

# NONCOMMUNICABLE DISEASES RISK FACTORS AMONG YOUNG PEOPLE IN AFRICA

DATA AVAILABILITY AND SOURCES



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Young Health Programme

A global community investment initiative

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## ACKNOWLEDGEMENTS

The report was produced by Toshiko Kaneda and Reshma Naik of the Population Reference Bureau; and Wendy Baldwin, senior consultant. Special thanks to Angela Farmer, Saznin Mehta, Dier Hu, Sara Ku, and Kathleen Kelley, for their valuable assistance with the literature reviews.

The report was funded by the AstraZeneca Young Health Programme (YHP). YHP is a partnership between AstraZeneca, Johns Hopkins Bloomberg School of Public Health and Plan International, with further local NGO partners also implementing YHP programmes on the ground. The YHP mission is to positively impact the health of adolescents in marginalised communities worldwide through research, advocacy and on-the-ground programmes focused on NCD prevention.

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# Introduction

Noncommunicable diseases (NCDs) are now the leading causes of death in most parts of the world. Although this is not the case in sub-Saharan Africa, where infectious diseases still predominate, the trend of NCDs is projected to shift in the coming decades. One estimate shows that by 2030, sub-Saharan Africa will experience the largest increase in the share of total deaths from NCDs. It is estimated that by then, nearly half—46 percent—of all deaths in the region will be from NCDs, reflecting a dramatic increase from 28 percent in 2008.<sup>1</sup>

The World Health Organization (WHO) has identified four main NCDs—heart disease/hypertension, chronic respiratory diseases, diabetes, and most cancers—all of which are primarily caused by four key risk factors. These include tobacco use, immoderate alcohol use, physical inactivity, and unhealthy diet—patterns that are typically initiated during adolescence or young adulthood, and set the stage for unhealthy behaviors and diseases later in life. For example, the earlier in life that tobacco and alcohol use are initiated, the greater the risk of addiction. In contrast, when positive health behaviors such as healthy eating and regular exercise are established at a young age, they are more likely to be carried through to adulthood. Also, long duration of overweight and obesity—often an end result of inactivity and poor diet—are more detrimental to health. Thus, working with young people to mitigate risks and establish positive health behaviors early in life can foster a healthier adult population, and substantially decrease the burden of NCDs.

The WHO 2008-2013 Action Plan to Prevent and Control NCDs presents three main objectives: 1) mapping the emerging epidemics of NCDs and their determinants; 2) reducing the levels of exposure to risks and increasing the capacity of individuals to deal with risks; and 3) strengthening the health care system to address the demands of NCDs. An explicit focus on youth is essential to achieving these objectives. One critical first step is to gather and analyze available data on the scope and magnitude of risk factors among youth, because this can provide insight about the likely future burden of NCDs. For example, a high prevalence of risky behaviors in youth will generally contribute to a high burden of NCDs in the future, and can flag an impending need for greater attention and resources to prevent those behaviors among youth. Documenting youth risk behaviors can also help focus policies and programs designed to mitigate risks and promote healthy lifestyles. Risks may differ by gender, ethnicity, rural versus urban residence, or other social and environmental factors. It is important to understand

and document these differences, so that interventions can be well-tailored to various subgroups, ensuring that resources are spent in the most effective and efficient ways possible.

The need for high-quality data on NCD risk factors among youth is evident. This report is the culmination of efforts to identify available data sources on this important topic. The report provides a list of data sources in countries across Africa that contain data for young people in the 10-to-24-year-old age group on indicators pertaining to tobacco and alcohol use, physical inactivity, unhealthy diet, and overweight/obesity status (often used as a proxy for unhealthy diet). The compilation of data sources involved various approaches including key word searches via the internet and through professional databases such as PubMed, targeted requests to Ministries of Health and Youth, and inquiries among PRB's network of colleagues working in public health, population, and development. The search was limited to data collected within the last decade, in 2004 or later.

The search produced a number of reports and studies documenting findings from a wide range of surveys, including large, multicountry surveys, as well as single-country surveys focused on a single city or township. The accompanying report lists available data sources per country per risk factor. All listed data sources are publicly available and accessible to the general audience, that is, data have been aggregated and published.

Overall, this exercise uncovered a number of data sources for NCD risk factors among youth in Africa. However, it also draws attention to important gaps and limitations. For example, many countries lack up-to-date information, and in general, data on particular risk factors such as physical inactivity and unhealthy diet are sparse. Even when data do exist, many are not directly comparable across countries due to differences in indicator definitions, measurement, or age groups over which results are aggregated. Others are not nationally representative, only covering specific regions or cities and/or only including specific subgroups such as in-school youth. Some studies also have sample sizes that are too small to make reliable estimates.

The most prominent data sources on this topic are the Global School-based Student Health Survey and the Global Youth Tobacco Survey. These surveys each cover a large number of countries and provide invaluable information about health behaviors among youth. However, since the participants are all in-school youth, the ability to generalize the results to all youth in the country is limited, particularly without a clear indication of whether being in school raises or lowers risks. Another limitation is the relatively young age groups (i.e.,

1. Irina A. Nikolic, Anderson E. Stanciole, and Mikhail Zaydman, "Chronic Emergency: Why NCDs Matter," *Health Nutrition and Population Discussion Paper* (Washington, DC: The World Bank, 2011).

