

# ARMENIA

## PREVALENCE OF NONCOMMUNICABLE DISEASE RISK FACTORS

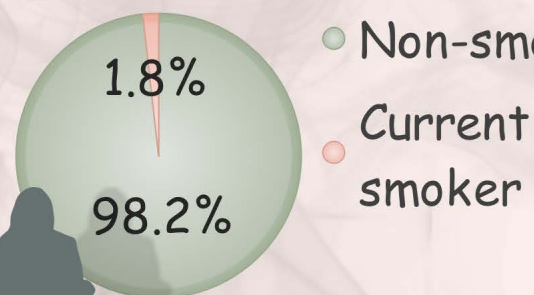
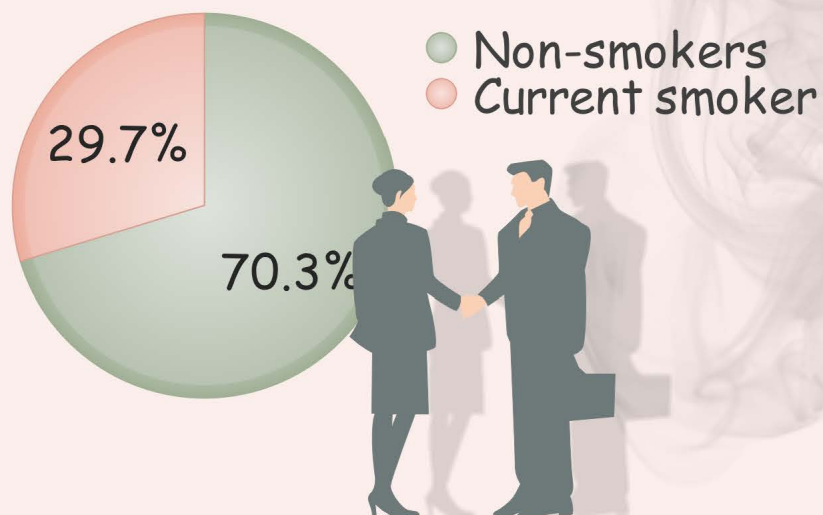
### STEPS NATIONAL SURVEY Results



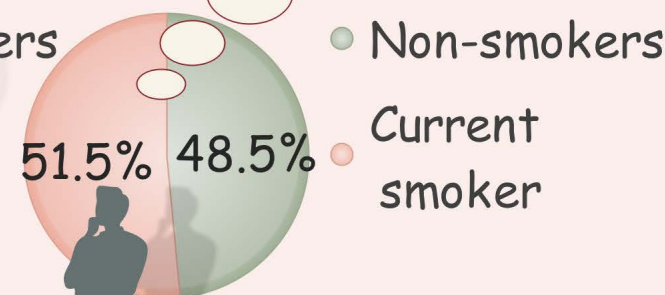
# Tobacco Use



*Percentage who currently  
smoke tobacco*



*Females*



*Males*

Every second men  
(51.5%) were  
considered smokers.

*Average age  
started smoking* **17.9** **26.2**

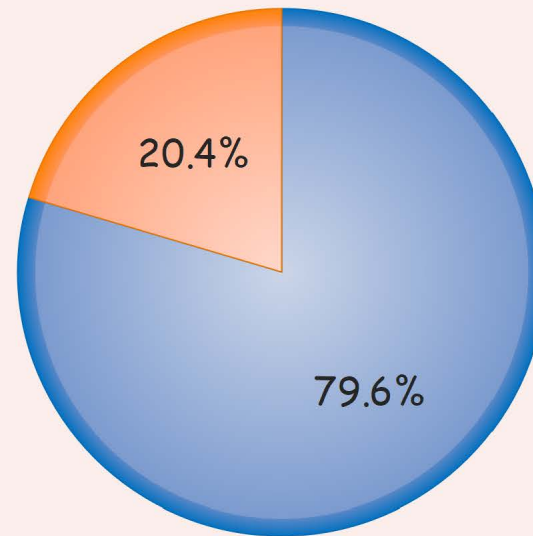
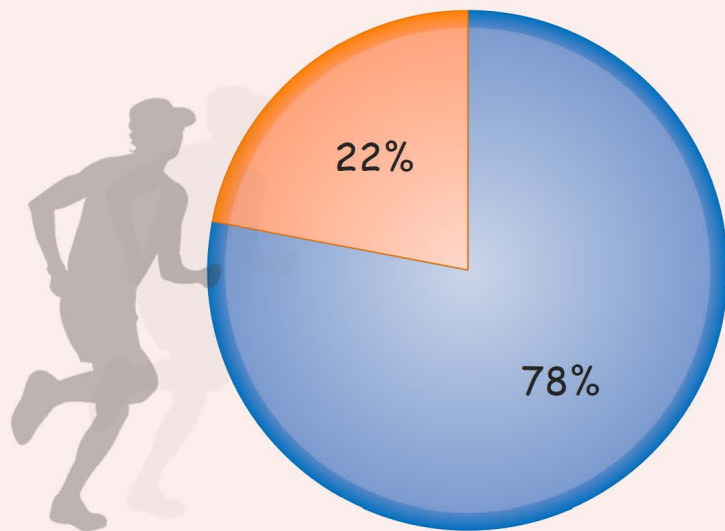
*Mean number of  
manufactured cigarettes  
smoked per day* **22.7**



