



Tonga STEPS Survey 2017

Fact Sheet

The STEPS survey of chronic disease risk factors in the Tonga was carried out from March to May 2017. The survey was led by the Tonga Ministry of Health and included 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, and salt intake assessment via urine in Step 3. The STEPS survey in Tonga was a population-based survey of adults aged 18-69 years. A Multi-stage clustering sample design was used to produce representative data for that age range. A total of 3858 adults participated in this Tonga STEPS survey. The overall response rate was 85.7%.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	24.5 (22.6-26.5)	40.0 (36.7-43.2)	15.9 (14.0-17.9)
Percentage who currently smoke tobacco daily	22.8 (21.0-24.6)	37.8 (34.0-41.6)	14.5 (12.9-16.0)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.3 (18.6-19.9)	17.9 (17.2-18.5)	21.3 (20.5-22.1)
Percentage of daily smokers smoking manufactured cigarettes	86.6 (83.3-90.0)	89.2 (81.9-96.6)	94.6 (90.5-98.8)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	10.3 (9.3-11.3)	10.8 (9.2-12.5)	9.7 (8.9-10.5)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	83.0 (80.5-85.5)	71.8 (68.4-75.3)	89.2 (86.9-91.5)
Percentage who are past 12 month abstainers	2.6 (1.5-3.7)	3.8 (2.4-5.3)	1.9 (0.7-3.1)
Percentage who drank alcohol in the past 12 months (not current)	5.7 (4.1-7.3)	9.6 (7.0-12.3)	3.5 (2.1-5.0)
Percentage who drank alcohol in the past 30 days (current drinkers)	8.7 (7.1-10.2)	14.7 (12.4-17.1)	5.3 (4.1-6.5)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.4 (3.2-3.5)	3.3 (3.1-3.5)	3.4 (3.2-3.6)
Mean number of servings of fruit consumed on average per day	0.8 (0.7-0.8)	0.8 (0.7-0.8)	0.8 (0.7-0.8)
Mean number of days vegetables consumed	3.8 (3.7-4.0)	3.7 (3.6-3.9)	3.9 (3.7-4.1)
Mean number of servings of vegetables consumed on average per day	0.8 (0.6-0.9)	0.8 (0.7-0.9)	0.8 (0.6-0.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	97.3 (95.8-98.9)	97.7 (95.7-99.6)	97.2 (95.6-98.8)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	51.5 (45.4-57.6)	48.8 (44.0-53.6)	53.0 (45.7-60.3)
Percentage who always or often eat processed foods high in salt	23.0 (18.1-28.0)	23.5 (18.7-28.2)	22.8 (17.4-28.1)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)* not meeting the WHO recommendations on Physical Activity	39.8 (34.5-45.1)	30.5 (25.8-35.2)	45.0 (38.0-52.0)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	38.6 (0-128.6)	64.3 (8.6-181.4)	25.7 (0-100)
Percentage not engaging in vigorous activity	77.6 (71.6-80.7)	64.1 (60.2-67.9)	85.3 (81.7-88.8)



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Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			6.1 (4.8-7.3)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	35.0 (34.7-35.3)	33.3 (32.9-33.7)	36.0 (35.6-36.4)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	93.2 (92.4-93.9)	89.6 (88.1-91.0)	95.1 (94.3-96.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	77.1 (75.4-78.8)	66.8 (63.3-70.4)	82.8 (80.6-84.9)
Average waist circumference (cm)	NA	104.8 (103.4-106.3)	107.5 (106.4-108.6)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	130.6 (129.4-131.8)	132.1 (130.7-133.4)	129.8 (128.5-131.1)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	83.1 (82.4-83.8)	82.4 (81.3-83.6)	83.4 (82.6-84.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	37.0 (33.8-40.1)	35.7 (31.9-39.5)	37.7 (34.3-41.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	32.4 (29.2-35.6)	32.2 (28.0-36.4)	32.6 (29.3-35.8)
Step 3 Biochemical Measurement			
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	4.5 (4.3-4.8)	4.5 (4.2-4.7)	4.6 (4.3-4.8)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	33.1 (25.1-41.1)	32.0 (24.5-39.5)	33.7 (24.9-42.5)
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 • 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	0.1 (0.0-0.3)	0	0.2 (0.0-.5)
Percentage with three or more of the above risk factors, aged 30 to 44 years	67.6 (62.9-72.4)	66.8 (60.6-73.1)	68.0 (63.1-73.0)
Percentage with three or more of the above risk factors, aged 45 to 69 years	74.8 (71.3-78.3)	72.9 (67.1-78.7)	75.9 (72.5-79.3)
Percentage with three or more of the above risk factors, aged 18 to 69 years	67.9 (64.6-71.2)	67.5 (63.1-72.0)	68.0 (64.4-71.5)

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