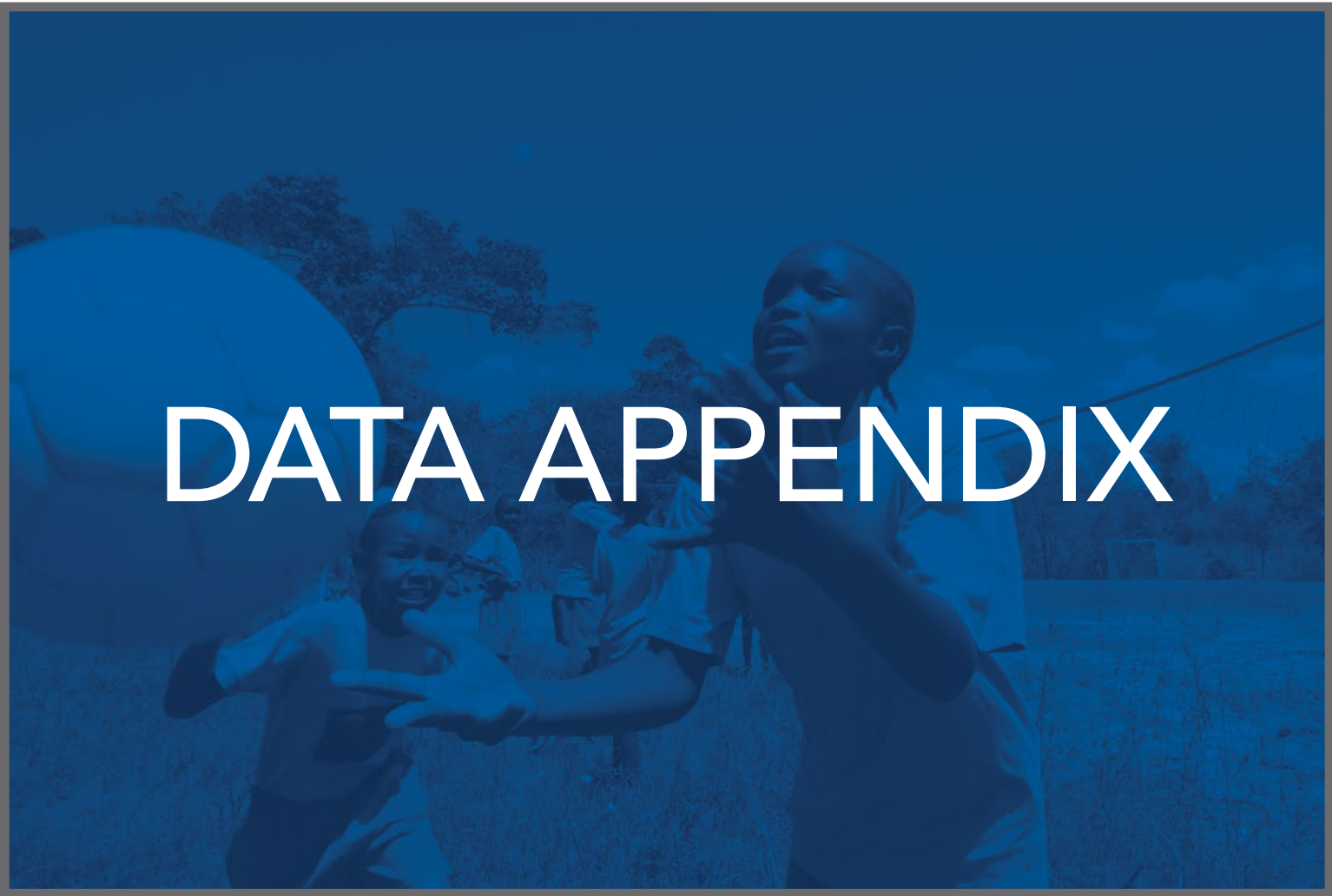


Addressing Risk Factors for Noncommunicable Diseases Among Young People in Africa: Key To Prevention and Sustainable Development



DATA APPENDIX

ACKNOWLEDGMENTS

This data appendix was produced by Toshiko Kaneda, Ph.D., senior research associate at Population Reference Bureau (PRB). The author thanks Carolyn Lamere, program assistant, and interns Adriana Zinn, Heather Zaccaro, and Adaeze Exeofor at PRB for their assistance with data.

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www.younghealthprogrammeyhp.com



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DATA SOURCES 21

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

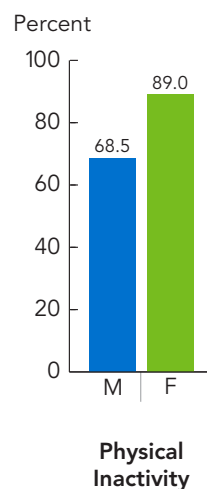
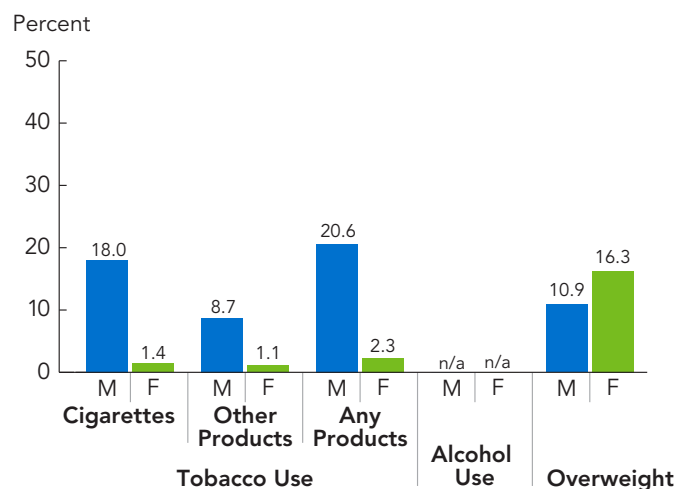
STEPS STEPwise approach to chronic disease risk factor surveillance, WHO

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.

Algeria

**Tobacco Use:**

GSHS, 2011, ages 13-15,
n=4,532

Alcohol Use:

n/a

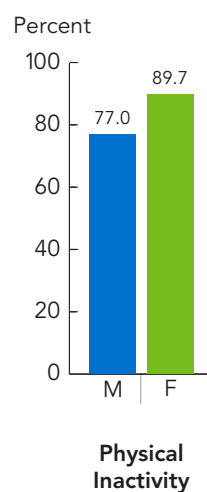
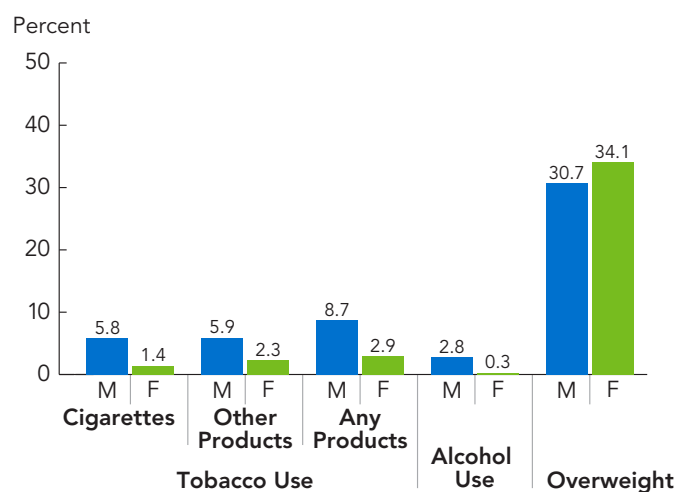
Overweight:

GSHS, 2011, ages 13-15,
n=4,532, BMI>+1SD

Physical Inactivity:

GSHS, 2011, ages 13-15,
n=4,532

Egypt

**Tobacco Use:**

GSHS, 2011, ages 13-15,
n=2,568

Alcohol Use:

STEPS, 2005, ages 15-24,
n=3,340

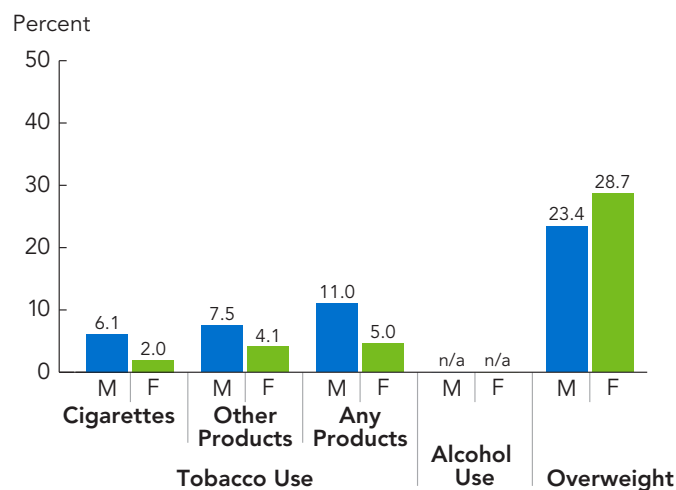
Overweight:

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

Physical Inactivity:

GSHS, 2011, ages 13-15,
n=2,568

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

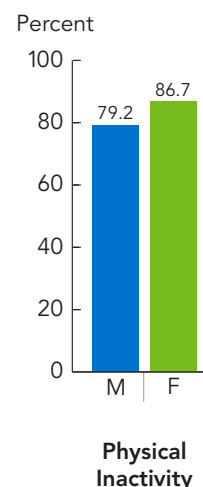
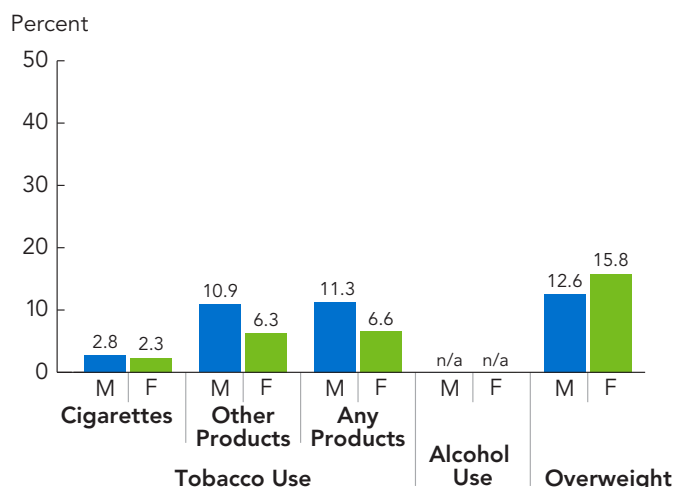
Physical Inactivity:

n/a

Data Appendix

NORTHERN AFRICA

Morocco



Tobacco Use:

