



# Guyana STEPS Survey 2016

## Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Guyana was carried out from September 28 to October 26, 2016. Guyana carried out Step 1, Step 2 and Step 3. Socio demographic and behavioural information was 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, lipid profiles and presence of hemoglobinopathies such as sickle cell anemia and Thalassemia in Step 3. The survey was a population-based survey of adults aged 18-69. A cluster sample design was used to produce representative data for that age range in Guyana. A total of 2662 adults participated in the survey. The overall response rate was 77% for Steps 1 and 2 and 40% for Step 3. A repeat survey is planned for 2021 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	15.4 (12.3-18.4)	26.6 (21.2-32.0)	3.3 (2.3-4.4)
Percentage who currently smoke tobacco daily	10.8 (8.5-13.1)	18.8 (14.6-23.0)	2.2 (1.4-3.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>18.0</b> (-)	<b>17.5</b> (-)	<b>21.9</b> (-)
Percentage of daily smokers smoking manufactured cigarettes	98.3 (96.0-100.6)	98.1 (95.5-100.7)	100.0 (100.0-100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>9.5</b> (-)	<b>9.5</b> (-)	<b>9.6</b> (-)
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	<b>27.0</b> (24.1-30.0)	<b>13.9</b> (10.7-17.1)	<b>40.0</b> (37.4-44.6)
Percentage who are past 12 month abstainers	<b>15.8</b> (12.9-18.8)	<b>12.9</b> (8.4-17.3)	<b>19.0</b> (16.3-21.6)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>41.0</b> (38.1-44.0)	<b>59.3</b> (54.9-63.8)	<b>21.4</b> (18.9-24.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	<b>21.5</b> (18.8-24.1)	<b>34.1</b> (29.5-38.8)	<b>7.9</b> (6.3-9.5)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	<b>3.3</b> (3.2-3.4)	<b>3.3</b> (3.1-3.5)	<b>3.4</b> (3.2-3.5)
Mean number of servings of fruit consumed on average per day	<b>1.0</b> (1.0-1.0)	<b>1.0</b> (1.0-1.1)	<b>1.0</b> (0.9-1.0)
Mean number of days vegetables consumed	<b>4.8</b> (4.7-4.9)	<b>4.7</b> (4.5-4.8)	<b>5.1</b> (4.9-5.2)
Mean number of servings of vegetables consumed on average per day	<b>1.3</b> (1.2-1.5)	<b>1.3</b> (1.2-1.4)	<b>1.3</b> (1.2-1.4)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>93.6</b> (92.2-95.0)	<b>93.0</b> (90.4-95.5)	<b>94.2</b> (94.7-95.7)
<b>Step 1 Physical Activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	15.8 (13.6-18.1)	12.2 (9.4-15.0)	19.7 (17.0-22.5)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	<b>106.4</b> (12.9-342.9)	<b>220.0</b> (36.4-454.3)	<b>38.6</b> (0.0-180.0)
Percentage not engaging in vigorous activity	<b>63.9</b> (61.3-66.6)	<b>44.2</b> (40.4-48.0)	<b>85.0</b> (82.3-87.6)
<b>Step 1 Cervical Cancer Screening</b>			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			

\* 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](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html))



# Guyana STEPS Survey 2016

## Fact Sheet

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	26.2 (25.8-26.7)	24.6 (24.0-25.3)	28.0 (27.5-28.5)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	50.3 (47.2-53.5)	39.8 (34.6-44.9)	61.8 (58.6-65.0)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	23.6 (21.3-25.9)	14.0 (11.1-16.8)	34.0 (31.1-37.0)
Average waist circumference (cm)		88.4 (85.9-91.0)	92.7 (91.3-94.0)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.8 (124.8-126.7)	128.5 (127.1-130.0)	122.8 (121.5-124.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	77.7 (77.0-78.4)	78.6 (77.5-79.7)	76.8 (76.0-77.6)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	26.3 (24.3-28.3)	16.5 (10.8-22.2)	22.9 (17.9-28.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	18.4 (16.3-20.5)	20.7 (17.0-24.4)	15.9 (13.0-18.7)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	93.8 (-)	85.0 (-)	102.5 (-)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	5.3 (3.0-7.6)	4.7 (1.5-8.0)	5.8 (2.9-8.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	7.2 (5.4- 9.0)	5.0 (2.8-7.2)	9.5 (6.7-12.2)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	192.8 (-)	189 (-)	196.6 (-)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	50.1 (45.7-54.5)	46.8 (40.1-53.5)	53.4 (48.2-58.6)
<b>Cardiovascular disease (CVD) risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**			
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>current daily smokers</li> <li>less than 5 servings of fruits &amp; vegetables per day</li> <li>insufficient physical activity</li> <li>overweight (BMI ≥ 25 kg/m<sup>2</sup>)</li> <li>raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)</li> </ul>			
Percentage with none of the above risk factors	1.308 (0.7-1.9)	1.3 (0.4-2.3)	1.3 (0.6-2.0)
Percentage with three or more of the above risk factors, aged 18 to 44 years	23.4 (21.3-25.5)	19.1 (15.0-23.1)	28.2 (24.4-32.0)
Percentage with three or more of the above risk factors, aged 45 to 69 years	50.8 (46.8-54.9)	45.2 (39.0-51.4)	56.7 (51.2-62.2)
Percentage with three or more of the above risk factors, aged 18 to 69 years	31.9 (29.9-33.8)	27.0 (23.5-30.5)	37.1 (1.7-33.7)

\*\* 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)).

**For additional information, please contact:**  
**STEPS country focal point: Dr. Kavita Singh, [ksingh@health.gov.gy](mailto:ksingh@health.gov.gy)**