

Figure 2: Distribution of percentage of eligible males and female participants screened by the district in the year 2021

Screening for risk factors

Tobacco Smoking²

Out of the total population screened, 8.04% (n=21,914) were tobacco smokers. From the eligible male population screened 23.06% (n=21,359) were tobacco smokers while among the eligible female population screened only 0.31% (n=555) were tobacco smokers.

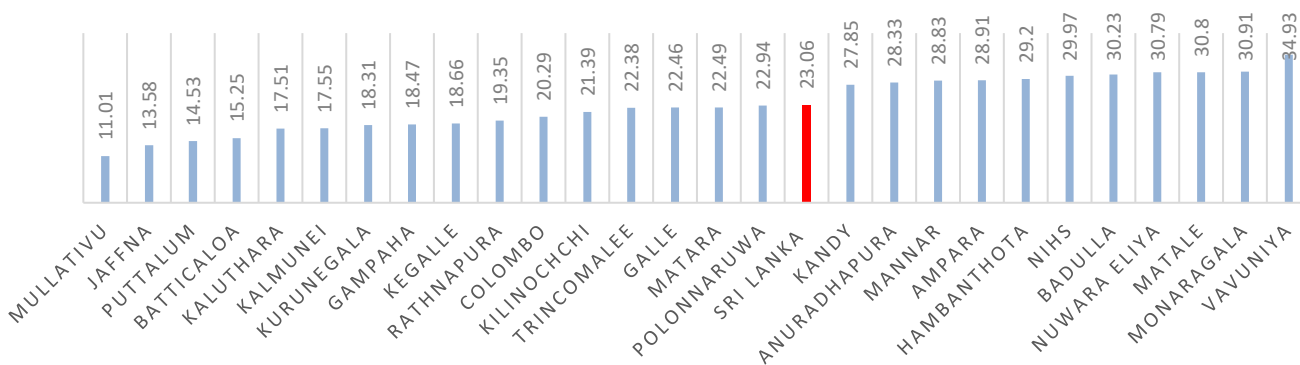


Figure 3: Distribution of percentage of male tobacco smokers among the total eligible male population screened by the year 2021

² All current tobacco smokers and those who have quit tobacco smoking less than a year before the assessment were considered as tobacco smokers. Since tobacco smoking among females was very low, the percentage of male smokers out of the eligible males screened is described to prevent the underestimation of the prevalence of smoking where the majority of screened were females

Chewing betel (with tobacco or arecanut)³

Among the eligible population screened 16.69% (n=45,508) chew betel (with or without tobacco) while 30.45% (n=28,204) males and 9.61% (n=17,304) females chew betel among the respective eligible populations screened.

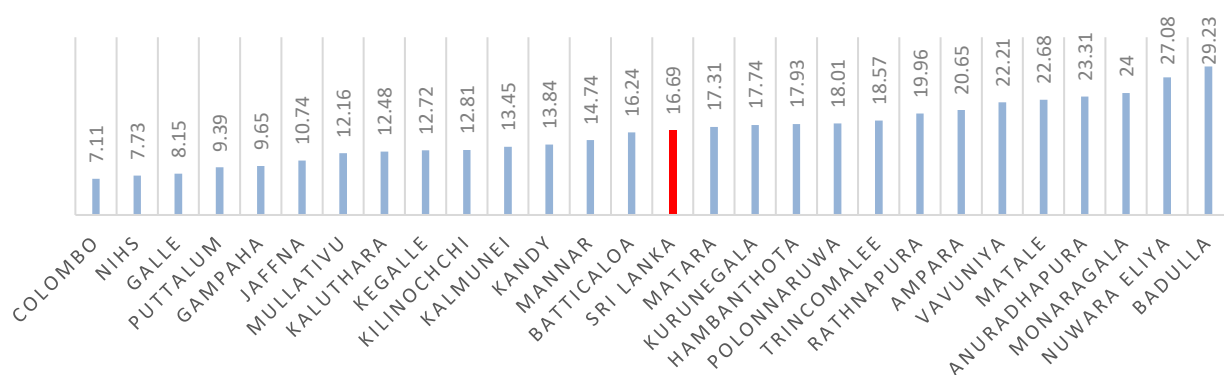


Figure 4: Distribution of percentage of participants chewing betel with tobacco or arecanut among the eligible population in screened-in the year 2021