GYTS, 2010, ages 13-15, n=2,106

Alcohol Use:

n/a

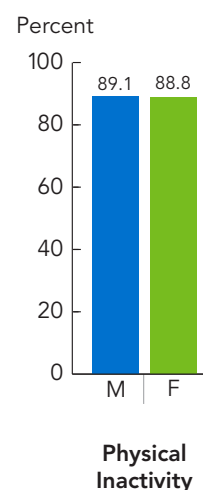
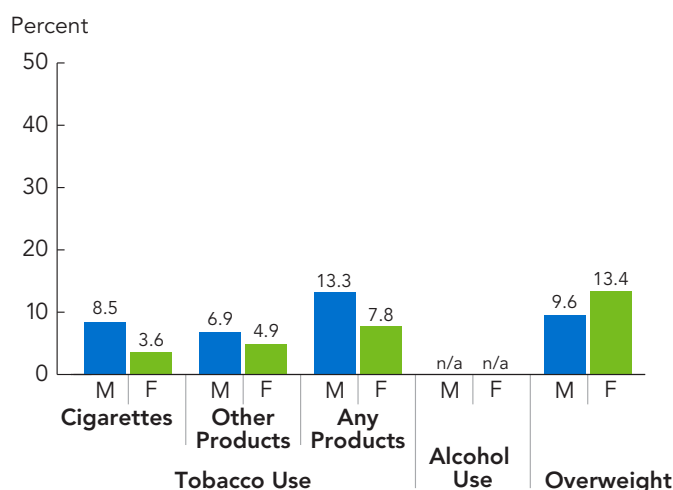
Overweight:

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

Physical Inactivity:

GSHS, 2010, ages 13-15, n=2,924

Sudan



Tobacco Use:

GSHS, 2012, ages 13-15, n=2,211

Alcohol Use:

n/a

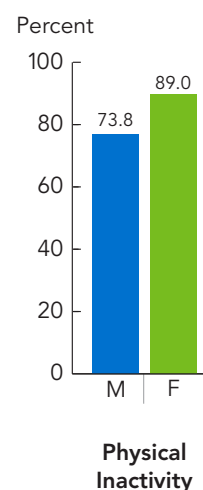
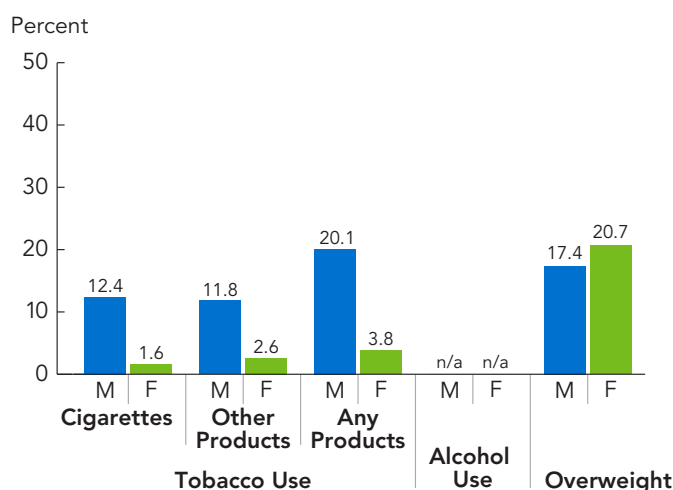
Overweight:

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

Physical Inactivity:

GSHS, 2012, ages 13-15, n=2,211

Tunisia



Tobacco Use:

GYTS, 2010, ages 13-15, n=1,294

Alcohol Use:

n/a

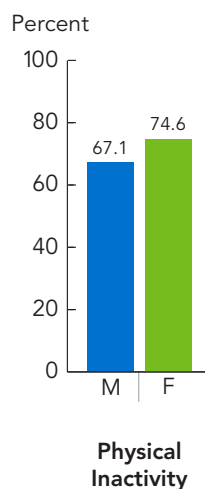
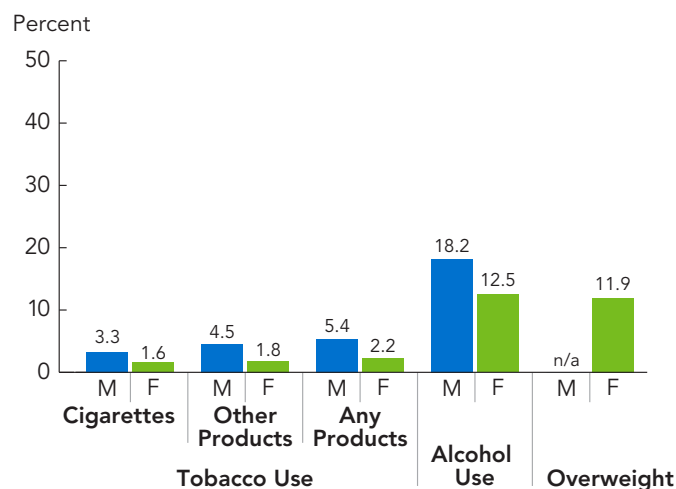
Overweight:

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

Benin

**Tobacco Use:**

GSHS, 2009, ages 13-15,
n=2,690

Alcohol Use:

GSHS, 2009, ages 13-15,
n=2,690

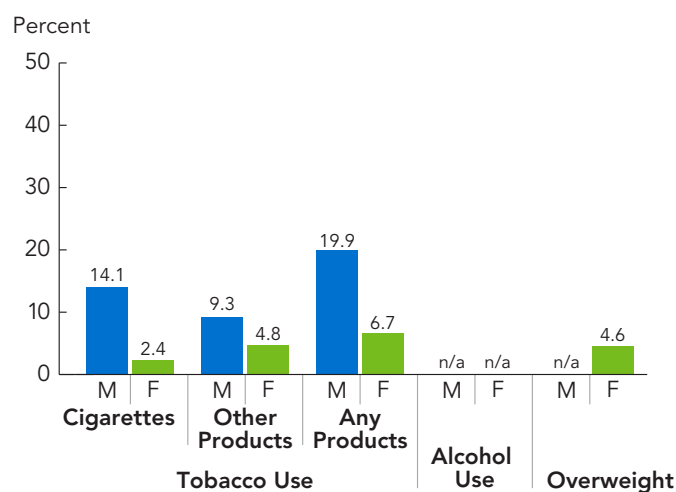
Overweight:

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

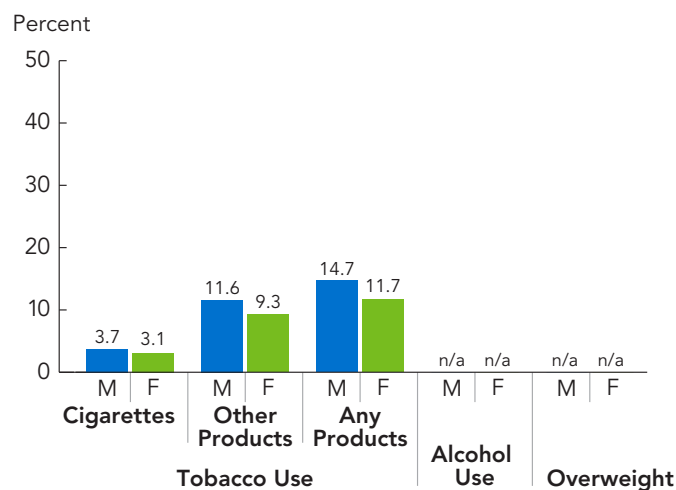
Overweight:

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

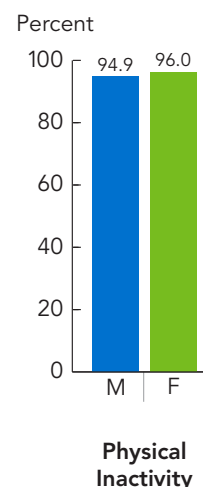
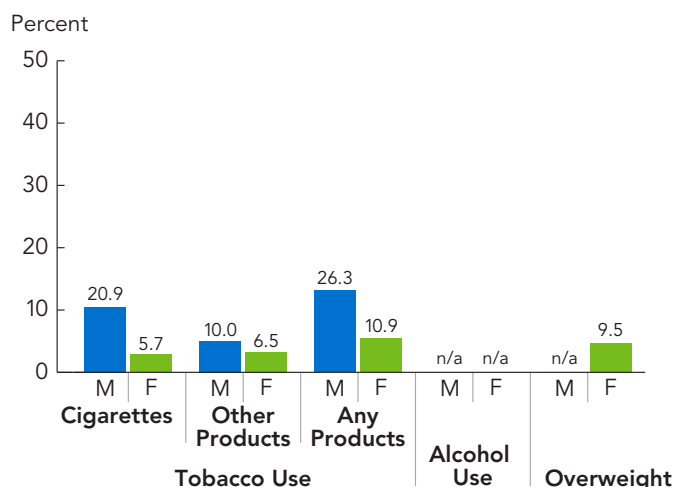
Physical Inactivity:

n/a

Data Appendix

WESTERN AFRICA

Côte d'Ivoire



Tobacco Use:

GYTS, 2009, ages 13-15, n=1,920

Alcohol Use:

n/a

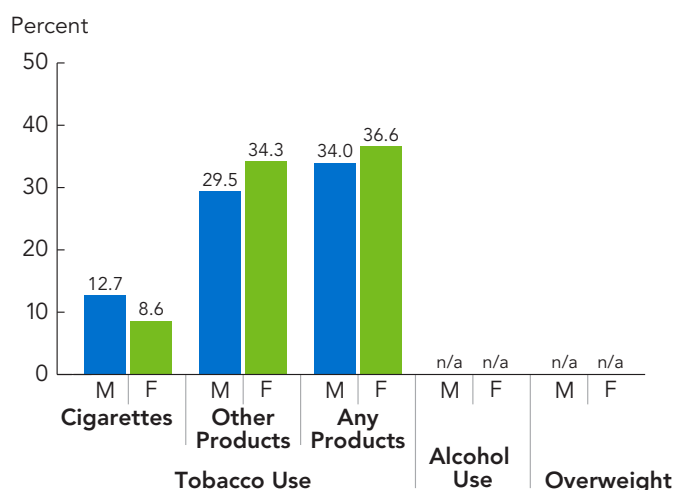
Overweight:

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)

The Gambia



Tobacco Use*:

GYTS, 2008, Banjul, ages 13-15, n=1,567

Alcohol Use:

n/a

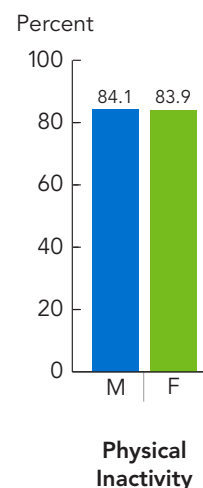
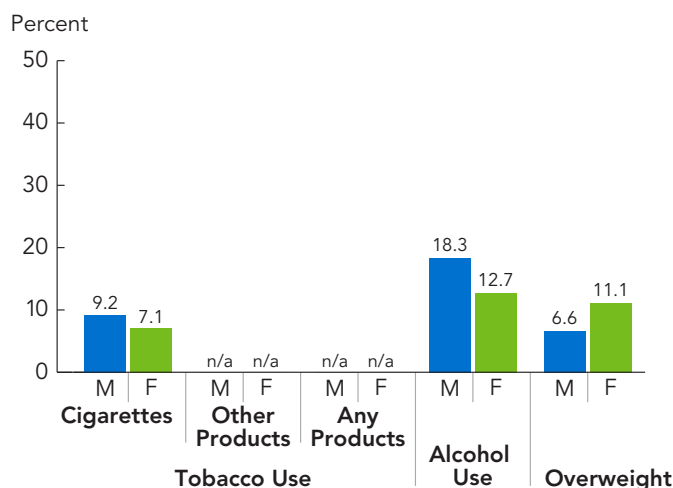
Overweight:

n/a

Physical Inactivity:

n/a

Ghana



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

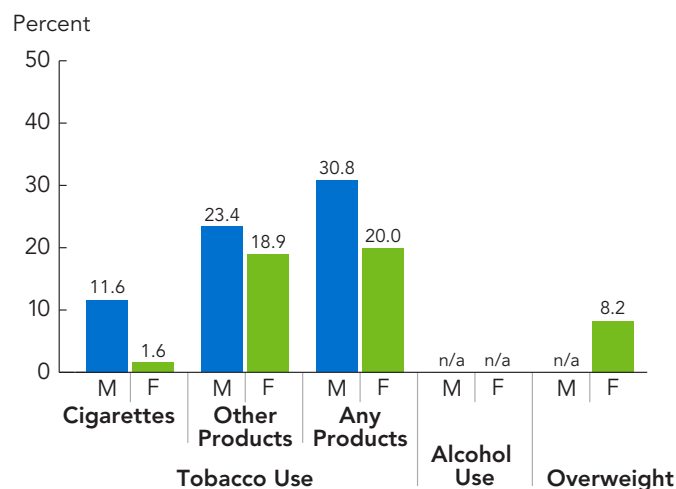
Overweight:

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

Guinea

**Tobacco Use:**

GYTS, 2008, ages 13-15,
n=1,305

Alcohol Use:

n/a

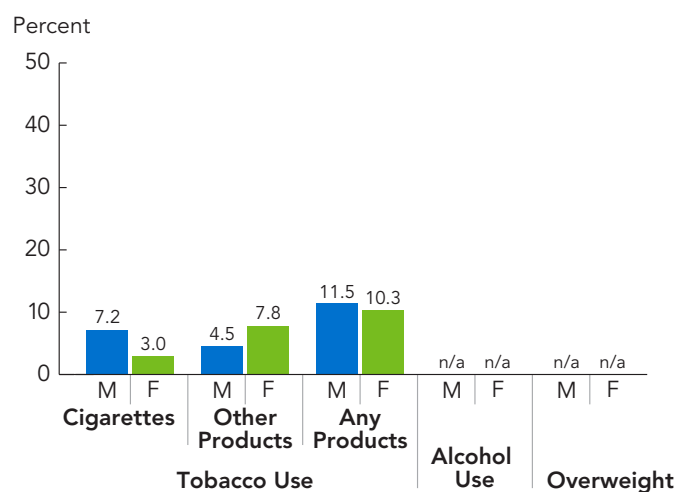
Overweight:

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

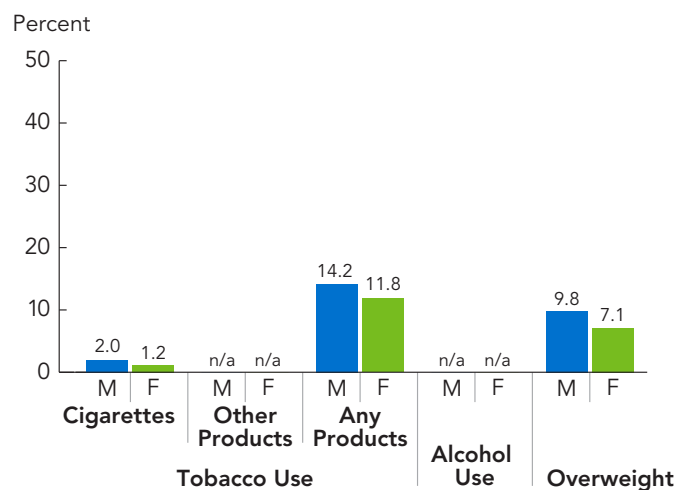
Overweight:

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

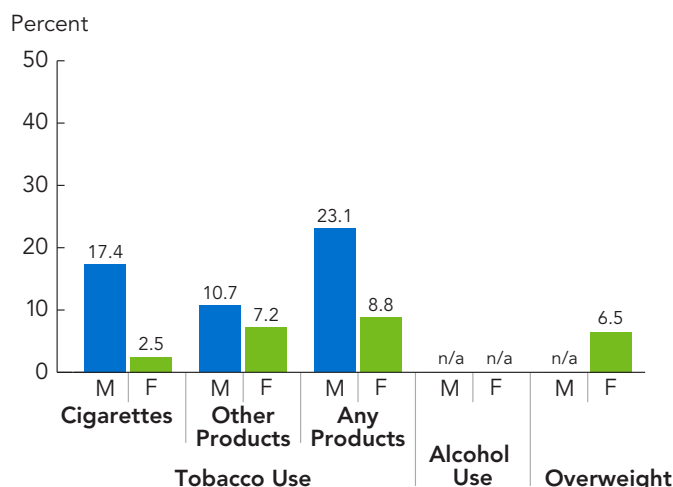
Physical Inactivity:

n/a

Data Appendix

WESTERN AFRICA

Mali



Tobacco Use:

GYTS, 2008, ages 13-15, n=2,135

Alcohol Use:

n/a

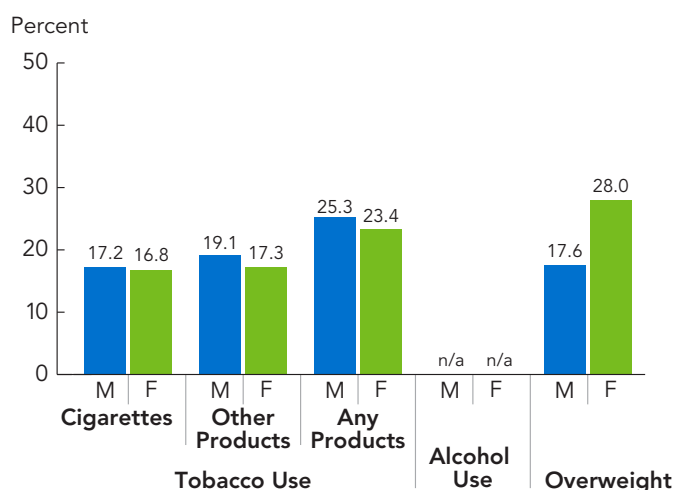
Overweight:

DHS, 2012-2013, ages 15-19, n=814 (females only)

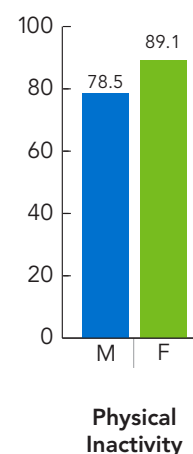
Physical Inactivity:

n/a

Mauritania



Percent



Tobacco Use:

GSHS, 2010, ages 13-15, n=2,063

Alcohol Use:

n/a

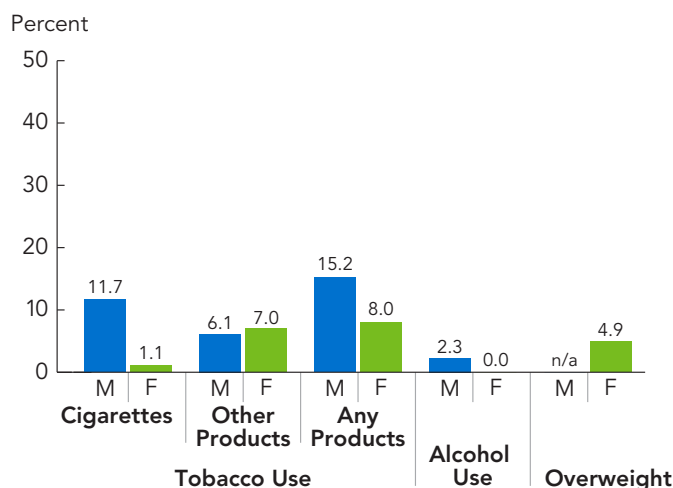
Overweight:

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

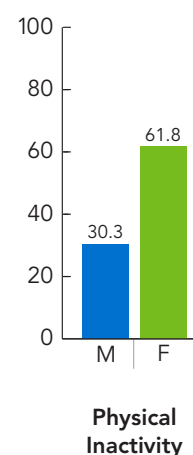
Physical Inactivity:

GSHS, 2010, ages 13-15, n=2,063

Niger



Percent



Tobacco Use:

GYTS, 2006, ages 13-15, n=1,055

Alcohol Use:

STEPS, 2007, ages 15-24, n=561

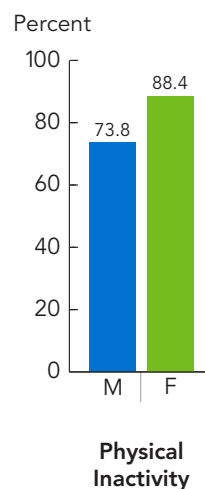
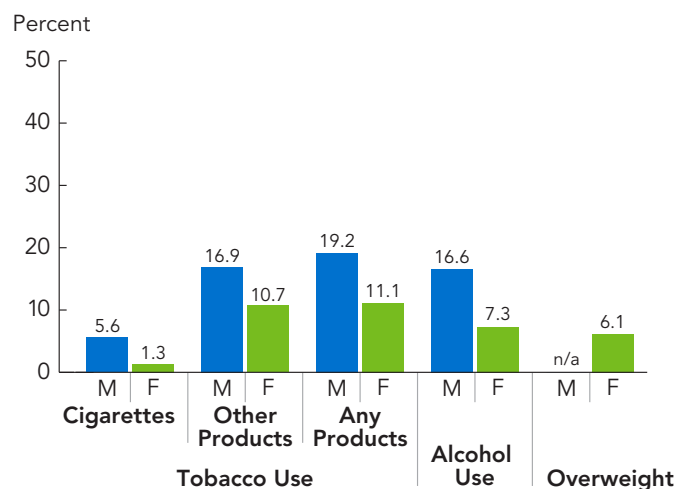
Overweight:

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

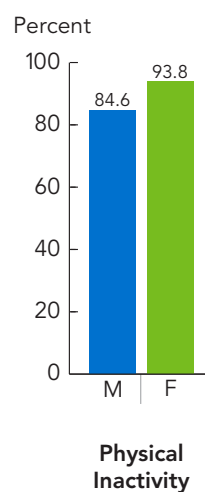
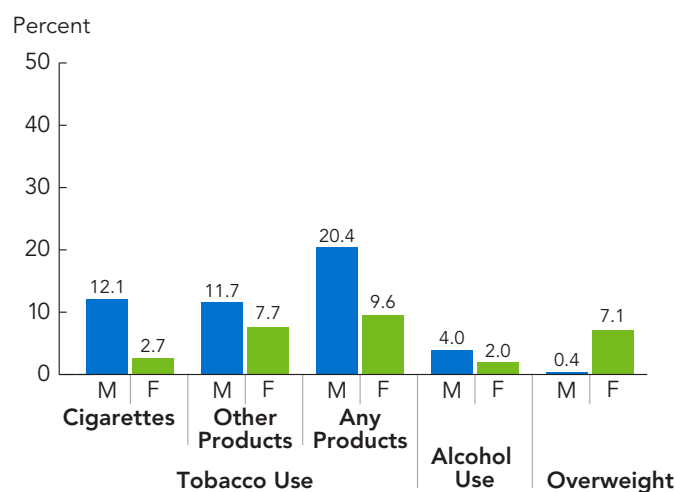
Overweight:

DHS, 2013, ages 15-19, n=6,955 (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

Senegal

**Tobacco Use:**

GYTS, 2007, ages 13-15, n=1,611

Alcohol Use:

GSHS, 2005, ages 13-15, n=3,154

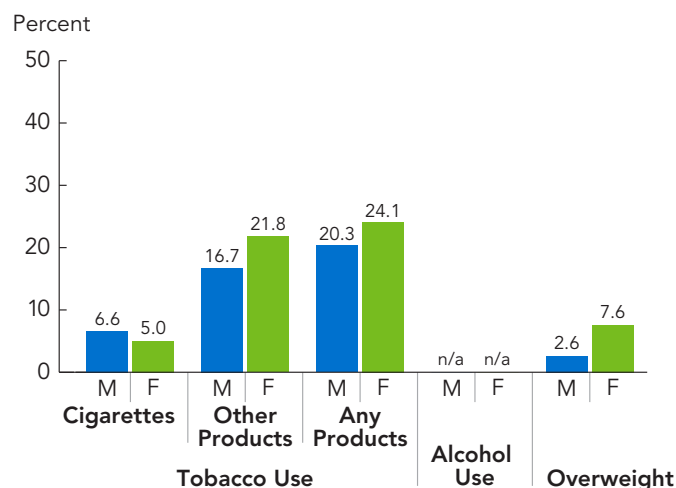
Overweight:

DHS, 2010-11, ages 15-19, n=2,298

Physical Inactivity:

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

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

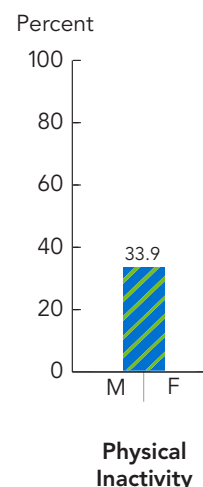
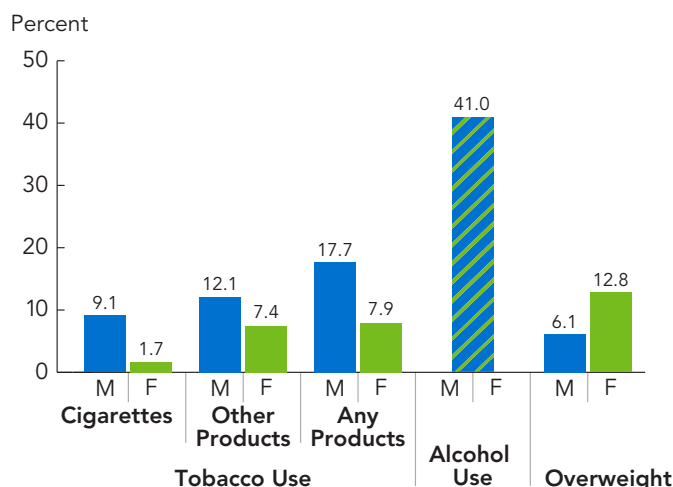
Physical Inactivity:

n/a

Data Appendix

WESTERN AFRICA

Togo



Tobacco Use:

GYTS, 2007, ages 13-15, n=1,947

Alcohol Use:

STEPS, 2010, ages 15-24, n=1,154, no data by sex

Overweight:

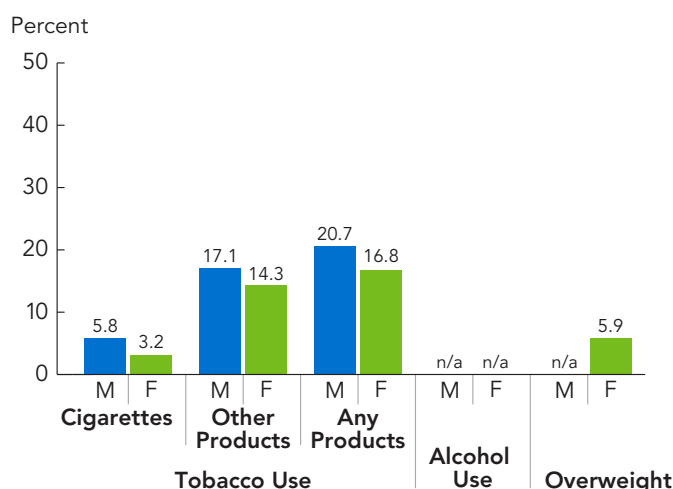
STEPS, 2010, ages 15-24, n=1,082

Physical Inactivity:

STEPS, 2010, ages 15-24, n=1,044, no data by sex, not engaged in high-level physical activity (GPAQ guidelines)

EASTERN AFRICA

Burundi



Tobacco Use:

GYTS, 2008, ages 13-15, n=1,110

Alcohol Use:

n/a

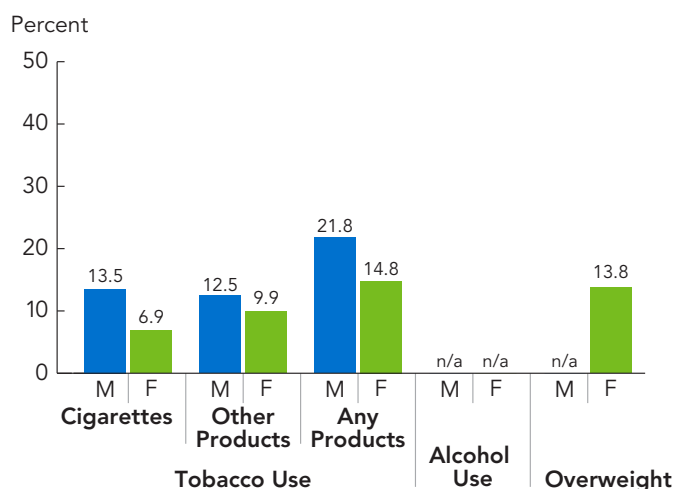
Overweight:

DHS, 2010, ages 15-19, n=1,113 (females only)

Physical Inactivity:

n/a

Comoros



Tobacco Use:

GYTS, 2007, ages 13-15, n=811

Alcohol Use:

n/a

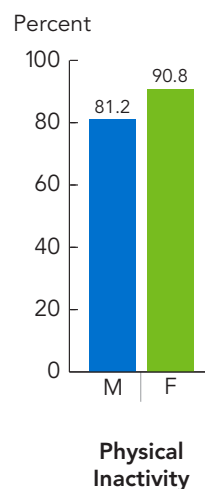
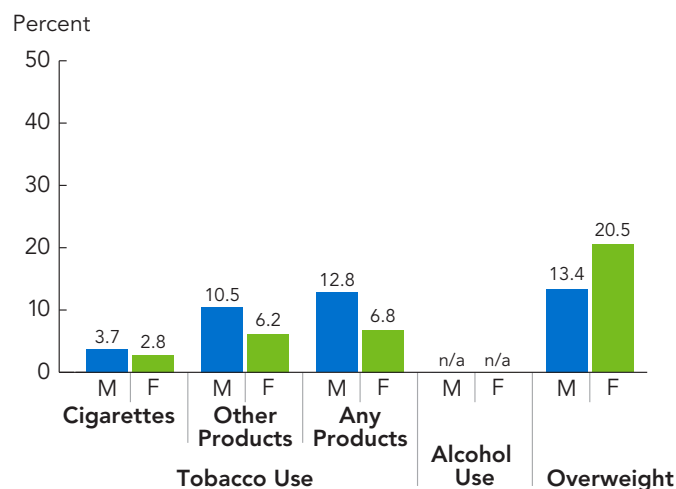
Overweight:

DHS, 2012, ages 15-19, n=1,208 (females only)

Physical Inactivity:

n/a

Djibouti

**Tobacco Use:**

GSHS, 2007, ages 13-15,
n=1,777 (for ages 13-17)

Alcohol Use:

n/a

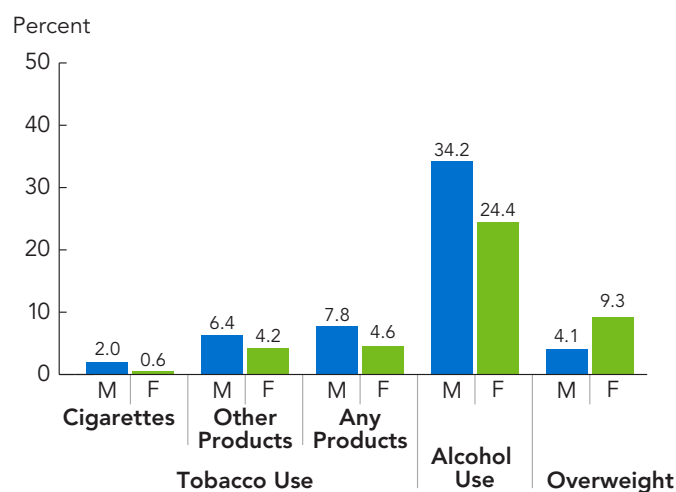
Overweight:

GSHS, 2007, ages 13-15,
n=1,777 (for ages 13-17),
BMI>+1SD

Physical Inactivity:

GSHS, 2007, ages 13-15,
n=1,777 (for ages 13-17),
7 day cut-off used

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

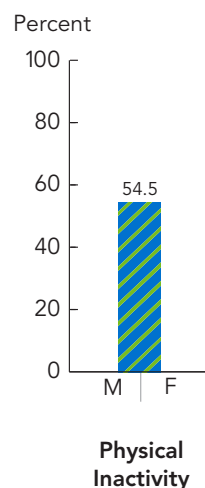
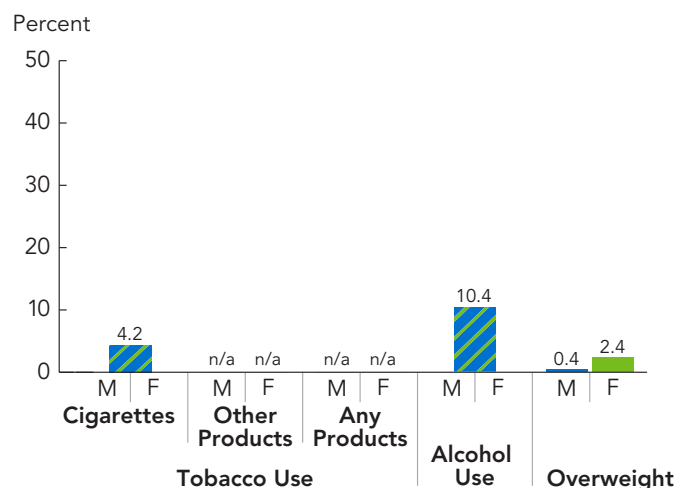
Overweight:

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=6,215

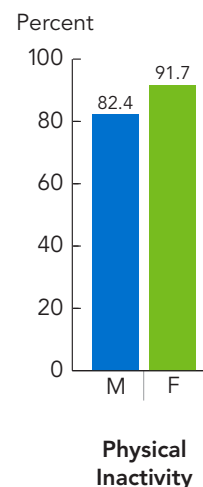
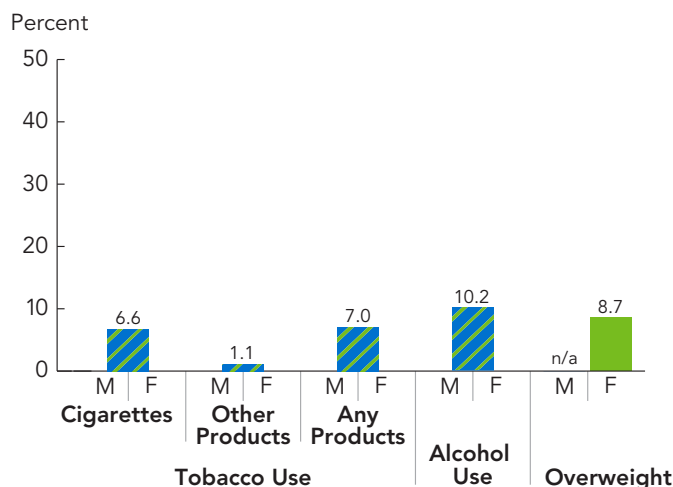
Physical Inactivity*:

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)

Data Appendix

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

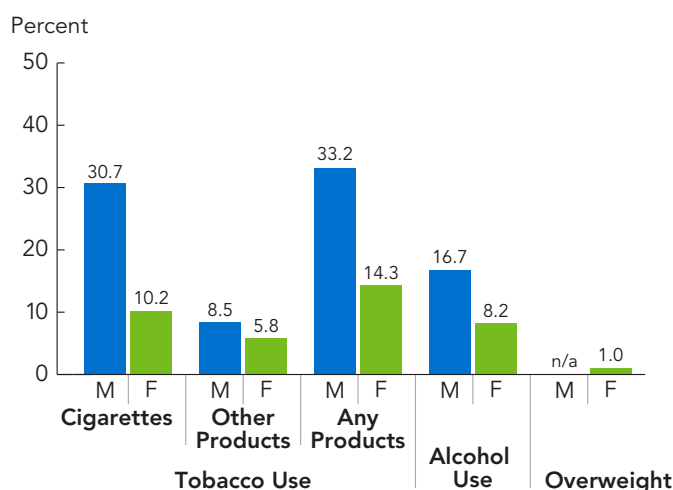
Overweight:

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

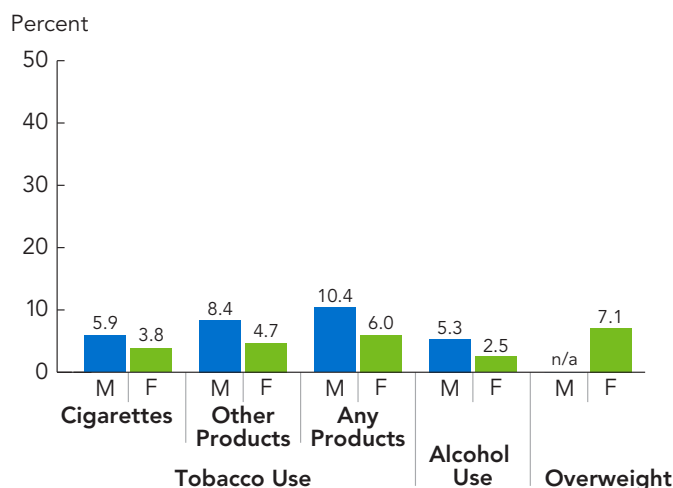
Overweight:

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

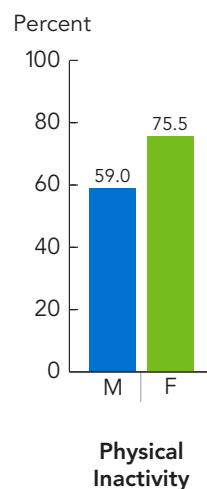
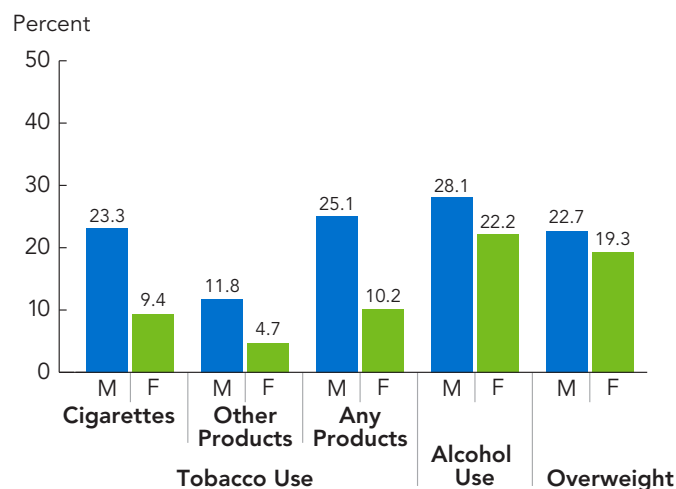
Overweight:

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

Physical Inactivity:

n/a

Mauritius

**Tobacco Use:**

GSHS, 2011, ages 13-15,
n=2,168

Alcohol Use:

GSHS, 2011, ages 13-15,
n=2,168

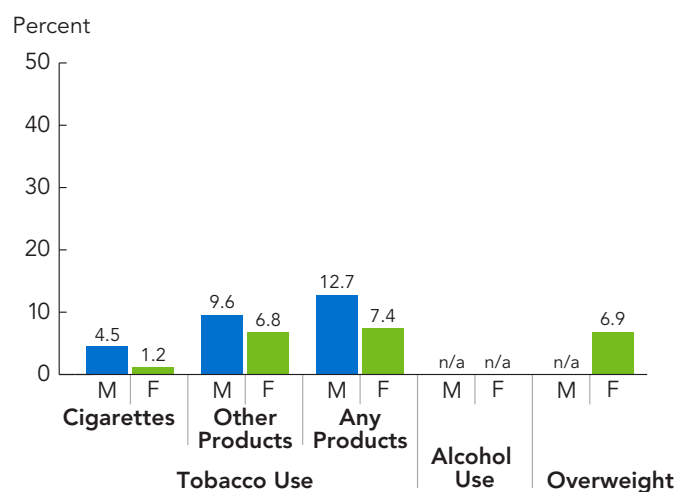
Overweight:

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

Physical Inactivity:

GSHS, 2011, ages 13-15,
n=2,168

Mozambique

**Tobacco Use*:**

GYTS, 2007, Maputo City,
ages 13-15, n=1,381

Alcohol Use:

n/a

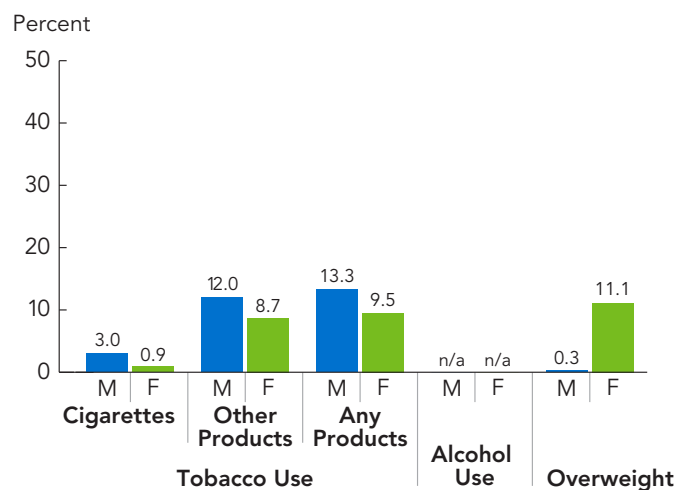
Overweight:

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

Physical Inactivity:

n/a

Rwanda

**Tobacco Use:**

GYTS, 2008, ages 13-15,
n=688

Alcohol Use:

n/a

Overweight:

DHS, 2010, ages 15-19,
n=2,955

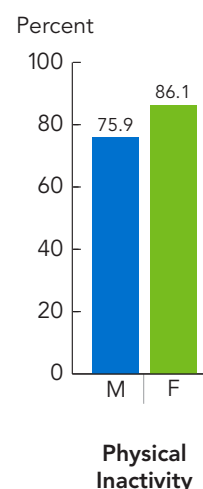
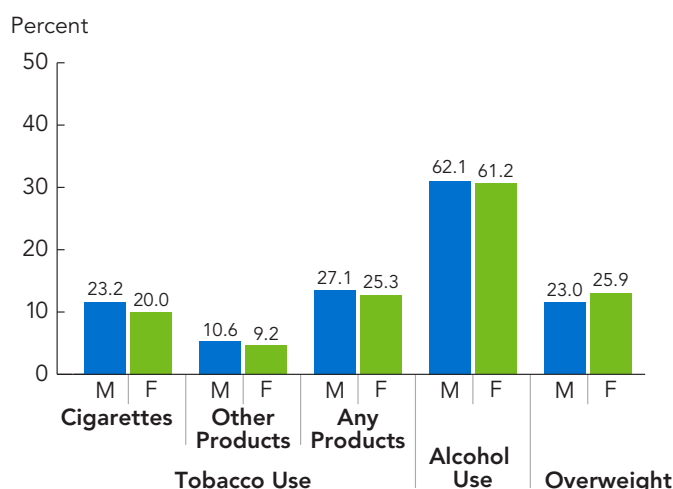
Physical Inactivity:

n/a

Data Appendix

EASTERN AFRICA

Seychelles



Tobacco Use:

GYTS, 2007, ages 13-15, n=844

Alcohol Use:

GSHS, 2007, ages 13-15, n=1,432

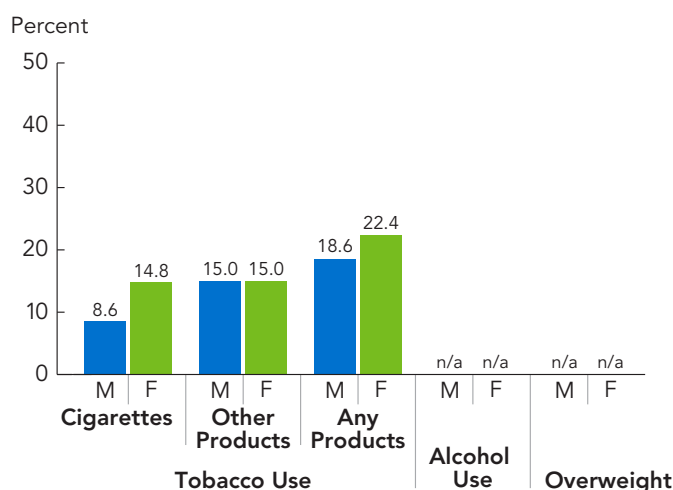
Overweight:

GSHS, 2007, ages 13-15, n=1,432, BMI>+1SD

Physical Inactivity:

GSHS, 2007, ages 13-15, n=1,432, 7 day cut-off used

Somalia



Tobacco Use:

GYTS, 2004, ages 13-15, n=374

Alcohol Use:

n/a

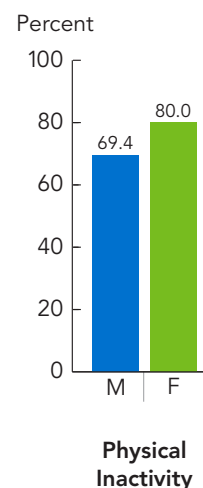
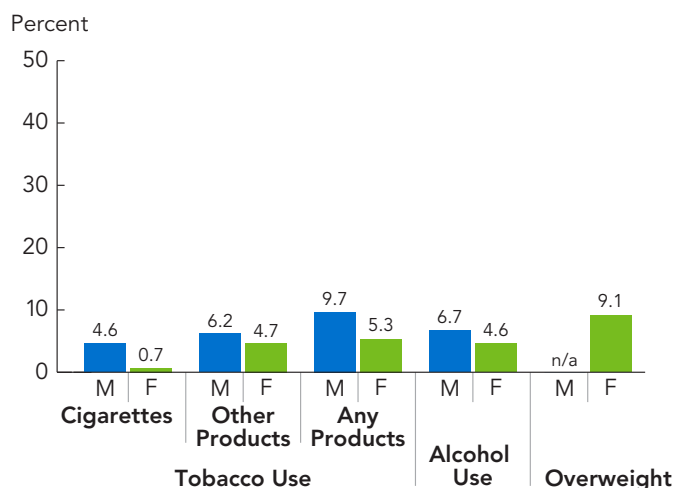
Overweight:

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

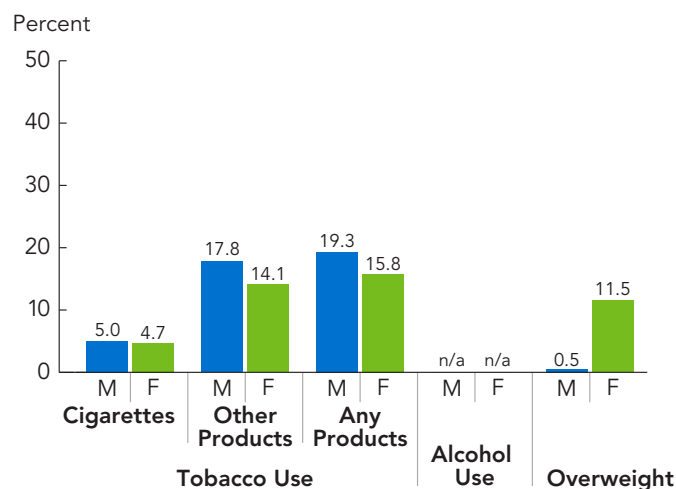
Overweight:

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=2,026

Alcohol Use:

n/a

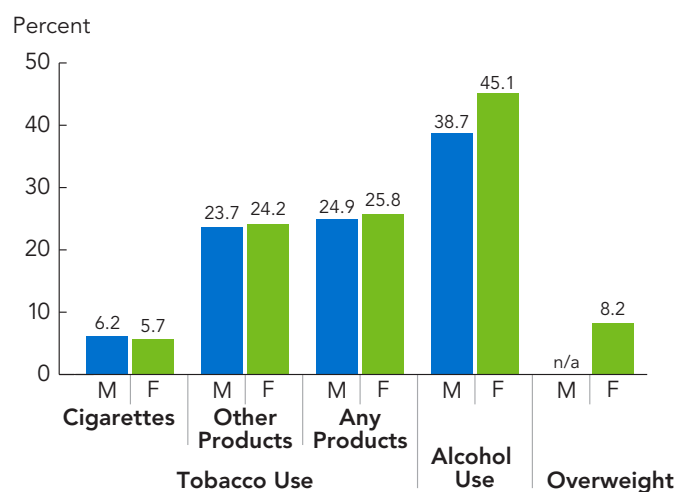
Overweight:

DHS, 2011, ages 15-19,
n=1,127

Physical Inactivity:

n/a

Zambia

**Tobacco Use:**

GYTS, 2011, ages 13-15,
n=1,964

Alcohol Use:

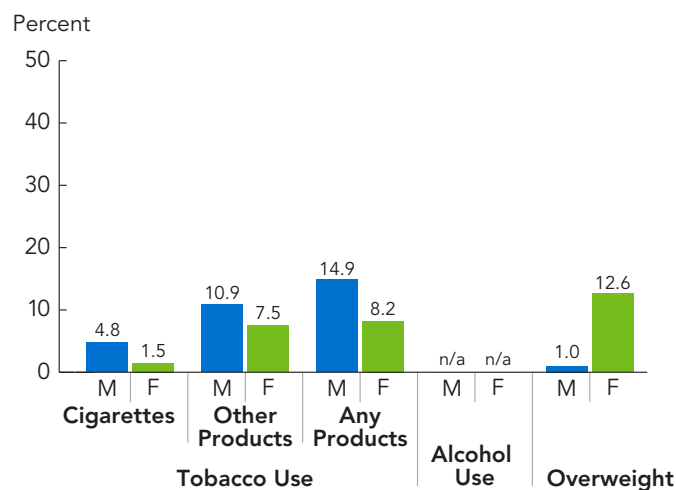
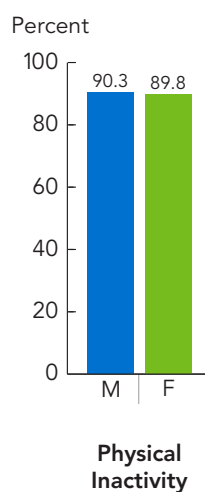
GSHS, 2004, ages 13-15,
n=2,257