# Physical activity



Percentage with insufficient physical activity



*Median time spent  
in physical activity  
on average per day  
(minutes)*

224.3

203.8

242.9

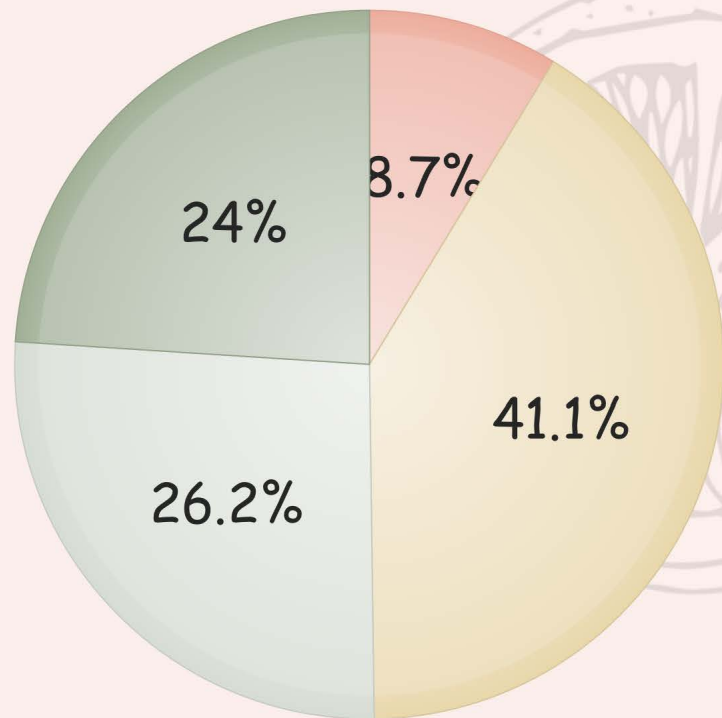




# Diet



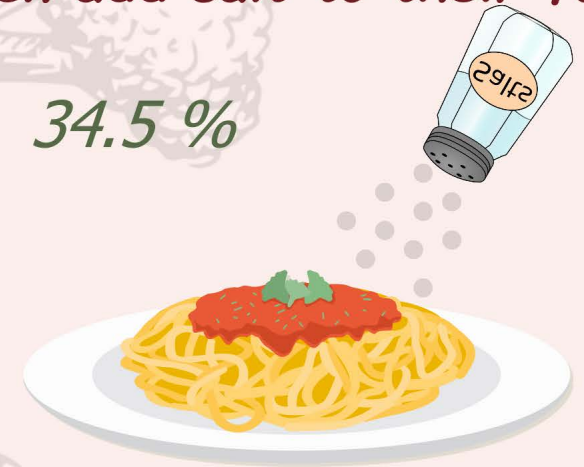
*Number of servings of fruit and/or vegetables on average per day*



