Addressing Risk Factors for Noncommunicable Diseases Among Young People in Africa: Key To Prevention and Sustainable Development

DATA APPENDIX
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Data Appendix to Addressing Risk Factors for Noncommunicable Diseases Among Young People in Africa: Key to Prevention and Sustainable Development

This data appendix provides all the data points underlying the noncommunicable diseases (NCD) risk-level coding for young people across North and sub-Saharan Africa presented in the accompanying data sheet, Addressing Risk Factors for Noncommunicable Diseases Among Young People in Africa: Key to Prevention and Sustainable Development, and policy brief, Noncommunicable Diseases in Africa: Youth Are Key to Curbing the Epidemic and Achieving Sustainable Development. The data appendix provides the data description for each of the 52 countries, including source, data year, age, and size of the sample per data point.

Data points presented for each risk factor are for the indicators listed below. When the indicator definitions differ from those listed below, they are specified in the data description.

TOBACCO USE:
- Cigarettes: Percent smoking cigarettes in the past 30 days
- Other tobacco products: Percent using other tobacco products in the past 30 days
- Any products: Percent using any tobacco products in the past 30 days

ALCOHOL USE:
- Percent having any drink containing alcohol in the past 30 days

PHYSICAL INACTIVITY:
- Percent NOT engaging in physical activity for at least 60 minutes per day on five out of the last seven days. In some countries, the measure pertains to seven out of the last seven days, which is indicated as “7 day cut-off used” in the data description. In some countries, a Global Physical Activity Questionnaire (GPAQ) developed by WHO was used to measure physical activity levels and is indicated as such. Surveys usually report physical activity levels rather than inactivity levels, so data presented here are 100 percent minus the percent reported to be physically active.

OVERWEIGHT:
- Percent overweight or obese. Different surveys use different standards to classify overweight status.
  - When no definition appears in the data description, overweight status is classified as Body Mass Index (BMI) greater than 25kg/m². When “BMI>+1SD” appears in the data description, overweight status is classified using an alternative indicator, BMI greater than one standard deviation from the median for BMI for age and sex.

The most recent data available with sizable samples (400 or larger with a few exceptions) are displayed. All the data presented are from 2004 or later.

*(Asterisk) next to the risk factor name in the data description indicates subnational data. The name of city/region where data are collected appears in the data description. When subnational data are available from multiple locations, data for the national capital or the largest city/region for which data are available are presented.

The age groups in the data are 13-to-15-year-olds for tobacco use, alcohol use, and physical inactivity, and 15-to-19-year-olds for overweight/obese status. As in the data sheet, when data are not available for these age groups, data for the age groups closest to the data are presented to facilitate comparison.

Acronyms for data sources:
- **GYTS** Global Youth Tobacco Survey, World Health Organization (WHO) and Centers for Disease Control (CDC)
- **GSHS** Global School-Based Student Health Survey, WHO and CDC
- **STEPS** STEPwise approach to chronic disease risk factor surveillance, WHO
- **DHS** Demographic and Health Surveys, ICF International

Global Youth Tobacco Survey (GYTS) and Global School-Based Student Health Survey (GSHS) are both school-based surveys. Demographic and Health Surveys (DHS) and STEPS are both household surveys. Types of surveys for other data sources appear in the data description per survey.

For full citations, see Data Sources, page 21.
NORTHERN AFRICA

Algeria

**Tobacco Use:**
GSHS, 2011, ages 13-15, 
n=2,568

**Alcohol Use:**
n/a

**Overweight:**
GSHS, 2011, ages 13-15, 
n=2,568, BMI>+1SD

**Physical Inactivity:**
GSHS, 2011, ages 13-15, 
n=2,568

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Egypt

**Tobacco Use:**
GSHS, 2011, ages 13-15, 
n=3,340

**Alcohol Use:**
STEPS, 2005, ages 15-24, 
n=3,340

**Overweight:**
GSHS, 2011, ages 13-15, 
n=3,340, BMI>+1SD

**Physical Inactivity:**
GSHS, 2011, ages 13-15, 
n=3,340

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Libya

**Tobacco Use:**
GYTS, 2010, ages 13-15, 
n=1,361

**Alcohol Use:**
n/a

**Overweight:**
GSHS, 2007, ages 13-15, 
n=2,242, BMI>+1SD

**Physical Inactivity:**
n/a
Tobacco Use:
GYTS, 2010, ages 13-15, n=1,294

Alcohol Use:
n/a

Overweight:
Aounallan-Skhiri et al. (2008), 2005, ages 15-19, n=2,872, household survey

