

Madagascar (Antananarivo and Toliara) STEPS Survey 2005 Fact Sheet

The STEPS survey of chronic disease risk factors in Madagascar was carried out in 2005 in Antananarivo and Toliara. Madagascar 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 Madagascar 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 Madagascar. A total of 5,743 adults participated in the Madagascar STEPS survey.

Percentage who currently smoke tobacco 19.6% 33.0% 6.3% 2Percentage who currently smoke tobacco daily 17.6% 29.9% 5.6% For those who smoke tobacco daily 40 and to the tobacco daily 40 and 40 and the tobacco daily 40 and 40 are tobacco daily 40 and 40 are tobacco daily 40 and toba	Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
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Percentage smoking manufactured cigarettes moked per day 77.2% 76.2% 82.7% Wean number of manufactured cigarettes smoked per day 9.0 9.3 7.4 Step 1 Alcohol Consumption Percentage of abstainers (who did not drink alcohol in the last year) 68.3% 53.6% 82.6% Percentage of current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Among current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Percentage of current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who grave drink (men who had 5 or more / women who had 4 $$ 37.4% 30.1% Step 1 Fruit and Vegetable Consumption (in a typical week) Wean number of days fruit consumed on average per day 2.1 2.2 1.9 Mean number of days vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or 62.0% 58.1% 65.8% Step 1 Physical Activity Percentage with high levels of activity (defined as <600 MET- minutes/week) ^{**} Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week) ^{**} Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week) ^{**} Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week) ^{**} Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week) ^{**} Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week) ^{**} Percentage with high levels of activity per day (minutes) (34.3-287.1) (42.9-308.6) (30.0-257.1)	For those who smoke tobacco daily			
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Step 1 Alcohol Consumption Step 1 Alcohol Consumption Percentage of abstainers (who did not drink alcohol in the last year) 68.3% 53.6% 82.6% Percentage of current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Among current drinkers Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who binge drink (men who had 5 or more / women who had 4 37.4% 30.1% Percentage who binge drink (men who had 5 or more / women who had 4 37.4% 30.1% Step 1 Fruit and Vegetable Consumption (in a typical week) Wean number of days fruit consumed 2.9 3.0 2.8 Wean number of servings of fruit consumed on average per day 2.1 2.2 1.9 Wean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or wegetables on average per day 62.0% 58.1% 65.8% Step 1 Physical Activity Erecentage with low levels of activity (defined as <600 MET- minutes/week)**	Percentage smoking manufactured cigarettes	77.2%	76.2%	82.7%
Percentage of abstainers (who did not drink alcohol in the last year) 68.3% 53.6% 82.6% Percentage of current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Among current drinkers Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% 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) Wean number of days fruit consumed on average per day 2.1 2.2 1.9 Mean number of servings of fruit consumed on average per day 5.0 5.1 4.8 Mean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or regetables on average per day 5.0 5.1 4.8 Step 1 Physical Activity Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22% 18.2% 25.9% Median time spent in physical activity (defined as ≥ 3000 MET- minutes/week)**	Mean number of manufactured cigarettes smoked per day	9.0	9.3	7.4
Percentage of current drinkers (who drank alcohol in the last year) 31.7% 46.4% 17.4% Among current drinkers Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who binge drink (men who had 5 or more / women who had 4 37.4% 30.1% Step 1 Fruit and Vegetable Consumption (in a typical week) Mean number of days fruit consumed on average per day 2.1 2.2 1.9 Mean number of servings of fruit consumed on average per day 5.0 5.1 4.8 Mean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day 5.0 5.1. 48.8 Step 1 Physical Activity Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Mean number of activity (defined as ≥ 3000 MET- minutes/week)** 22.2% 12.0 (34.3-287.1) (42.9-308.6) (30.0-257.1)	Step 1 Alcohol Consumption			
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Percentage who drank alcohol on 4 or more days in the last week 3.6% 3.8% 2.9% Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week) $$ 37.4% 30.1% Step 1 Fruit and Vegetable Consumption (in a typical week) $$ 37.4% 30.1% Mean number of days fruit consumed 2.9 3.0 2.8 Mean number of servings of fruit consumed on average per day 2.1 2.2 1.9 Mean number of days vegetables consumed 5.0 5.1 4.8 Mean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who at eless than 5 combined servings of fruit and/or vegetables on average per day 62.0% 58.1% 65.8% Step 1 Physical Activity $$ 22.2% 18.2% 25.9% Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)** 40.5% 50.4% 42.8% Wedian time spent in physical activity per day (minutes) with interquartile range) 102.9 ($(34.3-287.1)$ 120.0 ($(42.9-308.6)$ 90.0 ($30.0-257.1$)	Percentage of current drinkers (who drank alcohol in the last year)	31.7%	46.4%	17.4%