Table 1

## Summary of Data Availability and Sources for the Four NCD Risk Factors Among Young People in Africa

	Tobacco Use: Cigarettes	Tobacco Use: Other (or Any) Tobacco Products	Alcohol Use	Overweight/Obesity	Physical Inactivity
Algeria	GSHS 2011, GYTS 2007*			GSHS 2011	GSHS 2011
Angola					
Benin	GSHS 2009		GSHS 2009	GSHS 2009, DHS 2006	GSHS 2009
Botswana	GYTS 2008, GSHS 2005	GYTS 2008, GSHS 2005	GSHS 2005	GSHS 2005	GHYS 2005
Burkina Faso	GYTS 2006*	GYTS 2006*		DHS 2010	
Burundi	GYTS 2008	GYTS 2008	ASA 2012*	DHS 2010	
Cameroon	GYTS 2008*	GYTS 2008*		DHS 2011	
Cape Verde	GYTS 2007	GYTS 2007			
Central African Republic	GYTS 2008*	GYTS 2008*			
Chad	GYTS 2008	GYTS 2008			
Comoros	GYTS 2007	GYTS 2007			
Congo	GYTS 2006	GYTS 2006		DHS 2005	
Congo, Dem. Rep.	GYTS 2008*, STEPS 2005	GYTS 2008*, STEPS 2005		DHS 2007, STEPS 2005	STEPS 2005
Côte d'Ivoire	GYTS 2009, STEPS 2005	GYTS 2009, STEPS 2005	STEPS 2005	DHS 2011-12, STEPS 2005	STEPS 2005
Djibouti	GSHS 2007	GSHS 2007		GSHS 2007	GSHS 2007
Egypt	GSHS 2011, GYTS 2009, STEPS 2005	GYTS 2009	STEPS 2005	GSHS 2011, DHS 2008, STEPS 2005	GSHS 2011, STEPS 2005
Equatorial Guinea	GYTS 2008	GYTS 2008			
Eritrea	GYTS 2006	GYTS 2006			
Ethiopia	Reda et al. 2010*		Teshome et al. 2012*	Teshome et al. 2012*, DHS 2011	Teshome et al. 2012*
Gabon	STEPS 2009	STEPS 2009		DHS 2012, STEPS 2009	STEPS 2009
Gambia	GYTS 2008*	GYTS 2008*			
Ghana	GSHS 2012, GYTS 2006	GYTS 2006	GSHS 2012	GSHS 2012, DHS 2008	GSHS 2012
Guinea	GYTS 2008	GYTS 2008		DHS 2005	
Guinea-Bissau	GYTS 2008*	GYTS 2008*			
Kenya	RSA 2012, GYTS 2007	RSA 2012, GYTS 2007	RSA 2012, ASA 2012*	DHS 2008-9	
Lesotho	GYTS 2008	GYTS 2008		DHS 2009	
Liberia	GYTS 2008*	GYTS 2008*		DHS 2007	
Libya	GYTS 2010, GSHS 2007	GYTS 2010, GSHS 2007		GSHS 2007	GSHS 2007
Madagascar	MICS 2012*, GYTS 2008	MICS 2012*, GYTS 2008	Razanamihaja et al. 2007*	DHS 2008-9	
Malawi	GSHS 2009, GYTS 2005	GYTS 2005	GSHS 2009	DHS 2010, GSHS 2009	
Mali	GYTS 2008	GYTS 2008		DHS 2006	
Mauritania	GYTS 2006, STEPS 2006	GYTS 2006, STEPS 2006		STEPS 2006	STEPS 2006
Mauritius	GSHS 2011, GYTS 2008		GSHS 2011	GSHS 2011	GSHS 2011
Mayotte					

	<b>Tobacco Use: Cigarettes</b>	<b>Tobacco Use: Other (or Any) Tobacco Products</b>	<b>Alcohol Use</b>	<b>Overweight /Obesity</b>	<b>Physical Inactivity</b>
Morocco	GSHS 2010, GYTS 2010	GYTS 2010		GSHS 2010	GSHS 2010
Mozambique	GYTS 2007*	GYTS 2007*		DHS 2011	
Namibia	GYTS 2008, GSHS 2004	GYTS 2008, GSHS 2004	GSHS 2004	DHS 2006-7	GSHS 2004
Niger	STEPS 2008, GYTS 2006*	STEPS 2008, GYTS 2006*	STEPS 2008	STEPS 2008	STEPS 2008
Nigeria	GYTS 2008	GYTS 2008		DHS 2008, Ansa et al. 2007*	Ansa et al. 2007*
Reunion					
Rodrigues	GSHS 2011		GSHS 2011	GSHS 2011	GSHS 2011
Rwanda	GYTS 2008	GYTS 2008		DHS 2010	
Sao Tome and Principe	GYTS 2010	GYTS 2010		DHS 2008-9	
Senegal	GYTS 2007, GSHS 2005	GYTS 2007, GSHS 2005	GSHS 2005	DHS 2010-11	GSHS 2005
Seychelles	GSHS 2007, GYTS 2007	GSHS 2007, GYTS 2007	GSHS 2007	GSHS 2007	GSHS 2007
Sierra Leone	GYTS 2008*	GYTS 2008*		DHS 2008	
Somalia	GYTS 2007	GYTS 2007			
South Africa	SANHNE 2012, GYTS 2011, CAPS 2006*, Jemmott et al. 2004*	SANHNE 2012, GYTS 2011	CAPS 2006*, Jemmott et al. 2004*	SANHNE 2012, Reddy et al. 2008*, CAPS 2006*	SANHNE 2012, CAPS 2006*, Jemmott et al. 2004*
South Sudan					
Sudan	GYTS 2005	GYTS 2005			
Swaziland	GYTS 2005	GYTS 2005		DHS 2006-7	
Tanzania	GYTS 2008*, GSHS 2006	GYTS 2008*, GSHS 2006	ASA 2012*, GSHS 2006	DHS 2010	GSHS 2006
Togo	STEPS 2010, GYTS 2007	STEPS 2010, GYTS 2007	STEPS 2010	STEPS 2010	STEPS 2010
Tunisia	MICS 2011-12, GYTS 2010, GSHS 2008	MICS 2011-12, GYTS 2010, GSHS 2008			GSHS 2008, Maatoug et al. 2007*
Uganda	GYTS 2011	GYTS 2011		DHS 2011	
Western Sahara					
Zambia	GYTS 2011	GYTS 2011	GSHS 2004	DHS 2007	GSHS 2004
Zimbabwe	GYTS 2008*	GYTS 2008*		DHS 2010-11	

## Legend

Year that appears indicates the year of most recent data collection.

\*Asterisk indicates data that are not nationally representative.

ASA Alcohol Situation Assessments in Burundi, Kenya, and Tanzania  
 CAPS Cape Area Panel Study  
 DHS Demographic and Health Survey  
 GSHS Global School-based Student Health Survey  
 GYTS Global Youth Tobacco Survey  
 MICS Multiple Indicator Cluster Survey

RSA Rapid Situation Assessment of the Status of Drug and  
 Substance Abuse in Kenya  
 SANHNE South African National Health and Nutrition Examination Survey  
 STEPS STEPS Survey on Chronic Disease Risk Factors

13-to-15-year-olds) targeted by these surveys. Because the prevalence of all four risk behaviors generally increase among successively older age groups, understanding these behaviors across all stages of adolescence and young adulthood is important.