Alcohol use⁴

Of the eligible population screened 12.54% (n=34,184) were alcohol users. There were 0.22% (n=397) female and 36.48% (n=33,787) male alcohol users among the respective eligible populations screened.

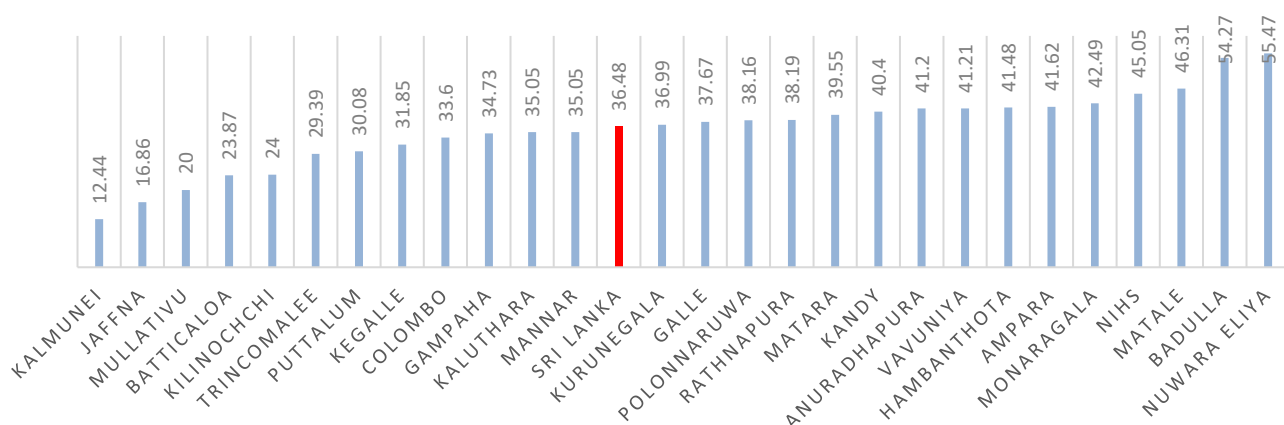


Figure 1: Distribution of percentage of male alcohol users among the eligible males screened by the districts in the year, 2021

³ Current betel chewers (with tobacco or arecanut) and those who have quitted betel chewing within a year of the assessment were considered as betel chewers

⁴ Current alcohol users and those who had quitted alcohol use within a year of the assessment were considered as alcohol users. Since alcohol usage among females was very low, the percentage of male alcohol users out of the eligible males screened is described to prevent the underestimation of the prevalence of alcohol use where the majority of screened were females

Overweight⁵ and obesity⁶

Of the eligible population screened 29.08% (n=78,744) and 11.05% (n=29,913) were found to be overweight and obese respectively. Prevalence of obesity was 6.68% (n=6,140) among males and 13.30% (n=23,773) among females screened.

