

The STEPS survey of noncommunicable disease (NCD) risk factors in Kenya was carried out from April to June 2015. Step 1, Step 2 and step 3 were carried out together with the two optional modules on Oral Health and on Violence and Injuries. Socio demographic and behavioural information were collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults age 18-69 years. A multi-cluster random sample design was used to produce representative data for that age range in Kenya. A total of 6000 adults participated in the survey.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently use tobacco	13.3% (10.9-15.7)	23.0% (19.9-26.7)	4.1% (1.7-6.5)
Percentage who currently smoke tobacco	10.1% (8.1-12.1)	19.7% (15.9-23.6)	0.9% (0.0-1.8)
Percentage who currently smoke tobacco daily	8.3% (6.5-10.1)	16.6% (13.1-20.0)	0.4% (0.0-0.7)
Percentage who currently use smokeless tobacco	3.6% (2.1-5.1)	4.0% (2.4-5.6)	3.3% (1.3-5.2)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.8 (19.4-22.2)	20.6 (19.2-22.0)	**
Percentage of daily smokers smoking manufactured cigarettes	93.1% (89.8-96.5)	93.4% (90.1-96.8)	**
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	7.1 (6.3-7.9)	7.2 (6.3-8.0)	**
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	61.3% (57.9-64.6)	41.4% (37.3-45.4)	80.3% (77.1-83.5)
Percentage who are past 12 month abstainers	13.4% (11.5-15.3)	17.7% (14.7-20.7)	9.4% (7.6-11.1)
Percentage who currently drink (drank alcohol in the past 30 days)	19.3% (16.7-21.8)	33.8% (29.5-38.1)	5.4% (3.6-7.2)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	12.7% (10.2-15.1)	23.1% (18.6-27.6)	2.7% (1.2-4.1)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.5 (2.3-2.7)	2.6 (2.3-2.8)	2.4 (2.2-2.7)
Mean number of servings of fruit consumed on average per day	0.8 (0.7-0.9)	0.8 (0.7-0.9)	0.7 (0.7-0.8)
Mean number of days vegetables consumed in a typical week	5.0 (4.7-5.2)	5.0 (4.7-5.3)	5.0 (4.6-5.3)
Mean number of servings of vegetables consumed on average per day	1.3 (1.2-1.4)	1.3 (1.2-1.4)	1.3 (1.2-1.5)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	94.0% (92.4-95.7)	93.2% (91.1-95.3)	94.8% (93.3-96.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	23.2% (19.1-27.2)	26.2% (21.5-31.0)	20.3% (15.9-24.6)
Percentage who always or often eat processed foods high in salt	4.3% (3.2-5.5)	5.0% (3.2-6.8)	3.7% (2.1-5.2)
Percentage who always or often add sugar when cooking or preparing food and beverages at home	83.9% (80.0-87.8)	84.2% (80.2-88.3)	83.5% (79.3-87.8)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes - of moderate-intensity activity per week, or equivalent)*	6.5% (5.1-7.9)	6.3% (3.9-8.7)	6.8% (5.1-8.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	263 (111-436)	308 (121-480)	231 (103-375)
Percentage not engaging in vigorous activity	46.1% (42.3-49.9)	39.2% (34.2-44.2)	52.9% (48.5-57.3)
Median time spent in sedentary time on average per day (minutes) (presented with inter-quartile range)	120 (60-180)	120 (60-180)	120 (60-180)

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<http://www.who.int/chp/steps/GPAQ/en/index.html>) or to the WHO Global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html) ** n < 25

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			16.4% (12.7-20.1)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.3 (22.9-23.6)	22.2 (21.7-22.7)	24.4 (23.8-24.9)
Percentage who are overweight (BMI ≥ 25 kg/m ² <29)	19.0% (16.7-21.3)	13.2% (10.2-16.3)	24.9% (22.0-27.7)
Percentage who are obese (BMI ≥ 30 kg/m ²)	8.9% (7.5-10.4)	4.3% (2.6-6.0)	13.7% (11.3-16.1)
Average waist circumference (cm)		78.6 (76.7-80.4)	79.1 (77.4-80.7)
Percentage above normal value of waist hip ratio (men > 0.9, women 0.85)		27.2% (22.2-32.3)	35.9% (32.4-39.3)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.4 (123.4-125.4)	126.9 (125.6-128.2)	122.1 (120.7-123.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	80.7 (79.9-81.4)	80.3 (79.3-81.3)	81.0 (80.2-81.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	23.8% (21.4-26.2)	25.1% (21.9-28.2)	22.6% (20.0-25.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	91.8% (89.7-93.9)	95.2% (92.7-97.6)	88.3% (84.7-91.9)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	8.4% (7.3-9.6)	7.5% (6.1-8.9)	9.4% (7.9-10.9)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	4.6 (4.5-4.7)	4.5 (4.4-4.6)	4.7 (4.6-4.8)
Percentage with impaired fasting glycaemia as defined below * plasma venous value ≥ 6.1 mmol/L and <7.0 mmol/L	3.1% (2.2-4.0)	3.0% (1.7-6.9)	3.2% (2.1-4.3)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L	1.9% (1.3-2.5)	1.5% (0.7-2.3)	2.3% (1.6-3.1)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	3.6 (3.5-3.7)	3.4 (3.3-3.5)	3.8 (3.7-3.9)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	10.1% (8.1-12.1)	7.3% (4.7-9.9)	12.8% (10.6-14.9)
Percentage with raised total cholesterol (≥ 6.2 mmol/L or currently on medication for raised cholesterol)	1.5% (1.0-2.0)	1.1% (0.4-1.9)	1.8% (1.1-2.5)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	7.6% (5.4-9.1)	6.6% (3.2-9.9)	8.8% (6.1-11.5)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity overweight (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 			
Percentage with none of the above risk factors	3.0% (2.0-4.0)	3.5% (2.2-4.9)	2.4% (1.5-3.4)
Percentage with three or more of the above risk factors, aged 18 to 44 years	10.4% (8.5-12.3)	10.9% (8.0-13.9)	9.8% (7.9-11.8)
Percentage with three or more of the above risk factors, aged 45 to 69 years	25.9% (21.7-30.2)	25.3% (18.7-31.9)	26.5% (21.3-31.8)
Percentage with three or more of the above risk factors, aged 18 to 69 years	13.8% (11.6-16.0)	14.0% (10.7-17.4)	13.6% (11.4-15.8)

** A 10-year CVD risk of ≥30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl)).