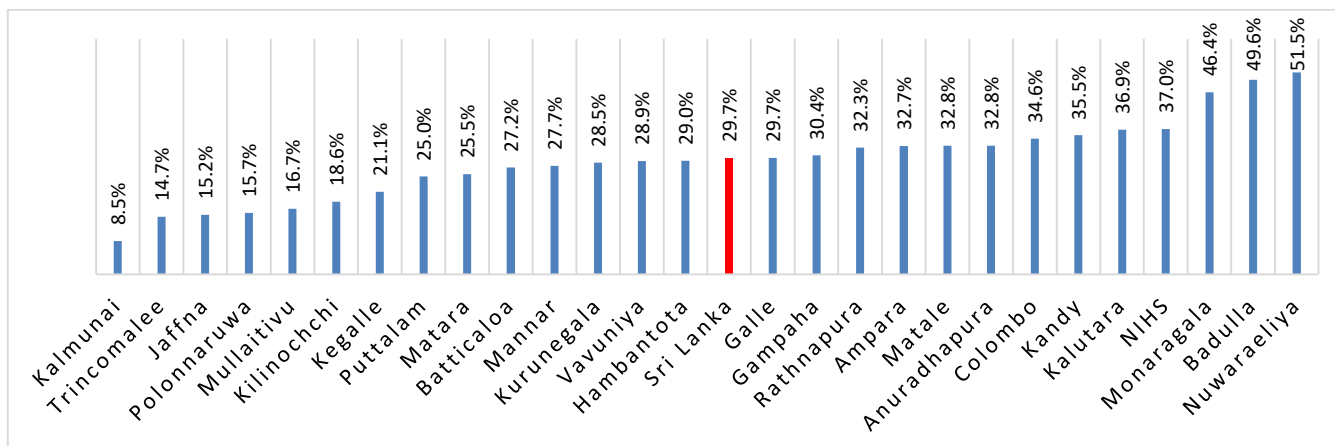


### Alcohol use

Of the eligible population screened 9.1% (n=26,370) were alcohol users<sup>4</sup>. There were 0.4% (n=886) female and 29.7% (n=25,484) male alcohol users among the respective eligible populations screened.

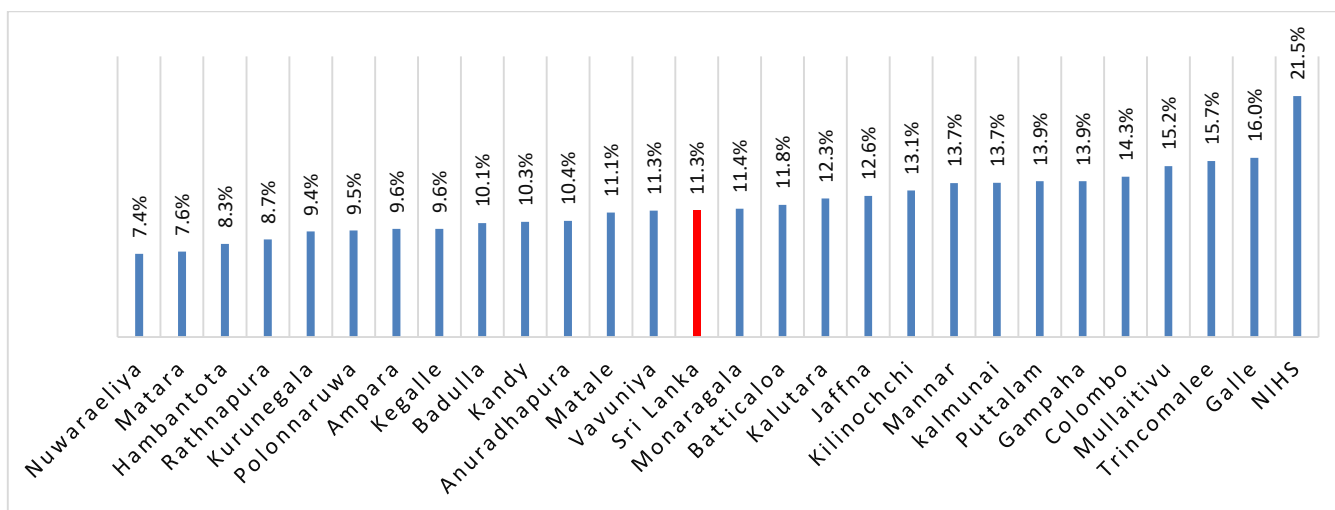
**Figure 5: Distribution of percentage of male alcohol users among the eligible males screened by the districts in 1<sup>st</sup>-3<sup>rd</sup> quarters, 2020**



