
<b>Total</b>	<b>4870</b>	<b>14.4</b>	<b>71.6</b>	<b>0.3</b>	<b>3.7</b>	<b>10.1</b>
Nationality						
Non-Omani	492	8.5	82.7	0.8	1.6	6.3
Omani	4378	15.1	70.3	0.2	3.9	10.5

<b>Marital status</b>						
<b>Total</b>						
Age Categories (Years)	n	% Never married	% Currently married	% Separated	% Divorced	% Widowed
18-29	1820	72.3	27.1	0.1	0.5	0.1
30-44	4376	11.4	85.7	0.2	1.9	0.7
45-59	2299	3.9	86.6	0.4	4.2	5.0
60+	1280	1.5	63.7	0.5	4.0	30.4
<b>Total</b>	<b>9775</b>	<b>19.7</b>	<b>72.1</b>	<b>0.3</b>	<b>2.5</b>	<b>5.5</b>
Nationality						
Non-Omani	2681	20.0	77.8	0.3	0.8	1.2
Omani	7094	19.6	69.9	0.3	3.1	7.1

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

Instrument question:

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

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

**Existence of blood relation among married or widowed respondents**

<b>Total</b>		
Age Categories (Years)	n	% related to spouse
18-29	494	40.7
30-44	3782	38.1
45-59	2104	41.7
60+	1204	48.0
<b>Total</b>	<b>7584</b>	<b>40.9</b>
Nationality		
Non-Omani	2117	25.1
Omani	5467	47.0

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

<b>Total</b>				
Age Categories (Years)	n	% First cousin	% Other	% No relation
18-29	201	67.7	31.8	0.5
30-44	1442	63.3	35.5	1.2
45-59	878	62.6	37.0	0.3
60+	578	61.2	37.9	0.9
<b>Total</b>	<b>3099</b>	<b>63.0</b>	<b>36.1</b>	<b>0.8</b>
Nationality				
Non-Omani	532	58.3	40.0	1.7
Omani	2567	64.0	35.3	0.7

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

Instrument question:

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

Employment status					
Male					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	1021	9.7	40.4	4.4	0.3
30-44	2209	30.5	55.5	7.4	0.2
45-59	1129	29.3	40.0	9.3	0.4
60+	539	2.8	13.4	5.2	0.6
<b>Total</b>	<b>4898</b>	<b>22.8</b>	<b>44.1</b>	<b>7.0</b>	<b>0.3</b>
Nationality					
Non-Omani	2185	5.3	80.0	11.1	0.5
Omani	2713	37.0	15.3	3.7	0.1

Employment status						
Male						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	1021	21.9	0.4	0.0	22.6	0.3
30-44	2209	0.0	0.5	0.5	4.8	0.6
45-59	1129	0.0	0.4	17.1	2.8	0.6
60+	539	0.0	1.9	57.3	3.7	15.2
<b>Total</b>	<b>4898</b>	<b>4.6</b>	<b>0.6</b>	<b>10.5</b>	<b>7.9</b>	<b>2.1</b>
Nationality						
Non-Omani	2185	0.5	0.3	0.5	1.8	0.1
Omani	2713	7.9	0.8	18.6	12.8	3.8

Employment status					
Female					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	796	5.5	4.6	0.9	0.0
30-44	2159	20.8	6.1	0.6	0.1
45-59	1169	9.8	3.8	0.8	0.3
60+	740	1.1	0.5	0.3	0.1
<b>Total</b>	<b>4864</b>	<b>12.6</b>	<b>4.5</b>	<b>0.7</b>	<b>0.1</b>
Nationality					
Non-Omani	490	13.9	16.7	2.2	0.2
Omani	4374	12.5	3.1	0.5	0.1

Employment status						
Female						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	796	28.8	34.0	0.0	25.6	0.5
30-44	2159	0.5	61.7	0.8	8.9	0.4
45-59	1169	0.1	75.2	7.1	2.3	0.7
60+	740	0.0	84.3	3.2	0.5	9.9
<b>Total</b>	<b>4864</b>	<b>5.0</b>	<b>63.9</b>	<b>2.5</b>	<b>8.8</b>	<b>1.9</b>
Nationality						
Non-Omani	490	2.0	56.9	1.2	5.5	1.2
Omani	4374	5.3	64.7	2.7	9.1	2.0

**Employment status**

<b>Total</b>					
Age Categories (Years)	n	% Government employee	% Non-government employee	% Self-employed	% Non-paid
18-29	1817	7.9	24.7	2.9	0.2
30-44	4368	25.7	31.1	4.1	0.1
45-59	2298	19.4	21.6	5.0	0.3
60+	1279	1.8	5.9	2.3	0.3
<b>Total</b>	<b>9762</b>	<b>17.8</b>	<b>24.4</b>	<b>3.8</b>	<b>0.2</b>
<b>Nationality</b>					
Non-Omani	2675	6.8	68.4	9.5	0.4
Omani	7087	21.9	7.8	1.7	0.1

**Employment status**

<b>Total</b>						
Age Categories (Years)	n	% Student	% Homemaker	% Retired	% Unemployed (able to work)	% Unemployed (unable to work)
18-29	1817	24.9	15.1	0.0	23.9	0.4
30-44	4368	0.3	30.7	0.7	6.8	0.5
45-59	2298	0.0	38.5	12.0	2.6	0.7
60+	1279	0.0	49.6	26.0	1.9	12.1
<b>Total</b>	<b>9762</b>	<b>4.8</b>	<b>32.1</b>	<b>6.5</b>	<b>8.3</b>	<b>2.0</b>
<b>Nationality</b>						
Non-Omani	2675	0.8	10.7	0.6	2.5	0.3
Omani	7087	6.3	40.2	8.8	10.6	2.7

**Unpaid work and unemployed**

Description: Proportion of respondents in unpaid work or unemployed

Instrument question:

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

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

<b>Male</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	462	0.6	48.5	0.9	0.0	50.0
30-44	132	3.0	0.8	7.6	9.1	79.5
45-59	234	1.7	0.0	2.1	82.5	13.7
60+	342	0.9	0.0	2.9	90.4	5.8
<b>Total</b>	<b>1170</b>	<b>1.2</b>	<b>19.2</b>	<b>2.5</b>	<b>43.9</b>	<b>33.2</b>
<b>Nationality</b>						
Non-Omani	78	12.8	15.4	7.7	12.8	51.3
Omani	1092	0.4	19.5	2.1	46.2	31.9

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

<b>Female</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	704	0.0	32.5	38.5	0.0	29.0
30-44	1555	0.1	0.7	85.7	1.1	12.3
45-59	993	0.3	0.1	88.5	8.4	2.7
60+	653	0.2	0.0	95.6	3.7	0.6
<b>Total</b>	<b>3905</b>	<b>0.2</b>	<b>6.2</b>	<b>79.6</b>	<b>3.2</b>	<b>10.9</b>
<b>Nationality</b>						
Non-Omani	323	0.3	3.1	86.4	1.9	8.4
Omani	3582	0.1	6.4	79.0	3.3	11.2

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

<b>Total</b>						
Age Categories (Years)	n	% non-paid	% student	% homemaker	% retired	% unemployed able to work
18-29	1166	0.3	38.9	23.6	0.0	37.3
30-44	1687	0.4	0.7	79.6	1.7	17.6
45-59	1227	0.6	0.1	72.0	22.5	4.8
60+	995	0.4	0.0	63.7	33.5	2.4
<b>Total</b>	<b>5075</b>	<b>0.4</b>	<b>9.2</b>	<b>61.8</b>	<b>12.6</b>	<b>16.1</b>
<b>Nationality</b>						
Non-Omani	401	2.7	5.5	71.1	4.0	16.7
Omani	4674	0.2	9.5	61.0	13.3	16.0

### 3 Tobacco Use

**Current smoking**

Description: Current smokers among total population

Instrument question:

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

Percentage of current smokers									
Age Categories (Years)	Male			Female			Total		
	n	% current smokers	95% CI	n	% current smokers	95% CI	n	% current smokers	95% CI
18-29	1023	13.3	10.0 - 17.6	797	0.0*	0.0 - 0.0	1820	8.4	6.3 - 11.1
30-44	2214	19.8	17.2 - 22.7	2162	0.8*	0.3 - 1.7	4376	13.8	11.9 - 15.9
45-59	1129	18.0	14.1 - 22.8	1171	0.4*	0.1 - 1.7	2300	12.0	9.3 - 15.2
60+	541	7.1	4.8 - 10.4	742	0.0*	0.0 - 0.2	1283	3.7	2.5 - 5.4
<b>Total</b>	<b>4907</b>	<b>17.1</b>	<b>15.2 - 19.2</b>	<b>4872</b>	<b>0.4</b>	<b>0.2 - 0.8</b>	<b>9779</b>	<b>11.3</b>	<b>10.0 - 12.7</b>
Nationality									
Non-Omani	2190	20.7	17.9 - 23.7	492	0.8*	0.3 - 2.0	2682	16.3	14.2 - 18.7
Omani	2717	10.3	8.3 - 12.6	4380	0.2*	0.1 - 0.6	7097	5.2	4.2 - 6.4

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

**Smoking Status**

Description: Smoking status among total population

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

Smoking status									
Male									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	1023	10.2	7.4 - 13.8	3.2	1.8 - 5.6	5.5	2.9 - 10.4	81.2	75.7 - 85.6
30-44	2214	15.7	13.3 - 18.5	4.0	2.8 - 5.9	7.8	5.8 - 10.3	72.5	69.0 - 75.7
45-59	1129	13.5	10.3 - 17.6	4.5	2.7 - 7.3	8.6	6.3 - 11.7	73.4	68.4 - 77.9
60+	541	5.5	3.6 - 8.4	1.6*	0.6 - 4.0	22.8	16.9 - 30.0	70.1	63.0 - 76.3
<b>Total</b>	<b>4907</b>	<b>13.3</b>	<b>11.6 - 15.2</b>	<b>3.8</b>	<b>2.9 - 4.8</b>	<b>8.1</b>	<b>6.6 - 9.9</b>	<b>74.9</b>	<b>72.3 - 77.2</b>
Nationality									
Non-Omani	2190	16.3	13.9 - 19.1	4.4	3.2 - 5.9	7.6	5.6 - 10.2	71.7	68.1 - 75.0
Omani	2717	7.7	6.0 - 9.7	2.6	1.7 - 4.1	8.9	7.4 - 10.8	80.8	77.8 - 83.4

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

Smoking status									
Female									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	797	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	2162	0.5*	0.2 - 1.3	0.3*	0.1 - 1.1	0.2*	0.1 - 1.0	99.0	98.0 - 99.5
45-59	1171	0.1*	0.0 - 0.9	0.3*	0.1 - 1.7	2.3*	0.6 - 7.9	97.3	92.2 - 99.1
60+	742	0.0*	0.0 - 0.2	0.0*	0.0 - 0.0	0.8*	0.2 - 2.6	99.2	97.4 - 99.8
<b>Total</b>	<b>4872</b>	<b>0.2*</b>	<b>0.1 - 0.6</b>	<b>0.2*</b>	<b>0.1 - 0.5</b>	<b>0.6*</b>	<b>0.2 - 1.5</b>	<b>99.0</b>	<b>98.0 - 99.5</b>
Nationality									
Non-Omani	492	0.6*	0.2 - 1.6	0.2*	0.0 - 1.4	1.2*	0.3 - 4.4	98.0	95.3 - 99.1
Omani	4380	0.0*	0.0 - 0.2	0.1*	0.0 - 0.6	0.2*	0.1 - 0.5	99.6	99.2 - 99.8

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

Smoking status									
Total									
Age Categories (Years)	n	current smokers				non-smokers			
		% daily	95% CI	% non-daily	95% CI	% former smoker	95% CI	% never smoker	95% CI
18-29	1820	6.4	4.7 - 8.7	2.0	1.1 - 3.5	3.5	1.8 - 6.6	88.1	84.6 - 90.9
30-44	4376	10.9	9.2 - 12.9	2.9	2.0 - 4.1	5.4	4.0 - 7.1	80.8	78.3 - 83.1
45-59	2300	8.9	6.8 - 11.7	3.0	1.9 - 4.9	6.4	4.7 - 8.7	81.6	78.1 - 84.7
60+	1283	2.9	1.9 - 4.4	0.8*	0.3 - 2.1	12.2	9.0 - 16.2	84.2	80.0 - 87.6
<b>Total</b>	<b>9779</b>	<b>8.8</b>	<b>7.7 - 10.0</b>	<b>2.5</b>	<b>2.0 - 3.2</b>	<b>5.5</b>	<b>4.5 - 6.7</b>	<b>83.2</b>	<b>81.5 - 84.9</b>
Nationality									
Non-Omani	2682	12.9	11.0 - 15.0	3.5	2.6 - 4.7	6.2	4.6 - 8.3	77.4	74.6 - 80.0
Omani	7097	3.8	3.0 - 4.9	1.4	0.9 - 2.1	4.6	3.8 - 5.6	90.2	88.6 - 91.6

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

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

<b>Daily smokers among current smokers</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% daily smokers	95% CI	n	% daily smokers	95% CI	n	% daily smokers	95% CI
18-29	141	76.3	63.3 - 85.7	0	-	-	141	76.3	63.3 - 85.7
30-44	427	79.5	71.6 - 85.7	9	-	-	436	79.3	71.5 - 85.3
45-59	197	75.2	63.4 - 84.1	3	-	-	200	74.6	63.1 - 83.5
60+	54	77.4	55.3 - 90.5	1	-	-	55	77.5	55.4 - 90.5
<b>Total</b>	<b>819</b>	<b>78.0</b>	<b>72.7 - 82.5</b>	<b>13</b>	<b>-</b>	<b>-</b>	<b>832</b>	<b>77.7</b>	<b>72.5 - 82.2</b>
Nationality									
Non-Omani	473	78.9	72.5 - 84.1	8	-	-	481	78.8	72.5 - 84.0
Omani	346	74.6	63.6 - 83.1	5	-	-	351	73.7	62.9 - 82.2

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

**Initiation and duration of smoking**

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

T4: Do you remember how long ago it was?

Mean age started smoking										
		Male			Female			Total		
Age Categories (Years)	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI	
18-29	113	18.4	17.3 - 19.5	0	-	-	113	18.4	17.3 - 19.5	
30-44	356	22.0	20.8 - 23.3	6	-	-	362	22.1	20.8 - 23.3	
45-59	164	23.5	21.9 - 25.1	1	-	-	165	23.5	21.9 - 25.1	
60+	46	-	-	1	-	-	47	-	-	
<b>Total</b>	<b>679</b>	<b>21.6</b>	<b>20.7 - 22.5</b>	<b>8</b>	-	-	<b>687</b>	<b>21.7</b>	<b>20.8 - 22.6</b>	
Nationality										
Non-Omani	388	21.9	20.8 - 23.0	5	-	-	393	22.0	20.9 - 23.0	
Omani	291	20.4	19.3 - 21.5	3	-	-	294	20.4	19.3 - 21.5	

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

Mean duration of smoking										
		Male			Female			Total		
Age Categories (Years)	n	mean duration	95% CI	n	mean duration	95% CI	n	mean duration	95% CI	
18-29	113	6.7	5.8 - 7.6	0	-	-	113	6.7	5.8 - 7.6	
30-44	356	15.1	13.9 - 16.3	6	-	-	362	15.0	13.7 - 16.2	
45-59	164	26.3	24.1 - 28.4	1	-	-	165	26.3	24.2 - 28.4	
60+	46	-	-	1	-	-	47	-	-	
<b>Total</b>	<b>679</b>	<b>16.0</b>	<b>14.8 - 17.3</b>	<b>8</b>	-	-	<b>687</b>	<b>15.9</b>	<b>14.7 - 17.2</b>	
Nationality										
Non-Omani	388	15.5	14.0 - 17.0	5	-	-	393	15.4	13.9 - 16.8	
Omani	291	18.2	15.9 - 20.4	3	-	-	294	18.3	16.0 - 20.5	

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

**Manufactured cigarette smokers**

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

**Manufactured cigarette smokers among daily smokers**

Age Categories (Years)	Male			Female			Total		
	n	% manu-factured cigarette smoker	95% CI	n	% manu-factured cigarette smoker	95% CI	n	% manu-factured cigarette smoker	95% CI
18-29	110	76.3	61.4 - 86.7	0	-	-	110	76.3	61.4 - 86.7
30-44	358	89.2	84.4 - 92.7	5	-	-	363	88.9	84.1 - 92.4
45-59	162	90.1	80.7 - 95.1	1	-	-	163	89.6	80.4 - 94.8
60+	47	-	-	1	-	-	48	-	-
<b>Total</b>	<b>677</b>	<b>86.0</b>	<b>81.5 - 89.5</b>	<b>7</b>	<b>-</b>	<b>-</b>	<b>684</b>	<b>85.8</b>	<b>81.3 - 89.3</b>
Nationality									
Non-Omani	386	95.5	91.2 - 97.8	4	-	-	390	95.3	90.9 - 97.6
Omani	291	47.2	36.7 - 58.0	3	-	-	294	47.1	36.6 - 57.8

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

**Manufactured cigarette smokers among current smokers**

Age Categories (Years)	Male			Female			Total		
	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI	n	% Manu-factured cigarette smoker	95% CI
18-29	137	73.2	57.5 - 84.7	0	-	-	137	73.2	57.5 - 84.7
30-44	425	87.1	81.5 - 91.2	8	-	-	433	86.3	80.8 - 90.5
45-59	194	83.9	72.0 - 91.4	3	-	-	197	83.0	71.2 - 90.6
60+	54	50.4	33.6 - 67.2	1	-	-	55	50.6	33.8 - 67.3
<b>Total</b>	<b>810</b>	<b>82.8</b>	<b>77.7 - 87.0</b>	<b>12</b>	<b>-</b>	<b>-</b>	<b>822</b>	<b>82.2</b>	<b>77.2 - 86.4</b>
Nationality									
Non-Omani	469	91.9	85.7 - 95.6	7	-	-	476	91.5	85.3 - 95.2
Omani	341	47.9	37.7 - 58.3	5	-	-	346	47.1	37.0 - 57.5

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

**Cigarette smokers**

Description: Cigarette smokers (manufactured or hand rolled)

Instrument question:

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

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

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

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

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	1023	9.6	6.9 - 13.2	797	0.0*	0.0 - 0.0	1820	6.0	4.3 - 8.3
30-44	2214	17.2	14.8 - 20.0	2162	0.3*	0.1 - 1.1	4376	11.9	10.1 - 13.9
45-59	1129	15.1	11.4 - 19.7	1171	0.0*	0.0 - 0.3	2300	9.9	7.4 - 13.1
60+	541	3.6	2.2 - 5.8	742	0.0*	0.0 - 0.2	1283	1.9	1.1 - 3.0
<b>Total</b>	<b>4907</b>	<b>14.1</b>	<b>12.3 - 16.0</b>	<b>4872</b>	<b>0.1*</b>	<b>0.0 - 0.5</b>	<b>9779</b>	<b>9.2</b>	<b>8.1 - 10.6</b>
Nationality									
Non-Omani	2190	18.9	16.3 - 21.9	492	0.4*	0.1 - 1.3	2682	14.9	12.9 - 17.1
Omani	2717	4.9	3.6 - 6.7	4380	0.0*	0.0 - 0.1	7097	2.4	1.8 - 3.4

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

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

Age Categories (Years)	Male			Female			Total		
	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI	n	% cigarette smokers	95% CI
18-29	141	56.6	42.6 - 69.6	0	-	-	141	56.6	42.6 - 69.6
30-44	427	70.3	62.4 - 77.2	9	-	-	436	69.8	62.0 - 76.5
45-59	197	67.4	55.8 - 77.2	3	-	-	200	66.6	55.1 - 76.4
60+	54	41.6	26.2 - 58.9	1	-	-	55	41.9	26.5 - 59.1
<b>Total</b>	<b>819</b>	<b>66.3</b>	<b>60.5 - 71.5</b>	<b>13</b>	<b>-</b>	<b>-</b>	<b>832</b>	<b>65.8</b>	<b>60.2 - 71.1</b>
Nationality									
Non-Omani	473	74.5	67.6 - 80.4	8	-	-	481	74.2	67.4 - 80.0
Omani	346	34.9	26.3 - 44.5	5	-	-	351	34.4	25.9 - 43.9

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

**Smoked tobacco consumption**

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

**Percentage of current smokers smoking each of the following products**

Male									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	137	73.2	57.5 - 84.7	138	6.1*	2.6 - 13.6	136	28.7	17.4 - 43.5
30-44	425	87.1	81.5 - 91.2	425	18.4	12.4 - 26.5	418	11.4	7.6 - 17.0
45-59	194	83.9	72.0 - 91.4	197	15.2	9.0 - 24.5	190	9.9	5.4 - 17.4
60+	54	50.4	33.6 - 67.2	53	13.6*	4.8 - 32.8	51	43.0	27.6 - 59.8
<b>Total</b>	<b>810</b>	<b>82.8</b>	<b>77.7 - 87.0</b>	<b>813</b>	<b>15.1</b>	<b>11.2 - 20.2</b>	<b>795</b>	<b>15.4</b>	<b>11.7 - 19.9</b>
Nationality									
Non-Omani	469	91.9	85.7 - 95.6	470	16.8	12.0 - 23.1	471	7.1	3.9 - 12.6
Omani	341	47.9	37.7 - 58.3	343	8.9	5.3 - 14.4	324	47.9	37.7 - 58.3

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

**Percentage of current smokers smoking each of the following products**

Male									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	140	8.7*	3.5 - 20.3	139	6.7*	2.2 - 19.2	139	0.0*	0.0 - 0.0
30-44	423	9.4	5.4 - 15.9	425	17.9	11.7 - 26.4	420	0.2*	0.0 - 1.8
45-59	195	10.2	5.1 - 19.4	197	13.8	6.7 - 26.3	194	0.0*	0.0 - 0.3
60+	53	5.6*	1.4 - 19.5	53	12.0*	4.1 - 30.5	52	0.2*	0.0 - 1.2
<b>Total</b>	<b>811</b>	<b>9.4</b>	<b>6.2 - 13.9</b>	<b>814</b>	<b>14.6</b>	<b>10.4 - 20.2</b>	<b>805</b>	<b>0.2*</b>	<b>0.0 - 1.0</b>
Nationality									
Non-Omani	470	9.0	5.3 - 14.8	472	13.3	8.5 - 20.3	464	0.0*	0.0 - 0.0
Omani	341	10.8	6.5 - 17.5	342	19.7	12.0 - 30.6	341	0.7*	0.1 - 4.4

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

**Percentage of current smokers smoking each of the following products**

Female									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	8	-	-	9	-	-	9	-	-
45-59	3	-	-	3	-	-	3	-	-
60+	1	-	-	1	-	-	1	-	-
<b>Total</b>	<b>12</b>	-	-	<b>13</b>	-	-	<b>13</b>	-	-
Nationality									
Non-Omani	7	-	-	8	-	-	8	-	-
Omani	5	-	-	5	-	-	5	-	-

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

**Percentage of current smokers smoking each of the following products**

Female									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	9	-	-	9	-	-	9	-	-
45-59	3	-	-	3	-	-	3	-	-
60+	1	-	-	1	-	-	1	-	-
<b>Total</b>	<b>13</b>	-	-	<b>13</b>	-	-	<b>13</b>	-	-
Nationality									
Non-Omani	8	-	-	8	-	-	8	-	-
Omani	5	-	-	5	-	-	5	-	-

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

**Percentage of current smokers smoking each of the following products**

Total									
Age Categories (Years)	n	% manuf. cigs.	95% CI	n	% hand-rolled cigs.	95% CI	n	% pipes of tobacco	95% CI
18-29	137	73.2	57.5 - 84.7	138	6.1*	2.6 - 13.6	136	28.7	17.4 - 43.5
30-44	433	86.3	80.8 - 90.5	434	18.3	12.3 - 26.2	427	11.3	7.5 - 16.7
45-59	197	83.0	71.2 - 90.6	200	15.0	8.9 - 24.3	193	10.1	5.6 - 17.5
60+	55	50.6	33.8 - 67.3	54	14.0*	5.1 - 32.9	52	42.8	27.5 - 59.5
<b>Total</b>	<b>822</b>	<b>82.2</b>	<b>77.2 - 86.4</b>	<b>826</b>	<b>15.1</b>	<b>11.1 - 20.1</b>	<b>808</b>	<b>15.2</b>	<b>11.6 - 19.8</b>
Nationality									
Non-Omani	476	91.5	85.3 - 95.2	478	16.7	12.0 - 22.9	479	7.0	3.8 - 12.4
Omani	346	47.1	37.0 - 57.5	348	8.7	5.3 - 14.2	329	47.4	37.4 - 57.7

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

**Percentage of current smokers smoking each of the following products**

Total									
Age Categories (Years)	n	% cigars, cheroots, cigarillos	95% CI	n	% shisha	95% CI	n	% other	95% CI
18-29	140	8.7*	3.5 - 20.3	139	6.7*	2.2 - 19.2	139	0.0*	0.0 - 0.0
30-44	432	9.3	5.3 - 15.7	434	17.9	11.8 - 26.3	429	0.6*	0.1 - 2.6
45-59	198	10.1	5.1 - 19.2	200	14.4	7.2 - 26.6	197	0.0*	0.0 - 0.3
60+	54	5.6*	1.4 - 19.4	54	11.9*	4.0 - 30.3	53	0.2*	0.0 - 1.2
<b>Total</b>	<b>824</b>	<b>9.2</b>	<b>6.1 - 13.8</b>	<b>827</b>	<b>14.8</b>	<b>10.6 - 20.3</b>	<b>818</b>	<b>0.4*</b>	<b>0.1 - 1.5</b>
Nationality									
Non-Omani	478	8.9	5.2 - 14.7	480	13.4	8.6 - 20.3	472	0.3*	0.0 - 2.0
Omani	346	10.6	6.4 - 17.2	347	20.1	12.4 - 30.8	346	0.7*	0.1 - 4.4

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

**Frequency of daily cigarette smoking**

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

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

Male							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	66	43.7	26.6 - 62.5	21.7	9.9 - 40.9	18.0	8.8 - 33.3
30-44	255	37.0	27.4 - 47.8	23.1	14.3 - 34.9	20.7	13.5 - 30.3
45-59	116	35.0	22.1 - 50.6	27.9	16.9 - 42.3	18.7	8.4 - 36.7
60+	21	-	-	-	-	-	-
<b>Total</b>	<b>458</b>	<b>37.5</b>	<b>29.9 - 45.7</b>	<b>23.7</b>	<b>16.9 - 32.3</b>	<b>19.6</b>	<b>14.1 - 26.6</b>
Nationality							
Non-Omani	358	39.8	31.6 - 48.7	23.6	16.3 - 32.9	19.9	13.9 - 27.8
Omani	100	18.0	8.5 - 34.0	24.5	9.4 - 50.5	17.0	9.0 - 29.8

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

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

Male					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	66	10.8*	3.8 - 27.4	5.8*	0.8 - 31.5
30-44	255	16.9	10.7 - 25.7	2.3*	1.0 - 5.0
45-59	116	13.6	7.1 - 24.6	4.8*	1.9 - 11.5
60+	21	-	-	-	-
<b>Total</b>	<b>458</b>	<b>15.6</b>	<b>11.0 - 21.6</b>	<b>3.6</b>	<b>1.8 - 7.1</b>
Nationality					
Non-Omani	358	13.4	8.8 - 19.9	3.2	1.4 - 7.1
Omani	100	33.2	18.8 - 51.5	7.3*	2.8 - 18.2

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

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

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

Female							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	0	-	-	-	-	-	-
30-44	4	-	-	-	-	-	-
45-59	0	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>5</b>	-	-	-	-	-	-
Nationality							
Non-Omani	3	-	-	-	-	-	-
Omani	2	-	-	-	-	-	-

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

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

Female					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	0	-	-	-	-
30-44	4	-	-	-	-
45-59	0	-	-	-	-
60+	1	-	-	-	-
<b>Total</b>	<b>5</b>	-	-	-	-
Nationality					
Non-Omani	3	-	-	-	-
Omani	2	-	-	-	-

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

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

Total							
Age Categories (Years)	n	% <5 cigs.	95% CI	% 5-9 cigs	95% CI	% 10-14 cigs	95% CI
18-29	66	43.7	26.6 - 62.5	21.7	9.9 - 40.9	18.0	8.8 - 33.3
30-44	259	36.7	27.2 - 47.4	23.5	14.8 - 35.2	20.7	13.6 - 30.2
45-59	116	35.0	22.1 - 50.6	27.9	16.9 - 42.3	18.7	8.4 - 36.7
60+	22	-	-	-	-	-	-
<b>Total</b>	<b>463</b>	<b>37.2</b>	<b>29.7 - 45.4</b>	<b>24.0</b>	<b>17.1 - 32.5</b>	<b>19.6</b>	<b>14.1 - 26.6</b>
Nationality							
Non-Omani	361	39.6	31.4 - 48.5	23.9	16.7 - 33.1	20.0	14.0 - 27.7
Omani	102	17.9	8.5 - 33.9	24.5	9.4 - 50.4	16.9	8.9 - 29.7

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

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

Total					
Age Categories (Years)	n	% 15-24 cigs	95% CI	% ≥ 25 cigs	95% CI
18-29	66	10.8*	3.8 - 27.4	5.8*	0.8 - 31.5
30-44	259	16.8	10.7 - 25.5	2.3*	1.0 - 5.0
45-59	116	13.6	7.1 - 24.6	4.8*	1.9 - 11.5
60+	22	-	-	-	-
<b>Total</b>	<b>463</b>	<b>15.5</b>	<b>11.0 - 21.5</b>	<b>3.6</b>	<b>1.8 - 7.0</b>
Nationality					
Non-Omani	361	13.4	8.8 - 19.8	3.1	1.4 - 7.1
Omani	102	33.4	19.0 - 51.7	7.3*	2.7 - 18.1

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

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

**Former daily smokers and former smokers**

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

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

T10: How old were you when you stopped smoking?

**Former daily smokers among all population**

Age Categories (Years)	Male			Female			Total		
	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI
18-29	1023	2.1	1.2 - 3.8	797	0.0*	0.0 - 0.0	1820	1.3	0.8 - 2.4
30-44	2214	5.9	4.0 - 8.5	2162	0.0*	0.0 - 0.0	4376	4.0	2.8 - 5.8
45-59	1129	6.1	4.3 - 8.5	1171	2.0*	0.5 - 8.1	2300	4.7	3.2 - 6.7
60+	541	15.9	11.1 - 22.4	742	0.8*	0.2 - 2.6	1283	8.6	5.9 - 12.3
<b>Total</b>	<b>4907</b>	<b>5.4</b>	<b>4.3 - 6.8</b>	<b>4872</b>	<b>0.4*</b>	<b>0.1 - 1.5</b>	<b>9779</b>	<b>3.7</b>	<b>2.9 - 4.6</b>
Nationality									
Non-Omani	2190	5.3	3.8 - 7.3	492	1.1*	0.3 - 4.4	2682	4.4	3.2 - 6.0
Omani	2717	5.7	4.5 - 7.1	4380	0.1*	0.0 - 0.4	7097	2.9	2.3 - 3.6

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

**Former daily smokers among ever daily smokers**

Age Categories (Years)	Male			Female			Total		
	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI	n	% former daily smokers	95% CI
18-29	139	17.3	9.8 - 28.8	0	-	-	139	17.3	9.8 - 28.8
30-44	460	27.2	19.5 - 36.6	7	-	-	467	27.0	19.3 - 36.3
45-59	236	30.9	22.6 - 40.6	5	-	-	241	34.3	25.2 - 44.8
60+	118	74.3	61.7 - 83.9	4	-	-	122	75.0	62.8 - 84.2
<b>Total</b>	<b>953</b>	<b>28.9</b>	<b>23.7 - 34.8</b>	<b>16</b>	<b>-</b>	<b>-</b>	<b>969</b>	<b>29.6</b>	<b>24.3 - 35.5</b>
Nationality									
Non-Omani	484	24.4	18.2 - 32.1	10	-	-	494	25.3	19.0 - 32.8
Omani	469	42.6	35.3 - 50.3	6	-	-	475	42.9	35.7 - 50.5

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

**Mean years since cessation**

Age Categories (Years)	Male			Female			Total		
	n	mean years	95% CI	n	mean years	95% CI	n	mean years	95% CI
18-29	31	-	-	0	-	-	31	-	-
30-44	134	11.6	7.6 - 15.6	2	-	-	136	11.6	7.6 - 15.5
45-59	94	19.0	15.6 - 22.4	5	-	-	99	17.7	13.8 - 21.6
60+	87	29.0	24.9 - 33.1	3	-	-	90	28.7	24.7 - 32.6
<b>Total</b>	<b>346</b>	<b>14.5</b>	<b>12.1 - 16.9</b>	<b>10</b>	<b>-</b>	<b>-</b>	<b>356</b>	<b>14.3</b>	<b>11.9 - 16.7</b>
Nationality									
Non-Omani	120	12.9	9.5 - 16.3	4	-	-	124	12.6	9.3 - 15.9
Omani	226	17.2	14.4 - 20.0	6	-	-	232	17.2	14.5 - 19.9

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

**Cessation**

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

Instrument question:

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

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

**Current smokers who have tried to stop smoking**

Age Categories (Years)	Male			Female			Total		
	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI	n	% tried to stop smoking	95% CI
18-29	141	36.7	25.3 - 49.9	0	-	-	141	36.7	25.3 - 49.9
30-44	427	39.5	31.5 - 48.1	9	-	-	436	40.1	32.1 - 48.6
45-59	197	44.9	33.7 - 56.7	3	-	-	200	45.6	34.5 - 57.2
60+	54	36.2	20.9 - 55.0	1	-	-	55	36.5	21.2 - 55.1
<b>Total</b>	<b>819</b>	<b>39.9</b>	<b>33.5 - 46.7</b>	<b>13</b>	-	-	<b>832</b>	<b>40.4</b>	<b>34.0 - 47.1</b>
Nationality									
Non-Omani	473	35.3	28.0 - 43.4	8	-	-	481	35.7	28.4 - 43.8
Omani	346	57.3	45.6 - 68.2	5	-	-	351	58.0	46.5 - 68.7

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

**Advice to stop smoking**

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

Instrument question:

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

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

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

Age Categories (Years)	Male			Female			Total		
	n	% advised to stop smoking	95% CI	n	% advised to stop smoking	95% CI	n	% advised to stop smoking	95% CI
18-29	118	29.3	18.4 - 43.3	0	-	-	118	29.3	18.4 - 43.3
30-44	384	33.7	26.1 - 42.3	8	-	-	392	33.5	26.0 - 41.9
45-59	171	41.9	27.7 - 57.6	3	-	-	174	42.6	28.4 - 58.0
60+	49	-	-	1	-	-	50	69.9	51.3 - 83.7
<b>Total</b>	<b>722</b>	<b>35.2</b>	<b>29.1 - 41.9</b>	<b>12</b>	<b>-</b>	<b>-</b>	<b>734</b>	<b>35.2</b>	<b>29.2 - 41.8</b>
Nationality									
Non-Omani	395	34.6	27.2 - 42.8	7	-	-	402	34.2	27.0 - 42.3
Omani	327	37.5	29.3 - 46.6	5	-	-	332	38.7	30.4 - 47.7

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

**Methods of attempting to stop smoking**

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

Instrument question:

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

X11a: Try to quit without assistance?

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

X11c: Switching to smokeless tobacco?

X11d: Switching to e-cigarettes?

X11e: Heated tobacco products (HTPs)?

X11f: Nicotine bags?

X11g: Anything else?

**Support sought for quitting smoking among current smokers**

Male									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	55	84.7	64.7 - 94.4	54	12.1*	4.1 - 30.5	55	4.2*	0.6 - 25.1
30-44	160	75.7	61.3 - 85.9	157	17.3	8.6 - 31.9	157	11.1	4.6 - 24.5
45-59	78	70.5	47.4 - 86.3	78	24.8	9.9 - 49.8	78	0.7*	0.2 - 2.8
60+	19	-	-	19	-	-	19	-	-
<b>Total</b>	<b>312</b>	<b>76.1</b>	<b>67.3 - 83.1</b>	<b>308</b>	<b>17.9</b>	<b>11.1 - 27.6</b>	<b>309</b>	<b>7.9</b>	<b>3.8 - 15.9</b>
Nationality									
Non-Omani	132	77.5	66.4 - 85.7	129	20.0	11.1 - 33.5	130	8.9*	3.5 - 20.9
Omani	180	72.8	58.7 - 83.5	179	13.0	7.5 - 21.6	179	5.8	2.9 - 11.4

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

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

**Support sought for quitting smoking among current smokers**

Male						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	55	9.5*	3.2 - 25.2	56	2.7*	0.6 - 10.6
30-44	158	7.3*	2.2 - 21.1	160	2.2*	0.3 - 14.0
45-59	78	0.7*	0.1 - 3.1	78	0.0*	0.0 - 0.0
60+	19	-	-	19	-	-
<b>Total</b>	<b>310</b>	<b>6.4</b>	<b>2.9 - 13.4</b>	<b>313</b>	<b>1.8*</b>	<b>0.4 - 7.2</b>
Nationality						
Non-Omani	132	6.8*	2.4 - 17.6	134	1.8*	0.2 - 11.8
Omani	178	5.3	2.5 - 10.8	179	1.8*	0.4 - 6.8

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

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

**Support sought for quitting smoking among current smokers**

Male						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	56	7.9*	2.3 - 23.7	54	3.4*	0.8 - 12.9
30-44	160	7.6*	1.9 - 25.7	160	0.8*	0.2 - 3.0
45-59	78	0.5*	0.1 - 3.3	77	3.9*	1.3 - 11.4
60+	19	-	-	19	-	-
<b>Total</b>	<b>313</b>	<b>5.9*</b>	<b>2.1 - 15.8</b>	<b>310</b>	<b>2.0</b>	<b>0.9 - 4.0</b>
Nationality						
Non-Omani	133	5.8*	1.3 - 22.2	132	1.1*	0.4 - 3.2
Omani	180	6.1*	2.5 - 14.1	178	3.9*	1.5 - 9.8

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

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

**Support sought for quitting smoking among current smokers**

Female									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	0	-	-	0	-	-	0	-	-
30-44	6	-	-	6	-	-	6	-	-
45-59	3	-	-	3	-	-	3	-	-
60+	1	-	-	1	-	-	1	-	-
<b>Total</b>	<b>10</b>	-	-	<b>10</b>	-	-	<b>10</b>	-	-
Nationality									
Non-Omani	6	-	-	6	-	-	6	-	-
Omani	4	-	-	4	-	-	4	-	-

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

**Support sought for quitting smoking among current smokers**

Female						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	0	-	-	0	-	-
30-44	5	-	-	6	-	-
45-59	3	-	-	3	-	-
60+	1	-	-	1	-	-
<b>Total</b>	<b>9</b>	-	-	<b>10</b>	-	-
Nationality						
Non-Omani	5	-	-	6	-	-
Omani	4	-	-	4	-	-

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

**Support sought for quitting smoking among current smokers**

Female						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	0	-	-	0	-	-
30-44	6	-	-	5	-	-
45-59	3	-	-	3	-	-
60+	1	-	-	1	-	-
<b>Total</b>	<b>10</b>	-	-	<b>9</b>	-	-
Nationality						
Non-Omani	6	-	-	5	-	-
Omani	4	-	-	4	-	-

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

**Support sought for quitting smoking among current smokers**

<b>Total</b>									
Age Categories (Years)	n	% no help	95% CI	n	% NRT (patch, gum)	95% CI	n	% switch to smokeless	95% CI
18-29	55	84.7	64.7 - 94.4	54	12.1*	4.1 - 30.5	55	4.2*	0.6 - 25.1
30-44	166	75.2	61.3 - 85.2	163	17.0	8.5 - 31.1	163	10.7	4.4 - 23.8
45-59	81	71.0	48.4 - 86.5	81	24.2	9.6 - 48.8	81	0.6*	0.1 - 2.7
60+	20	-	-	20	-	-	20	-	-
<b>Total</b>	<b>322</b>	<b>75.9</b>	<b>67.2 - 82.9</b>	<b>318</b>	<b>17.6</b>	<b>10.9 - 27.1</b>	<b>319</b>	<b>7.7</b>	<b>3.7 - 15.6</b>
<b>Nationality</b>									
Non-Omani	138	76.9	65.8 - 85.1	135	19.8	11.0 - 33.0	136	8.7*	3.4 - 20.5
Omani	184	73.6	59.8 - 84.0	183	12.6	7.3 - 20.8	183	5.7	2.8 - 11.1

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

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

**Support sought for quitting smoking among current smokers**

<b>Total</b>						
Age Categories (Years)	n	% switch to e-cigs	95% CI	n	% HTPs	95% CI
18-29	55	9.5*	3.2 - 25.2	56	2.7*	0.6 - 10.6
30-44	163	7.1*	2.2 - 20.5	166	2.1*	0.3 - 13.6
45-59	81	0.6*	0.1 - 3.0	81	0.0*	0.0 - 0.0
60+	20	-	-	20	-	-
<b>Total</b>	<b>319</b>	<b>6.2</b>	<b>2.8 - 13.1</b>	<b>323</b>	<b>1.7*</b>	<b>0.4 - 7.1</b>
<b>Nationality</b>						
Non-Omani	137	6.7*	2.4 - 17.3	140	1.7*	0.2 - 11.5
Omani	182	5.2	2.5 - 10.5	183	1.7*	0.4 - 6.6

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

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

**Support sought for quitting smoking among current smokers**

<b>Total</b>						
Age Categories (Years)	n	% nicotine bags	95% CI	n	% Other	95% CI
18-29	56	7.9*	2.3 - 23.7	54	3.4*	0.8 - 12.9
30-44	166	7.3*	1.8 - 25.0	165	0.8*	0.2 - 2.9
45-59	81	0.4*	0.1 - 3.2	80	3.8*	1.3 - 11.0
60+	20	-	-	20	-	-
<b>Total</b>	<b>323</b>	<b>5.8*</b>	<b>2.0 - 15.4</b>	<b>319</b>	<b>1.9</b>	<b>0.9 - 3.9</b>
<b>Nationality</b>						
Non-Omani	139	5.7*	1.3 - 21.7	137	1.1*	0.4 - 3.2
Omani	184	6.0*	2.5 - 13.7	182	3.8*	1.4 - 9.6

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

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

**Health warnings**

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

Instrument question:

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

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

**Current smokers who noticed health warnings on cigarettes**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	141	61.4	47.4 - 73.7	0	-	-	141	61.4	47.4 - 73.7
30-44	427	68.8	61.0 - 75.7	9	-	-	436	68.7	61.0 - 75.4
45-59	197	71.2	61.1 - 79.6	3	-	-	200	70.5	60.4 - 78.9
60+	54	57.5	37.5 - 75.4	1	-	-	55	57.7	37.8 - 75.5
<b>Total</b>	<b>819</b>	<b>67.5</b>	<b>61.9 - 72.7</b>	<b>13</b>	<b>-</b>	<b>-</b>	<b>832</b>	<b>67.3</b>	<b>61.7 - 72.4</b>
Nationality									
Non-Omani	473	66.0	59.3 - 72.2	8	-	-	481	66.1	59.4 - 72.1
Omani	346	73.0	64.2 - 80.3	5	-	-	351	71.8	63.1 - 79.1

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

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	90	53.9	36.5 - 70.4	0	-	-	90	53.9	36.5 - 70.4
30-44	276	60.6	49.6 - 70.6	6	-	-	282	61.1	50.3 - 71.0
45-59	125	67.5	53.2 - 79.1	1	-	-	126	67.6	53.3 - 79.2
60+	31	-	-	1	-	-	32	-	-
<b>Total</b>	<b>522</b>	<b>60.3</b>	<b>52.4 - 67.6</b>	<b>8</b>	<b>-</b>	<b>-</b>	<b>530</b>	<b>60.6</b>	<b>52.8 - 67.9</b>
Nationality									
Non-Omani	288	58.9	49.5 - 67.7	6	-	-	294	59.3	50.0 - 68.0
Omani	234	65.0	52.7 - 75.5	2	-	-	236	65.0	52.7 - 75.6

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

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

Instrument question:

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

<b>Mean price paid on cigarette purchase (Omani Rials)</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	120	5.0	3.3 - 6.7	0	-	-	120	5.0	3.3 - 6.7	
30-44	368	5.2	4.2 - 6.2	6	-	-	374	5.2	4.2 - 6.2	
45-59	168	4.8	2.5 - 7.0	2	-	-	170	4.7	2.5 - 7.0	
60+	50	7.1	4.3 - 10.0	1	-	-	51	7.1	4.2 - 9.9	
<b>Total</b>	<b>706</b>	<b>5.1</b>	<b>4.3 - 6.0</b>	<b>9</b>	<b>-</b>	<b>-</b>	<b>715</b>	<b>5.1</b>	<b>4.3 - 5.9</b>	
<b>Nationality</b>										
Non-Omani	393	4.9	3.9 - 5.8	6	-	-	399	4.9	3.9 - 5.8	
Omani	313	6.1	4.6 - 7.6	3	-	-	316	6.0	4.5 - 7.5	

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

**Current users of smokeless tobacco**

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

Instrument question:

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

<b>Current users of smokeless tobacco</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	1.1	0.5 - 2.7	797	0.0*	0.0 - 0.0	1820	0.7	0.3 - 1.7
30-44	2214	2.6	1.7 - 4.1	2162	0.0*	0.0 - 0.1	4376	1.8	1.1 - 2.8
45-59	1129	1.8	0.9 - 3.6	1171	0.0*	0.0 - 0.3	2300	1.2	0.6 - 2.4
60+	541	1.5*	0.5 - 5.0	742	0.0*	0.0 - 0.0	1283	0.8*	0.2 - 2.6
<b>Total</b>	<b>4907</b>	<b>2.0</b>	<b>1.4 - 2.9</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.1</b>	<b>9779</b>	<b>1.3</b>	<b>0.9 - 1.9</b>
Nationality									
Non-Omani	2190	2.0	1.2 - 3.2	492	0.0*	0.0 - 0.0	2682	1.6	1.0 - 2.5
Omani	2717	2.1	1.2 - 3.4	4380	0.0*	0.0 - 0.1	7097	1.0	0.6 - 1.7

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) 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**

<b>Male</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	1023	0.9*	0.3 - 2.5	0.2*	0.0 - 1.0	2.0*	0.4 - 10.2	96.9	90.9 - 99.0
30-44	2214	2.2	1.3 - 3.7	0.4	0.2 - 0.9	2.2	1.2 - 3.9	95.2	93.1 - 96.7
45-59	1129	1.3	0.5 - 3.0	0.6*	0.2 - 1.6	1.9	0.9 - 3.8	96.3	94.0 - 97.8
60+	541	1.4*	0.4 - 5.1	0.1*	0.0 - 1.0	1.1*	0.4 - 2.6	97.4	94.3 - 98.8
<b>Total</b>	<b>4907</b>	<b>1.6</b>	<b>1.1 - 2.5</b>	<b>0.4</b>	<b>0.2 - 0.7</b>	<b>2.0</b>	<b>1.2 - 3.5</b>	<b>96.0</b>	<b>94.5 - 97.1</b>
Nationality									
Non-Omani	2190	1.7	1.0 - 2.9	0.3*	0.1 - 0.7	2.4	1.2 - 4.7	95.6	93.3 - 97.1
Omani	2717	1.5	0.8 - 2.9	0.5	0.3 - 1.1	1.2	0.7 - 2.3	96.7	95.2 - 97.8

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

**Smokeless tobacco use**

<b>Female</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	797	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.2	100.0	99.8 - 100.0
30-44	2162	0.0*	0.0 - 0.0	0.0*	0.0 - 0.1	0.0*	0.0 - 0.2	100.0	99.8 - 100.0
45-59	1171	0.0*	0.0 - 0.0	0.0*	0.0 - 0.3	0.0*	0.0 - 0.0	100.0	99.7 - 100.0
60+	742	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.2*	0.0 - 1.4	99.8	98.6 - 100.0
<b>Total</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>0.0*</b>	<b>0.0 - 0.1</b>	<b>0.0*</b>	<b>0.0 - 0.1</b>	<b>99.9</b>	<b>99.9 - 100.0</b>
Nationality									
Non-Omani	492	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
Omani	4380	0.0*	0.0 - 0.0	0.0*	0.0 - 0.1	0.1*	0.0 - 0.2	99.9	99.8 - 100.0

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

**Smokeless tobacco use**

<b>Total</b>									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% past user	95% CI	% never used	95% CI
18-29	1820	0.6*	0.2 - 1.6	0.1*	0.0 - 0.7	1.3*	0.2 - 6.7	98.0	94.1 - 99.4
30-44	4376	1.5	0.9 - 2.5	0.3	0.1 - 0.6	1.5	0.9 - 2.7	96.7	95.2 - 97.7
45-59	2300	0.8	0.3 - 2.0	0.4*	0.1 - 1.1	1.2	0.6 - 2.5	97.6	96.0 - 98.5
60+	1283	0.7*	0.2 - 2.7	0.1*	0.0 - 0.5	0.7*	0.3 - 1.5	98.5	96.9 - 99.3
<b>Total</b>	<b>9779</b>	<b>1.1</b>	<b>0.7 - 1.6</b>	<b>0.2</b>	<b>0.1 - 0.4</b>	<b>1.3</b>	<b>0.8 - 2.3</b>	<b>97.3</b>	<b>96.3 - 98.1</b>
Nationality									
Non-Omani	2682	1.3	0.8 - 2.3	0.2*	0.1 - 0.5	1.9	1.0 - 3.7	96.5	94.7 - 97.7
Omani	7097	0.8	0.4 - 1.5	0.3	0.1 - 0.6	0.6	0.4 - 1.2	98.3	97.5 - 98.8

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

**Former daily users of smokeless tobacco**

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

Instrument question:

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

T13: Do you currently use smokeless tobacco products daily?