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

**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:

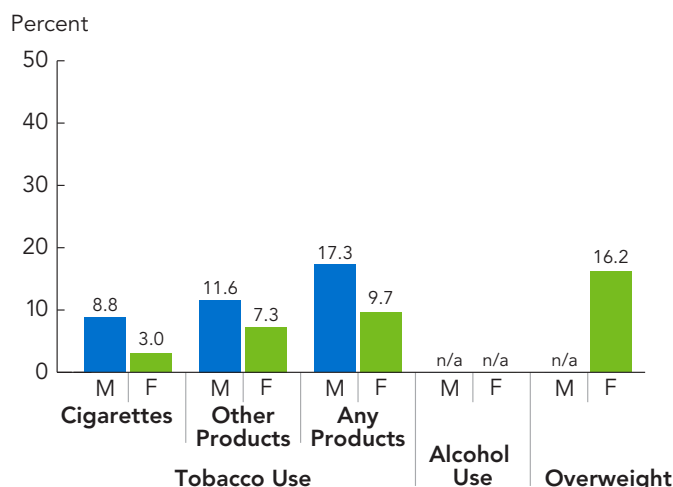
n/a

Zimbabwe

Data Appendix

MIDDLE AFRICA

Cameroon



Tobacco Use*:

GYTS, 2008, Central District, ages 13-15, n=2,724

Alcohol Use:

n/a

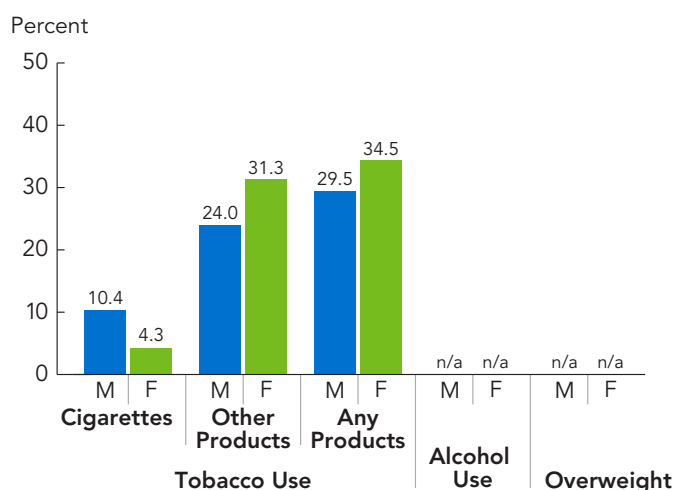
Overweight:

DHS, 2011, ages 15-19, n=1,696 (females only)

Physical Inactivity:

n/a

Central African Republic



Tobacco Use*:

GYTS, 2008, Bangui, ages 13-15, n=856

Alcohol Use:

n/a

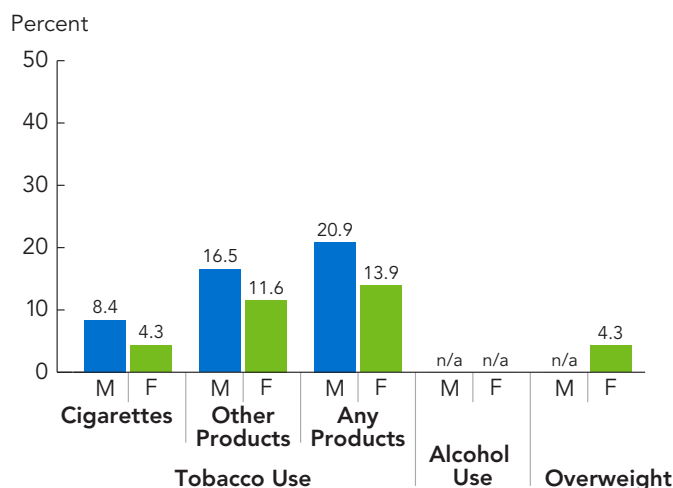
Overweight:

n/a

Physical Inactivity:

n/a

Chad



Tobacco Use:

GYTS, 2008, ages 13-15, n=905

Alcohol Use:

n/a

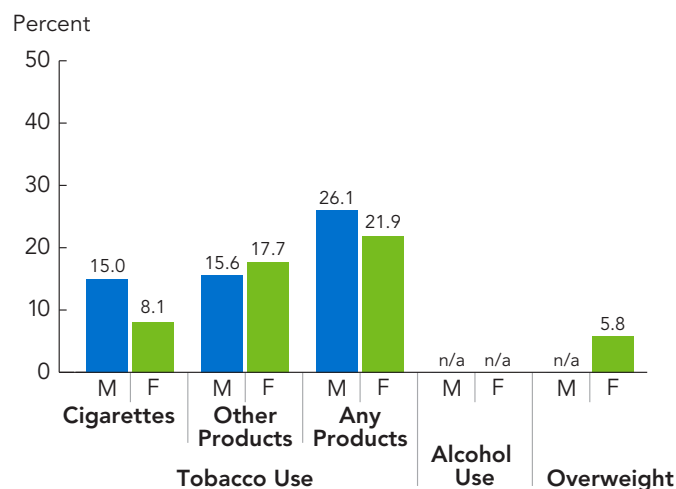
Overweight:

DHS, 2004, ages 15-19, n=403 (females only)

Physical Inactivity:

n/a

Congo

**Tobacco Use:**

GYTS, 2006, ages 13-15,
n=1,347

Alcohol Use:

n/a

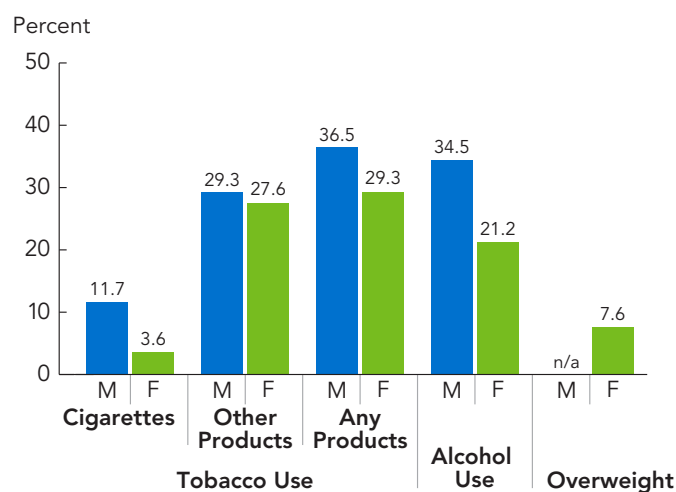
Overweight:

DHS, 2011-12, ages 15-19,
n=1,037 (females only)

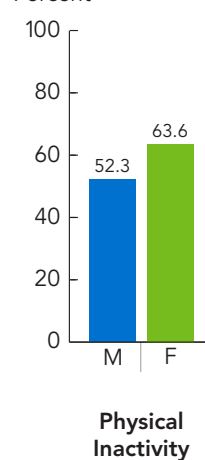
Physical Inactivity:

n/a

Congo, Democratic Republic



Percent

**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

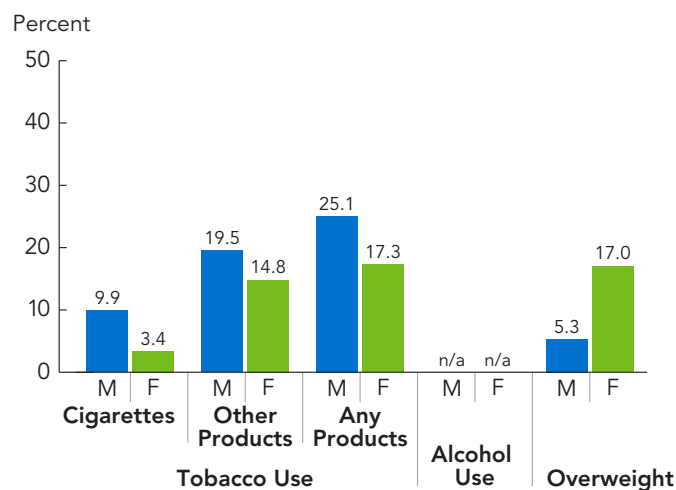
Overweight:

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

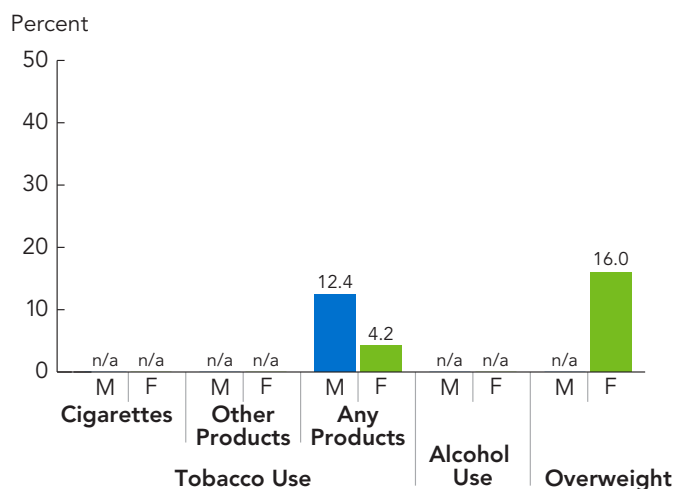
Physical Inactivity:

n/a

Data Appendix

MIDDLE AFRICA

Gabon



Tobacco Use:

