



Tokelau STEPS Survey 2005

Fact Sheet

The STEPS survey of chronic disease risk factors in Tokelau was carried out from August 2005 - September 2005. The STEPS survey in Tokelau was a population-based census of adults aged **15-64**. A total of 586 adults participated in the Tokelau STEPS survey. The overall response rate was 98%.

Results for adults aged 15-64 years	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily	59.3%	55.4%	63.3%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.6	18.2	20.8
Average years of smoking	16.7	16.8	16.7
Percentage smoking manufactured cigarettes	100%	100%	100%
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	13.7	16.2	11.4
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	5.5%	2.9%	9.6%
Percentage of current drinkers (who drank alcohol in the past 12 months)	94.5%	97.1%	90.4%
<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	0.6%	0.5%	0.8%
Percentage of women who had 4 or more drinks on any day in the last week			20.0%
Percentage of men who had 5 or more drinks on any day in the last week		37.5%	
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	1.9	1.7	2.2
Mean number of servings of fruit consumed per day	1.0	0.9	1.1
Mean number of days vegetables consumed	2.1	1.7	2.5
Mean number of servings of vegetables consumed per day	0.9	0.8	1.0
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	92.3%	93.7%	91.0%
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	41.2%	24.2%	55.9%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)	41.8%	64.4%	22.2%
Median time spent in physical activity per day (minutes)	68.6 (10-245.7)	186.4 (30-355.7)	24.3 (0-90)
Mean time spent in physical activity per day (minutes)	197.4	235.0	134.5



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Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	32.4	31.5	33.2
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	86.2%	82.9%	89.3%
Percentage who are obese (BMI ≥ 30 kg/m ²)	63.4%	58.6%	67.8%
Average waist circumference (cm)	97.4	97.4	97.4
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	119.0	123.2	115.3
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	72.0	72.8	71.2
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	13.6%	13.3%	13.9%
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	6.1	6.2	5.9
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose	109.0	111.9	106.5
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> plasma venous value ≥ 7.0 mmol/L or ≥ 126 mg/dl capillary whole blood value ≥ 6.1 mmol/L or ≥ 110 mg/dl 	33.6%	35.2%	32.2%
Mean total blood cholesterol (mmol/L)	5.0	4.9	5.0
Mean total blood cholesterol (mg/dl)	192.8	191.4	194.0
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	35.6%	33.8%	37.0%
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	4.9%	5.1%	4.7%
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day low level of activity (<600 MET -minutes) 	<ul style="list-style-type: none"> overweight or obese (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 		
Percentage with low risk (i.e. none of the risk factors included above)	0.0%	0.0%	0.0%
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	70.2%	61.2%	80.7%
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	66.4%	54.8%	76.4%