

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

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

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

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

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