

Table 2 Frequency distribution of behavioural risk factors for noncommunicable diseases among the study participants

Variable <sup>a</sup>	Female		Male		Total	
	No.	%	No.	%	No.	%
<b><i>Cigarette smoking status</i></b>						
No	541	99.8	515	85.0	1056	92.0
Yes	1	0.2	91	15.0	92	8.0
<b><i>Duration of smoking: current and ex-smokers (years)</i></b>						
< 10	0	0.0	60	44.8	60	43.8
10–20	3	100.0	47	35.1	50	36.5
≥ 20	0	0.0	27	20.1	27	19.7
<b><i>Mouth snuff use status</i></b>						
No	542	99.4	455	74.6	997	86.3
Yes	3	0.6	155	25.4	158	13.7
<b><i>Fruit servings (days per week)<sup>a</sup></i></b>						
< 3	401	73.3	369	66.4	770	69.8
≥ 3	146	26.7	187	33.6	333	30.2
<b><i>Vegetable servings (days per week)<sup>b</sup></i></b>						
< 3	151	26.4	81	13.3	232	19.6
≥ 3	422	73.6	527	86.7	949	80.4
<b><i>Type of kitchen oil</i></b>						
Liquid	370	68.4	105	17.8	475	42.0
Solid	171	31.6	484	82.2	655	58.0
<b><i>Vigorous physical activity<sup>c</sup></i></b>						
No	306	57.5	452	74.5	758	66.5
Yes	226	42.5	155	25.5	381	33.5
<b><i>Moderate physical activity<sup>d</sup></i></b>						
No	192	36.8	242	47.8	434	42.2
Yes	330	63.2	264	52.2	594	57.8
<b><i>Pedal or bicycle for 20 min daily</i></b>						
No	502	95.8	246	40.7	748	66.3
Yes	22	4.2	359	59.3	381	33.7
<b><i>Sitting (h/day)</i></b>						
< 3	296	66.7	359	63.3	655	64.8
≥ 3	148	33.3	208	36.7	356	35.2

<sup>a</sup>Missing values in some categories; <sup>b</sup>One serving is amount of fruits or vegetables taken once; <sup>c</sup>Physical activity for 10 min causing high increase in heart rate or respiration; <sup>d</sup>Physical activity for 10 min causing moderate increase in heart rate or respiration.