



CHUUK 2nd STEPS Survey 2016

Fact Sheet

The 2nd STEPS survey of noncommunicable disease (NCD) risk factors in Chuuk was carried out from April to July, 2016. Chuuk carried out Step 1, Step 2 and Step 2. Socio demographic and behavioral 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 with a total sample of 2556 was used to produce representative data for that age range in Chuuk. A total of 2048 adults participated in the survey. The overall response rate was 80.2%

Results for adults aged 18-69 years (incl. 95% CI) <i>(adjust if necessary)</i>	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	32.1 (27.0-37.3)	54.0 (46.0-62.0)	5.7 (2.6-8.7)
Percentage who currently smoke tobacco daily	28.4 (27.0-37.3)	48.7 (40.8-56.6)	3.7 (1.3-6.1)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	15.7 (14.5-16.8)	15.4 (14.2-16.5)	19.9 (17.9-21.8)
Percentage of daily smokers smoking manufactured cigarettes	99.3 (98.7-99.9)	99.7 (99.4-100.0)	92.3 (82.6-101.9)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	15.7 (12.7-18.7)	16.0 (12.8-19.2)	9.4 (7.3-11.5)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	72.5 (67.5-77.6)	52.4 (44.9-59.9)	96.9 (94.2-99.6)
Percentage who are past 12 month abstainers	7.1 (5.3-8.9)	11.2 (7.8-14.6)	2.1 (-0.1-4.6)
Percentage who currently drink (drank alcohol in the past 30 days)	13.5 (8.5-18.5)	24.3 (16.7-31.9)	0.5 (-0.5-1.5)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	9.8 (4.6-15.0)	17.5 (9.3-25.6)	0.5 (-0.5-1.5)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.0 (2.6-3.4)	3.1 (2.5-3.6)	3.0 (2.6-3.3)
Mean number of servings of fruit consumed on average per day	1.3 (1.0-1.5)	1.2 (0.9-1.6)	1.3 (1.5-1.5)
Mean number of days vegetables consumed in a typical week	3.4 (3.0-3.8)	3.6 (3.0-4.2)	3.2 (2.9-3.5)
Mean number of servings of vegetables consumed on average per day	1.6 (1.4-1.8)	1.6 (1.3-1.9)	1.6 (1.3-1.8)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	84.4 (80.0-88.9)	85.1 (79.4-90.9)	83.6 (79.5-87.7)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	39.2 (33.8-44.7)	36.5 (28.7-44.2)	42.3 (37.2-47.3)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	51.4 (0-240)	75.4 (0-360)	34.3 (0-145.7)
Percentage not engaging in vigorous activity	62.3 (55.1-69.6)	55.4 (46.2-64.6)	70.0 (62.5-77.4)

* 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)



CHUUK STEPS Survey 2014

Communicable disease risk factor surveillance

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fact sheet

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Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 18-69 years who have ever had a screening test for cervical cancer			13.1 (9.9-16.3)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	28.7 (27.7-29.8)	27.4 (26.2-28.5)	30.5 (29.2-31.7)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	63.1 (56.2-69.9)	54.1 (46.0-62.2)	74.7 (67.9-81.5)
Percentage who are obese (BMI ≥ 30 kg/m ²)	37.1 (30.4-43.9)	27.5 (18.7-36.3)	49.6 (42.3-57.0)
Average waist circumference (cm)		87.9 (85.4-90.5)	91.7 (88.5-95.0)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	115.8 (113-118.5)	120.8 (117.3-124.4)	109.7 (107.1-112.4)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	75.5 (73.3-77.7)	76.3 (73.6-79.1)	74.5 (72.4-76.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	12.4 (8.0-16.8)	11.4 (4.8-17.9)	13.7 (10.0-17.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	11.3 (7.0-15.6)	10.6 (4.0-17.2)	12.2 (8.6-15.8)
Step 3 Biochemical Measurement			
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	4.5 (4.4-4.6)	4.4 (4.2-4.5)	4.6 (4.5-4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	13.9 (10.0-17.8)	7.4 (3.2-11.7)	21.6 (16.7-26.6)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical 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	2.9 (0.3-5.4)	4.2 (-0.5-9.0)	1.3 (-0.4-3.0)
Percentage with 1-2 of the above risk factors, aged 18 to 69 years	57.0 (48.6-65.5)	49.8 (35.4-64.1)	65.4 (59.3-71.5)
Percentage with 3-5 more of the above risk factors, aged 18 to 69 years	40.1 (29.9-50.3)	46.0 (29.1-63.0)	33.3 (26.7-39.9)

** 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:
STEPS country focal point [name, email addresses]**