- no fruit and/or vegetables
- 1-2 servings
- 3-4 servings
- ≥5 servings

*Percentage who always or often add salt to their food*

34.5 %

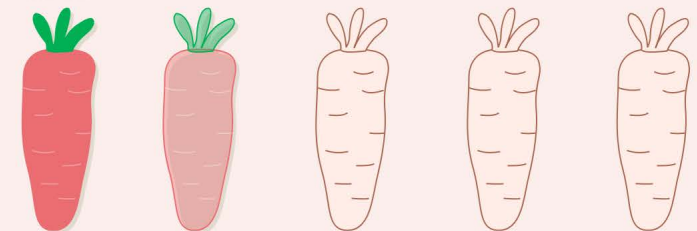


*Mean number of servings/ WHO requirements 5*

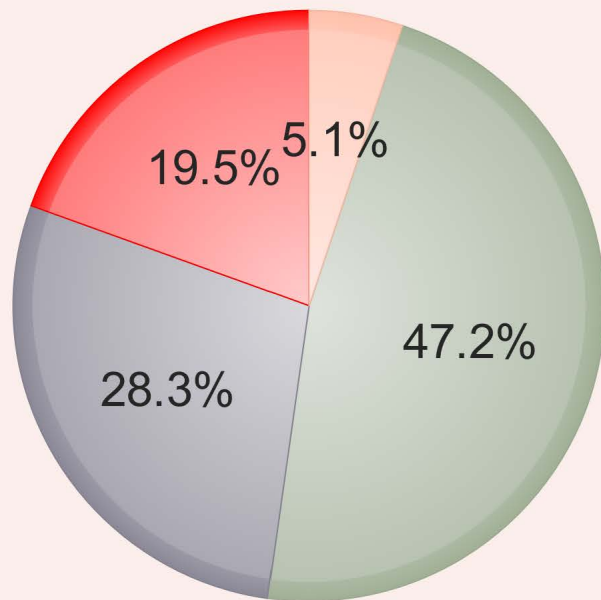
1,9







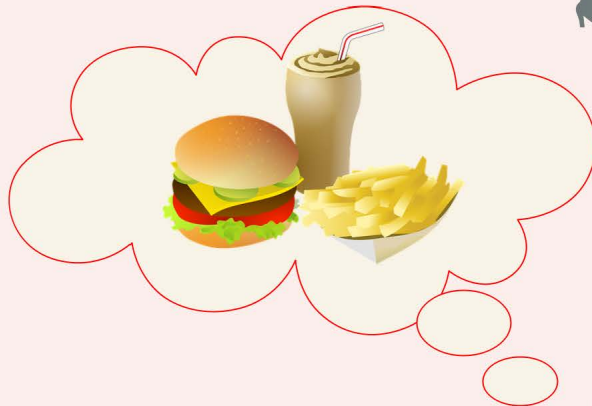
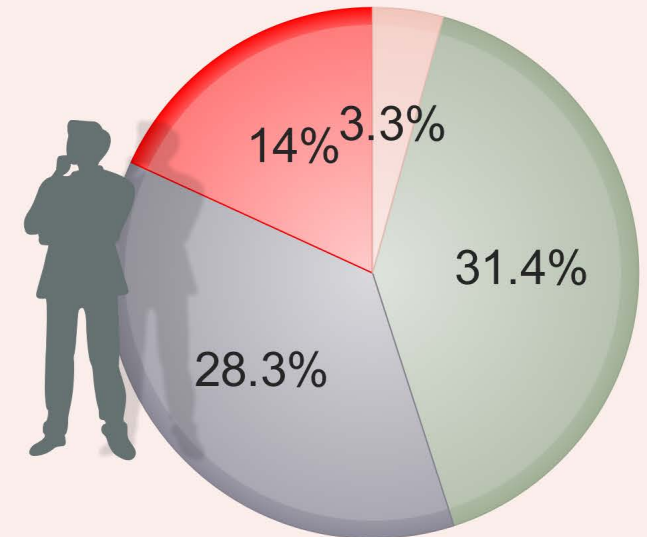
1,6



