



Non Communicable Diseases Risk Factors: STEPS Survey Sri Lanka 2015



The STEPS survey of noncommunicable disease (NCD) risk factors in Sri Lanka was carried out from July 2014 to May 2015. Sri Lanka 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 survey was a population-based survey

of adults aged 18-69. A multi stage cluster sampling design was used to produce representative data for that age range in Sri Lanka.

A total of 5188 adults participated in the survey. The overall response rate was 72%. A repeat survey is planned for 2018 if funds permit.

Results for adults aged 18-69 years

Both Sexes

Males

Females

→ Step 1: Tobacco Use

● Percentage who currently smoke tobacco	15.0%	29.4%	0.1%**
● Percentage who currently smoke tobacco daily	10.2%	19.9%	**
<i>For those who smoke tobacco daily</i>			
● Average age started smoking (years)	20.7	20.5	**
● Percentage of daily smokers smoking manufactured cigarettes	82.4%	82.9%	**
● Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	3.7	3.7	**

→ Step 1: Alcohol Consumption

● Percentage who are lifetime abstainers	67.9%	40.2%	96.5%
● Percentage who are past 12 month abstainers	5.8%	9.7%	1.8%
● Percentage who currently drink (drank alcohol in the past 30 days)	17.9%	34.8%	0.5%
● Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	8.6%	16.8%	**

→ Step 1: Diet

● Mean number of days fruit consumed in a typical week	3.6	3.5	3.8
● Mean number of servings of fruit consumed on average per day	1.3	1.3	1.3
● Mean number of days vegetables consumed in a typical week	6.6	6.5	6.6
● Mean number of servings of vegetables consumed on average per day	3.0	3.0	3.1
● Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	72.5%	73.1%	72.0%
● Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	21.8%	21.8%	21.8%
● Percentage who always or often eat processed foods high in salt	26.6%	28.3%	24.8%

→ Step 1: Physical Activity

● Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	30.4%	22.5%	38.4%
● Median time spent in physical activity on average per day (minutes)	77.1	124.3	42.8
● Percentage not engaging in vigorous activity	73.6%	58.3%	89.2%

Results for adults aged 18-69 years

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	-	-	24.5%
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→ Step 2: Physical Measurements

● Mean body mass index - BMI (kg/m ²)	22.9	22.4	23.5
● Percentage who are overweight (BMI ≥ 25 kg/m ²)	29.3%	24.6%	34.3%
● Percentage who are obese (BMI ≥ 30 kg/m ²)	5.9%	3.5%	8.4%
● Average waist circumference (cm)	-	82.3	82.1
● Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.1	126.8	123.4
● Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	80.5	80.5	80.4
● Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	26.1%	25.4%	26.7%

→ Step 3: Biochemical Measurement

● Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	81.6	81.9	81.4
● Percentage with impaired fasting glycaemia as defined below	3.8%	4.4%	3.2%
● plasma venous value ≥ 110 mg/dl and < 126 mg/dl			
● Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose	7.4%	7.3%	7.6%
● plasma venous value ≥ 126 mg/dl			
● Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	152.2	146.8	157.8
● Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	23.7%	19.1%	28.4%
Cardiovascular disease (CVD) risk			
● Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD***	9.1%	8.9%	9.3%

Summary of combined risk factors

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|--|---|
| <ul style="list-style-type: none"> ● Current daily smokers ● Less than 5 servings of fruits & vegetables per day ● Insufficient physical activity | <ul style="list-style-type: none"> ● 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	8.2%	7.6%	8.8%
● Percentage with three or more of the above risk factors, aged 18 to 44 years	12.5%	12.1%	13.0%
● Percentage with three or more of the above risk factors, aged 45 to 69 years	27.8%	24.0%	31.4%
● Percentage with three or more of the above risk factors, aged 18 to 69 years	18.3%	16.4%	20.2%

* 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)