With the projected rise in NCDs and increases in NCD risk behaviors among youth, it is important that countries be able to monitor risk behaviors. Because there are several international surveys available, countries can participate or make use of modules for the collection of these data. International surveys offer opportunities to compare countries, but countries also benefit from other data collection activities, which can reflect local needs and interests. In addition, international data collection activities have the benefit of having standardized documentation and established means of sharing data. Given the importance of youth risk behaviors for later NCDs, we recommend that youth be made explicit in global agendas in the fight against the NCD epidemic, and encourage countries to develop and implement plans to collect and share relevant data about youth risk behaviors for NCDs. It is important that data not only be collected, but are made available in accessible formats to policymakers, researchers, program developers, and others involved in youth and health, so that appropriate actions can be taken.

In summary, from a total of 58 African countries, 42 have data on at least two of the four risk factors—current use of tobacco and alcohol (use in the past 30 days), physical inactivity, and overweight/obesity status, 28 have data on at least three, and 16 have data on all four risk factors (see Table 1). When limiting the findings to data collected within the last five years (2009 or later), only 19 countries have data on at least two risk factors, 13 have data on at least three, and six have data on all four (see Table 2).

Data on alcohol use and physical inactivity among young people are particularly sparse (see Figure 1). Thirteen countries with no data on alcohol use, however, have a Muslim population of over 90 percent. Since alcohol use

TABLE 2

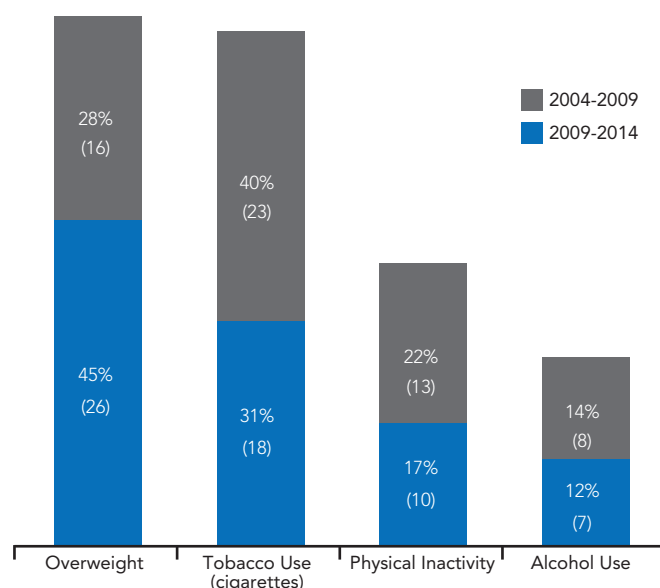
List of Countries in Africa by the Number of NCD Risk Factors for Which Data From 2009 or Later Among Young People Are Available

NUMBER OF RISK FACTORS WITH DATA SINCE 2009	COUNTRIES
Four risk factors	Benin, Ethiopia, Ghana, Mauritius, Rodrigues, Togo
Three risk factors	Algeria, Egypt, Gabon, Kenya, Malawi, Morocco, South Africa
Two risk factors	Burundi, Côte d'Ivoire, Madagascar, Sao Tome and Principe, Tanzania, Uganda

(especially among the young) is likely very low in those countries, they can be considered to have low risk. In three predominantly Muslim countries (Egypt, Niger, and Senegal), data on alcohol use among youth do exist and all indicate very low levels of prevalence.

Despite its limitations, the available data provides a clear starting point for mapping out NCD risk behaviors among youth in Africa, an important contribution toward the achievement of the WHO Action Plan. The data will also form an excellent basis for further development of a data sheet and policy brief. The unevenness of the data in Africa makes these documents all the more important. They will serve as a single source that brings together the disparate data sources into a set of easily accessed documents that can help focus attention on the need to address risk factors among young people now while there is a chance to dampen the growing tide of NCDs. More specifically, these documents can help countries focus policies and programs targeted to young people, identify information gaps, develop plans for data collection, and set targets for youth-oriented interventions. Further, by highlighting the critical role that young people play in determining the future burden of NCDs, this information can be used to advocate for a more-targeted and well-resourced focus on youth within national and global NCD agendas. Bringing attention to the important role of young people and their risks may also empower youth to play a more active role in the development of appropriate interventions.

FIGURE 1  
Percent and Number of Countries in Africa With Nationally Representative Data on Four NCD Risk Factors Among Young People by Data Collection Years 2004-2009 and 2009-2014



Note: Data on alcohol use are not available for 13 countries with a Muslim population of over 90 percent (22 percent of all countries). Since alcohol use is very low in those countries, they can be considered to have low risk of alcohol use among young people.

# LIST OF DATA AVAILABILITY AND SOURCES IN AFRICA

Data sources and indicators are listed below by country. Note:

1. Some of the studies included samples outside of the target age range. Age groups and sample sizes (noted as “N”) listed in the report are only for the relevant subsample in the 10-24 age group.
2. Data based on a national sample are denoted “National,” otherwise they are denoted with the name of the relevant geographical area (e.g., region, city) from where the sample was drawn.
3. Survey year listed indicates the most recent year in which data were collected, for those with multiple data collections.

## ALGERIA

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2011

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=4532)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Constantine, school-based sample (N=1565), Oran, school-based sample (N=1717), Setif, school-based sample (N=1581)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Dietary Behavior:

#### GSHS 2011

- % usually drank carbonated soft drinks at least once a day in the past 30 days

### Overweight/Obesity:

#### GSHS 2011

- % underweight
- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2011

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

## BENIN

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2009

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2690)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

### Alcohol Use:

#### GSHS 2009

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- Among those ever had an alcoholic drink, % had their first drink before age 14
- % drank so much alcohol that they were really drunk at least once

### Dietary Behavior:

#### GSHS 2009

- % usually drank carbonated soft drinks at least once a day in the past 30 days

### Overweight/Obesity:

#### GSHS 2009

- % underweight
- % overweight
- % obese

#### Demographic and Health Survey 2006

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=2548)

- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2009

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

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## BOTSWANA

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2005

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2197)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1611)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### GSHS 2005

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- % drank so much alcohol that they were really drunk at least once
- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights at least once as a result of drinking alcohol

### Physical Inactivity:

#### GSHS 2005

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## BURKINA FASO

### Tobacco Use:

#### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Bobo Dioulasso, school-based sample (N=901),

Ouagadougou, school-based sample (N=1356)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2010

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1536)

- % overweight
- % obese

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## BURUNDI

### Alcohol Use:

#### Alcohol Situation Assessments in Burundi, Kenya, and Tanzania 2012

International Institute of IOGT-NTO Movement

Ages 14-24, Male/Female

Bujumbura (N=298), Gitega (N=219)

- % drink at least twice a week
- % drink at least 2 drinks per event

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1110)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2010

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1113)