Physical Inactivity:
GSHS, 2010, ages 13-15, n=2,924, 7 day cut-off used

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Morocco

Tobacco Use:
GYTS, 2010, ages 13-15, n=2,106

Alcohol Use:
n/a

Overweight:
GSHS, 2010, ages 13-15, n=2,924, BMI>+1SD

Physical Inactivity:
GSHS, 2010, ages 13-15, n=2,924

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Sudan

Tobacco Use:
GSHS, 2012, ages 13-15, n=2,211

Alcohol Use:
n/a

Overweight:
GSHS, 2012, ages 13-15, n=2,211, BMI>+1SD

Physical Inactivity:
GSHS, 2012, ages 13-15, n=2,211

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Tunisia

Tobacco Use:
GYTS, 2010, ages 13-15, n=1,294

Alcohol Use:
n/a

Overweight:
Aounallan-Skhiri et al. (2008), 2005, ages 15-19, n=2,872, household survey

Physical Inactivity:
GSHS, 2008, ages 13-15, n=2,870 (for grades 7-9), 7 day cut-off used
Data Appendix
WESTERN AFRICA

**Benin**
- **Tobacco Use**: GSHS, 2009, ages 13-15, n=2,690
- **Alcohol Use**: GSHS, 2009, ages 13-15, n=2,690
- **Overweight**: DHS, 2011-2012, ages 15-19, n=2,656 (females only)
- **Physical Inactivity**: GSHS, 2009, ages 13-15, n=2,690

**Burkina Faso**
- **Tobacco Use**: GYTS, 2006, Ouagadougou, ages 13-15, n=1,356
- **Alcohol Use**: n/a
- **Overweight**: DHS, 2010, ages 15-19, n=1,536 (females only)
- **Physical Inactivity**: n/a

**Cape Verde**
- **Tobacco Use**: GYTS, 2007, ages 13-15, n=1,188
- **Alcohol Use**: n/a
- **Overweight**: n/a
- **Physical Inactivity**: n/a
Data Appendix
WESTERN AFRICA

Côte d’Ivoire

The Gambia

Ghana

Tobacco Use:
GYTS, 2009, ages 13-15, n=1,920
Alcohol Use:
n/a
Overweight:
DHS, 2011-12, ages 15-19, n=874 (females only)
Physical Inactivity:
STEPS, 2005, ages 15-24, n=1,339, not engaged in high-level physical activity (GPAQ guidelines)

Tobacco Use:
GYTS, 2009, Banjul, ages 13-15, n=1,567
Alcohol Use:
n/a
Overweight:
n/a
Physical Inactivity:
n/a

Tobacco Use:
GSHS, 2012, ages 13-15, n=1,648 (for ages 13-17), junior high school sample
Alcohol Use:
GSHS, 2012, ages 13-15, n=1,648 (for ages 13-17), junior high school sample
Overweight:
GSHS, 2012, ages 13-15, n=1,648 (for ages 13-17), junior high school sample, BMI>+1SD
Physical Inactivity:
GSHS, 2012, ages 13-15, n=1,648 (for ages 13-17), junior high school sample
Data Appendix
WESTERN AFRICA

Guinea

Tobacco Use:
GYTS, 2008, ages 13-15, n=1,305

Alcohol Use:
n/a

Overweight:
DHS, 2012, ages 15-19, n=1,004 (females only)