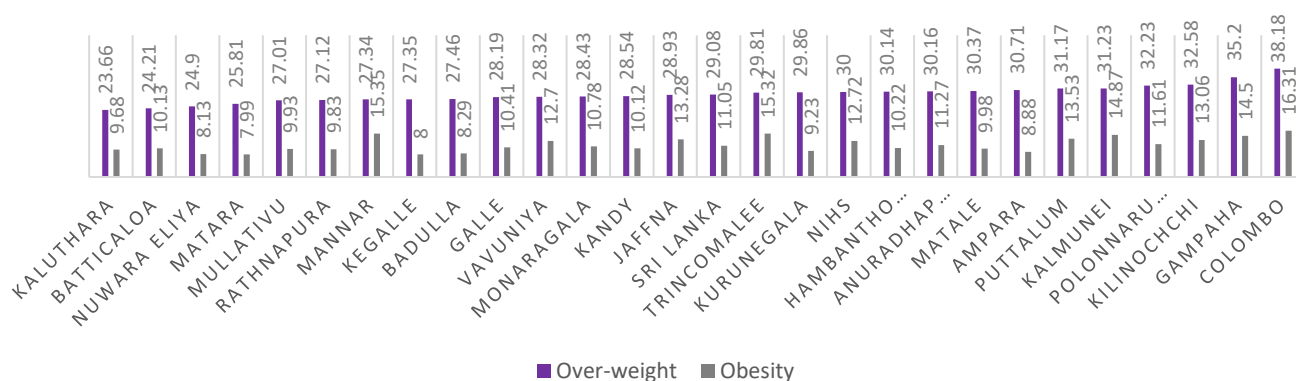


Figure 2: Distribution of percentage of participants with overweight and obesity among the eligible population screened by districts in the year 2021

High Blood pressure⁷

Of the eligible population screened, 21.69% (n=57,581) had hypertension. Among the participants screened 23.14% (n=20,878) males and 20.94% (n=36,703) females had high blood pressure among the respective eligible populations screened.

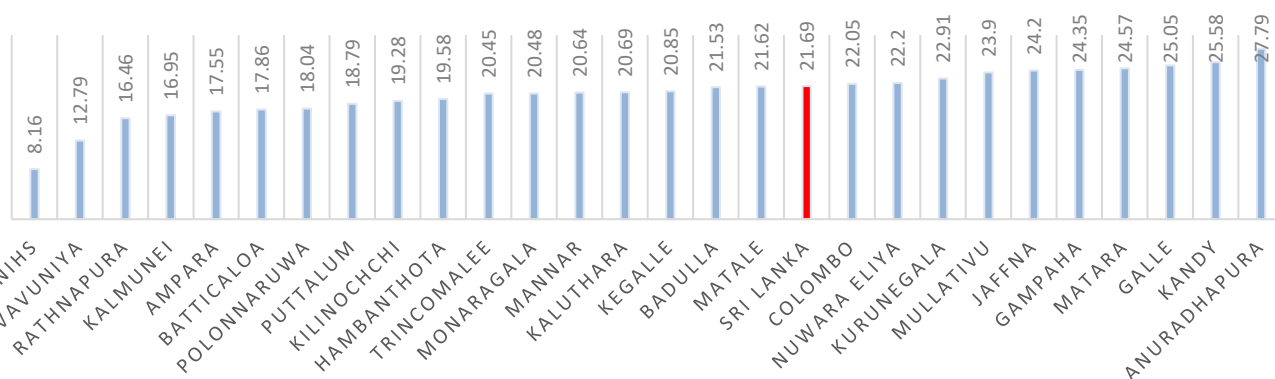


Figure 7: Distribution of percentage of participants with high blood pressure among the eligible population screened by districts in the year, 2021

⁵ BMI between 25 to 29.9 kg/m² was considered as overweight

⁶ BMI of 30 kg/m² or above was considered as obese

⁷ Blood pressure of $\geq 140/90$ mmHg was considered as high blood pressure

High blood sugar⁸

Of the eligible population screened, 11.97% (n=33,742) had FBS (Fasting Blood Sugar) or RBS (Random Blood Sugar) values. Among the participants screened 11.80% (n=21,977) females and 12.29% (n=11,765) males had high blood sugar values.