- % overweight
- % obese



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## CAMEROON

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>  
<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Centre District, school-based sample (N=2724)

- % ever smoked cigarettes
- % of ever smokers initiated smoking before age 10
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year
- % of current smokers feel like having a cigarette first thing in the morning

### Overweight/Obesity:

#### Demographic and Health Survey 2011

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1696)

- % overweight
- % obese

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## CAPE VERDE

### Tobacco Use:

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>  
<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1188)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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## CENTRAL AFRICAN REPUBLIC

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>  
<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Bangui, school-based sample (N=856)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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## CHAD

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>  
<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=905)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2004

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1247)

- % overweight and obese

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## COMOROS

### Tobacco Use:

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=811)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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## CONGO

### Tobacco Use:

#### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1347)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2005

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1365)

- % overweight
- % obese

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## CONGO, DEMOCRATIC REPUBLIC OF

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Kinshasa, school-based sample (N=1 167), Lubumbashi, school-based sample (N=689)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### STEPS Survey on Chronic Disease Risk Factors 2005

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=654)

- % ever smoked manufactured cigarettes
- Among current smokers, % smoke daily
- Among daily smokers, average age of initiation
- Among daily smokers, average number of years of tobacco consumption
- % formerly smoked daily
- Among former smokers, average number of years since stopped smoking daily
- Among current users, % use smokeless tobacco products

### Alcohol Use:

#### STEPS 2005

- % of those from drinking alcohol and have not drunk these past 12 months
- Number of drinks consumed in the last 7 days
- Average number of drinks consumed a day
- Frequency of alcohol consumption last year

### Dietary Behavior:

#### STEPS 2005

- Average number of servings of fruits and vegetables consumed a week
- % consume five or more/less servings of fruits and vegetables a day
- % classified as at risk, according to the consumption of vegetables and fruit
- Average number of days consumed fruits and the average serving size consumed that day

### Obesity/Overweight:

#### Demographic and Health Survey 2007

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=862)

- % overweight
- % obese

## STEPS 2005

- % overweight or obese

### Physical Inactivity:

## STEPS 2005

- Participants' physical activity level
- Average amount of time spent physically active a day

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# CÔTE D'IVOIRE

### Tobacco Use:

## Global Youth Tobacco Survey 2009

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1920)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## STEPS Survey on Chronic Disease Risk Factors 2005

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=1339)

- % currently smoke
- % smoke daily
- Among current smokers, % smoke daily
- Among daily smokers, average age of initiation
- Among daily smokers, average number of years of tobacco consumption
- Among daily smokers, mean number of manufactured cigarettes smoked a day
- Among former smokers, average number of years since stopped smoking daily
- % smoke cigarettes

### Alcohol Use:

## STEPS 2005

- % currently drink
- Among abstainers, % have not drunk in the past 12 months
- Number of drinks consumed in the last 7 days
- Average number of drinks consumed a day
- Among daily drinkers, % drink at least 5 glasses of drinks a day
- Frequency of alcohol consumption last year

### Dietary Behavior:

## STEPS 2005

- Average number of servings of fruits and vegetables consumed a day
- % consume five or more/less servings of fruits and vegetables a day

- Average number of days consumed fruits and the average serving size consumed that day
- Average number of days consumed vegetables and the average serving size consumed that day

### Overweight/Obesity:

## Demographic and Health Survey 2011-12

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=874)

- % overweight
- % obese

### Physical Inactivity:

## STEPS 2005

- % perform physical activities at work, and average number of hours spent on the activities
- % perform physical activities during leisure time, and average number of hours spent on the activities
- Average number of hours spent on sedentary activities a day
- Average number of hours spent on moderate or intense physical activities at work a day
- Average number of hours spent on moderate or intense physical activities during leisure time

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# DJIBOUTI

### Tobacco Use:

## Global School-based Student Health Survey (GSHS) 2007

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=1777)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

### Overweight/Obesity:

## GSHS 2007

- % overweight
- % obese

### Physical Inactivity:

## GSHS 2007

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## EGYPT

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2011

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2568)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

#### Global Youth Tobacco Survey 2009

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=3472)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year
- % currently smoke shisha

#### STEPS Survey on Chronic Disease Risk Factors 2005

WHO <http://www.who.int/chp/steps/en/>

Ages 15-25, Male/Female

National (N=3652)

- Among current smokers, % smoke daily

### Alcohol Use:

#### STEPS 2005

- % consumed alcohol over the last 12 months
- % drank any alcohol in the past 30 days
- Participants' physical activity level

### Dietary Behavior:

#### GSHS 2011

- % usually drank carbonated soft drinks at least once a day in the past 30 days

#### STEPS 2005

- Average number of days consumed fruits and the average serving size consumed that day
- Average number of days consumed vegetables and the average serving size consumed that day

### Overweight/Obesity:

#### GSHS 2011

- % underweight
- % overweight
- % obese

#### Demographic and Health Survey 2008

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1884)

- % overweight
- % obese

#### STEPS 2005

- % overweight or obese

### Physical Inactivity:

#### GSHS 2011

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

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## EQUATORIAL GUINEA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1345)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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## ERITREA

### Tobacco Use:

#### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=4813)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### STEPS Survey on Chronic Disease Risk Factors 2004

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=490)

- Among current smokers, % smoke daily
- % currently use smokeless tobacco daily
- % currently use smokeless tobacco, but not daily
- % formerly used smokeless tobacco daily

### Alcohol Use:

#### STEPS 2004

- % currently drink

### Dietary Behavior:

#### STEPS 2004

- % consume less than 2 servings of fruit a day
- % consume less than 2 servings of vegetables a day

### Overweight/Obesity

#### Demographic and Health Survey 2002

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=3105)

- % overweight
- % obese

#### STEPS 2004

- % overweight or obese

### Physical Inactivity:

#### STEPS 2004

- % with no physical activity at job site

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## ETHIOPIA

### Tobacco Use:

**Reda, A. A., Moges, A., Yazew, B., & Biadgilign, S. (2012). Determinants of cigarette smoking among school adolescents in eastern Ethiopia: a cross-sectional study. Harm reduct j, 9, 39.**

Data collected in 2010

Harar town, school-based sample (N=1721)

Ages 15-24, Male/Female

- % ever smoked
- Mean age of starting cigarette smoking
- % smoke daily
- Average number of cigarettes smoked a day
- Among current smokers, % with desire to stop smoking

#### Global Youth Tobacco Survey 2003

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Addis Ababa, school-based sample (N=979)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

**Teshome, T., Singh, P., & Moges, D. (2013). Prevalence and Associated Factors of Overweight and Obesity Among High School Adolescents in Urban Communities**