Physical Inactivity:
n/a

Guinea-Bissau

Tobacco Use*:
GYTS, 2008, Bissau, ages 13-15, n=1,124

Alcohol Use:
n/a

Overweight:
n/a

Physical Inactivity:
n/a

Liberia

Tobacco Use*:
GYTS, 2008, Monrovia, ages 13-15, n=660

Alcohol Use:
n/a

Overweight:
DHS, 2013, ages 15-19, n=1,905

Physical Inactivity:
n/a
Mali

**Tobacco Use:**
GYTS, 2006, ages 13-15, n=1,055

**Alcohol Use:**
STEPS, 2007, ages 15-24, n=561

**Overweight:**
DHS, 2012, ages 15-19, n=722 (females only)

**Physical Inactivity:**
STEPS, 2007, ages 15-24, n=561, not engaged in high-level physical activity (GPAQ guidelines)

Mauritania

**Tobacco Use:**
GSHS, 2010, ages 13-15, n=2,063

**Alcohol Use:**
n/a

**Overweight:**
GSHS, 2010, ages 13-15, n=2,063, BMI>+1SD

**Physical Inactivity:**
GSHS, 2010, ages 13-15, n=2,063

Niger

**Tobacco Use:**
GYTS, 2006, ages 13-15, n=1,055

**Alcohol Use:**
STEPS, 2007, ages 15-24, n=561

**Overweight:**
DHS, 2012, ages 15-19, n=722 (females only)

**Physical Inactivity:**
STEPS, 2007, ages 15-24, n=561, not engaged in high-level physical activity (GPAQ guidelines)
**Nigeria**

**Tobacco Use**: GYTS, 2008, Abuja, ages 13-15, n=580

**Alcohol Use**: Atilola et al. (2013), n/a, Ibadan, ages approx. 12-18, n=538, school-based survey, alcohol use in the past 12 months

**Overweight**: DHS, 2013, ages 15-19, n=9,955 (females only)

**Physical Inactivity**: Senbanjo and Oshikoya (2010), no data year, Abeokuta, ages 10-19, n=423, school-based survey, not engaged in 15+ minutes of high or moderate intensity physical activity on 3 or more days/week

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**Senegal**

**Tobacco Use**: GYTS, 2007, ages 13-15, n=1,611

**Alcohol Use**: GSHS, 2005, ages 13-15, n=3,154

**Overweight**: DHS, 2010-11, ages 15-19, n=2,989

**Physical Inactivity**: GSHS, 2005, ages 13-15, n=3,154, 7 day cut-off used

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**Sierra Leone**

**Tobacco Use**: GYTS, 2008, Western Area, ages 13-15, n=1,171

**Alcohol Use**: n/a

**Overweight**: DHS, 2013, ages 15-19, n=2,969

**Physical Inactivity**: n/a
Togo

Overweight: DHS, 2012, ages 15-19, n=1,208 (females only)
Physical Inactivity: STEPS, 2010, ages 15-24, n=1,044, no data by sex, not engaged in high-level physical activity (GPAQ guidelines)

Burundi

Overweight: DHS, 2010, ages 15-19, n=1,113 (females only)
Physical Inactivity: n/a

Comoros

Overweight: DHS, 2012, ages 15-19, n=1,208 (females only)
Physical Inactivity: n/a
**Data Appendix**

**EASTERN AFRICA**

**Djibouti**

**Tobacco Use:**
GYTS, 2006, ages 13-15, n=4,813

**Alcohol Use:**
STEPS, 2004, ages 15-24, n=432, alcohol use in the past 12 months

**Overweight:**
STEPS, 2004, ages 15-24, n=235

**Physical Inactivity:**
n/a

**Eritrea**

**Tobacco Use:**
GYTS, 2006, ages 13-15, n=4,813

**Alcohol Use:**
STEPS, 2004, ages 15-24, n=432, alcohol use in the past 12 months

**Overweight:**
STEPS, 2004, ages 15-24, n=235

**Physical Inactivity:**
n/a

**Ethiopia**

**Tobacco Use:**
Reda et al. (2012), 2010, Harar, grades 9-12 (ages approx. 13-20), n=1,721, no data by sex

**Alcohol Use:**
Reda et al. (2012), 2010, Harar, grades 9-12 (ages approx. 13-20), n=1,721, no data by sex

**Overweight:**
DHS, 2011, ages 15-19, n=554, no data by sex, not engaged in high-level physical activity (GPAQ guidelines)

**Physical Inactivity:**
Teshome et al. (2013), 2012, Hawassa, ages mostly 15-19, n=554, no data by sex, not engaged in high-level physical activity (GPAQ guidelines)
EASTERN AFRICA

Kenya

Tobacco Use:
NACADA (2012), 2012, ages 18-24, n=558, no data by sex

Alcohol Use:
NACADA (2012), 2012, ages 18-24, n=558, no data by sex

Overweight:
DHS, 2008-9, ages 15-19, n=1,631 (females only)

Physical Inactivity:
Muthuri (2014), no data year, Nairobi, ages 9-11, n=563, school-based survey, not engaged in an average of 60+ minutes of daily moderate-to-vigorous physical activity

