



# Kiribati STEPS Survey 2004-2006

## Fact Sheet

The STEPS survey of chronic disease risk factors in Kiribati was carried out from January 2004 through October 2006. Kiribati 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 and cholesterol levels in Step 3. The STEPS survey in Kiribati 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 Kiribati. A total of 1,755 adults participated in the Kiribati STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	58.0% (54.6-61.4)	74.1% (69.4-78.7)	43.1% (38.3-47.8)
Percentage who currently smoke tobacco daily	54.8% (51.6-58.0)	71.5% (67.0-75.9)	39.2% (34.9-43.5)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.4 (18.0-18.8)	17.6 (17.1-18.0)	19.7 (19.1-20.4)
Percentage smoking manufactured cigarettes	44.4% (39.9-48.9)	43.6% (38.1-49.1)	45.7% (40.2-51.3)
Mean number of manufactured cigarettes smoked per day	5.8 (4.9-6.6)	6.6 (5.5-7.8)	4.4 (3.4-5.3)
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	69.6% (66.5-72.7)	46.5% (42.2-50.7)	91.2% (88.3-94.2)
Percentage of current drinkers (who drank alcohol in the last year)	30.4% (27.3-33.5)	53.5% (49.3-57.8)	8.8% (5.8-11.7)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	1.6 (1.5-1.7)	1.6 (1.4-1.7)	1.6 (1.5-1.7)
Mean number of servings of fruit consumed on average per day	0.4 (0.4-0.5)	0.5 (0.4-0.5)	0.4 (0.4-0.5)
Mean number of days vegetables consumed	2.0 (1.9-2.1)	1.9 (1.7-2.1)	2.1 (1.9-2.2)
Mean number of servings of vegetables consumed on average per day	0.4 (0.4-0.4)	0.4 (0.4-0.5)	0.4 (0.4-0.4)
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	99.5% (99.3-99.8)	99.4% (99.0-99.9)	99.6% (99.3-99.9)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity*	44.3% (41.9-46.6)	34.8% (31.1-38.5)	52.5% (49.7-55.3)
Percentage with high levels of activity*	27.8% (24.9-30.8)	38.5% (32.9-44.2)	18.4% (15.7-21.2)
Median time spent in physical activity per day (minutes)	38.6 (10.0-111.4)	60.0 (17.1-135.0)	25.7 (5.7-80.0)
Percentage not engaging in vigorous physical activity	78.2% (75.3-81.1)	64.8% (59.4-70.1)	90.0% (87.1-92.9)

\* 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 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	29.1 (28.7-29.6)	28.1 (27.5-28.7)	30.1 (29.5-30.6)
Percentage who are overweight (BMI ≥25 kg/m <sup>2</sup> )	72.4% (69.3-75.5)	67.2% (62.3-72.2)	77.4% (74.6-80.2)
Percentage who are obese (BMI ≥30 kg/m <sup>2</sup> )	39.9% (36.2-43.5)	32.3% (28.0-36.6)	47.2% (43.0-51.3)
Average waist circumference (cm)	--	90.0 (88.3-91.6)	92.6 (91.4-93.9)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	118.7 (118.1-119.3)	124.3 (123.6-125.1)	113.4 (112.6-114.3)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	74.4 (73.6-75.1)	75.6 (74.7-76.4)	73.2 (72.4-74.0)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	13.5% (11.6-15.4)	16.2% (13.3-19.1)	11.0% (8.9-13.0)
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	4.4% (3.3-5.4)	5.2% (3.4-7.0)	3.6% (2.4-4.8)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	5.6 (5.4-5.7)	5.7 (5.6-5.9)	5.4 (5.3-5.6)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	20.4% (17.9-22.9)	22.0% (18.5-25.4)	19.0% (16.6-21.3)
Mean total blood cholesterol (mmol/L)	4.6 (4.6-4.7)	4.5 (4.5-4.6)	4.7 (4.6-4.7)
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)	25.2% (22.3-28.1)	22.5% (17.8-27.1)	27.1% (23.4-30.7)
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)	3.2% (1.9-4.5)	2.4% (0.1-4.7)	3.7% (1.9-5.5)
<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 and/or vegetables on average per day</li> <li>• Low level of activity</li> <li>• overweight (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 none of the risk factors included above	0.1% (0.0-0.2)	0.0% (-)	0.1% (0.0-0.3)
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	72.7% (69.6-75.7)	77.2% (72.4-82.0)	68.8% (64.1-73.4)
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	79.0% (75.3-82.6)	80.4% (74.1-86.6)	77.7% (74.5-80.9)
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	74.6% (72.0-77.2)	78.2% (74.0-82.3)	71.5% (68.1-74.8)