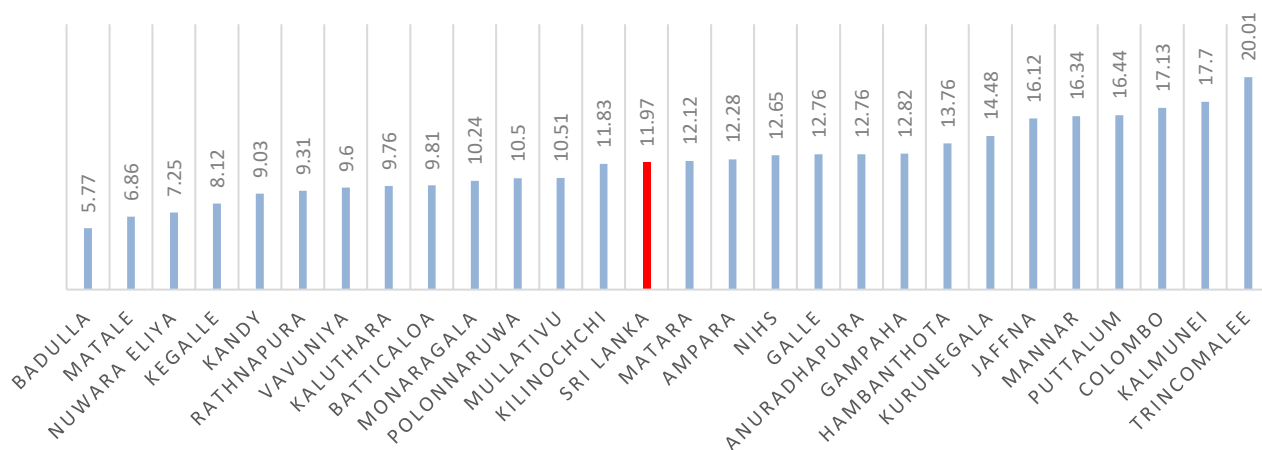


Figure 3: Distribution of percentage of participants with high blood sugar among the eligible population screened by districts in the year 2021

High total cholesterol⁹

Of the eligible population screened, 18.20% (n=41,701) had high total cholesterol values. Among the participants screened 19.56 % (n=29,491) females and 15.57% (n=12,210) males had high total cholesterol values.

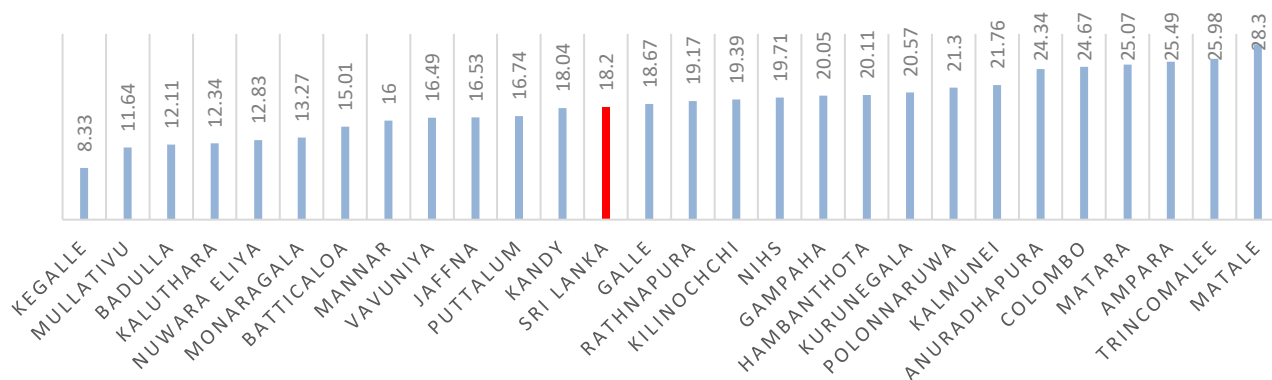


Figure 4: Distribution of percentage of participants with high total cholesterol among the eligible population screened by districts in the year 2021

⁸ FBS values ≥ 126 mg/dl or RBS values ≥ 200 mg/dl were considered as high blood sugar values

⁹ Total cholesterol values ≥ 240 /dl was considered as high total cholesterol value