Madagascar

Tobacco Use:
GYTS, 2008, ages 13-15, n=1,184

Alcohol Use*:
Razanamihaja et al. (2013), no data year, six largest urban cities, ages 13-18, n=711, school-based survey

Overweight:
DHS, 2008-9, ages 15-19, n=1,716 (females only)

Physical Inactivity:
n/a

Malawi

Tobacco Use:
GSHS, 2009, ages 13-15, n=2,359

Alcohol Use:
GSHS, 2009, ages 13-15, n=2,359

Overweight:
DHS, 2010, ages 15-19, n=1,478 (females only)

Physical Inactivity:
n/a
**Data Appendix**

**EASTERN AFRICA**

**Mauritius**

**Tobacco Use:**
GSHS, 2011, ages 13-15, n=2,168

**Alcohol Use:**
GSHS, 2011, ages 13-15, n=2,168

**Overweight:**
GSHS, 2011, ages 13-15, n=2,168, BMI>+1SD

**Physical Inactivity:**
GSHS, 2011, ages 13-15, n=2,168

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**Mozambique**

**Tobacco Use:**
GYTS, 2007, Maputo City, ages 13-15, n=1,381

**Alcohol Use:**
n/a

**Overweight:**
DHS, 2011, ages 15-19, n=2,626 (females only)

**Physical Inactivity:**
n/a

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**Rwanda**

**Tobacco Use:**
GYTS, 2008, ages 13-15, n=688

**Alcohol Use:**
n/a

**Overweight:**
DHS, 2010, ages 15-19, n=2,955

**Physical Inactivity:**
n/a
**Seychelles**

**Tobacco Use**: GYTS, 2007, ages 13-15, n=844

**Alcohol Use**: n/a

**Overweight**: n/a

**Physical Inactivity**: n/a

**Somalia**

**Tobacco Use**: GYTS, 2004, ages 13-15, n=374

**Alcohol Use**: n/a

**Overweight**: n/a

**Physical Inactivity**: n/a

**Tanzania**

**Tobacco Use**: GYTS, 2008, Dar es Salaam, ages 13-15, n=1,354

**Alcohol Use**: GSHS, 2006, Dar es Salaam, ages 13-15, n=2,176

**Overweight**: DHS, 2010, ages 15-19, n=1,939 (females only)

**Physical Inactivity**: GSHS, 2006, Dar es Salaam, ages 13-15, n=2,176, 7 day cut-off used
Uganda

**Tobacco Use:**
GYTS, 2011, ages 13-15, n=1,964

**Alcohol Use:**
n/a

**Overweight:**
DHS, 2007, ages 15-19, n=1,389 (females only)

**Physical Inactivity:**
n/a

Zambia

**Tobacco Use:**
GYTS, 2011, ages 13-15, n=1,964

**Alcohol Use:**
GSHS, 2004, ages 13-15, n=2,257

**Overweight:**
DHS, 2007, ages 15-19, n=1,389 (females only)

**Physical Inactivity:**
GSHS, 2004, ages 13-15, n=2,257, 7 day cut-off used

Zimbabwe

**Tobacco Use**:  
GYTS, 2008, Harare, ages 13-15, n=1,181

**Alcohol Use**:  
n/a

**Overweight**:  
DHS, 2010-11, ages 15-19, n=3,363

**Physical Inactivity**:  
n/a
### Cameroon

- **Tobacco Use**: GYTS, 2008, Central District, ages 13-15, n=2,724
- **Alcohol Use**: n/a
- **Overweight**: DHS, 2011, ages 15-19, n=1,696 (females only)
- **Physical Inactivity**: n/a

![Graph showing tobacco use, alcohol use, and overweight rates in Cameroon]

### Central African Republic

- **Tobacco Use**: GYTS, 2008, Bangui, ages 13-15, n=856
- **Alcohol Use**: n/a
- **Overweight**: n/a
- **Physical Inactivity**: n/a

![Graph showing tobacco use, alcohol use, and overweight rates in Central African Republic]

### Chad

- **Tobacco Use**: GYTS, 2008, ages 13-15, n=905
- **Alcohol Use**: n/a
- **Overweight**: DHS, 2004, ages 15-19, n=403 (females only)
- **Physical Inactivity**: n/a