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week) 37.4% 30.1% Step 1 Fruit and Vegetable Consumption (in a typical week)2.9 3.0 2.8 Wean number of days fruit consumed 2.9 3.0 2.8 Wean number of servings of fruit consumed on average per day 2.1 2.2 1.9 Wean number of days vegetables consumed 5.0 5.1 4.8 Wean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day 62.0% 58.1% 65.8% Step 1 Physical Activity 2.9 18.2% 25.9% 25.9% Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)** 46.5% 50.4% 42.8% Wedian time spent in physical activity per day (minutes) with interquartile range) 102.9 $(34.3-287.1)$ 120.0 $(42.9-308.6)$ 90.0 $(30.0-257.1)$	Among current drinkers	•		
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Mean number of days fruit consumed2.93.02.8Mean number of servings of fruit consumed on average per day2.12.21.9Mean number of servings of fruit consumed on average per day5.05.14.8Mean number of days vegetables consumed5.05.14.8Mean number of servings of vegetables consumed on average per day3.84.23.4Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day62.0%58.1%65.8%Step 1 Physical ActivityPhysical ActivityPercentage with low levels of activity (defined as <600 MET- minutes/week)**22.2%18.2%25.9%Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)**102.9 (34.3-287.1)120.0 (34.3-287.1)90.0 (30.0-257.1)	Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)		37.4%	30.1%
Mean number of servings of fruit consumed on average per day2.12.21.9Mean number of days vegetables consumed 5.0 5.1 4.8 Mean number of servings of vegetables consumed on average per day 3.8 4.2 3.4 Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day 62.0% 58.1% 65.8% Step 1 Physical Activity 90.0 minutes/week)** 82.2% 18.2% 25.9% Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)** 40.5% 50.4% 42.8% Median time spent in physical activity per day (minutes) with interquartile range) 102.9 ($34.3-287.1$) 120.0 ($42.9-308.6$) 90.0 ($30.0-257.1$)	Step 1 Fruit and Vegetable Consumption (in a typical week)	1		1
Mean number of days vegetables consumed5.05.14.8Mean number of servings of vegetables consumed on average per day3.84.23.4Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day62.0%58.1%65.8%Step 1 Physical Activity99999Percentage with low levels of activity (defined as <600 MET- minutes/week)**22.2%18.2%25.9%Percentage with high levels of activity (defined as \geq 3000 MET- minutes/week)**46.5%50.4%42.8%Median time spent in physical activity per day (minutes) with interquartile range)102.9 (34.3-287.1)120.0 (42.9-308.6)90.0 (30.0-257.1)	Mean number of days fruit consumed	2.9	3.0	2.8
Mean number of servings of vegetables consumed on average per day3.84.23.4Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day 62.0% 58.1% 65.8% Step 1 Physical ActivityPercentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)** 46.5% 50.4% 42.8% Median time spent in physical activity per day (minutes) 102.9 ($34.3-287.1$) 120.0 ($42.9-308.6$) 90.0 ($30.0-257.1$)	Mean number of servings of fruit consumed on average per day	2.1	2.2	1.9
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day62.0%58.1%65.8%Step 1 Physical ActivityPercentage with low levels of activity (defined as <600 MET- minutes/week)**22.2%18.2%25.9%Percentage with high levels of activity (defined as \geq 3000 MET- minutes/week)**46.5%50.4%42.8%Median time spent in physical activity per day (minutes) (with interquartile range)102.9 (34.3-287.1)120.0 (42.9-308.6)90.0 (30.0-257.1)	Mean number of days vegetables consumed	5.0	5.1	4.8
Vegetables on average per day62.0%58.1%65.8%Step 1 Physical ActivityPercentage with low levels of activity (defined as <600 MET- minutes/week)**22.2%18.2%25.9%Percentage with high levels of activity (defined as \geq 3000 MET- minutes/week)**46.5%50.4%42.8%Median time spent in physical activity per day (minutes) (with interquartile range)102.9 (34.3-287.1)120.0 (42.9-308.6)90.0 (30.0-257.1)	Mean number of servings of vegetables consumed on average per day	3.8	4.2	3.4
Percentage with low levels of activity (defined as <600 MET- minutes/week)** 22.2% 18.2% 25.9% Percentage with high levels of activity (defined as \geq 3000 MET- minutes/week)** 46.5% 50.4% 42.8% Median time spent in physical activity per day (minutes) 102.9 (34.3-287.1) 120.0 (42.9-308.6) 90.0 (30.0-257.1)	Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	62.0%	58.1%	65.8%
minutes/week)** 22.2% 16.2% 25.9% Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)** 46.5% 50.4% 42.8% Median time spent in physical activity per day (minutes) 102.9 (34.3-287.1) 120.0 (42.9-308.6) 90.0 (30.0-257.1)	Step 1 Physical Activity			
ninutes/week)** 40.5% 50.4% 42.8% Median time spent in physical activity per day (minutes) 102.9 120.0 90.0 (34.3-287.1) (42.9-308.6) (30.0-257.1)	Percentage with low levels of activity (defined as <600 MET- minutes/week)**	22.2%	18.2%	25.9%
(with interquartile range) (34.3-287.1) (42.9-308.6) (30.0-257.1)	Percentage with high levels of activity (defined as ≥ 3000 MET- minutes/week)**	46.5%	50.4%	42.8%
Percentage not engaging in vigorous physical activity 75.1% 68.9% 80.9%	Median time spent in physical activity per day (minutes) (with interquartile range)			
	Percentage not engaging in vigorous physical activity	75.1%	68.9%	80.9%