**of Hawassa, Southern Ethiopia. Current Research in Nutrition and Food Science Vol, 1(1), 23-36.**

Data collected in 2012

Hawassa city, school-based sample (N=554)

Ages 10-19, Male/Female

- % never consumed alcohol

### Overweight/Obesity:

**Teshome et al. (2013) 2012**

- % overweight
- % obese

#### Demographic and Health Survey 2011

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=3534)

- % overweight
- % obese

### Dietary Behavior:

**Teshome et al. (2013) 2012**

- % consume vegetables by frequency
- % consume fruits by frequency

### Physical Inactivity:

**Teshome et al. (2013) 2012**

- % with low, moderate, or high physical activity pattern

---

## GABON

### Tobacco Use:

#### STEPS Survey on Chronic Disease Risk Factors 2009

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=623)

- % currently smoke
- % use any tobacco products daily
- Among current users, % use smokeless tobacco products

### Alcohol Use:

#### STEPS 2009

- % currently drink
- Average number of drinks consumed a day
- % consumed alcohol at least 5 days a week

### Dietary Behavior:

#### STEPS 2009

- % consume five or more/less servings of fruits and vegetables a day
- % classified as at risk, according to the consumption of vegetables and fruit

### Overweight/Obesity:

#### Demographic and Health Survey 2012

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1025)

- % overweight
- % obese

### STEPS 2009

- % overweight or obese

### Physical Inactivity:

#### STEPS 2009

- % with no physical activity at job site
- % with no physical activity during travel
- % with no physical activity during leisure
- Average number of hours spent on moderate or intense physical activities at work a day
- Average number of hours spent on moderate or intense physical activities during leisure time

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## GAMBIA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Banjul, school-based sample (N=1567)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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## GHANA

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2012

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Junior High School Students Ages 13-17, Male/Female (N=1648)

Senior High School Students Ages 13-17, Male/Female (N=1984)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any other tobacco products at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14
- Among current smokers, % tried to quit

#### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=5185)

- % ever smoked cigarettes

- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### GSHS 2012

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- % drank at least 2 drinks
- Among those ever had an alcoholic drink, % had their first drink before age 14
- % drank so much alcohol that they were really drunk at least once

### Dietary Behavior:

#### GSHS 2012

- % usually drank carbonated soft drinks at least once a day in the past 30 days

### Overweight/Obesity:

#### GSHS 2012

- % underweight
- % overweight
- % obese

#### Demographic and Health Survey 2008

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=947)

- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2012

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

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## GUINEA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1305)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## Overweight/Obesity

### Demographic and Health Survey 2005

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1220)

- % overweight
- % obese

---

# GUINEA-BISSAU

## Tobacco Use:

### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Bissau, school-based sample (N=1124)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

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# KENYA

## Tobacco Use:

### Rapid Situation Assessment of the Status of Drug and Substance Abuse in Kenya (RSA) 2012

National Authority for the Campaign Against Alcohol and Drug Abuse <http://www.nacada.go.ke/documents-and-resources/category/8-research-survey-findings?download=40:rapid-assessment-of-alcohol-and-drug-abuse-situation-in-kenya-2012>.

National (N=1345)

Ages 10-24, Male/Female

- % ever used any tobacco products
- % currently use any tobacco products

### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=6768)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## Alcohol Use:

### Rapid Situation Assessment of the Status of Drug and Substance Abuse in Kenya (RSA) 2012

- % ever drank alcohol
- % currently drink alcohol

### Alcohol Situation Assessments in Burundi, Kenya, and Tanzania 2012

International Institute of IOGT-NTO Movement

Ages 14-24, Male/Female

Nairobi (N=200), Siaya (N=204)

- % drink at least twice a week
- % drink at least 2 drinks per event

## Overweight/Obesity:

### Demographic and Health Survey 2008-9

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1631)

- % overweight
- % obese

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# LESOTHO

## Tobacco Use:

### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1604)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## Overweight/Obesity:

### Demographic and Health Survey 2009

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=870)

- % overweight
- % obese

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## LIBERIA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Monrovia, school-based sample (N=660)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2007

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1156)

- % overweight
- % obese

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## LIBYA

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2007

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2242)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

#### Global Youth Tobacco Survey 2010

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1361)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year
- % currently smoke shisha

### Overweight/Obesity:

#### GSHS 2007

- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2007

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## MADAGASCAR

### Tobacco Use:

#### Multiple Indicator Cluster Survey (MICS) 2012

UNICEF [http://www.childinfo.org/mics4\\_surveys.html](http://www.childinfo.org/mics4_surveys.html)

Ages 15-24, Females only

South (N=3126 for the total sample, no sample size for youth available)

- % never smoked cigarettes or other tobacco products
- % ever smoked cigarettes only
- % ever smoked cigarettes and other tobacco products
- % ever used other tobacco products only
- % ever used any tobacco products
- % smoked only cigarettes during the past month
- % smoked cigarettes and other tobacco products during the past month
- % smoked other tobacco products only during the past month
- % smoked any tobacco products during the past month

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1184)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### MICS 2012

- % never consumed alcohol
- % consumed alcohol before age 15
- % consumed alcohol during the past month

#### Razanamihaja, N., & Befinoana, M. L. B. (2013). Alcohol Consumption by School-Going Adolescents in Madagascar: Prevalence and Associated Risk Factors. *J Alcoholism Drug Depend, 2(145), 2.*

Data collected in 2007

Antananarivo, Antsiranana, Mahajanga, Toamasina, Fianarantsoa, and Toliary (six largest cities), school-based sample (N=711)

Ages 13-18, Male/Female

- % ever drank alcohol
- Average age for the first alcohol use



- Type of alcohol first consumed
- Consumption frequency by type of alcohol
- % regularly drink alcohol

### Overweight/Obesity

#### Demographic and Health Survey 2008-9

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1716)

- % overweight
- % obese

## MALAWI

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2009

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2359)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

#### Global Youth Tobacco Survey 2005

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2957)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### GSHS 2009

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- Among those ever had an alcoholic drink, % had their first drink before age 14
- % drank so much alcohol that they were really drunk at least once

### Overweight/Obesity:

#### GSHS 2009

- % underweight
- % overweight
- % obese

#### Demographic and Health Survey 2010

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1478)

- % overweight
- % obese

## MALI

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2135)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2006

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=2656)

- % overweight
- % obese

## MAURITANIA

### Tobacco Use:

#### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2040)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### STEPS Survey on Chronic Disease Risk Factors 2006