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

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

**Former daily smokeless tobacco users among all population**

Age Categories (Years)	Male			Female			Total		
	n	% former daily users	95% CI	n	% former daily users	95% CI	n	% former daily users	95% CI
18-29	1023	0.4*	0.1 - 1.1	797	0.0*	0.0 - 0.0	1820	0.2*	0.1 - 0.7
30-44	2214	1.8	1.0 - 3.2	2162	0.0*	0.0 - 0.0	4376	1.2	0.7 - 2.2
45-59	1129	1.0	0.5 - 2.2	1171	0.0*	0.0 - 0.0	2300	0.7	0.3 - 1.4
60+	541	1.2*	0.5 - 2.7	742	0.2*	0.0 - 1.4	1283	0.7*	0.3 - 1.5
<b>Total</b>	<b>4907</b>	<b>1.2</b>	<b>0.8 - 2.0</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.1</b>	<b>9779</b>	<b>0.8</b>	<b>0.5 - 1.3</b>
Nationality									
Non-Omani	2190	1.3	0.7 - 2.4	492	0.0*	0.0 - 0.0	2682	1.0	0.5 - 1.9
Omani	2717	1.1	0.6 - 2.0	4380	0.0*	0.0 - 0.2	7097	0.6	0.3 - 1.0

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

**Former daily smokeless tobacco users among ever daily users**

Age Categories (Years)	Male			Female			Total		
	n	% former daily users	95% CI	n	% former daily users	95% CI	n	% former daily users	95% CI
18-29	14	-	-	0	-	-	14	-	-
30-44	66	44.4	25.9 - 64.6	0	-	-	66	44.4	25.9 - 64.6
45-59	33	-	-	0	-	-	33	-	-
60+	13	-	-	1	-	-	14	-	-
<b>Total</b>	<b>126</b>	<b>42.8</b>	<b>28.0 - 58.9</b>	<b>1</b>	<b>-</b>	<b>-</b>	<b>127</b>	<b>43.0</b>	<b>28.3 - 59.1</b>
Nationality									
Non-Omani	79	43.0	23.8 - 64.5	0	-	-	79	43.0	23.8 - 64.5
Omani	47	-	-	1	-	-	48	-	-

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

**Smokeless tobacco consumption**

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

Instrument question:

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

T13: Do you currently use smokeless tobacco products daily?

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

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

Male						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	11	-	-	11	-	-
30-44	46	-	-	46	-	-
45-59	28	-	-	29	-	-
60+	5	-	-	6	-	-
<b>Total</b>	<b>90</b>	<b>80.3</b>	<b>65.1 - 89.9</b>	<b>92</b>	<b>16.8*</b>	<b>6.7 - 36.4</b>
Nationality						
Non-Omani	59	82.7	62.0 - 93.4	61	18.7*	6.6 - 43.0
Omani	31	-	-	31	-	-

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

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

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

Male									
Age Categories (Years)	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	11	-	-	11	-	-	0	-	-
30-44	47	-	-	49	-	-	0	-	-
45-59	29	-	-	29	-	-	0	-	-
60+	5	-	-	5	-	-	0	-	-
<b>Total</b>	<b>92</b>	<b>67.4</b>	<b>48.6 - 81.8</b>	<b>94</b>	<b>24.6</b>	<b>12.4 - 42.9</b>	<b>0</b>	<b>-</b>	<b>-</b>
Nationality									
Non-Omani	61	63.4	38.1 - 83.0	63	37.5	19.2 - 60.4	0	-	-
Omani	31	-	-	31	-	-	0	-	-

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

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

Female						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	0	-	-	0	-	-
30-44	1	-	-	1	-	-
45-59	1	-	-	1	-	-
60+	0	-	-	0	-	-
<b>Total</b>	<b>2</b>	-	-	<b>2</b>	-	-
Nationality						
Non-Omani	0	-	-	0	-	-
Omani	2	-	-	2	-	-

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

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

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

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

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

Total						
Age Categories (Years)	n	% snuff by mouth	95% CI	n	% snuff by nose	95% CI
18-29	11	-	-	11	-	-
30-44	47	-	-	47	-	-
45-59	29	-	-	30	-	-
60+	5	-	-	6	-	-
<b>Total</b>	<b>92</b>	<b>80.0</b>	<b>64.9 - 89.7</b>	<b>94</b>	<b>16.8*</b>	<b>6.7 - 36.2</b>
Nationality						
Non-Omani	59	82.7	62.0 - 93.4	61	18.7*	6.6 - 43.0
Omani	33	-	-	33	-	-

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

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

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

Total									
Age Categories (Years)	n	% chewing tobacco	95% CI	n	% betel quid with tobacco	95% CI	n	% other smokeless tobacco	95% CI
18-29	11	-	-	11	-	-	0	-	-
30-44	48	-	-	50	25.3	10.6 - 49.2	0	-	-
45-59	30	-	-	30	-	-	0	-	-
60+	5	-	-	5	-	-	0	-	-
<b>Total</b>	<b>94</b>	<b>67.1</b>	<b>48.4 - 81.6</b>	<b>96</b>	<b>24.5</b>	<b>12.3 - 42.8</b>	<b>0</b>	<b>-</b>	<b>-</b>
Nationality									
Non-Omani	61	63.4	38.1 - 83.0	63	37.5	19.2 - 60.4	0	-	-
Omani	33	-	-	33	-	-	0	-	-

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

**Heated tobacco product use**

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

Instrument question:

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

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

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

**Heated tobacco product use**

Male							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	1023	0.1*	0.0 - 0.5	0.2*	0.0 - 1.7	99.6	98.6 - 99.9
30-44	2214	0.2*	0.0 - 0.7	0.9*	0.3 - 2.5	98.9	97.4 - 99.6
45-59	1129	0.3*	0.1 - 1.9	0.4*	0.1 - 1.6	99.3	97.8 - 99.8
60+	541	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>4907</b>	<b>0.2*</b>	<b>0.1 - 0.4</b>	<b>0.6*</b>	<b>0.2 - 1.4</b>	<b>99.2</b>	<b>98.4 - 99.6</b>
Nationality							
Non-Omani	2190	0.1*	0.0 - 0.5	0.9*	0.3 - 2.2	99.0	97.8 - 99.6
Omani	2717	0.3*	0.1 - 0.9	0.1*	0.0 - 0.4	99.7	99.1 - 99.9

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

**Heated tobacco product use**

Female							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	797	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
30-44	2162	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
45-59	1171	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
60+	742	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>100.0</b>	<b>100.0 - 100.0</b>
Nationality							
Non-Omani	492	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
Omani	4380	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0

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

**Heated tobacco product use**

Total							
Age Categories (Years)	n	% yes, daily	95% CI	% yes, less than daily	95% CI	% not at all	95% CI
18-29	1820	0.1*	0.0 - 0.3	0.1*	0.0 - 1.0	99.8	99.1 - 99.9
30-44	4376	0.1*	0.0 - 0.4	0.6*	0.2 - 1.7	99.3	98.2 - 99.7
45-59	2300	0.2*	0.0 - 1.2	0.2*	0.1 - 1.0	99.5	98.6 - 99.9
60+	1283	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	100.0	100.0 - 100.0
<b>Total</b>	<b>9779</b>	<b>0.1*</b>	<b>0.0 - 0.3</b>	<b>0.4*</b>	<b>0.2 - 0.9</b>	<b>99.5</b>	<b>99.0 - 99.8</b>
Nationality							
Non-Omani	2682	0.1*	0.0 - 0.4	0.7*	0.3 - 1.7	99.2	98.2 - 99.7
Omani	7097	0.1*	0.0 - 0.5	0.0*	0.0 - 0.2	99.8	99.5 - 99.9

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

**Current users of heated tobacco products**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
0.0*0.0*18-29	1023	0.4*	0.1 - 1.4	797	0.0*	0.0 - 0.0	1820	0.2*	0.1 - 0.9
30-44	2214	1.1*	0.4 - 2.6	2162	0.0*	0.0 - 0.0	4376	0.7*	0.3 - 1.8
45-59	1129	0.7*	0.2 - 2.2	1171	0.0*	0.0 - 0.0	2300	0.5*	0.1 - 1.4
60+	541	0.0*	0.0 - 0.0	742	0.0*	0.0 - 0.0	1283	0.0*	0.0 - 0.0
<b>Total</b>	<b>4907</b>	<b>0.8</b>	<b>0.4 - 1.6</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>9779</b>	<b>0.5</b>	<b>0.2 - 1.0</b>
Nationality									
Non-Omani	2190	1.0*	0.4 - 2.2	492	0.0*	0.0 - 0.0	2682	0.8*	0.3 - 1.8
Omani	2717	0.3*	0.1 - 0.9	4380	0.0*	0.0 - 0.0	7097	0.2*	0.1 - 0.5

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

**Mean times heated tobacco used per day among daily users**

Age Categories (Years)	Male			Female			Total		
	n	mean times	95% CI	n	mean times	95% CI	n	mean times	95% CI
18-29	3	-	-	0	-	-	3	-	-
30-44	4	-	-	0	-	-	4	-	-
45-59	2	-	-	0	-	-	2	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>9</b>	-	-	<b>0</b>	-	-	<b>9</b>	-	-
Nationality									
Non-Omani	4	-	-	0	-	-	4	-	-
Omani	5	-	-	0	-	-	5	-	-

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

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

Age Categories (Years)	Male			Female			Total		
	n	mean times	95% CI	n	mean times	95% CI	n	mean times	95% CI
18-29	1	-	-	0	-	-	1	-	-
30-44	4	-	-	0	-	-	4	-	-
45-59	2	-	-	0	-	-	2	-	-
60+	0	-	-	0	-	-	0	-	-
<b>Total</b>	<b>7</b>	-	-	<b>0</b>	-	-	<b>7</b>	-	-
Nationality									
Non-Omani	6	-	-	0	-	-	6	-	-
Omani	1	-	-	0	-	-	1	-	-

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

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

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

T13: Do you currently use smokeless tobacco products daily?

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

Current tobacco users									
Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	14.0	10.6 - 18.3	797	0.0*	0.0 - 0.0	1820	8.8	6.7 - 11.6
30-44	2214	21.1	18.3 - 24.1	2162	0.8*	0.3 - 1.7	4376	14.7	12.7 - 16.9
45-59	1129	19.6	15.5 - 24.4	1171	0.5*	0.1 - 1.6	2300	13.0	10.3 - 16.4
60+	541	8.5	5.7 - 12.3	742	0.0*	0.0 - 0.2	1283	4.4	3.0 - 6.5
<b>Total</b>	<b>4907</b>	<b>18.2</b>	<b>16.2 - 20.4</b>	<b>4872</b>	<b>0.4</b>	<b>0.2 - 0.8</b>	<b>9779</b>	<b>12.1</b>	<b>10.7 - 13.6</b>
Nationality									
Non-Omani	2190	21.9	19.0 - 25.0	492	0.8*	0.3 - 2.0	2682	17.3	15.1 - 19.8
Omani	2717	11.4	9.3 - 13.8	4380	0.2*	0.1 - 0.6	7097	5.8	4.7 - 7.1

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

Daily tobacco users									
Age Categories (Years)	Male			Female			Total		
	n	% daily users	95% CI	n	% daily users	95% CI	n	% daily users	95% CI
18-29	1023	10.9	8.1 - 14.6	797	0.0*	0.0 - 0.0	1820	6.9	5.1 - 9.2
30-44	2214	16.9	14.4 - 19.8	2162	0.5*	0.2 - 1.3	4376	11.7	10.0 - 13.8
45-59	1129	14.6	11.3 - 18.7	1171	0.1*	0.0 - 0.9	2300	9.6	7.4 - 12.4
60+	541	6.7	4.3 - 10.3	742	0.0*	0.0 - 0.2	1283	3.5	2.2 - 5.4
<b>Total</b>	<b>4907</b>	<b>14.4</b>	<b>12.6 - 16.3</b>	<b>4872</b>	<b>0.2*</b>	<b>0.1 - 0.6</b>	<b>9779</b>	<b>9.5</b>	<b>8.3 - 10.8</b>
Nationality									
Non-Omani	2190	17.4	14.8 - 20.3	492	0.6*	0.2 - 1.6	2682	13.7	11.7 - 16.0
Omani	2717	8.6	6.8 - 10.8	4380	0.0*	0.0 - 0.2	7097	4.3	3.4 - 5.4

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

**Tobacco use status**

Description: Tobacco use status among total population

Instrument question:

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

T2: Do you currently smoke tobacco products daily?

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

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

T13: Do you currently use smokeless tobacco products daily?

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

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

Tobacco use status									
Male									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	1023	10.9	8.1 - 14.6	3.1	1.7 - 5.5	7.2	3.7 - 13.4	78.8	73.2 - 83.5
30-44	2214	16.9	14.4 - 19.8	4.2	2.9 - 6.0	8.7	6.7 - 11.3	70.2	66.6 - 73.5
45-59	1129	14.6	11.3 - 18.7	5.0	3.1 - 7.8	8.7	6.3 - 11.8	71.8	66.7 - 76.3
60+	541	6.7	4.3 - 10.3	1.7*	0.7 - 4.1	21.8	16.0 - 28.8	69.8	62.7 - 76.0
<b>Total</b>	<b>4907</b>	<b>14.4</b>	<b>12.6 - 16.3</b>	<b>3.9</b>	<b>3.0 - 5.0</b>	<b>9.0</b>	<b>7.2 - 11.1</b>	<b>72.8</b>	<b>70.2 - 75.2</b>
Nationality									
Non-Omani	2190	17.4	14.8 - 20.3	4.5	3.3 - 6.0	8.8	6.4 - 12.0	69.3	65.7 - 72.7
Omani	2717	8.6	6.8 - 10.8	2.8	1.8 - 4.3	9.2	7.6 - 11.2	79.4	76.3 - 82.2

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

Tobacco use status									
Female									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	797	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	0.0*	0.0 - 0.2	100.0	99.8 - 100.0
30-44	2162	0.5*	0.2 - 1.3	0.3*	0.1 - 1.1	0.3*	0.1 - 0.9	99.0	98.0 - 99.5
45-59	1171	0.1*	0.0 - 0.9	0.4*	0.1 - 1.6	2.3*	0.6 - 7.9	97.3	92.2 - 99.1
60+	742	0.0*	0.0 - 0.2	0.0*	0.0 - 0.0	1.0*	0.3 - 2.8	99.0	97.2 - 99.7
<b>Total</b>	<b>4872</b>	<b>0.2*</b>	<b>0.1 - 0.6</b>	<b>0.2*</b>	<b>0.1 - 0.5</b>	<b>0.6</b>	<b>0.2 - 1.5</b>	<b>99.0</b>	<b>98.0 - 99.5</b>
Nationality									
Non-Omani	492	0.6*	0.2 - 1.6	0.2*	0.0 - 1.4	1.2*	0.3 - 4.4	98.0	95.3 - 99.1
Omani	4380	0.0*	0.0 - 0.2	0.2*	0.0 - 0.5	0.3	0.1 - 0.6	99.5	99.1 - 99.7

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

Tobacco use status									
Total									
Age Categories (Years)	n	current users				non-users			
		% daily	95% CI	% non-daily	95% CI	% former user	95% CI	% never user	95% CI
18-29	1820	6.9	5.1 - 9.2	1.9	1.1 - 3.5	4.5	2.3 - 8.7	86.6	82.7 - 89.8
30-44	4376	11.7	10.0 - 13.8	2.9	2.0 - 4.2	6.1	4.7 - 7.8	79.3	76.7 - 81.7
45-59	2300	9.6	7.4 - 12.4	3.4	2.2 - 5.3	6.5	4.7 - 8.8	80.5	76.9 - 83.7
60+	1283	3.5	2.2 - 5.4	0.9*	0.4 - 2.1	11.7	8.6 - 15.7	83.9	79.7 - 87.3
<b>Total</b>	<b>9779</b>	<b>9.5</b>	<b>8.3 - 10.8</b>	<b>2.6</b>	<b>2.0 - 3.3</b>	<b>6.1</b>	<b>4.9 - 7.5</b>	<b>81.9</b>	<b>80.0 - 83.6</b>
Nationality									
Non-Omani	2682	13.7	11.7 - 16.0	3.6	2.6 - 4.7	7.2	5.3 - 9.7	75.5	72.6 - 78.3
Omani	7097	4.3	3.4 - 5.4	1.5	1.0 - 2.2	4.7	3.9 - 5.7	89.5	87.8 - 90.9

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

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

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

Instrument question:

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

<b>Exposed to second-hand smoke in home during the past 30 days</b>									
Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	1023	22.4	18.0 - 27.6	797	10.3	6.9 - 14.9	1820	17.9	14.8 - 21.6
30-44	2214	21.7	18.3 - 25.4	2162	9.9	7.2 - 13.6	4376	18.0	15.4 - 20.8
45-59	1129	14.2	11.2 - 17.8	1171	10.4	7.6 - 14.2	2300	12.9	10.7 - 15.5
60+	541	11.0	7.6 - 15.7	742	4.2	2.5 - 6.8	1283	7.7	5.7 - 10.4
<b>Total</b>	<b>4907</b>	<b>20.0</b>	<b>17.7 - 22.4</b>	<b>4872</b>	<b>9.6</b>	<b>7.8 - 11.7</b>	<b>9779</b>	<b>16.4</b>	<b>14.7 - 18.2</b>
Nationality									
Non-Omani	2190	24.5	21.2 - 28.2	492	12.8	8.4 - 19.0	2682	22.0	19.1 - 25.2
Omani	2717	11.3	9.3 - 13.7	4380	7.9	6.7 - 9.2	7097	9.6	8.4 - 11.0

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

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

Instrument question:

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

<b>Exposed to second-hand smoke in the workplace during the past 30 days</b>									
Age Categories (Years)	Male			Female			Total		
	n	% exposed	95% CI	n	% exposed	95% CI	n	% exposed	95% CI
18-29	915	27.0	21.3 - 33.5	647	6.4	4.2 - 9.6	1562	19.6	15.7 - 24.3
30-44	2045	29.7	26.2 - 33.4	1801	9.4	6.4 - 13.8	3846	23.8	21.0 - 26.8
45-59	1025	17.0	13.5 - 21.2	988	5.7	3.6 - 8.8	2013	13.4	10.7 - 16.5
60+	427	10.7	6.9 - 16.1	610	1.4	0.6 - 2.9	1037	6.2	4.2 - 9.2
<b>Total</b>	<b>4412</b>	<b>25.8</b>	<b>23.1 - 28.7</b>	<b>4046</b>	<b>7.2</b>	<b>5.4 - 9.4</b>	<b>8458</b>	<b>19.8</b>	<b>17.7 - 22.0</b>
Nationality									
Non-Omani	2026	26.5	22.7 - 30.5	422	7.9	4.2 - 14.3	2448	22.7	19.5 - 26.3
Omani	2386	24.5	21.6 - 27.8	3624	6.8	5.5 - 8.4	6010	15.9	14.0 - 18.0

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

Instrument question:

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

<b>Think smoking should not be allowed in outdoor areas</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1023	83.2	78.4 - 87.1	797	91.3	87.7 - 94.0	1820	86.2	83.0 - 88.9	
30-44	2214	78.9	75.7 - 81.8	2162	90.7	88.1 - 92.8	4376	82.6	80.3 - 84.8	
45-59	1129	84.1	79.9 - 87.5	1171	87.8	83.4 - 91.2	2300	85.3	82.3 - 87.9	
60+	541	84.8	79.3 - 89.1	742	81.6	68.5 - 90.1	1283	83.3	76.7 - 88.3	
<b>Total</b>	<b>4907</b>	<b>81.3</b>	<b>79.1 - 83.3</b>	<b>4872</b>	<b>89.6</b>	<b>87.5 - 91.3</b>	<b>9779</b>	<b>84.2</b>	<b>82.6 - 85.7</b>	
Nationality										
Non-Omani	2190	76.8	73.6 - 79.7	492	85.8	80.1 - 90.1	2682	78.7	76.0 - 81.2	
Omani	2717	89.9	88.0 - 91.6	4380	91.5	90.0 - 92.8	7097	90.7	89.5 - 91.8	

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

Instrument question:

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

<b>In favor of increasing taxes on tobacco products</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1023	74.2	68.4 - 79.2	797	87.2	79.7 - 92.2	1820	79.0	74.6 - 82.8	
30-44	2214	71.9	68.4 - 75.1	2162	89.1	85.9 - 91.7	4376	77.3	74.7 - 79.7	
45-59	1129	78.6	74.4 - 82.2	1171	88.1	83.5 - 91.5	2300	81.8	78.6 - 84.7	
60+	541	78.5	71.8 - 84.1	742	75.4	62.2 - 85.1	1283	77.0	70.1 - 82.7	
<b>Total</b>	<b>4907</b>	<b>74.0</b>	<b>71.6 - 76.3</b>	<b>4872</b>	<b>87.1</b>	<b>84.2 - 89.6</b>	<b>9779</b>	<b>78.6</b>	<b>76.7 - 80.3</b>	
Nationality										
Non-Omani	2190	67.8	64.3 - 71.1	492	76.0	68.7 - 82.0	2682	69.6	66.5 - 72.4	
Omani	2717	85.9	83.4 - 88.1	4380	93.0	91.5 - 94.2	7097	89.5	88.0 - 90.8	

**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**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	0.0*	0.0 - 0.0	797	0.0*	0.0 - 0.0	1820	0.0*	0.0 - 0.0
30-44	2214	0.7*	0.3 - 1.6	2162	0.0*	0.0 - 0.0	4376	0.5*	0.2 - 1.1
45-59	1129	0.2*	0.1 - 0.6	1171	0.0*	0.0 - 0.0	2300	0.1*	0.0 - 0.4
60+	541	0.0*	0.0 - 0.0	742	0.0*	0.0 - 0.0	1283	0.0*	0.0 - 0.0
<b>Total</b>	<b>4907</b>	<b>0.4</b>	<b>0.2 - 0.8</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>9779</b>	<b>0.2</b>	<b>0.1 - 0.5</b>
Nationality									
Non-Omani	2190	0.3*	0.1 - 1.0	492	0.0*	0.0 - 0.0	2682	0.2*	0.1 - 0.8
Omani	2717	0.5*	0.2 - 1.3	4380	0.0*	0.0 - 0.0	7097	0.3*	0.1 - 0.7

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

<b>Heard of electronic cigarettes</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% heard of e-cigs	95% CI	n	% heard of e-cigs	95% CI	n	% heard of e-cigs	95% CI
18-29	1023	68.4	62.4 - 73.9	797	67.5	59.9 - 74.2	1820	68.1	63.1 - 72.7
30-44	2214	63.3	59.3 - 67.1	2162	65.7	60.9 - 70.2	4376	64.1	60.9 - 67.1
45-59	1129	60.2	53.9 - 66.1	1171	60.8	55.3 - 65.9	2300	60.4	55.9 - 64.6
60+	541	42.6	36.2 - 49.3	742	20.6	15.6 - 26.7	1283	32.0	27.2 - 37.1
<b>Total</b>	<b>4907</b>	<b>63.0</b>	<b>60.1 - 65.9</b>	<b>4872</b>	<b>61.3</b>	<b>57.7 - 64.7</b>	<b>9779</b>	<b>62.4</b>	<b>60.0 - 64.8</b>
Nationality									
Non-Omani	2190	54.6	50.7 - 58.5	492	46.2	38.4 - 54.2	2682	52.8	49.1 - 56.5
Omani	2717	79.0	76.5 - 81.2	4380	69.1	66.8 - 71.3	7097	74.0	72.3 - 75.7

<b>Current users of electronic cigarettes</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	1.9	1.0 - 3.6	797	0.8*	0.2 - 3.2	1820	1.5	0.9 - 2.7
30-44	2214	1.9	1.1 - 3.3	2162	0.0*	0.0 - 0.0	4376	1.3	0.7 - 2.2
45-59	1129	1.2*	0.3 - 5.2	1171	0.6*	0.1 - 3.4	2300	1.0*	0.3 - 3.4
60+	541	0.3*	0.0 - 1.9	742	0.0*	0.0 - 0.0	1283	0.1*	0.0 - 1.0
<b>Total</b>	<b>4907</b>	<b>1.7</b>	<b>1.1 - 2.5</b>	<b>4872</b>	<b>0.3*</b>	<b>0.1 - 1.0</b>	<b>9779</b>	<b>1.2</b>	<b>0.8 - 1.8</b>
Nationality									
Non-Omani	2190	1.8	1.0 - 3.1	492	0.6*	0.2 - 2.3	2682	1.5	0.9 - 2.5
Omani	2717	1.5	0.9 - 2.4	4380	0.2*	0.0 - 1.4	7097	0.8	0.5 - 1.4

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

**Electronic cigarette use**

<b>Male</b>							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	1023	0.3*	0.0 - 1.6	1.7	0.9 - 3.3	97.8	96.1 - 98.8
30-44	2214	0.8	0.3 - 2.2	1.1	0.5 - 2.0	97.8	96.4 - 98.6
45-59	1129	1.0*	0.2 - 5.8	0.2*	0.1 - 0.5	98.6	95.0 - 99.6
60+	541	0.0*	0.0 - 0.0	0.3*	0.0 - 1.9	99.7	98.2 - 100.0
<b>Total</b>	<b>4907</b>	<b>0.7</b>	<b>0.3 - 1.4</b>	<b>1.0</b>	<b>0.7 - 1.6</b>	<b>98.0</b>	<b>97.2 - 98.6</b>
<b>Nationality</b>							
Non-Omani	2190	0.8*	0.3 - 2.1	1.0	0.5 - 1.8	97.9	96.6 - 98.7
Omani	2717	0.4*	0.1 - 0.9	1.1	0.6 - 2.0	98.3	97.2 - 98.9

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

**Electronic cigarette use**

<b>Female</b>							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	797	0.0*	0.0 - 0.0	0.8*	0.2 - 3.2	98.8	96.3 - 99.6
30-44	2162	0.0*	0.0 - 0.0	0.0	0.0 - 0.0	99.5	97.5 - 99.9
45-59	1171	0.5*	0.1 - 3.7	0.1*	0.0 - 0.4	99.4	96.6 - 99.9
60+	742	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	99.0	93.5 - 99.8
<b>Total</b>	<b>4872</b>	<b>0.1*</b>	<b>0.0 - 0.7</b>	<b>0.2*</b>	<b>0.1 - 0.9</b>	<b>99.2</b>	<b>98.3 - 99.6</b>
<b>Nationality</b>							
Non-Omani	492	0.3*	0.0 - 2.0	0.3*	0.1 - 2.1	98.6	96.2 - 99.5
Omani	4380	0.0*	0.0 - 0.0	0.2*	0.0 - 1.4	99.5	98.5 - 99.9

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

**Electronic cigarette use**

<b>Total</b>							
Age Categories (Years)	n	% daily user	95% CI	% non-daily user	95% CI	% non-user	95% CI
18-29	1820	0.2*	0.0 - 1.0	1.4	0.7 - 2.5	98.2	97.0 - 98.9
30-44	4376	0.6	0.2 - 1.5	0.7	0.4 - 1.4	98.3	97.3 - 98.9
45-59	2300	0.8*	0.2 - 3.5	0.1*	0.1 - 0.3	98.9	96.6 - 99.6
60+	1283	0.0*	0.0 - 0.0	0.1*	0.0 - 1.0	99.4	97.1 - 99.9
<b>Total</b>	<b>9779</b>	<b>0.5</b>	<b>0.2 - 1.0</b>	<b>0.8</b>	<b>0.5 - 1.2</b>	<b>98.4</b>	<b>97.8 - 98.9</b>
<b>Nationality</b>							
Non-Omani	2682	0.7*	0.3 - 1.7	0.8	0.5 - 1.5	98.0	97.0 - 98.7
Omani	7097	0.2*	0.1 - 0.5	0.7	0.4 - 1.2	98.9	98.3 - 99.3

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

**Mean age started using electronic cigarettes**

Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	20	-	-	2	-	-	22	-	-
30-44	30	-	-	0	-	-	30	-	-
45-59	7	-	-	2	-	-	9	-	-
60+	1	-	-	0	-	-	1	-	-
<b>Total</b>	<b>58</b>	<b>28.6</b>	<b>24.8 - 32.5</b>	<b>4</b>	-	-	<b>62</b>	<b>28.5</b>	<b>24.6 - 32.5</b>
<b>Nationality</b>									
Non-Omani	23	-	-	3	-	-	26	-	-
Omani	35	-	-	1	-	-	36	-	-

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

**Nicotine products**

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

Instrument question:

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

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

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

**Current users of nicotine products**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	1.9	1.0 - 3.6	797	0.8*	0.2 - 3.2	1820	1.5	0.9 - 2.7
30-44	2214	2.5	1.6 - 4.0	2162	0.0*	0.0 - 0.0	4376	1.7	1.1 - 2.7
45-59	1129	1.3*	0.3 - 5.1	1171	0.6*	0.1 - 3.4	2300	1.1	0.3 - 3.3
60+	541	0.3*	0.0 - 1.9	742	0.0*	0.0 - 0.0	1283	0.1*	0.0 - 1.0
<b>Total</b>	<b>4907</b>	<b>2.0</b>	<b>1.4 - 2.9</b>	<b>4872</b>	<b>0.3*</b>	<b>0.1 - 1.0</b>	<b>9779</b>	<b>1.4</b>	<b>1.0 - 2.1</b>
Nationality									
Non-Omani	2190	2.1	1.2 - 3.4	492	0.6*	0.2 - 2.3	2682	1.7	1.1 - 2.8
Omani	2717	2.0	1.3 - 3.1	4380	0.2*	0.0 - 1.4	7097	1.1	0.7 - 1.7

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

**Current users of tobacco or nicotine products**

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

Instrument question:

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

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

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

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

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

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

**Current users of tobacco or nicotine products**

Age Categories (Years)	Male			Female			Total		
	n	% current users	95% CI	n	% current users	95% CI	n	% current users	95% CI
18-29	1023	14.5	11.0 - 18.8	797	0.8*	0.2 - 3.2	1820	9.4	7.2 - 12.2
30-44	2214	22.2	19.3 - 25.4	2162	0.8*	0.3 - 1.7	4376	15.5	13.4 - 17.7
45-59	1129	20.6	16.3 - 25.6	1171	1.1*	0.3 - 3.2	2300	13.9	11.0 - 17.4
60+	541	8.8	6.0 - 12.7	742	0.0*	0.0 - 0.2	1283	4.5	3.1 - 6.6
<b>Total</b>	<b>4907</b>	<b>19.1</b>	<b>17.0 - 21.4</b>	<b>4872</b>	<b>0.8</b>	<b>0.4 - 1.4</b>	<b>9779</b>	<b>12.8</b>	<b>11.4 - 14.3</b>
Nationality									
Non-Omani	2190	22.8	19.8 - 26.2	492	1.4	0.7 - 3.1	2682	18.2	15.8 - 20.8
Omani	2717	12.1	10.0 - 14.6	4380	0.4*	0.1 - 1.2	7097	6.3	5.2 - 7.6

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

## 4 Diet

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

Description: Mean number of days fruit and vegetables consumed

Instrument question:

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

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

**Mean number of days fruit consumed in a typical week**

Age Categories (Years)	Male			Female			Total		
	n	mean number of days	95% CI	n	mean number of days	95% CI	n	mean number of days	95% CI
18-29	1017	4.3	4.1 - 4.6	792	4.3	4.0 - 4.6	1809	4.3	4.1 - 4.5
30-44	2206	4.3	4.1 - 4.5	2145	5.1	4.9 - 5.3	4351	4.5	4.4 - 4.7
45-59	1122	4.8	4.5 - 5.0	1167	5.5	5.3 - 5.7	2289	5.0	4.8 - 5.2
60+	540	5.3	5.0 - 5.6	741	5.6	5.4 - 5.9	1281	5.5	5.3 - 5.7
<b>Total</b>	<b>4885</b>	<b>4.4</b>	<b>4.3 - 4.6</b>	<b>4845</b>	<b>5.0</b>	<b>4.8 - 5.1</b>	<b>9730</b>	<b>4.6</b>	<b>4.5 - 4.7</b>
Nationality									
Non-Omani	2182	4.1	3.9 - 4.3	489	4.8	4.5 - 5.1	2671	4.3	4.1 - 4.4
Omani	2703	5.1	5.0 - 5.2	4356	5.1	4.9 - 5.2	7059	5.1	5.0 - 5.2

**Mean number of days vegetables consumed in a typical week**

Age Categories (Years)	Male			Female			Total		
	n	mean number of days	95% CI	n	mean number of days	95% CI	n	mean number of days	95% CI
18-29	1019	5.4	5.2 - 5.6	792	5.3	5.0 - 5.7	1811	5.4	5.2 - 5.6
30-44	2208	5.5	5.3 - 5.7	2151	5.9	5.8 - 6.1	4359	5.6	5.5 - 5.8
45-59	1123	5.7	5.5 - 5.9	1169	6.0	5.9 - 6.2	2292	5.8	5.7 - 5.9
60+	540	5.9	5.6 - 6.1	742	5.9	5.7 - 6.2	1282	5.9	5.7 - 6.1
<b>Total</b>	<b>4890</b>	<b>5.5</b>	<b>5.4 - 5.7</b>	<b>4854</b>	<b>5.8</b>	<b>5.6 - 5.9</b>	<b>9744</b>	<b>5.6</b>	<b>5.5 - 5.7</b>
Nationality									
Non-Omani	2184	5.5	5.3 - 5.6	489	5.9	5.6 - 6.2	2673	5.6	5.4 - 5.7
Omani	2706	5.7	5.6 - 5.8	4365	5.7	5.6 - 5.8	7071	5.7	5.6 - 5.8

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

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

Instrument question:

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

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

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

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

**Mean number of servings of fruit on average per day**

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	1013	1.8	1.6 - 2.0	790	1.7	1.6 - 1.9	1803	1.8	1.6 - 1.9
30-44	2196	1.8	1.7 - 2.0	2137	2.1	2.0 - 2.3	4333	1.9	1.8 - 2.0
45-59	1118	2.1	1.9 - 2.3	1164	2.4	2.2 - 2.6	2282	2.2	2.0 - 2.4
60+	536	2.8	2.4 - 3.1	739	2.6	2.1 - 3.0	1275	2.7	2.4 - 3.0
<b>Total</b>	<b>4863</b>	<b>1.9</b>	<b>1.8 - 2.0</b>	<b>4830</b>	<b>2.1</b>	<b>2.0 - 2.2</b>	<b>9693</b>	<b>2.0</b>	<b>1.9 - 2.1</b>
Nationality									
Non-Omani	2170	1.5	1.3 - 1.6	489	1.7	1.5 - 2.0	2659	1.5	1.4 - 1.7
Omani	2693	2.7	2.6 - 2.9	4341	2.3	2.2 - 2.4	7034	2.5	2.4 - 2.6

**Mean number of servings of vegetables on average per day**

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	1010	2.3	2.0 - 2.5	791	2.2	1.9 - 2.4	1801	2.2	2.1 - 2.4
30-44	2202	2.4	2.2 - 2.7	2142	2.5	2.4 - 2.7	4344	2.5	2.3 - 2.6
45-59	1121	2.3	2.1 - 2.5	1167	2.4	2.2 - 2.5	2288	2.3	2.2 - 2.5
60+	536	2.4	2.2 - 2.6	741	2.3	2.1 - 2.5	1277	2.3	2.2 - 2.5
<b>Total</b>	<b>4869</b>	<b>2.4</b>	<b>2.2 - 2.5</b>	<b>4841</b>	<b>2.4</b>	<b>2.2 - 2.5</b>	<b>9710</b>	<b>2.4</b>	<b>2.2 - 2.5</b>
Nationality									
Non-Omani	2173	2.4	2.1 - 2.6	489	2.4	2.1 - 2.7	2662	2.4	2.2 - 2.6
Omani	2696	2.4	2.2 - 2.5	4352	2.3	2.2 - 2.5	7048	2.4	2.3 - 2.5

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

Age Categories (Years)	Male			Female			Total		
	n	mean number of servings	95% CI	n	mean number of servings	95% CI	n	mean number of servings	95% CI
18-29	1015	4.1	3.7 - 4.4	793	3.8	3.5 - 4.2	1808	4.0	3.7 - 4.3
30-44	2204	4.2	3.9 - 4.6	2145	4.7	4.4 - 4.9	4349	4.4	4.1 - 4.6
45-59	1121	4.4	4.0 - 4.8	1168	4.8	4.4 - 5.1	2289	4.5	4.2 - 4.8
60+	536	5.2	4.7 - 5.6	741	4.8	4.2 - 5.4	1277	5.0	4.6 - 5.4
<b>Total</b>	<b>4876</b>	<b>4.3</b>	<b>4.0 - 4.5</b>	<b>4847</b>	<b>4.4</b>	<b>4.3 - 4.6</b>	<b>9723</b>	<b>4.3</b>	<b>4.2 - 4.5</b>
Nationality									
Non-Omani	2177	3.8	3.5 - 4.1	490	4.1	3.7 - 4.5	2667	3.9	3.6 - 4.2
Omani	2699	5.1	4.8 - 5.4	4357	4.6	4.4 - 4.8	7056	4.9	4.7 - 5.0

**Fruit and vegetable consumption per day**

Description: Frequency of fruit and/or vegetable consumption

Instrument question:

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

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

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

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

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

<b>Male</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	1015	10.1	7.6 - 13.3	34.3	29.5 - 39.4	24.5	20.3 - 29.1	31.2	25.8 - 37.2
30-44	2204	8.3	6.5 - 10.6	33.4	29.7 - 37.3	24.3	21.1 - 27.9	33.9	29.5 - 38.7
45-59	1121	7.3	5.1 - 10.3	34.5	29.0 - 40.5	22.2	18.1 - 26.9	35.9	30.4 - 41.9
60+	536	7.1	4.6 - 10.6	20.5	15.6 - 26.4	22.7	17.1 - 29.4	49.8	42.4 - 57.1
<b>Total</b>	<b>4876</b>	<b>8.6</b>	<b>7.2 - 10.2</b>	<b>33.2</b>	<b>30.3 - 36.2</b>	<b>23.9</b>	<b>21.6 - 26.4</b>	<b>34.4</b>	<b>31.1 - 37.9</b>
<b>Nationality</b>									
Non-Omani	2177	9.4	7.5 - 11.7	37.5	33.4 - 41.9	24.4	21.1 - 27.9	28.7	24.2 - 33.7
Omani	2699	7.0	5.5 - 8.8	24.9	22.2 - 27.8	23.0	20.5 - 25.8	45.1	41.6 - 48.5

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

<b>Female</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	793	8.5	5.9 - 12.1	39.3	33.1 - 45.9	24.0	18.6 - 30.3	28.3	22.2 - 35.2
30-44	2145	5.5	3.9 - 7.5	27.8	24.0 - 32.0	26.5	22.9 - 30.5	40.2	36.1 - 44.5
45-59	1168	4.0	2.6 - 6.1	24.0	19.4 - 29.2	28.6	23.8 - 34.0	43.4	37.6 - 49.4
60+	741	5.3	3.2 - 8.6	22.8	18.2 - 28.3	32.6	25.5 - 40.6	39.2	31.0 - 48.2
<b>Total</b>	<b>4847</b>	<b>6.1</b>	<b>4.8 - 7.6</b>	<b>30.1</b>	<b>27.3 - 33.1</b>	<b>26.7</b>	<b>24.1 - 29.5</b>	<b>37.1</b>	<b>34.1 - 40.3</b>
<b>Nationality</b>									
Non-Omani	490	4.8	2.7 - 8.4	32.4	26.1 - 39.4	29.1	22.9 - 36.1	33.7	26.8 - 41.4
Omani	4357	6.7	5.5 - 8.3	28.9	26.4 - 31.5	25.4	23.3 - 27.6	38.9	36.3 - 41.7

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

<b>Total</b>									
Age Categories (Years)	n	% no fruit or vegetables	95% CI	% 1-2 servings	95% CI	% 3-4 servings	95% CI	% ≥5 servings	95% CI
18-29	1808	9.5	7.6 - 11.8	36.1	32.3 - 40.1	24.3	20.9 - 28.0	30.1	25.9 - 34.7
30-44	4349	7.4	6.0 - 9.2	31.6	28.7 - 34.7	25.0	22.5 - 27.8	35.9	32.5 - 39.5
45-59	2289	6.2	4.6 - 8.3	30.9	26.8 - 35.3	24.4	21.2 - 28.0	38.5	34.2 - 43.1
60+	1277	6.2	4.5 - 8.5	21.6	18.1 - 25.7	27.5	22.9 - 32.6	44.7	38.9 - 50.6
<b>Total</b>	<b>9723</b>	<b>7.7</b>	<b>6.6 - 8.9</b>	<b>32.1</b>	<b>29.8 - 34.4</b>	<b>24.9</b>	<b>23.0 - 26.8</b>	<b>35.3</b>	<b>32.7 - 38.1</b>
<b>Nationality</b>									
Non-Omani	2667	8.4	6.8 - 10.4	36.4	32.8 - 40.2	25.4	22.4 - 28.6	29.8	25.8 - 34.1
Omani	7056	6.9	5.8 - 8.1	26.9	24.9 - 29.0	24.2	22.5 - 26.0	42.0	39.6 - 44.5