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



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Results for adults aged 25-64 years (incl. 95% Cl)	Both Sexes	Males	Females	
Step 2 Physical Measurements				
Mean body mass index - BMI (kg/m ²)	21.5	21.3	21.6	
Percentage who are overweight (BMI ≥25 kg/m ²)	12.3%	9.4%	15.4%	
Percentage who are obese (BMI ≥30 kg/m ²)	2.2%	1.5%	3.1%	
Average waist circumference (cm)		76.8	76.5	
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.3	129.4	127.2	
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	82.9	82.9	82.9	
Percentage with raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)	35.8%	36.3%	35.4%	
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	15.4%	15.0%	15.8%	
Step 3 Biochemical Measurement		1		
Mean fasting blood glucose [choose accordingly: mmol/L or mg/dl], excluding those currently on medication for raised blood glucose				
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1mmol/L (110mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100mg/dl) and <6.1 mmol/L (110 mg/dl)				
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥7.0 mmol/L or ≥126 mg/dl • capillary whole blood value ≥6.1 mmol/L or ≥110 mg/dl				
Mean total blood cholesterol [choose accordingly: mmol/L or mg/dl]				
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)				
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)				
Summary of combined risk factors	•	I		
less than 5 servings of fruits and/or vegetables on ra	verweight (BMI ≥ 25 kg/m ²) aised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or urrently on medication for raised BP)			
Percentage with none of the risk factors included above	12.8%	14.2%	11.4%	
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	12.1%	11.7%	12.5%	
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	17.7%	17.8%	17.5%	
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	13.8%	13.6%	14.0%	

For additional information, please contact: STEPS country focal point Dr. Henri Raharivohitra (fidmarie@yahoo.fr)