# Body Mass Index



-  Under-weight
-  Normal weight
-  Overweight
-  Obese

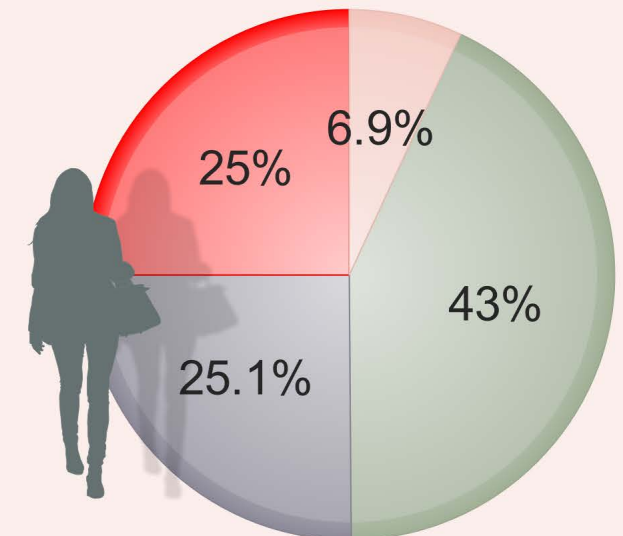


**Abdominal obesity by gender**

**56.1%**



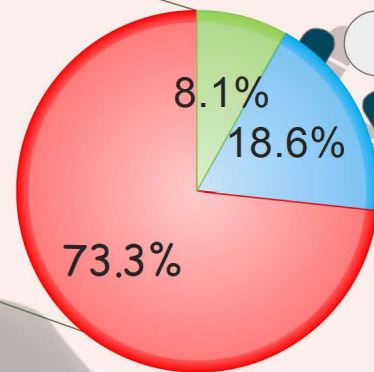
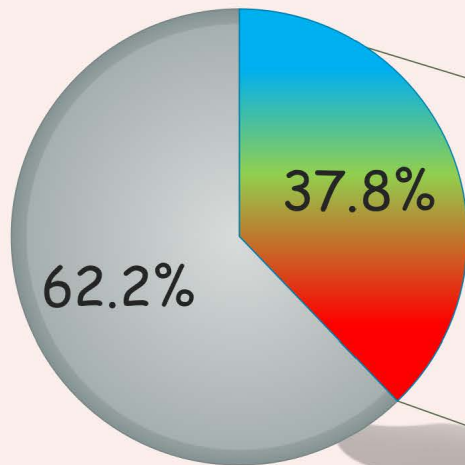
**53.5 %**



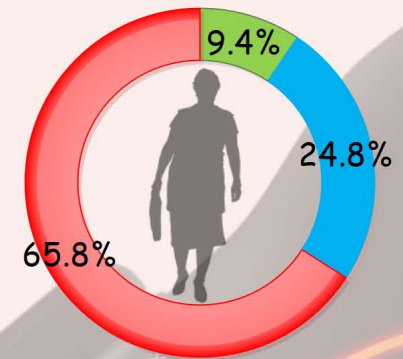
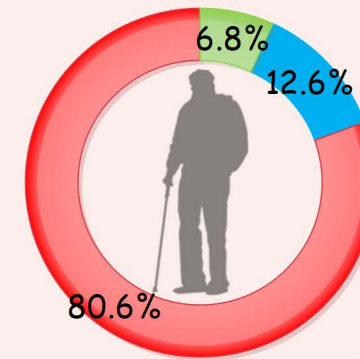
# Blood pressure



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



- On medication and SBP  $< 140$  and DBP  $< 90$
- On medication and SBP  $\geq 140$  and/or DBP  $\geq 90$
- Not on medication and SBP  $\geq 140$  and/or DBP  $\geq 90$



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

20.4 %



18.2 %



# Biochemical Measurements



## Blood glucose level



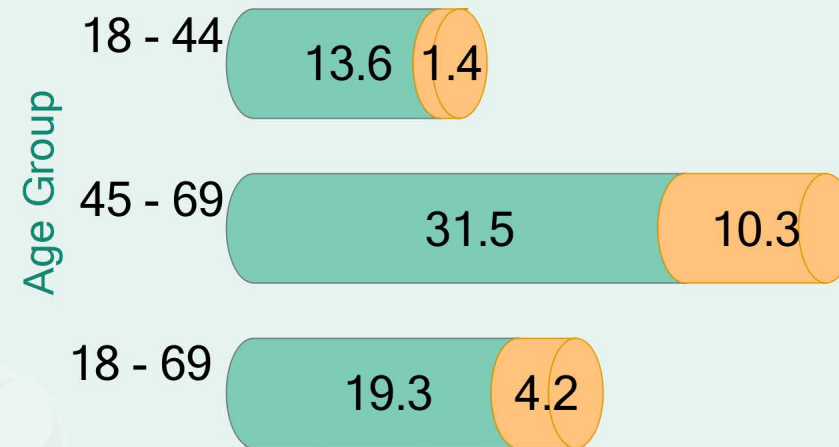
Impaired Fasting Glycaemia  
( $\geq 6.1$ mmol/L and  $< 7.0$ mmol/L)