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

Age Categories (Years)	Male			Female			Total		
	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI	n	% < five servings per day	95% CI
18-29	1015	68.8	62.8 - 74.2	793	71.7	64.8 - 77.8	1808	69.9	65.3 - 74.1
30-44	2204	66.1	61.3 - 70.5	2145	59.8	55.5 - 63.9	4349	64.1	60.5 - 67.5
45-59	1121	64.1	58.1 - 69.6	1168	56.6	50.6 - 62.4	2289	61.5	56.9 - 65.8
60+	536	50.2	42.9 - 57.6	741	60.8	51.8 - 69.0	1277	55.3	49.4 - 61.1
<b>Total</b>	<b>4876</b>	<b>65.6</b>	<b>62.1 - 68.9</b>	<b>4847</b>	<b>62.9</b>	<b>59.7 - 65.9</b>	<b>9723</b>	<b>64.7</b>	<b>61.9 - 67.3</b>
Nationality									
Non-Omani	2177	71.3	66.3 - 75.8	490	66.3	58.6 - 73.2	2667	70.2	65.9 - 74.2
Omani	2699	54.9	51.5 - 58.4	4357	61.1	58.3 - 63.7	7056	58.0	55.5 - 60.4

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

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

Add salt always or often before eating or when eating										
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1020	20.3	16.2 - 25.0	797	26.3	21.4 - 31.8	1817	22.5	19.3 - 26.0	
30-44	2204	20.7	18.0 - 23.8	2160	27.8	23.8 - 32.1	4364	23.0	20.5 - 25.6	
45-59	1126	17.5	13.7 - 22.1	1171	17.1	13.8 - 21.0	2297	17.4	14.5 - 20.7	
60+	537	11.6	7.3 - 18.0	740	9.9	7.0 - 13.9	1277	10.8	8.1 - 14.3	
<b>Total</b>	<b>4887</b>	<b>19.5</b>	<b>17.5 - 21.8</b>	<b>4868</b>	<b>23.8</b>	<b>21.3 - 26.5</b>	<b>9755</b>	<b>21.0</b>	<b>19.3 - 22.9</b>	
Nationality										
Non-Omani	2178	21.1	18.2 - 24.3	492	23.9	18.3 - 30.5	2670	21.7	19.0 - 24.7	
Omani	2709	16.6	14.3 - 19.1	4376	23.7	21.6 - 26.0	7085	20.2	18.6 - 21.8	

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

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

Add salt always or often when cooking or preparing food at home										
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	978	33.5	27.1 - 40.6	790	40.0	33.5 - 47.0	1768	36.0	31.0 - 41.3	
30-44	2136	31.7	27.6 - 36.1	2160	38.0	33.6 - 42.7	4296	33.7	30.3 - 37.3	
45-59	1105	31.4	25.7 - 37.6	1169	38.5	33.1 - 44.1	2274	33.8	29.4 - 38.5	
60+	513	31.8	25.1 - 39.4	730	31.8	22.3 - 43.0	1243	31.8	25.4 - 39.0	
<b>Total</b>	<b>4732</b>	<b>32.1</b>	<b>28.5 - 36.0</b>	<b>4849</b>	<b>38.2</b>	<b>34.5 - 42.0</b>	<b>9581</b>	<b>34.2</b>	<b>31.1 - 37.5</b>	
Nationality										
Non-Omani	2142	29.8	25.0 - 35.1	492	37.7	30.6 - 45.3	2634	31.5	27.3 - 36.1	
Omani	2590	36.6	32.8 - 40.6	4357	38.4	35.0 - 42.0	6947	37.5	34.4 - 40.8	

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

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

Always or often consume processed food high in salt										
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1019	16.5	13.0 - 20.7	796	20.3	16.2 - 25.1	1815	17.9	15.2 - 21.0	
30-44	2204	13.0	10.7 - 15.7	2161	18.5	15.0 - 22.7	4365	14.7	12.7 - 17.0	
45-59	1127	9.6	6.9 - 13.3	1170	12.6	9.3 - 16.9	2297	10.6	8.5 - 13.3	
60+	536	5.0	2.7 - 9.2	740	3.4	2.1 - 5.6	1276	4.3	2.8 - 6.5	
<b>Total</b>	<b>4886</b>	<b>12.9</b>	<b>11.2 - 14.8</b>	<b>4867</b>	<b>16.6</b>	<b>14.4 - 19.0</b>	<b>9753</b>	<b>14.2</b>	<b>12.8 - 15.7</b>	
Nationality										
Non-Omani	2178	11.1	8.9 - 13.6	492	12.9	8.4 - 19.2	2670	11.5	9.4 - 13.9	
Omani	2708	16.4	14.2 - 18.9	4375	18.5	16.6 - 20.7	7083	17.5	15.9 - 19.1	

**Salt consumption**

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

Instrument question:

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

Think they consume far too much or too much salt									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1020	6.7	4.5 - 9.7	796	5.1	3.6 - 7.3	1816	6.1	4.6 - 8.1
30-44	2199	5.8	4.4 - 7.7	2158	5.2	3.6 - 7.3	4357	5.6	4.5 - 7.0
45-59	1122	7.9	4.8 - 12.6	1168	7.6	4.2 - 13.2	2290	7.8	5.3 - 11.3
60+	536	2.5	1.1 - 5.3	742	3.7	2.1 - 6.5	1278	3.1	2.0 - 4.9
<b>Total</b>	<b>4877</b>	<b>6.2</b>	<b>5.1 - 7.6</b>	<b>4864</b>	<b>5.4</b>	<b>4.3 - 6.8</b>	<b>9741</b>	<b>6.0</b>	<b>5.1 - 7.0</b>
Nationality									
Non-Omani	2169	6.7	5.2 - 8.7	489	4.5	2.3 - 8.5	2658	6.2	4.9 - 7.9
Omani	2708	5.3	4.1 - 6.9	4375	5.9	4.9 - 7.2	7083	5.6	4.8 - 6.6

Self-reported quantity of salt consumed							
Male							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	1020	0.7	0.3 - 1.7	5.9	3.9 - 8.9	77.1	72.4 - 81.2
30-44	2199	0.7	0.4 - 1.5	5.1	3.7 - 6.9	72.0	68.6 - 75.3
45-59	1122	2.9*	1.0 - 7.9	5.0	3.1 - 8.0	61.0	54.9 - 66.7
60+	536	0.2*	0.0 - 0.8	2.3*	1.0 - 5.2	61.6	54.9 - 68.0
<b>Total</b>	<b>4877</b>	<b>1.1</b>	<b>0.6 - 2.0</b>	<b>5.2</b>	<b>4.2 - 6.4</b>	<b>70.9</b>	<b>68.4 - 73.2</b>
Nationality							
Non-Omani	2169	1.3	0.6 - 2.7	5.4	4.1 - 7.1	69.0	65.5 - 72.2
Omani	2708	0.7	0.4 - 1.3	4.7	3.5 - 6.2	74.4	71.5 - 77.0

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

Self-reported quantity of salt consumed					
Male					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	1020	13.2	9.9 - 17.5	2.9	1.5 - 5.8
30-44	2199	19.6	16.5 - 23.0	2.6	1.8 - 3.7
45-59	1122	24.4	20.0 - 29.4	6.8	4.4 - 10.1
60+	536	29.0	23.1 - 35.7	6.9	4.4 - 10.5
<b>Total</b>	<b>4877</b>	<b>19.2</b>	<b>17.2 - 21.5</b>	<b>3.7</b>	<b>2.9 - 4.7</b>
Nationality					
Non-Omani	2169	20.5	17.6 - 23.7	3.8	2.7 - 5.3
Omani	2708	16.8	14.6 - 19.3	3.5	2.5 - 4.8

**Self-reported quantity of salt consumed**

Female							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	796	0.2*	0.1 - 0.6	4.9	3.4 - 7.1	79.2	72.8 - 84.4
30-44	2158	0.7	0.4 - 1.3	4.4	3.0 - 6.5	73.9	69.8 - 77.6
45-59	1168	0.5*	0.2 - 1.6	7.0	3.8 - 12.8	65.4	60.0 - 70.5
60+	742	0.3*	0.1 - 1.0	3.5	1.9 - 6.2	52.5	43.8 - 61.1
<b>Total</b>	<b>4864</b>	<b>0.5</b>	<b>0.3 - 0.8</b>	<b>5.0</b>	<b>3.9 - 6.3</b>	<b>72.0</b>	<b>69.0 - 74.8</b>
Nationality							
Non-Omani	489	0.3*	0.1 - 0.9	4.2	2.1 - 8.2	65.9	58.3 - 72.7
Omani	4375	0.6	0.3 - 1.0	5.4	4.4 - 6.6	75.2	73.1 - 77.2

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

**Self-reported quantity of salt consumed**

Female					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	796	13.6	9.0 - 20.1	2.1	0.8 - 5.5
30-44	2158	17.6	14.5 - 21.2	3.4	2.2 - 5.1
45-59	1168	22.6	18.4 - 27.4	4.4	2.6 - 7.5
60+	742	37.9	28.8 - 48.0	5.8	3.9 - 8.6
<b>Total</b>	<b>4864</b>	<b>19.2</b>	<b>16.6 - 22.0</b>	<b>3.4</b>	<b>2.5 - 4.6</b>
Nationality					
Non-Omani	489	24.2	18.3 - 31.3	5.5	3.2 - 9.1
Omani	4375	16.5	14.7 - 18.5	2.3	1.8 - 3.0

**Self-reported quantity of salt consumed**

Total							
Age Categories (Years)	n	% far too much	95% CI	% too much	95% CI	% just the right amount	95% CI
18-29	1816	0.5	0.3 - 1.1	5.6	4.1 - 7.5	77.9	74.2 - 81.2
30-44	4357	0.7	0.4 - 1.2	4.9	3.8 - 6.2	72.6	69.9 - 75.1
45-59	2290	2.1	0.8 - 5.4	5.7	3.9 - 8.3	62.5	58.0 - 66.8
60+	1278	0.2*	0.1 - 0.6	2.9	1.8 - 4.7	57.2	51.8 - 62.5
<b>Total</b>	<b>9741</b>	<b>0.9</b>	<b>0.5 - 1.4</b>	<b>5.1</b>	<b>4.3 - 6.0</b>	<b>71.3</b>	<b>69.3 - 73.1</b>
Nationality							
Non-Omani	2658	1.1	0.6 - 2.2	5.1	3.9 - 6.7	68.3	65.1 - 71.4
Omani	7083	0.6	0.4 - 1.0	5.0	4.2 - 5.9	74.8	73.0 - 76.5

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

**Self-reported quantity of salt consumed**

Total					
Age Categories (Years)	n	% too little	95% CI	% far too little	95% CI
18-29	1816	13.4	10.6 - 16.8	2.6	1.5 - 4.6
30-44	4357	19.0	16.6 - 21.6	2.8	2.1 - 3.7
45-59	2290	23.8	20.4 - 27.5	5.9	4.2 - 8.4
60+	1278	33.3	27.8 - 39.3	6.3	4.7 - 8.6
<b>Total</b>	<b>9741</b>	<b>19.2</b>	<b>17.6 - 21.0</b>	<b>3.6</b>	<b>2.9 - 4.4</b>
Nationality					
Non-Omani	2658	21.3	18.6 - 24.3	4.1	3.1 - 5.5
Omani	7083	16.7	15.2 - 18.2	2.9	2.3 - 3.6

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

Instrument question:

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

**Importance of lowering salt in diet**

<b>Male</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	985	45.8	40.6 - 51.0	43.2	38.4 - 48.2	11.0	8.2 - 14.7
30-44	2143	48.8	44.9 - 52.7	46.1	41.9 - 50.3	5.1	3.7 - 7.2
45-59	1107	55.9	50.9 - 60.9	39.1	34.2 - 44.1	5.0	3.3 - 7.5
60+	530	60.9	54.0 - 67.5	37.0	30.6 - 43.9	2.1	0.8 - 5.2
<b>Total</b>	<b>4765</b>	<b>49.9</b>	<b>47.2 - 52.6</b>	<b>43.5</b>	<b>40.9 - 46.2</b>	<b>6.5</b>	<b>5.4 - 7.9</b>
<b>Nationality</b>							
Non-Omani	2095	50.2	46.5 - 54.0	44.8	41.1 - 48.6	4.9	3.6 - 6.7
Omani	2670	49.3	46.2 - 52.5	41.1	37.9 - 44.4	9.5	7.7 - 11.7

**Importance of lowering salt in diet**

<b>Female</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	784	38.9	32.5 - 45.7	50.8	44.3 - 57.4	10.3	5.9 - 17.5
30-44	2149	55.0	50.6 - 59.3	39.6	35.4 - 44.0	5.4	3.7 - 7.8
45-59	1165	58.1	52.4 - 63.6	38.9	33.6 - 44.5	3.0	1.7 - 5.5
60+	733	58.9	51.7 - 65.7	38.6	32.1 - 45.6	2.5	1.3 - 5.0
<b>Total</b>	<b>4831</b>	<b>51.2</b>	<b>48.1 - 54.3</b>	<b>42.7</b>	<b>39.8 - 45.6</b>	<b>6.1</b>	<b>4.5 - 8.4</b>
<b>Nationality</b>							
Non-Omani	486	52.8	45.3 - 60.3	38.9	32.1 - 46.0	8.3	4.3 - 15.4
Omani	4345	50.3	47.6 - 53.0	44.7	42.0 - 47.3	5.0	4.0 - 6.3

**Importance of lowering salt in diet**

<b>Total</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	1769	43.2	39.0 - 47.5	46.0	42.0 - 50.1	10.7	8.2 - 14.0
30-44	4292	50.8	47.8 - 53.8	44.0	40.8 - 47.2	5.2	4.0 - 6.7
45-59	2272	56.7	52.9 - 60.4	39.0	35.3 - 42.8	4.3	3.1 - 6.0
60+	1263	59.9	55.1 - 64.5	37.8	33.0 - 42.8	2.3	1.3 - 3.8
<b>Total</b>	<b>9596</b>	<b>50.4</b>	<b>48.2 - 52.5</b>	<b>43.2</b>	<b>41.1 - 45.4</b>	<b>6.4</b>	<b>5.4 - 7.5</b>
<b>Nationality</b>							
Non-Omani	2581	50.8	47.3 - 54.3	43.5	40.1 - 47.0	5.7	4.2 - 7.6
Omani	7015	49.8	47.6 - 52.1	42.9	40.7 - 45.1	7.3	6.1 - 8.6

**Salt knowledge**

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

Instrument question:

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

<b>Think consuming too much salt could cause serious health problem</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1023	88.4	83.8 - 91.9	797	92.3	84.8 - 96.2	1820	89.8	86.2 - 92.6	
30-44	2214	88.9	85.9 - 91.2	2162	95.9	93.9 - 97.3	4376	91.1	89.0 - 92.8	
45-59	1129	92.4	89.4 - 94.6	1171	96.9	94.6 - 98.2	2300	94.0	91.8 - 95.6	
60+	541	93.0	89.1 - 95.6	742	95.6	92.7 - 97.4	1283	94.3	91.9 - 96.0	
<b>Total</b>	<b>4907</b>	<b>89.6</b>	<b>87.4 - 91.5</b>	<b>4872</b>	<b>95.0</b>	<b>92.8 - 96.5</b>	<b>9779</b>	<b>91.5</b>	<b>89.9 - 92.8</b>	
<b>Nationality</b>										
Non-Omani	2190	87.6	84.2 - 90.3	492	91.9	85.4 - 95.6	2682	88.5	85.7 - 90.9	
Omani	2717	93.4	91.6 - 94.9	4380	96.6	95.7 - 97.3	7097	95.0	94.0 - 95.9	

**Controlling salt intake**

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

Instrument question:

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

**Limit consumption of processed foods**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	59.1	54.0 - 64.1	797	61.9	55.7 - 67.7	1820	60.2	56.1 - 64.1
30-44	2214	60.8	56.6 - 65.0	2162	71.7	67.7 - 75.4	4376	64.3	60.9 - 67.4
45-59	1129	68.9	63.5 - 73.7	1171	75.8	70.5 - 80.4	2300	71.2	67.4 - 74.8
60+	541	75.0	68.5 - 80.5	742	66.5	55.9 - 75.8	1283	70.9	64.1 - 76.8
<b>Total</b>	<b>4907</b>	<b>62.6</b>	<b>59.6 - 65.5</b>	<b>4872</b>	<b>69.0</b>	<b>65.9 - 72.0</b>	<b>9779</b>	<b>64.8</b>	<b>62.5 - 67.1</b>
Nationality									
Non-Omani	2190	60.1	55.8 - 64.1	492	74.3	67.6 - 80.0	2682	63.2	59.4 - 66.8
Omani	2717	67.3	64.2 - 70.4	4380	66.3	63.6 - 68.9	7097	66.8	64.6 - 69.0

**Look at the salt or sodium content on food labels**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	17.1	13.5 - 21.4	797	21.7	17.1 - 27.1	1820	18.8	15.9 - 22.1
30-44	2214	21.4	18.4 - 24.8	2162	40.2	35.7 - 44.8	4376	27.4	24.7 - 30.2
45-59	1129	26.4	21.4 - 32.0	1171	27.6	23.0 - 32.6	2300	26.8	23.2 - 30.7
60+	541	20.6	14.9 - 27.7	742	13.5	8.2 - 21.3	1283	17.1	13.2 - 22.0
<b>Total</b>	<b>4907</b>	<b>21.1</b>	<b>18.8 - 23.6</b>	<b>4872</b>	<b>30.0</b>	<b>27.1 - 33.0</b>	<b>9779</b>	<b>24.2</b>	<b>22.3 - 26.2</b>
Nationality									
Non-Omani	2190	18.4	15.4 - 21.9	492	38.8	31.7 - 46.4	2682	22.8	19.6 - 26.4
Omani	2717	26.3	23.6 - 29.1	4380	25.4	23.4 - 27.5	7097	25.8	24.1 - 27.7

**Buy low salt/sodium alternatives**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	12.4	9.2 - 16.4	797	16.9	12.5 - 22.4	1820	14.0	11.5 - 17.1
30-44	2214	13.2	10.7 - 16.2	2162	26.3	22.2 - 31.0	4376	17.4	14.9 - 20.1
45-59	1129	20.3	15.6 - 25.9	1171	19.3	15.4 - 24.1	2300	20.0	16.4 - 24.1
60+	541	11.7	8.1 - 16.6	742	12.5	7.5 - 20.2	1283	12.1	8.8 - 16.4
<b>Total</b>	<b>4907</b>	<b>14.2</b>	<b>12.2 - 16.6</b>	<b>4872</b>	<b>21.0</b>	<b>18.4 - 23.9</b>	<b>9779</b>	<b>16.6</b>	<b>14.8 - 18.5</b>
Nationality									
Non-Omani	2190	12.0	9.3 - 15.5	492	28.3	22.0 - 35.5	2682	15.6	12.6 - 19.0
Omani	2717	18.4	15.9 - 21.1	4380	17.2	15.4 - 19.3	7097	17.8	16.2 - 19.5

**Use spices other than salt when cooking**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	28.0	22.9 - 33.8	797	35.1	28.0 - 43.0	1820	30.6	26.3 - 35.3
30-44	2214	30.4	26.6 - 34.4	2162	33.1	28.5 - 38.0	4376	31.2	28.2 - 34.4
45-59	1129	30.3	25.0 - 36.1	1171	26.8	22.3 - 31.8	2300	29.1	25.1 - 33.4
60+	541	25.2	19.4 - 32.1	742	17.6	12.1 - 24.8	1283	21.5	17.3 - 26.6
<b>Total</b>	<b>4907</b>	<b>29.5</b>	<b>26.3 - 32.8</b>	<b>4872</b>	<b>31.2</b>	<b>27.7 - 34.8</b>	<b>9779</b>	<b>30.0</b>	<b>27.5 - 32.7</b>
Nationality									
Non-Omani	2190	31.3	26.9 - 36.0	492	45.1	37.5 - 52.9	2682	34.3	30.2 - 38.6
Omani	2717	26.0	23.2 - 29.1	4380	23.9	21.6 - 26.2	7097	24.9	23.0 - 27.0

**Avoid eating foods prepared outside of a home**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	48.0	43.0 - 53.0	797	49.0	42.4 - 55.7	1820	48.3	44.3 - 52.4
30-44	2214	52.6	48.9 - 56.2	2162	60.4	56.0 - 64.7	4376	55.0	52.1 - 57.9
45-59	1129	62.6	57.1 - 67.7	1171	63.6	57.9 - 68.9	2300	62.9	58.9 - 66.8
60+	541	69.1	63.3 - 74.4	742	66.0	56.3 - 74.5	1283	67.6	62.1 - 72.6
<b>Total</b>	<b>4907</b>	<b>54.0</b>	<b>51.3 - 56.6</b>	<b>4872</b>	<b>58.1</b>	<b>55.0 - 61.1</b>	<b>9779</b>	<b>55.4</b>	<b>53.3 - 57.5</b>
Nationality									
Non-Omani	2190	52.5	48.8 - 56.2	492	63.2	55.9 - 70.0	2682	54.9	51.5 - 58.2
Omani	2717	56.8	53.8 - 59.7	4380	55.4	52.9 - 57.9	7097	56.1	54.0 - 58.1

**Do other things specifically to control your salt intake**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	12.6	8.8 - 17.7	797	13.5	10.0 - 18.0	1820	12.9	10.2 - 16.3
30-44	2214	12.0	9.8 - 14.6	2162	18.8	15.6 - 22.4	4376	14.1	12.2 - 16.3
45-59	1129	16.7	13.4 - 20.7	1171	16.3	12.8 - 20.5	2300	16.6	14.0 - 19.5
60+	541	10.7	7.3 - 15.5	742	9.7	7.0 - 13.3	1283	10.2	7.9 - 13.2
<b>Total</b>	<b>4907</b>	<b>13.0</b>	<b>11.1 - 15.1</b>	<b>4872</b>	<b>15.9</b>	<b>13.9 - 18.2</b>	<b>9779</b>	<b>14.0</b>	<b>12.5 - 15.6</b>
Nationality									
Non-Omani	2190	13.3	10.7 - 16.4	492	15.0	11.0 - 20.2	2682	13.7	11.4 - 16.3
Omani	2717	12.4	10.5 - 14.5	4380	16.4	14.4 - 18.6	7097	14.4	12.9 - 16.0

**Intake of salt per day**

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

Instrument question:

M8: Are you pregnant?

B10: Had you been fasting prior to urine collection?

B14: Urinary sodium measurement

B15: Urinary creatinine measurement

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	8.7	8.5 - 9.0	601	6.9	6.7 - 7.1	1480	8.1	7.9 - 8.3
30-44	1921	9.3	9.2 - 9.5	1693	7.8	7.7 - 8.0	3614	8.9	8.7 - 9.0
45-59	993	9.7	9.5 - 9.9	992	7.7	7.6 - 7.9	1985	9.0	8.9 - 9.2
60+	479	9.9	9.6 - 10.1	622	6.4	6.2 - 6.6	1101	8.2	7.9 - 8.4
<b>Total</b>	<b>4272</b>	<b>9.3</b>	<b>9.1 - 9.4</b>	<b>3908</b>	<b>7.4</b>	<b>7.3 - 7.5</b>	<b>8180</b>	<b>8.6</b>	<b>8.5 - 8.7</b>
Nationality									
Non-Omani	1973	9.3	9.1 - 9.5	401	7.5	7.2 - 7.7	2374	8.9	8.7 - 9.1
Omani	2299	9.2	9.0 - 9.3	3507	7.4	7.3 - 7.5	5806	8.3	8.2 - 8.4

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	875	12.4	11.9 - 12.9	601	10.8	10.2 - 11.4	1476	11.8	11.4 - 12.2
30-44	1918	12.2	11.9 - 12.4	1693	10.8	10.5 - 11.1	3611	11.7	11.5 - 12.0
45-59	992	11.8	11.4 - 12.2	991	10.4	10.0 - 10.7	1983	11.3	11.0 - 11.6
60+	479	10.9	10.5 - 11.3	625	9.8	9.4 - 10.2	1104	10.4	10.1 - 10.6
<b>Total</b>	<b>4264</b>	<b>12.1</b>	<b>11.9 - 12.3</b>	<b>3910</b>	<b>10.6</b>	<b>10.4 - 10.9</b>	<b>8174</b>	<b>11.6</b>	<b>11.4 - 11.8</b>
Nationality									
Non-Omani	1969	12.2	11.9 - 12.5	401	11.0	10.3 - 11.6	2370	12.0	11.7 - 12.2
Omani	2295	11.8	11.6 - 12.1	3509	10.5	10.3 - 10.6	5804	11.2	11.0 - 11.3

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	8.6	8.3 - 8.9	601	8.5	8.1 - 8.9	1480	8.6	8.3 - 8.8
30-44	1921	8.7	8.5 - 8.9	1693	8.9	8.7 - 9.1	3614	8.8	8.6 - 8.9
45-59	993	8.8	8.6 - 9.0	992	8.7	8.5 - 9.0	1985	8.8	8.6 - 8.9
60+	479	8.5	8.3 - 8.8	624	8.3	8.0 - 8.6	1103	8.4	8.2 - 8.6
<b>Total</b>	<b>4272</b>	<b>8.7</b>	<b>8.6 - 8.8</b>	<b>3910</b>	<b>8.7</b>	<b>8.6 - 8.9</b>	<b>8182</b>	<b>8.7</b>	<b>8.6 - 8.8</b>
Nationality									
Non-Omani	1973	8.7	8.6 - 8.9	401	8.9	8.5 - 9.3	2374	8.8	8.6 - 9.0
Omani	2299	8.6	8.4 - 8.7	3509	8.6	8.5 - 8.7	5808	8.6	8.5 - 8.7

Mean salt intake (g/day) - Mage									
Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	859	9.1	8.5 - 9.8	592	8.1	7.2 - 9.1	1451	8.8	8.2 - 9.3
30-44	1863	8.9	8.5 - 9.3	1656	9.1	8.5 - 9.6	3519	9.0	8.6 - 9.3
45-59	967	8.2	7.7 - 8.8	978	8.2	7.5 - 8.8	1945	8.2	7.8 - 8.6
60+	464	6.5	6.0 - 7.0	600	6.1	5.6 - 6.6	1064	6.3	6.0 - 6.7
<b>Total</b>	<b>4153</b>	<b>8.7</b>	<b>8.4 - 9.0</b>	<b>3826</b>	<b>8.4</b>	<b>8.0 - 8.8</b>	<b>7979</b>	<b>8.6</b>	<b>8.3 - 8.9</b>
Nationality									
Non-Omani	1919	8.9	8.5 - 9.4	393	9.1	8.1 - 10.1	2312	9.0	8.5 - 9.4
Omani	2234	8.4	8.0 - 8.7	3433	8.0	7.7 - 8.3	5667	8.2	7.9 - 8.4

Mean salt intake (g/day) - Toft									
Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	11.2	10.9 - 11.5	602	8.0	7.8 - 8.1	1481	10.0	9.8 - 10.3
30-44	1921	11.2	11.0 - 11.4	1693	8.0	7.9 - 8.0	3614	10.2	10.0 - 10.3
45-59	993	11.1	10.9 - 11.3	992	7.8	7.7 - 7.9	1985	10.0	9.8 - 10.2
60+	479	10.8	10.6 - 11.1	625	7.6	7.5 - 7.7	1104	9.3	9.0 - 9.5
<b>Total</b>	<b>4272</b>	<b>11.2</b>	<b>11.0 - 11.3</b>	<b>3912</b>	<b>7.9</b>	<b>7.8 - 8.0</b>	<b>8184</b>	<b>10.0</b>	<b>9.9 - 10.2</b>
Nationality									
Non-Omani	1973	11.2	11.0 - 11.4	401	8.0	7.8 - 8.2	2374	10.5	10.3 - 10.7
Omani	2299	11.0	10.8 - 11.1	3511	7.9	7.8 - 7.9	5810	9.4	9.3 - 9.6

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

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

Instrument question:

M8: Are you pregnant?

B10: Had you been fasting prior to urine collection?

B14: Urinary sodium measurement

B15: Urinary creatinine measurement

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	9.6	9.3 - 9.9	601	7.6	7.4 - 7.8	1480	8.9	8.7 - 9.1
30-44	1921	10.3	10.1 - 10.5	1693	8.6	8.5 - 8.8	3614	9.7	9.6 - 9.9
45-59	993	10.7	10.4 - 10.9	992	8.5	8.3 - 8.7	1985	9.9	9.8 - 10.1
60+	479	10.9	10.6 - 11.1	622	7.0	6.8 - 7.2	1101	9.0	8.7 - 9.3
<b>Total</b>	<b>4272</b>	<b>10.2</b>	<b>10.0 - 10.3</b>	<b>3908</b>	<b>8.2</b>	<b>8.0 - 8.3</b>	<b>8180</b>	<b>9.5</b>	<b>9.4 - 9.6</b>
Nationality									
Non-Omani	1973	10.2	10.0 - 10.4	401	8.2	8.0 - 8.5	2374	9.8	9.6 - 10.0
Omani	2299	10.1	9.9 - 10.3	3507	8.1	8.0 - 8.2	5806	9.1	9.0 - 9.2

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	873	13.6	13.1 - 14.2	601	11.9	11.2 - 12.5	1474	13.0	12.5 - 13.4
30-44	1914	13.4	13.1 - 13.7	1692	11.9	11.6 - 12.2	3606	12.9	12.7 - 13.2
45-59	990	13.0	12.6 - 13.4	990	11.4	11.0 - 11.8	1980	12.5	12.1 - 12.8
60+	479	12.0	11.6 - 12.4	625	10.7	10.3 - 11.2	1104	11.4	11.1 - 11.7
<b>Total</b>	<b>4256</b>	<b>13.3</b>	<b>13.1 - 13.5</b>	<b>3908</b>	<b>11.7</b>	<b>11.4 - 12.0</b>	<b>8164</b>	<b>12.8</b>	<b>12.6 - 12.9</b>
Nationality									
Non-Omani	1968	13.5	13.1 - 13.8	401	12.1	11.4 - 12.8	2369	13.2	12.9 - 13.5
Omani	2288	13.0	12.7 - 13.3	3507	11.5	11.3 - 11.7	5795	12.3	12.1 - 12.4

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	9.5	9.2 - 9.8	601	9.3	8.9 - 9.8	1480	9.4	9.2 - 9.7
30-44	1921	9.6	9.4 - 9.8	1693	9.8	9.6 - 10.0	3614	9.7	9.5 - 9.8
45-59	993	9.7	9.4 - 9.9	992	9.6	9.3 - 9.9	1985	9.6	9.5 - 9.8
60+	479	9.4	9.1 - 9.7	624	9.1	8.8 - 9.5	1103	9.3	9.1 - 9.5
<b>Total</b>	<b>4272</b>	<b>9.6</b>	<b>9.4 - 9.7</b>	<b>3910</b>	<b>9.6</b>	<b>9.4 - 9.8</b>	<b>8182</b>	<b>9.6</b>	<b>9.5 - 9.7</b>
Nationality									
Non-Omani	1973	9.6	9.4 - 9.8	401	9.8	9.4 - 10.3	2374	9.7	9.5 - 9.9
Omani	2299	9.4	9.3 - 9.6	3509	9.5	9.3 - 9.6	5808	9.4	9.4 - 9.5

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	854	10.0	9.3 - 10.7	590	8.9	7.8 - 9.9	1444	9.6	9.0 - 10.2
30-44	1845	9.7	9.3 - 10.2	1644	10.0	9.3 - 10.6	3489	9.8	9.4 - 10.2
45-59	959	8.8	8.3 - 9.4	974	8.9	8.2 - 9.7	1933	8.9	8.4 - 9.3
60+	465	7.1	6.5 - 7.6	604	6.7	6.1 - 7.3	1069	6.9	6.5 - 7.3
<b>Total</b>	<b>4123</b>	<b>9.5</b>	<b>9.2 - 9.8</b>	<b>3812</b>	<b>9.2</b>	<b>8.7 - 9.6</b>	<b>7935</b>	<b>9.4</b>	<b>9.1 - 9.6</b>
Nationality									
Non-Omani	1905	9.7	9.2 - 10.2	391	10.0	8.9 - 11.1	2296	9.7	9.3 - 10.2
Omani	2218	9.1	8.7 - 9.5	3421	8.7	8.4 - 9.0	5639	8.9	8.7 - 9.2

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

Age Categories (Years)	Male			Female			Total		
	n	mean grams	95% CI	n	mean grams	95% CI	n	mean grams	95% CI
18-29	879	12.3	11.9 - 12.7	602	8.7	8.6 - 8.9	1481	11.0	10.8 - 11.3
30-44	1921	12.3	12.1 - 12.5	1693	8.8	8.7 - 8.8	3614	11.2	11.0 - 11.4
45-59	993	12.2	12.0 - 12.5	992	8.6	8.5 - 8.7	1985	11.0	10.8 - 11.3
60+	479	11.9	11.6 - 12.2	625	8.4	8.2 - 8.5	1104	10.2	9.9 - 10.4
<b>Total</b>	<b>4272</b>	<b>12.3</b>	<b>12.1 - 12.4</b>	<b>3912</b>	<b>8.7</b>	<b>8.6 - 8.8</b>	<b>8184</b>	<b>11.1</b>	<b>10.9 - 11.2</b>
Nationality									
Non-Omani	1973	12.4	12.2 - 12.6	401	8.8	8.6 - 9.0	2374	11.6	11.4 - 11.8
Omani	2299	12.1	11.9 - 12.3	3511	8.6	8.6 - 8.7	5810	10.4	10.3 - 10.5

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

Instrument question:

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

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

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

c- Butter

d- Animal Ghee

e- Margarine or Vegetable Ghee

f- none used

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

<b>Total</b>							
Age Categories (Years)	n	% unsaturated plant oils	95% CI	% saturated plant oils	95% CI	% butter	95% CI
18-29	1820	74.0	69.7 - 77.8	19.0	15.4 - 23.3	0.8	0.4 - 1.3
30-44	4376	70.1	67.1 - 73.0	23.5	20.8 - 26.5	1.0	0.5 - 1.8
45-59	2300	72.1	68.4 - 75.5	22.4	19.1 - 26.2	0.9	0.5 - 1.6
60+	1283	79.1	74.3 - 83.2	13.4	9.7 - 18.1	0.4*	0.2 - 1.0
<b>Total</b>	<b>9779</b>	<b>72.2</b>	<b>69.8 - 74.3</b>	<b>21.4</b>	<b>19.3 - 23.7</b>	<b>0.9</b>	<b>0.6 - 1.3</b>
<b>Nationality</b>							
Non-Omani	2682	63.6	60.0 - 67.0	31.7	28.4 - 35.2	0.7	0.3 - 1.4
Omani	7097	82.5	80.9 - 83.9	9.0	7.8 - 10.4	1.1	0.8 - 1.6

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

<b>Total</b>							
Age Categories (Years)	n	% animal ghee	95% CI	% margarine or vegetable ghee	95% CI	% none used	95% CI
18-29	1820	2.0	1.4 - 2.8	0.6*	0.3 - 1.2	1.2*	0.2 - 6.7
30-44	4376	2.9	2.2 - 3.8	0.9	0.5 - 1.6	0.4	0.2 - 0.7
45-59	2300	2.6	1.9 - 3.6	0.7	0.3 - 1.3	0.6*	0.2 - 1.7
60+	1283	4.6	3.2 - 6.5	1.4	0.7 - 2.7	0.1*	0.0 - 0.4
<b>Total</b>	<b>9779</b>	<b>2.7</b>	<b>2.3 - 3.3</b>	<b>0.8</b>	<b>0.6 - 1.2</b>	<b>0.6</b>	<b>0.2 - 1.7</b>
<b>Nationality</b>							
Non-Omani	2682	1.1	0.7 - 1.8	0.6	0.4 - 1.1	1.1	0.4 - 3.0
Omani	7097	4.6	3.9 - 5.5	1.1	0.6 - 1.8	0.0*	0.0 - 0.1

**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**

Age Categories (Years)	Male			Female			Total		
	n	mean number of meals	95% CI	n	mean number of meals	95% CI	n	mean number of meals	95% CI
18-29	1023	3.3	2.7 - 3.9	797	2.1	1.8 - 2.3	1820	2.8	2.4 - 3.2
30-44	2214	2.6	2.4 - 2.9	2161	1.4	1.3 - 1.6	4375	2.2	2.0 - 2.4
45-59	1129	2.0	1.7 - 2.3	1171	1.1	0.9 - 1.3	2300	1.7	1.5 - 1.9
60+	541	1.1	0.9 - 1.4	741	0.5	0.4 - 0.7	1282	0.8	0.7 - 1.0
<b>Total</b>	<b>4907</b>	<b>2.6</b>	<b>2.4 - 2.8</b>	<b>4870</b>	<b>1.5</b>	<b>1.4 - 1.6</b>	<b>9777</b>	<b>2.2</b>	<b>2.1 - 2.4</b>
Nationality									
Non-Omani	2190	2.7	2.4 - 3.0	492	1.4	1.2 - 1.6	2682	2.4	2.1 - 2.7
Omani	2717	2.4	2.3 - 2.6	4378	1.5	1.4 - 1.6	7095	2.0	1.9 - 2.1

**Sugar consumption**

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

Instrument question:

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

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

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

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

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

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

**Always or often consumed food high in sugar**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1021	30.3	26.1 - 34.9	797	41.1	34.5 - 48.0	1818	34.3	30.5 - 38.3
30-44	2211	26.2	23.3 - 29.3	2162	27.6	23.9 - 31.8	4373	26.7	24.3 - 29.2
45-59	1128	21.2	17.1 - 26.0	1171	22.6	18.7 - 27.2	2299	21.7	18.5 - 25.3
60+	539	13.9	10.2 - 18.8	742	14.1	10.1 - 19.2	1281	14.0	11.3 - 17.2
<b>Total</b>	<b>4899</b>	<b>25.8</b>	<b>23.6 - 28.0</b>	<b>4872</b>	<b>29.5</b>	<b>26.7 - 32.5</b>	<b>9771</b>	<b>27.1</b>	<b>25.2 - 29.0</b>
Nationality									
Non-Omani	2184	22.4	19.7 - 25.3	492	23.9	18.2 - 30.8	2676	22.7	20.1 - 25.5
Omani	2715	32.2	29.3 - 35.3	4380	32.4	29.9 - 35.1	7095	32.3	30.4 - 34.4

**Consume far too much or too much sugar or sugary foods**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1021	16.4	12.9 - 20.7	792	22.5	17.4 - 28.4	1813	18.7	15.7 - 22.0
30-44	2205	12.4	10.3 - 15.0	2158	9.1	7.2 - 11.4	4363	11.4	9.7 - 13.3
45-59	1127	8.4	6.3 - 11.1	1168	6.6	4.5 - 9.6	2295	7.8	6.2 - 9.8
60+	539	3.5	2.1 - 5.9	740	4.5	2.6 - 7.8	1279	4.0	2.7 - 5.8
<b>Total</b>	<b>4892</b>	<b>12.3</b>	<b>10.8 - 14.0</b>	<b>4858</b>	<b>12.2</b>	<b>10.4 - 14.3</b>	<b>9750</b>	<b>12.3</b>	<b>11.0 - 13.6</b>
Nationality									
Non-Omani	2179	9.4	7.6 - 11.7	488	10.1	6.5 - 15.6	2667	9.6	7.8 - 11.7
Omani	2713	17.8	15.4 - 20.4	4370	13.3	11.5 - 15.2	7083	15.5	14.0 - 17.2

**Always or often add sugar to food right before eating**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1017	13.3	10.1 - 17.2	796	13.6	9.7 - 18.7	1813	13.4	10.8 - 16.5
30-44	2199	12.3	9.6 - 15.7	2159	8.5	6.6 - 11.0	4358	11.1	9.0 - 13.7
45-59	1118	11.5	8.1 - 16.1	1169	11.0	7.0 - 16.8	2287	11.3	8.5 - 15.0
60+	536	4.7	2.9 - 7.7	737	7.3	4.5 - 11.7	1273	6.0	4.2 - 8.5
<b>Total</b>	<b>4870</b>	<b>12.0</b>	<b>10.0 - 14.4</b>	<b>4861</b>	<b>10.4</b>	<b>8.5 - 12.5</b>	<b>9731</b>	<b>11.5</b>	<b>9.8 - 13.3</b>
Nationality									
Non-Omani	2175	12.6	9.7 - 16.1	490	11.3	7.4 - 16.8	2665	12.3	9.8 - 15.4
Omani	2695	11.1	8.9 - 13.6	4371	9.9	8.3 - 11.7	7066	10.5	9.1 - 12.0

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

Age Categories (Years)	Male			Female			Total		
	n	mean number of cans/cups	95% CI	n	mean number of cans/cups	95% CI	n	mean number of cans/cups	95% CI
18-29	1014	2.7	2.3 - 3.1	792	1.8	1.5 - 2.0	1806	2.3	2.1 - 2.6
30-44	2191	2.0	1.8 - 2.2	2141	1.1	1.0 - 1.2	4332	1.7	1.6 - 1.9
45-59	1120	1.1	1.0 - 1.3	1161	0.7	0.6 - 0.9	2281	1.0	0.9 - 1.1
60+	535	0.6	0.4 - 0.8	733	0.4	0.2 - 0.5	1268	0.5	0.4 - 0.6
<b>Total</b>	<b>4860</b>	<b>2.0</b>	<b>1.8 - 2.1</b>	<b>4827</b>	<b>1.2</b>	<b>1.1 - 1.3</b>	<b>9687</b>	<b>1.7</b>	<b>1.6 - 1.8</b>
Nationality									
Non-Omani	2168	1.8	1.6 - 2.0	482	0.8	0.7 - 1.0	2650	1.6	1.4 - 1.7
Omani	2692	2.2	2.0 - 2.5	4345	1.3	1.2 - 1.5	7037	1.8	1.7 - 1.9

**Lowering Sugar**

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

Instrument question:

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

**Importance of lowering sugar in diet**

<b>Male</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	1005	51.8	46.7 - 56.8	42.2	37.2 - 47.3	6.1	4.0 - 9.1
30-44	2166	60.0	56.2 - 63.8	34.7	31.1 - 38.4	5.3	3.8 - 7.4
45-59	1107	66.6	61.3 - 71.5	29.8	25.4 - 34.6	3.6	1.6 - 8.2
60+	534	65.2	58.2 - 71.7	32.8	26.4 - 39.9	2.0*	0.8 - 4.5
<b>Total</b>	<b>4812</b>	<b>59.3</b>	<b>56.4 - 62.1</b>	<b>35.7</b>	<b>32.9 - 38.5</b>	<b>5.0</b>	<b>3.9 - 6.4</b>
<b>Nationality</b>							
Non-Omani	2108	57.8	53.7 - 61.9	37.1	33.2 - 41.2	5.1	3.6 - 7.1
Omani	2704	62.0	58.9 - 65.0	33.2	30.3 - 36.2	4.9	3.6 - 6.6

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

**Importance of lowering sugar in diet**

<b>Female</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	792	54.9	48.4 - 61.3	33.8	28.5 - 39.6	11.3	6.3 - 19.4
30-44	2155	72.8	69.1 - 76.2	24.1	20.9 - 27.6	3.1	1.9 - 5.2
45-59	1167	72.4	67.4 - 76.8	26.7	22.2 - 31.7	1.0*	0.4 - 2.6
60+	738	69.1	63.0 - 74.6	30.6	25.1 - 36.7	0.3*	0.1 - 1.1
<b>Total</b>	<b>4852</b>	<b>67.1</b>	<b>64.1 - 69.9</b>	<b>28.0</b>	<b>25.6 - 30.6</b>	<b>4.9</b>	<b>3.1 - 7.6</b>
<b>Nationality</b>							
Non-Omani	487	67.8	60.3 - 74.4	22.9	17.7 - 29.1	9.3	4.9 - 17.0
Omani	4365	66.7	64.2 - 69.1	30.7	28.4 - 33.1	2.6	1.7 - 3.9

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

**Importance of lowering sugar in diet**

<b>Total</b>							
Age Categories (Years)	n	% very important	95% CI	% somewhat important	95% CI	% not at all important	95% CI
18-29	1797	52.9	48.8 - 57.0	39.1	35.3 - 43.0	8.0	5.5 - 11.4
30-44	4321	64.1	61.2 - 67.0	31.3	28.6 - 34.1	4.6	3.4 - 6.2
45-59	2274	68.6	64.6 - 72.3	28.7	25.3 - 32.4	2.7	1.3 - 5.7
60+	1272	67.1	62.6 - 71.4	31.7	27.6 - 36.2	1.1	0.5 - 2.4
<b>Total</b>	<b>9664</b>	<b>62.0</b>	<b>59.8 - 64.2</b>	<b>33.0</b>	<b>31.0 - 35.1</b>	<b>5.0</b>	<b>4.0 - 6.2</b>
<b>Nationality</b>							
Non-Omani	2595	60.0	56.3 - 63.7	33.9	30.5 - 37.6	6.0	4.4 - 8.2
Omani	7069	64.3	62.3 - 66.4	31.9	30.0 - 34.0	3.7	2.9 - 4.8

