

Table 2 Frequency distribution of behavioural risk factors for noncommunicable disease among adults aged 25–70 years in five cities in Afghanistan, 2015

Risk factor/ age (years)	City																	
	Jalalabad (n = 1200)			Mazar-e-Sharif (n = 1231)			Hirat (n = 1129)			Kandahar (n = 1165)			Kabul (n = 1172)			Total (n = 5897)		
	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %
Smoking																		
25–34	32	7.4	8.0	66	11.8	12.3	21	5.3	5.5	51	9.8	10.5	52	8.8	9.5	222	8.9	9.4
35–44	11	3.8	4.4	33	11.7	12.2	18	6.3	6.5	39	12.1	12.7	26	9.0	9.6	127	8.6	9.2
45–54	16	8.0	8.5	14	7.4	7.8	17	7.8	7.8	17	9.0	9.4	11	6.7	7.2	75	7.8	8.2
55+	7	5.9	5.9	9	4.5	4.8	7	3.2	3.2	6	4.5	4.9	6	4.8	5.1	35	4.4	4.6
Use of naswar																		
25–34	34	7.8	8.5	19	3.4	3.6	15	3.8	4.2	61	11.8	12.5	32	5.5	5.8	161	6.4	6.9
35–44	24	8.2	9.1	33	11.7	12.5	20	7.0	7.7	44	13.7	14.4	32	11.1	11.9	153	10.4	11.2
45–54	28	13.9	15.2	24	12.8	13.2	29	13.4	14.2	40	21.3	22.4	20	12.1	12.9	141	14.7	15.6
55+	31	25.6	26.7	26	13.0	13.4	56	25.5	26.2	44	32.8	34.6	30	23.8	24.5	187	23.3	24.2
Serving seasonal fruits (≤ 3 days/week)																		
25–34	140	33.4	33.7	111	19.9	20.1	78	20.7	20.4	204	39.8	39.5	204	35.4	35.2	737	30.1	30.1
35–44	88	30.0	30.3	67	23.8	24.1	28	10.6	10.5	124	39.0	39.0	88	31.5	31.1	395	27.5	27.5
45–54	6	19.1	24.7	32	15.5	19.2	79	42.7	15.2	43	28.1	43.4	237	25.8	27.8	237	25.8	25.7
55+	38	31.9	32.1	41	20.7	21.0	40	20.0	19.7	55	42.6	42.3	45	37.2	37.8	219	28.6	28.5
Serving seasonal vegetables (≤ 3 days/week)																		
25–34	361	80.8	81.3	268	47.9	47.5	120	31.4	30.9	284	54.6	53.9	203	34.8	35	1236	49.6	49.4
35–44	231	75.5	76.0	147	51.9	51.5	72	26.9	26.3	190	59.0	58.6	102	35.4	35.8	742	50.6	50.3
45–54	172	83.1	83.5	94	50.0	49.5	63	29.9	29.0	124	66.0	65.5	56	34.8	35.3	509	53.3	53.1
55+	99	77.3	78.1	96	48.0	47.9	50	24.3	23.8	97	72.4	72.1	41	32.8	33.0	383	48.3	48.2
Strong physical activity (daily)																		
25–34	194	45.4	44.1	81	14.5	14.8	45	11.3	12.0	35	6.8	7.1	55	9.3	9.5	410	16.5	16.5
35–44	127	43.5	43.4	44	15.5	16.2	36	12.6	12.7	17	5.3	5.4	33	11.5	11.8	257	17.5	17.5
45–54	42	21.0	20.9	17	9.0	9.1	22	10.0	10.5	10	5.3	5.9	17	10.4	10.4	108	11.3	11.4
55+	18	15.1	15.4	11	5.5	5.8	13	5.9	6.1	6	4.5	4.4	5	4.0	4.1	53	6.6	6.8
Moderate physical activity (daily)																		
25–34	268	68.7	67.9	197	35.2	35.6	91	23.0	23.0	109	21.0	20.6	116	19.7	19.2	781	31.8	31.5
35–44	184	65.7	65.5	76	26.9	26.9	75	26.4	26.3	86	26.8	26.1	72	25.1	24.8	493	33.9	33.4
45–54	98	52.7	52.8	44	23.4	23.7	42	19.3	18.8	38	20.2	19.7	38	23.0	23.1	260	27.5	27.4
55+	40	40.4	40.6	30	15.0	15.3	33	15.0	14.8	14	10.4	10.2	11	8.7	8.7	128	16.4	16.5

W – weighted; U – unweighted.