Indore Noncommunicable Disease Risk Factor & Environment Survey

Fact Sheet

Acknowledgements

Study Population and Methodology

Age of study population	18–69 years
Sample size	3,070 adults from 90 settlements across 30 randomly selected wards
Protocol	WHO STEPS method; tools used for National Survey
Survey teams	MGM Medical College, Government College of Nursing, School of Social Work, Indore
Data collection	May–June 2018

Household Characteristics

Characteristics of selected households (weighted)	Total proportion (95% confidence intervals)	Lowest wealth quintile	Highest wealth quintile
Having pucca house	71 (69–73)	14 (11–17)	98 (97–99)
Access to toilet	100 (100-100)	100 (99–100)	100 (100-100)
Use solid fuel for cooking	5 (4–6)	13 (10–16)	2 (1–4)
Access to cleaner sources of energy	99 (98–99)	99 (98–99)	98 (97–100)
Use more than one type of oil for cooking	43 (41–45)	25 (21–29)	60 (55–64)

Demographic Characteristics

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Age of participants [years], mean	37 (36-38)	36 (36-37)	36 (36-37)	35 (34-36)	39 (38-40)
Those who ever attended school/ madarsa/gurukul (%)	92 (90–93)	80 (78–82)	86 (84–87)	69 (65–73)	98 (97–99)

Tobacco Use

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Current tobacco users (smoke and smokeless) (%)	37 (34–40)	6 (5-7)	21 (19–23)	35 (30–39)	12 (9–15)
Current smokers (%)	12 (10–15)	0	6 (5–7)	7 (5–10)	5 (3–8)
Current smokeless tobacco users (%)	28 (25–31)	6 (5–7)	17 (15–18)	31 (27–36)	7 (5–10)
Adults exposed to secondhand smoke at home in last 30 days (%)	25 (23–28)	18 (17–20)	22 (20–24)	29 (25–33)	17 (14–21)
Adults exposed to secondhand smoke at work in last 30 days (%)	32 (29–35)	14 (12–16)	24 (22–26)	29 (25–34)	21 (17–26)
Adults exposed to secondhand smoke while traveling during the last 30 days (%)	57 (53–60)	35 (33–37)	46 (44–48)	53 (48–57)	39 (35–44)

Alcohol Use

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Lifetime abstainers	87 (85–89)	100	94 (92–95)	92 (89–94)	93 (90–95)
Those who consumed in the past 30 days (%)	10 (8–12)	<1 (0-0)	5 (4–6)	6 (4–9)	6 (4–9)
Those who engaged in heavy episodic drinking in last 30 days (%)	4 (3–5)	0	2 (1–2)	3 (2–5)	2 (1–3)

Dietary Practices

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Servings of fruits and vegetables per day (mean)	2 (2–2)	3 (3–3)	3 (2–3)	3 (2-3)	4 (3-4)
Inadequate consumption of fruits and vegetables (%)	94 (92–95)	90 (88–91)	92 (91–93)	88 (85–90)	87 (84–90)
Often/always add salt right before eating (%)	22 (19–24)	23 (21–25)	22 (21–24)	26 (23–31)	15 (12–19)
Think that lowering salt consumption is somewhat or very important (%)	95 (93–96)	92 (91-94)	93 (92–94)	55 (50–59)	83 (80–86)
Took steps to reduce salt intake (%)	70 (67–72)	72 (70-74)	71 (69–73)	68 (64–72)	74 (70–78)

Physical Activity and Yoga

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Hours spent in sedentary activities in a day (mean)	3 (3-3)	3 (3-3)	3 (3-3)	3 (3-3)	3 (3-4)
Proportion physically inactive (%)	28 (25–31)	20 (18–22)	24 (22-26)	18 (14–21)	30 (26–35)
Hours spent in work-related physical activities in a week (mean)	13 (12-14)	13 (13-14)	13 (13-14)	20 (18-22)	8 (7-9)
Hours spent in travel-related physical activities in a week (mean)	5 (4-5)	3 (3-3)	4 (4-4)	5 (4-6)	3 (3-4)
Hours spent in recreation-related physical activities in a week (mean)	1 (0-1)	<1 (0-0)	<1 (0-0)	<1 (0-0)	<1 (0-1)
Practice yoga (%)	5 (4–7)	5 (4–6)	5 (4–6)	1 (0–3)	13 (11–17)