**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**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	88.9	83.3 - 92.8	797	97.1	94.5 - 98.5	1820	92.0	88.2 - 94.6
30-44	2214	93.0	90.5 - 94.8	2162	96.6	94.1 - 98.1	4376	94.1	92.3 - 95.5
45-59	1129	95.7	93.6 - 97.1	1171	96.9	94.2 - 98.4	2300	96.1	94.6 - 97.2
60+	541	96.1	93.1 - 97.8	742	97.2	95.1 - 98.4	1283	96.6	94.9 - 97.8
<b>Total</b>	<b>4907</b>	<b>92.5</b>	<b>90.4 - 94.2</b>	<b>4872</b>	<b>96.9</b>	<b>95.6 - 97.8</b>	<b>9779</b>	<b>94.0</b>	<b>92.5 - 95.3</b>
Nationality									
Non-Omani	2190	90.5	87.3 - 93.0	492	94.7	91.0 - 96.9	2682	91.4	88.8 - 93.5
Omani	2717	96.4	95.0 - 97.4	4380	98.0	97.3 - 98.5	7097	97.2	96.4 - 97.8

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

Instrument question:

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

**Limit consumption of food high in sugar**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	64.1	58.4 - 69.5	797	62.5	55.6 - 68.9	1820	63.5	59.0 - 67.8
30-44	2214	68.3	64.6 - 71.9	2162	79.8	76.1 - 83.0	4376	71.9	69.0 - 74.7
45-59	1129	73.3	68.2 - 77.9	1171	82.6	77.7 - 86.5	2300	76.5	72.8 - 79.9
60+	541	78.3	72.4 - 83.2	742	72.0	60.4 - 81.2	1283	75.2	68.3 - 81.1
<b>Total</b>	<b>4907</b>	<b>68.6</b>	<b>65.8 - 71.3</b>	<b>4872</b>	<b>74.4</b>	<b>71.1 - 77.5</b>	<b>9779</b>	<b>70.6</b>	<b>68.3 - 72.8</b>
Nationality									
Non-Omani	2190	66.5	62.5 - 70.3	492	74.5	66.6 - 81.0	2682	68.2	64.6 - 71.7
Omani	2717	72.6	69.6 - 75.5	4380	74.4	71.7 - 76.9	7097	73.5	71.4 - 75.6

**Look at the sugar content on food labels**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	24.7	20.4 - 29.6	797	29.1	23.8 - 34.9	1820	26.3	22.8 - 30.2
30-44	2214	26.6	22.8 - 30.7	2162	46.4	41.9 - 51.1	4376	32.8	29.5 - 36.3
45-59	1129	28.4	23.7 - 33.5	1171	33.5	28.7 - 38.7	2300	30.1	26.6 - 33.9
60+	541	23.7	17.5 - 31.3	742	20.9	12.3 - 33.3	1283	22.4	16.5 - 29.6
<b>Total</b>	<b>4907</b>	<b>26.2</b>	<b>23.6 - 29.1</b>	<b>4872</b>	<b>36.6</b>	<b>33.6 - 39.8</b>	<b>9779</b>	<b>29.8</b>	<b>27.6 - 32.2</b>
Nationality									
Non-Omani	2190	22.8	19.1 - 26.9	492	47.8	40.4 - 55.2	2682	28.2	24.5 - 32.2
Omani	2717	32.8	30.0 - 35.8	4380	30.8	28.4 - 33.2	7097	31.8	29.9 - 33.8

**Use artificial sugar or natural alternatives**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	16.7	13.2 - 20.9	797	24.0	19.4 - 29.2	1820	19.4	16.5 - 22.6
30-44	2214	17.9	14.6 - 21.7	2162	28.3	24.7 - 32.3	4376	21.2	18.6 - 24.1
45-59	1129	24.6	19.4 - 30.8	1171	24.7	19.8 - 30.3	2300	24.6	20.6 - 29.2
60+	541	19.9	14.8 - 26.3	742	15.4	11.3 - 20.7	1283	17.8	14.3 - 21.9
<b>Total</b>	<b>4907</b>	<b>18.9</b>	<b>16.4 - 21.7</b>	<b>4872</b>	<b>25.2</b>	<b>22.8 - 27.8</b>	<b>9779</b>	<b>21.1</b>	<b>19.1 - 23.2</b>
Nationality									
Non-Omani	2190	16.2	13.0 - 20.0	492	25.7	20.3 - 31.9	2682	18.3	15.3 - 21.6
Omani	2717	24.0	21.3 - 26.9	4380	24.9	22.8 - 27.3	7097	24.5	22.5 - 26.5

**Avoid eating foods prepared outside of a home**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	48.5	43.4 - 53.5	797	54.8	48.1 - 61.2	1820	50.8	46.7 - 54.8
30-44	2214	56.5	52.7 - 60.1	2162	66.8	62.6 - 70.7	4376	59.7	56.7 - 62.6
45-59	1129	69.7	65.0 - 74.0	1171	75.2	69.9 - 79.8	2300	71.6	68.0 - 74.9
60+	541	72.5	66.4 - 77.9	742	72.6	61.4 - 81.5	1283	72.5	66.7 - 77.7
<b>Total</b>	<b>4907</b>	<b>57.5</b>	<b>54.8 - 60.2</b>	<b>4872</b>	<b>65.2</b>	<b>62.2 - 68.2</b>	<b>9779</b>	<b>60.2</b>	<b>58.1 - 62.3</b>
Nationality									
Non-Omani	2190	56.1	52.3 - 59.8	492	70.3	63.3 - 76.4	2682	59.2	55.7 - 62.5
Omani	2717	60.3	57.3 - 63.3	4380	62.6	59.9 - 65.3	7097	61.5	59.3 - 63.6

## 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**

Age Categories (Years)	Male			Female			Total		
	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI	n	% not meeting recs	95% CI
18-29	998	20.2	16.4 - 24.6	782	37.2	30.8 - 44.1	1780	26.5	22.8 - 30.5
30-44	2168	23.2	20.0 - 26.8	2129	32.1	28.3 - 36.3	4297	26.0	23.4 - 28.9
45-59	1113	26.9	22.1 - 32.3	1152	33.1	27.8 - 38.8	2265	29.0	25.2 - 33.2
60+	537	33.3	27.4 - 39.9	734	55.6	46.3 - 64.5	1271	44.1	38.5 - 49.8
<b>Total</b>	<b>4816</b>	<b>23.6</b>	<b>21.2 - 26.3</b>	<b>4797</b>	<b>36.0</b>	<b>32.9 - 39.2</b>	<b>9613</b>	<b>27.9</b>	<b>25.8 - 30.1</b>
Nationality									
Non-Omani	2140	24.3	20.8 - 28.1	482	35.2	28.2 - 42.8	2622	26.7	23.4 - 30.3
Omani	2676	22.4	20.1 - 24.8	4315	36.4	33.9 - 39.0	6991	29.4	27.6 - 31.3

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

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

Instrument question:

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

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

<b>Male</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	998	26.4	21.8 - 31.6	26.7	22.2 - 31.7	46.9	41.6 - 52.2
30-44	2168	27.6	24.2 - 31.3	28.1	25.1 - 31.3	44.3	40.3 - 48.4
45-59	1113	30.3	25.3 - 35.8	34.4	29.5 - 39.7	35.3	30.2 - 40.8
60+	537	35.6	29.5 - 42.3	42.8	35.9 - 50.1	21.6	16.7 - 27.4
<b>Total</b>	<b>4816</b>	<b>28.2</b>	<b>25.6 - 31.0</b>	<b>29.7</b>	<b>27.3 - 32.1</b>	<b>42.1</b>	<b>39.2 - 45.1</b>
<b>Nationality</b>							
Non-Omani	2140	28.3	24.6 - 32.2	29.4	26.2 - 32.8	42.4	38.2 - 46.7
Omani	2676	28.1	25.5 - 30.8	30.2	27.5 - 33.1	41.7	38.6 - 44.9

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

<b>Female</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	782	46.2	40.0 - 52.6	29.2	23.4 - 35.8	24.6	20.0 - 29.8
30-44	2129	39.9	35.8 - 44.1	29.0	25.4 - 32.8	31.1	27.1 - 35.5
45-59	1152	39.0	33.5 - 44.9	28.8	24.1 - 34.0	32.2	27.0 - 37.8
60+	734	57.9	48.4 - 66.8	28.7	20.5 - 38.5	13.5	10.3 - 17.5
<b>Total</b>	<b>4797</b>	<b>43.3</b>	<b>40.2 - 46.4</b>	<b>29.0</b>	<b>26.3 - 31.8</b>	<b>27.8</b>	<b>25.2 - 30.5</b>
<b>Nationality</b>							
Non-Omani	482	42.3	35.2 - 49.6	29.8	23.7 - 36.9	27.9	22.0 - 34.7
Omani	4315	43.8	41.2 - 46.4	28.5	26.4 - 30.8	27.7	25.4 - 30.1

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

<b>Total</b>							
Age Categories (Years)	n	% low	95% CI	% moderate	95% CI	% high	95% CI
18-29	1780	33.8	29.8 - 38.0	27.6	24.1 - 31.4	38.6	34.6 - 42.8
30-44	4297	31.5	28.7 - 34.5	28.4	26.1 - 30.8	40.1	37.1 - 43.3
45-59	2265	33.3	29.3 - 37.5	32.5	28.9 - 36.2	34.2	30.4 - 38.2
60+	1271	46.3	40.6 - 52.1	36.0	30.3 - 42.2	17.7	14.5 - 21.3
<b>Total</b>	<b>9613</b>	<b>33.4</b>	<b>31.2 - 35.7</b>	<b>29.4</b>	<b>27.7 - 31.2</b>	<b>37.1</b>	<b>34.9 - 39.4</b>
<b>Nationality</b>							
Non-Omani	2622	31.3	27.9 - 35.0	29.5	26.6 - 32.5	39.2	35.5 - 43.0
Omani	6991	35.9	34.1 - 37.9	29.4	27.6 - 31.2	34.7	32.7 - 36.7

**Total physical activity- mean**

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

Instrument question:

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

**Mean minutes of total physical activity on average per day**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	998	160.1	131.4 - 188.8	782	66.1	57.1 - 75.1	1780	125.3	105.3 - 145.2
30-44	2168	145.3	128.3 - 162.3	2129	87.6	78.7 - 96.5	4297	127.0	114.5 - 139.5
45-59	1113	121.8	102.3 - 141.2	1152	90.1	77.7 - 102.5	2265	110.9	97.4 - 124.5
60+	537	76.2	57.0 - 95.4	734	48.2	37.7 - 58.7	1271	62.7	51.5 - 73.9
<b>Total</b>	<b>4816</b>	<b>141.3</b>	<b>128.0 - 154.6</b>	<b>4797</b>	<b>78.1</b>	<b>72.5 - 83.7</b>	<b>9613</b>	<b>119.3</b>	<b>109.5 - 129.1</b>
Nationality									
Non-Omani	2140	163.2	143.9 - 182.5	482	83.8	70.4 - 97.3	2622	145.7	129.4 - 162.0
Omani	2676	100.3	93.0 - 107.5	4315	75.1	70.4 - 79.7	6991	87.7	83.1 - 92.3

**Total physical activity- median**

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

Instrument question:

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

**Median minutes of total physical activity on average per day**

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	998	71.4	28.6 - 200.7	782	34.3	7.1 - 94.3	1780	60.0	17.1 - 145.7
30-44	2168	68.6	21.4 - 168.6	2129	48.6	12.9 - 127.1	4297	60.0	17.1 - 150.0
45-59	1113	60.0	18.6 - 140.0	1152	53.6	10.7 - 128.6	2265	60.0	15.0 - 137.1
60+	537	35.0	10.0 - 70.0	734	17.1	0.0 - 71.4	1271	27.9	0.0 - 71.4
<b>Total</b>	<b>4816</b>	<b>62.1</b>	<b>21.4 - 162.9</b>	<b>4797</b>	<b>40.7</b>	<b>8.6 - 120.0</b>	<b>9613</b>	<b>59.3</b>	<b>17.1 - 139.3</b>
Nationality									
Non-Omani	2140	62.1	21.4 - 205.7	482	42.9	7.1 - 120.0	2622	60.0	17.1 - 180.0
Omani	2676	62.9	23.6 - 128.6	4315	38.6	8.6 - 114.3	6991	51.4	14.3 - 120.0

**Domain-specific physical activity- mean**

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

Instrument question:

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

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

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	998	98.6	70.6 - 126.6	782	36.6	29.9 - 43.3	1780	75.6	56.7 - 94.5
30-44	2168	92.4	77.0 - 107.9	2129	59.8	51.8 - 67.7	4297	82.1	70.8 - 93.3
45-59	1113	72.1	55.3 - 89.0	1152	64.0	52.6 - 75.5	2265	69.3	57.7 - 81.0
60+	537	36.8	19.5 - 54.2	734	31.2	22.2 - 40.2	1271	34.1	24.2 - 44.0
<b>Total</b>	<b>4816</b>	<b>87.4</b>	<b>74.8 - 100.0</b>	<b>4797</b>	<b>51.1</b>	<b>46.1 - 56.0</b>	<b>9613</b>	<b>74.8</b>	<b>65.8 - 83.8</b>
Nationality									
Non-Omani	2140	112.8	94.7 - 130.9	482	53.6	41.7 - 65.5	2622	99.8	84.6 - 115.0
Omani	2676	39.9	34.1 - 45.7	4315	49.7	45.7 - 53.7	6991	44.8	41.1 - 48.5

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

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	998	32.4	27.4 - 37.5	782	15.4	11.2 - 19.6	1780	26.1	22.6 - 29.7
30-44	2168	30.2	27.0 - 33.3	2129	14.3	12.1 - 16.4	4297	25.1	22.8 - 27.4
45-59	1113	30.3	25.8 - 34.7	1152	12.0	10.2 - 13.9	2265	24.0	20.8 - 27.2
60+	537	25.6	19.5 - 31.6	734	11.8	8.9 - 14.7	1271	18.9	15.4 - 22.5
<b>Total</b>	<b>4816</b>	<b>30.5</b>	<b>28.2 - 32.9</b>	<b>4797</b>	<b>14.0</b>	<b>12.3 - 15.6</b>	<b>9613</b>	<b>24.8</b>	<b>23.0 - 26.5</b>
Nationality									
Non-Omani	2140	32.1	28.8 - 35.4	482	16.0	11.9 - 20.2	2622	28.6	25.7 - 31.4
Omani	2676	27.6	25.4 - 29.9	4315	12.9	11.8 - 13.9	6991	20.3	18.9 - 21.6

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

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	998	29.1	23.6 - 34.6	782	14.1	10.6 - 17.6	1780	23.5	19.8 - 27.3
30-44	2168	22.7	19.8 - 25.6	2129	13.6	11.2 - 16.0	4297	19.8	17.7 - 21.9
45-59	1113	19.4	16.1 - 22.7	1152	14.0	10.5 - 17.6	2265	17.6	15.0 - 20.1
60+	537	13.8	10.6 - 17.1	734	5.2	3.6 - 6.8	1271	9.7	7.7 - 11.7
<b>Total</b>	<b>4816</b>	<b>23.3</b>	<b>21.0 - 25.6</b>	<b>4797</b>	<b>13.1</b>	<b>11.4 - 14.7</b>	<b>9613</b>	<b>19.8</b>	<b>18.2 - 21.3</b>
Nationality									
Non-Omani	2140	18.3	15.3 - 21.3	482	14.2	10.3 - 18.1	2622	17.4	14.9 - 19.9
Omani	2676	32.7	29.8 - 35.7	4315	12.5	11.1 - 13.9	6991	22.6	20.9 - 24.3

**Domain-specific physical activity-median**

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

Instrument question:

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

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

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	998	0.0	0.0 - 85.7	782	4.3	0.0 - 38.6	1780	0.0	0.0 - 60.0
30-44	2168	0.0	0.0 - 85.7	2129	8.6	0.0 - 90.0	4297	0.0	0.0 - 90.0
45-59	1113	0.0	0.0 - 51.4	1152	12.9	0.0 - 94.3	2265	0.0	0.0 - 64.3
60+	537	0.0	0.0 - 12.9	734	0.0	0.0 - 30.0	1271	0.0	0.0 - 17.1
<b>Total</b>	<b>4816</b>	<b>0.0</b>	<b>0.0 - 68.6</b>	<b>4797</b>	<b>4.3</b>	<b>0.0 - 60.0</b>	<b>9613</b>	<b>0.0</b>	<b>0.0 - 64.3</b>
Nationality									
Non-Omani	2140	0.0	0.0 - 120.0	482	4.3	0.0 - 60.0	2622	0.0	0.0 - 102.9
Omani	2676	0.0	0.0 - 34.3	4315	4.3	0.0 - 64.3	6991	0.0	0.0 - 51.4

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

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	998	17.1	5.0 - 40.0	782	2.9	0.0 - 18.0	1780	10.0	0.0 - 30.0
30-44	2168	15.0	0.0 - 40.0	2129	2.9	0.0 - 17.1	4297	12.9	0.0 - 30.0
45-59	1113	17.1	0.0 - 42.9	1152	0.7	0.0 - 15.0	2265	10.7	0.0 - 30.0
60+	537	12.9	0.0 - 30.0	734	0.0	0.0 - 17.1	1271	8.6	0.0 - 25.7
<b>Total</b>	<b>4816</b>	<b>15.0</b>	<b>1.4 - 40.0</b>	<b>4797</b>	<b>2.6</b>	<b>0.0 - 17.1</b>	<b>9613</b>	<b>10.7</b>	<b>0.0 - 30.0</b>
Nationality									
Non-Omani	2140	17.1	2.9 - 40.0	482	1.4	0.0 - 21.4	2622	15.0	0.0 - 32.1
Omani	2676	15.0	0.0 - 38.6	4315	2.9	0.0 - 17.1	6991	8.6	0.0 - 30.0

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

Age Categories (Years)	Male			Female			Total		
	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range	n	median minutes	Inter-quartile range
18-29	998	8.6	0.0 - 42.9	782	0.0	0.0 - 17.1	1780	0.0	0.0 - 30.0
30-44	2168	0.0	0.0 - 30.0	2129	0.0	0.0 - 15.0	4297	0.0	0.0 - 25.7
45-59	1113	0.0	0.0 - 30.0	1152	0.0	0.0 - 19.3	2265	0.0	0.0 - 25.7
60+	537	0.0	0.0 - 17.1	734	0.0	0.0 - 0.0	1271	0.0	0.0 - 8.6
<b>Total</b>	<b>4816</b>	<b>0.0</b>	<b>0.0 - 32.1</b>	<b>4797</b>	<b>0.0</b>	<b>0.0 - 15.0</b>	<b>9613</b>	<b>0.0</b>	<b>0.0 - 25.7</b>
Nationality									
Non-Omani	2140	0.0	0.0 - 25.7	482	0.0	0.0 - 15.0	2622	0.0	0.0 - 22.9
Omani	2676	17.1	0.0 - 51.4	4315	0.0	0.0 - 15.0	6991	0.0	0.0 - 30.0

**No physical activity by domain**

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

Instrument question:

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

**No work-related physical activity**

Age Categories (Years)	Male			Female			Total		
	n	% no activity at work	95% CI	n	% no activity at work	95% CI	n	% no activity at work	95% CI
18-29	998	51.6	45.2 - 58.0	782	47.8	40.9 - 54.8	1780	50.2	45.3 - 55.1
30-44	2168	51.1	46.6 - 55.7	2129	47.6	42.8 - 52.4	4297	50.0	46.4 - 53.6
45-59	1113	58.0	51.9 - 63.9	1152	43.6	37.9 - 49.5	2265	53.1	48.5 - 57.6
60+	537	67.0	59.9 - 73.4	734	65.3	55.0 - 74.4	1271	66.2	60.2 - 71.7
<b>Total</b>	<b>4816</b>	<b>53.4</b>	<b>49.8 - 56.9</b>	<b>4797</b>	<b>48.6</b>	<b>45.0 - 52.2</b>	<b>9613</b>	<b>51.7</b>	<b>48.8 - 54.6</b>
Nationality									
Non-Omani	2140	51.0	46.1 - 55.9	482	48.7	40.4 - 57.1	2622	50.5	46.0 - 55.0
Omani	2676	57.8	54.3 - 61.2	4315	48.5	45.7 - 51.4	6991	53.1	50.8 - 55.5

**No transport-related physical activity**

Age Categories (Years)	Male			Female			Total		
	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI	n	% no transport-related activity	95% CI
18-29	998	18.5	14.6 - 23.2	782	46.4	39.8 - 53.1	1780	28.8	25.2 - 32.8
30-44	2168	26.3	23.0 - 29.9	2129	45.2	41.0 - 49.5	4297	32.3	29.5 - 35.2
45-59	1113	26.6	21.6 - 32.3	1152	49.9	44.3 - 55.6	2265	34.6	30.4 - 39.0
60+	537	30.0	24.4 - 36.2	734	50.0	41.5 - 58.6	1271	39.6	34.5 - 45.0
<b>Total</b>	<b>4816</b>	<b>24.5</b>	<b>22.1 - 27.0</b>	<b>4797</b>	<b>46.9</b>	<b>43.8 - 49.9</b>	<b>9613</b>	<b>32.2</b>	<b>30.2 - 34.3</b>
Nationality									
Non-Omani	2140	23.5	20.2 - 27.1	482	49.0	41.7 - 56.4	2622	29.1	25.9 - 32.5
Omani	2676	26.3	23.7 - 29.0	4315	45.7	43.2 - 48.2	6991	36.0	34.1 - 38.0

**No recreation-related physical activity**

Age Categories (Years)	Male			Female			Total		
	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI	n	% no recreation-related activity	95% CI
18-29	998	45.6	40.6 - 50.8	782	62.2	56.1 - 68.0	1780	51.8	47.6 - 56.0
30-44	2168	52.4	48.6 - 56.3	2129	64.1	60.0 - 67.9	4297	56.1	53.2 - 59.0
45-59	1113	60.0	55.1 - 64.7	1152	59.8	54.2 - 65.1	2265	59.9	56.1 - 63.6
60+	537	63.6	56.4 - 70.2	734	79.4	73.5 - 84.3	1271	71.2	66.1 - 75.9
<b>Total</b>	<b>4816</b>	<b>52.6</b>	<b>49.7 - 55.5</b>	<b>4797</b>	<b>64.1</b>	<b>61.2 - 67.0</b>	<b>9613</b>	<b>56.6</b>	<b>54.3 - 58.9</b>
Nationality									
Non-Omani	2140	60.1	56.0 - 64.0	482	68.4	61.9 - 74.2	2622	61.9	58.3 - 65.4
Omani	2676	38.6	35.6 - 41.7	4315	61.9	59.2 - 64.6	6991	50.3	48.1 - 52.4

**Composition of total physical activity**

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

Instrument question:

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

**Composition of total physical activity**

<b>Male</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	908	32.4	27.1 - 37.8	40.3	35.5 - 45.1	27.3	23.5 - 31.0
30-44	1902	35.1	31.5 - 38.6	39.9	36.3 - 43.5	25.0	22.2 - 27.9
45-59	942	30.8	26.2 - 35.3	46.9	42.0 - 51.8	22.3	18.7 - 25.9
60+	391	22.5	17.3 - 27.8	53.0	46.9 - 59.1	24.5	18.2 - 30.7
<b>Total</b>	<b>4143</b>	<b>33.0</b>	<b>30.2 - 35.7</b>	<b>41.9</b>	<b>39.0 - 44.8</b>	<b>25.1</b>	<b>23.1 - 27.2</b>
<b>Nationality</b>							
Non-Omani	1905	37.9	34.1 - 41.8	42.9	38.7 - 47.1	19.2	16.4 - 21.9
Omani	2238	23.7	21.5 - 25.9	40.1	37.6 - 42.5	36.2	33.8 - 38.6

**Composition of total physical activity**

<b>Female</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	612	43.1	37.8 - 48.3	35.8	30.3 - 41.3	21.1	16.9 - 25.3
30-44	1771	47.8	43.6 - 52.0	34.0	29.8 - 38.1	18.2	15.9 - 20.5
45-59	927	50.9	46.2 - 55.6	27.7	23.5 - 31.8	21.5	17.6 - 25.3
60+	434	39.9	32.1 - 47.8	44.5	37.8 - 51.1	15.6	10.7 - 20.5
<b>Total</b>	<b>3744</b>	<b>46.4</b>	<b>43.5 - 49.3</b>	<b>34.2</b>	<b>31.3 - 37.1</b>	<b>19.5</b>	<b>17.5 - 21.4</b>
<b>Nationality</b>							
Non-Omani	394	47.6	40.6 - 54.5	36.4	29.2 - 43.5	16.1	12.3 - 19.8
Omani	3350	45.7	43.4 - 48.0	33.0	30.8 - 35.3	21.2	19.2 - 23.2

**Composition of total physical activity**

<b>Total</b>							
Age Categories (Years)	n	mean % of activity from work	95% CI	mean % of activity from transport	95% CI	mean % of activity from leisure time	95% CI
18-29	1520	36.1	32.2 - 40.0	38.8	35.0 - 42.5	25.1	22.3 - 28.0
30-44	3673	38.9	36.1 - 41.8	38.1	35.3 - 40.9	23.0	20.9 - 25.0
45-59	1869	37.3	33.7 - 40.9	40.7	36.9 - 44.5	22.0	19.2 - 24.8
60+	825	30.0	25.2 - 34.8	49.3	45.1 - 53.6	20.6	16.2 - 25.1
<b>Total</b>	<b>7887</b>	<b>37.3</b>	<b>35.2 - 39.5</b>	<b>39.4</b>	<b>37.1 - 41.7</b>	<b>23.3</b>	<b>21.8 - 24.8</b>
<b>Nationality</b>							
Non-Omani	2299	39.9	36.4 - 43.4	41.6	37.8 - 45.3	18.5	16.2 - 20.9
Omani	5588	34.2	32.5 - 35.9	36.7	35.0 - 38.5	29.1	27.5 - 30.6

**No vigorous physical activity**

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

Instrument question:

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

<b>No vigorous physical activity</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI	n	% no vigorous activity	95% CI
18-29	998	59.0	52.8 - 64.9	782	91.1	87.7 - 93.7	1780	70.9	66.5 - 74.9
30-44	2168	62.9	58.4 - 67.3	2129	91.3	88.9 - 93.2	4297	71.9	68.6 - 75.1
45-59	1113	77.0	72.0 - 81.4	1152	94.2	91.6 - 96.0	2265	82.9	79.4 - 85.9
60+	537	84.8	79.5 - 89.0	734	96.3	93.6 - 97.9	1271	90.4	87.2 - 92.8
<b>Total</b>	<b>4816</b>	<b>65.6</b>	<b>62.5 - 68.7</b>	<b>4797</b>	<b>92.2</b>	<b>90.8 - 93.4</b>	<b>9613</b>	<b>74.9</b>	<b>72.6 - 77.0</b>
Nationality									
Non-Omani	2140	68.1	63.6 - 72.3	482	93.1	89.9 - 95.3	2622	73.6	69.9 - 77.1
Omani	2676	61.0	57.9 - 63.9	4315	91.8	90.2 - 93.1	6991	76.4	74.4 - 78.2

**Sedentary**

Description: Minutes spent in sedentary activities on a typical day

Instrument question:

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

**Minutes spent in sedentary activities on average per day**

Age Categories (Years)	Male			Female			Total		
	n	mean minutes	95% CI	n	mean minutes	95% CI	n	mean minutes	95% CI
18-29	1016	196.3	181.0 - 211.5	793	238.0	218.9 - 257.1	1809	211.6	198.6 - 224.6
30-44	2208	169.0	157.1 - 180.9	2145	182.0	167.8 - 196.1	4353	173.1	163.6 - 182.6
45-59	1126	163.7	146.8 - 180.5	1166	195.2	179.6 - 210.8	2292	174.5	162.0 - 187.0
60+	534	215.3	192.3 - 238.4	737	243.3	211.5 - 275.1	1271	228.8	208.5 - 249.1
<b>Total</b>	<b>4884</b>	<b>177.7</b>	<b>168.5 - 187.0</b>	<b>4841</b>	<b>206.6</b>	<b>196.5 - 216.8</b>	<b>9725</b>	<b>187.7</b>	<b>180.0 - 195.4</b>
Nationality									
Non-Omani	2181	158.5	146.6 - 170.4	488	210.9	189.7 - 232.0	2669	169.9	158.8 - 180.9
Omani	2703	214.1	202.4 - 225.8	4353	204.4	194.8 - 214.1	7056	209.3	200.7 - 217.8

**Physical Activity  
Neighborhood  
Environment**

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

Instrument question:

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

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

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

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

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

X35f: Walking at night is safe in my neighborhood

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

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

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

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

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

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

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	75.9	71.0 - 80.2	797	58.7	51.5 - 65.7	1820	69.5	65.1 - 73.6
30-44	2214	76.0	72.4 - 79.2	2162	60.1	55.6 - 64.4	4376	71.0	68.1 - 73.7
45-59	1129	74.4	69.9 - 78.5	1171	65.4	60.2 - 70.2	2300	71.3	67.8 - 74.6
60+	541	67.3	60.8 - 73.2	742	55.4	47.2 - 63.3	1283	61.5	56.6 - 66.2
<b>Total</b>	<b>4907</b>	<b>75.2</b>	<b>72.5 - 77.8</b>	<b>4872</b>	<b>60.2</b>	<b>56.9 - 63.5</b>	<b>9779</b>	<b>70.0</b>	<b>67.7 - 72.3</b>
Nationality									
Non-Omani	2190	82.5	79.1 - 85.5	492	74.3	66.6 - 80.7	2682	80.7	77.6 - 83.5
Omani	2717	61.4	58.0 - 64.7	4380	52.8	49.8 - 55.9	7097	57.1	54.6 - 59.7

**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.**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	61.9	56.7 - 66.9	797	53.7	47.1 - 60.2	1820	58.9	54.6 - 63.0
30-44	2214	64.3	60.3 - 68.1	2162	49.8	45.2 - 54.4	4376	59.7	56.5 - 62.8
45-59	1129	61.5	55.8 - 66.8	1171	54.9	49.5 - 60.1	2300	59.2	54.9 - 63.3
60+	541	57.9	50.9 - 64.7	742	40.1	31.4 - 49.4	1283	49.3	43.6 - 55.1
<b>Total</b>	<b>4907</b>	<b>62.8</b>	<b>59.7 - 65.8</b>	<b>4872</b>	<b>51.0</b>	<b>47.6 - 54.4</b>	<b>9779</b>	<b>58.7</b>	<b>56.1 - 61.3</b>
Nationality									
Non-Omani	2190	71.8	67.9 - 75.4	492	70.1	63.3 - 76.1	2682	71.4	68.0 - 74.6
Omani	2717	45.8	42.3 - 49.5	4380	41.0	38.1 - 44.1	7097	43.4	40.8 - 46.1

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	48.1	41.8 - 54.5	797	42.7	35.9 - 49.7	1820	46.1	41.3 - 51.0
30-44	2214	51.7	47.3 - 56.1	2162	46.6	41.9 - 51.3	4376	50.1	46.6 - 53.7
45-59	1129	50.0	44.8 - 55.1	1171	44.4	39.0 - 49.8	2300	48.1	44.1 - 52.0
60+	541	46.7	39.3 - 54.3	742	43.3	34.3 - 52.7	1283	45.1	39.5 - 50.8
<b>Total</b>	<b>4907</b>	<b>50.2</b>	<b>46.6 - 53.7</b>	<b>4872</b>	<b>44.7</b>	<b>41.3 - 48.2</b>	<b>9779</b>	<b>48.3</b>	<b>45.4 - 51.1</b>
Nationality									
Non-Omani	2190	56.9	52.0 - 61.7	492	60.6	53.1 - 67.6	2682	57.7	53.3 - 62.0
Omani	2717	37.5	34.0 - 41.0	4380	36.4	33.6 - 39.3	7097	36.9	34.4 - 39.5

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	33.3	28.6 - 38.4	797	27.9	22.4 - 34.2	1820	31.3	27.6 - 35.4
30-44	2214	41.3	36.7 - 46.0	2162	35.7	30.8 - 40.9	4376	39.5	35.9 - 43.3
45-59	1129	39.8	34.2 - 45.7	1171	33.8	28.5 - 39.6	2300	37.8	33.4 - 42.3
60+	541	31.7	24.9 - 39.4	742	29.3	20.3 - 40.3	1283	30.5	24.9 - 36.8
<b>Total</b>	<b>4907</b>	<b>38.4</b>	<b>35.0 - 41.9</b>	<b>4872</b>	<b>32.5</b>	<b>29.2 - 35.9</b>	<b>9779</b>	<b>36.3</b>	<b>33.6 - 39.2</b>
Nationality									
Non-Omani	2190	45.7	41.1 - 50.3	492	46.4	39.0 - 54.0	2682	45.8	41.7 - 50.0
Omani	2717	24.6	21.5 - 28.1	4380	25.2	22.5 - 28.0	7097	24.9	22.5 - 27.5

**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**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	47.1	42.1 - 52.2	797	41.6	35.1 - 48.4	1820	45.1	40.8 - 49.4
30-44	2214	49.7	45.0 - 54.4	2162	47.8	43.1 - 52.5	4376	49.1	45.5 - 52.7
45-59	1129	49.0	43.3 - 54.8	1171	48.2	42.7 - 53.8	2300	48.7	44.4 - 53.1
60+	541	46.7	39.2 - 54.2	742	43.0	35.1 - 51.3	1283	44.9	39.6 - 50.3
<b>Total</b>	<b>4907</b>	<b>48.7</b>	<b>45.3 - 52.2</b>	<b>4872</b>	<b>45.6</b>	<b>42.3 - 49.0</b>	<b>9779</b>	<b>47.6</b>	<b>44.9 - 50.4</b>
Nationality									
Non-Omani	2190	50.5	45.8 - 55.2	492	59.2	51.9 - 66.1	2682	52.4	48.1 - 56.6
Omani	2717	45.4	41.8 - 49.0	4380	38.5	35.5 - 41.5	7097	41.9	39.3 - 44.6

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	88.7	83.8 - 92.2	797	82.7	75.8 - 88.0	1820	86.5	82.6 - 89.6
30-44	2214	90.6	88.6 - 92.3	2162	83.9	80.8 - 86.5	4376	88.5	86.8 - 90.0
45-59	1129	92.4	89.0 - 94.9	1171	87.0	83.2 - 90.1	2300	90.6	88.1 - 92.6
60+	541	91.4	87.8 - 94.0	742	82.0	77.0 - 86.1	1283	86.8	83.8 - 89.3
<b>Total</b>	<b>4907</b>	<b>90.5</b>	<b>88.4 - 92.2</b>	<b>4872</b>	<b>83.9</b>	<b>81.4 - 86.1</b>	<b>9779</b>	<b>88.2</b>	<b>86.6 - 89.6</b>
Nationality									
Non-Omani	2190	92.2	89.2 - 94.5	492	84.1	77.4 - 89.1	2682	90.5	87.7 - 92.6
Omani	2717	87.1	84.9 - 89.1	4380	83.8	81.9 - 85.6	7097	85.5	84.0 - 86.9

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	58.7	53.5 - 63.8	797	51.9	45.0 - 58.8	1820	56.2	51.9 - 60.5
30-44	2214	60.0	55.7 - 64.2	2162	54.2	49.9 - 58.4	4376	58.2	54.7 - 61.6
45-59	1129	57.1	52.3 - 61.7	1171	57.7	52.4 - 62.8	2300	57.3	53.6 - 60.9
60+	541	53.3	46.3 - 60.1	742	44.1	36.3 - 52.2	1283	48.8	43.1 - 54.6
<b>Total</b>	<b>4907</b>	<b>58.8</b>	<b>55.5 - 62.0</b>	<b>4872</b>	<b>53.2</b>	<b>49.9 - 56.5</b>	<b>9779</b>	<b>56.9</b>	<b>54.2 - 59.5</b>
Nationality									
Non-Omani	2190	63.1	58.6 - 67.5	492	60.8	53.1 - 68.0	2682	62.6	58.4 - 66.6
Omani	2717	50.6	47.5 - 53.8	4380	49.3	46.5 - 52.0	7097	50.0	47.7 - 52.2

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	74.0	68.9 - 78.5	797	76.3	69.2 - 82.2	1820	74.8	70.6 - 78.6
30-44	2214	73.4	69.3 - 77.0	2162	77.3	73.7 - 80.6	4376	74.6	71.5 - 77.4
45-59	1129	72.2	67.1 - 76.7	1171	81.1	76.6 - 84.9	2300	75.2	71.4 - 78.7
60+	541	72.0	65.8 - 77.5	742	68.5	60.6 - 75.5	1283	70.3	65.3 - 74.9
<b>Total</b>	<b>4907</b>	<b>73.2</b>	<b>70.0 - 76.2</b>	<b>4872</b>	<b>76.9</b>	<b>73.9 - 79.6</b>	<b>9779</b>	<b>74.5</b>	<b>72.0 - 76.8</b>
Nationality									
Non-Omani	2190	68.9	64.4 - 73.2	492	72.2	64.9 - 78.5	2682	69.6	65.6 - 73.4
Omani	2717	81.4	78.9 - 83.6	4380	79.4	77.1 - 81.5	7097	80.4	78.5 - 82.1

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	44.6	39.4 - 50.0	797	41.7	35.7 - 48.0	1820	43.6	39.4 - 47.8
30-44	2214	48.6	44.5 - 52.8	2162	47.1	42.5 - 51.7	4376	48.1	44.9 - 51.4
45-59	1129	51.3	46.1 - 56.4	1171	50.8	45.1 - 56.4	2300	51.1	47.1 - 55.1
60+	541	56.4	49.7 - 62.8	742	49.0	41.2 - 56.8	1283	52.8	48.0 - 57.6
<b>Total</b>	<b>4907</b>	<b>48.4</b>	<b>45.2 - 51.7</b>	<b>4872</b>	<b>46.3</b>	<b>43.1 - 49.6</b>	<b>9779</b>	<b>47.7</b>	<b>45.1 - 50.3</b>
Nationality									
Non-Omani	2190	50.7	46.1 - 55.3	492	50.0	42.6 - 57.5	2682	50.5	46.5 - 54.6
Omani	2717	44.2	40.9 - 47.5	4380	44.4	41.4 - 47.3	7097	44.3	41.8 - 46.8

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	71.6	66.9 - 75.9	797	61.6	55.1 - 67.7	1820	67.9	64.0 - 71.6
30-44	2214	70.7	67.0 - 74.2	2162	63.4	59.1 - 67.5	4376	68.4	65.4 - 71.3
45-59	1129	68.7	63.7 - 73.3	1171	65.1	59.5 - 70.3	2300	67.5	63.6 - 71.1
60+	541	65.0	58.6 - 70.9	742	51.4	42.7 - 60.0	1283	58.4	52.4 - 64.3
<b>Total</b>	<b>4907</b>	<b>70.3</b>	<b>67.4 - 73.1</b>	<b>4872</b>	<b>62.1</b>	<b>58.8 - 65.3</b>	<b>9779</b>	<b>67.5</b>	<b>65.0 - 69.8</b>
Nationality									
Non-Omani	2190	74.4	70.5 - 77.9	492	65.2	57.5 - 72.1	2682	72.4	68.8 - 75.7
Omani	2717	62.6	59.1 - 66.1	4380	60.5	57.6 - 63.3	7097	61.6	59.0 - 64.0

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	94.0	90.3 - 96.3	797	90.2	82.8 - 94.6	1820	92.6	89.2 - 94.9
30-44	2214	92.9	90.9 - 94.4	2162	89.5	87.2 - 91.4	4376	91.8	90.2 - 93.2
45-59	1129	92.0	88.7 - 94.4	1171	92.2	89.1 - 94.4	2300	92.1	89.7 - 93.9
60+	541	95.9	93.2 - 97.5	742	92.4	89.3 - 94.6	1283	94.2	92.3 - 95.7
<b>Total</b>	<b>4907</b>	<b>93.2</b>	<b>91.7 - 94.4</b>	<b>4872</b>	<b>90.4</b>	<b>88.1 - 92.3</b>	<b>9779</b>	<b>92.2</b>	<b>90.9 - 93.3</b>
Nationality									
Non-Omani	2190	94.3	92.4 - 95.8	492	92.1	85.6 - 95.9	2682	93.9	91.9 - 95.4
Omani	2717	91.0	88.9 - 92.7	4380	89.5	87.9 - 91.0	7097	90.3	88.8 - 91.5

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	78.8	73.6 - 83.2	797	68.6	61.9 - 74.6	1820	75.0	70.9 - 78.8
30-44	2214	76.7	72.5 - 80.5	2162	74.9	71.5 - 78.1	4376	76.2	73.0 - 79.1
45-59	1129	82.6	78.3 - 86.2	1171	80.8	76.0 - 84.9	2300	82.0	78.8 - 84.8
60+	541	82.5	77.8 - 86.4	742	75.5	69.4 - 80.8	1283	79.1	75.3 - 82.5
<b>Total</b>	<b>4907</b>	<b>78.7</b>	<b>75.6 - 81.4</b>	<b>4872</b>	<b>74.2</b>	<b>71.3 - 76.8</b>	<b>9779</b>	<b>77.1</b>	<b>74.8 - 79.3</b>
Nationality									
Non-Omani	2190	79.5	75.0 - 83.4	492	76.9	69.9 - 82.7	2682	79.0	75.2 - 82.3
Omani	2717	77.0	74.1 - 79.7	4380	72.7	70.2 - 75.1	7097	74.9	72.7 - 76.9

## 6 Health and ability to work

### Health and ability to work

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

Instrument question:

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

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

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

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

General health							
Male							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	1023	68.6	63.3 - 73.5	27.6	22.9 - 32.7	3.6	2.2 - 5.6
30-44	2214	56.0	51.9 - 59.9	37.8	34.0 - 41.8	6.1	4.4 - 8.3
45-59	1129	45.2	40.1 - 50.4	47.2	41.6 - 53.0	7.2	4.6 - 11.2
60+	541	28.5	22.8 - 34.9	53.4	46.6 - 60.1	15.5	11.5 - 20.7
<b>Total</b>	<b>4907</b>	<b>56.0</b>	<b>53.1 - 58.9</b>	<b>37.6</b>	<b>34.8 - 40.4</b>	<b>6.1</b>	<b>4.9 - 7.5</b>
Nationality							
Non-Omani	2190	52.9	48.8 - 56.9	41.0	37.0 - 45.0	6.0	4.4 - 8.2
Omani	2717	61.9	58.9 - 64.8	31.2	28.4 - 34.2	6.2	5.1 - 7.6

General health					
Male					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	1023	0.3*	0.0 - 1.8	0.0*	0.0 - 0.0
30-44	2214	0.1*	0.0 - 0.4	0.0*	0.0 - 0.0
45-59	1129	0.3*	0.1 - 1.3	0.0*	0.0 - 0.0
60+	541	2.5	1.4 - 4.7	0.1*	0.0 - 0.5
<b>Total</b>	<b>4907</b>	<b>0.3</b>	<b>0.2 - 0.6</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>
Nationality					
Non-Omani	2190	0.1*	0.0 - 0.4	0.0*	0.0 - 0.0
Omani	2717	0.7	0.4 - 1.3	0.0*	0.0 - 0.1

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

General health							
Female							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	797	60.1	53.1 - 66.7	34.3	28.1 - 41.0	5.3	3.2 - 8.7
30-44	2162	48.4	44.4 - 52.5	43.5	39.5 - 47.5	6.9	5.3 - 9.1
45-59	1171	36.9	31.8 - 42.3	45.9	40.6 - 51.3	15.9	11.2 - 21.9
60+	742	20.9	12.9 - 32.1	51.3	42.5 - 60.0	26.3	21.3 - 31.9
<b>Total</b>	<b>4872</b>	<b>47.3</b>	<b>44.2 - 50.5</b>	<b>41.9</b>	<b>38.8 - 45.0</b>	<b>9.8</b>	<b>8.3 - 11.6</b>
Nationality							
Non-Omani	492	41.1	34.1 - 48.4	46.8	39.9 - 53.9	10.5	7.1 - 15.2
Omani	4380	50.6	48.0 - 53.2	39.3	36.9 - 41.8	9.5	8.2 - 10.9

General health					
Female					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	797	0.3*	0.1 - 1.1	0.0*	0.0 - 0.0
30-44	2162	1.1*	0.4 - 2.8	0.0*	0.0 - 0.1
45-59	1171	1.3*	0.4 - 3.9	0.0*	0.0 - 0.0
60+	742	1.4	0.7 - 2.6	0.2*	0.0 - 1.3
<b>Total</b>	<b>4872</b>	<b>0.9</b>	<b>0.5 - 1.7</b>	<b>0.0*</b>	<b>0.0 - 0.1</b>
Nationality					
Non-Omani	492	1.6*	0.7 - 4.0	0.0*	0.0 - 0.0
Omani	4380	0.6	0.4 - 0.9	0.0*	0.0 - 0.2

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

General health							
Total							
Age Categories (Years)	n	% very good	95% CI	% good	95% CI	% fair	95% CI
18-29	1820	65.5	60.9 - 69.8	30.0	26.1 - 34.2	4.2	2.9 - 6.1
30-44	4376	53.6	50.5 - 56.6	39.6	36.7 - 42.6	6.4	5.0 - 8.1
45-59	2300	42.3	38.5 - 46.3	46.8	42.4 - 51.2	10.2	7.7 - 13.4
60+	1283	24.8	19.9 - 30.6	52.4	47.0 - 57.7	20.7	17.4 - 24.5
<b>Total</b>	<b>9779</b>	<b>53.0</b>	<b>50.7 - 55.3</b>	<b>39.1</b>	<b>36.9 - 41.3</b>	<b>7.4</b>	<b>6.4 - 8.5</b>
Nationality							
Non-Omani	2682	50.3	46.6 - 54.0	42.2	38.7 - 45.8	7.0	5.4 - 9.0
Omani	7097	56.2	54.1 - 58.3	35.3	33.3 - 37.3	7.8	7.0 - 8.8

