



Cook Island STEPS Survey

2013-2015

Fact Sheet

The STEPS survey of chronic disease risk factors in Cook Islands was carried out from February 2013 to April 2015. Cook Islands 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 and cholesterol levels in Step 3. The STEPS survey in Cook Islands was a population-based survey of adults aged 18-64. A Multi-cluster sample design was used to produce representative data for that age range in Cook Islands. A total of 1272 adults participated in the Cook Islands STEPS survey. The overall response rate was 63%. A repeat survey is planned for 2018 if funds permit.

Results for adults aged 18-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	32.6 (30.7-34.5)	37.9 (34.2-41.5)	27.7 (24.9-30.5)
Percentage who currently smoke tobacco daily	24.3 (22.3-26.4)	28.4 (24.9-31.9)	20.6 (16.6-24.5)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.0 (18.7-19.3)	18.7 (18.1-19.3)	19.3 (18.5-20.2)
Percentage of daily smokers smoking manufactured cigarettes	89.0 (84.8-93.1)	86.4 (79.3-93.5)	91.9 (87.6-96.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	9.7 (8.9-10.5)	9.7 (8.4-11.0)	9.6 (7.2-12.0)
Percentage who are lifetime abstainers			
Percentage who are lifetime abstainers	23.4 (21.2-25.7)	19.4 (17.6-21.1)	27.2 (23.3-31.2)
Percentage who are past 12 month abstainers	14.1 (12.8-15.4)	13.6 (11.9-15.4)	14.5 (13.1-16.0)
Percentage who currently drink (drank alcohol in the past 30 days)			
Percentage who currently drink (drank alcohol in the past 30 days)	46.2 (42.8-49.6)	56.8 (54.5-59.2)	36.4 (30.4-42.3)
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)		52.1 (49.7-54.5)	31.5 (25.5-37.6)
Step 1 Fruit and Vegetables Consumption (in a typical week)			
Mean number of days fruit consumed	3.4 (3.3-3.5)	3.4 (3.2-3.5)	4.3 (4.0-4.5)
Mean number of servings of fruit consumed on average per day	1.5 (1.5-1.6)	1.3 (1.2-1.4)	1.8 (1.6-1.9)
Mean number of days vegetables consumed	3.7 (3.6-3.8)	3.4 (3.3-3.5)	3.9 (3.8-4.1)
Mean number of servings of vegetables consumed on average per day	1.2 (1.2-1.3)	1.2 (1.1-1.2)	1.3 (1.2-1.4)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	85.4 (83.4-87.4)	88.9 (86.7-91.1)	82.1 (79.4-84.9)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	23.0 (21.2-24.8)	14.6 (12.9-16.4)	30.7 (27.1-34.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	85.7 (21.4-220.7)	128.6 (42.9-308.6)	51.4 (8.6-137.1)
Percentage not engaging in vigorous activity	48.5 (46.9-50.1)	33.9 (31.5-36.2)	62.0 (59.5-64.4)

* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at: <https://www.who.int/ncds/surveillance/steps/GPAQ/en/>



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Results for adults aged 18-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	34.0 (33.7-34.3)	33.6 (33.0-34.2)	34.3 (33.9-34.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	89.5 (88.1-91.0)	88.7 (86.4-91.0)	90.2 (88.8-91.7)
Percentage who are obese (BMI ≥ 30 kg/m ²)	69.8 (67.8-71.8)	68.7 (65.4-72.0)	70.7 (68.6-72.8)
Average waist circumference (cm)	-	105.5 (103.4-107.6)	104.3 (103.3-105.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.0 (126.9-129.2)	132.5 (131.1-133.8)	124.2 (123.2-125.3)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	78.9 (78.3-79.5)	80.4 (79.7-81.0)	77.7 (76.8-78.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	28.5 (25.3-31.7)	34.7 (30.4-39.1)	23.2 (20.5-25.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	23.6 (20.2-26.9)	30.8 (25.8-35.8)	17.3 (14.8-19.7)
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/l)			
	6.6 (6.0-6.4)	6.6 (6.4-6.7)	6.5 (6.2-6.8)
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)	23.2 (19.9-26.5)	24.6 (21.7-27.5)	22.1 (16.0-28.3)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/l (126 mg/dl)	23.5 (21.8-25.2)	25.1 (20.6-29.6)	22.3 (18.2-26.5)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/l)	5.0 (5.0-5.1)	5.1 (5.0-5.1)	5.0 (4.9-5.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/l or ≥ 190 mg/dl or currently on medication for raised cholesterol)	46.5 (44.3-48.8)	54.4 (51.5-57.3)	40.5 (37.2-43.7)
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 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	0.7 (0.3-1.0)	0.8 (0.2-1.3)	0.6 (0.0-1.4)
Percentage with three or more of the above risk factors, aged 18 to 44 years	44.7 (40.2-49.1)	45.2 (38.9-51.5)	44.2 (38.9-49.5)
Percentage with three or more of the above risk factors, aged 45 to 64 years	64.7 (60.7-68.6)	66.6 (60.4-72.7)	62.8 (57.5-68.1)
Percentage with three or more of the above risk factors, aged 18 to 64 years	51.8 (47.8-55.9)	53.2 (47.6-58.7)	50.7 (46.2-55.1)
Summary of CVD risk with a 10-year CVD risk ≥ 30% or with existing CVD			
<ul style="list-style-type: none"> Gender, age Current and former smoking History of diabetes CVD Systolic blood pressure measurements Fasting status, glucose and total cholesterol measurements 			
Percentage with a 10-year CVD risk of ≥ 30% or with existing CVD, aged 40 to 64 years	2.1 (1.2-2.9)	1.9 (0.5-3.3)	2.2 (0.9-3.5)

For additional information, please contact:
STEPS country focal point: KAREN TAIREA
 Email address: karen.tairea@cookislands.gov.ck