![Graph showing tobacco use, alcohol use, and overweight rates in Chad]
Congo

**Tobacco Use:**
GYTS, 2008, ages 13-15, n=1,347
**Alcohol Use:**
n/a
**Overweight:**
DHS, 2011-12, ages 15-19, n=1,037 (females only)
**Physical Inactivity:**
n/a

Congo, Democratic Republic of

**Tobacco Use***:
GYTS, 2008, Kinshasa, ages 13-15, n=1,167
**Alcohol Use***:
Kayembe et al. (2008), 2004-2006, all provincial capital cities, ages 15-19, n=8,616, household survey, alcohol use in the past 4 weeks
**Overweight:**
DHS, 2013-14, ages 15-19, n=1,839 (females only)
**Physical Inactivity:**
STEPS, 2005, ages 15-24, n=654, not engaged in high-level physical activity (GPAQ guidelines)

Equatorial Guinea

**Tobacco Use:**
GYTS, 2008, ages 13-15, n=1,345
**Alcohol Use:**
n/a
**Overweight:**
DHS, 2011, ages 15-19, n=549
**Physical Inactivity:**
n/a
**Data Appendix**

**MIDDLE AFRICA**

**Gabon**

![Graph showing Tobacco Use, Alcohol Use, and Overweight in Gabon]

**Sao Tome and Principe**

![Graph showing Tobacco Use, Alcohol Use, and Overweight in Sao Tome and Principe]

**SOUTHERN AFRICA**

**Botswana**

![Graph showing Tobacco Use, Alcohol Use, and Overweight in Botswana]

**Tobacco Use:**
- **Gabon:** STEPS, 2009, ages 15-24, n=623
- **Sao Tome and Principe:** GYTS, 2010, ages 13-15, n=3,638
- **Botswana:** GYTS, 2008, ages 13-15, n=1,611

**Alcohol Use:**
- **Gabon:** n/a
- **Sao Tome and Principe:** n/a
- **Botswana:** n/a

**Overweight:**
- **Gabon:** DHS, 2012, ages 15-19, n=1,025 (females only)
- **Sao Tome and Principe:** DHS, 2008-9, ages 15-19, n=433 (females only)
- **Botswana:** n/a

**Physical Inactivity:**
- **Gabon:** n/a
- **Sao Tome and Principe:** n/a
- **Botswana:** n/a

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**Lesotho**

**Tobacco Use:**
GYTS, 2008, ages 13-15, n=1,604

**Alcohol Use:**
N/a

**Overweight:**
DHS, 2009, ages 15-19, n=1,687

**Physical Inactivity:**
N/a

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**Namibia**

**Tobacco Use:**
GSHS, 2013, ages 13-15, n=4,531 (for ages 13-17)

**Alcohol Use:**
GSHS, 2013, ages 13-15, n=4,531 (for ages 13-17)

**Overweight:**
GSHS, 2013, ages 13-15, n=4,531 (for ages 13-17), BMI>+1SD

**Physical Inactivity:**
GSHS, 2013, ages 13-15, n=4,531 (for ages 13-17), 7 day cut-off used

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**South Africa**

**Tobacco Use:**
GYTS, 2011, ages 13-15, n=3,947

**Alcohol Use:**
Reddy et al. (2013), 2011, grades 8-11 (ages approx. 13-19), n=10,659, not engaged in sufficient moderate activities of 30+ minutes on 5 or more days in the past 7 days, such as fast walking, skating, mopping

**Overweight:**
Reddy et al. (2013), 2011, grades 8-11 (ages approx. 13-19), n=9,816, cut-off of BMI>=25kg/m² by age 18 used

**Physical Inactivity:**
Reddy et al. (2013), 2011, grades 8-11 (ages approx. 13-19), n=10,659, not engaged in sufficient moderate activities of 30+ minutes on 5 or more days in the past 7 days, such as fast walking, skating, mopping
Swaziland

Tobacco Use:
GYTS, 2005, ages 13-15, n=7,628

Alcohol Use:
n/a

Overweight:
GSHS, 2013, ages 13-15, n=3,680 (for ages 13-17), BMI>+1SD

Physical Inactivity:
n/a
Data Sources


National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA), Rapid Situation Assessment of the Status of Drug and Substance Abuse in Kenya (Nairobi: NACADA Authority, 2012).


World Health Organization and U.S. Centers for Disease Control and Prevention, Global School-Based Student Health Survey (GSHS), accessed at www.who.int/chp/gshs/en/.