### Overweight and obesity

Of the eligible population screened 83,306 (29.0%) and 32,443 (11.3%) were found to be overweight<sup>5</sup> and obese<sup>6</sup> respectively. Prevalence of obesity was 7.2% (n=6,113) among males and 13.0% (n=26,330) among females screened.

**Figure 6: Distribution of percentage of participants with obesity among the eligible population screened by districts in 1<sup>st</sup>-3<sup>rd</sup> quarters, 2020**



<sup>4</sup> Current alcohol users and those who had quitted alcohol use within a year of the assessment were considered as alcohol users.

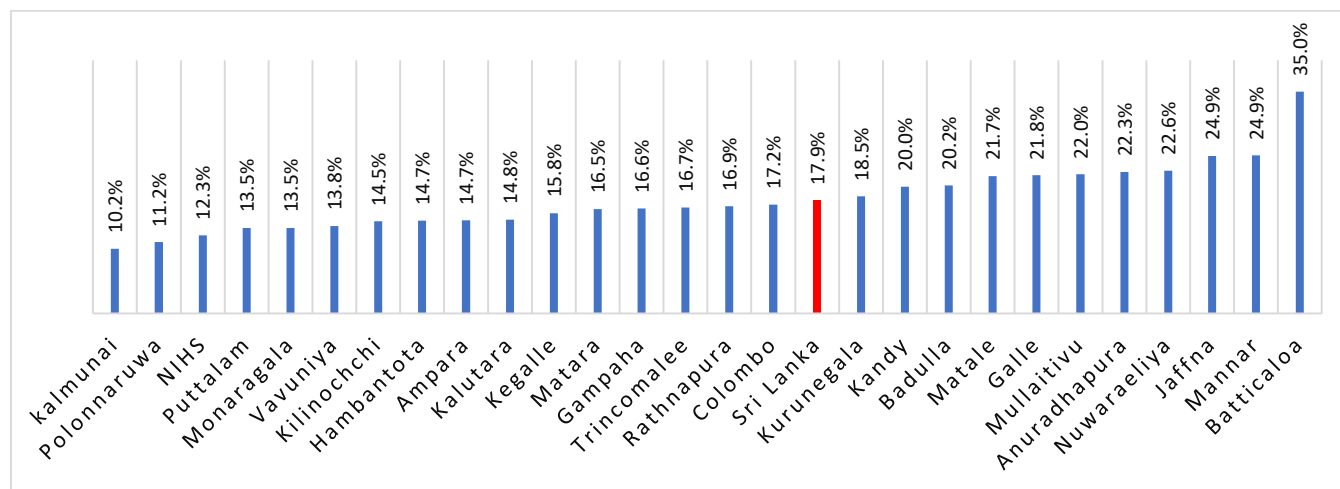
<sup>5</sup> BMI between 25 to 29.9 kg/m<sup>2</sup> was considered as overweight.

<sup>6</sup> BMI of 30 kg/m<sup>2</sup> or above was considered as obese.

