



Kiribati Islands STEPS Survey 2015-2016

Fact Sheet

The STEPS survey of chronic disease risk factors in Solomon Islands was carried out from March 2015 to August 2016. 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 Islands was a population-based survey of adults aged 18-69. A multi-cluster sample design was used to produce representative data for that age range in Kiribati Islands. A total of 2156 adults participated in the Kiribati Islands STEPS survey. The overall response rate was 55%.

Results for adults aged 18-69 years (incl. 95% CI) (<i>adjust if necessary</i>)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	47.7 (41.5-54.0)	64.7 (5.1-74.8)	33.4 (28.2-38.6)
Percentage who currently smoke tobacco daily	45.0 (39.6-50.3)	61.6 (52.7-70.5)	30.9 (25.6-36.2)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.5 (17.6-19.4)	17.6 (16.6-18.5)	20.0 (18.5-21.5)
Percentage of daily smokers smoking manufactured cigarettes	37.4 (29.1-45.7)	37.4 (30.3-44.6)	37.4 (30.8-44.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	2.3 (1.4-3.2)	2.9 (1.8-4.1)	1.3 (0.5-2.1)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	67.4 (58.6-76.2)	50.3 (36.5-64.2)	81.6 (76.4-86.9)
Percentage who are past 12 month abstainers	12.2 (9.2-15.2)	12.2 (9.3-15.2)	8.8 (4.2-13.3)
Percentage who currently drink (drank alcohol in the past 30 days)	11.6 (7.6-15.6)	19.7 (13.1-26.3)	4.8 (2.7-7.0)
Percentage who engage in heavy episodic drinking among all respondents who had 6+ drinks at least once	9.8 (5.5-14.0)	17.6 (10.0-25.2)	3.3 (1.6-5.0)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	1.6 (1.3-1.4)	1.6 (1.4-1.9)	1.7 (1.4-1.9)
Mean number of servings of fruit consumed on average per day	0.5 (0.3-0.6)	0.5 (0.3-0.6)	0.4 (0.3-0.6)
Mean number of days vegetables consumed	1.5 (1.3-1.7)	1.5 (1.2-1.7)	1.6 (1.3-1.9)
Mean number of servings of vegetables consumed on average per day	0.4 (0.3-0.6)	0.4 (0.2-0.6)	0.4 (0.3-0.6)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	98.4 (97.4-99.3)	98.1 (96.8-99.4)	98.6 (97.4-99.8)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	35.8 (31.8-39.7)	23.8 (18.0-29.5)	45.8 (40.9-50.6)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	38.6 (7.1-120.0)	71.4 (20.0-187.1)	25.7 (1.4-78.6)
Percentage not engaging in vigorous activity	72.2 (69.2-75.2)	53.1 (48.8-57.5)	88.1 (84.6-91.6)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			16.4 (8.8-24.1)

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

Kiribati Islands STEPS Survey 2015-2016



Fact Sheet

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	30.4 (29.6-31.1)	28.5 (27.5-29.4)	31.8 (31.0-32.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	81.0 (74.7-87.4)	76.7 (68.4-85.1)	84.3 (78.2-90.3)
Percentage who are obese (BMI ≥ 30 kg/m ²)	45.6 (40.6-50.2)	32.1 (23.6-40.6)	55.6 (51.4-59.9)
Average waist circumference (cm)		92.0 (89.1-94.8)	94.5 (92.5-96.5)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	127.4 (126.2-128.7)	130.4 (128.3-132.4)	125.3 (123.8-126.8)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	84.4 (82.8-85.9)	84.1 (81.9-86.3)	84.5 (83.0-86.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	34.4 (39.5-39.3)	33.2 (25.0-41.4)	35.3 (29.6-41.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	33.1 (27.6-38.7)	31.6 (22.9-40.3)	34.2 (28.1-40.3)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	5.0 (4.8-5.3)	4.8 (4.5-5.0)	5.2 (5.0-5.5)
Percentage with impaired fasting glycaemia as defined below • Capillary (plasma equivalent value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl))	4.6 (1.8-7.4)	3.1 (0.5-5.7)	5.8 (2.5-9.1)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • Capillary (plasma equivalent value ≥ 7.0 mmol/L (126 mg/dl)	12.2 (9.01-15.3)	7.3 (4.4-10.2)	16.2 (11.5-20.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	3.8 (3.6-4.1)	3.7 (3.2-4.1)	4.0 (3.7-4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	15.6 (10.0-21.2)	11.3 (21.3-14.1)	19.3 (14.9-23.7)
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 • 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	0.3 (-0.3-1.0)	0
Percentage with three or more of the above risk factors, aged 18 to 44 years	62.3 (53.9-70.7)	58.8 (42.9-74.6)	64.8 (57.9-71.7)
Percentage with three or more of the above risk factors, aged 45 to 69 years	82.8 (72.8-92.8)	80.6 (68.6-92.5)	84.6 (73.1-96.2)
Percentage with three or more of the above risk factors, aged 18 to 69 years	70.1 (64.2-76.0)	67.4 (58.3-76.5)	72.1 (64.0-80.2)

For additional information, please contact:

STEPS country focal point Eretii Timeon (Ministry of Health) eretii1979@gmail.com