



# The Gambia STEPS Survey 2010

## Fact Sheet

The STEPS survey of chronic disease risk factors in The Gambia was carried out from January 2010 to March 2010. The Gambia carried out Step 1 and Step 2. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. The STEPS survey in The Gambia was a population-based survey of adults aged 25-64. Probability proportional to size sampling was used in both the first and second stage of sampling to produce representative data for that age range in The Gambia. A total of 5,280 people were targeted for the study but only a total of 4,111 participated. The overall response rate was thus 77.9%.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	<b>15.6%</b> (13.1 - 18.2)	<b>31.3%</b> (27.0 - 35.7)	<b>1.0%</b> (0.6 - 1.5)
Percentage who currently smoke tobacco daily	<b>14.5%</b> (12.2 - 16.8)	<b>29.4%</b> (25.4 - 33.3)	<b>0.7%</b> (0.3 - 1.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>19.8</b> (19.2 - 20.5)	<b>19.7</b> (19.1 - 20.4)	*
Percentage of daily smokers smoking manufactured cigarettes	<b>91.5%</b> (88.7 - 94.3)	<b>92.1%</b> (89.3 - 94.9)	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>9.9</b> (9.1 - 10.8)	<b>9.9</b> (9.1 - 10.8)	*
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	<b>97.4%</b> (96.6 - 98.2)	<b>95.9%</b> (94.6 - 97.3)	<b>98.7%</b> (98.2 - 99.3)
Percentage who are past 12 month abstainers	<b>1.2%</b> (0.7 - 1.8)	<b>1.8%</b> (0.8 - 2.9)	<b>0.7%</b> (0.2 - 1.2)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>1.0%</b> (0.5 - 1.4)	<b>1.5%</b> (0.7 - 2.4)	<b>0.4%</b> (0.2 - 0.7)
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)	-	<b>0.8%</b> (0.3 - 1.3)	<b>0.3%</b> (0.1 - 0.6)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	<b>3.3</b> (3.0 - 3.6)	<b>3.3</b> (3.0 - 3.6)	<b>3.4</b> (3.1 - 3.7)
Mean number of servings of fruit consumed on average per day	<b>1.0</b> (0.9 - 1.2)	<b>1.0</b> (0.9 - 1.2)	<b>1.0</b> (0.8 - 1.1)
Mean number of days vegetables consumed	<b>5.0</b> (4.6 - 5.5)	<b>4.9</b> (4.5 - 5.4)	<b>5.1</b> (4.7 - 5.5)
Mean number of servings of vegetables consumed on average per day	<b>1.4</b> (1.2 - 1.6)	<b>1.4</b> (1.2 - 1.5)	<b>1.5</b> (1.3 - 1.7)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>93.0%</b> (90.2 - 95.8)	<b>92.6%</b> (89.4 - 95.9)	<b>93.3%</b> (90.7 - 95.9)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	<b>22.6%</b> (15.6 - 29.5)	<b>18.3%</b> (12.1 - 24.4)	<b>26.5%</b> (18.6 - 34.5)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	<b>59.2%</b> (52.3 - 66.1)	<b>64.3%</b> (57.7 - 70.9)	<b>54.4%</b> (46.6 - 62.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	<b>150.0</b> (45.0 - 317.1)	<b>180.0</b> (62.1 - 342.9)	<b>128.6</b> (30.0 - 291.4)
Percentage not engaging in vigorous activity	<b>58.7%</b> (52.3 - 65.1)	<b>50.8%</b> (44.4 - 57.1)	<b>66.0%</b> (58.8 - 73.3)

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



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Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	<b>24.4</b> (23.9 - 24.8)	<b>23.6</b> (23.1 - 24.2)	<b>25.1</b> (24.7 - 25.5)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	<b>39.5%</b> (34.9 - 44.1)	<b>33.7%</b> (27.3 - 40.1)	<b>45.3%</b> (41.3 - 49.4)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>12.1%</b> (10.0 - 14.3)	<b>7.9%</b> (5.5 - 10.3)	<b>16.5%</b> (13.9 - 19.0)
Average waist circumference (cm)	-	<b>72.2</b> (69.3 - 75.1)	<b>76.1</b> (73.0 - 79.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	<b>129.9</b> (128.8 - 131.0)	<b>130.5</b> (129.3 - 131.8)	<b>129.3</b> (127.7 - 130.8)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	<b>80.0</b> (79.2 - 80.7)	<b>79.9</b> (79.0 - 80.8)	<b>80.0</b> (79.2 - 80.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	<b>26.3%</b> (23.7 - 28.8)	<b>26.4%</b> (23.1 - 29.8)	<b>26.1%</b> (23.0 - 29.2)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	<b>90.6%</b> (88.0 - 93.3)	<b>95.2%</b> (92.4 - 97.9)	<b>86.5%</b> (82.9 - 90.0)
<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>low level of activity</li> </ul>		<ul style="list-style-type: none"> <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	<b>2.1%</b> (1.1 - 3.2)	<b>2.7%</b> (1.2 - 4.1)	<b>1.6%</b> (0.7 - 2.6)
Percentage with three or more of the above risk factors, aged 25 to 44 years	<b>20.7%</b> (17.6 - 23.7)	<b>22.8%</b> (19.0 - 26.6)	<b>18.4%</b> (14.7 - 22.1)
Percentage with three or more of the above risk factors, aged 45 to 64 years	<b>39.8%</b> (35.1 - 44.4)	<b>37.6%</b> (32.6 - 42.6)	<b>42.0%</b> (35.0 - 49.1)
Percentage with three or more of the above risk factors, aged 25 to 64 years	<b>25.8%</b> (22.9 - 28.6)	<b>26.8%</b> (23.5 - 30.1)	<b>24.8%</b> (21.1 - 28.4)

\* indicates less than 50 respondents

**For additional information, please contact:  
Mr Omar Badjie, e-mail: [omarbadjie@yahoo.com](mailto:omarbadjie@yahoo.com)**