



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 w ho currently smoke tobacco | 32.1 (27.0-37.3) | 54.0 (46.0-62.0) | 5.7 (2.6-8.7) |
| Percentage w ho 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 w ho are lifetime abstainers | 72.5 (67.5-77.6) | 52.4 (44.9-59.9) | 96.9 (94.2-99.6) |
| Percentage w ho are past 12 month abstainers | 7.1 (5.3-8.9) | 11.2 (7.8-14.6) | 2.1 (-0.1-4.6) |
| Percentage w ho 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 w ho 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 w ho 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 w ith 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 w ith 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)



Fact Sheet

| 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]**