**High Blood pressure<sup>7</sup>**

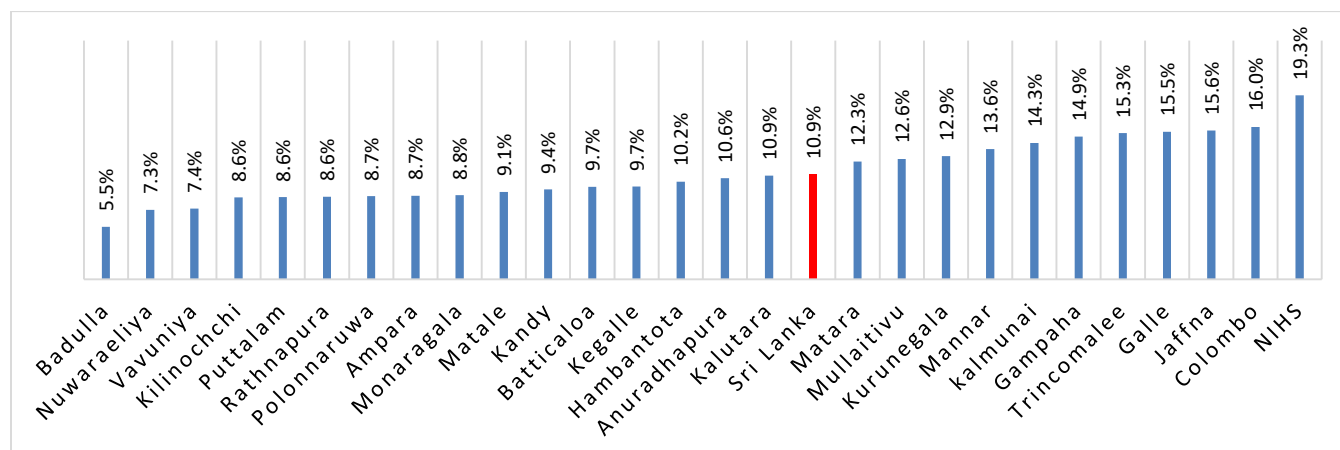
Of the eligible population screened, 48,130 (17.9%) had high blood pressure. Among the participants screened 17.2% (n=32,290) females and 19.5% (n=15,840) males had high blood pressure among the respective eligible populations screened.

**Figure 7: Distribution of percentage of participants with high blood pressure among the eligible population screened by districts in 1<sup>st</sup>-3<sup>rd</sup> quarters, 2020**

**High blood sugar (diabetic range)<sup>8</sup>**

Of the eligible population screened, 32,303 (10.9%) had FBS (Fasting Blood Sugar) or RBS (Random Blood Sugar) values in the diabetic range. Among the participants screened 10.6% (n=21,867) females and 11.8% (n=10,436) males had high blood sugar values.

**Figure 8: Distribution of percentage of participants with high blood sugar among the eligible population screened by districts in 1<sup>st</sup>-3<sup>rd</sup> quarters, 2020**



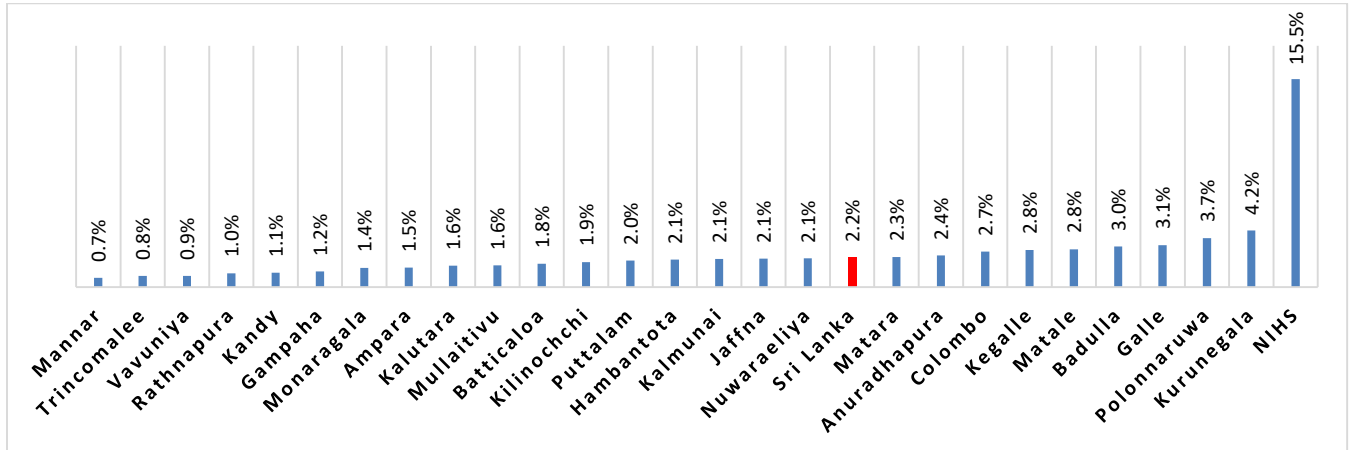
<sup>7</sup> Blood pressure of  $\geq 140/90$ mmHg was considered as high blood pressure.

