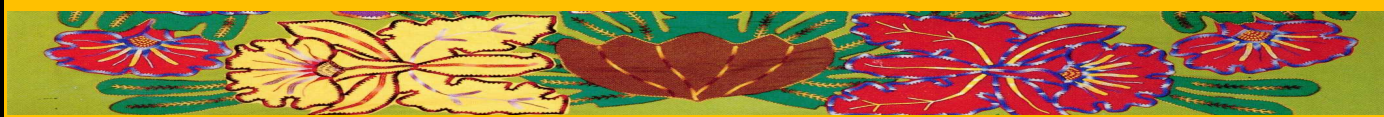




Cook Islands NCD STEPS Survey

Fact Sheet



The STEPS survey of chronic disease risk factors in Cook Islands was carried out from September, 2003 to May, 2004. The STEPS survey in Cook Islands was a population-based survey of adults aged 25-64 years. The Cook Islands STEPS survey was a population-based cross-sectional survey involving 9 islands (Rarotonga, Aitutaki, Mangaia, Mitiaro, Atiu, Mauke, Penhryn, Pukapuka and Manihiki). A total of 2,036 adults participated in the Cook Islands STEPS survey.

Results for adults aged 25-64 years	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily	33.3%	37.5%	28.8%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.3	19.7	21.2
Average years of smoking	17.5	18.8	15.7
Percentage smoking manufactured cigarettes	62.3%	55.2%	72.1%
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	8.1	8.1	8.0
Step 1 Alcohol Consumption			
Percentage of current drinkers (who drank alcohol in the past 12 months)	62.9%	74.4%	50.6%
<i>For those who drank alcohol in the last 30 days</i>			
Percentage who drank alcohol on 4 or more days in the last week	10.3%	14.2%	4.3%
Percentage of women who had 4 or more drinks on any day in the last week			51.6%
Percentage of men who had 5 or more drinks on any day in the last week		74.7%	
Step 1 Fruit and Vegetable and Fish Consumption (in a typical week)			
Mean number of days fruit consumed	3.7	3.4	4.0
Mean number of servings of fruit consumed per day	1.5	1.4	1.6
Mean number of days vegetables consumed	4.0	3.7	4.2
Mean number of servings of vegetables consumed per day	1.5	1.5	1.6
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	81.8%	83.5%	79.9%
Mean number of days fresh fish consumed	3.2	3.3	3.0
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	75.3%	74.4%	76.3%
Percentage with high levels of activity (defined as ≥1500 MET-minutes/week)	11.8%	14.1%	9.6%
Mean time spent in physical activity per day (minutes)	47.7	52.2	43.6

Results for adults aged 25-64 years	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	32.8	32.3	33.3
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	88.5%	89.8%	87.1%
Percentage who are obese (BMI ≥ 30 kg/m ²)	61.4%	57.4%	65.7%
Average waist circumference (cm)	101.9	103.7	100.0
Mean systolic blood pressure - SBP (mmHg)	129.1	134.6	123.3
Mean diastolic blood pressure - DBP (mmHg)	80.6	83.1	78.0
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	33.2%	40.6%	25.5%
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	7.7%	9.7 %	5.6%
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L)	6.3	6.4	6.1
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> capillary whole blood value ≥ 6.1 mmol/L 	23.6%	26.1%	21.0%
Mean total blood cholesterol (mmol/L)	5.1	5.1	5.0
Percentage with raised total cholesterol (≥ 5.0 mmol/L)	75.2%	77.1%	73.2%
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	6.3%	7.1%	5.4%
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day low level of activity (<600 MET -minutes) 	<ul style="list-style-type: none"> overweight or obese (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 		
Percentage with low risk (i.e. none of the risk factors included above)	0.4%	0.3%	0.4%
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	75.1%	81.0%	70.0%
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	80.5%	83.8%	77.1%