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=629)

- Tobacco Use
- % currently smoke
- Among current smokers, % smoke daily
- Among daily smokers, average age of initiation
- Among daily smokers, % smoke manufactured cigarettes
- % currently use smokeless tobacco daily

### Dietary Behavior:

#### STEPS 2006

- Average number of servings of fruits consumed a day
- Average number of servings of vegetables consumed a day

- Average number of servings of fruits and vegetables consumed a day
- % consume five or more/less servings of fruits and vegetables a day

#### Overweight/Obesity:

##### STEPS 2006

- % overweight or obese

#### Physical Inactivity:

##### STEPS 2006

- % with no strenuous physical activity
- % with no physical activity at job site
- % with no physical activity during travel
- % with no physical activity during leisure
- Participants' physical activity level
- Average amount of time spent physically active a day
- Average number of hours spent on sedentary activities a day

## MAURITIUS

#### Tobacco Use:

##### Global School-based Student Health Survey (GSHS) 2011

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2168)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

##### Global Youth Tobacco Survey 2008

WHO and CDC <http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1286)

- % ever smoked cigarettes
- % currently smoke cigarettes
- Among those never smoked, % likely to initiate smoking next year

##### STEPS Survey on Chronic Disease Risk Factors 2004

WHO <http://www.who.int/chp/steps/en/>

Ages 20-29, Male/Female

National (total N= 4500. Sample size for 20-29 year olds not available)

- % currently smoke

#### Alcohol Use:

##### GSHS 2011

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- Among those ever had an alcoholic drink, % had their first drink before age 14
- % drank so much alcohol that they were really drunk at least once

#### Dietary Behavior:

##### GSHS 2011

- % usually drank carbonated soft drinks at least once a day in the past 30 days

#### Overweight/Obesity:

##### GSHS 2011

- % underweight
- % overweight
- % obese

#### Physical Inactivity:

##### GSHS 2011

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

## MOROCCO

#### Tobacco Use:

##### Global School-based Student Health Survey (GSHS) 2010

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2924)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

##### Global Youth Tobacco Survey 2010

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2106)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year
- % currently smoke shisha

#### Dietary Behavior:

##### GSHS 2010

- % usually drank carbonated soft drinks at least once a day in the past 30 days

#### Overweight/Obesity:

##### GSHS 2010

- % underweight
- % overweight
- % obese

## Physical Inactivity:

### GSHS 2010

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

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# MOZAMBIQUE

## Tobacco Use:

### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Maputo City, school-based sample (N=1381), Central

Provinces, school-based sample (N=595)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## Overweight/Obesity:

### Demographic and Health Survey 2011

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=2626)

- % overweight
- % obese

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# NAMIBIA

## Tobacco Use:

### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1397)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Global School-based Student Health Survey (GSHS) 2004

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=6367)

- % smoked cigarettes at least 1 day in the past 30 days
- % reported people smoked in their presence at least 1 day in the past 7 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

## Alcohol Use:

### GSHS 2004

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- % drank so much alcohol that they were really drunk at least once
- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights at least once as a result of drinking alcohol

## Overweight/Obesity:

### Demographic and Health Survey 2006-7

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=2070)

- % overweight
- % obese

## Physical Inactivity:

### GSHS 2004

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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# NIGER

## Tobacco Use:

### Global Youth Tobacco Survey 2006

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1055)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### STEPS Survey on Chronic Disease Risk Factors 2008

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=561)

- % currently smoke
- % smoke daily
- Among current smokers, % smoke daily
- Among daily smokers, average age of initiation
- Among daily smokers, % smoke manufactured cigarettes

- Among daily smokers, mean number of manufactured cigarettes smoked a day
- Among daily smokers, mean number of hand rolled cigarettes smoked a day
- Among daily smokers, mean number of tobacco pipes smoked a day
- Among daily smokers, mean number of other tobacco products smoked/consumed a day
- % formerly smoked daily
- % use smokeless tobacco products
- % currently use smokeless tobacco daily
- % currently use smokeless tobacco, but not daily
- % formerly used smokeless tobacco products

#### Alcohol Use:

##### STEPS 2008

- Among abstainers, % have not drunk in the past 12 months
- Average number of drinks consumed a day
- Frequency of consumption and number of standard drinks consumed in last 7 days
- Frequency of alcohol consumption last year
- % consumed alcohol over the last 12 months
- % drank any alcohol in the past 30 days
- % binge drank at least once in the past 30 days, that is, had 4 or more drinks on one occasion
- Maximum average number of drinks consumed at one time in the last 12 months

#### Dietary Behavior:

##### STEPS 2008

- Average number of servings of fruits consumed a day
- Average number of servings of vegetables consumed a day
- Average number of servings of fruits and vegetables consumed a day
- Average number of servings of fruits and vegetables consumed a week
- % consume fruit at least once a week
- % consume vegetables at least once a week
- % consume five or more/less servings of fruits and vegetables a day

#### Overweight/Obesity:

##### STEPS 2008

- % overweight or obese

#### Physical Inactivity:

##### STEPS 2008

- % with no strenuous physical activity
- % with no physical activity at job site
- % with no physical activity during travel
- % with no physical activity during leisure
- Average amount of time spent physically active a day
- Average number of hours spent on sedentary activities a day

## NIGERIA

#### Tobacco Use:

##### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Cross River State, school-based sample (N=349), Abuja, school-based sample (N=580), Ibadan, school-based sample (N=318), Kano, school-based sample (N=420), Lagos, school-based sample (N=712)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year (not available in Ibadan)

#### Dietary Behavior:

**Ansa, V. O., Anah, M. U., & Ndifon, W. O. (2008). Soft drink consumption and overweight/obesity among Nigerian adolescents. *CVD Prevention and Control*, 3(4), 191-196.**

Data collected in 2007

Calabar Municipality, school-based sample (N=1000)

Ages 10-20, Male/Female

- % consumed more/less than 1 bottle or 350 ml of soft drink a day

#### Overweight/Obesity:

##### Demographic and Health Survey 2008

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=5712)

- % overweight
- % obese

##### Ansa et al. (2008) 2007

- % overweight
- % obese

#### Physical Inactivity:

##### Ansa et al. (2008) 2007

- % engage actively in physical activity (e.g., walking to school, informal outdoor games like football, running errands on foot, and fetching water for domestic use) most days of the week

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## RODRIGUES

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2011

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=1136)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

### Alcohol Use:

#### GSHS 2011

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- Among those ever had an alcoholic drink, % had their first drink before age 14
- % drank so much alcohol that they were really drunk at least once

