



Non Communicable Diseases Risk Factors: STEPS Survey Timor-Leste 2014



The STEPS survey of noncommunicable disease (NCD) risk factors in Timor-Leste was carried out from Oct-Dec 2014. Timor-Leste 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 salt intake, blood glucose and cholesterol levels in Step 3. The survey was a population-based survey

of adults aged 18-69. A multi-stage stratified cluster sampling design was used to produce representative data for that age range in Timor-Leste.

A total of 2609 adults participated in the survey. The overall response rate was 96.3%.

Results for adults aged 18-69 years

Both Sexes

Males

Females

→ Step 1: Tobacco Use

● Percentage who currently smoke tobacco	48.6%	69.5%	9.6%
● Percentage who currently smoke tobacco daily	35.0%	49.6%	7.8%
● Percentage who currently use smokeless tobacco	19.8%	16.1%	26.8%
● Percentage who currently use smokeless tobacco daily	13.8%	14.0%	13.4%
● Percentage who currently use tobacco in any form (smoked and/ or smokeless)	56.1%	70.6%	28.9%
For those who smoke tobacco daily			
● Average age started smoking (years)	16.4	16.3	17.6
● Percentage of daily smokers smoking manufactured cigarettes	94.5%	94.6%	93.0%

→ Step 1: Alcohol Consumption

● Percentage who are lifetime abstainers	57.7%	39.4%	92.1%
● Percentage who are past 12 month abstainers	5.5%	6.9%	2.8%
● Percentage who currently drink (drank alcohol in the past 30 days)	28.6%	42.8%	2.0%
● Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	14.5%	21.8%	1.0%

→ Step 1: Diet

● Mean number of days fruit consumed in a typical week	2.3	2.2	2.6
● Mean number of servings of fruit consumed on average per day	0.9	1.0	0.9
● Mean number of days vegetables consumed in a typical week	6.7	6.7	6.6
● Mean number of servings of vegetables consumed on average per day	5.0	6.3	2.8
● Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	77.5%	70.7%	90.4%
● Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	78.0%	74.7%	84.1%
● Percentage who always or often eat processed foods high in salt	12.9%	15.8%	7.3%

→ Step 1: Physical Activity

● Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	16.7%	12.8%	23.3%
● Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	85.7	154.3	47.1
● Percentage not engaging in vigorous activity	52.4%	39.9%	73.3%

Results for adults aged 18-69 years

Both Sexes

Males

Females

→ Step 1: Cervical Cancer Screening

- | | Both Sexes | Males | Females |
|-----------------------------------------------------------------------------------------------|------------|-------|---------|
| ● Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer | - | - | 1.1% |

→ Step 2: Physical Measurements

- | | | | |
|----------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| ● Mean body mass index - BMI (kg/m ²) | 21.2 | 21.3 | 21.0 |
| ● Percentage who are overweight (BMI ≥ 25 kg/m ²) | 11.2% | 8.2% | 16.7% |
| ● Percentage who are obese (BMI ≥ 30 kg/m ²) | 0.9% | 0.7% | 1.3% |
| ● Average waist circumference (cm) | - | 71.3 | 77.4 |
| ● Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP | 129.0 | 133.1 | 121.4 |
| ● Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP | 83.1 | 83.5 | 82.4 |
| ● Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) | 39.3% | 45.3% | 28.0% |
| ● Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP | 97.3% | 98.1% | 94.7% |

→ Step 3: Biochemical Measurement

- | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| ● Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl) | 77.6 | 79.7 | 74.0 |
| ● Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> ● capillary whole blood value ≥ 5.6 mmol/L (100 mg/dl) and < 6.1 mmol/L (110 mg/dl) | 4.1% | 5.7% | 1.2% |
| ● Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> ● capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) | 1.5% | 1.5% | 1.6% |
| ● Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl) | 149.9 | 143.7 | 160.7 |
| ● Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol) | 21.0% | 18.5% | 25.5% |
| Cardiovascular disease (CVD) risk | | | |
| ● Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD** | 1.4% | 0.9% | 2.9% |

Summary of combined risk factors

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ● Current daily smokers ● Less than 5 servings of fruits & vegetables per day ● Insufficient physical activity | <ul style="list-style-type: none"> ● 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 above risk factors | 7.8% | 10.1% | 4.2% |
| ● Percentage with three or more of the above risk factors, aged 18 to 44 years | 16.3% | 16.0% | 16.7% |
| ● Percentage with three or more of the above risk factors, aged 45 to 69 years | 28.2% | 32.0% | 16.1% |
| ● Percentage with three or more of the above risk factors, aged 18 to 69 years | 19.4% | 21.1% | 16.6% |