STEPS, 2009, ages 15-24, n=623

Alcohol Use:

n/a

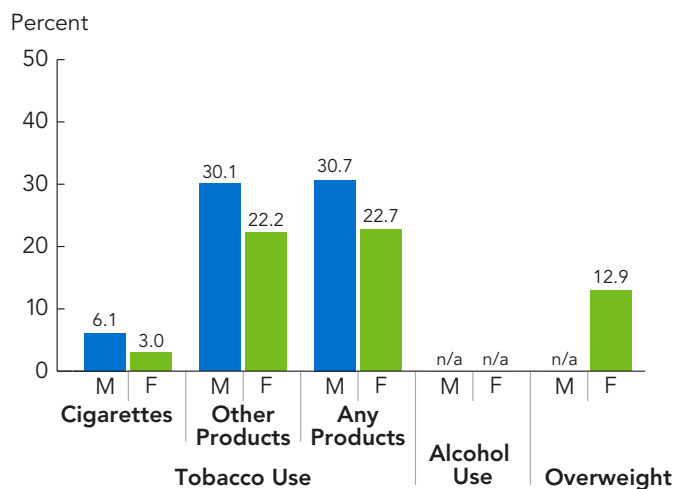
Overweight:

DHS, 2012, ages 15-19, n=1,025 (females only)

Physical Inactivity:

n/a

Sao Tome and Principe



Tobacco Use:

GYTS, 2010, ages 13-15, n=3,638

Alcohol Use:

n/a

Overweight:

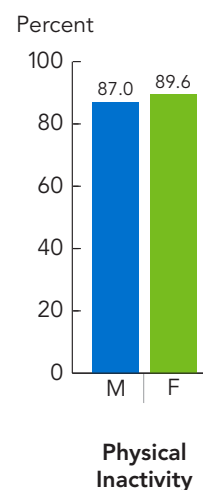
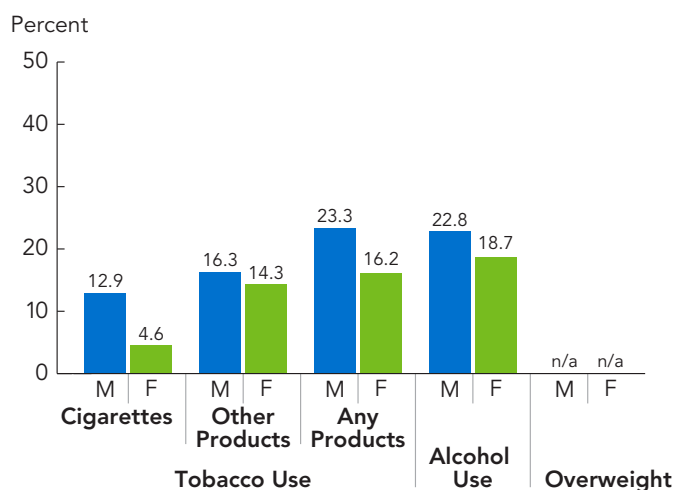
DHS, 2008-9, ages 15-19, n=433 (females only)

Physical Inactivity:

n/a

SOUTHERN AFRICA

Botswana



Tobacco Use:

GYTS, 2008, ages 13-15, n=1,611

Alcohol Use:

GSHS, 2005, ages 13-15, n=2,197

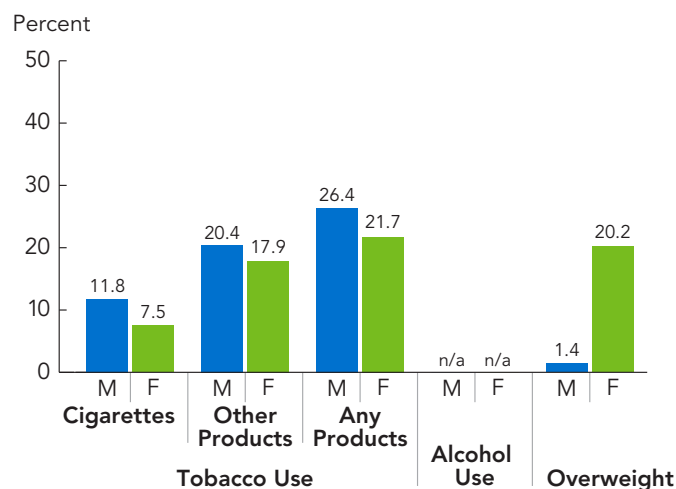
Overweight:

n/a

Physical Inactivity:

GSHS, 2005, ages 13-15, n=2,197, 7 day cut-off used

Lesotho

**Tobacco Use:**

GYTS, 2008, ages 13-15,
n=1,604

Alcohol Use:

n/a

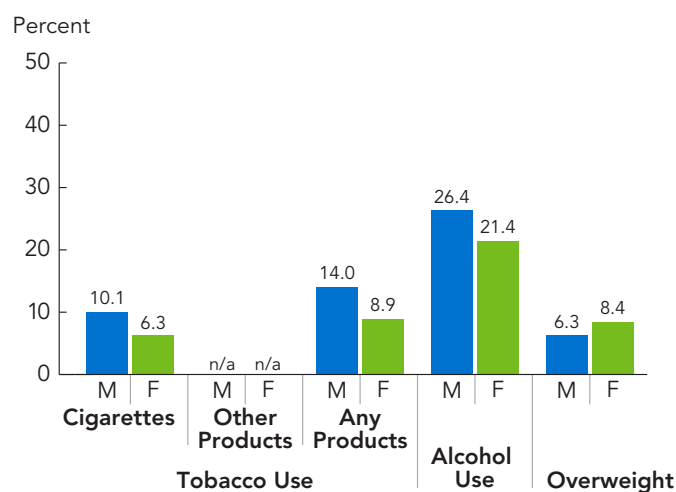
Overweight:

DHS, 2009, ages 15-19,
n=1,687

Physical Inactivity:

n/a

Namibia

**Tobacco Use:**

GSHS, 2013, ages 13-15,
n=4,531 (for ages 13-17)

Alcohol Use:

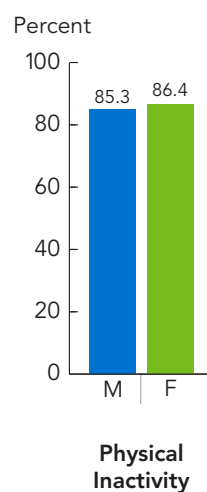
GSHS, 2013, ages 13-15,
n=4,531 (for ages 13-17)

Overweight:

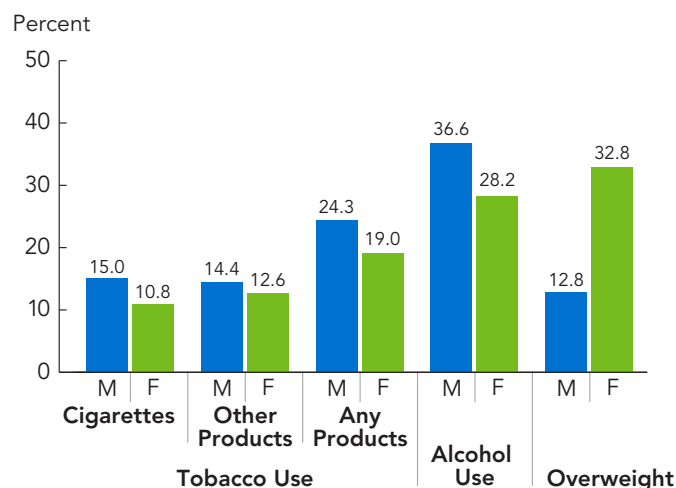
GSHS, 2013, ages 13-15,
n=4,531 (for ages 13-17),
BMI > +1SD

Physical Inactivity:

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



South Africa

**Tobacco Use:**

GYTS, 2011, ages 13-15,
n=3,947

Alcohol Use:

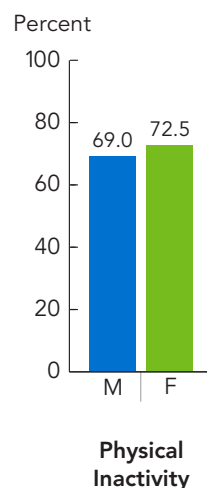
Reddy et al. (2013), 2011, grades 8-11
(ages approx. 13-19), n=10,493

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:

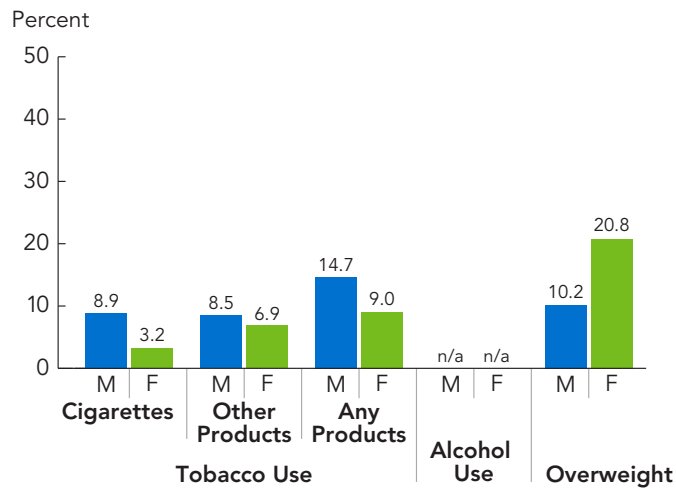
Reddy et al. (2013), 2011, grades
8-11 (ages approx. 13-19), n=10,659,
not engaged in sufficient moderate
activities of 30+ minutes on 5 or more
days in the past 7 days, such as fast
walking, skating, mopping



Data Appendix

SOUTHERN AFRICA

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

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Ayalu A. Reda et al., "Alcohol Drinking Patterns Among High School Students in Ethiopia: A Cross-Sectional Study," *BMC Public Health* 12, no. 1 (2012): 213.

S.P. Reddy et al., *Umthente Uhlaba Usamil –The 3rd South African National Youth Risk Behaviour Survey 2011* (Cape Town: South African Medical Research Council, 2013).

I. O. Senbanjo and K. A. Oshikoya, "Physical Activity and Body Mass Index of School Children and Adolescents in Abeokuta, Southwest Nigeria," *World Journal of Pediatrics* 6, no. 3 (2010): 217-22.

Tesfalem Teshome, Pragya Singh, and Debebe Moges, "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* 1, no. 1(2013): 23-36.

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World Health Organization and U.S. Centers for Disease Control and Prevention, *Global Youth Tobacco Survey (GYTS)*, accessed at www.who.int/tobacco/surveillance/gyts/en/.

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