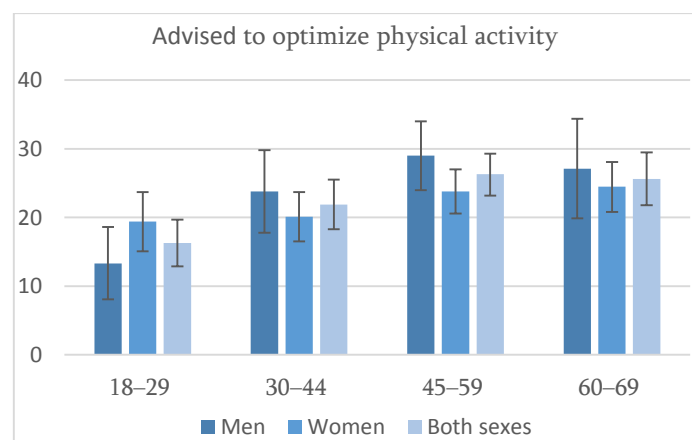
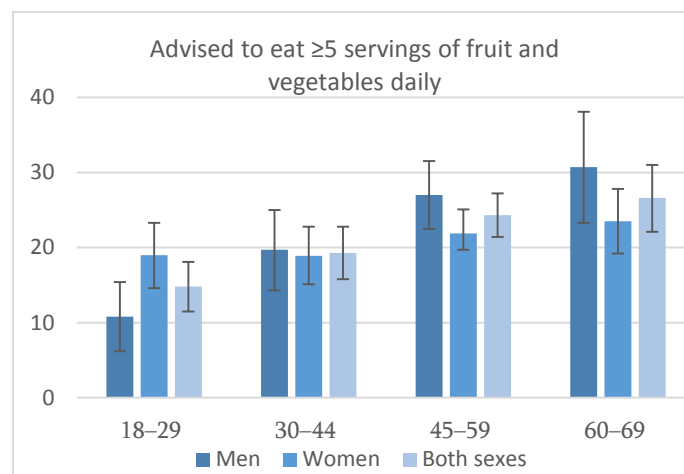
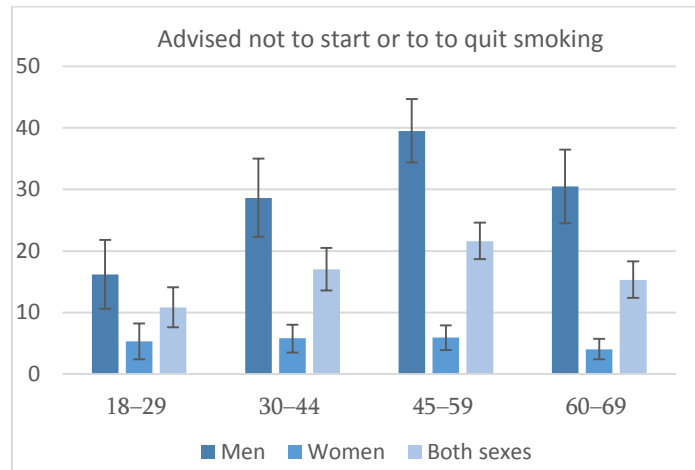
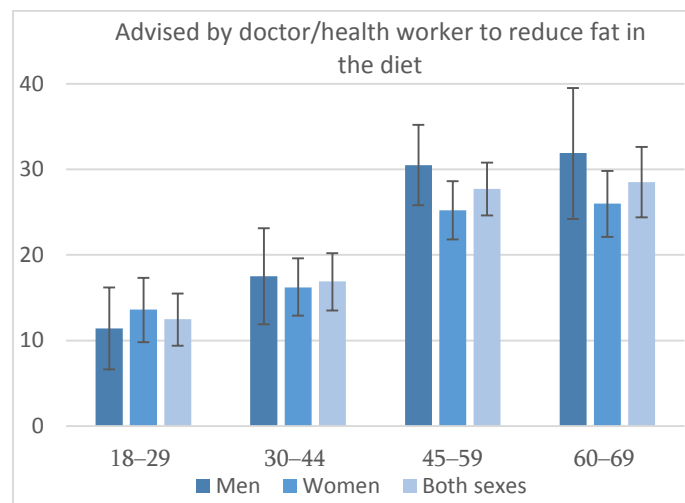
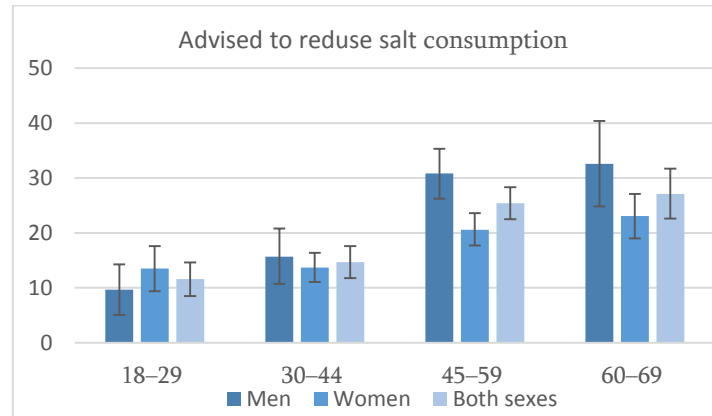
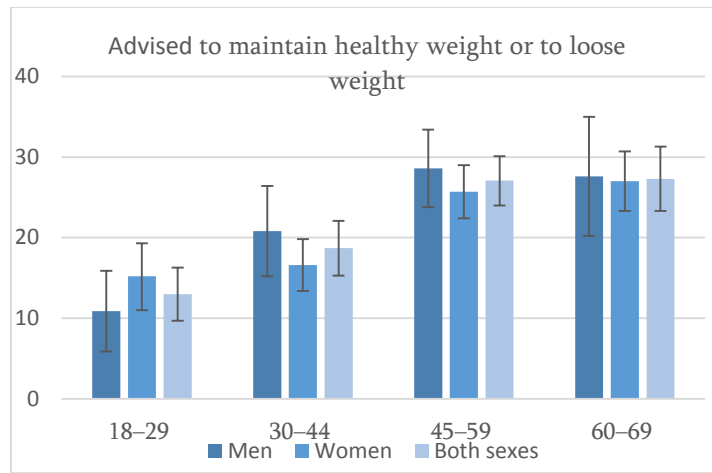


