

## Annex 2

## Results of the STEPS survey

# Maldives (MALÉ) STEPS survey, 2011

## Fact sheet

The STEPS survey of chronic disease risk factors in Maldives/Malé was carried out in 2011. The survey carried out STEP 1 and STEP 2. Sociodemographic and behavioural information was collected in STEP 1. Physical measurements such as height, weight and blood pressure were collected in STEP 2. This was a population-based survey of adults aged 15–64 years. A multistage sample design was used to produce representative data for that age range. A total of 1780 adults participated in the survey. The overall response rate was 89%. A repeat survey is planned for 2015 if funds permit.

Results for adults aged 15–64 years (including 95% CI)	Both sexes	Men	Women
<b>STEP 1 Tobacco use</b>			
Percentage who currently smoke tobacco	<b>18.8%</b> (16.7–20.9)	<b>34.7%</b> (30.8–38.5)	<b>3.4%</b> (2.2–4.5)
Percentage who currently smoke tobacco daily	<b>15.5%</b> (13.5–17.5)	<b>29.1%</b> (25.5–32.8)	<b>2.2%</b> (1.4–2.9)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	<b>17.8</b> (17.2–18.5)	<b>17.8</b> (17.1–18.5)	*
Percentage of daily smokers smoking manufactured cigarettes	<b>93.8%</b> (90.8–96.9)	<b>95.9%</b> (93.0–99.0)	*
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	<b>14.0</b> (12.7–15.3)	<b>14.3</b> (12.9–15.7)	*
<b>STEP 1 Alcohol consumption</b>			
Percentage who are lifetime abstainers	<b>96.2%</b> (95.1–97.3)	<b>92.9%</b> (90.7–95.0)	<b>99.5%</b> (99.1–100.0)
Percentage who are past 12 month abstainers	<b>1.7%</b> (0.9–2.4)	<b>3.2%</b> (1.7–4.7)	<b>0.2%</b> (0.0–0.4)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>0.9%</b> (0.4–1.5)	<b>1.6%</b> (0.6–2.6)	<b>0.2%</b> (0.0–0.6)
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)	—	<b>0.9%</b> (0.1–1.6)	<b>0.0%</b> (0.0–0.0)
<b>STEP 1 Fruit and vegetable consumption (in a typical week)</b>			
Mean number of days fruit consumed	<b>3.3</b> (3.2–3.5)	<b>3.3</b> (3.1–3.5)	<b>3.3</b> (3.2–3.5)

Mean number of servings of fruit consumed on average per day	<b>1.0</b> (0.9–1.0)	<b>1.0</b> (0.9–1.1)	<b>0.9</b> (0.8–1.1)
Mean number of days vegetables consumed	<b>3.8</b> (3.7–3.9)	<b>3.7</b> (3.5–4.0)	<b>3.9</b> (3.7–4.1)
Mean number of servings of vegetables consumed on average per day	<b>1.0</b> (0.9–1.0)	<b>1.0</b> (0.9–1.1)	<b>0.9</b> (0.8–1.0)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>93.6%</b> (92.4–94.9)	<b>92.6%</b> (90.5–94.8)	<b>94.6%</b> (93.1–96.1)
<b>STEP 1 Physical activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes per week)**	<b>45.9%</b> (43.2–48.6)	<b>39.1%</b> (35.1–43.2)	<b>52.4%</b> (48.9–55.9)
Percentage with high levels of activity (defined as ≥3000 MET-minutes per week)**	<b>33.5%</b> (30.9–36.1)	<b>46.1%</b> (41.9–50.3)	<b>21.5%</b> (18.7–24.4)
Median time spent in physical activity on average per day (minutes) (presented with interquartile range)	<b>34.3</b> (0.0–120.0)	<b>60.0</b> (0.0–180.0)	<b>21.4</b> (0.0–68.6)
Percentage not engaging in vigorous activity	<b>73.8%</b> (71.4–76.3)	<b>58.8%</b> (54.6–62.9)	<b>88.1%</b> (85.8–90.5)

\* Indicates less than 50 respondents

\*\* Complete definitions of low and high levels of physical activity and other conditions are specified in the GPAQ Analysis Guide, available at: <http://www.who.int/chp/steps/GPAQ/en/index.html>

<b>Results for adults aged 15–64 years (including 95% CI)</b>	<b>Both sexes</b>	<b>Men</b>	<b>Women</b>
<b>STEP 2 Physical measurements</b>			
Mean body mass index – BMI (kg/m <sup>2</sup> )	<b>23.7</b> (23.4–23.9)	<b>23.2</b> (22.8–23.6)	<b>24.2</b> (23.8–24.5)
Percentage who are overweight (BMI ≥25 kg/m <sup>2</sup> )	<b>37.1%</b> (34.6–39.6)	<b>32.0%</b> (28.3–35.8)	<b>42.3%</b> (38.9–45.7)
Percentage who are obese (BMI ≥30 kg/m <sup>2</sup> )	<b>11.5%</b> (9.9–13.1)	<b>8.6%</b> (6.4–10.8)	<b>14.5%</b> (12.3–16.7)
Average waist circumference (cm)	—	<b>79.1</b> (78.0–80.2)	<b>78.9</b> (78.0–79.9)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	<b>119.7</b> (118.9–120.5)	<b>122.8</b> (121.6–124.0)	<b>116.7</b> (115.6–117.7)
Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	<b>75.5</b> (74.9–76.1)	<b>76.5</b> (75.5–77.4)	<b>74.5</b> (73.7–75.3)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	<b>16.6%</b> (14.9–18.4)	<b>19.0%</b> (16.0–22.1)	<b>14.3%</b> (12.4–16.3)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg) who are not currently on medication for raised BP	<b>83.0%</b> (78.6–87.4)	<b>86.2%</b> (79.8–92.6)	<b>79.0%</b> (73.2–84.9)
<b>Summary of combined risk factors</b> <ul style="list-style-type: none"> <li>Current daily smokers</li> <li>Less than 5 servings of fruits and vegetables per day</li> <li>Low level of activity</li> <li>Overweight (BMI ≤25 kg/m<sup>2</sup>)</li> <li>Raised BP (SBP ≤140 and/or DBP ≤90 mmHg or currently on medication for raised BP)</li> </ul>			
Percentage with none of the above risk factors	<b>1.1%</b> (0.4–1.8)	<b>0.9%</b> (0.0–2.0)	<b>1.4%</b> (0.5–2.3)
Percentage with three or more of the above risk factors, aged 25–44 years	<b>34.2%</b> (30.1–38.2)	<b>38.1%</b> (31.3–45.0)	<b>30.1%</b> (25.8–34.4)

Percentage with three or more of the above risk factors, aged 45–64 years	<b>54.3%</b> (48.9–59.8)	<b>51.7%</b> (42.9–60.5)	<b>57.2%</b> (51.0–63.4)
Percentage with three or more of the above risk factors, aged 25–64 years	<b>39.5%</b> (36.2–42.9)	<b>41.8%</b> (36.3–47.4)	<b>37.1%</b> (33.5–40.8)

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