General health					
Total					
Age Categories (Years)	n	% bad	95% CI	% very bad	95% CI
18-29	1820	0.3*	0.1 - 1.0	0.0*	0.0 - 0.0
30-44	4376	0.4	0.2 - 1.0	0.0*	0.0 - 0.0
45-59	2300	0.7	0.3 - 1.6	0.0*	0.0 - 0.0
60+	1283	2.0	1.2 - 3.1	0.1*	0.0 - 0.6
<b>Total</b>	<b>9779</b>	<b>0.5</b>	<b>0.4 - 0.8</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>
Nationality					
Non-Omani	2682	0.5	0.2 - 1.0	0.0*	0.0 - 0.0
Omani	7097	0.6	0.4 - 1.0	0.0*	0.0 - 0.1

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

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1023	5.6	3.2 - 9.7	797	6.4	3.9 - 10.2	1820	5.9	4.0 - 8.7
30-44	2214	6.5	5.0 - 8.5	2162	12.4	9.9 - 15.3	4376	8.4	7.0 - 10.0
45-59	1129	11.9	9.3 - 15.2	1171	20.4	16.6 - 24.7	2300	14.8	12.6 - 17.4
60+	541	34.0	27.2 - 41.4	742	35.1	28.4 - 42.5	1283	34.5	29.9 - 39.4
<b>Total</b>	<b>4907</b>	<b>8.7</b>	<b>7.4 - 10.1</b>	<b>4872</b>	<b>14.1</b>	<b>12.4 - 15.9</b>	<b>9779</b>	<b>10.6</b>	<b>9.5 - 11.7</b>
Nationality									
Non-Omani	2190	6.4	4.9 - 8.4	492	11.1	8.0 - 15.3	2682	7.4	6.0 - 9.1
Omani	2717	13.0	11.0 - 15.3	4380	15.6	14.0 - 17.4	7097	14.3	13.0 - 15.8

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

Age Categories (Years)	Male						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	44	-	-	-	-	-	-
30-44	165	18.8	10.5 - 31.6	44.5	31.1 - 58.7	36.7	24.9 - 50.4
45-59	169	16.0	8.0 - 29.4	20.3	13.0 - 30.4	63.7	50.7 - 74.9
60+	185	20.8	13.6 - 30.6	22.4	14.7 - 32.7	56.7	43.5 - 69.1
<b>Total</b>	<b>563</b>	<b>16.7</b>	<b>12.0 - 22.8</b>	<b>30.8</b>	<b>23.8 - 38.8</b>	<b>52.5</b>	<b>43.8 - 61.0</b>
Nationality							
Non-Omani	153	8.2*	3.1 - 19.9	25.3	14.3 - 40.8	66.5	50.8 - 79.2
Omani	410	24.6	18.1 - 32.5	35.9	28.8 - 43.7	39.5	31.9 - 47.7

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

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

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

Age Categories (Years)	Female						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	51	22.2	9.9 - 42.6	42.5	21.0 - 67.3	35.3	14.6 - 63.5
30-44	261	27.4	18.3 - 38.7	38.3	28.1 - 49.7	34.3	24.4 - 45.9
45-59	251	23.0	15.4 - 33.0	50.3	39.9 - 60.7	26.6	19.3 - 35.5
60+	285	35.4	27.9 - 43.7	48.1	39.4 - 56.9	16.5	11.1 - 23.9
<b>Total</b>	<b>848</b>	<b>27.4</b>	<b>22.3 - 33.1</b>	<b>44.2</b>	<b>37.7 - 50.9</b>	<b>28.4</b>	<b>22.5 - 35.2</b>
Nationality							
Non-Omani	73	19.8	9.4 - 37.0	43.6	27.5 - 61.3	36.6	21.0 - 55.6
Omani	775	30.2	25.3 - 35.5	44.4	38.5 - 50.6	25.4	20.7 - 30.7

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

Age Categories (Years)	Total						
	n	% yes, a lot	95% CI	% yes, a little	95% CI	% not at all	95% CI
18-29	95	13.9	7.3 - 25.0	32.7	17.8 - 52.2	53.4	33.7 - 72.0
30-44	426	22.8	16.2 - 31.2	41.6	32.3 - 51.5	35.6	27.5 - 44.6
45-59	420	19.3	13.3 - 27.2	34.5	27.4 - 42.3	46.2	38.1 - 54.5
60+	470	28.0	22.2 - 34.5	35.1	28.4 - 42.4	37.0	28.1 - 46.8
<b>Total</b>	<b>1411</b>	<b>21.6</b>	<b>17.8 - 26.0</b>	<b>37.0</b>	<b>31.9 - 42.4</b>	<b>41.4</b>	<b>35.6 - 47.4</b>
Nationality							
Non-Omani	226	12.0	6.6 - 20.9	31.3	21.8 - 42.6	56.7	45.1 - 67.7
Omani	1185	27.6	23.5 - 32.2	40.6	35.9 - 45.4	31.8	27.4 - 36.5

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

<b>Male</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	26	-	-	-	-	-	-
30-44	86	11.5*	3.0 - 35.5	31.7	18.4 - 48.7	56.9	40.6 - 71.8
45-59	65	8.9*	3.2 - 22.3	16.6*	7.2 - 34.0	74.5	56.5 - 86.8
60+	120	2.3*	0.6 - 8.3	7.8*	2.7 - 20.4	89.9	78.0 - 95.7
<b>Total</b>	<b>297</b>	<b>9.7</b>	<b>4.3 - 20.7</b>	<b>21.4</b>	<b>13.7 - 31.8</b>	<b>68.9</b>	<b>58.2 - 78.0</b>
<b>Nationality</b>							
Non-Omani	57	12.5*	3.2 - 38.2	33.7	17.5 - 55.0	53.7	34.7 - 71.7
Omani	240	8.3	4.3 - 15.3	15.0	8.8 - 24.4	76.7	67.0 - 84.3

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

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

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

<b>Female</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	33	-	-	-	-	-	-
30-44	175	19.5	10.8 - 32.7	17.4	9.6 - 29.4	63.1	50.1 - 74.5
45-59	163	9.9	4.0 - 22.3	18.4	10.7 - 29.8	71.7	58.5 - 82.0
60+	236	5.0	2.4 - 10.2	10.7	6.2 - 17.9	84.3	76.5 - 89.8
<b>Total</b>	<b>607</b>	<b>14.0</b>	<b>9.1 - 21.0</b>	<b>16.7</b>	<b>11.7 - 23.2</b>	<b>69.3</b>	<b>61.7 - 76.0</b>
<b>Nationality</b>							
Non-Omani	45	-	-	-	-	-	-
Omani	562	9.4	6.3 - 13.9	15.4	10.6 - 21.7	75.2	68.1 - 81.2

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

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

<b>Total</b>							
Age Categories (Years)	n	% less than six months	95% CI	% between six months and 12 months	95% CI	% 12 months and more	95% CI
18-29	59	21.5	8.4 - 45.0	16.6*	5.9 - 38.5	61.9	39.6 - 80.1
30-44	261	15.3	8.3 - 26.3	24.9	16.5 - 35.7	59.8	48.9 - 69.9
45-59	228	9.5	4.8 - 18.0	17.8	11.3 - 26.8	72.7	62.3 - 81.1
60+	356	4.0	2.1 - 7.6	9.7	6.0 - 15.4	86.3	80.2 - 90.7
<b>Total</b>	<b>904</b>	<b>12.1</b>	<b>8.2 - 17.7</b>	<b>18.7</b>	<b>14.1 - 24.4</b>	<b>69.1</b>	<b>62.6 - 75.0</b>
<b>Nationality</b>							
Non-Omani	102	20.2	9.9 - 36.6	27.6	16.4 - 42.4	52.3	38.4 - 65.8
Omani	802	9.0	6.2 - 12.8	15.2	11.1 - 20.5	75.8	69.7 - 81.1

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
35-44	747	67.9	61.7 - 73.5	1343	75.7	71.7 - 79.4	2090	71.8	68.0 - 75.3
45-59	635	78.5	73.2 - 83.0	1048	77.9	74.3 - 81.1	1683	78.2	74.9 - 81.1
60+	449	66.9	60.8 - 72.5	713	63.3	57.4 - 68.8	1162	64.9	60.7 - 68.9
<b>Total</b>	<b>1831</b>	<b>71.2</b>	<b>67.5 - 74.6</b>	<b>3104</b>	<b>73.9</b>	<b>71.2 - 76.5</b>	<b>4935</b>	<b>72.6</b>	<b>70.2 - 74.8</b>
Nationality									
Non-Omani	0	-	-	0	-	-	0	-	-
Omani	1831	71.2	67.5 - 74.6	3104	73.9	71.2 - 76.5	4935	72.6	70.2 - 74.8

## 8 Cervical and Breast Cancer Screening

### Cervical cancer screening

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

Instrument question:

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

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

#### Cervical cancer screening prevalence

Female			
Age Categories (Years)	n	% ever tested	95% CI
18-29	791	2.2	1.1 - 4.2
30-44	2145	9.6	7.4 - 12.4
45-59	1166	20.9	16.5 - 26.0
60+	717	12.5	8.9 - 17.4
<b>Total</b>	<b>4819</b>	<b>9.7</b>	<b>8.2 - 11.5</b>
Nationality			
Non-Omani	485	9.7	6.3 - 14.4
Omani	4334	9.7	8.5 - 11.2

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

Female			
Age Categories (Years)	n	% ever tested	95% CI
<b>30-49</b>	<b>2653</b>	<b>11.4</b>	<b>9.0 - 14.5</b>
Nationality			
Non-Omani	322	12.7	7.7 - 20.2
Omani	2331	10.6	8.7 - 12.9

**HPV  
vaccination**

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

Instrument question:

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

**Vaccinated against HPV**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	797	1.3*	0.5 - 3.5
30-44	2162	1.3	0.6 - 2.8
45-59	1171	1.0*	0.4 - 2.6
60+	742	1.3*	0.4 - 4.2
<b>Total</b>	<b>4872</b>	<b>1.3</b>	<b>0.8 - 2.1</b>
Nationality			
Non-Omani	492	1.8*	0.8 - 4.1
Omani	4380	1.0	0.6 - 1.7

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

**Breast cancer screening and diagnosis**

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

Instrument question:

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

X48: Do you do self-breast examination?

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

X50: Have you ever been diagnosed with breast cancer?

**Had clinical breast exam in the last 12 months**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	797	8.6	6.0 - 12.0
30-44	2162	19.0	16.4 - 21.9
45-59	1171	34.3	29.3 - 39.7
60+	742	20.5	15.6 - 26.6
<b>Total</b>	<b>4872</b>	<b>18.8</b>	<b>16.9 - 20.9</b>
Nationality			
Non-Omani	492	12.8	9.3 - 17.3
Omani	4380	22.0	20.0 - 24.0

**Do self-breast exams**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	797	20.4	16.2 - 25.3
30-44	2162	48.2	44.1 - 52.2
45-59	1171	49.7	44.2 - 55.2
60+	742	23.0	15.0 - 33.7
<b>Total</b>	<b>4872</b>	<b>37.9</b>	<b>35.2 - 40.6</b>
Nationality			
Non-Omani	492	37.5	31.2 - 44.1
Omani	4380	38.1	35.7 - 40.6

**Had mammogram**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	797	1.5	0.7 - 3.1
30-44	2162	10.3	7.9 - 13.2
45-59	1171	31.4	26.5 - 36.7
60+	742	25.8	19.9 - 32.9
<b>Total</b>	<b>4872</b>	<b>12.9</b>	<b>11.2 - 14.8</b>
Nationality			
Non-Omani	492	10.4	7.1 - 15.1
Omani	4380	14.1	12.6 - 15.9

**Ever diagnosed with breast cancer**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	797	0.1*	0.0 - 0.6
30-44	2162	0.1*	0.1 - 0.3
45-59	1171	1.5	0.8 - 2.9
60+	742	1.0*	0.4 - 2.5
<b>Total</b>	<b>4872</b>	<b>0.5</b>	<b>0.3 - 0.7</b>
Nationality			
Non-Omani	492	0.3*	0.0 - 1.4
Omani	4380	0.6	0.4 - 0.9

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) 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

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1023	27.3	22.7 - 32.5	71.3	66.3 - 76.0	0.9*	0.3 - 2.4	0.4	0.2 - 0.9
30-44	2214	24.8	21.8 - 28.0	67.2	63.5 - 70.6	5.3	3.4 - 8.3	2.7	1.8 - 4.2
45-59	1129	17.9	14.1 - 22.5	63.7	58.3 - 68.9	14.4	11.0 - 18.6	4.0	2.4 - 6.5
60+	541	6.7	3.9 - 11.5	50.2	43.0 - 57.3	33.6	27.7 - 40.1	9.5	6.4 - 13.8
<b>Total</b>	<b>4907</b>	<b>23.3</b>	<b>21.0 - 25.7</b>	<b>66.8</b>	<b>64.3 - 69.2</b>	<b>7.2</b>	<b>6.0 - 8.8</b>	<b>2.7</b>	<b>2.0 - 3.5</b>
Nationality									
Non-Omani	2190	29.0	25.8 - 32.4	62.8	59.3 - 66.1	6.3	4.5 - 8.6	2.0	1.3 - 3.2
Omani	2717	12.5	10.6 - 14.7	74.4	71.7 - 76.9	9.1	7.6 - 10.8	3.9	2.9 - 5.2

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

#### Blood pressure measurement and diagnosis

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	797	17.0	13.2 - 21.8	81.8	76.8 - 85.9	0.4*	0.1 - 1.1	0.8*	0.2 - 3.0
30-44	2162	13.5	10.5 - 17.1	82.3	78.6 - 85.4	2.4	1.7 - 3.6	1.8	1.1 - 3.0
45-59	1171	7.3	4.6 - 11.3	68.0	62.9 - 72.7	19.9	16.1 - 24.2	4.9	3.2 - 7.4
60+	742	3.5	2.0 - 6.2	43.0	34.3 - 52.3	43.5	35.8 - 51.5	10.0	7.0 - 14.0
<b>Total</b>	<b>4872</b>	<b>12.5</b>	<b>10.5 - 14.8</b>	<b>76.0</b>	<b>73.6 - 78.2</b>	<b>8.7</b>	<b>7.5 - 10.0</b>	<b>2.8</b>	<b>2.2 - 3.6</b>
Nationality									
Non-Omani	492	18.8	14.3 - 24.3	74.6	68.8 - 79.6	4.9	2.9 - 8.1	1.7	0.8 - 3.6
Omani	4380	9.2	7.8 - 10.9	76.7	74.7 - 78.6	10.7	9.5 - 12.0	3.4	2.7 - 4.3

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

#### Blood pressure measurement and diagnosis

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1820	23.5	20.2 - 27.2	75.2	71.5 - 78.6	0.7*	0.3 - 1.6	0.6	0.3 - 1.2
30-44	4376	21.2	18.9 - 23.8	71.9	69.1 - 74.6	4.4	3.0 - 6.4	2.4	1.7 - 3.5
45-59	2300	14.3	11.5 - 17.5	65.2	61.2 - 69.0	16.3	13.7 - 19.2	4.3	3.0 - 6.0
60+	1283	5.2	3.4 - 7.8	46.7	40.9 - 52.7	38.4	33.4 - 43.5	9.7	7.5 - 12.6
<b>Total</b>	<b>9779</b>	<b>19.5</b>	<b>17.8 - 21.4</b>	<b>70.0</b>	<b>68.1 - 71.8</b>	<b>7.7</b>	<b>6.8 - 8.8</b>	<b>2.7</b>	<b>2.3 - 3.3</b>
Nationality									
Non-Omani	2682	26.7	24.0 - 29.7	65.3	62.3 - 68.2	6.0	4.5 - 7.8	2.0	1.3 - 2.9
Omani	7097	10.9	9.6 - 12.3	75.6	73.8 - 77.2	9.9	8.9 - 11.0	3.7	3.0 - 4.4

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

**Mean age when diagnosed with raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	17	-	-	13	-	-	30	-	-
30-44	136	33.1	31.2 - 35.0	117	32.6	31.0 - 34.2	253	33.0	31.5 - 34.5
45-59	201	44.4	42.8 - 45.9	280	44.4	42.7 - 46.0	481	44.4	43.2 - 45.5
60+	259	55.5	53.8 - 57.2	427	53.9	52.0 - 55.9	686	54.7	53.4 - 56.0
<b>Total</b>	<b>613</b>	<b>41.4</b>	<b>39.6 - 43.3</b>	<b>837</b>	<b>45.8</b>	<b>44.3 - 47.3</b>	<b>1450</b>	<b>43.1</b>	<b>41.7 - 44.5</b>
Nationality									
Non-Omani	165	38.7	36.0 - 41.3	59	42.9	39.3 - 46.6	224	39.4	37.1 - 41.8
Omani	448	44.8	42.7 - 46.9	778	46.5	44.9 - 48.1	1226	45.7	44.3 - 47.1

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

**Pregnancy induced hypertension**

Description: Percentage of ever-married females who had pregnancy induced hypertension

Instrument question:

X37: Have you ever been diagnosed with pregnancy induced hypertension?

**Pregnancy induced hypertension (among ever-married females)**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	328	1.7*	0.4 - 7.5
30-44	1995	2.1	1.3 - 3.4
45-59	1117	5.4	3.6 - 7.9
60+	729	8.6	5.7 - 12.8
<b>Total</b>	<b>4169</b>	<b>3.5</b>	<b>2.7 - 4.6</b>
Nationality			
Non-Omani	450	1.4	0.5 - 3.5
Omani	3719	4.8	3.8 - 6.2

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

**Blood pressure treatment among those diagnosed**

Description: Raised blood pressure treatment results among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H3: In the past two weeks, have you taken any drugs (medication) for raised blood pressure prescribed by a doctor or other health worker?

**Currently taking drugs (medication) for raised blood pressure prescribed by doctor or health worker among those diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	17	-	-	13	-	-	30	-	-
30-44	136	47.8	31.2 - 65.0	117	55.4	39.8 - 70.0	253	49.3	35.4 - 63.3
45-59	201	83.8	75.2 - 89.9	280	82.8	74.7 - 88.7	481	83.4	77.6 - 87.9
60+	259	90.4	83.9 - 94.5	428	95.6	92.2 - 97.5	687	93.2	90.0 - 95.4
<b>Total</b>	<b>613</b>	<b>68.1</b>	<b>59.0 - 76.0</b>	<b>838</b>	<b>81.6</b>	<b>76.1 - 86.1</b>	<b>1451</b>	<b>73.3</b>	<b>67.1 - 78.6</b>
Nationality									
Non-Omani	165	65.7	50.5 - 78.3	59	79.0	58.5 - 91.0	224	68.1	54.9 - 79.0
Omani	448	70.9	62.3 - 78.3	779	82.3	76.9 - 86.6	1227	76.8	71.9 - 81.2

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

**Blood pressure advice by a traditional healer**

Description: Percentage of the population who have sought advice or received treatment from a traditional healer for raised blood pressure among those previously diagnosed with raised blood pressure

Instrument question:

H1: Have you ever had your blood pressure measured by a doctor or other health worker?

H2a: Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?

H4: Have you ever seen a traditional healer for raised blood pressure?

H5: Are you currently taking any herbal or traditional remedy for your high blood pressure?

**Seen a traditional healer among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	17	-	-	13	-	-	30	-	-
30-44	136	6.5*	2.7 - 15.2	117	7.1*	3.0 - 15.9	253	6.6	3.2 - 13.3
45-59	201	10.4	5.2 - 19.8	280	6.4	2.3 - 16.2	481	8.8	4.9 - 15.0
60+	259	7.2	3.6 - 13.9	428	5.4	2.8 - 10.0	687	6.2	3.8 - 9.9
<b>Total</b>	<b>613</b>	<b>7.9</b>	<b>5.0 - 12.3</b>	<b>838</b>	<b>6.0</b>	<b>3.6 - 9.7</b>	<b>1451</b>	<b>7.2</b>	<b>5.0 - 10.2</b>
Nationality									
Non-Omani	165	3.9*	1.3 - 10.9	59	6.7*	1.2 - 30.8	224	4.4	1.8 - 10.5
Omani	448	12.8	8.1 - 19.7	779	5.8	3.8 - 8.7	1227	9.1	6.4 - 12.9

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

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

**Currently taking herbal or traditional remedy for raised blood pressure among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	17	-	-	13	-	-	30	-	-
30-44	136	9.6*	3.9 - 21.6	117	6.3*	2.0 - 18.0	253	8.9	4.1 - 18.3
45-59	201	9.0	4.1 - 18.5	280	9.0	5.2 - 15.2	481	9.0	5.4 - 14.6
60+	259	7.1	3.5 - 14.0	428	4.8	2.4 - 9.2	687	5.9	3.6 - 9.5
<b>Total</b>	<b>613</b>	<b>8.5</b>	<b>5.1 - 13.7</b>	<b>838</b>	<b>6.6</b>	<b>4.4 - 9.7</b>	<b>1451</b>	<b>7.8</b>	<b>5.4 - 11.0</b>
Nationality									
Non-Omani	165	2.6*	0.6 - 10.5	59	6.7*	2.3 - 17.7	224	3.4*	1.2 - 8.8
Omani	448	15.5	9.5 - 24.3	779	6.6	4.3 - 9.9	1227	10.9	7.6 - 15.4

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

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

## 10 History of Diabetes

### Blood sugar measurement and diagnosis

Description: Blood sugar measurement and diagnosis among all population and mean age at diagnosis

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H7b: Have you been told in the past 12 months?

X38: What was your age when you were diagnosed with diabetes?

#### Blood sugar measurement and diagnosis

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1023	41.5	36.6 - 46.7	58.2	53.1 - 63.2	0.2*	0.0 - 1.0	0.0*	0.0 - 0.1
30-44	2214	33.9	30.5 - 37.5	61.1	57.5 - 64.5	3.7	2.3 - 6.1	1.3	0.7 - 2.2
45-59	1129	25.5	20.9 - 30.7	56.6	51.1 - 62.1	15.3	11.7 - 19.8	2.6	1.2 - 5.4
60+	541	9.9	6.4 - 14.8	56.9	49.8 - 63.7	29.3	22.8 - 36.8	3.9	2.3 - 6.6
<b>Total</b>	<b>4907</b>	<b>33.2</b>	<b>30.7 - 35.7</b>	<b>59.3</b>	<b>56.8 - 61.7</b>	<b>6.2</b>	<b>5.1 - 7.6</b>	<b>1.3</b>	<b>0.9 - 1.9</b>
Nationality									
Non-Omani	2190	37.9	34.5 - 41.5	54.6	51.3 - 58.0	6.1	4.6 - 8.2	1.3	0.7 - 2.3
Omani	2717	24.3	21.7 - 27.1	68.1	65.1 - 70.9	6.3	5.1 - 7.7	1.3	0.9 - 1.9

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

#### Blood sugar measurement and diagnosis

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	797	33.7	27.9 - 40.2	65.9	59.4 - 71.8	0.2*	0.0 - 0.8	0.2*	0.1 - 0.7
30-44	2162	19.4	16.2 - 23.2	75.4	71.5 - 78.8	3.0	1.9 - 4.6	2.2	1.4 - 3.4
45-59	1171	10.4	7.4 - 14.5	70.9	65.8 - 75.5	14.2	10.9 - 18.3	4.5	3.0 - 6.7
60+	742	5.8	3.7 - 8.9	58.9	51.3 - 66.1	28.6	23.0 - 35.1	6.7	4.3 - 10.5
<b>Total</b>	<b>4872</b>	<b>20.8</b>	<b>18.4 - 23.5</b>	<b>70.2</b>	<b>67.5 - 72.8</b>	<b>6.5</b>	<b>5.5 - 7.6</b>	<b>2.4</b>	<b>1.9 - 3.1</b>
Nationality									
Non-Omani	492	29.3	23.6 - 35.7	65.3	58.9 - 71.2	3.7	2.1 - 6.6	1.7	0.9 - 3.1
Omani	4380	16.4	14.5 - 18.4	72.8	70.6 - 74.9	7.9	6.9 - 9.1	2.8	2.2 - 3.6

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

#### Blood sugar measurement and diagnosis

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1820	38.7	34.6 - 42.9	61.1	56.8 - 65.1	0.2*	0.1 - 0.6	0.1*	0.0 - 0.3
30-44	4376	29.4	26.8 - 32.1	65.6	62.9 - 68.2	3.5	2.4 - 5.1	1.6	1.1 - 2.3
45-59	2300	20.3	17.0 - 24.1	61.5	57.4 - 65.5	14.9	12.2 - 18.1	3.2	2.1 - 5.0
60+	1283	7.9	5.7 - 10.8	57.8	52.4 - 63.1	29.0	24.5 - 34.0	5.3	3.8 - 7.4
<b>Total</b>	<b>9779</b>	<b>28.9</b>	<b>27.0 - 30.9</b>	<b>63.1</b>	<b>61.1 - 65.1</b>	<b>6.3</b>	<b>5.4 - 7.3</b>	<b>1.7</b>	<b>1.4 - 2.1</b>
Nationality									
Non-Omani	2682	36.0	33.0 - 39.2	57.0	53.9 - 60.0	5.6	4.3 - 7.3	1.4	0.9 - 2.2
Omani	7097	20.3	18.7 - 22.1	70.5	68.5 - 72.3	7.1	6.3 - 8.0	2.1	1.7 - 2.6

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

**Mean age when diagnosed with diabetes**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	34.3	32.7 - 35.8	129	32.9	30.3 - 35.4	230	33.8	32.4 - 35.2
45-59	174	44.1	42.4 - 45.9	219	43.9	42.0 - 45.7	393	44.0	42.7 - 45.3
60+	182	51.7	49.7 - 53.7	289	52.0	50.2 - 53.9	471	51.9	50.5 - 53.2
<b>Total</b>	<b>462</b>	<b>42.4</b>	<b>41.0 - 43.9</b>	<b>645</b>	<b>43.8</b>	<b>42.2 - 45.4</b>	<b>1107</b>	<b>42.9</b>	<b>41.9 - 44.0</b>
Nationality									
Non-Omani	155	40.2	38.3 - 42.1	52	41.4	36.1 - 46.7	207	40.4	38.5 - 42.3
Omani	307	46.6	44.7 - 48.4	593	44.4	43.0 - 45.8	900	45.3	44.2 - 46.4

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

**Retinal examination**

Description: Percentage of diagnosed diabetics who have had a retinal exam

Instrument question:

X39: Have you ever had a retinal examination?

<b>Ever had retinal exam (among diagnosed diabetics)</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	68.5	50.5 - 82.2	129	58.6	43.6 - 72.1	230	65.3	52.2 - 76.4
45-59	174	54.5	41.3 - 67.2	219	78.0	66.5 - 86.4	393	62.8	52.6 - 72.0
60+	182	87.3	78.4 - 92.9	289	90.0	81.5 - 94.9	471	88.7	83.0 - 92.6
<b>Total</b>	<b>462</b>	<b>66.3</b>	<b>57.0 - 74.5</b>	<b>645</b>	<b>77.5</b>	<b>71.0 - 82.9</b>	<b>1107</b>	<b>70.6</b>	<b>64.3 - 76.2</b>
<b>Nationality</b>									
Non-Omani	155	59.1	45.6 - 71.5	52	64.7	43.2 - 81.6	207	60.1	47.9 - 71.1
Omani	307	79.6	71.6 - 85.7	593	80.9	74.9 - 85.7	900	80.3	75.8 - 84.2

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

**Gestational diabetes**

Description: Percentage of ever-married females who had gestational diabetes

Instrument question:

X40: Have you ever been diagnosed with gestational diabetes?

**Gestational diabetes (among ever-married females)**

Age Categories (Years)	n	Female	
		%	95% CI
18-29	328	0.4*	0.1 - 1.5
30-44	1995	3.4	2.5 - 4.7
45-59	1117	7.3	5.0 - 10.5
60+	729	8.6	5.7 - 13.0
<b>Total</b>	<b>4169</b>	<b>4.4</b>	<b>3.6 - 5.5</b>
Nationality			
Non-Omani	450	1.5	0.7 - 3.2
Omani	3719	6.2	5.2 - 7.5

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

**Diabetes treatment among those diagnosed**

Description: Diabetes treatment results among those previously diagnosed with raised blood sugar or diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

**Currently taking drugs (medication) prescribed for diabetes among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	83.3	66.7 - 92.6	129	69.8	55.2 - 81.3	230	79.0	67.4 - 87.2
45-59	174	92.4	86.6 - 95.8	219	88.0	79.7 - 93.1	393	90.8	86.3 - 94.0
60+	182	92.0	84.5 - 96.1	289	94.2	86.5 - 97.6	471	93.1	88.3 - 96.0
<b>Total</b>	<b>462</b>	<b>89.3</b>	<b>83.6 - 93.2</b>	<b>645</b>	<b>85.1</b>	<b>79.9 - 89.1</b>	<b>1107</b>	<b>87.7</b>	<b>83.9 - 90.7</b>
Nationality									
Non-Omani	155	89.4	80.4 - 94.5	52	82.4	62.3 - 93.0	207	88.2	80.7 - 93.0
Omani	307	89.3	83.4 - 93.2	593	85.7	81.0 - 89.5	900	87.2	83.7 - 90.1

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

**Currently taking insulin prescribed for diabetes among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking insulin	95% CI	n	% taking insulin	95% CI	n	% taking insulin	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	5.0	2.2 - 10.9	129	15.5	8.1 - 27.6	230	8.4	4.9 - 14.0
45-59	174	11.8	7.1 - 19.0	219	19.7	13.1 - 28.6	393	14.6	10.3 - 20.3
60+	182	21.6	11.9 - 36.0	289	25.9	19.2 - 34.0	471	23.8	17.4 - 31.5
<b>Total</b>	<b>462</b>	<b>11.8</b>	<b>8.2 - 16.7</b>	<b>645</b>	<b>21.1</b>	<b>16.7 - 26.3</b>	<b>1107</b>	<b>15.4</b>	<b>12.3 - 19.0</b>
Nationality									
Non-Omani	155	9.0	4.8 - 16.2	52	4.5*	1.3 - 14.3	207	8.3	4.6 - 14.3
Omani	307	17.0	12.0 - 23.4	593	25.4	20.5 - 31.1	900	21.9	18.3 - 26.1

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

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

**Diabetes advice by traditional healer**

Description: Percentage of the population who have sought advice or treatment from a traditional healer for diabetes among those previously diagnosed

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H10: Have you ever seen a traditional healer for diabetes or raised blood sugar?

H11: Are you currently taking any herbal or traditional remedy for your diabetes?

**Seen a traditional healer for diabetes among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	5.1*	1.5 - 16.1	129	5.8*	2.2 - 14.9	230	5.4	2.2 - 12.2
45-59	174	8.7	3.6 - 19.6	219	5.2	2.4 - 10.9	393	7.4	3.7 - 14.4
60+	182	8.3*	3.2 - 19.7	289	4.6*	1.9 - 10.7	471	6.4	3.3 - 12.3
<b>Total</b>	<b>462</b>	<b>7.4</b>	<b>4.1 - 12.9</b>	<b>645</b>	<b>5.1</b>	<b>3.1 - 8.2</b>	<b>1107</b>	<b>6.5</b>	<b>4.1 - 10.1</b>
Nationality									
Non-Omani	155	7.5*	3.2 - 16.8	52	3.6*	0.8 - 14.4	207	6.9	3.0 - 15.1
Omani	307	7.0	3.8 - 12.6	593	5.4	3.2 - 9.0	900	6.1	4.1 - 9.0

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

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

**Currently taking herbal or traditional treatment for diabetes among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	5	-	-	8	-	-	13	-	-
30-44	101	2.2*	0.8 - 5.9	129	16.2*	4.9 - 41.9	230	6.7*	2.4 - 17.4
45-59	174	9.7	4.4 - 20.2	219	4.0	2.0 - 7.8	393	7.7	3.9 - 14.5
60+	182	9.8*	4.1 - 21.8	289	6.0	2.7 - 12.6	471	7.9	4.2 - 14.3
<b>Total</b>	<b>462</b>	<b>7.2</b>	<b>4.1 - 12.4</b>	<b>645</b>	<b>7.7</b>	<b>3.8 - 14.8</b>	<b>1107</b>	<b>7.4</b>	<b>4.5 - 11.8</b>
Nationality									
Non-Omani	155	6.1*	2.3 - 14.9	52	15.2*	3.3 - 49.0	207	7.6	3.3 - 16.5
Omani	307	9.2	5.3 - 15.7	593	5.7	3.5 - 9.2	900	7.2	4.9 - 10.4

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

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

# 11 History of Raised Total Cholesterol

## Cholesterol measurement and diagnosis

Description: Total cholesterol measurement and diagnosis among all population and mean age at diagnosis

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H13b: Have you been told in the past 12 months?

X41: What was your age when you were diagnosed with raised cholesterol?

### Total cholesterol measurement and diagnosis

Male									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1023	71.3	66.3 - 75.7	27.4	23.0 - 32.2	0.3*	0.1 - 1.0	1.1*	0.3 - 4.5
30-44	2214	55.4	51.8 - 58.9	37.7	34.1 - 41.4	4.4	2.9 - 6.6	2.5	1.6 - 3.9
45-59	1129	36.4	31.4 - 41.8	45.2	39.8 - 50.7	13.6	10.2 - 17.8	4.8	3.1 - 7.4
60+	541	15.9	11.9 - 20.9	48.8	42.0 - 55.8	28.6	22.7 - 35.3	6.6	4.3 - 10.1
<b>Total</b>	<b>4907</b>	<b>54.2</b>	<b>51.6 - 56.7</b>	<b>36.8</b>	<b>34.5 - 39.2</b>	<b>6.2</b>	<b>5.1 - 7.5</b>	<b>2.8</b>	<b>2.1 - 3.7</b>
Nationality									
Non-Omani	2190	57.6	54.0 - 61.0	35.7	32.5 - 38.9	4.8	3.4 - 6.8	2.0	1.1 - 3.5
Omani	2717	47.7	44.6 - 50.9	39.1	36.1 - 42.2	8.9	7.5 - 10.6	4.2	3.3 - 5.4

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

### Total cholesterol measurement and diagnosis

Female									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	797	78.1	72.1 - 83.1	20.5	15.6 - 26.4	0.6*	0.2 - 1.8	0.8*	0.2 - 3.7
30-44	2162	44.6	40.4 - 48.9	50.5	46.2 - 54.7	2.0	1.3 - 2.9	2.9	2.1 - 4.1
45-59	1171	24.8	20.2 - 30.1	51.1	45.9 - 56.3	17.3	14.4 - 20.6	6.8	4.8 - 9.5
60+	742	10.4	7.2 - 14.8	41.2	32.3 - 50.8	36.8	30.1 - 44.0	11.6	8.1 - 16.3
<b>Total</b>	<b>4872</b>	<b>47.9</b>	<b>44.8 - 51.1</b>	<b>40.8</b>	<b>37.9 - 43.8</b>	<b>7.5</b>	<b>6.6 - 8.5</b>	<b>3.8</b>	<b>3.1 - 4.7</b>
Nationality									
Non-Omani	492	50.9	43.4 - 58.4	44.5	37.3 - 52.1	1.8	1.0 - 3.4	2.7	1.5 - 5.0
Omani	4380	46.3	43.9 - 48.8	38.9	36.6 - 41.2	10.4	9.3 - 11.7	4.3	3.6 - 5.3

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

### Total cholesterol measurement and diagnosis

Total									
Age Categories (Years)	n	% never measured	95% CI	% measured, not diagnosed	95% CI	% diagnosed, but not within past 12 months	95% CI	% diagnosed within past 12 months	95% CI
18-29	1820	73.8	69.9 - 77.3	24.8	21.4 - 28.6	0.4	0.2 - 0.9	1.0*	0.3 - 3.0
30-44	4376	52.0	49.2 - 54.8	41.7	38.9 - 44.6	3.7	2.6 - 5.1	2.6	1.9 - 3.6
45-59	2300	32.5	28.6 - 36.6	47.2	43.1 - 51.3	14.9	12.4 - 17.7	5.5	4.1 - 7.3
60+	1283	13.3	10.5 - 16.5	45.2	39.3 - 51.2	32.6	28.0 - 37.5	9.0	6.9 - 11.7
<b>Total</b>	<b>9779</b>	<b>52.0</b>	<b>50.0 - 54.0</b>	<b>38.2</b>	<b>36.3 - 40.1</b>	<b>6.7</b>	<b>5.9 - 7.6</b>	<b>3.1</b>	<b>2.6 - 3.8</b>
Nationality									
Non-Omani	2682	56.1	52.9 - 59.3	37.6	34.6 - 40.7	4.1	3.0 - 5.7	2.2	1.4 - 3.3
Omani	7097	47.0	45.0 - 49.1	39.0	37.0 - 41.0	9.7	8.7 - 10.7	4.3	3.7 - 5.0

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

**Mean age when diagnosed with raised cholesterol**

Age Categories (Years)	Male			Female			Total		
	n	mean age	95% CI	n	mean age	95% CI	n	mean age	95% CI
18-29	13	-	-	14	-	-	27	-	-
30-44	164	35.2	33.9 - 36.5	137	36.2	34.7 - 37.7	301	35.4	34.4 - 36.5
45-59	218	45.7	43.6 - 47.7	299	46.6	45.4 - 47.8	517	46.1	44.7 - 47.4
60+	205	55.3	53.3 - 57.3	400	57.1	55.7 - 58.5	605	56.3	55.1 - 57.5
<b>Total</b>	<b>600</b>	<b>42.7</b>	<b>40.9 - 44.5</b>	<b>850</b>	<b>47.9</b>	<b>46.4 - 49.4</b>	<b>1450</b>	<b>44.8</b>	<b>43.5 - 46.1</b>
Nationality									
Non-Omani	126	39.7	36.9 - 42.5	47	-	-	173	40.2	37.7 - 42.7
Omani	474	45.6	44.0 - 47.2	803	48.7	47.4 - 50.0	1277	47.3	46.3 - 48.3

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

**Cholesterol treatment among those diagnosed**

Description: Cholesterol treatment results among those previously diagnosed with raised cholesterol

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H14: In the past two weeks, have you taken oral treatment (medication) for raised total cholesterol prescribed by a doctor or other health worker?

**Currently taking oral treatment (medication) prescribed for raised total cholesterol among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking meds	95% CI	n	% taking meds	95% CI	n	% taking meds	95% CI
18-29	13	-	-	14	-	-	27	-	-
30-44	164	29.4	15.2 - 49.2	137	25.1	15.9 - 37.3	301	28.4	16.9 - 43.6
45-59	218	59.5	46.9 - 70.9	299	68.3	59.3 - 76.0	517	63.0	54.8 - 70.6
60+	205	76.6	66.1 - 84.6	400	87.7	81.6 - 92.0	605	82.8	77.4 - 87.2
<b>Total</b>	<b>600</b>	<b>49.8</b>	<b>41.6 - 58.1</b>	<b>850</b>	<b>65.3</b>	<b>59.7 - 70.4</b>	<b>1450</b>	<b>56.0</b>	<b>50.4 - 61.4</b>
Nationality									
Non-Omani	126	48.3	33.6 - 63.3	47	-	-	173	48.0	35.1 - 61.2
Omani	474	51.3	44.5 - 58.1	803	68.3	62.9 - 73.2	1277	60.3	55.9 - 64.6

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

**Cholesterol advice by traditional healer**

Description: Percentage of the population who have sought advice or treatment from a traditional healer for raised cholesterol among those previously diagnosed

Instrument question:

H12: Have you ever had your cholesterol (fat levels in your blood) measured by a doctor or other health worker?

H13a: Have you ever been told by a doctor or other health worker that you have raised cholesterol?

H15: Have you ever seen a traditional healer for raised cholesterol?

H16: Are you currently taking any herbal or traditional remedy for your raised cholesterol?

**Seen a traditional healer for raised cholesterol among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI	n	% seen trad. healer	95% CI
18-29	13	-	-	14	-	-	27	-	-
30-44	164	6.9	3.1 - 14.7	137	1.2*	0.2 - 7.3	301	5.5	2.6 - 11.2
45-59	218	8.8*	3.4 - 20.9	299	4.2	2.2 - 8.0	517	7.0	3.4 - 13.8
60+	205	4.9*	1.9 - 12.0	400	5.0	2.3 - 10.6	605	5.0	2.7 - 8.9
<b>Total</b>	<b>600</b>	<b>6.9</b>	<b>3.9 - 11.9</b>	<b>850</b>	<b>5.5</b>	<b>2.8 - 10.4</b>	<b>1450</b>	<b>6.4</b>	<b>4.1 - 9.7</b>
Nationality									
Non-Omani	126	5.0*	1.5 - 15.6	47	-	-	173	6.3*	2.3 - 15.9
Omani	474	8.8	5.1 - 14.7	803	4.3	2.6 - 7.1	1277	6.4	4.3 - 9.5

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

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

**Currently taking herbal or traditional treatment for raised cholesterol among those previously diagnosed**

Age Categories (Years)	Male			Female			Total		
	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI	n	% taking trad. meds	95% CI
18-29	13	-	-	14	-	-	27	-	-
30-44	164	7.1*	3.0 - 15.8	137	4.2*	1.7 - 9.8	301	6.3	3.1 - 12.7
45-59	218	6.4	2.5 - 15.6	299	9.2	4.8 - 16.8	517	7.5	4.2 - 13.1
60+	205	7.1*	2.9 - 16.3	400	4.5	2.1 - 9.5	605	5.7	3.1 - 10.1
<b>Total</b>	<b>600</b>	<b>6.5</b>	<b>3.8 - 11.0</b>	<b>850</b>	<b>6.1</b>	<b>3.9 - 9.3</b>	<b>1450</b>	<b>6.4</b>	<b>4.3 - 9.2</b>
Nationality									
Non-Omani	126	2.7*	0.6 - 11.1	47	-	-	173	4.8*	2.0 - 11.0
Omani	474	10.3	6.1 - 16.8	803	4.5	2.9 - 7.0	1277	7.2	4.8 - 10.7

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

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

## 12 History of Cardiovascular Diseases

### History of cardiovascular diseases

Description: Percentage of the population who have ever had a heart attack or chest pain from heart disease (angina) or a stroke among all population

Instrument question:

H17: Have you ever had a heart attack or chest pain from heart disease (angina) or a stroke (cerebrovascular accident or incident)?

Ever had a heart attack or chest pain from heart disease or a stroke									
Age Categories (Years)	n	Male		Female			Total		
		% CVD history	95% CI	n	% CVD history	95% CI	n	% CVD history	95% CI
18-29	1023	0.7*	0.2 - 2.8	797	0.6*	0.1 - 2.9	1820	0.7*	0.2 - 2.0
30-44	2214	1.1	0.6 - 2.0	2162	0.6	0.3 - 1.5	4376	0.9	0.6 - 1.6
45-59	1129	3.3	1.9 - 5.6	1171	4.4	2.5 - 7.6	2300	3.7	2.5 - 5.5
60+	541	13.6	8.5 - 21.2	742	8.8	5.9 - 13.1	1283	11.3	8.1 - 15.7
<b>Total</b>	<b>4907</b>	<b>2.0</b>	<b>1.5 - 2.8</b>	<b>4872</b>	<b>2.1</b>	<b>1.5 - 2.8</b>	<b>9779</b>	<b>2.0</b>	<b>1.6 - 2.6</b>
Nationality									
Non-Omani	2190	1.8	1.1 - 2.9	492	1.9	0.9 - 4.0	2682	1.8	1.2 - 2.7
Omani	2717	2.5	1.9 - 3.4	4380	2.2	1.6 - 3.0	7097	2.3	1.9 - 2.9

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

**Prevention and treatment of heart disease**

Description: Percentage of the population who are currently taking aspirin or statins regularly to prevent or treat heart disease

Instrument question:

H18: Are you currently taking aspirin regularly to prevent or treat heart disease?

H19: Are you currently taking statins (Lovastatin/Simvastatin/Atorvastatin or any other statin) regularly to prevent or treat heart disease?

**Currently taking aspirin regularly to prevent or treat heart disease**

Age Categories (Years)	Male			Female			Total		
	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI	n	% taking aspirin	95% CI
18-29	1023	0.6*	0.2 - 1.7	797	0.0*	0.0 - 0.1	1820	0.4*	0.1 - 1.1
30-44	2214	0.2	0.1 - 0.5	2162	1.2	0.6 - 2.3	4376	0.5	0.3 - 0.9
45-59	1129	5.4	3.5 - 8.3	1171	6.1	4.3 - 8.8	2300	5.7	4.2 - 7.6
60+	541	24.8	18.9 - 31.8	742	21.2	16.8 - 26.4	1283	23.1	19.1 - 27.6
<b>Total</b>	<b>4907</b>	<b>2.5</b>	<b>2.0 - 3.2</b>	<b>4872</b>	<b>3.5</b>	<b>2.9 - 4.3</b>	<b>9779</b>	<b>2.9</b>	<b>2.4 - 3.4</b>
Nationality									
Non-Omani	2190	1.5	0.9 - 2.5	492	1.6	0.8 - 3.1	2682	1.5	1.0 - 2.3
Omani	2717	4.4	3.6 - 5.5	4380	4.6	3.8 - 5.5	7097	4.5	3.9 - 5.2

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

**Currently taking statins regularly to prevent or treat heart disease**

Age Categories (Years)	Male			Female			Total		
	n	% taking statins	95% CI	n	% taking statins	95% CI	n	% taking statins	95% CI
18-29	1023	0.8*	0.2 - 2.9	797	0.0*	0.0 - 0.1	1820	0.5*	0.1 - 1.8
30-44	2214	2.2	1.0 - 4.5	2162	0.9	0.5 - 1.5	4376	1.8	0.9 - 3.3
45-59	1129	11.9	8.7 - 16.1	1171	14.5	11.6 - 17.9	2300	12.8	10.4 - 15.6
60+	541	29.8	23.5 - 36.9	742	44.2	36.4 - 52.4	1283	36.8	31.8 - 42.1
<b>Total</b>	<b>4907</b>	<b>5.0</b>	<b>4.0 - 6.3</b>	<b>4872</b>	<b>7.0</b>	<b>6.0 - 8.1</b>	<b>9779</b>	<b>5.7</b>	<b>4.9 - 6.6</b>
Nationality									
Non-Omani	2190	4.0	2.7 - 6.0	492	2.3	1.0 - 4.9	2682	3.7	2.5 - 5.3
Omani	2717	6.8	5.7 - 8.2	4380	9.5	8.3 - 10.8	7097	8.2	7.3 - 9.1

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

**Weight-loss medication use**

Description: Percentage of the population who ever used Ozempic, Saxenda or Mounjaro to control their weight

Instrument question:

X42: Have you ever used any of the following medications (Ozempic, Saxenda, or Mounjaro) as tablets or injections to control your weight?

