



# Ethiopia (Addis Ababa) STEPS Survey 2006

## Fact Sheet

The STEPS survey of chronic disease risk factors in Addis Ababa, Ethiopia was carried out from October to December 2006. Addis Ababa 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 Addis Ababa was a population-based survey of adults aged 25-64. A multi-stage (cluster + random) sampling design was used to produce representative data for that age range in Addis Ababa, Ethiopia. A total of 4,000 adults participated in the Addis Ababa STEPS survey. The overall response rate was 98.2%. A repeat survey is planned for 2011 if funds permit.

Results for adults aged 25-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco daily	4.6% (4.0 - 5.3)	11.0% (9.5 - 12.5)	0.2% (0.02 - 0.38)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.9 (21.0 - 22.7)	21.9 (21.0 - 22.7)	---
Average years of smoking	16.8 (15.2 - 18.4)	16.8 (15.2 - 18.4)	---
Percentage smoking manufactured cigarettes	100	100	---
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	7.7 (7.0 - 8.5)	7.8 (7.0 - 8.6)	---
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	38.4 (36.9 - 39.9)	31.0 (28.8 - 33.2)	43.5 (41.5 - 45.5)
Percentage of current drinkers (who drank alcohol in the past 30 days)	45.7 (44.2 - 47.2)	56.9 (54.5 - 59.3)	37.9 (35.9 - 39.9)
<i>For those who drank alcohol in the last 30 days</i>			
Percentage who drank alcohol on 4 or more days in the last week	7.1 (5.9 - 8.3)	12.5 (10.4 - 14.6)	1.3 (0.6 - 2.0)
Percentage of women who had 4 or more drinks on any day in the last week	---	---	2.6 (1.6 - 3.6)
Percentage of men who had 5 or more drinks on any day in the last week	---	18.2 (15.7 - 20.7)	---
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	0.95 (0.9 - 1.0)	1.1 (1.0 - 1.2)	0.85 (0.8 - 0.9)
Mean number of servings of fruit consumed per day	1.24 (1.2 - 1.3)	1.18 (1.17 - 1.23)	1.29 (1.25 - 1.33)
Mean number of days vegetables consumed	1.57 (1.51 - 1.65)	1.52 (1.40 - 1.60)	1.6 (1.5 - 1.7)
Mean number of servings of vegetables consumed per day	1.44 (1.4 - 1.5)	1.40 (1.37 - 1.43)	1.46 (1.43 - 1.49)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	98.9	99.2	98.7
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)**	26.0 (24.6 - 27.4)	17.2 (15.4 - 19.0)	32.1 (30.2 - 34.0)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)**	42.1 (40.6 - 43.6)	51.9 (49.5 - 54.3)	35.2 (33.3 - 37.1)
Median time spent in physical activity per day (minutes)	77.1	102.9	65.0
Mean time spent in physical activity per day (minutes)	168.7 (162.4 - 174.9)	212.9 (200.9 - 223.1)	137.7 (130.7 - 144.7)

\*\* For complete definitions of low and high levels of physical activity, other conditions are specified in 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) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	23.32 (23.19 - 23.45)	22.28 (22.11 - 22.45)	24.05 (23.86 - 24.24)
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	30.6 (29.2 - 32.0)	20.6 (18.6 - 22.6)	37.6 (35.6 - 39.6)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	7.1 (6.3 - 7.9)	2.0 (1.3 - 2.7)	10.6 (9.4 - 11.9)
Average waist circumference (cm)	87.51 (87.03 - 87.99)	86.91 (86.00 - 87.82)	87.93 (87.41 - 88.45)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	126.7 (126.1 - 127.4)	128.8 (127.8 - 129.8)	125.3 (124.4 - 126.2)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	80.0 (79.6 - 80.4)	80.9 (80.3 - 81.5)	79.4 (78.9 - 79.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	30.9 (29.5 - 32.3)	32.0 (29.8 - 34.3)	30.2 (28.3 - 32.1)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	14.4 (13.3 - 15.5)	13.3 (11.7 - 14.9)	15.2 (13.8 - 16.7)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose			
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose			
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> <li>plasma venous value ≥ 7.0 mmol/L or ≥ 126 mg/dl</li> <li>capillary whole blood value ≥ 6.1 mmol/L or ≥ 110 mg/dl</li> </ul>			
Mean total blood cholesterol (mmol/L)			
Mean total blood cholesterol (mg/dl)			
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)			
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)			
<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 &amp; vegetables per day</li> <li>low level of activity (&lt;600 MET -minutes)</li> </ul>	<ul style="list-style-type: none"> <li>overweight or obese (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 low risk (i.e. none of the risk factors included above)	0.3 (0.13 - 0.47)	0.3 (0.04 - 0.56)	0.3 (0.08 - 0.52)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	17.2 (15.7 - 18.7)	14.8 (12.7 - 17.0)	19.2 (17.0 - 21.4)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	34.2 (31.9 - 36.5)	32.1 (28.4 - 35.8)	35.4 (32.6 - 38.2)

**For additional information, please contact:**  
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*(The data were collected as part of my PhD project)*