



Mali (subnational) STEPS Survey 2007

Fact Sheet

The STEPS survey of chronic disease risk factors in Mali was carried out from March to September 2007 in the District of Bamako, the Commune of Kati Central, and the Commune of Ouéléssebougu. Mali 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 levels in Step 3. The STEPS survey in Mali was a population-based survey of adults aged 15-64. A multi-stage cluster sample design was used to produce representative data for that age range in Mali. A total of 2,810 adults participated in the Mali STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	14.0%	30.6%	2.8%
Percentage who currently smoke tobacco daily	12.8%	28.2%	2.4%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.5	19.5	*
Percentage smoking manufactured cigarettes	78.4%	86.8%	*
Mean number of manufactured cigarettes smoked per day	10.2	10.2	*
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	96.9%	93.0%	99.5%
Percentage of current drinkers (who drank alcohol in the past year)	3.1%	7.0%	0.5%
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	*	*	*
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	--	*	*
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.4	3.5	3.4
Mean number of servings of fruit consumed on average per day	1.6	1.9	1.5
Mean number of days vegetables consumed	5.1	4.6	5.3
Mean number of servings of vegetables consumed on average per day	2.7	2.4	2.8
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	81.1%	80.3%	81.6%
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)**	59.0%	48.6%	66.2%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)**	21.3%	27.8%	16.8%
Median time spent in physical activity per day (minutes) (with interquartile range)	17.1 (0.0-75.0)	30.0 (0.0-120.0)	10.7 (0.0-60.0)
Percentage not engaging in vigorous physical activity	87.4%	79.6%	92.7%

** 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 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	24.2	22.6	25.4
Percentage who are overweight (BMI ≥25 kg/m ²)	34.6%	20.7%	44.4%
Percentage who are obese (BMI ≥30 kg/m ²)	13.4%	5.2%	19.2%
Average waist circumference (cm)	--	82.1	87.6
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	116.3	115.6	116.8
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	71.9	71.1	72.4
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	15.9%	11.9%	18.7%
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	8.7%	6.3%	10.4%
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 (<600 MET -minutes) 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	4.0%	5.0%	3.4%
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	31.4%	25.6%	35.7%
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	48.9%	42.3%	52.7%
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	37.7%	31.0%	42.2%

* Indicates less than 50 respondents.

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