Taken weight-loss medications										
		Male			Female			Total		
Age Categories (Years)	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI	n	% took weight-loss meds	95% CI	
18-29	1023	0.5*	0.2 - 1.2	797	0.6*	0.2 - 1.7	1820	0.5	0.3 - 1.0	
30-44	2214	0.9	0.4 - 1.7	2162	3.8	2.4 - 5.9	4376	1.8	1.2 - 2.6	
45-59	1129	0.6	0.3 - 1.3	1171	1.2	0.7 - 2.3	2300	0.8	0.5 - 1.4	
60+	541	0.8*	0.2 - 3.2	742	0.7*	0.2 - 1.9	1283	0.7	0.3 - 1.8	
<b>Total</b>	<b>4907</b>	<b>0.7</b>	<b>0.5 - 1.2</b>	<b>4872</b>	<b>2.1</b>	<b>1.4 - 3.0</b>	<b>9779</b>	<b>1.2</b>	<b>0.9 - 1.6</b>	
Nationality										
Non-Omani	2190	0.4*	0.1 - 1.1	492	2.0	0.8 - 4.8	2682	0.7	0.4 - 1.4	
Omani	2717	1.4	0.9 - 2.2	4380	2.1	1.5 - 3.0	7097	1.8	1.3 - 2.3	

\* Estimates are based on a small number of respondents with the characteristic ( $\leq 10$ ) 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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	7.4	5.0 - 11.0	797	4.7	3.2 - 7.0	1820	6.4	4.7 - 8.7
30-44	2214	11.6	9.1 - 14.6	2162	4.9	3.9 - 6.3	4376	9.5	7.8 - 11.6
45-59	1129	15.4	12.2 - 19.4	1171	8.0	5.7 - 11.1	2300	12.9	10.5 - 15.7
60+	541	19.2	14.6 - 24.8	742	5.2	3.3 - 8.0	1283	12.4	9.5 - 16.0
<b>Total</b>	<b>4907</b>	<b>11.6</b>	<b>9.9 - 13.5</b>	<b>4872</b>	<b>5.4</b>	<b>4.6 - 6.5</b>	<b>9779</b>	<b>9.4</b>	<b>8.3 - 10.7</b>
Nationality									
Non-Omani	2190	10.3	8.0 - 13.0	492	2.6	1.6 - 4.4	2682	8.6	6.8 - 10.8
Omani	2717	14.1	12.1 - 16.2	4380	6.9	5.8 - 8.2	7097	10.5	9.3 - 11.8

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	12.0	8.5 - 16.8	797	14.5	11.4 - 18.3	1820	12.9	10.3 - 16.1
30-44	2214	16.4	13.7 - 19.6	2162	24.8	21.4 - 28.5	4376	19.1	16.9 - 21.5
45-59	1129	28.7	24.3 - 33.5	1171	35.9	30.7 - 41.4	2300	31.1	27.8 - 34.7
60+	541	47.6	40.3 - 55.0	742	58.0	51.0 - 64.8	1283	52.6	47.5 - 57.7
<b>Total</b>	<b>4907</b>	<b>19.1</b>	<b>17.0 - 21.4</b>	<b>4872</b>	<b>26.7</b>	<b>24.4 - 29.2</b>	<b>9779</b>	<b>21.7</b>	<b>20.0 - 23.5</b>
Nationality									
Non-Omani	2190	15.8	13.1 - 19.0	492	18.4	13.5 - 24.4	2682	16.4	13.9 - 19.2
Omani	2717	25.3	22.8 - 28.0	4380	31.1	29.0 - 33.3	7097	28.2	26.4 - 30.1

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	15.7	12.3 - 19.8	797	26.1	20.9 - 32.0	1820	19.5	16.5 - 22.9
30-44	2214	19.7	16.6 - 23.3	2162	35.5	31.6 - 39.7	4376	24.7	22.2 - 27.4
45-59	1129	28.7	24.2 - 33.6	1171	40.4	35.1 - 46.0	2300	32.7	29.2 - 36.4
60+	541	48.5	40.9 - 56.1	742	48.7	40.7 - 56.7	1283	48.6	42.8 - 54.4
<b>Total</b>	<b>4907</b>	<b>21.8</b>	<b>19.6 - 24.1</b>	<b>4872</b>	<b>34.8</b>	<b>32.1 - 37.6</b>	<b>9779</b>	<b>26.3</b>	<b>24.5 - 28.1</b>
Nationality									
Non-Omani	2190	17.9	15.1 - 21.2	492	27.9	22.2 - 34.4	2682	20.1	17.5 - 23.0
Omani	2717	29.0	26.2 - 32.0	4380	38.4	36.0 - 40.9	7097	33.7	31.8 - 35.7

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	15.2	11.4 - 20.0	797	19.7	15.3 - 24.9	1820	16.8	13.8 - 20.3
30-44	2214	21.5	18.5 - 24.8	2162	34.4	30.4 - 38.7	4376	25.6	23.1 - 28.2
45-59	1129	33.9	29.2 - 39.1	1171	45.3	39.8 - 50.8	2300	37.8	34.1 - 41.7
60+	541	53.2	46.2 - 60.2	742	62.9	56.5 - 69.0	1283	57.9	52.8 - 62.9
<b>Total</b>	<b>4907</b>	<b>23.7</b>	<b>21.3 - 26.2</b>	<b>4872</b>	<b>34.6</b>	<b>31.8 - 37.5</b>	<b>9779</b>	<b>27.5</b>	<b>25.6 - 29.4</b>
Nationality									
Non-Omani	2190	19.2	16.1 - 22.7	492	28.1	21.9 - 35.3	2682	21.1	18.3 - 24.3
Omani	2717	32.2	29.3 - 35.1	4380	38.0	35.7 - 40.3	7097	35.1	33.2 - 37.0

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	17.1	13.6 - 21.3	797	23.8	19.3 - 29.0	1820	19.6	16.8 - 22.7
30-44	2214	23.5	20.2 - 27.3	2162	37.1	33.2 - 41.1	4376	27.8	25.2 - 30.6
45-59	1129	35.3	30.6 - 40.4	1171	50.7	44.9 - 56.4	2300	40.6	37.0 - 44.4
60+	541	49.9	42.9 - 57.0	742	60.5	53.6 - 66.9	1283	55.0	49.7 - 60.2
<b>Total</b>	<b>4907</b>	<b>25.3</b>	<b>23.0 - 27.7</b>	<b>4872</b>	<b>37.7</b>	<b>35.0 - 40.5</b>	<b>9779</b>	<b>29.6</b>	<b>27.8 - 31.5</b>
Nationality									
Non-Omani	2190	19.9	16.9 - 23.2	492	32.2	26.0 - 39.0	2682	22.6	19.8 - 25.6
Omani	2717	35.6	32.7 - 38.6	4380	40.6	38.3 - 43.0	7097	38.1	36.1 - 40.1

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	14.7	11.2 - 19.2	797	20.9	16.8 - 25.6	1820	17.0	14.2 - 20.2
30-44	2214	21.8	18.6 - 25.4	2162	37.9	33.9 - 42.0	4376	26.9	24.3 - 29.6
45-59	1129	34.9	30.2 - 39.9	1171	49.0	43.3 - 54.8	2300	39.7	36.1 - 43.5
60+	541	42.6	35.7 - 49.8	742	58.0	51.3 - 64.5	1283	50.0	44.7 - 55.4
<b>Total</b>	<b>4907</b>	<b>23.3</b>	<b>21.1 - 25.8</b>	<b>4872</b>	<b>36.6</b>	<b>33.9 - 39.4</b>	<b>9779</b>	<b>28.0</b>	<b>26.1 - 29.9</b>
Nationality									
Non-Omani	2190	18.6	15.7 - 22.0	492	31.6	25.3 - 38.7	2682	21.5	18.6 - 24.6
Omani	2717	32.2	29.5 - 35.1	4380	39.3	37.0 - 41.6	7097	35.8	33.9 - 37.7

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

Age Categories (Years)	Male			Female			Total		
	n	% advised	95% CI	n	% advised	95% CI	n	% advised	95% CI
18-29	1023	17.9	13.6 - 23.3	797	24.4	19.7 - 29.9	1820	20.3	16.9 - 24.2
30-44	2214	20.9	18.0 - 24.1	2162	34.4	30.6 - 38.5	4376	25.2	22.8 - 27.7
45-59	1129	31.6	27.0 - 36.6	1171	42.6	36.9 - 48.4	2300	35.3	31.7 - 39.2
60+	541	49.6	42.8 - 56.4	742	58.9	51.9 - 65.6	1283	54.1	48.8 - 59.3
<b>Total</b>	<b>4907</b>	<b>23.5</b>	<b>21.4 - 25.8</b>	<b>4872</b>	<b>35.1</b>	<b>32.4 - 37.9</b>	<b>9779</b>	<b>27.5</b>	<b>25.8 - 29.4</b>
Nationality									
Non-Omani	2190	18.8	15.9 - 22.1	492	28.6	22.6 - 35.5	2682	21.0	18.3 - 23.9
Omani	2717	32.4	29.6 - 35.4	4380	38.6	36.2 - 41.0	7097	35.5	33.5 - 37.5

## 14 Chronic Respiratory Diseases

**CRD Diagnosis** Description: Percentage of the population with a previous diagnosis of asthma/COPD

Instrument question:

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

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

Chronic respiratory diseases diagnosis										
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1023	2.2	1.3 - 3.6	797	3.7	1.9 - 7.0	1820	2.7	1.8 - 4.2	
30-44	2214	2.3	1.4 - 3.9	2162	2.5	1.7 - 3.8	4376	2.4	1.6 - 3.5	
45-59	1129	2.0	1.0 - 3.8	1170	5.8	4.0 - 8.3	2299	3.3	2.3 - 4.6	
60+	540	4.1	2.2 - 7.4	742	7.6	5.1 - 11.2	1282	5.8	4.3 - 7.8	
<b>Total</b>	<b>4906</b>	<b>2.3</b>	<b>1.7 - 3.1</b>	<b>4871</b>	<b>3.9</b>	<b>3.1 - 5.0</b>	<b>9777</b>	<b>2.9</b>	<b>2.3 - 3.5</b>	
Nationality										
Non-Omani	2190	1.7	1.0 - 3.0	492	3.1	1.6 - 5.9	2682	2.0	1.3 - 3.1	
Omani	2716	3.4	2.5 - 4.6	4379	4.4	3.4 - 5.6	7095	3.9	3.2 - 4.7	

**CRD Treatment** Description: Percentage of those diagnosed with CRD receiving current treatment for asthma/COPD prescribed by a doctor or other health worker

Instrument question:

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

CRD2. In the past two weeks, have you taken any drugs (medication, including inhalers) for asthma prescribed by a doctor or other health worker?

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

CRD4. In the past two weeks, have you taken any drugs (medication, including inhalers) for chronic obstructive pulmonary (COPD) or chronic bronchitis or emphysema prescribed by a doctor or other health worker?

Currently taking medication for Asthma/COPD										
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	28	-	-	29	-	-	57	43.7	25.4 - 63.8	
30-44	46	-	-	72	32.9	18.4 - 51.6	118	56.0	38.0 - 72.5	
45-59	29	-	-	73	38.1	22.0 - 57.3	102	32.8	19.7 - 49.1	
60+	27	-	-	64	63.4	42.8 - 80.1	91	65.3	48.2 - 79.3	
<b>Total</b>	<b>130</b>	<b>51.2</b>	<b>35.6 - 66.6</b>	<b>238</b>	<b>46.7</b>	<b>34.5 - 59.3</b>	<b>368</b>	<b>49.1</b>	<b>38.9 - 59.3</b>	
Nationality										
Non-Omani	30	-	-	19	-	-	49	-	-	
Omani	100	42.4	28.4 - 57.8	219	46.7	35.2 - 58.6	319	44.9	36.0 - 54.0	

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

**CRD  
Symptoms**

Description: Percentage of the population with chronic respiratory symptoms

Instrument question:

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

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

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

**Chronic respiratory symptoms**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1022	1.2	0.6 - 2.6	1.3	0.5 - 3.1	8.5	5.2 - 13.8
30-44	2212	2.2	1.3 - 3.7	1.9	1.2 - 2.9	4.1	2.8 - 6.0
45-59	1125	2.1	1.0 - 4.1	2.3	1.1 - 4.7	6.2	4.2 - 9.2
60+	540	3.9	2.1 - 7.2	3.1	1.5 - 6.2	8.8	5.5 - 13.8
<b>Total</b>	<b>4899</b>	<b>2.0</b>	<b>1.4 - 2.8</b>	<b>1.8</b>	<b>1.3 - 2.6</b>	<b>5.9</b>	<b>4.6 - 7.6</b>
Nationality							
Non-Omani	2187	1.4	0.8 - 2.7	1.3	0.7 - 2.4	5.6	3.9 - 8.1
Omani	2712	3.1	2.2 - 4.3	2.9	2.0 - 4.0	6.5	5.2 - 8.1

**Chronic respiratory symptoms**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	796	3.2	1.5 - 6.8	3.7	2.0 - 6.5	14.2	9.9 - 20.1
30-44	2158	3.9	1.9 - 7.8	2.8	2.0 - 3.8	11.7	8.9 - 15.2
45-59	1169	4.8	3.2 - 7.3	4.6	3.1 - 6.9	18.3	14.5 - 22.8
60+	742	4.2	2.6 - 6.9	5.0	3.4 - 7.4	16.9	13.2 - 21.5
<b>Total</b>	<b>4865</b>	<b>3.9</b>	<b>2.6 - 5.8</b>	<b>3.6</b>	<b>2.8 - 4.5</b>	<b>14.1</b>	<b>12.0 - 16.5</b>
Nationality							
Non-Omani	489	4.5	1.7 - 11.1	1.9	0.8 - 4.4	13.3	8.7 - 19.8
Omani	4376	3.6	2.8 - 4.6	4.4	3.6 - 5.5	14.5	12.6 - 16.6

**Chronic respiratory symptoms**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1818	2.0	1.1 - 3.4	2.2	1.3 - 3.5	10.6	7.8 - 14.4
30-44	4370	2.8	1.8 - 4.2	2.1	1.6 - 2.9	6.5	5.2 - 8.1
45-59	2294	3.0	2.0 - 4.4	3.1	2.0 - 4.6	10.3	8.3 - 12.7
60+	1282	4.1	2.7 - 6.0	4.0	2.8 - 5.8	12.7	10.1 - 15.9
<b>Total</b>	<b>9764</b>	<b>2.7</b>	<b>2.1 - 3.4</b>	<b>2.4</b>	<b>2.0 - 3.0</b>	<b>8.7</b>	<b>7.5 - 10.2</b>
Nationality							
Non-Omani	2676	2.1	1.2 - 3.6	1.4	0.8 - 2.4	7.3	5.5 - 9.6
Omani	7088	3.4	2.8 - 4.1	3.7	3.0 - 4.4	10.5	9.3 - 11.8

**CRD Symptoms with no Asthma/COPD diagnosis**

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

Instrument question:

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

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

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

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

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

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	995	0.7*	0.3 - 1.9	1.1*	0.4 - 3.1	7.5	4.2 - 13.1
30-44	2162	1.3	0.7 - 2.6	1.8	1.1 - 2.9	3.0	1.8 - 4.8
45-59	1096	1.0*	0.4 - 2.4	1.7	0.7 - 4.3	5.0	3.1 - 7.8
60+	512	2.2*	0.9 - 5.3	1.7*	0.6 - 5.3	6.9	3.8 - 12.2
<b>Total</b>	<b>4765</b>	<b>1.1</b>	<b>0.7 - 1.8</b>	<b>1.6</b>	<b>1.1 - 2.3</b>	<b>4.8</b>	<b>3.5 - 6.4</b>
Nationality							
Non-Omani	2154	0.7*	0.3 - 1.8	1.2	0.6 - 2.3	4.7	3.0 - 7.2
Omani	2611	1.9	1.2 - 2.9	2.3	1.6 - 3.4	4.9	3.8 - 6.5

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

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	766	2.2*	0.8 - 6.3	3.5	1.8 - 6.5	11.7	7.6 - 17.6
30-44	2084	3.3	1.4 - 7.6	2.4	1.7 - 3.4	10.9	8.1 - 14.5
45-59	1095	1.5	0.9 - 2.7	2.6	1.6 - 4.1	15.6	12.0 - 20.1
60+	678	1.7	0.8 - 3.5	3.9	2.4 - 6.3	12.6	9.3 - 16.9
<b>Total</b>	<b>4623</b>	<b>2.5</b>	<b>1.4 - 4.6</b>	<b>2.9</b>	<b>2.2 - 3.8</b>	<b>12.1</b>	<b>10.0 - 14.6</b>
Nationality							
Non-Omani	468	3.7*	1.1 - 11.3	1.3*	0.4 - 4.2	12.0	7.5 - 18.5
Omani	4155	1.9	1.4 - 2.6	3.7	2.9 - 4.8	12.2	10.3 - 14.3

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

**Chronic respiratory symptoms among undiagnosed with Asthma/COPD**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	1761	1.3	0.6 - 2.7	2.0	1.2 - 3.4	9.0	6.2 - 12.9
30-44	4246	2.0	1.1 - 3.4	2.0	1.4 - 2.7	5.5	4.2 - 7.1
45-59	2191	1.2	0.7 - 2.0	2.0	1.1 - 3.5	8.5	6.6 - 10.9
60+	1190	1.9	1.0 - 3.6	2.8	1.7 - 4.5	9.6	7.2 - 12.7
<b>Total</b>	<b>9388</b>	<b>1.6</b>	<b>1.1 - 2.4</b>	<b>2.0</b>	<b>1.6 - 2.6</b>	<b>7.3</b>	<b>6.1 - 8.7</b>
Nationality							
Non-Omani	2622	1.4	0.6 - 3.0	1.2	0.7 - 2.2	6.2	4.5 - 8.5
Omani	6766	1.9	1.5 - 2.5	3.0	2.4 - 3.7	8.6	7.4 - 9.8

**CRD Symptoms with Asthma/COPD diagnosis**

Description: Percentage of the population with chronic respiratory symptoms among those with an Asthma/COPD diagnosis

Instrument question:

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

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

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

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

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

**Chronic respiratory symptoms among diagnosed Asthma/COPD**

Male							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	27	-	-	-	-	-	-
30-44	46	-	-	-	-	-	-
45-59	29	-	-	-	-	-	-
60+	27	-	-	-	-	-	-
<b>Total</b>	<b>129</b>	<b>39.9</b>	<b>25.2 - 56.7</b>	<b>12.4</b>	<b>6.5 - 22.4</b>	<b>56.0</b>	<b>39.7 - 71.1</b>
Nationality							
Non-Omani	29	-	-	-	-	-	-
Omani	100	38.2	24.5 - 54.1	17.9	9.9 - 30.4	50.5	35.6 - 65.4

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

**Chronic respiratory symptoms among diagnosed Asthma/COPD**

Female							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	29	-	-	-	-	-	-
30-44	72	26.2	13.8 - 44.2	17.2	8.7 - 31.1	40.0	23.3 - 59.3
45-59	73	57.7	39.8 - 73.8	36.9	20.3 - 57.4	60.6	41.6 - 76.8
60+	64	35.4	19.8 - 54.9	18.5	8.8 - 34.7	69.5	52.1 - 82.6
<b>Total</b>	<b>238</b>	<b>37.1</b>	<b>26.4 - 49.3</b>	<b>20.2</b>	<b>13.2 - 29.5</b>	<b>62.3</b>	<b>50.4 - 72.9</b>
Nationality							
Non-Omani	19	-	-	-	-	-	-
Omani	219	40.2	29.2 - 52.4	20.8	14.2 - 29.4	65.6	54.7 - 75.0

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

**Chronic respiratory symptoms among diagnosed Asthma/COPD**

Total							
Age Categories (Years)	n	% wheezing/whistling in the chest	95% CI	% cough	95% CI	% shortness of breath	95% CI
18-29	56	27.6	14.2 - 46.8	8.0*	3.0 - 19.3	71.1	52.5 - 84.6
30-44	118	36.0	20.0 - 55.8	8.9	4.2 - 17.9	47.3	29.4 - 66.0
45-59	102	56.8	39.7 - 72.5	34.8	20.1 - 53.0	63.4	46.0 - 77.9
60+	91	39.2	24.9 - 55.6	24.3	14.1 - 38.5	63.4	46.5 - 77.5
<b>Total</b>	<b>367</b>	<b>38.6</b>	<b>29.1 - 49.0</b>	<b>16.1</b>	<b>11.2 - 22.6</b>	<b>59.0</b>	<b>48.7 - 68.7</b>
Nationality							
Non-Omani	48	-	-	-	-	-	-
Omani	319	39.4	30.7 - 48.8	19.5	14.2 - 26.3	59.0	49.7 - 67.8

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

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

**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**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	995	0.1*	0.0 - 0.5	767	1.8*	0.5 - 6.5	1762	0.7*	0.2 - 2.4
30-44	2164	1.1	0.5 - 2.4	2088	2.8*	1.0 - 7.4	4252	1.6	0.9 - 3.1
45-59	1100	0.7*	0.2 - 2.3	1097	1.1	0.5 - 2.2	2197	0.9	0.4 - 1.8
60+	513	1.3*	0.3 - 4.9	678	1.0*	0.4 - 2.5	1191	1.2	0.5 - 2.8
<b>Total</b>	<b>4772</b>	<b>0.8</b>	<b>0.4 - 1.4</b>	<b>4630</b>	<b>2.0</b>	<b>1.0 - 4.2</b>	<b>9402</b>	<b>1.2</b>	<b>0.7 - 2.0</b>
Nationality									
Non-Omani	2156	0.6*	0.2 - 1.7	471	3.4*	1.0 - 11.3	2627	1.2*	0.5 - 2.9
Omani	2616	1.2	0.7 - 2.1	4159	1.3	0.9 - 1.9	6775	1.3	0.9 - 1.7

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

**Severe asthma symptoms among those with diagnosis**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	28	-	-	29	-	-	57	22.4	10.2 - 42.5
30-44	46	-	-	72	17.0	7.4 - 34.4	118	13.4	6.3 - 26.1
45-59	29	-	-	73	46.9	28.8 - 65.9	102	43.6	26.3 - 62.6
60+	27	-	-	64	31.6	16.6 - 51.6	91	28.0	16.2 - 43.9
<b>Total</b>	<b>130</b>	<b>19.9</b>	<b>10.4 - 34.7</b>	<b>238</b>	<b>28.6</b>	<b>19.2 - 40.2</b>	<b>368</b>	<b>24.0</b>	<b>16.8 - 33.1</b>
Nationality									
Non-Omani	30	-	-	19	-	-	49	-	-
Omani	100	22.2	11.9 - 37.8	219	29.5	20.0 - 41.4	319	26.4	18.9 - 35.5

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

**CRD Symptoms impacting daily activities**

Description: Percentage of the population with chronic respiratory symptoms impacting significantly on daily activities in past 12 months

Instrument question:

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

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

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

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

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

CRD13. In the past 12 months, have you missed work or have your daily activities been affected by your breathing problems?

**CRD symptoms impacting significantly on daily activities (among those with symptoms)**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	62	2.4*	1.0 - 5.9	102	21.0	10.5 - 37.7	164	11.3	5.9 - 20.8
30-44	114	13.7	6.4 - 26.7	275	29.6	17.1 - 46.3	389	21.9	13.6 - 33.2
45-59	63	15.5	5.9 - 34.9	189	19.9	13.8 - 28.0	252	18.0	11.9 - 26.4
60+	46	-	-	127	27.6	18.0 - 39.7	173	28.2	19.6 - 38.8
<b>Total</b>	<b>285</b>	<b>11.4</b>	<b>7.0 - 17.9</b>	<b>693</b>	<b>24.7</b>	<b>18.1 - 32.7</b>	<b>978</b>	<b>18.3</b>	<b>13.9 - 23.7</b>
Nationality									
Non-Omani	73	8.7*	3.3 - 20.8	56	21.0*	6.8 - 49.3	129	13.2	6.0 - 26.7
Omani	212	14.9	10.0 - 21.8	637	26.3	21.4 - 31.8	849	22.2	18.5 - 26.4

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

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

**Hospitalization due to CRD Symptoms**

Description: Percentage of the population with hospital admission due to chronic respiratory symptoms in past 12 months

Instrument question:

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

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

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

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

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

CRD14. In the past 12 months, have you been admitted to hospital because of your breathing problems?

**Admission to hospital due to CRD symptoms (among those with symptoms)**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	62	1.4*	0.4 - 4.5	102	5.1	2.3 - 10.6	164	3.1	1.6 - 6.0
30-44	114	3.1*	1.0 - 9.0	275	7.6	3.9 - 14.3	389	5.4	3.0 - 9.4
45-59	63	9.2*	2.2 - 31.7	189	8.1	3.7 - 16.9	252	8.6	3.9 - 17.7
60+	46	-	-	127	13.5	8.2 - 21.5	173	16.7	10.4 - 25.7
<b>Total</b>	<b>285</b>	<b>5.1</b>	<b>2.6 - 9.6</b>	<b>693</b>	<b>7.6</b>	<b>5.4 - 10.7</b>	<b>978</b>	<b>6.4</b>	<b>4.6 - 8.9</b>
Nationality									
Non-Omani	73	2.2*	0.3 - 14.3	56	5.4*	1.8 - 14.8	129	3.4*	1.2 - 9.1
Omani	212	9.0	5.2 - 15.2	637	8.6	6.2 - 11.8	849	8.7	6.5 - 11.6

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

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

**Peak expiratory flow (PEF) measurement**

Description: Percentage of symptomatic respondents with PEF measurement consistent with airway obstruction (i.e. below 80% predicted for age, height and sex) among those participants with symptoms or a diagnosis

Instrument question:

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

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

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

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

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

PEF3a-c. Peak Expiratory Flow Measurement 1-3 (L/min)

**PEF measurement consistent with airway obstruction (among those with symptoms or a diagnosis)**

		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	74	47.5	26.0 - 70.0	103	80.0	61.3 - 91.0	177	62.2	45.4 - 76.5	
30-44	138	55.8	42.8 - 68.1	280	61.0	49.7 - 71.2	418	58.4	49.4 - 66.8	
45-59	72	25.6	14.3 - 41.5	211	49.0	38.2 - 59.9	283	39.1	30.4 - 48.5	
60+	54	42.6	25.1 - 62.1	133	82.5	72.2 - 89.5	187	65.8	54.5 - 75.6	
<b>Total</b>	<b>338</b>	<b>46.5</b>	<b>36.4 - 57.0</b>	<b>727</b>	<b>65.5</b>	<b>58.7 - 71.7</b>	<b>1065</b>	<b>56.1</b>	<b>49.8 - 62.3</b>	
Nationality										
Non-Omani	85	44.7	29.4 - 61.0	61	56.8	38.5 - 73.4	146	49.0	36.5 - 61.7	
Omani	253	48.9	39.6 - 58.4	666	69.3	63.9 - 74.2	919	61.5	56.5 - 66.2	

## 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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1022	4.2	2.8 - 6.2	795	10.6	7.2 - 15.3	1817	6.6	4.9 - 8.7
30-44	2214	3.6	2.5 - 5.1	2159	9.1	6.2 - 13.2	4373	5.3	4.1 - 6.9
45-59	1129	4.0	2.6 - 6.3	1171	7.1	5.0 - 10.0	2300	5.1	3.8 - 6.7
60+	541	1.8*	0.8 - 4.0	742	4.6	2.6 - 7.9	1283	3.2	2.0 - 5.0
<b>Total</b>	<b>4906</b>	<b>3.7</b>	<b>3.0 - 4.7</b>	<b>4867</b>	<b>8.8</b>	<b>7.0 - 11.1</b>	<b>9773</b>	<b>5.5</b>	<b>4.6 - 6.5</b>
Nationality									
Non-Omani	2190	2.6	1.8 - 3.7	492	9.9	5.8 - 16.4	2682	4.2	3.0 - 5.8
Omani	2716	5.9	4.5 - 7.8	4375	8.2	6.8 - 9.8	7091	7.1	6.0 - 8.3

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

**Depression medication** Description: Percentage of those with depressive episode who are taking depression medication

Instrument question:

MH14. In the past 12 months, have you taken anti-depressant medication prescribed by a doctor or other health worker?

Depression medication							
Male							
Age Categories (Years)	n	% yes, for < 3 months	95% CI	% yes, for ≥ 3 months	95% CI	% no	95% CI
18-29	42	-	-	-	-	-	-
30-44	64	1.6*	0.2 - 9.3	1.5*	0.4 - 5.2	97.0	90.8 - 99.0
45-59	30	-	-	-	-	-	-
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>145</b>	<b>4.0*</b>	<b>1.5 - 10.2</b>	<b>4.7*</b>	<b>1.9 - 10.9</b>	<b>91.4</b>	<b>83.9 - 95.6</b>
Nationality							
Non-Omani	45	-	-	-	-	-	-
Omani	100	5.3*	1.7 - 15.7	7.1*	2.7 - 17.7	87.5	75.7 - 94.1

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

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

Depression medication							
Female							
Age Categories (Years)	n	% yes, for < 3 months	95% CI	% yes, for ≥ 3 months	95% CI	% no	95% CI
18-29	65	0.0*	0.0 - 0.0	2.1	0.4 - 9.4	97.9	90.6 - 99.6
30-44	157	1.5*	0.5 - 4.9	6.2*	1.4 - 23.7	92.3	76.7 - 97.8
45-59	69	8.3*	2.1 - 27.5	6.8*	1.9 - 21.0	84.9	67.2 - 93.9
60+	28	-	-	-	-	-	-
<b>Total</b>	<b>319</b>	<b>1.9*</b>	<b>0.7 - 5.1</b>	<b>5.6</b>	<b>2.4 - 12.5</b>	<b>92.5</b>	<b>85.6 - 96.2</b>
Nationality							
Non-Omani	32	-	-	-	-	-	-
Omani	287	3.1*	1.2 - 8.1	5.2	2.5 - 10.6	91.7	85.5 - 95.4

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

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

Depression medication							
Total							
Age Categories (Years)	n	% yes, for < 3 months	95% CI	% yes, for ≥ 3 months	95% CI	% no	95% CI
18-29	107	1.7*	0.4 - 7.7	4.8*	1.7 - 13.1	93.5	85.0 - 97.3
30-44	221	1.5*	0.5 - 4.3	4.0*	1.1 - 13.4	94.4	86.2 - 97.9
45-59	99	7.9*	2.4 - 22.8	6.6*	2.5 - 16.4	85.6	71.6 - 93.3
60+	37	-	-	-	-	-	-
<b>Total</b>	<b>464</b>	<b>2.8</b>	<b>1.4 - 5.7</b>	<b>5.2</b>	<b>2.8 - 9.4</b>	<b>92.0</b>	<b>87.4 - 95.1</b>
Nationality							
Non-Omani	77	1.0*	0.2 - 6.9	4.0*	0.9 - 15.3	95.0	84.4 - 98.5
Omani	387	4.1	1.9 - 8.5	6.0	3.2 - 10.9	89.9	84.3 - 93.7

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

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

Depression medication									
Age Categories (Years)	Male			Female			Total		
	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI	n	% taken anti-depressant medication	95% CI
18-29	42	-	-	65	2.1*	0.4 - 9.4	107	6.5*	2.7 - 15.0
30-44	64	3.0*	1.0 - 9.2	157	7.7*	2.2 - 23.3	221	5.6	2.1 - 13.8
45-59	30	-	-	69	15.1	6.1 - 32.8	99	14.4*	6.7 - 28.4
60+	9	-	-	28	-	-	37	-	-
<b>Total</b>	<b>145</b>	<b>8.6</b>	<b>4.4 - 16.1</b>	<b>319</b>	<b>7.5</b>	<b>3.8 - 14.4</b>	<b>464</b>	<b>8.0</b>	<b>4.9 - 12.6</b>
Nationality									
Non-Omani	45	-	-	32	-	-	77	5.0*	1.5 - 15.6
Omani	100	12.5	5.9 - 24.3	287	8.3	4.6 - 14.5	387	10.1	6.3 - 15.7

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

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

**Depression therapy**

Description: Percentage of those with depressive episode receiving psychological therapy/counselling

Instrument question:

MH15. In the past 12 months, have you received psychological therapy/counselling sessions for at least 30 minutes by a doctor or other health worker for the difficulties we've just talked about?

**Psychological therapy/counselling for depression**

Male							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	42	-	-	-	-	-	-
30-44	65	0.8*	0.2 - 3.5	1.3*	0.2 - 8.7	98.0	92.2 - 99.5
45-59	30	-	-	-	-	-	-
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>146</b>	<b>6.1</b>	<b>2.6 - 13.4</b>	<b>2.1*</b>	<b>0.7 - 6.1</b>	<b>91.8</b>	<b>84.4 - 95.9</b>
Nationality							
Non-Omani	46	-	-	-	-	-	-
Omani	100	7.1*	2.3 - 19.8	3.8*	1.3 - 11.0	89.1	77.0 - 95.2

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

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

**Psychological therapy/counselling for depression**

Female							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	65	9.5*	2.3 - 31.6	2.4*	0.6 - 9.2	88.2	68.1 - 96.3
30-44	157	3.7*	1.5 - 8.9	5.2*	0.9 - 25.0	91.1	76.2 - 97.1
45-59	69	7.6*	2.1 - 24.3	4.2*	0.7 - 22.2	88.2	70.7 - 95.9
60+	28	-	-	-	-	-	-
<b>Total</b>	<b>319</b>	<b>6.5</b>	<b>2.8 - 14.0</b>	<b>3.8*</b>	<b>1.2 - 11.4</b>	<b>89.8</b>	<b>81.0 - 94.8</b>
Nationality							
Non-Omani	32	-	-	-	-	-	-
Omani	287	5.9	3.2 - 10.8	2.4*	0.8 - 7.0	91.7	86.0 - 95.2

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

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

**Psychological therapy/counselling for depression**

Total							
Age Categories (Years)	n	% yes, 1 to 3 sessions	95% CI	% yes, 4 sessions or more	95% CI	% no	95% CI
18-29	107	10.6*	4.3 - 23.6	1.7*	0.5 - 5.5	87.7	75.1 - 94.4
30-44	222	2.3	1.1 - 5.0	3.4*	0.8 - 13.8	94.3	86.1 - 97.8
45-59	99	9.1*	3.2 - 23.0	5.3*	1.7 - 15.9	85.6	71.6 - 93.3
60+	37	-	-	-	-	-	-
<b>Total</b>	<b>465</b>	<b>6.3</b>	<b>3.5 - 11.1</b>	<b>3.0</b>	<b>1.3 - 7.1</b>	<b>90.7</b>	<b>85.2 - 94.3</b>
Nationality							
Non-Omani	78	6.1*	2.0 - 17.6	3.1*	0.5 - 16.0	90.8	78.0 - 96.5
Omani	387	6.4	3.5 - 11.6	3.0*	1.4 - 6.5	90.6	85.1 - 94.2

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

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

**Psychological therapy/counselling for depression**

Age Categories (Years)	Male			Female			Total		
	n	% received therapy	95% CI	n	% received therapy	95% CI	n	% received therapy	95% CI
18-29	42	-	-	65	11.8*	3.7 - 31.9	107	12.3	5.6 - 24.9
30-44	65	2.0*	0.5 - 7.8	157	8.9*	2.9 - 23.8	222	5.7	2.2 - 13.9
45-59	30	-	-	69	11.8*	4.1 - 29.3	99	14.4*	6.7 - 28.4
60+	9	-	-	28	-	-	37	-	-
<b>Total</b>	<b>146</b>	<b>8.2</b>	<b>4.1 - 15.6</b>	<b>319</b>	<b>10.2</b>	<b>5.2 - 19.0</b>	<b>465</b>	<b>9.3</b>	<b>5.7 - 14.8</b>
Nationality									
Non-Omani	46	-	-	32	-	-	78	9.2*	3.5 - 22.0
Omani	100	10.9	4.8 - 23.0	287	8.3	4.8 - 14.0	387	9.4	5.8 - 14.9

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

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

**Depression diagnosis**

Description: Percentage of population diagnosed with depression and percentage of ever-married females diagnosed with post-partum depression

Instrument question:

X51: Have you ever been diagnosed with depression by a healthcare professional?

X52: Have you ever been diagnosed with postpartum depression by a healthcare professional?

		Diagnosed with depression								
		Male			Female			Total		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1023	0.5*	0.2 - 1.5	797	0.6*	0.2 - 1.6	1820	0.6	0.3 - 1.2	
30-44	2214	0.2*	0.1 - 0.5	2162	1.4	0.7 - 3.1	4376	0.6	0.3 - 1.1	
45-59	1129	0.7*	0.2 - 2.1	1171	0.9*	0.4 - 2.2	2300	0.8	0.4 - 1.6	
60+	541	0.3*	0.0 - 1.9	742	1.0*	0.3 - 3.5	1283	0.7*	0.2 - 1.8	
<b>Total</b>	<b>4907</b>	<b>0.4</b>	<b>0.2 - 0.7</b>	<b>4872</b>	<b>1.0</b>	<b>0.6 - 1.8</b>	<b>9779</b>	<b>0.6</b>	<b>0.4 - 0.9</b>	
Nationality										
Non-Omani	2190	0.1*	0.0 - 0.4	492	1.2*	0.4 - 3.6	2682	0.3*	0.1 - 0.8	
Omani	2717	1.0	0.5 - 1.8	4380	0.9	0.6 - 1.6	7097	0.9	0.6 - 1.4	

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

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

		Female		
Age Categories (Years)	n	%	95% CI	
18-29	328	2.0*	0.3 - 12.2	
30-44	1995	1.1	0.5 - 2.3	
45-59	1117	0.9*	0.3 - 2.5	
60+	729	0.3*	0.1 - 1.2	
<b>Total</b>	<b>4169</b>	<b>1.1</b>	<b>0.5 - 2.2</b>	
Nationality				
Non-Omani	450	1.7*	0.6 - 4.9	
Omani	3719	0.7	0.4 - 1.3	

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

## 16 Alcohol Consumption

### Alcohol consumption status

Description: Alcohol consumption status of all population

Instrument question:

A1: Have you ever consumed any alcohol such as ...?

A2: Have you consumed any alcohol in the past 12 months?

A5: Have you consumed any alcohol in the past 30 days?

#### Alcohol consumption status

Male									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	1023	0.6*	0.2 - 1.9	0.2*	0.1 - 1.1	1.4*	0.2 - 7.5	97.8	93.4 - 99.3
30-44	2214	3.0	1.9 - 4.7	1.4	0.7 - 2.7	2.1	1.2 - 3.7	93.5	91.0 - 95.3
45-59	1129	2.5	1.3 - 4.8	1.5*	0.4 - 5.1	2.4	1.1 - 5.2	93.7	90.0 - 96.0
60+	541	2.0*	0.8 - 4.9	0.2*	0.0 - 1.1	4.4	1.7 - 10.8	93.5	87.6 - 96.7
<b>Total</b>	<b>4907</b>	<b>2.2</b>	<b>1.5 - 3.2</b>	<b>1.0</b>	<b>0.6 - 1.8</b>	<b>2.1</b>	<b>1.3 - 3.3</b>	<b>94.7</b>	<b>92.9 - 96.0</b>
Nationality									
Non-Omani	2190	3.2	2.2 - 4.6	1.5	0.9 - 2.7	2.3	1.3 - 4.2	92.9	90.3 - 94.9
Omani	2717	0.3*	0.1 - 0.9	0.1*	0.0 - 0.4	1.6	1.0 - 2.7	98.0	96.8 - 98.7

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

#### Alcohol consumption status

Female									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	797	0.4*	0.1 - 2.5	0.0*	0.0 - 0.0	0.0*	0.0 - 0.0	99.6	97.5 - 99.9
30-44	2162	0.4*	0.1 - 2.9	0.4*	0.1 - 1.5	0.2*	0.0 - 1.1	98.9	97.2 - 99.6
45-59	1171	0.5*	0.1 - 3.8	0.5*	0.1 - 1.6	0.4*	0.1 - 2.2	98.6	96.3 - 99.5
60+	742	0.0*	0.0 - 0.0	0.0*	0.0 - 0.3	5.8*	0.9 - 30.2	94.2	70.0 - 99.1
<b>Total</b>	<b>4872</b>	<b>0.4*</b>	<b>0.1 - 1.2</b>	<b>0.3*</b>	<b>0.1 - 0.7</b>	<b>0.7*</b>	<b>0.1 - 3.1</b>	<b>98.7</b>	<b>96.9 - 99.4</b>
Nationality									
Non-Omani	492	1.1*	0.4 - 3.5	0.7*	0.3 - 2.0	1.9*	0.4 - 8.7	96.2	91.2 - 98.4
Omani	4380	0.0*	0.0 - 0.0	0.1*	0.0 - 0.2	0.0*	0.0 - 0.1	99.9	99.8 - 100.0

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

#### Alcohol consumption status

Total									
Age Categories (Years)	n	% current drinker (past 30 days)	95% CI	% drank in past 12 months, not current	95% CI	% past 12 months abstainer	95% CI	% lifetime abstainer	95% CI
18-29	1820	0.5*	0.2 - 1.4	0.2*	0.0 - 0.7	0.9*	0.1 - 4.8	98.5	95.8 - 99.5
30-44	4376	2.2	1.4 - 3.4	1.1	0.6 - 2.1	1.5	0.9 - 2.6	95.2	93.4 - 96.5
45-59	2300	1.8	1.0 - 3.4	1.1*	0.4 - 3.3	1.7	0.8 - 3.5	95.4	92.6 - 97.1
60+	1283	1.0*	0.4 - 2.5	0.1*	0.0 - 0.5	5.1*	1.7 - 14.4	93.8	85.4 - 97.5
<b>Total</b>	<b>9779</b>	<b>1.6</b>	<b>1.1 - 2.2</b>	<b>0.8</b>	<b>0.5 - 1.3</b>	<b>1.6</b>	<b>1.0 - 2.5</b>	<b>96.1</b>	<b>94.8 - 97.0</b>
Nationality									
Non-Omani	2682	2.7	1.9 - 3.9	1.4	0.8 - 2.4	2.2	1.3 - 3.9	93.7	91.4 - 95.3
Omani	7097	0.2*	0.1 - 0.5	0.1*	0.0 - 0.2	0.8	0.5 - 1.4	99.0	98.4 - 99.3

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

**Stopping drinking due to health reasons**

Description: Percentage of former drinkers (those who did not drink during the past 12 months) who stopped drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of a doctor or other health worker among those who drank in their lifetime, but not in the last 12 months

Instrument question:

A2: Have you consumed any alcohol in the past 12 months?

A3: Did you stop drinking due to health reasons, such as a negative impact of drinking on your health or as per advice of your doctor or other health worker?

<b>Stopping drinking due to health reasons</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	n	% stopping due to health reasons	95% CI	
18-29	6	-	-	1	-	-	7	-	-	
30-44	21	-	-	3	-	-	24	-	-	
45-59	14	-	-	2	-	-	16	-	-	
60+	14	-	-	2	-	-	16	-	-	
<b>Total</b>	<b>55</b>	<b>40.9</b>	<b>21.1 - 64.3</b>	<b>8</b>	<b>-</b>	<b>-</b>	<b>63</b>	<b>47.8</b>	<b>25.9 - 70.6</b>	
Nationality										
Non-Omani	23	-	-	4	-	-	27	-	-	
Omani	32	-	-	4	-	-	36	-	-	

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

**Frequency of alcohol consumption**

Description: Frequency of alcohol consumption in the past 12 months among those who drank in the last 12 months

Instrument question:

A4: During the past 12 months, how frequently have you had at least one alcoholic drink?

