

**Table 2 Prevalence of noncommunicable disease risk factors by province and sociodemographic characteristics of the respondents**

Characteristic	Tobacco use	< 5 servings of fruits/vegetable a day	Low level of physical activity	Overweight	Obese	P-value
	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	
<b>Overall</b>	19.7 (18.0–21.3)	96.5 (95.7–97.2)	46.1 (43.3–48.9)	26.3 (24.8–27.8)	14.9 (13.4–16.5)	
<b>Province</b>						<b>0.056</b>
Punjab	17.6 (15.6–19.7)	96.9 (96.1–97.6)	53.2 (50.0–56.5)	28.2 (26.3–30.1)	16.8 (14.7–18.8)	
Sindh	25.0 (22.5–27.6)	94.4 (92.7–96.1)	27.2 (23.6–30.8)	21.3 (19.3–23.3)	10.3 (8.4–12.3)	
<b>Sex</b>						<b>0.0001</b>
Male	35.6 (32.9–38.4)	95.2 (94.0–96.3)	28.2 (25.2–31.3)	26.5 (24.3–28.8)	12.1 (10.2–14.0)	
Female	8.7 (7.0–10.3)	97.4 (96.7–98.0)	58.6 (55.4–61.8)	26.2 (24.3–28.0)	17.1 (15.0–19.1)	
<b>Age group (years)</b>						<b>0.118</b>
18–29	10.9 (9.2–12.6)	96.0 (95.0–97.0)	47.0 (43.7–50.4)	19.1 (16.9–21.2)	8.6 (7.1–10.1)	
30–44	19.2 (16.9–21.5)	96.3 (95.4–97.3)	43.6 (40.1–47.2)	31.3 (28.9–33.6)	14.9 (13.1–16.7)	
45–59	29.6 (26.2–32.9)	97.0 (95.9–98.0)	44.6 (40.6–48.6)	30.8 (27.5–34.1)	18.1 (15.2–21.0)	
60–69	33.9 (29.3–38.5)	97.6 (96.4–98.8)	55.7 (49.6–61.9)	23.2 (18.8–27.5)	15.3 (11.6–18.9)	
<b>Education</b>						<b>0.668</b>
No formal schooling	24.8 (22.3–27.2)	97.5 (96.7–98.2)	40.6 (37.1–44.1)	24.0 (21.9–26.1)	11.7 (9.8–13.5)	
Primary school completed	19.2 (16.0–22.5)	96.1 (94.3–97.9)	47.0 (42.5–51.5)	26.4 (22.5–30.4)	15.8 (12.4–19.3)	

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**Table 2 Prevalence of noncommunicable disease risk factors by province and sociodemographic characteristics of the respondents (concluded)**

Characteristic	Tobacco use	< 5 servings of fruits/vegetable a day	Low level of physical activity	Overweight	Obese	P-value
	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	
<b>Overall</b>	19.7 (18.0–21.3)	96.5 (95.7–97.2)	46.1 (43.3–48.9)	26.3 (24.8–27.8)	14.9 (13.4–16.5)	
Secondary school completed	16.4 (13.3–19.5)	95.6 (93.5–97.6)	48.8 (43.2–54.5)	27.8 (23.6–32.0)	19.0 (15.2–22.9)	
College/university completed	10.9 (7.9–13.9)	94.1 (91.9–96.2)	52.5 (46.5–58.6)	25.7 (21.0–30.4)	18.4 (13.9–22.9)	
Postgraduate degree	11.8 (7.8–15.7)	91.7 (88.4–95.0)	52.8 (45.3–60.3)	30.7 (24.5–37.0)	20.2 (14.1–26.2)	
<b>Employment</b>						<b>0.0001</b>
Government employee	20.1 (14.4–25.8)	95.4 (92.8–98.1)	32.0 (25.2–38.8)	31.9 (24.8–39.0)	21.3 (15.1–27.5)	
Nongovernment employee	36.9 (33.5–40.3)	96.4 (95.2–97.5)	26.1 (22.3–29.8)	25.2 (22.0–28.5)	9.6 (7.5–11.7)	
Self-employed	31.3 (27.2–35.5)	93.2 (91.1–95.3)	30.9 (25.7–36.0)	30.5 (26.2–34.8)	15.9 (12.4–19.5)	
Unpaid <sup>a</sup>	12.5 (10.9–14.2)	96.7 (96.0–97.5)	55.3 (52.1–58.5)	25.6 (23.9–27.4)	16.0 (14.1–18.0)	

<sup>a</sup>Housewives, students, retirees and unemployed people.

CI = confidence interval.