

Annex I

National NCD risk factor survey Zanzibar 2011

Fact Sheet

A STEPS survey of chronic disease risk factors using a modified version of the surveillance tool STEPS (WHO)** was carried out from June to July 2011 in Zanzibar, Tanzania. Step 1, Step 2 and Step 3 was carried out with core and expanded modules. Furthermore the STEPS module on injuries was used, and also the questionnaire containing GHQ-12 for mental health assessment was applied.

The STEPS survey in Zanzibar was a population (household) based survey of adults aged 25-64. A multi-stage cluster sample design with stratification was used to produce representative data for that age range in Zanzibar. 2800 households were sampled, and a total of 2639 adults participated in survey. **

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	7.3 (5.4-9.2)	14.6 (10.9-18.3)	0.7 (0.2-1.2)
Percentage who currently smoke tobacco daily	6.4 (4.6-8.2)	12.7 (9.2-16.3)	0.5 (0.0-1.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	22.1 (20.96-23.3)	22.0 (20.9-23.2)	-
Percentage of daily smokers smoking manufactured cigarettes	94.7 (83.8-99.6)	98.2 (96.2-100.2)	-
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.5 (4.7-6.4)	5.8 (4.8-6.7)	-
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	90.8 (88.5-93.1)	84.2 (79.7-88.8)	96.8 (95.4-98.1)
Percentage who are past 12 month abstainers	6.1 (4.5-7.8)	10.6 (6.8-14.3)	2.1 (1.1-3.0)
Percentage who currently drink (drank alcohol in the past 30 days)	1.7 (1.0-2.4)	3.1 (1.7-4.5)	0.4 (0.1-0.7)
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)	-	1.7 (0.6-2.8)	0.3 (0.04-0.5)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.9 (3.7-4.1)	4.1 (3.9-4.4)	3.7 (3.5-4.0)

Mean number of servings of fruit consumed on average per day	1.1 (1.0-1.1)	1.1 (1.0-1.2)	1.0 (0.9-1.1)
Mean number of days vegetables consumed	2.8 (2.7-3.0)	2.7 (2.5-2.9)	2.9 (2.8-3.0)
Mean number of servings of vegetables consumed on average per day	0.7 (0.7-0.7)	0.6 (0.6-0.7)	0.7 (0.7-0.8)
Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	97.9 (97.1-98.7)	97.6 (96.5-98.8)	98.1 (97.3-99.0)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	17.6 (14.5-20.7)	7.4 (5.6-9.3)	26.8 (22.2-31.4)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	64.7 (60.4-68.9)	80.0 (75.2-84.9)	50.7 (46.4-55.0)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	188.6 (51.4-364.3)	248.6 (115.7-422.1)	107.1 (28.6-295.7)
Percentage not engaging in vigorous activity	52.1 (45.9-58.3)	31.8 (24.9-38.6)	70.6 (64.8-76.4)

Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	24.3 (24.0-24.6)	23.4 (23.1-23.7)	25.2 (24.8-25.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	36.6 (33.9-39.2)	30.5 (27.2-33.9)	42.6 (39.2-46.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	14.3 (11.8-16.9)	7.7 (5.0-10.4)	20.9 (17.1-24.7)
Percentage who are underweight (BMI < 18.5 kg/m ²)	8.5 (6.9-10.2)	7.6 (4.8-10.4)	9.5 (7.2-11.7)
Average waist circumference (cm)		82 (81.1-82.9)	87 (86.2-87.9)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	131.3 (129-133.7)	135.0 (132.57-137.4)	128.0 (125.5-130.5)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	78.0 (76.9-79.2)	78.2 (76.9-79.5)	77.9 (76.6-79.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	33.0 (28.9-37.2)	37.0 (31.4-42.7)	29.4 (25.5-33.2)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	87.1 (82.5-91.7)	88.5 (81.6-95.3)	85.5 (80.7-90.4)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	4.4 (4.3-4.5)	4.4 (4.3-4.6)	4.4 (4.2-4.5)
Percentage with impaired fasting glycaemia as defined below capillary whole blood value ≥ 5.6 mmol/L and < 6.1 mmol/L	3.3 (1.3-5.2)	2.3 (1.4-3.3)	2.8 (1.6-3.9)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose capillary whole blood value ≥ 6.1 mmol/L	3.8 (2.0-5.7)	3.7 (2.3-5.0)	3.7 (2.6-4.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol mmol/L	4.7 (4.7-4.7)	4.6 (4.5-4.6)	4.8 (4.8-4.9)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	24.5 (22.2-26.8)	18.2 (15.0-21.4)	30.0 (27.2-32.9)

Percentage with raised triglyceride (≥ 2.0 mmol/L)	6.9 (4.6-9.1)	4.7 (3.0-6.4)	5.7 (4.4-7.1)

Summary of combined risk factors ***			
current daily smokers less than 5 servings of fruits & vegetables per day low level of activity		overweight (BMI ≥ 25 kg/m ²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	
Percentage with none of the above risk factors	0.6 (0.22-1.0)	0.8 (0.19-1.34)	0.5 (0.06-0.9)
Percentage with three or more of the above risk factors, aged 25 to 44 years	18.9 (16.0-21.7)	15.3 (11.6-19.0)	22.1 (18.3-25.9)
Percentage with three or more of the above risk factors, aged 45 to 64 years	38.1 (33.2-43.0)	30.5 (24.7-36.3)	47.5 (40.3-54.7)
Percentage with three or more of the above risk factors, aged 25 to 64 years	24.2 (21.7-26.7)	20.1 (17.0-23.1)	28.4 (25.0-31.8)

* 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>

** For more information on design and methodology refer to 'National NCD survey 2011 Data Collection Report' by Ministry of Health, RGoZ.

*** Additional information on the STEPWISE approach to surveillance is available at: www.who.int/chp/steps

Blank box indicates less than 50 respondents