**Frequency of alcohol consumption in the past 12 months**

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	7	-	-	-	-	-	-
30-44	55	4.8*	0.7 - 26.0	0.4*	0.1 - 3.2	2.1*	0.5 - 8.4
45-59	29	-	-	-	-	-	-
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>100</b>	<b>3.4*</b>	<b>0.5 - 18.3</b>	<b>0.7*</b>	<b>0.2 - 3.0</b>	<b>3.6*</b>	<b>1.1 - 10.8</b>
Nationality							
Non-Omani	87	3.4*	0.5 - 19.4	0.3*	0.0 - 2.3	3.7*	1.2 - 11.2
Omani	13	-	-	-	-	-	-

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

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

**Frequency of alcohol consumption in the past 12 months**

Male							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	7	-	-	-	-	-	-
30-44	55	37.0	21.6 - 55.6	37.2	21.3 - 56.4	18.4*	7.4 - 39.0
45-59	29	-	-	-	-	-	-
60+	9	-	-	-	-	-	-
<b>Total</b>	<b>100</b>	<b>32.0</b>	<b>19.9 - 47.1</b>	<b>34.7</b>	<b>22.8 - 48.8</b>	<b>25.7</b>	<b>14.1 - 42.1</b>
Nationality							
Non-Omani	87	33.0	20.4 - 48.6	33.9	21.7 - 48.7	25.7	13.7 - 42.9
Omani	13	-	-	-	-	-	-

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

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

**Frequency of alcohol consumption in the past 12 months**

Female							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	1	-	-	-	-	-	-
30-44	5	-	-	-	-	-	-
45-59	4	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>11</b>	-	-	-	-	-	-
Nationality							
Non-Omani	9	-	-	-	-	-	-
Omani	2	-	-	-	-	-	-

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

**Frequency of alcohol consumption in the past 12 months**

Female							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	1	-	-	-	-	-	-
30-44	5	-	-	-	-	-	-
45-59	4	-	-	-	-	-	-
60+	1	-	-	-	-	-	-
<b>Total</b>	<b>11</b>	-	-	-	-	-	-
Nationality							
Non-Omani	9	-	-	-	-	-	-
Omani	2	-	-	-	-	-	-

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

### Frequency of alcohol consumption in the past 12 months

Total							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days/ week	95% CI	% 3-4 days/ week	95% CI
18-29	8	-	-	-	-	-	-
30-44	60	4.4*	0.7 - 24.2	0.4*	0.1 - 2.9	2.0*	0.5 - 7.7
45-59	33	-	-	-	-	-	-
60+	10	-	-	-	-	-	-
<b>Total</b>	<b>111</b>	<b>3.0*</b>	<b>0.5 - 16.7</b>	<b>0.6*</b>	<b>0.1 - 2.7</b>	<b>3.2*</b>	<b>1.0 - 9.9</b>
Nationality							
Non-Omani	96	3.0*	0.5 - 17.8	0.3*	0.0 - 2.0	3.3*	1.0 - 10.3
Omani	15	-	-	-	-	-	-

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

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

### Frequency of alcohol consumption in the past 12 months

Total							
Age Categories (Years)	n	% 1-2 days/ week	95% CI	% 1-3 days/ month	95% CI	% < once a month	95% CI
18-29	8	-	-	-	-	-	-
30-44	60	33.9	19.4 - 52.3	38.1	22.4 - 56.9	20.6	8.4 - 42.4
45-59	33	-	-	-	-	-	-
60+	10	-	-	-	-	-	-
<b>Total</b>	<b>111</b>	<b>28.8</b>	<b>17.6 - 43.4</b>	<b>35.4</b>	<b>23.8 - 48.9</b>	<b>28.3</b>	<b>16.6 - 44.0</b>
Nationality							
Non-Omani	96	29.8	18.1 - 44.9	34.9	23.0 - 49.1	28.6	16.4 - 45.0
Omani	15	-	-	-	-	-	-

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

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

**Drinking occasions in the past 30 days**

Description: Mean number of occasions with at least one drink in the past 30 days among current (past 30 days) drinkers

Instrument question:

A6: During the past 30 days, on how many occasions did you have at least one alcoholic drink?

**Mean number of drinking occasions in the past 30 days among current (past 30 days) drinkers**

Age Categories (Years)	Male			Female			Total		
	n	mean number of occasions	95% CI	n	mean number of occasions	95% CI	n	mean number of occasions	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	39	-	-	2	-	-	41	-	-
45-59	23	-	-	1	-	-	24	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>75</b>	<b>4.1</b>	<b>1.6 - 6.5</b>	<b>4</b>	-	-	<b>79</b>	<b>3.9</b>	<b>1.6 - 6.2</b>
Nationality									
Non-Omani	63	4.1	1.5 - 6.7	4	-	-	67	3.9	1.5 - 6.3
Omani	12	-	-	0	-	-	12	-	-

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

**Standard drinks per drinking occasion**

Description: Mean number of standard drinks consumed on a drinking occasion among current (past 30 days) drinkers

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Mean number of standard drinks per drinking occasion among current (past 30 days) drinkers**

Age Categories (Years)	Male			Female			Total		
	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	21	-	-	1	-	-	22	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>74</b>	<b>3.8</b>	<b>1.3 - 6.3</b>	<b>4</b>	-	-	<b>78</b>	<b>3.6</b>	<b>1.3 - 6.0</b>
Nationality									
Non-Omani	62	3.6	1.0 - 6.2	4	-	-	66	3.4	1.0 - 5.8
Omani	12	-	-	0	-	-	12	-	-

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

**Average drinking levels among total population**

Description: Percentage of the population with different drinking levels.  
A standard drink contains approximately 10g of pure alcohol

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Drinking at high-end level among all population (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	1023	0.0*	0.0 - 0.1	797	0.0*	0.0 - 0.0	1820	0.0*	0.0 - 0.1
30-44	2214	0.3*	0.1 - 1.2	2162	0.0*	0.0 - 0.0	4376	0.2*	0.1 - 0.8
45-59	1127	0.2*	0.1 - 0.6	1171	0.0*	0.0 - 0.0	2298	0.1*	0.0 - 0.4
60+	541	0.0*	0.0 - 0.0	742	0.0*	0.0 - 0.0	1283	0.0*	0.0 - 0.0
<b>Total</b>	<b>4905</b>	<b>0.2*</b>	<b>0.1 - 0.6</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>9777</b>	<b>0.1*</b>	<b>0.0 - 0.4</b>
Nationality									
Non-Omani	2188	0.2*	0.1 - 0.9	492	0.0*	0.0 - 0.0	2680	0.2*	0.0 - 0.7
Omani	2717	0.1*	0.0 - 0.3	4380	0.0*	0.0 - 0.0	7097	0.1*	0.0 - 0.2

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

**Drinking at intermediate level among all population (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	1023	0.3*	0.0 - 1.8	797	0.0*	0.0 - 0.0	1820	0.2*	0.0 - 1.1
30-44	2214	0.2*	0.1 - 0.9	2162	0.0*	0.0 - 0.0	4376	0.2*	0.0 - 0.6
45-59	1127	0.1*	0.0 - 0.6	1171	0.5*	0.1 - 3.8	2298	0.3*	0.1 - 1.1
60+	541	1.2*	0.3 - 4.8	742	0.0*	0.0 - 0.0	1283	0.6*	0.1 - 2.5
<b>Total</b>	<b>4905</b>	<b>0.3*</b>	<b>0.1 - 0.6</b>	<b>4872</b>	<b>0.1*</b>	<b>0.0 - 0.7</b>	<b>9777</b>	<b>0.2</b>	<b>0.1 - 0.5</b>
Nationality									
Non-Omani	2188	0.3*	0.1 - 0.8	492	0.3*	0.0 - 2.0	2680	0.3*	0.1 - 0.9
Omani	2717	0.2*	0.0 - 0.7	4380	0.0*	0.0 - 0.0	7097	0.1*	0.0 - 0.4

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

**Drinking at lower-end level among all population (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	1023	0.3*	0.1 - 1.5	797	0.4*	0.1 - 2.5	1820	0.3*	0.1 - 1.1
30-44	2214	2.5	1.5 - 4.2	2162	0.4*	0.1 - 2.9	4376	1.8	1.1 - 3.1
45-59	1127	2.1	0.9 - 4.5	1171	0.0*	0.0 - 0.0	2298	1.4	0.6 - 2.9
60+	541	0.8*	0.3 - 2.0	742	0.0*	0.0 - 0.0	1283	0.4*	0.2 - 1.0
<b>Total</b>	<b>4905</b>	<b>1.7</b>	<b>1.1 - 2.6</b>	<b>4872</b>	<b>0.3*</b>	<b>0.1 - 1.2</b>	<b>9777</b>	<b>1.2</b>	<b>0.8 - 1.8</b>
Nationality									
Non-Omani	2188	2.6	1.7 - 3.9	492	0.8*	0.2 - 3.4	2680	2.2	1.5 - 3.3
Omani	2717	0.1*	0.0 - 0.2	4380	0.0*	0.0 - 0.0	7097	0.0*	0.0 - 0.1

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

**Average drinking levels among current (past 30 days) drinkers**

Description: Percentage of current (past 30 days) drinkers with different drinking levels.

A standard drink contains approximately 10g of pure alcohol.

Instrument question:

A7: During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one occasion?

**Drinking at high-end level among current drinkers (≥60g of pure alcohol on average per occasion among men and ≥40g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% ≥60g	95% CI	n	% ≥40g	95% CI	n	% high-end level	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	21	-	-	1	-	-	22	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>74</b>	<b>8.8*</b>	<b>2.8 - 24.7</b>	<b>4</b>	-	-	<b>78</b>	<b>8.0*</b>	<b>2.5 - 22.8</b>
Nationality									
Non-Omani	62	7.5*	1.8 - 26.0	4	-	-	66	6.8*	1.6 - 24.0
Omani	12	-	-	0	-	-	12	-	-

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

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

**Drinking at intermediate level among current drinkers (40-59.9g of pure alcohol on average per occasion among men and 20-39.9g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% 40-59.9g	95% CI	n	% 20-39.9g	95% CI	n	% intermediate level	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	21	-	-	1	-	-	22	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>74</b>	<b>11.9*</b>	<b>5.3 - 24.7</b>	<b>4</b>	-	-	<b>78</b>	<b>13.1</b>	<b>5.3 - 29.0</b>
Nationality									
Non-Omani	62	9.6*	3.6 - 23.2	4	-	-	66	11.0*	3.7 - 28.6
Omani	12	-	-	0	-	-	12	-	-

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

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

**Drinking at lower-end level among current drinkers (<40g of pure alcohol on average per occasion among men and <20g of pure alcohol on average per occasion among women)**

Age Categories (Years)	Male			Female			Total		
	n	% <40g	95% CI	n	% <20g	95% CI	n	% lower-end level	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	21	-	-	1	-	-	22	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>74</b>	<b>79.3</b>	<b>63.6 - 89.4</b>	<b>4</b>	-	-	<b>78</b>	<b>78.9</b>	<b>62.1 - 89.5</b>
Nationality									
Non-Omani	62	83.0	66.4 - 92.3	4	-	-	66	82.2	64.2 - 92.2
Omani	12	-	-	0	-	-	12	-	-

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

**Largest number of drinks in the past 30 days**

Description: Largest number of drinks consumed during a single occasion in the past 30 days among current (past 30 days) drinkers

Instrument question:

A8: During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together?

**Mean maximum number of standard drinks consumed on one occasion in the past 30 days**

Age Categories (Years)	Male			Female			Total		
	n	mean maximum number	95% CI	n	mean maximum number	95% CI	n	mean maximum number	95% CI
18-29	4	-	-	1	-	-	5	-	-
30-44	34	-	-	2	-	-	36	-	-
45-59	22	-	-	1	-	-	23	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>68</b>	<b>2.8</b>	<b>2.0 - 3.6</b>	<b>4</b>	-	-	<b>72</b>	<b>2.7</b>	<b>1.9 - 3.4</b>
Nationality									
Non-Omani	56	2.7	1.8 - 3.5	4	-	-	60	2.6	1.8 - 3.3
Omani	12	-	-	0	-	-	12	-	-

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

**Six or more drinks on a single occasion (“heavy episodic drinking”)**

Description: Percentage of the population who had six or more drinks on any occasion in the past 30 days during a single occasion among the total population.

Instrument question:

A9: During the past 30 days, how many times did you have six or more standard alcoholic drinks in a single drinking occasion?

**Six or more drinks on a single occasion at least once during the past 30 days among total population**

Age Categories (Years)	Male			Female			Total		
	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI	n	% ≥ 6 drinks	95% CI
18-29	1023	0.0*	0.0 - 0.0	797	0.0*	0.0 - 0.0	1820	0.0*	0.0 - 0.0
30-44	2211	0.2*	0.1 - 0.8	2162	0.0*	0.0 - 0.0	4373	0.2*	0.0 - 0.6
45-59	1128	0.1*	0.0 - 0.5	1171	0.0*	0.0 - 0.0	2299	0.1*	0.0 - 0.3
60+	541	0.0*	0.0 - 0.0	742	0.0*	0.0 - 0.0	1283	0.0*	0.0 - 0.0
<b>Total</b>	<b>4903</b>	<b>0.1*</b>	<b>0.0 - 0.4</b>	<b>4872</b>	<b>0.0*</b>	<b>0.0 - 0.0</b>	<b>9775</b>	<b>0.1*</b>	<b>0.0 - 0.3</b>
Nationality									
Non-Omani	2186	0.2*	0.1 - 0.6	492	0.0*	0.0 - 0.0	2678	0.1*	0.0 - 0.5
Omani	2717	0.0*	0.0 - 0.3	4380	0.0*	0.0 - 0.0	7097	0.0*	0.0 - 0.1

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

**Six or more drinks on a single occasion**

Description: Mean number of times in the past 30 days on which current (past 30 days) drinkers consumed six or more drinks during a single occasion.

Instrument question:

A9: During the past 30 days, how many times did you have six or more standard alcoholic drinks in a single drinking occasion?

**Mean number of times six or more drinks consumed during a single occasion in the past 30 days among current drinkers**

Age Categories (Years)	Male			Female			Total		
	n	mean number of times	95% CI	n	mean number of times	95% CI	n	mean number of times	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	37	-	-	2	-	-	39	-	-
45-59	22	-	-	1	-	-	23	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>72</b>	<b>0.2</b>	<b>0.0 - 0.3</b>	<b>4</b>	-	-	<b>76</b>	<b>0.1</b>	<b>0.0 - 0.3</b>
Nationality									
Non-Omani	60	0.1	0.0 - 0.2	4	-	-	64	0.1	0.0 - 0.2
Omani	12	-	-	0	-	-	12	-	-

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

**Past 7 days drinking**

Description: Frequency of alcohol consumption in the past 7 days by current (past 30 days) drinkers

Instrument question:

A10a-g: During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

**Frequency of alcohol consumption in the past 7 days**

Male							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	5	-	-	-	-	-	-
30-44	40	-	-	-	-	-	-
45-59	23	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
<b>Total</b>	<b>76</b>	<b>7.3*</b>	<b>1.9 - 24.4</b>	<b>0.2*</b>	<b>0.0 - 0.9</b>	<b>16.2*</b>	<b>5.9 - 37.3</b>
Nationality							
Non-Omani	64	7.4*	1.8 - 25.8	0.1*	0.0 - 1.0	15.3*	5.1 - 38.0
Omani	12	-	-	-	-	-	-

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

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

**Frequency of alcohol consumption in the past 7 days**

Male					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	5	-	-	-	-
30-44	40	-	-	-	-
45-59	23	-	-	-	-
60+	8	-	-	-	-
<b>Total</b>	<b>76</b>	<b>66.4</b>	<b>46.3 - 81.9</b>	<b>9.9</b>	<b>3.7 - 24.0</b>
Nationality					
Non-Omani	64	66.8	45.6 - 82.8	10.4	3.8 - 25.3
Omani	12	-	-	-	-

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

**Frequency of alcohol consumption in the past 7 days**

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

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

**Frequency of alcohol consumption in the past 7 days**

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

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

**Frequency of alcohol consumption in the past 7 days**

<b>Total</b>							
Age Categories (Years)	n	% daily	95% CI	% 5-6 days	95% CI	% 3-4 days	95% CI
18-29	6	-	-	-	-	-	-
30-44	42	-	-	-	-	-	-
45-59	24	-	-	-	-	-	-
60+	8	-	-	-	-	-	-
<b>Total</b>	<b>80</b>	<b>6.7*</b>	<b>1.7 - 22.6</b>	<b>0.1*</b>	<b>0.0 - 0.8</b>	<b>14.9*</b>	<b>5.5 - 34.7</b>
<b>Nationality</b>							
Non-Omani	68	6.8*	1.7 - 23.8	0.1*	0.0 - 0.9	14.0*	4.6 - 35.3
Omani	12	-	-	-	-	-	-

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

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

**Frequency of alcohol consumption in the past 7 days**

<b>Total</b>					
Age Categories (Years)	n	% 1-2 days	95% CI	% 0 days	95% CI
18-29	6	-	-	-	-
30-44	42	-	-	-	-
45-59	24	-	-	-	-
60+	8	-	-	-	-
<b>Total</b>	<b>80</b>	<b>62.9</b>	<b>43.6 - 78.9</b>	<b>15.3</b>	<b>6.6 - 31.6</b>
<b>Nationality</b>					
Non-Omani	68	63.1	42.8 - 79.6	16.0	6.9 - 33.1
Omani	12	-	-	-	-

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

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

**Standard drinks per day in the past 7 days**

Description: Mean number of standard drinks consumed on average per day in the past 7 days among current (past 30 days) drinkers

Instrument question:

A10a-g: During each of the past 7 days, how many standard drinks of any alcoholic drink did you have each day?

**Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers**

Age Categories (Years)	Male			Female			Total		
	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI	n	mean number of drinks	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	23	-	-	1	-	-	24	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>76</b>	<b>1.8</b>	<b>0.0 - 4.3</b>	<b>4</b>	-	-	<b>80</b>	<b>1.6</b>	<b>0.0 - 4.0</b>
Nationality									
Non-Omani	64	1.8	0.0 - 4.5	4	-	-	68	1.7	0.0 - 4.1
Omani	12	-	-	0	-	-	12	-	-

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

**Consumption of unrecorded alcohol**

Description: Percentage of the population that consumed unrecorded alcohol (homebrewed alcohol, alcohol brought over the border, not intended for drinking or other untaxed alcohol) during the past 7 days among current (past 30 days) drinkers

Instrument question:

A5: Have you consumed any alcohol within the past 30 days?

A11: During the past 7 days, did you consume any homebrewed alcohol, any alcohol brought over the border, not intended for drinking or other untaxed alcohol?

**Consumption of unrecorded alcohol**

Age Categories (Years)	Male			Female			Total		
	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI	n	% consuming unrecorded alcohol	95% CI
18-29	5	-	-	1	-	-	6	-	-
30-44	40	-	-	2	-	-	42	-	-
45-59	23	-	-	1	-	-	24	-	-
60+	8	-	-	0	-	-	8	-	-
<b>Total</b>	<b>76</b>	<b>6.8*</b>	<b>1.2 - 31.2</b>	<b>4</b>	-	-	<b>80</b>	<b>8.4*</b>	<b>2.1 - 28.1</b>
Nationality									
Non-Omani	64	7.1*	1.2 - 32.8	4	-	-	68	8.7*	2.2 - 29.4
Omani	12	-	-	0	-	-	12	-	-

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

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

## 17 Physical Measurements

### Blood pressure

Description: Mean blood pressure among all population, including those currently on medication for raised blood pressure

Instrument question:

M4-6 (a-b): Reading 1-3 systolic and diastolic blood pressure

Mean systolic blood pressure (mmHg)										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	1017	123.1	121.5 - 124.7	788	107.6	106.2 - 108.9	1805	117.4	116.0 - 118.7	
30-44	2206	126.6	125.2 - 128.0	2153	114.8	113.6 - 116.0	4359	122.9	121.8 - 124.0	
45-59	1124	131.7	130.3 - 133.1	1170	126.9	125.3 - 128.5	2294	130.0	129.0 - 131.1	
60+	538	139.0	136.8 - 141.2	734	135.1	132.7 - 137.4	1272	137.1	135.4 - 138.7	
<b>Total</b>	<b>4885</b>	<b>127.2</b>	<b>126.4 - 128.1</b>	<b>4845</b>	<b>116.7</b>	<b>115.7 - 117.6</b>	<b>9730</b>	<b>123.6</b>	<b>122.9 - 124.3</b>	
Nationality										
Non-Omani	2182	126.9	125.7 - 128.1	486	114.5	112.2 - 116.8	2668	124.2	123.0 - 125.3	
Omani	2703	128.0	127.0 - 128.9	4359	117.8	117.0 - 118.6	7062	122.9	122.2 - 123.6	

Mean diastolic blood pressure (mmHg)										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	1017	79.1	77.7 - 80.5	788	76.4	75.6 - 77.3	1805	78.1	77.1 - 79.1	
30-44	2206	84.2	83.4 - 85.1	2153	80.8	80.0 - 81.6	4359	83.1	82.5 - 83.8	
45-59	1124	86.6	85.7 - 87.6	1170	85.1	84.1 - 86.1	2294	86.1	85.4 - 86.8	
60+	538	85.0	83.7 - 86.4	734	83.1	81.2 - 85.0	1272	84.1	82.9 - 85.3	
<b>Total</b>	<b>4885</b>	<b>83.3</b>	<b>82.7 - 83.9</b>	<b>4845</b>	<b>80.5</b>	<b>79.9 - 81.0</b>	<b>9730</b>	<b>82.3</b>	<b>81.9 - 82.8</b>	
Nationality										
Non-Omani	2182	83.7	82.9 - 84.6	486	80.2	78.9 - 81.5	2668	83.0	82.2 - 83.7	
Omani	2703	82.5	81.8 - 83.2	4359	80.6	80.2 - 81.1	7062	81.6	81.1 - 82.0	

**Raised blood pressure**

Description: Percentage of the population with raised blood pressure

Instrument question:

Reading 1-3 systolic and diastolic blood pressure

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

<b>SBP <math>\geq</math>140 and/or DBP <math>\geq</math> 90 mmHg</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1017	17.9	13.7 - 23.2	788	4.4	2.8 - 7.0	1805	13.0	10.2 - 16.3	
30-44	2206	27.8	24.3 - 31.7	2153	18.8	15.7 - 22.4	4359	25.0	22.3 - 27.8	
45-59	1124	42.0	37.3 - 46.9	1170	35.2	30.2 - 40.5	2294	39.7	36.2 - 43.3	
60+	538	49.0	42.4 - 55.7	734	45.2	36.6 - 54.1	1272	47.2	41.5 - 52.9	
<b>Total</b>	<b>4885</b>	<b>28.9</b>	<b>26.5 - 31.3</b>	<b>4845</b>	<b>19.9</b>	<b>17.8 - 22.1</b>	<b>9730</b>	<b>25.7</b>	<b>24.0 - 27.6</b>	
Nationality										
Non-Omani	2182	29.2	25.9 - 32.7	486	17.8	13.2 - 23.6	2668	26.7	23.9 - 29.7	
Omani	2703	28.2	25.5 - 31.1	4359	20.9	19.3 - 22.7	7062	24.6	22.9 - 26.3	

<b>SBP <math>\geq</math>140 and/or DBP <math>\geq</math> 90 mmHg or currently on medication for raised blood pressure</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
18-29	1017	18.0	13.7 - 23.2	788	4.5	2.9 - 7.1	1805	13.0	10.2 - 16.4	
30-44	2206	28.9	25.3 - 32.9	2153	19.4	16.3 - 23.0	4359	25.9	23.2 - 28.8	
45-59	1124	49.0	44.1 - 54.0	1170	42.6	37.5 - 47.8	2294	46.8	43.1 - 50.5	
60+	538	64.3	57.3 - 70.8	734	71.4	63.6 - 78.1	1272	67.7	62.4 - 72.7	
<b>Total</b>	<b>4885</b>	<b>31.5</b>	<b>29.1 - 33.9</b>	<b>4845</b>	<b>23.9</b>	<b>21.6 - 26.3</b>	<b>9730</b>	<b>28.8</b>	<b>27.1 - 30.7</b>	
Nationality										
Non-Omani	2182	31.5	28.2 - 35.0	486	19.8	14.9 - 26.0	2668	29.0	26.1 - 32.0	
Omani	2703	31.4	28.6 - 34.3	4359	26.0	24.2 - 27.9	7062	28.7	27.0 - 30.5	

<b>SBP <math>\geq</math>140 and/or DBP <math>\geq</math> 90 mmHg or currently on medication for raised blood pressure (among <math>\geq</math>35 years)</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	%	95% CI	n	%	95% CI	n	%	95% CI	
<b>35+</b>	<b>3246</b>	<b>40.6</b>	<b>37.3 - 44.0</b>	<b>3417</b>	<b>37.3</b>	<b>34.1 - 40.6</b>	<b>6663</b>	<b>39.5</b>	<b>37.0 - 42.0</b>	
Nationality										
Non-Omani	1423	39.1	34.5 - 43.8	326	30.7	23.2 - 39.4	1749	37.4	33.5 - 41.5	
Omani	1823	43.8	40.0 - 47.7	3091	40.5	37.9 - 43.1	4914	42.1	39.8 - 44.4	

<b>SBP <math>\geq</math>140 and/or DBP <math>\geq</math> 90 mmHg or currently on medication for raised blood pressure or previously diagnosed</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1017	19.0	14.6 - 24.2	788	5.6	3.7 - 8.4	1805	14.0	11.2 - 17.4
30-44	2206	30.2	26.5 - 34.1	2153	20.2	17.1 - 23.8	4359	27.1	24.3 - 30.0
45-59	1124	49.9	45.0 - 54.8	1170	44.4	39.2 - 49.7	2294	48.0	44.3 - 51.7
60+	538	66.7	59.7 - 73.1	734	72.2	64.4 - 78.9	1272	69.4	64.0 - 74.3
<b>Total</b>	<b>4885</b>	<b>32.7</b>	<b>30.3 - 35.1</b>	<b>4845</b>	<b>24.9</b>	<b>22.7 - 27.4</b>	<b>9730</b>	<b>30.0</b>	<b>28.2 - 31.8</b>
<b>Nationality</b>									
Non-Omani	2182	32.5	29.3 - 36.0	486	20.2	15.2 - 26.4	2668	29.9	27.0 - 32.9
Omani	2703	32.9	30.1 - 35.8	4359	27.4	25.6 - 29.3	7062	30.1	28.4 - 31.9

**SBP ≥160 and/or DBP ≥ 100 mmHg**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1017	3.9	1.8 - 8.2	788	0.5*	0.2 - 1.4	1805	2.6	1.3 - 5.3
30-44	2206	7.9	6.0 - 10.3	2153	4.4	3.0 - 6.4	4359	6.8	5.4 - 8.5
45-59	1124	10.7	8.0 - 14.2	1170	8.4	6.3 - 11.2	2294	10.0	8.0 - 12.4
60+	538	17.2	12.5 - 23.2	734	11.3	8.3 - 15.3	1272	14.3	11.4 - 17.9
<b>Total</b>	<b>4885</b>	<b>7.8</b>	<b>6.5 - 9.3</b>	<b>4845</b>	<b>4.6</b>	<b>3.7 - 5.6</b>	<b>9730</b>	<b>6.7</b>	<b>5.8 - 7.7</b>
Nationality									
Non-Omani	2182	8.0	6.2 - 10.1	486	3.7	2.1 - 6.4	2668	7.0	5.6 - 8.8
Omani	2703	7.5	6.1 - 9.2	4359	5.1	4.2 - 6.1	7062	6.3	5.4 - 7.3

**SBP ≥160 and/or DBP ≥ 100 mmHg or currently on medication for raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	1017	3.9	1.9 - 8.2	788	0.6*	0.2 - 1.4	1805	2.7	1.3 - 5.4
30-44	2206	9.8	7.6 - 12.5	2153	5.8	4.2 - 7.8	4359	8.5	6.9 - 10.4
45-59	1124	25.0	20.8 - 29.7	1170	26.3	22.2 - 30.9	2294	25.4	22.3 - 28.8
60+	538	49.0	42.0 - 56.0	734	55.7	47.4 - 63.8	1272	52.2	47.3 - 57.2
<b>Total</b>	<b>4885</b>	<b>13.0</b>	<b>11.5 - 14.7</b>	<b>4845</b>	<b>12.5</b>	<b>11.0 - 14.0</b>	<b>9730</b>	<b>12.8</b>	<b>11.7 - 14.0</b>
Nationality									
Non-Omani	2182	12.0	10.0 - 14.5	486	8.1	5.5 - 11.9	2668	11.2	9.4 - 13.2
Omani	2703	14.8	13.0 - 16.8	4359	14.7	13.3 - 16.2	7062	14.8	13.6 - 16.0

**Hypertension Care Cascade** Description: Percentage of diagnosed, treated and controlled among cases with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure.

Instrument question:

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

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Reading 1-3 systolic and diastolic blood pressure

**Raised blood pressure diagnosis among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	178	1.7*	0.8 - 3.7	48	-	-	226	1.8	0.9 - 3.6
30-44	636	23.4	16.7 - 31.7	401	17.8	12.5 - 24.8	1037	22.1	16.7 - 28.6
45-59	540	35.9	29.2 - 43.3	509	53.9	46.1 - 61.6	1049	41.5	36.4 - 46.9
60+	371	63.4	54.7 - 71.3	519	73.8	58.2 - 85.0	890	68.7	59.7 - 76.5
<b>Total</b>	<b>1725</b>	<b>27.8</b>	<b>23.7 - 32.3</b>	<b>1477</b>	<b>43.7</b>	<b>38.8 - 48.8</b>	<b>3202</b>	<b>32.4</b>	<b>29.1 - 35.8</b>
Nationality									
Non-Omani	693	23.0	17.5 - 29.6	132	31.6	20.7 - 45.0	825	24.3	19.3 - 30.0
Omani	1032	36.9	32.2 - 41.9	1345	48.6	44.5 - 52.8	2377	42.2	38.9 - 45.7

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

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

**Currently on treatment for hypertension among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	178	0.5*	0.2 - 1.5	48	-	-	226	0.8*	0.3 - 1.8
30-44	636	13.3	8.5 - 20.3	401	12.2	8.2 - 17.8	1037	13.1	9.1 - 18.4
45-59	540	31.6	25.1 - 39.0	509	48.1	40.6 - 55.8	1049	36.8	31.8 - 42.1
60+	371	60.6	52.1 - 68.6	519	71.8	56.8 - 83.1	890	66.3	57.6 - 74.0
<b>Total</b>	<b>1725</b>	<b>21.5</b>	<b>18.0 - 25.5</b>	<b>1477</b>	<b>39.4</b>	<b>34.7 - 44.3</b>	<b>3202</b>	<b>26.7</b>	<b>23.7 - 29.8</b>
Nationality									
Non-Omani	693	17.3	12.7 - 23.1	132	26.5	16.7 - 39.3	825	18.7	14.4 - 23.8
Omani	1032	29.6	25.5 - 34.1	1345	44.5	40.4 - 48.8	2377	36.4	33.3 - 39.6

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

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

**Hypertension control among those with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	178	0.1*	0.0 - 0.9	48	-	-	226	0.4*	0.1 - 1.4
30-44	636	3.7	1.8 - 7.5	401	3.1	1.7 - 5.8	1037	3.6	2.0 - 6.4
45-59	540	14.3	9.5 - 20.9	509	17.4	12.5 - 23.8	1049	15.2	11.5 - 19.9
60+	371	23.8	17.9 - 30.9	519	36.7	28.8 - 45.4	890	30.4	25.3 - 36.0
<b>Total</b>	<b>1725</b>	<b>8.3</b>	<b>6.3 - 10.8</b>	<b>1477</b>	<b>16.8</b>	<b>14.1 - 19.8</b>	<b>3202</b>	<b>10.7</b>	<b>9.1 - 12.6</b>
Nationality									
Non-Omani	693	7.3	4.8 - 11.1	132	10.3	5.5 - 18.5	825	7.8	5.4 - 11.1
Omani	1032	10.1	7.8 - 12.9	1345	19.4	16.6 - 22.4	2377	14.3	12.5 - 16.3

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

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

**Hypertension Care Cascade  
(Healthcare Service Cascade)**

Description: Percentage of diagnosed among cases with raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure, percentage of treated among diagnosed cases, and percentage of controlled among treated cases.

Instrument question:

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

During the past two weeks, have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker?

Reading 1-3 systolic and diastolic blood pressure

**Raised blood pressure diagnosis among those with  
raised blood pressure (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) or on medication for raised blood pressure**

Age Categories (Years)	Male			Female			Total		
	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI	n	% previously diagnosed	95% CI
18-29	178	1.7*	0.8 - 3.7	48	-	-	226	1.8	0.9 - 3.6
30-44	636	23.4	16.7 - 31.7	401	17.8	12.5 - 24.8	1037	22.1	16.7 - 28.6
45-59	540	35.9	29.2 - 43.3	509	53.9	46.1 - 61.6	1049	41.5	36.4 - 46.9
60+	371	63.4	54.7 - 71.3	519	73.8	58.2 - 85.0	890	68.7	59.7 - 76.5
<b>Total</b>	<b>1725</b>	<b>27.8</b>	<b>23.7 - 32.3</b>	<b>1477</b>	<b>43.7</b>	<b>38.8 - 48.8</b>	<b>3202</b>	<b>32.4</b>	<b>29.1 - 35.8</b>
Nationality									
Non-Omani	693	23.0	17.5 - 29.6	132	31.6	20.7 - 45.0	825	24.3	19.3 - 30.0
Omani	1032	36.9	32.2 - 41.9	1345	48.6	44.5 - 52.8	2377	42.2	38.9 - 45.7

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

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

**Percentage of treated among diagnosed cases**

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	10	-	-	3	-	-	13	-	-
30-44	115	57.0	36.9 - 75.1	88	68.7	48.0 - 83.9	203	59.2	42.3 - 74.2
45-59	192	88.0	80.8 - 92.8	262	89.3	81.5 - 94.0	454	88.5	83.6 - 92.1
60+	249	95.7	91.5 - 97.8	415	97.3	93.9 - 98.8	664	96.5	94.2 - 98.0
<b>Total</b>	<b>566</b>	<b>77.5</b>	<b>67.1 - 85.3</b>	<b>768</b>	<b>90.0</b>	<b>85.0 - 93.5</b>	<b>1334</b>	<b>82.3</b>	<b>75.5 - 87.5</b>
Nationality									
Non-Omani	150	75.1	57.0 - 87.4	57	83.9	61.8 - 94.3	207	76.8	61.5 - 87.3
Omani	416	80.2	71.2 - 86.9	711	91.6	87.8 - 94.3	1127	86.1	81.4 - 89.8

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

**Percentage of controlled among treated cases**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	4	-	-	3	-	-	7	-	-
30-44	78	28.0	12.9 - 50.4	63	25.7	13.8 - 42.8	141	27.5	14.8 - 45.1
45-59	166	45.1	31.6 - 59.4	239	36.2	26.4 - 47.2	405	41.5	32.3 - 51.2
60+	235	39.2	30.5 - 48.7	405	51.2	43.5 - 58.9	640	45.8	39.9 - 51.8
<b>Total</b>	<b>483</b>	<b>38.5</b>	<b>30.0 - 47.6</b>	<b>710</b>	<b>42.6</b>	<b>37.0 - 48.5</b>	<b>1193</b>	<b>40.2</b>	<b>34.7 - 46.0</b>
Nationality									
Non-Omani	125	42.4	28.0 - 58.3	51	39.0	22.3 - 58.7	176	41.7	29.5 - 55.0
Omani	358	34.1	27.0 - 41.9	659	43.5	38.2 - 49.0	1017	39.3	35.0 - 43.8

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

**Height, weight and BMI**

Description: Mean height, weight, and body mass index among all population (excluding pregnant women)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

Mean height (cm)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	1017	170.0	169.1 - 170.9	749	156.5	155.9 - 157.2	1766	165.2	164.4 - 166.1
30-44	2203	168.1	167.4 - 168.8	1991	157.9	157.3 - 158.4	4194	165.0	164.5 - 165.6
45-59	1123	167.9	167.1 - 168.7	1168	155.8	154.8 - 156.8	2291	163.7	162.9 - 164.6
60+	534	164.0	162.8 - 165.2	729	152.5	151.4 - 153.6	1263	158.5	157.3 - 159.6
<b>Total</b>	<b>4877</b>	<b>168.4</b>	<b>167.9 - 168.8</b>	<b>4637</b>	<b>156.6</b>	<b>156.2 - 157.0</b>	<b>9514</b>	<b>164.4</b>	<b>164.0 - 164.8</b>
Nationality									
Non-Omani	2182	167.9	167.2 - 168.5	466	157.6	156.7 - 158.5	2648	165.7	165.1 - 166.4
Omani	2695	169.3	168.8 - 169.8	4171	156.0	155.7 - 156.4	6866	162.8	162.4 - 163.2

Mean weight (kg)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	1017	73.4	71.7 - 75.1	748	61.2	59.2 - 63.2	1765	69.1	67.7 - 70.5
30-44	2203	77.5	76.2 - 78.8	1991	73.6	72.0 - 75.1	4194	76.3	75.3 - 77.3
45-59	1123	79.7	77.9 - 81.4	1167	77.0	75.2 - 78.8	2290	78.8	77.5 - 80.1
60+	535	74.1	72.3 - 75.9	730	70.6	68.7 - 72.4	1265	72.4	71.0 - 73.7
<b>Total</b>	<b>4878</b>	<b>76.6</b>	<b>75.7 - 77.5</b>	<b>4636</b>	<b>70.3</b>	<b>69.2 - 71.4</b>	<b>9514</b>	<b>74.5</b>	<b>73.8 - 75.2</b>
Nationality									
Non-Omani	2182	76.0	74.7 - 77.3	466	71.1	68.5 - 73.8	2648	75.0	73.8 - 76.1
Omani	2696	77.8	76.7 - 78.9	4170	69.9	68.9 - 70.9	6866	73.9	73.1 - 74.7

Mean BMI (kg/m <sup>2</sup> )									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	1014	25.4	24.8 - 26.0	742	25.0	24.2 - 25.7	1756	25.2	24.8 - 25.7
30-44	2197	27.2	26.9 - 27.6	1984	29.2	28.7 - 29.7	4181	27.8	27.5 - 28.1
45-59	1121	28.1	27.6 - 28.6	1161	31.5	30.9 - 32.1	2282	29.3	28.9 - 29.7
60+	532	27.5	26.8 - 28.2	725	30.2	29.5 - 30.9	1257	28.8	28.3 - 29.3
<b>Total</b>	<b>4864</b>	<b>26.9</b>	<b>26.6 - 27.2</b>	<b>4612</b>	<b>28.5</b>	<b>28.1 - 28.9</b>	<b>9476</b>	<b>27.4</b>	<b>27.2 - 27.7</b>
Nationality									
Non-Omani	2178	26.8	26.5 - 27.2	464	28.3	27.4 - 29.2	2642	27.1	26.8 - 27.5
Omani	2686	27.0	26.7 - 27.4	4148	28.6	28.3 - 29.0	6834	27.8	27.6 - 28.1

**BMI categories**

Description: Percentage of the population (excluding pregnant women) in each BMI category

Instrument question:  
M8: For women: Are you pregnant?  
M11: Height  
M12: Weight

**BMI classifications**

<b>Male</b>									
Age Categories (Years)	n	% under-weight <18.5	95% CI	% normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% obese ≥30.0	95% CI
18-29	1014	4.0	2.7 - 5.8	51.8	46.7 - 56.8	29.1	24.5 - 34.2	15.1	11.7 - 19.3
30-44	2197	1.6	0.7 - 3.5	30.4	27.3 - 33.8	45.4	41.7 - 49.1	22.6	19.4 - 26.2
45-59	1121	0.8*	0.3 - 2.1	25.2	21.1 - 29.7	43.5	38.3 - 48.9	30.5	25.3 - 36.2
60+	532	1.6	0.7 - 3.9	29.3	23.0 - 36.4	41.2	34.9 - 47.7	27.9	21.9 - 34.8
<b>Total</b>	<b>4864</b>	<b>2.1</b>	<b>1.5 - 3.0</b>	<b>35.2</b>	<b>33.0 - 37.5</b>	<b>40.4</b>	<b>37.9 - 43.0</b>	<b>22.3</b>	<b>20.2 - 24.5</b>
<b>Nationality</b>									
Non-Omani	2178	1.5	0.8 - 2.9	35.4	32.4 - 38.5	43.0	39.5 - 46.5	20.1	17.2 - 23.3
Omani	2686	3.2	2.3 - 4.4	34.7	31.6 - 38.0	35.6	32.6 - 38.7	26.4	23.9 - 29.2

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

**BMI classifications**

<b>Female</b>									
Age Categories (Years)	n	% under-weight <18.5	95% CI	% normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% obese ≥30.0	95% CI
18-29	742	12.2	7.4 - 19.4	41.9	35.7 - 48.3	26.4	20.8 - 32.8	19.5	15.2 - 24.6
30-44	1984	2.1	1.2 - 3.5	24.3	20.7 - 28.3	34.4	30.5 - 38.5	39.2	35.0 - 43.7
45-59	1161	0.4*	0.1 - 1.0	12.1	9.3 - 15.5	30.5	26.1 - 35.3	57.0	51.7 - 62.2
60+	725	2.2	1.2 - 4.0	19.8	14.9 - 25.7	33.2	24.3 - 43.6	44.8	37.8 - 52.1
<b>Total</b>	<b>4612</b>	<b>4.7</b>	<b>3.1 - 7.1</b>	<b>26.7</b>	<b>24.2 - 29.4</b>	<b>31.2</b>	<b>28.5 - 34.0</b>	<b>37.3</b>	<b>34.5 - 40.3</b>
<b>Nationality</b>									
Non-Omani	464	4.3*	1.4 - 13.0	25.5	19.9 - 32.1	36.4	29.5 - 44.0	33.7	27.4 - 40.6
Omani	4148	4.9	3.8 - 6.3	27.3	25.0 - 29.8	28.5	26.3 - 30.7	39.3	36.7 - 41.8

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

**BMI classifications**

<b>Total</b>									
Age Categories (Years)	n	% under-weight <18.5	95% CI	% normal weight 18.5-24.9	95% CI	% BMI 25.0-29.9	95% CI	% obese ≥30.0	95% CI
18-29	1756	6.9	4.8 - 9.7	48.3	44.3 - 52.4	28.2	24.5 - 32.1	16.7	13.8 - 19.9
30-44	4181	1.7	0.9 - 3.2	28.6	26.1 - 31.2	42.1	39.2 - 45.0	27.6	25.0 - 30.4
45-59	2282	0.7	0.3 - 1.4	20.7	17.8 - 23.9	39.1	35.4 - 42.9	39.5	35.5 - 43.7
60+	1257	1.9	1.1 - 3.2	24.7	20.3 - 29.7	37.4	31.7 - 43.4	36.0	31.5 - 40.8
<b>Total</b>	<b>9476</b>	<b>3.0</b>	<b>2.2 - 4.0</b>	<b>32.4</b>	<b>30.6 - 34.2</b>	<b>37.3</b>	<b>35.5 - 39.2</b>	<b>27.3</b>	<b>25.6 - 29.1</b>
<b>Nationality</b>									
Non-Omani	2642	2.1	1.1 - 4.0	33.4	30.6 - 36.2	41.6	38.5 - 44.8	22.9	20.3 - 25.8
Omani	6834	4.1	3.3 - 5.0	31.1	29.1 - 33.2	32.1	30.3 - 34.0	32.7	30.9 - 34.6

**BMI ≥25 kg/m<sup>2</sup>**

Description: Percentage of the population (excluding pregnant women) classified as overweight (BMI≥25)

Instrument question:

M8: For women: Are you pregnant?

M11: Height

M12: Weight

<b>BMI≥25 kg/m<sup>2</sup></b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	
18-29	1014	44.2	39.2 - 49.3	742	45.9	39.2 - 52.8	1756	44.8	40.9 - 48.8	
30-44	2197	68.0	64.4 - 71.4	1984	73.6	69.5 - 77.3	4181	69.7	66.8 - 72.4	
45-59	1121	74.0	69.4 - 78.1	1161	87.5	84.1 - 90.3	2282	78.6	75.3 - 81.6	
60+	532	69.1	61.9 - 75.4	725	78.1	72.0 - 83.1	1257	73.4	68.4 - 77.8	
<b>Total</b>	<b>4864</b>	<b>62.7</b>	<b>60.3 - 65.0</b>	<b>4612</b>	<b>68.5</b>	<b>65.6 - 71.4</b>	<b>9476</b>	<b>64.7</b>	<b>62.7 - 66.5</b>	
Nationality										
Non-Omani	2178	63.1	59.8 - 66.2	464	70.1	62.4 - 76.8	2642	64.5	61.4 - 67.5	
Omani	2686	62.0	58.8 - 65.2	4148	67.7	65.1 - 70.2	6834	64.8	62.7 - 66.9	

<b>BMI≥25 kg/m<sup>2</sup> (among ≥35 years)</b>										
		<b>Male</b>			<b>Female</b>			<b>Total</b>		
Age Categories (Years)	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	n	% BMI≥25	95% CI	
<b>35+</b>	<b>3229</b>	<b>71.5</b>	<b>68.6 - 74.2</b>	<b>3304</b>	<b>80.9</b>	<b>78.3 - 83.3</b>	<b>6533</b>	<b>74.6</b>	<b>72.4 - 76.6</b>	
Nationality										
Non-Omani	1419	70.7	66.8 - 74.2	320	80.7	74.0 - 86.0	1739	72.6	69.2 - 75.7	
Omani	1810	73.2	69.4 - 76.7	2984	81.0	78.7 - 83.1	4794	77.1	74.8 - 79.3	

**BMI  $\geq$ 30 kg/m<sup>2</sup>** Description: Percentage of the population (excluding pregnant women) classified as obese (BMI $\geq$ 30)

Instrument question:  
M8: For women: Are you pregnant?  
M11: Height  
M12: Weight

<b>BMI<math>\geq</math>30 kg/m<sup>2</sup></b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI
18-29	1014	15.1	11.7 - 19.3	742	19.5	15.2 - 24.6	1756	16.7	13.8 - 19.9
30-44	2197	22.6	19.4 - 26.2	1984	39.2	35.0 - 43.7	4181	27.6	25.0 - 30.4
45-59	1121	30.5	25.3 - 36.2	1161	57.0	51.7 - 62.2	2282	39.5	35.5 - 43.7
60+	532	27.9	21.9 - 34.8	725	44.8	37.8 - 52.1	1257	36.0	31.5 - 40.8
<b>Total</b>	<b>4864</b>	<b>22.3</b>	<b>20.2 - 24.5</b>	<b>4612</b>	<b>37.3</b>	<b>34.5 - 40.3</b>	<b>9476</b>	<b>27.3</b>	<b>25.6 - 29.1</b>
Nationality									
Non-Omani	2178	20.1	17.2 - 23.3	464	33.7	27.4 - 40.6	2642	22.9	20.3 - 25.8
Omani	2686	26.4	23.9 - 29.2	4148	39.3	36.7 - 41.8	6834	32.7	30.9 - 34.6

<b>BMI<math>\geq</math>30 kg/m<sup>2</sup> (among <math>\geq</math>35 years)</b>									
Age Categories (Years)	<b>Male</b>			<b>Female</b>			<b>Total</b>		
	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI	n	% BMI $\geq$ 30	95% CI
<b>35+</b>	<b>3229</b>	<b>26.3</b>	<b>23.4 - 29.4</b>	<b>3304</b>	<b>48.1</b>	<b>44.6 - 51.6</b>	<b>6533</b>	<b>33.4</b>	<b>31.2 - 35.8</b>
Nationality									
Non-Omani	1419	23.7	19.8 - 28.1	320	43.9	35.2 - 53.0	1739	27.5	24.0 - 31.4
Omani	1810	31.7	28.4 - 35.3	2984	50.1	47.4 - 52.9	4794	41.0	38.7 - 43.3

**Waist circumference**

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

Instrument question:

M8: For women: Are you pregnant?