<sup>8</sup> FBS values  $\geq 126$  mg/dl or RBS values  $\geq 200$  mg/dl were considered as high blood sugar values or blood sugar values in the diabetic range.

**High total cholesterol<sup>9</sup>**

Of the eligible population screened, 3,866 (2.2 %) had high total cholesterol values. Among the participants screened 2.2% (n=2,786) females and 2.2% (n=1,080) males had high total cholesterol values.

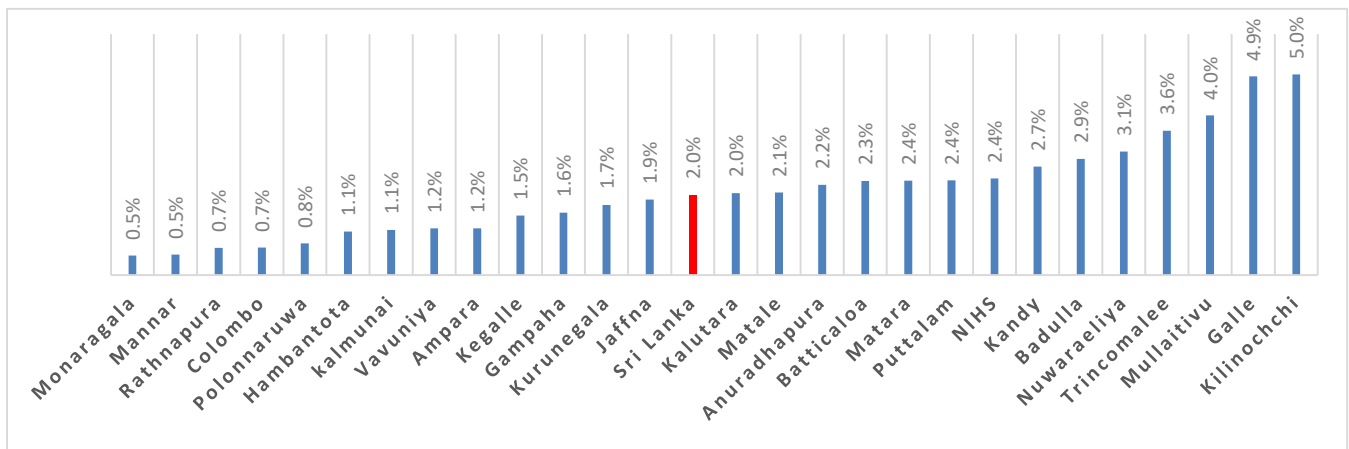
**Figure 9: Distribution of percentage of participants with high total cholesterol among the eligible population screened by districts in 1<sup>st</sup>-3<sup>rd</sup> quarters, 2020**



**Risk of cardiovascular disease ≥20%**

The 10-year cardiovascular risk is estimated using WHO/ISH Cardiovascular Risk Prediction Chart. Cardiovascular Risk is categorized as <10%, 10% to <20%, 20% to <30% and ≥30%. During Q1 to Q3 in 2020, among the eligible participants screened 5,079 (2.0%) were found with cardiovascular risk ≥20%.

**Figure 10: Distribution of percentage of participants with cardiovascular risk ≥20% among the population screened by districts in 1st-3rd quarter, 2020**



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<sup>9</sup> Total cholesterol values ≥ 300 mg/dl was considered as high total cholesterol value.