



Vientiane Capital City, Lao PDR

STEPS Survey 2008

Fact Sheet

The STEPS survey of chronic disease risk factors in Vientiane Capital City, Lao PDR was carried out from January, 2008 to April, 2008. Vientiane Capital City, Lao PDR carried out Step 1 and Step 2. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. The STEPS survey in Vientiane Capital City, Lao PDR was a population-based survey of adults aged 25-64. A multi-stage cluster sample design was used to produce representative data for that age range in Vientiane Capital City, Lao PDR. A total of 4,180 adults participated in the Vientiane Capital City, Lao PDR STEPS survey. The overall response rate was 99%. A repeat survey is planned for 2013 if funds permit.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	19.0% (15.5 – 22.6)	43.2% (36.9 – 49.6)	2.0% (1.0 – 3.0)
Percentage who currently smoke tobacco daily	18.8% (15.2 – 22.3)	42.6% (36.3 – 49.0)	2.0% (1.0 – 3.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.7 (19.1 – 20.4)	19.7 (19.0 – 20.3)	*
Percentage smoking manufactured cigarettes	84.6% (15.2 – 22.3)	85.0% (80.5 – 89.6)	*
Mean number of manufactured cigarettes smoked per day	10.6 (9.6 – 11.5)	11.0 (10.0 – 11.9)	*
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	44.0% (40.3-47.8%)	21.3% (17.1-25.5%)	58.9% (54.3-63.5)
Percentage of current drinkers (who drank alcohol in the past 30 days)	50.0% (46.5-53.4%)	72.0% (66.9-77.1%)	35.6% (31.9-39.3%)
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	10.5% (7.6-13.5%)	12.4% (9.3-15.5%)	8.3% (3.1-13.4%)
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	--	59.3% (53.1-65.4%)	65.2% (54.2-76.1%)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	5.1 (5.0-5.3)	4.9 (4.6-5.1)	5.3 (5.1-5.5)
Mean number of servings of fruit consumed on average per day	3.5 (3.3-3.7)	3.4 (3.1-3.8)	3.6 (3.3-3.8)
Mean number of days vegetables consumed	6.5 (6.3-6.6)	6.4 (6.2-6.5)	6.5 (6.4-6.7)
Mean number of servings of vegetables consumed on average per day	4.7 (4.3-5.1)	4.7 (4.2-5.3)	4.6 (4.2-5.3)
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	36.6% (29.9-43.3)	40.2% (33.8-46.6)	34.5% (27.2-41.7)
Step 1 Physical Activity			
Percentage with low levels of activity*	14.2% (11.3 – 17.1)	10.4% (7.7 – 13.1)	16.7% (13.0 – 20.3)
Percentage with high levels of activity*	64.1% (61.1 – 67.1)	72.1% (68.2 – 76.0)	59.1% (54.0 – 64.2)
Median time spent in physical activity per day (minutes)	180.0 (60.0 – 450.0)	268.6 (70.0 – 480.0)	132.9 (42.9 – 377.1)
Percentage not engaging in vigorous physical activity	52.8% (49.7 – 56.0)	34.6% (30.4 – 38.8)	64.3% (60.7 – 67.8)

* For definitions of low and high levels of physical activity, please see the GPAQ Analysis Guide, available at:
<http://www.who.int/chp/steps/GPAQ/en/index.html>



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Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.5 (23.1-23.9)	23.1 (22.6-23.5)	23.7 (23.3-24.1)
Percentage who are overweight (BMI ≥25 kg/m ²)	27.4% (24.7-30.2)	23.8% (18.8-28.8)	29.9% (26.9-32.8)
Percentage who are obese (BMI ≥30 kg/m ²)	5.8% (4.1-7.4)	4.5% (2.4-6.6)	6.6% (4.9-8.3)
Average waist circumference (cm)	-	76.5 (73.8-79.2)	75.2 (73.2-77.2)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	124.6 (123.0-126.3)	128.1 (126.3-129.9)	122.2 (120.4-124.1)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	76.8 (75.8-77.7)	77.8 (76.8-78.9)	76.1 (75.0-77.1)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	22.3% (18.0-26.5)	24.9% (20.1-29.7)	20.5% (16.2-24.8)
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	8.9% (5.7-12.1)	7.3% (5.4-9.1)	10.1% (4.6-15.5)
Summary of combined risk factors <ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits and/or vegetables on average 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 risk factors included above	31.0% (24.9-31.0)	21.0% (15.8-26.2)	36.6% (21.0-36.2)
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	6.4% (4.4-8.4)	9.4% (6.1-12.7)	4.9% (2.7-7.2)
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	13.3% (9.1-17.4)	17.5% (11.1-23.8)	10.4% (6.2-14.6)
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	9.2% (6.6-11.8)	13.1% (9.2-17.0)	7.0% (4.4-9.6)

* Indicates fewer than 50 respondents

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