** Sample size was less than 50

***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))

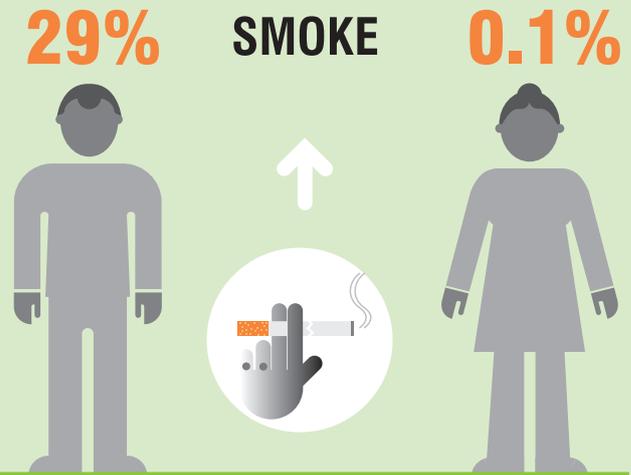
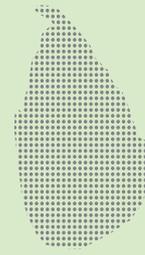
For additional information, please contact:

WHO STEPS Team [Steps@who.int]. STEPS country focal point Dr. Lakshmi C. Somatunga email: Isomatunga@hotmail.com

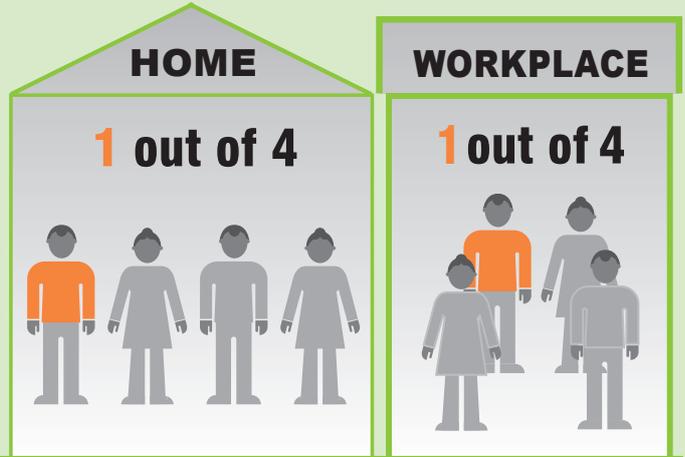
*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS). <http://www.who.int/tobacco/publications/surveillance/tqs/en>



Sri Lanka

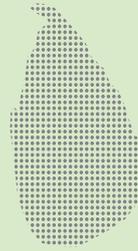


SECOND HAND SMOKING

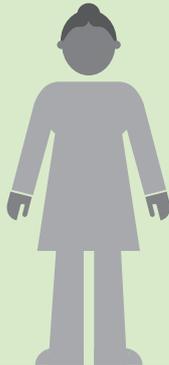
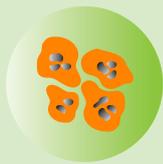




Sri Lanka



25% of women aged 30-49 years who have ever had a screening test for **CERVICAL CANCER**



25%

OVERWEIGHT

34%



Mean BLOOD PRESSURE

126.8
(mmHg)



Systolic



123.4
(mmHg)

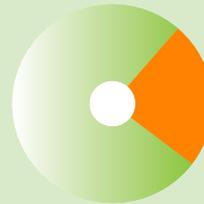
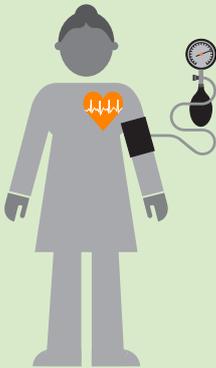
80.5
(mmHg)



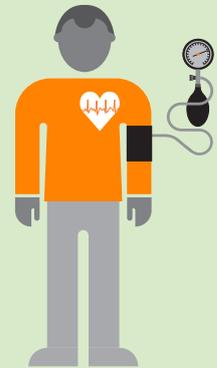
Diastolic



80.4
(mmHg)



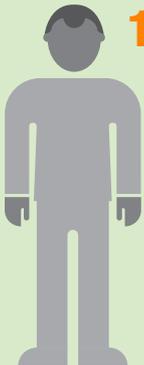
26% having **HIGH BLOOD PRESSURE** or currently on medication



Mean total **BLOOD CHOLESTEROL**, including those currently on medication for raised cholesterol

146.8
(mg/dl)

157.8
(mg/dl)



% with raised fasting **BLOOD SUGAR**

7.4%