Non-communicable Diseases Risk-factor STEPS Survey, Georgia, 2016

Healthy lifestyle advises from doctors/medical professionals

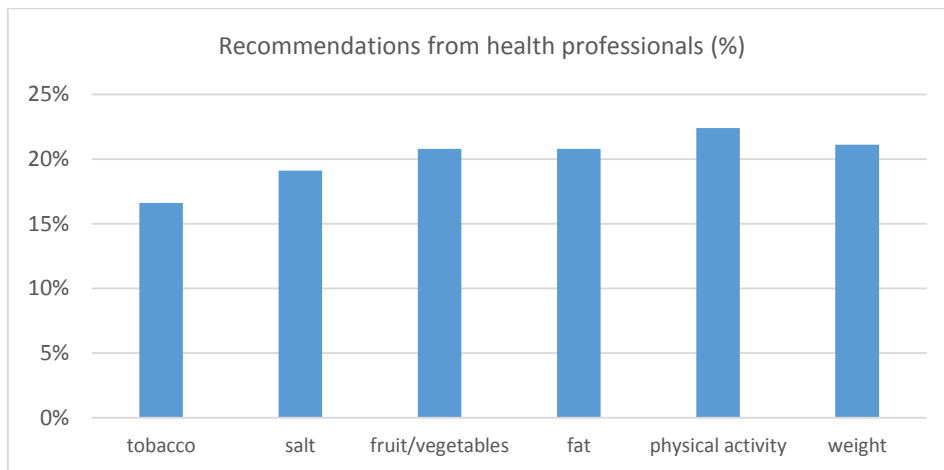
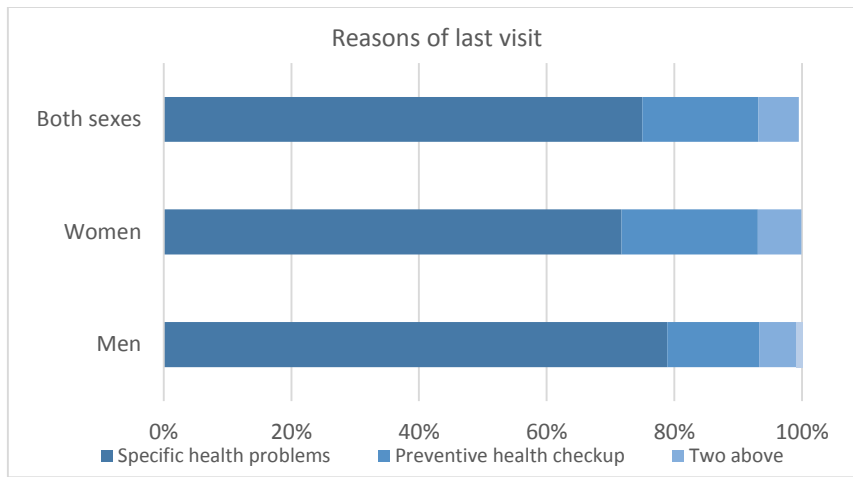
- Only one fifth of respondents have been advised by a doctor or other health worker regarding the healthy lifestyle components (tobacco, alcohol, nutrition, physical activity, maintenance of healthy weight, restriction of salt and fat)
- 16.6% have been advised to not to start smoking or to quit
- 19.1% have been advised to decrease salt consumption
- 20.8% have been advised to eat more than 5 servings of fruits and vegetables daily
- 22.4% have been advised to optimize physical activity
- 21.1% have been advised to maintain healthy weight or to loose weight





Visits to doctor

- 46.3% visited doctor or medical personnel during last 12 months
- The reason of last visit to doctor: specific health problems -75%; preventive health checkup - 18.2%.



Cervical Cancer Screening

- 19.9% of women have ever had screening test for cervical cancer; in 30-49 years old women this rate is 23.9%