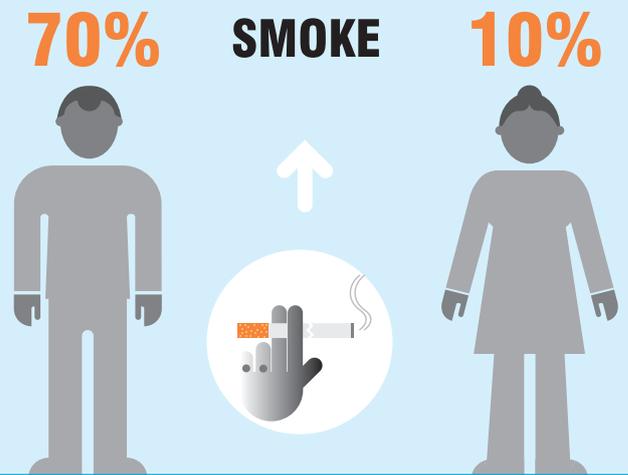
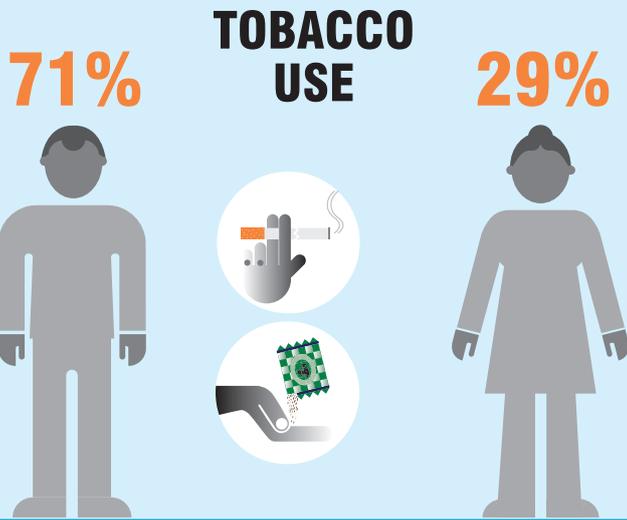
* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<http://www.who.int/chp/steps/GPAQ/en/index.html>) or to the WHO Global recommendations on physical activity for health (http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html)

** A 10-year CVD risk of ≥ 30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration > 7.0 mmol/l (126 mg/dl))

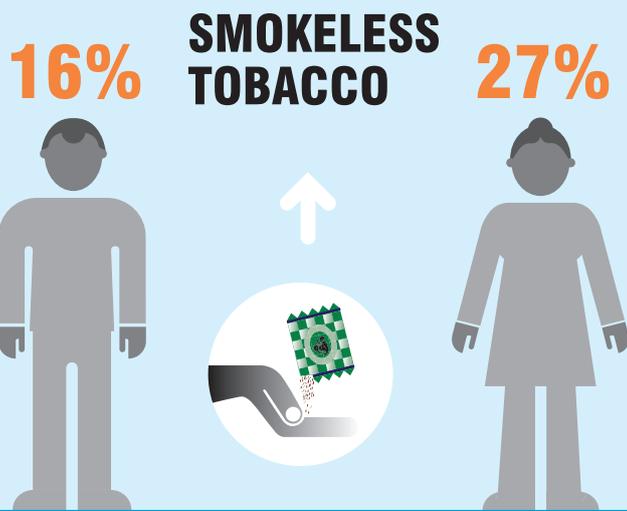
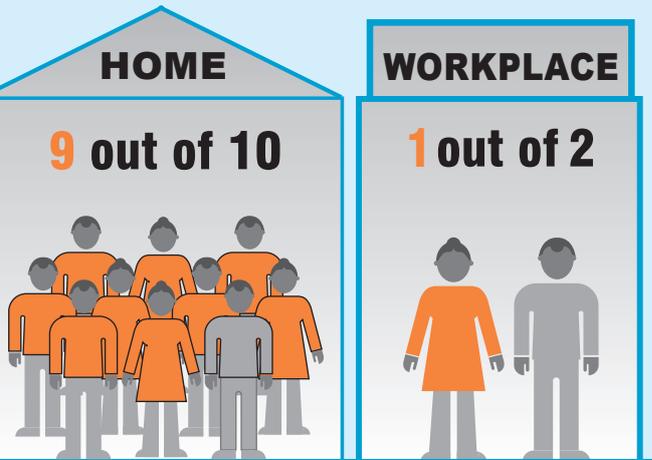
*** Sample size was less than 50



