



The STEPS survey of chronic disease risk factors in Cayman Islands was carried out from May 2012 to July 2012. The Cayman Islands carried out Step 1, Step 2 and Step 3. Socio demographic and behavioural 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 STEPS survey in The Cayman Islands, was a population-based survey of adults aged 25-64. A simple random sample design was used to produce representative data for that age range in the Cayman Islands. A total of 2,105 adults were selected to participate in the Cayman Islands STEPS survey. The overall response rate was 61.6%. A repeat survey is planned for 2017.

Results for adults aged 25–64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	15.0% (10.9 – 19.0)	20.7% (15.8 – 25.6)	9.0% (5.8 – 12.2)
Percentage who smoke tobacco daily among current smokers	67.1% (58.3 – 75.9)	61.0% (53.7 – 68.2)	81.8% (64.5 – 99.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.1 years (19.1 – 21.1)	20.4 years (18.6 – 22.1)	19.7 years (17.2 – 22.2)
Percentage of daily smokers smoking manufactured cigarettes	97.6% (94.6 – 100.0)	97.6% (93.7 – 100.0)	97.8% (90.2 – 100.0)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	10.8 (9.0 – 12.6)	11.4 (9.4 – 13.4)	9.6 (7.3 – 12.0)
Percentage exposed to smoke at home on 1 or more days per week	9.1% (7.5 – 10.7)	10.0% (6.6 – 13.4)	8.2% (7.3 – 9.0)
Percentage exposed to smoke at workplace on 1 or more days per week	10.8% (8.1 – 13.5)	13.8% (7.8 – 19.8)	7.7% (3.5 – 11.9)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	22.0% (19.8 – 24.0)	15.8% (12.3 – 19.3)	28.4% (23.3 – 35.5)
Percentage who are past 12 month abstainers	12.7% (11.6 – 13.9)	11.4% (7.5 – 15.3)	14.2% (11.1 – 17.3)
Percentage who currently drink (drank alcohol in the past 30 days)	51.5% (47.6 – 55.3)	63.0% (58.1 – 67.9)	39.4% (31.9 – 46.9)
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)		25.7% (16.9 – 34.6)	14.0% (11.5 – 16.4)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	4.7 days (4.4 – 4.9)	4.6 days (4.4 – 4.9)	4.9 days (4.7 – 5.1)
Mean number of servings of fruit consumed on average per day	1.4 servings (1.2 – 1.6)	1.3 servings (1.0 – 1.6)	1.5 servings (1.3 – 1.6)
Mean number of days vegetables consumed	5.1 days (4.9 – 5.3)	5.1 days (4.8 – 5.4)	5.1 days (4.9 – 5.2)
Mean number of servings of vegetables consumed on average per day	1.5 servings (1.4 – 1.6)	1.4 servings (1.3 – 1.6)	1.5 servings (1.4 – 1.6)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	83.7% (79.8 – 87.6)	85.6% (80.8 – 90.4)	81.8% (78.4 – 85.2)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as < 600 MET–minutes per week)*	34.0% (30.9 – 37.2)	24.0% (20.1 – 27.9)	44.2 (38.1 – 50.4)
Percentage with high levels of activity (defined as ≥ 3000 MET–minutes per week)*	47.9% (45.3 – 50.4)	61.6% (56.5 – 66.8)	33.7% (29.1 – 38.3)
Median time spent in physical activity on average per day (minutes) (presented with inter–quartile range)	68.6 minutes (15.0 – 342.9)	147.9 minutes (32.1 – 428.6)	38.6 minutes (2.9 – 197.1)
Percentage not engaging in vigorous activity	53.9% (51.7 – 56.0)	36.1% (27.4 – 44.8)	72.0% (66.7 – 77.4)



Cayman Islands STEPS Survey 2012

Preliminary Fact Sheet – Total Population

Results for adults aged 25–64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index – BMI (kg/m ²)	28.8 kg/m² (27.7 – 29.9)	27.8 kg/m² (27.7 – 28.0)	29.8 kg/m² (27.9 – 31.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	70.6% (63.6 – 77.6)	67.6% (65.8 – 69.3)	73.7% (58.9 – 88.6)
Percentage who are obese (BMI ≥ 30 kg/m ²)	36.6% (30.1 – 43.2)	29.2% (27.3 – 31.0)	44.3% (32.1 – 56.5)
Average waist circumference (cm)		93.8 cm (90.1 – 97.5)	91.0 cm (88.2 – 93.9)
Average waist circumference (inches)		36.9 inches (35.5 – 38.4)	35.8 inches (34.7 – 37.0)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	124.8 mmHg (123.6 – 125.9)	128.2 mmHg (127.7 – 128.7)	121.2 mmHg (118.3 – 124.1)
Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	76.1 mmHg (75.3 – 77.0)	76.7 mmHg (76.3 – 77.1)	75.5 mmHg (73.8 – 77.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	25.7% (21.1 – 30.3)	27.1% (24.4 – 29.8)	24.2% (15.3 – 33.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	15.8% (11.7 – 19.9)	18.8% (15.4 – 22.2)	12.7% (4.33 – 21.0)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]			
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)			
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)			
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]			
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)			
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day low level of activity 		<ul style="list-style-type: none"> 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	1.5% (*)	1.1% (*)	2.3% (*)
Percentage with three or more of the above risk factors, aged 25 to 44 years	39.2% (30.9 – 47.5)	36.1% (25.9 – 46.4)	44.8% (23.5 – 66.0)
Percentage with three or more of the above risk factors, aged 45 to 64 years	49.4% (42.6 – 56.2)	49.8% (40.3 – 59.4)	48.4% (42.2–54.6)
Percentage with three or more of the above risk factors, aged 25 to 64 years	42.9% (37.5 – 48.3)	41.2% (33.2 – 49.6)	46.0% (30.2 – 61.8)

(*) Too few responses for valid confidence intervals

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