

Annex Table 6 Summary prevalence of selected risk factors by subregion, ^a 2000^{b,c}

Risk factor ^d	Prevalence criteria	AFR-D	AFR-E	AMR-A	AMR-B	AMR-D	EMR-B	EMR-D	EUR-A	EUR-B	EUR-C	SEAR-B	SEAR-D	WPR-A	WPR-B
Alcohol	Proportion consuming alcohol	38%	44%	67%	66%	62%	10%	5%	87%	62%	86%	21%	14%	84%	57%
Blood pressure	Mean systolic pressure (mmHg)	133	129	127	128	128	133	131	135	137	138	128	125	133	124
Childhood sexual abuse	Proportion of adults with history of abuse	14%	33%	15%	9%	15%	18%	18%	9%	18%	16%	6%	46%	16%	26%
Cholesterol	Mean cholesterol (mmol/l) ^e	4.8	4.8	5.3	5.1	5.1	5.0	5.0	6.0	5.1	5.8	4.7	5.1	5.2	4.6
Indoor smoke from solid fuels	Proportion using biofuel	73%	86%	1%	25%	53%	6%	55%	0%	26%	7%	66%	83%	0%	28%
Iron deficiency	Mean haemoglobin level (g/dl)	10.6	10.6	12.5	11.2	11.2	10.5	10.5	12.5	11.9	11.9	11.0	10.4	12.5	11.0
Low fruit and vegetable intake	Average intake per day (g)	350	240	290	190	340	350	360	450	380	220	220	240	410	330
Overweight	Body mass index (kg/m ²)	21.3	21.8	26.9	26.0	26.0	25.2	22.3	26.7	26.5	26.5	23.1	19.9	23.4	22.9
Physical inactivity	Proportion with no physical activity	12%	11%	20%	23%	23%	19%	18%	17%	20%	24%	15%	17%	17%	16%
Underweight	Proportion less than 2 SD weight for age	32%	31%	2%	5%	12%	8%	25%	2%	8%	3%	26%	46%	4%	16%
Unplanned pregnancies	Proportion not using modern contraception	91%	86%	33%	45%	68%	63%	82%	31%	66%	52%	45%	65%	46%	73%
Unsafe health care injections	Unsafe injection(s) exposing to Hepatitis B each year	5%	4%	0%	0%	0%	0%	12%	0%	0%	1%	6%	10%	0%	8%
Urban air pollution	Concentration of particles less than 10 micron (µg/m ³)	23	16	13	15	20	17	27	13	24	18	28	25	13	28
Vitamin A deficiency	Proportion vitamin A deficient with night blindness	19%	23%	0%	9%	9%	1%	16%	0%	0%	0%	28%	18%	0%	9%
Zinc deficiency	Proportion not consuming US recommended dietary intake	37%	62%	6%	26%	68%	25%	52%	4%	13%	6%	34%	73%	4%	9%

^a See the List of Member States by WHO Region and mortality stratum for an explanation of subregions.

^b Estimates are age standardized to the WHO reference population most relevant to the risk factor:

alcohol, childhood sexual abuse, and physical inactivity: ≥15 years of age;

blood pressure, cholesterol, overweight, and low fruit and vegetable intake: ≥30 years of age;

iron deficiency, vitamin A deficiency, zinc deficiency, and underweight: children under 5 years of age;

unplanned pregnancies: women 15–44 years of age.

^c This table reflects the latest available data and may differ slightly from information presented in Chapter 4.

^d Many risk factors were characterized at multiple levels; here they are collapsed to show exposure or no exposure (or means).

^e 1 mmol/l = 38.7 mg/dl.