Body Composition

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Body mass index (Kg/M2) (mean)	24 (24-24)	25 (24-25)	24 (24-25)	23 (23-24)	26 (26-26)
Overweight or obese (BMI ≥25.0Kg/M2) (%)	39 (26–42)	43 (41–46)	41 (39–43)	30 (26–34)	54 (50–59)
Obese (BMI ≥30.0 Kg/M2) (%)	10 (9–13)	17 (15–18)	14 (12–15)	11 (9–14)	20 (17–23)
Central obesity (%)	37 (34–40)	70 (68–73)	54 (52–56)	50 (46–55)	60 (55–65)

Raised Blood Pressure

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Systolic BP (mmHg), including those on medication (mean)	129 (128-130)	124 (123-124)	126 (126-127)	124 (122-125)	130 (129-131)
Diastolic BP (mmHg), including those on medication (mean)	81 (81-82)	77 (77-78)	79 (79-80)	78 (77-78)	81 (80-82)
Raised blood pressure/on medication (%)	29 (26–32)	22 (21–24)	25 (24–27)	22 (18-25)	32 (28–36)

Raised Blood Glucose

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Fasting blood glucose (mg/dl) including those on medication (mean)	106 (104-108)	109 (107-111)	107 (106-109)	109 (106-113)	109 (105-113)
Raised fasting blood glucose/on medication (%)	11 (9–13)	13 (11–14)	12 (11–13)	12 (9–14)	13 (11–16)

Screening for Lifestyle Diseases

	Men (95% confidence intervals)	Women	Both	Lowest wealth quintile	Highest wealth quintile
Adults whose blood pressure was measured in the last 12 months (%)	27 (25–30)	41 (39–44)	34 (33–36)	24 (21–28)	48 (44–53)
Adults whose blood sugar was measured in the last 12 months (%)	16 (14–18)	20 (19–22)	18 (17–20)	9 (9–7)	32 (28–37)
Adults ever screened for oral cancer (%)	1 (0-1)	<1 (0-1)	<1 (0-1)	<1 (0-2)	1 (0-2)
Adult women ever screened for cervical cancer (%)	–	<1 (0-1)	–	0	0

Notes

1. Solid fuel: coal, charcoal, wood, straw, shrubs, grass, agricultural crop waste, dung cakes.
2. Cleaner sources of energy: electricity; LPG/natural gas; biogas.

3. Oil for cooking: mustard, coconut, ground nut, sunflower, soybean, palm, rice bran, olive, or sesame oil; vanaspati/pure ghee/butter.
4. Heavy episodic drinking: those who report drinking 6 or more standard drinks (equivalent to 60 grams of alcohol) in a single drinking occasion.
5. One serving of fruits and vegetable is equal to 8–100 gms.
6. Inadequate fruit and vegetable intake: eating< 5 servings of fruit and vegetables per day.
7. Sedentary activity: sitting, reclining, watching television, working on computer, playing game in mobile/tablet, talking with friends, knitting, embroidery, etc. Includes time spent sitting in office; excludes time spent sleeping.
8. Yoga includes asana, pranayama, and meditation.
9. Central obesity defined as having waist circumference (WC) >80 cm in women and >94 cm in men.
10. Raised blood pressure: systolic blood pressure ≥140 and/or diastolic blood pressure ≥90, or on medication for raised BP among people ages 18+ years.
11. Raised fasting blood glucose-value ≥7.0 mmol/L (126 mg/dl) or on medication for diabetes.
12. Oral cancer screening question asked of adults above 30 years of age (n=2,306).
13. Cervical cancer screening question asked of adult women above 30 years of age (n=1,482).