### Dietary Behavior:

#### GSHS 2011

- % usually drank carbonated soft drinks at least once a day in the past 30 days

### Overweight/Obesity:

#### GSHS 2011

- % underweight
- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2011

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

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## RWANDA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=688)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2010

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1511)

- % overweight
- % obese

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## SAO TOME AND PRINCIPE

### Tobacco Use:

#### Global Youth Tobacco Survey 2010

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=3638)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2008-9

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=433)

- % overweight
- % obese

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## SENEGAL

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2005

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=3154)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1611)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### GSHS 2005

- % drank at least 1 drink containing alcohol on  $\geq$  1 day during the past 30 days
- % drank so much alcohol that they were really drunk at least once
- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights at least once as a result of drinking alcohol

### Overweight/Obesity:

#### Demographic and Health Survey 2010-11

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1230)

- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2005

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## SEYCHELLES

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2007

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=1432)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=844)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### GSHS 2007

- % drank at least 1 alcoholic drink in the past 30 days
- % drank so much alcohol that they were really drunk at least once

- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights at least once as a result of drinking alcohol

### Overweight/Obesity:

#### GSHS 2007

- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2007

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## SIERRA LEONE

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Western Area, school-based sample (N=1171)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2008

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=472)

- % overweight
- % obese

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## SOMALIA

### Tobacco Use:

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Somaliland, school-based sample (N=897)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

## SOUTH AFRICA

### Tobacco Use:

#### South African National Health and Nutrition Examination Survey (SANHNE) 2012

Human Sciences Research Council

<http://www.hsrc.ac.za/en/research-outputs/view/6493>

Ages 15-24, Male/Female

National (N=5835)

- % ever smoked cigarettes
- % ever used other tobacco products
- Among those ever smoked cigarettes, % smoke them daily, less than daily, and quit
- Among those ever smoked other tobacco products, % smoke them daily, less than daily, and quit
- Among former tobacco users, age of initiation\*
- Among former tobacco users, duration of smoking\*
- Among former tobacco users, time elapsed since quitting\*
- Among current tobacco users, age of initiation\*
- Among current tobacco users, duration of smoking\*
- Among current tobacco users, number of cigarettes a day\*
- Age of initiation into other tobacco products
- Number of other tobacco products used a day\*
- Cessation amongst current smokers: % tried to quit\*
- Cessation amongst current smokers: % have not tried to quit\*

\*Disaggregated by sex and age, but not both at the same time

#### Global Youth Tobacco Survey 2011

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=3947)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### Cape Area Panel Study (CAPS) 2006

University of Michigan, University of Cape Town, and Princeton University

<http://www.caps.uct.ac.za/>

Ages 18-24, Male/Female

Metropolitan Cape Town (N=3439)

More recent data collection took place in 2009, but the results are not publicly available yet.

- % smoked any cigarettes during the past month

#### Jemmott III, J. B., Jemmott, L. S., O'Leary, A., Ngwane, Z., Icard, L., Bellamy, S. & Makiwane, M. B. (2011). Cognitive-behavioural health-promotion intervention increases fruit and vegetable consumption and physical activity among South African adolescents: a

#### cluster-randomised controlled trial. *Psychology and Health*, 26(2), 167-185.

Data collected in 2004

Eastern Cape Province, school-based sample (N=1057)

Ages 10-18, Male/Female

- % smoked cigarettes in past 30 days

### Alcohol Use:

#### CAPS 2006

- % consumed any alcohol during the past month

#### Jemmott et al. (2011) 2004

- % drank alcohol in past 30 days

- % binge drank in past 30 days

### Dietary Behavior:

#### SANHNE 2012

- Fat intake based on a food frequency questionnaire (% low, moderate, high)
- Sugar intake scores based on a food frequency questionnaire (% low, moderate, high)
- Fruit/vegetables intake scores based on a food frequency questionnaire (% low, moderate, high)

#### CAPS 2006

- Number of day(s) in a typical week one eats fruit
- Number of day(s) in a typical week one eats vegetables, excluding potatoes

#### Jemmott et al. (2011) 2004

- % eating 5-a-day fruit and vegetables in the past 30 days
- Average servings of fruit a day in the past 30 days
- Average servings of vegetables a day in the past 30 days

### Overweight/Obesity:

#### SANHNE 2012

- % overweight
- % obese

#### CAPS 2006

- Height
- Weight

#### Reddy, S. P., Resnicow, K., James, S., Funani, I. N., Kambaran, N. S., Omardien, R. G. & Mbewu, A. (2012). Rapid increases in overweight and obesity among South African adolescents: comparison of data from the South African National Youth Risk Behaviour Survey in 2002 and 2008. *American journal of public health*, 102(2), 262-268.

Data collected in 2008

National, school-based sample (N=9442)

Grades 8-11 (mean age: 16.2), Male/Female

- % overweight
- % obese

### Physical Inactivity:

#### SANHNE 2012

- Cardiovascular fitness based on a 3-minute step test pulse rate (% fit, average, unfit)

## CAPS 2006

- % play sport or exercise regularly
- % whose daily activities (at home or work) involve any physical activity, and the activity level (moderate or intense)
- % sometimes walk or use a bicycle for at least 10 minutes continuously to get to and from places

## Jemmott et al. (2011) 2004

- % meeting physical activity guideline in past 7 days
- Average number of days with intensive cardiovascular physical activity in past 7 days
- Average number of days with moderate cardiovascular physical activity in past 7 days
- Average number of days with strength-building physical activity in past 7 days

## SUDAN

### Tobacco Use:

#### Global School-based Student Health Survey (GSHS) 2012

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2211)

- % smoked cigarettes at least 1 day in the past 30 days
- Among those ever smoked, % first tried cigarettes before age 14

#### Global Youth Tobacco Survey 2005

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2831)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Dietary Behavior:

#### GSHS 2012

- % usually drank carbonated soft drinks at least once a day in the past 30 days

### Overweight/Obesity:

#### GSHS 2012

- % underweight
- % overweight
- % obese

### Physical Inactivity:

#### GSHS 2012

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % went to PE class on at least 3 days a week during the school year
- % spent at least 3 hours a day doing sitting activities

## SWAZILAND

### Tobacco Use:

#### Global Youth Tobacco Survey 2005

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=7628)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Overweight/Obesity:

#### Demographic and Health Survey 2006-7

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1179)

