











# Ghana STEPS Survey 2006

## Fact Sheet









A survey of chronic non-communicable diseases and their risk factors was carried out from Nov to Dec 2006 in the Greater Accra Region (GAR) of Ghana. The survey covered all three Steps of the WHO Stepwise approach. Data collected in Step 1 included socio demographic characteristics, risk behaviour relating to tobacco use, alcohol intake, diet and physical activity relating to work, travel and leisure. Height, weight, waist and hip sizes and blood pressure were measured in Step 2. Biochemical measurements were collected to assess fasting blood glucose and lipid profiles levels in Step 3. The STEPS survey was a household survey of adults aged 25-64 years in all the five districts in GAR. A total of 2,662 adults were selected using a probability proportion to size multistage sampling technique. The response rate 99.9% for Step 1, 99.4% for Step 2 and 84.6% for Step 3. A repeat survey is planned for 2012 if funds permit.

Results for adults aged 25-64 years	Both Sexes	Males	Females
<div>  <b>Step 1 Tobacco Use</b>  </div>			
Percentage who currently smoke tobacco daily <sup>^</sup>	2.0	5.5	0.3
<i>For those who smoke tobacco daily:</i>			
Average age started smoking (years)	21.8	21.7	22.5
Average years of smoking	21.8	21.5	25.8
Percentage smoking manufactured cigarettes	100.0	100.0	100.0
Mean number of cigarettes smoked per day among smokers of manufactured cigarettes	8.5	9.0	3.6
<div>  <b>Step 1 Alcohol Consumption</b>  </div>			
Percentage of abstainers (who did not drink alcohol in the last year) <sup>^</sup>	55.8	41.7	63.0
Percentage of current drinkers (who drank alcohol in the past 30 days) <sup>^</sup>	30.9	46.3	23.1
<i>For those who drank alcohol in the past 30 days:</i>			
Percentage of men who had 5 or more standard drinks or women who had 4 or more standard drinks on any day in the last week <sup>^</sup>	5.9	7.4	4.3
Percentage who drank alcohol on 4 or more days in the last week <sup>^</sup>	29.8	40.0	19.7
<div>  <b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>  </div>			
Mean number of servings of fruit consumed per day <sup>^</sup>	1.3	1.4	1.2
Mean number of servings of vegetables consumed per day	1.6	1.7	1.5
Percentage who ate <5 combined servings of fruit & vegetables per day	86.0	83.4	87.3
<div>  <b>Step 1 Physical Activity</b>  </div>			
Percentage with low levels of activity (<600 MET-minutes/week) <sup>^</sup>	85.7	78.1	89.4
Percentage with high levels of activity (≥ 3000 MET-minutes/week) <sup>^</sup>	3.1	8.7	0.3
Median time spent in physical activity on average per day (minutes) <sup>^</sup>	245.4	318.0	208.8
Percentage not engaging in vigorous activity <sup>^</sup>	76.7	54.9	87.5



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Results for adults aged 25-64 years	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>    			
Mean body mass index - BMI (kg/m <sup>2</sup> ) <sup>^</sup>	27.3	25.1	28.4
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> ) <sup>^</sup>	60.2	45.4	67.9
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> ) <sup>^</sup>	26.9	11.6	34.9
Average waist circumference (cm) <sup>^</sup>	91.6	86.4	94.3
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP <sup>^</sup>	133.2	136.6	131.4
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	83.1	82.6	83.3
Percentage with raised BP (SBP ≥140 and/or DBP≥90mmHg or currently on medication for raised BP) <sup>^</sup>	36.7	41.4	37.8
Percentage with raised BP (SBP ≥140 and/or DBP≥90mmHg) who are not currently taking antihypertensive medication) <sup>^</sup>	89.1	95.0	85.6
Percentage with severe raised BP (SBP ≥180 and/or DBP≥110mmHg) <sup>^</sup>	6.0	6.1	6.0
<b>Step 3 Biochemical Measurements</b>  			
Percentage with raised blood glucose (fasting) (≥ 7.0 mmol/L)	3.5	3.9	3.3
Percentage with raised blood glucose (fasting) (≥ 7.0 mmol/L) or currently on treatment for raised blood glucose	4.5	4.8	4.4
Prevalence of Impaired fasting glucose ( FBS >= 6.1 and <7.0 mmol/L)	1.7	2.2	1.4
Percentage with raised total cholesterol (≥ 5.2 mmol/L) <sup>^</sup>	16.7	10.7	19.6
Percentage with raised total cholesterol (≥ 6.5 mmol/L) <sup>^</sup>	3.5	1.1	4.6
Raised Triglycerides ( >= 2.26 mmol/L)	11.4	9.4	12.4
<b>Summary of combined risk factors</b>			
<b>1) current daily smokers; 2) &lt; 5 servings of fruits &amp; vegetables per day; 3) Low level of activity (&lt;600 MET -minutes); 4) overweight or obese (BMI ≥ 25 kg/m<sup>2</sup>); 5) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg)</b>			
Percentage with low risk (i.e. none of the 5 risk factors above) <sup>^</sup>	0.7	1.4	0.3
Percentage with raised risk, (i.e. at least three of the above) <sup>^</sup>	56.0	49.4	59.2

NB: ^ indicates statistically significant difference by sex

For additional information, please contact:

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