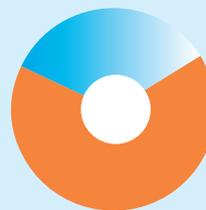
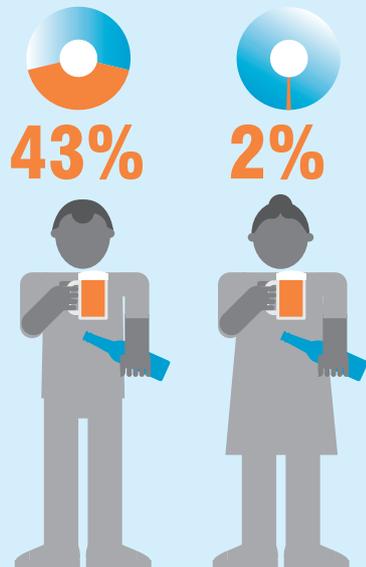
Timor-Leste



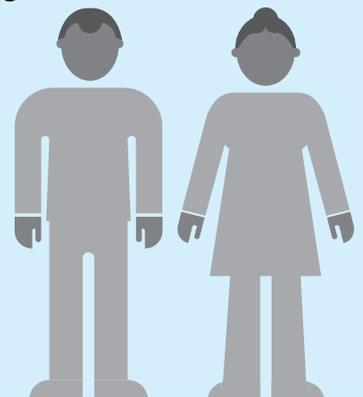
SECOND HAND SMOKING



ALCOHOL DRINKERS



78% do not consume sufficient fruits and vegetables

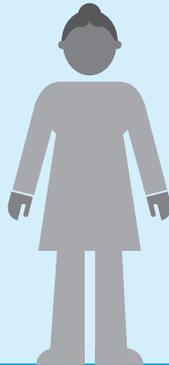




Timor-Leste



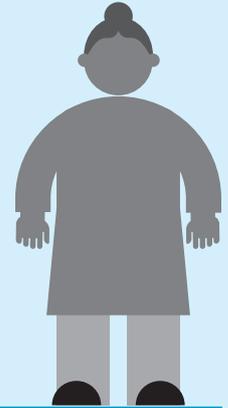
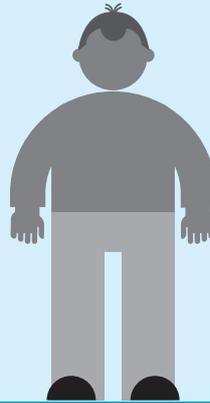
1% of women aged 30-49 years who have ever had a screening test for cervical cancer



8%

Overweight or obese

17%



Mean blood pressure

133.1
(mmHg)



Systolic



121.4
(mmHg)

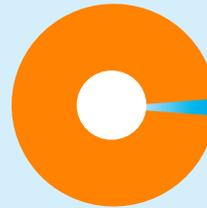
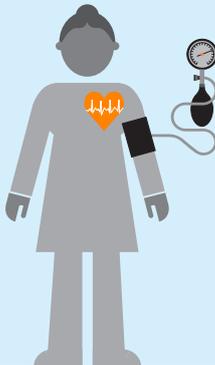
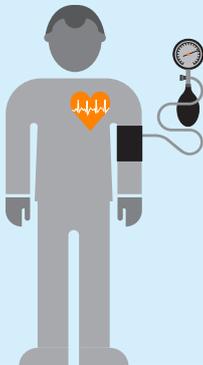
83.5
(mmHg)



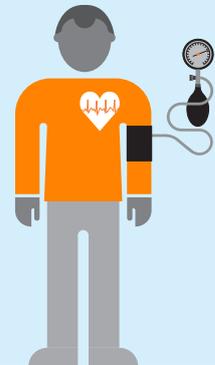
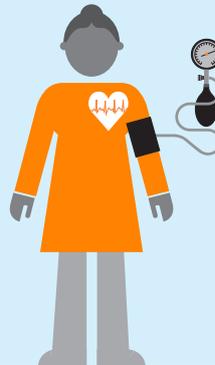
Diastolic



82.4
(mmHg)



97% having HIGH BLOOD PRESSURE were not on medication



Mean total blood cholesterol, including those currently on medication for raised cholesterol

143.7
(mg/dl)

160.7
(mg/dl)



% with raised fasting blood sugar

1.5%