M14: Waist circumference measurement

<b>Waist circumference (cm)</b>							
		<b>Male</b>			<b>Female</b>		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	
18-29	1016	86.8	85.5 - 88.1	750	80.1	78.2 - 82.0	
30-44	2204	93.1	92.2 - 94.1	1988	91.4	90.1 - 92.8	
45-59	1123	97.7	96.4 - 99.1	1167	99.0	97.4 - 100.5	
60+	535	98.5	96.5 - 100.6	732	99.2	97.6 - 100.7	
<b>Total</b>	<b>4878</b>	<b>92.5</b>	<b>91.8 - 93.2</b>	<b>4637</b>	<b>90.3</b>	<b>89.2 - 91.3</b>	
Nationality							
Non-Omani	2181	92.5	91.5 - 93.5	466	90.7	88.1 - 93.3	
Omani	2697	92.6	91.6 - 93.5	4171	90.0	89.2 - 90.9	

## 18 Biochemical Measurements

### Mean fasting blood glucose

Description: Mean fasting blood glucose results including those currently on medication for diabetes (non-fasting recipients excluded)

Instrument question:

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Mean fasting blood glucose (mmol/L)										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	994	4.6	4.4 - 4.7	768	4.9	4.6 - 5.1	1762	4.7	4.5 - 4.8	
30-44	2156	5.4	5.1 - 5.7	2100	5.1	5.0 - 5.2	4256	5.3	5.1 - 5.5	
45-59	1090	5.9	5.6 - 6.2	1140	5.9	5.6 - 6.3	2230	5.9	5.7 - 6.1	
60+	527	6.0	5.7 - 6.4	712	6.6	6.2 - 7.1	1239	6.3	6.0 - 6.6	
<b>Total</b>	<b>4767</b>	<b>5.3</b>	<b>5.1 - 5.5</b>	<b>4720</b>	<b>5.3</b>	<b>5.2 - 5.4</b>	<b>9487</b>	<b>5.3</b>	<b>5.2 - 5.4</b>	
Nationality										
Non-Omani	2151	5.4	5.2 - 5.7	473	5.3	5.0 - 5.6	2624	5.4	5.2 - 5.6	
Omani	2616	5.1	5.0 - 5.2	4247	5.3	5.2 - 5.4	6863	5.2	5.1 - 5.3	

Mean fasting blood glucose (mg/dl)										
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	994	82.4	79.7 - 85.1	768	87.5	83.3 - 91.7	1762	84.3	81.7 - 86.8	
30-44	2156	97.8	92.4 - 103.1	2100	91.5	89.3 - 93.6	4256	95.8	92.0 - 99.6	
45-59	1090	106.1	101.0 - 111.3	1140	106.5	100.0 - 113.1	2230	106.3	102.0 - 110.5	
60+	527	108.6	102.4 - 114.7	712	119.4	111.3 - 127.5	1239	113.8	108.6 - 119.0	
<b>Total</b>	<b>4767</b>	<b>95.7</b>	<b>92.3 - 99.1</b>	<b>4720</b>	<b>95.5</b>	<b>93.2 - 97.8</b>	<b>9487</b>	<b>95.6</b>	<b>93.2 - 98.1</b>	
Nationality										
Non-Omani	2151	97.8	92.9 - 102.8	473	95.8	90.3 - 101.4	2624	97.4	93.2 - 101.6	
Omani	2616	91.7	89.7 - 93.6	4247	95.4	93.5 - 97.3	6863	93.5	92.0 - 95.0	

**Raised blood glucose**

Description: Categorization of population into blood glucose level categories and percentage of the population currently on medication for raised blood glucose (non-fasting recipients excluded)  
 Impaired fasting glycaemia definition: Fasting Blood Glucose  $\geq 6.1$  mmol/L and  $< 7.0$  mmol/L  
 Raised blood glucose (diabetes) definition: Fasting Blood Glucose  $\geq 7.0$  mmol/L or currently on medication for diabetes

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Impaired Fasting Glycaemia									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	994	5.7	3.9 - 8.1	768	3.4	1.8 - 6.6	1762	4.9	3.5 - 6.6
30-44	2156	8.9	6.8 - 11.5	2100	8.9	6.9 - 11.3	4256	8.9	7.3 - 10.8
45-59	1090	13.6	10.2 - 17.9	1140	12.1	8.0 - 17.8	2230	13.1	10.3 - 16.4
60+	527	12.8	8.9 - 18.1	712	11.6	8.4 - 15.7	1239	12.2	9.5 - 15.5
<b>Total</b>	<b>4767</b>	<b>9.1</b>	<b>7.6 - 10.8</b>	<b>4720</b>	<b>8.1</b>	<b>6.7 - 9.7</b>	<b>9487</b>	<b>8.7</b>	<b>7.7 - 10.0</b>
Nationality									
Non-Omani	2151	9.7	7.8 - 12.1	473	8.6	5.5 - 13.1	2624	9.5	7.7 - 11.6
Omani	2616	7.8	6.3 - 9.7	4247	7.8	6.7 - 9.1	6863	7.8	6.8 - 8.9

**Raised blood glucose or currently on medication for diabetes**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	994	2.9	1.7 - 4.9	768	4.1	1.8 - 9.1	1762	3.3	2.1 - 5.3
30-44	2156	11.8	9.5 - 14.5	2100	7.7	5.9 - 9.9	4256	10.5	8.8 - 12.4
45-59	1090	25.9	21.5 - 30.9	1140	25.3	21.0 - 30.0	2230	25.7	22.4 - 29.3
60+	527	40.6	33.7 - 47.8	712	45.3	37.2 - 53.7	1239	42.9	37.5 - 48.4
<b>Total</b>	<b>4767</b>	<b>13.4</b>	<b>11.8 - 15.3</b>	<b>4720</b>	<b>13.2</b>	<b>11.5 - 15.1</b>	<b>9487</b>	<b>13.4</b>	<b>12.1 - 14.7</b>
Nationality									
Non-Omani	2151	14.2	12.0 - 16.9	473	11.4	7.7 - 16.7	2624	13.6	11.7 - 15.8
Omani	2616	11.9	10.2 - 13.9	4247	14.1	12.8 - 15.6	6863	13.0	11.8 - 14.3

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
<b>35+</b>	<b>3165</b>	<b>19.9</b>	<b>17.5 - 22.5</b>	<b>3328</b>	<b>19.8</b>	<b>17.6 - 22.2</b>	<b>6493</b>	<b>19.9</b>	<b>18.1 - 21.8</b>
Nationality									
Non-Omani	1403	20.6	17.4 - 24.2	320	15.5	10.8 - 21.8	1723	19.6	16.8 - 22.7
Omani	1762	18.5	15.8 - 21.5	3008	21.9	19.8 - 24.2	4770	20.2	18.4 - 22.2

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	994	2.9	1.7 - 4.9	768	4.4	2.0 - 9.2	1762	3.4	2.2 - 5.4
30-44	2156	12.2	9.9 - 14.9	2100	9.1	7.1 - 11.5	4256	11.2	9.5 - 13.1
45-59	1090	26.5	22.1 - 31.4	1140	27.1	22.8 - 31.9	2230	26.7	23.4 - 30.3
60+	527	41.2	34.4 - 48.5	712	46.0	37.9 - 54.4	1239	43.6	38.2 - 49.1
<b>Total</b>	<b>4767</b>	<b>13.8</b>	<b>12.1 - 15.6</b>	<b>4720</b>	<b>14.3</b>	<b>12.5 - 16.2</b>	<b>9487</b>	<b>13.9</b>	<b>12.7 - 15.3</b>
Nationality									
Non-Omani	2151	14.6	12.3 - 17.1	473	12.1	8.2 - 17.6	2624	14.0	12.1 - 16.2
Omani	2616	12.3	10.5 - 14.3	4247	15.4	14.0 - 16.9	6863	13.8	12.6 - 15.1

**Diabetes Care Cascade** Description: Percentage of diagnosed, treated and controlled among cases with raised blood glucose or on medication.

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

**Diagnosed with diabetes among those with raised BG or currently on medication**

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	32	-	-	28	-	-	60	5.5*	1.5 - 17.7
30-44	235	38.9	27.7 - 51.5	173	50.4	36.7 - 64.1	408	41.6	32.3 - 51.5
45-59	258	66.9	56.3 - 76.0	273	67.6	57.2 - 76.5	531	67.1	59.4 - 74.0
60+	208	80.3	69.3 - 88.1	338	76.0	62.8 - 85.6	546	78.1	69.7 - 84.8
<b>Total</b>	<b>733</b>	<b>53.4</b>	<b>46.3 - 60.3</b>	<b>812</b>	<b>60.0</b>	<b>51.5 - 67.9</b>	<b>1545</b>	<b>55.6</b>	<b>50.0 - 61.1</b>
Nationality									
Non-Omani	328	50.1	40.8 - 59.4	75	41.5	23.9 - 61.7	403	48.6	39.9 - 57.3
Omani	405	60.7	52.8 - 68.1	737	67.8	62.1 - 72.9	1142	64.5	59.8 - 69.0

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

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

**Currently on treatment for diabetes among those with raised BG or currently on medication**

Age Categories (Years)	Male			Female			Total		
	n	% on medication	95% CI	n	% on medication	95% CI	n	% on medication	95% CI
18-29	32	-	-	28	-	-	60	5.5*	1.5 - 17.7
30-44	235	35.6	24.5 - 48.4	173	48.1	34.6 - 61.9	408	38.5	29.3 - 48.6
45-59	258	64.5	53.6 - 74.0	273	66.6	56.2 - 75.6	531	65.2	57.2 - 72.4
60+	208	77.4	66.3 - 85.7	338	73.3	60.3 - 83.2	546	75.3	66.9 - 82.2
<b>Total</b>	<b>733</b>	<b>50.6</b>	<b>43.3 - 57.9</b>	<b>812</b>	<b>58.2</b>	<b>49.9 - 66.1</b>	<b>1545</b>	<b>53.2</b>	<b>47.4 - 58.9</b>
Nationality									
Non-Omani	328	47.3	37.7 - 57.0	75	39.3	22.3 - 59.3	403	45.8	37.0 - 54.9
Omani	405	58.1	50.3 - 65.6	737	66.2	60.6 - 71.4	1142	62.5	57.7 - 67.1

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

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

**Diabetes control among those with raised BG or currently on medication**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	32	-	-	28	-	-	60	2.4*	0.6 - 9.1
30-44	235	15.6	6.7 - 32.1	173	20.3	12.3 - 31.6	408	16.7	9.0 - 28.7
45-59	258	32.8	23.1 - 44.2	273	31.9	22.8 - 42.7	531	32.5	24.9 - 41.2
60+	208	49.0	37.1 - 61.0	338	30.9	23.2 - 39.7	546	39.7	32.1 - 47.9
<b>Total</b>	<b>733</b>	<b>26.0</b>	<b>19.6 - 33.7</b>	<b>812</b>	<b>26.0</b>	<b>20.8 - 32.0</b>	<b>1545</b>	<b>26.0</b>	<b>21.1 - 31.6</b>
Nationality									
Non-Omani	328	22.6	14.4 - 33.5	75	18.2	8.4 - 35.0	403	21.8	14.4 - 31.5
Omani	405	33.8	27.1 - 41.2	737	29.4	24.8 - 34.4	1142	31.4	27.3 - 35.8

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

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

**Diabetes Care Cascade  
(Healthcare Service Cascade)**

Description: Percentage of diagnosed among cases with raised blood glucose or on medication, percentage of treated among diagnosed cases, and percentage of controlled among treated cases.

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

**Diagnosed with diabetes among those with raised BG or currently on medication**

Age Categories (Years)	Male			Female			Total		
	n	% diagnosed	95% CI	n	% diagnosed	95% CI	n	% diagnosed	95% CI
18-29	32	-	-	28	-	-	60	5.5*	1.5 - 17.7
30-44	235	38.9	27.7 - 51.5	173	50.4	36.7 - 64.1	408	41.6	32.3 - 51.5
45-59	258	66.9	56.3 - 76.0	273	67.6	57.2 - 76.5	531	67.1	59.4 - 74.0
60+	208	80.3	69.3 - 88.1	338	76.0	62.8 - 85.6	546	78.1	69.7 - 84.8
<b>Total</b>	<b>733</b>	<b>53.4</b>	<b>46.3 - 60.3</b>	<b>812</b>	<b>60.0</b>	<b>51.5 - 67.9</b>	<b>1545</b>	<b>55.6</b>	<b>50.0 - 61.1</b>
Nationality									
Non-Omani	328	50.1	40.8 - 59.4	75	41.5	23.9 - 61.7	403	48.6	39.9 - 57.3
Omani	405	60.7	52.8 - 68.1	737	67.8	62.1 - 72.9	1142	64.5	59.8 - 69.0

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

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

**Percentage of treated among diagnosed cases**

Age Categories (Years)	Male			Female			Total		
	n	% Treated	95% CI	n	% Treated	95% CI	n	% Treated	95% CI
18-29	4	-	-	3	-	-	7	-	-
30-44	87	91.3	75.7 - 97.3	87	95.5	86.5 - 98.6	174	92.5	81.7 - 97.1
45-59	159	96.4	91.1 - 98.6	194	98.5	95.9 - 99.5	353	97.1	93.8 - 98.7
60+	172	96.4	90.8 - 98.7	271	96.4	86.7 - 99.1	443	96.4	91.9 - 98.5
<b>Total</b>	<b>422</b>	<b>94.8</b>	<b>90.0 - 97.4</b>	<b>555</b>	<b>97.1</b>	<b>93.6 - 98.7</b>	<b>977</b>	<b>95.6</b>	<b>92.6 - 97.5</b>
Nationality									
Non-Omani	145	94.3	86.7 - 97.7	43	-	-	188	94.4	87.8 - 97.5
Omani	277	95.8	90.9 - 98.1	512	97.7	95.4 - 98.8	789	96.9	94.7 - 98.2

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

**Percentage of controlled among treated cases**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	4	-	-	3	-	-	7	-	-
30-44	79	43.8	21.9 - 68.4	80	42.1	25.1 - 61.3	159	43.3	26.2 - 62.2
45-59	149	50.9	35.8 - 65.8	189	47.9	35.9 - 60.1	338	49.8	38.7 - 61.0
60+	165	63.3	50.8 - 74.1	264	42.1	33.3 - 51.5	429	52.8	44.5 - 60.9
<b>Total</b>	<b>397</b>	<b>51.4</b>	<b>40.7 - 61.9</b>	<b>536</b>	<b>44.8</b>	<b>37.7 - 52.0</b>	<b>933</b>	<b>48.9</b>	<b>41.5 - 56.3</b>
Nationality									
Non-Omani	133	47.7	32.9 - 62.9	41	-	-	174	47.5	34.0 - 61.4
Omani	264	58.2	48.8 - 67.0	495	44.4	38.2 - 50.7	759	50.2	44.8 - 55.7

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

**Diabetes care** Description: Percentage of people with diabetes with good control of blood pressure (SBP < 140 mmHg)

Instrument question:

H6: Have you ever had your blood sugar measured by a doctor or other health worker?

H7a: Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?

H8: In the past two weeks, have you taken any drugs (medication) for diabetes prescribed by a doctor or other health worker?

H9: Are you currently taking insulin for diabetes prescribed by a doctor or other health worker?

B1: During the last 12 hours have you had anything to eat or drink, other than water?

B5: Blood glucose measurement

Reading 1-3 systolic blood pressure

**Blood pressure control among people with diabetes**

Age Categories (Years)	Male			Female			Total		
	n	% controlled	95% CI	n	% controlled	95% CI	n	% controlled	95% CI
18-29	32	-	-	28	-	-	60	88.9	68.1 - 96.8
30-44	235	72.7	59.5 - 82.8	172	88.7	79.0 - 94.2	407	76.4	65.6 - 84.5
45-59	258	66.1	56.0 - 75.0	273	75.8	68.0 - 82.2	531	69.4	62.0 - 75.9
60+	208	58.8	47.3 - 69.5	337	65.9	56.7 - 74.0	545	62.4	55.0 - 69.3
<b>Total</b>	<b>733</b>	<b>68.6</b>	<b>62.0 - 74.6</b>	<b>810</b>	<b>78.2</b>	<b>73.5 - 82.3</b>	<b>1543</b>	<b>71.9</b>	<b>67.2 - 76.2</b>
Nationality									
Non-Omani	328	72.2	63.2 - 79.7	75	92.6	83.0 - 97.0	403	75.9	68.2 - 82.3
Omani	405	60.5	52.3 - 68.2	735	72.1	67.0 - 76.7	1140	66.8	62.1 - 71.2

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

**Total cholesterol**

Description: Mean total cholesterol among all population including those currently on medication for raised cholesterol

Instrument question:

B8: Total cholesterol measurement

Mean total cholesterol (mmol/L)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	820	3.9	3.7 - 4.0	699	4.3	4.1 - 4.4	1519	4.0	3.9 - 4.1
30-44	1957	4.4	4.3 - 4.5	1977	4.7	4.6 - 4.8	3934	4.5	4.4 - 4.5
45-59	970	4.4	4.3 - 4.6	1067	4.9	4.7 - 5.0	2037	4.6	4.5 - 4.7
60+	444	4.2	4.1 - 4.4	655	4.7	4.5 - 4.8	1099	4.4	4.3 - 4.6
<b>Total</b>	<b>4191</b>	<b>4.2</b>	<b>4.2 - 4.3</b>	<b>4398</b>	<b>4.6</b>	<b>4.5 - 4.7</b>	<b>8589</b>	<b>4.4</b>	<b>4.3 - 4.4</b>
Nationality									
Non-Omani	1902	4.3	4.2 - 4.4	432	4.7	4.5 - 4.8	2334	4.4	4.3 - 4.5
Omani	2289	4.2	4.1 - 4.2	3966	4.6	4.5 - 4.6	6255	4.4	4.3 - 4.4

Mean total cholesterol (mg/dl)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	820	149.2	144.9 - 153.5	699	164.9	160.0 - 169.8	1519	155.5	152.0 - 159.0
30-44	1957	169.2	165.5 - 172.9	1977	180.9	177.4 - 184.4	3934	173.0	170.1 - 175.9
45-59	970	171.2	166.5 - 176.0	1067	188.2	181.5 - 195.0	2037	177.3	173.4 - 181.2
60+	444	163.4	157.9 - 168.8	655	180.2	174.0 - 186.5	1099	172.1	167.9 - 176.3
<b>Total</b>	<b>4191</b>	<b>164.3</b>	<b>161.6 - 167.0</b>	<b>4398</b>	<b>177.5</b>	<b>174.9 - 180.1</b>	<b>8589</b>	<b>169.1</b>	<b>167.0 - 171.2</b>
Nationality									
Non-Omani	1902	166.3	162.6 - 170.0	432	180.3	174.2 - 186.4	2334	169.5	166.1 - 172.9
Omani	2289	160.5	158.0 - 163.0	3966	176.1	173.7 - 178.5	6255	168.6	166.8 - 170.5

**Raised total cholesterol**

Description: Percentage of the population with raised total cholesterol

Instrument question:

B8: Total cholesterol measurement

<b>Total cholesterol <math>\geq</math> 5.0 mmol/L or <math>\geq</math> 190 mg/dl</b>									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	820	10.9	7.9 - 14.8	699	18.4	13.6 - 24.4	1519	13.9	11.0 - 17.3
30-44	1957	25.4	21.6 - 29.6	1977	35.7	31.7 - 39.8	3934	28.8	25.8 - 31.9
45-59	970	29.7	24.9 - 35.0	1067	45.0	39.0 - 51.0	2037	35.1	31.3 - 39.2
60+	444	21.7	16.1 - 28.6	655	37.9	28.3 - 48.6	1099	30.1	24.2 - 36.7
<b>Total</b>	<b>4191</b>	<b>22.4</b>	<b>19.9 - 25.2</b>	<b>4398</b>	<b>32.5</b>	<b>29.6 - 35.5</b>	<b>8589</b>	<b>26.1</b>	<b>24.0 - 28.2</b>
Nationality									
Non-Omani	1902	24.3	20.8 - 28.2	432	35.1	28.4 - 42.5	2334	26.8	23.4 - 30.5
Omani	2289	18.8	16.4 - 21.5	3966	31.2	28.7 - 33.8	6255	25.2	23.4 - 27.1

<b>Total cholesterol <math>\geq</math> 6.2 mmol/L or <math>\geq</math> 240 mg/dl</b>									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	820	2.3	0.9 - 5.9	699	3.8	2.1 - 6.6	1519	2.9	1.7 - 5.0
30-44	1957	5.8	4.2 - 7.9	1977	8.7	6.9 - 11.1	3934	6.7	5.5 - 8.3
45-59	970	6.8	5.0 - 9.1	1067	16.5	12.3 - 21.8	2037	10.2	8.3 - 12.6
60+	444	4.4	2.1 - 9.1	655	9.6	6.5 - 14.1	1099	7.1	5.0 - 10.1
<b>Total</b>	<b>4191</b>	<b>5.0</b>	<b>4.0 - 6.3</b>	<b>4398</b>	<b>8.8</b>	<b>7.4 - 10.4</b>	<b>8589</b>	<b>6.4</b>	<b>5.6 - 7.4</b>
Nationality									
Non-Omani	1902	5.7	4.3 - 7.6	432	8.3	5.4 - 12.6	2334	6.3	5.0 - 8.0
Omani	2289	3.7	2.8 - 4.9	3966	9.0	7.8 - 10.5	6255	6.5	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**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	820	10.9	7.9 - 14.8	699	18.4	13.6 - 24.4	1519	13.9	11.1 - 17.3
30-44	1957	25.8	22.0 - 29.9	1977	36.2	32.2 - 40.3	3934	29.2	26.2 - 32.4
45-59	970	42.5	37.0 - 48.2	1067	53.6	47.7 - 59.5	2037	46.4	42.4 - 50.5
60+	444	43.7	36.7 - 51.0	655	68.5	60.1 - 75.9	1099	56.5	51.2 - 61.7
<b>Total</b>	<b>4191</b>	<b>26.0</b>	<b>23.4 - 28.9</b>	<b>4398</b>	<b>37.1</b>	<b>34.2 - 40.2</b>	<b>8589</b>	<b>30.1</b>	<b>28.0 - 32.3</b>
Nationality									
Non-Omani	1902	27.2	23.6 - 31.3	432	35.9	29.1 - 43.3	2334	29.2	25.8 - 32.9
Omani	2289	23.8	21.1 - 26.7	3966	37.7	35.2 - 40.4	6255	31.1	29.1 - 33.1

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
<b>35+</b>	<b>2830</b>	<b>32.4</b>	<b>28.9 - 36.2</b>	<b>3113</b>	<b>47.9</b>	<b>44.3 - 51.6</b>	<b>5943</b>	<b>37.8</b>	<b>35.2 - 40.6</b>
Nationality									
Non-Omani	1263	32.9	28.0 - 38.1	297	46.4	37.3 - 55.7	1560	35.6	31.3 - 40.2
Omani	1567	31.5	28.0 - 35.2	2816	48.7	45.7 - 51.6	4383	40.5	38.2 - 42.9

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	820	11.5	8.4 - 15.4	699	18.6	13.8 - 24.7	1519	14.3	11.5 - 17.7
30-44	1957	29.9	26.0 - 34.2	1977	38.2	34.2 - 42.4	3934	32.6	29.6 - 35.8
45-59	970	47.2	41.7 - 52.8	1067	58.8	52.8 - 64.5	2037	51.3	47.3 - 55.3
60+	444	51.6	44.6 - 58.6	655	78.2	70.0 - 84.7	1099	65.4	60.1 - 70.3
<b>Total</b>	<b>4191</b>	<b>29.6</b>	<b>26.9 - 32.4</b>	<b>4398</b>	<b>39.9</b>	<b>36.9 - 43.0</b>	<b>8589</b>	<b>33.3</b>	<b>31.3 - 35.5</b>
Nationality									
Non-Omani	1902	29.6	25.8 - 33.8	432	37.1	30.2 - 44.5	2334	31.3	27.8 - 35.0
Omani	2289	29.5	26.7 - 32.5	3966	41.4	38.8 - 44.0	6255	35.7	33.7 - 37.7

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

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	820	2.3	0.9 - 5.9	699	3.8	2.1 - 6.6	1519	2.9	1.7 - 5.0
30-44	1957	6.3	4.7 - 8.5	1977	9.4	7.5 - 11.8	3934	7.4	6.0 - 8.9
45-59	970	20.3	15.7 - 26.0	1067	27.8	23.0 - 33.1	2037	23.0	19.5 - 26.8
60+	444	29.8	23.4 - 37.2	655	45.8	37.4 - 54.4	1099	38.1	32.8 - 43.6
<b>Total</b>	<b>4191</b>	<b>9.1</b>	<b>7.6 - 10.8</b>	<b>4398</b>	<b>14.4</b>	<b>12.8 - 16.3</b>	<b>8589</b>	<b>11.0</b>	<b>10.0 - 12.2</b>
Nationality									
Non-Omani	1902	8.9	6.8 - 11.4	432	9.3	6.2 - 13.6	2334	8.9	7.2 - 11.0
Omani	2289	9.6	8.1 - 11.3	3966	17.1	15.5 - 18.9	6255	13.5	12.3 - 14.8

**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)								
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	996	1.0	0.9 - 1.0	771	1.2	1.1 - 1.2	1767	1.0	1.0 - 1.1	
30-44	2164	0.9	0.9 - 1.0	2107	1.2	1.1 - 1.2	4271	1.0	1.0 - 1.0	
45-59	1095	1.0	0.9 - 1.0	1144	1.2	1.1 - 1.2	2239	1.0	1.0 - 1.1	
60+	530	1.0	0.9 - 1.0	717	1.2	1.2 - 1.2	1247	1.1	1.1 - 1.1	
<b>Total</b>	<b>4785</b>	<b>1.0</b>	<b>0.9 - 1.0</b>	<b>4739</b>	<b>1.2</b>	<b>1.2 - 1.2</b>	<b>9524</b>	<b>1.0</b>	<b>1.0 - 1.0</b>	
Nationality										
Non-Omani	2156	0.9	0.9 - 0.9	478	1.1	1.1 - 1.2	2634	1.0	0.9 - 1.0	
Omani	2629	1.0	1.0 - 1.0	4261	1.2	1.2 - 1.2	6890	1.1	1.1 - 1.1	

		Mean HDL (mg/dl)								
		Male			Female			Total		
Age Categories (Years)	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI	
18-29	996	37.3	36.3 - 38.3	771	44.8	43.4 - 46.3	1767	40.1	39.2 - 41.0	
30-44	2164	36.3	35.4 - 37.2	2107	45.4	44.4 - 46.5	4271	39.2	38.4 - 40.0	
45-59	1095	37.6	36.3 - 38.8	1144	45.2	43.5 - 47.0	2239	40.2	39.0 - 41.4	
60+	530	38.0	36.6 - 39.4	717	46.2	44.8 - 47.7	1247	42.0	40.8 - 43.2	
<b>Total</b>	<b>4785</b>	<b>36.9</b>	<b>36.3 - 37.5</b>	<b>4739</b>	<b>45.3</b>	<b>44.5 - 46.1</b>	<b>9524</b>	<b>39.8</b>	<b>39.2 - 40.4</b>	
Nationality										
Non-Omani	2156	35.7	34.9 - 36.5	478	43.7	42.1 - 45.4	2634	37.4	36.6 - 38.2	
Omani	2629	39.2	38.4 - 40.1	4261	46.1	45.4 - 46.8	6890	42.7	42.1 - 43.3	

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

		Male		
Age Categories (Years)	n	%	95% CI	
18-29	996	66.1	61.0 - 70.8	
30-44	2164	72.7	69.1 - 75.9	
45-59	1095	66.2	61.4 - 70.7	
60+	530	60.4	53.7 - 66.8	
<b>Total</b>	<b>4785</b>	<b>69.1</b>	<b>66.3 - 71.7</b>	
Nationality				
Non-Omani	2156	74.7	71.0 - 78.0	
Omani	2629	58.5	55.2 - 61.7	

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

		Female		
Age Categories (Years)	n	%	95% CI	
18-29	771	71.9	65.5 - 77.5	
30-44	2107	66.9	62.8 - 70.8	
45-59	1144	67.2	62.1 - 72.0	
60+	717	63.0	53.9 - 71.3	
<b>Total</b>	<b>4739</b>	<b>68.1</b>	<b>65.2 - 70.9</b>	
Nationality				
Non-Omani	478	72.6	65.2 - 78.9	
Omani	4261	65.8	63.4 - 68.0	

**Triglycerides** Description: Mean fasting triglycerides and percentage of population with raised fasting triglycerides (non-fasting recipients excluded)

Instrument question:  
B16: Triglyceride measurement

Mean fasting triglycerides (mmol/L)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	802	1.3	1.2 - 1.4	625	1.1	1.1 - 1.2	1427	1.2	1.2 - 1.3
30-44	1965	1.6	1.5 - 1.7	1815	1.3	1.3 - 1.4	3780	1.5	1.5 - 1.6
45-59	1012	1.6	1.5 - 1.7	1045	1.5	1.4 - 1.6	2057	1.5	1.5 - 1.6
60+	469	1.5	1.4 - 1.6	644	1.4	1.3 - 1.5	1113	1.4	1.4 - 1.5
<b>Total</b>	<b>4248</b>	<b>1.5</b>	<b>1.5 - 1.6</b>	<b>4129</b>	<b>1.3</b>	<b>1.3 - 1.3</b>	<b>8377</b>	<b>1.4</b>	<b>1.4 - 1.5</b>
Nationality									
Non-Omani	1981	1.6	1.5 - 1.7	441	1.3	1.3 - 1.4	2422	1.6	1.5 - 1.6
Omani	2267	1.3	1.3 - 1.4	3688	1.3	1.3 - 1.3	5955	1.3	1.3 - 1.3

Mean fasting triglycerides (mg/dl)									
Age Categories (Years)	Male			Female			Total		
	n	mean	95% CI	n	mean	95% CI	n	mean	95% CI
18-29	802	113.6	107.5 - 119.7	625	101.7	94.8 - 108.5	1427	109.2	104.6 - 113.9
30-44	1965	143.7	136.5 - 150.8	1815	115.4	110.8 - 120.1	3780	134.9	129.6 - 140.3
45-59	1012	139.7	132.0 - 147.4	1045	132.1	126.0 - 138.3	2057	137.1	131.6 - 142.6
60+	469	132.2	122.4 - 142.1	644	124.3	114.9 - 133.8	1113	128.4	121.4 - 135.4
<b>Total</b>	<b>4248</b>	<b>134.9</b>	<b>130.5 - 139.3</b>	<b>4129</b>	<b>115.8</b>	<b>112.3 - 119.3</b>	<b>8377</b>	<b>128.4</b>	<b>125.1 - 131.6</b>
Nationality									
Non-Omani	1981	143.0	136.9 - 149.1	441	117.9	110.7 - 125.0	2422	137.4	132.3 - 142.6
Omani	2267	118.0	113.4 - 122.5	3688	114.6	111.1 - 118.1	5955	116.3	113.4 - 119.2

Fasting triglycerides $\geq 1.7$ mmol/L or $\geq 150$ mg/dl									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	802	19.2	14.5 - 24.8	625	13.5	8.2 - 21.5	1427	17.1	13.5 - 21.4
30-44	1965	37.0	32.8 - 41.4	1815	19.1	16.1 - 22.5	3780	31.5	28.3 - 34.8
45-59	1012	35.6	30.5 - 41.1	1045	28.9	24.0 - 34.4	2057	33.3	29.5 - 37.3
60+	469	30.4	23.4 - 38.4	644	22.4	16.9 - 29.2	1113	26.5	21.6 - 32.1
<b>Total</b>	<b>4248</b>	<b>32.0</b>	<b>29.2 - 34.9</b>	<b>4129</b>	<b>19.8</b>	<b>17.4 - 22.5</b>	<b>8377</b>	<b>27.8</b>	<b>25.7 - 30.0</b>
Nationality									
Non-Omani	1981	37.4	33.6 - 41.4	441	21.8	16.4 - 28.4	2422	34.0	30.6 - 37.4
Omani	2267	20.7	18.0 - 23.6	3688	18.6	16.7 - 20.7	5955	19.7	18.0 - 21.4

Fasting triglycerides $\geq 2.0$ mmol/L or $\geq 180$ mg/dl									
Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
18-29	802	11.5	8.4 - 15.6	625	6.7	4.0 - 10.9	1427	9.7	7.4 - 12.6
30-44	1965	25.9	22.3 - 29.8	1815	10.2	8.0 - 13.0	3780	21.1	18.4 - 24.0
45-59	1012	24.2	20.1 - 28.9	1045	17.1	13.3 - 21.7	2057	21.8	18.7 - 25.1
60+	469	21.9	15.5 - 29.9	644	15.8	11.2 - 22.0	1113	18.9	14.7 - 24.1
<b>Total</b>	<b>4248</b>	<b>21.8</b>	<b>19.5 - 24.3</b>	<b>4129</b>	<b>11.1</b>	<b>9.4 - 13.1</b>	<b>8377</b>	<b>18.2</b>	<b>16.5 - 20.0</b>
Nationality									
Non-Omani	1981	25.3	22.0 - 28.8	441	11.3	8.0 - 15.8	2422	22.2	19.5 - 25.1
Omani	2267	14.6	12.2 - 17.4	3688	11.0	9.5 - 12.8	5955	12.8	11.3 - 14.4

## 19 Cardiovascular disease risk

**CVD risk** Description: 10-year cardiovascular disease (CVD) risk<sup>§</sup> among population aged 40-69 years

Instrument question:

Gender, age

Smoking status

Systolic blood pressure measurements

History of diabetes

Total cholesterol measurements

Body mass index

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

Male							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	1442	86.7	82.3 - 90.1	12.1	8.8 - 16.4	1.2*	0.4 - 3.6
55-69	463	23.9	17.6 - 31.5	57.7	50.1 - 65.0	18.4	13.8 - 24.1
<b>Total</b>	<b>1905</b>	<b>75.1</b>	<b>71.3 - 78.5</b>	<b>20.5</b>	<b>17.2 - 24.3</b>	<b>4.4</b>	<b>3.2 - 6.1</b>
Nationality							
Non-Omani	829	77.7	72.3 - 82.2	19.1	14.7 - 24.5	3.2	1.8 - 5.7
Omani	1076	70.1	65.9 - 73.9	23.2	19.6 - 27.2	6.7	4.9 - 9.1

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

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

Female							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	1450	96.3	94.8 - 97.4	3.5	2.5 - 5.0	0.1*	0.0 - 0.6
55-69	672	24.3	19.0 - 30.5	58.4	50.5 - 65.9	17.3	12.9 - 22.7
<b>Total</b>	<b>2122</b>	<b>74.4</b>	<b>70.2 - 78.2</b>	<b>20.2</b>	<b>16.6 - 24.4</b>	<b>5.4</b>	<b>4.0 - 7.1</b>
Nationality							
Non-Omani	192	80.8	67.4 - 89.6	16.6	8.2 - 30.7	2.6*	0.9 - 7.4
Omani	1930	71.8	68.8 - 74.7	21.7	19.1 - 24.5	6.5	4.9 - 8.5

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

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

Total							
Age Categories (Years)	n	% <10%	95% CI	% 10-20%	95% CI	% ≥20%	95% CI
40-54	2892	89.8	86.6 - 92.3	9.3	6.9 - 12.4	0.9*	0.3 - 2.4
55-69	1135	24.1	19.9 - 28.8	58.1	52.5 - 63.4	17.9	14.7 - 21.5
<b>Total</b>	<b>4027</b>	<b>74.8</b>	<b>72.0 - 77.5</b>	<b>20.4</b>	<b>17.8 - 23.3</b>	<b>4.7</b>	<b>3.8 - 6.0</b>
Nationality							
Non-Omani	1021	78.3	73.4 - 82.5	18.6	14.5 - 23.6	3.1	1.8 - 5.2
Omani	3006	71.0	68.6 - 73.4	22.4	20.3 - 24.7	6.6	5.3 - 8.1

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

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

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

Description: Percentage of the population aged 40-69 years with a 10-year cardiovascular disease (CVD) risk<sup>§</sup>  $\geq 20\%$  or with existing CVD

Instrument question:

Gender, age

Smoking status

Systolic blood pressure measurements

History of diabetes

Total cholesterol measurements

Body mass index

**Percentage of the population with a 10-year CVD risk  $\geq 20\%$  or with existing CVD**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	1442	3.0	1.7 - 5.3	1450	1.4	0.8 - 2.6	2892	2.5	1.5 - 4.1
55-69	463	22.1	16.5 - 28.9	672	23.6	18.2 - 30.0	1135	22.8	19.0 - 27.2
<b>Total</b>	<b>1905</b>	<b>6.5</b>	<b>4.9 - 8.6</b>	<b>2122</b>	<b>8.2</b>	<b>6.5 - 10.3</b>	<b>4027</b>	<b>7.1</b>	<b>5.9 - 8.6</b>
Nationality									
Non-Omani	829	5.2	3.3 - 8.1	192	4.7*	2.1 - 10.1	1021	5.1	3.4 - 7.5
Omani	1076	9.1	6.7 - 12.3	1930	9.6	7.7 - 11.9	3006	9.4	7.8 - 11.3

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

**Drug therapy and counselling for those with CVD risk  $\geq 20\%$  or existing CVD**

Description: Percentage of eligible persons (defined as aged 40-69 years with a 10-year cardiovascular disease (CVD) risk<sup>§</sup>  $\geq 20\%$ , including those with existing CVD) receiving drug therapy and counselling<sup>†</sup> (including glycaemic control) to prevent heart attacks and strokes

Instrument question:  
 Gender, age  
 Smoking status  
 Systolic blood pressure measurements  
 History of diabetes  
 Total cholesterol measurements  
 Body mass index

**Percentage of eligible persons receiving drug therapy and counselling to prevent heart attacks and strokes**

Age Categories (Years)	Male			Female			Total		
	n	%	95% CI	n	%	95% CI	n	%	95% CI
40-54	49	-	-	25	-	-	74	51.1	27.8 - 74.0
55-69	128	57.3	41.6 - 71.8	148	79.1	66.6 - 87.8	276	68.1	57.6 - 77.1
<b>Total</b>	<b>177</b>	<b>55.3</b>	<b>40.5 - 69.1</b>	<b>173</b>	<b>75.3</b>	<b>64.1 - 84.0</b>	<b>350</b>	<b>63.5</b>	<b>53.2 - 72.8</b>
Nationality									
Non-Omani	55	47.8	25.7 - 70.8	10	-	-	65	48.2	28.5 - 68.4
Omani	122	63.4	45.4 - 78.3	163	80.3	71.0 - 87.2	285	72.7	61.6 - 81.6

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

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

† Counseling is defined as receiving advice from a doctor or other health worker to quit using tobacco or not start, reduce salt in diet, eat at least five servings of fruit and/or vegetables per day, reduce fat in diet, start or do more physical activity, maintain a healthy body weight or lose weight.

## 20 Summary of Combined Risk Factors

### Summary of Combined Risk Factors

Description: Percentage of the population with 0, 1-2, or 3-5 of the following risk factors

Instrument question:

Current daily smoking

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

Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)

Overweight or obese (BMI  $\geq$  25 kg/m<sup>2</sup>)

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

#### Summary of Combined Risk Factors

Male							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	3130	8.4	6.7 - 10.3	65.3	62.2 - 68.2	26.4	23.7 - 29.2
45-69	1416	4.3	2.8 - 6.5	53.7	48.5 - 58.7	42.1	37.3 - 47.0
70+	209	2.1*	0.7 - 6.0	57.5	45.6 - 68.6	40.4	29.6 - 52.1
<b>Total</b>	<b>4755</b>	<b>7.3</b>	<b>6.0 - 8.9</b>	<b>62.6</b>	<b>59.8 - 65.3</b>	<b>30.1</b>	<b>27.5 - 32.8</b>
Nationality							
Non-Omani	2121	5.8	4.1 - 8.1	61.4	57.4 - 65.3	32.8	29.1 - 36.7
Omani	2634	10.3	8.4 - 12.5	64.7	61.8 - 67.6	25.0	22.4 - 27.7

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

#### Summary of Combined Risk Factors

Female							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	2670	7.5	5.9 - 9.5	73.0	69.6 - 76.1	19.5	16.7 - 22.6
45-69	1598	2.4	1.4 - 4.1	54.5	49.4 - 59.4	43.1	38.2 - 48.1
70+	257	0.9*	0.3 - 2.9	43.3	33.9 - 53.1	55.8	46.0 - 65.2
<b>Total</b>	<b>4525</b>	<b>6.0</b>	<b>4.9 - 7.5</b>	<b>67.4</b>	<b>64.6 - 70.1</b>	<b>26.5</b>	<b>24.0 - 29.3</b>
Nationality							
Non-Omani	454	4.7	2.8 - 8.0	69.8	62.8 - 76.0	25.5	19.6 - 32.4
Omani	4071	6.7	5.4 - 8.4	66.2	64.0 - 68.3	27.1	25.0 - 29.3

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

#### Summary of Combined Risk Factors

Total							
Age Categories (Years)	n	% with 0 risk factors	95% CI	% with 1-2 risk factors	95% CI	% with 3-5 risk factors	95% CI
18-44	5800	8.1	6.8 - 9.6	67.7	65.3 - 70.1	24.2	22.1 - 26.4
45-69	3014	3.6	2.5 - 5.0	54.0	50.1 - 57.7	42.5	38.8 - 46.2
70+	466	1.6*	0.7 - 3.7	51.6	43.4 - 59.8	46.8	38.7 - 55.0
<b>Total</b>	<b>9280</b>	<b>6.9</b>	<b>5.9 - 8.1</b>	<b>64.2</b>	<b>62.1 - 66.3</b>	<b>28.9</b>	<b>26.9 - 31.0</b>
Nationality							
Non-Omani	2575	5.6	4.1 - 7.5	63.2	59.6 - 66.6	31.2	28.0 - 34.7
Omani	6705	8.6	7.3 - 10.0	65.4	63.5 - 67.3	26.0	24.3 - 27.8

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

**Summary of Combined Risk Factors (18-44)**

Age Categories (Years)	Male			Female			Total		
	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI
<b>18-44</b>	<b>3130</b>	<b>26.4</b>	<b>23.7 - 29.2</b>	<b>2670</b>	<b>19.5</b>	<b>16.7 - 22.6</b>	<b>5800</b>	<b>24.2</b>	<b>22.1 - 26.4</b>
Nationality									
Non-Omani	1548	29.1	25.4 - 33.1	307	20.5	14.5 - 28.2	1855	27.3	24.1 - 30.8
Omani	1582	20.8	17.8 - 24.0	2363	18.9	16.5 - 21.5	3945	19.9	17.9 - 22.0

**Summary of Combined Risk Factors (45-69)**

Age Categories (Years)	Male			Female			Total		
	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI	n	% with 3-5 risk factors	95% CI
<b>45-69</b>	<b>1416</b>	<b>42.1</b>	<b>37.3 - 47.0</b>	<b>1598</b>	<b>43.1</b>	<b>38.2 - 48.1</b>	<b>3014</b>	<b>42.5</b>	<b>38.8 - 46.2</b>
Nationality									
Non-Omani	558	47.0	39.8 - 54.4	139	42.1	29.6 - 55.7	697	45.9	39.4 - 52.6
Omani	858	33.9	29.2 - 39.1	1459	43.5	39.8 - 47.3	2317	38.9	35.9 - 42.1