Currently on medication for diabetes

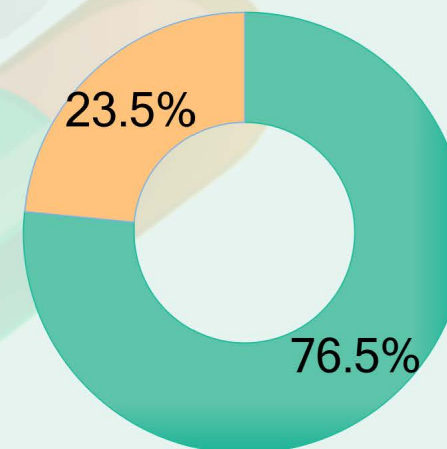
Raised blood glucose ( $\geq 7.0$  mmol/L )

## Total cholesterol level



Total cholesterol  $\geq 5.0$  mmol/L and  $< 6.2$  mmol/L

Total cholesterol  $\geq 6.2$  mmol/L



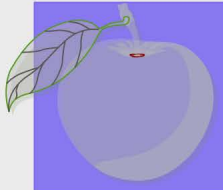
Total cholesterol  $\geq 5.0$  mmol/L

# Summary of Combined Risk Factors

## 18-69 age group



Current daily smoking



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



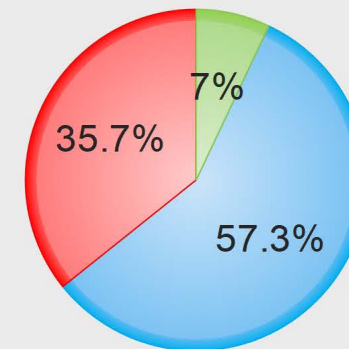
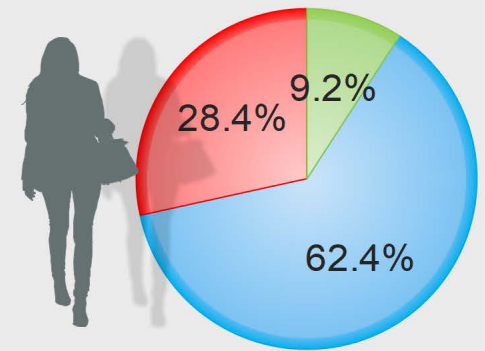
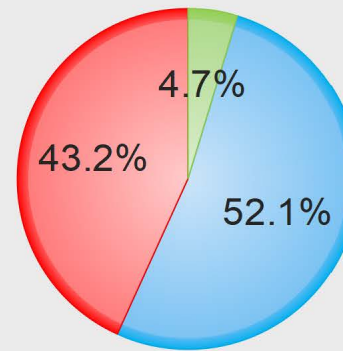
Not meeting WHO recommendations on physical activity for health (<150 minutes of moderate activity per week, or equivalent)



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).



- with 0 risk factors
- with 1-2 risk factors
- with 3-5 risk factors

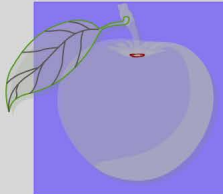


# Summary of Combined Risk Factors

## 45-69 age group



Current daily smoking



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



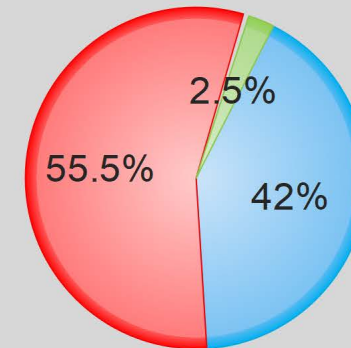
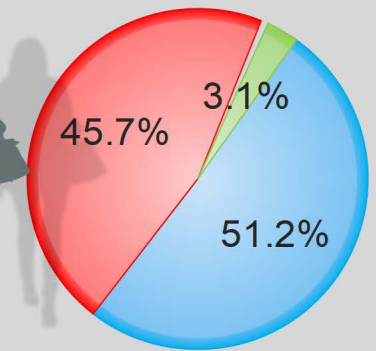
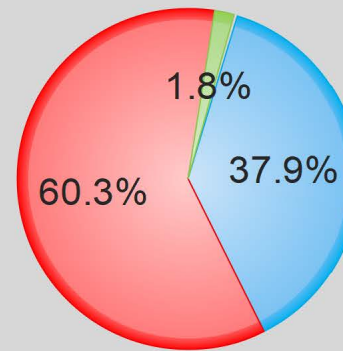
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