- % overweight
- % obese

## TANZANIA

### Tobacco Use:

#### Global Youth Tobacco Survey 2008

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Arusha, school-based sample (N=1041), Dar Es Salaam, school-based sample (N=1354), Kilimanjaro, school-based sample (N=1376)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

### Alcohol Use:

#### Alcohol Situation Assessments in Burundi, Kenya, and Tanzania 2012

International Institute of IOGT-NTO Movement

Ages 14-24, Male/Female

Temeke (N=265), Iringa (N=311), Arusha (N=225)

- % drink at least twice a week
- % drink at least 2 drinks per event

### Overweight/Obesity:

#### Demographic and Health Survey 2010

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1939)

- % overweight
- % obese



## TOGO

### Tobacco Use:

#### Global Youth Tobacco Survey 2007

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1947)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### STEPS Survey on Chronic Disease Risk Factors 2010

WHO <http://www.who.int/chp/steps/en/>

Ages 15-24, Male/Female

National (N=1163)

- % currently smoke
- % use any tobacco product
- % use any tobacco products daily
- Among daily smokers, average age of initiation
- Among daily smokers, % smoke manufactured cigarettes
- Among daily smokers, mean number of manufactured cigarettes smoked a day
- Among daily smokers, mean number of hand rolled cigarettes smoked a day
- Among daily smokers, mean number of tobacco pipes smoked a day
- Among daily smokers, mean number of other tobacco products smoked/consumed a day
- % use smokeless tobacco products
- Average daily frequency of consumption of smokeless tobacco by type of product

### Alcohol Use:

#### STEPS 2010

- % never drank
- Among abstainers, % have not drunk in the past 12 months
- % consumed alcohol over the last 12 months
- % drank any alcohol in the past 30 days
- % binge drank at least once in the past 30 days, that is, had 4 or more drinks on one occasion

### Dietary Behavior:

#### STEPS 2010

- % consume five or more/less servings of fruits and vegetables a day

### Overweight/Obesity:

#### STEPS 2010

- % overweight or obese

### Physical Inactivity:

#### STEPS 2010

- % with no physical activity at job site

- % with no physical activity during travel
- % with no physical activity during leisure
- Participants' physical activity level

## TUNISIA

### Tobacco Use:

#### Multiple Indicator Cluster Survey (MICS) 2011-12

UNICEF [http://www.childinfo.org/mics4\\_surveys.html](http://www.childinfo.org/mics4_surveys.html)

Ages 15-24, Females only

South (N=3126 for the total sample, no sample size for youth available)

- % never smoked cigarettes or other tobacco products
- % ever smoked cigarettes only
- % ever smoked cigarettes and other tobacco products
- % ever used other tobacco products only
- % ever used any tobacco products
- % smoked only cigarettes during the past month
- % smoked cigarettes and other tobacco products during the past month
- % smoked other tobacco products only during the past month
- % smoked any tobacco products during the past month

#### Global School-based Student Health Survey (GSHS) 2008

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2870)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

#### Global Youth Tobacco Survey 2010

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1294)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year
- % currently smoke shisha

### Alcohol Use:

#### MICS 2011-12

- % never consumed alcohol
- % consumed alcohol before age 15
- % consumed alcohol during the past month

### Dietary Behavior:

Maatoug, J. M., Harrabi, I., Delpierre, C., Gaha, R., & Ghannem, H. (2013). Predictors of food and physical

**activity patterns among schoolchildren in the region of Sousse, Tunisia. Obesity research & clinical practice, 7(5), e407-e413.**

Data collected in 2007

Sousse, school-based sample (N=2200)

Ages 12-16, Male/Female

- % with daily fruit intake
- % with daily vegetable intake
- % with daily soft drink intake

**Physical Inactivity:**

**GSHS 2008**

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days

**Maatoug et al. (2013) 2007**

- % with less than 2 hours of sedentary activities a day
- % physically active for at least 30 minutes a day on at least 5 days a week

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## UGANDA

**Tobacco Use:**

**Global Youth Tobacco Survey 2011**

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=2026)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

**Overweight/Obesity:**

**Demographic and Health Survey 2011**

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=583)

- % overweight
- % obese

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## TANZANIA

**Tobacco Use:**

**Global School-based Student Health Survey (GSHS) 2006**

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2176)

- % smoked cigarettes at least 1 day in the past 30 days
- % used any tobacco products other than cigarettes at least 1 day in the past 30 days

**Alcohol Use:**

**GSHS 2006**

- % drank at least 1 alcoholic drink in the past 30 days
- % drank so much alcohol that they were really drunk at least once
- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights at least once as a result of drinking alcohol

**Physical Inactivity:**

**GSHS 2006**

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## ZAMBIA

**Tobacco Use:**

**Global Youth Tobacco Survey 2011**

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

National, school-based sample (N=1964)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

**Alcohol Use:**

**Global School-based Student Health Survey (GSHS) 2004**

WHO and CDC

<http://www.who.int/chp/gshs/en/>

<http://www.cdc.gov/gshs/index.htm>

Ages 13-15, Male/Female

National, school-based sample (N=2257)

- % drank at least 1 alcoholic drink in the past 30 days
- % drank so much alcohol that they were really drunk >=1 time during their life

- % had a hangover, felt sick, got into trouble with family or friends, missed school, or got into fights
- >=1 time as a result of drinking alcohol during their life

#### **Dietary Behavior:**

##### **GSHS 2004**

- % went hungry most of the time or always during the past 30 days because there was not enough food in their home

#### **Overweight/Obesity:**

##### **Demographic and Health Survey 2007**

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1389)

- % overweight
- % obese

#### **Physical Inactivity:**

##### **GSHS 2004**

- % physically active for at least 60 minutes a day on at least 5 of the last 7 days
- % spent at least 3 hours a day doing sitting activities

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## **ZIMBABWE**

#### **Tobacco Use:**

##### **Global Youth Tobacco Survey 2008**

WHO and CDC

<http://www.who.int/tobacco/surveillance/gyts/en/>

<http://nccd.cdc.gov/GTSSData/default/default.aspx>

Ages 13-15, Male/Female

Bulawayo, school-based sample (N=986), Harare, school-based sample (N=1181), Manicaland, school-based sample (N=948)

- % ever smoked cigarettes
- % currently use any tobacco product
- % currently smoke cigarettes
- % currently use other tobacco products
- Among those never smoked, % likely to initiate smoking next year

#### **Overweight/Obesity:**

##### **Demographic and Health Survey 2010-11**

ICF International <http://dhsprogram.com/>

Ages 15-24, Female only

National (N=1716)

- % overweight
- % obese

[www.prb.org](http://www.prb.org)

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