

Mongolia STEPS Survey 2005

FACT SHEET

The STEPS NCD survey of chronic disease risk factors in Mongolia was carried out from May, 2005 to October, 2005. Mongolia carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure and body fitness scores were collected in Step 2. Biochemical measurements were collected on 1133 participants to assess intermediate risk factors such as blood glucose, cholesterol and triglycerides levels in Step 3.

The STEPS survey in Mongolia was a population-based survey of adults aged 15-64 years. A random multistage cluster sample design was used to produce representative data for that age range in Mongolia. A total of 3411 people aged 15-64 years participated in the Mongolian STEPS survey.

A repeat survey is planned for monitoring the impact of the integrated programme for NCD prevention and control if funds permit.

Results for adults aged 15-64 years (incl. 95% CI)

Both Sexes Males Females

Tobacco Use

Percentage who currently smoke tobacco daily	24.2% (±0.1)	43.1% (±0.1)	4.1% (±0.05)
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For those who smoke tobacco daily

Average age started smoking (years)	19.8 (±0.02)	19.1 (±0.04)	27.8 (±0.1)
Average years of smoking	17.5 (±0.03)	17.8 (±0.04)	13.8 (±0.1)
Percentage smoking manufactured cigarettes	89.9% (±0.1)	89.4% (±0.1)	95.5% (±0.2)

For smokers of manufactured cigarettes

Mean number of manufactured cigarettes smoked per day	12.0 (±0.5)	12.6 (±0.6)	7.5 (±1.1)
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Alcohol Consumption

Percentage of abstainers (who did not drink alcohol in the last year)	33.5% (±0.1)	25.0% (±0.1)	42.6% (±0.1)
Percentage of current occasional drinkers (who drink alcohol on less than 3 days a month)	60.8% (±0.02)	65.1% (±0.2)	56.2% (±0.1)
Percentage of current moderate drinkers (who drink alcohol on 1-4 days per week)	5.0% (±0.02)	8.8% (±0.2)	1.0% (±0.1)
Percentage of current frequent drinkers (who drink alcohol on 5 or more days per week)	0.7% (±0.02)	1.1% (±0.2)	0.2% (±0.1)

For current drinkers who had more often than once per month 4/5 or more drinks on any day

Percentage of women who had 4 or more drinks on any day on more often than once per month	—	—	0.3% (±0.3)
Percentage of men who had 5 or more drinks on any day on more often than once per month	—	5.1% (±0.1)	—

Fruit and Vegetable Consumption (in a typical week)

Mean number of servings of fruit consumed per day	1.5 (±0.003)	1.3 (±0.004)	1.8 (±0.01)
Mean number of servings of vegetables consumed per day	1.7 (±0.002)	1.7 (±0.003)	1.6 (±0.003)
Percentage who ate 5 or more combined servings of fruit & vegetables per day	22.3% (±0.1)	19.1% (±0.1)	25.8% (±0.1)

Physical Activity

Percentage with low levels of activity (defined as <600 MET-minutes/week)	23.1% (±0.1)	20.1% (±0.1)	26.1% (±0.1)
Median time spent in work-related physical activity per day (minutes)	38.6 (0-205.7)	51.4 (0-240)	28.6 (0-171.4)

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Median time spent in transport-related physical activity per day (minutes)	60 (21.4-120.0)	60 (21.4-120.0)	51.4 (21.4-120.0)
Median time spent in recreational physical activity per day (minutes)	25.7 (0-77.1)	25.7 (0-68.6)	30.0 (0-90.0)
Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.8 (± 0.01)	23.3 (± 0.01)	24.5 (± 0.01)
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	31.6% (± 0.1)	25.5% (± 0.1)	38.0% (± 0.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	9.8% (± 0.04)	7.2% (± 0.05)	12.5% (± 0.1)
Average waist circumference (cm)	79.9 (± 0.03)	80.6 (± 0.02)	79.2 (± 0.02)
Mean systolic blood pressure - SBP (mmHg)	124.7 (± 0.03)	128.2 (± 0.04)	121 (± 0.04)
Mean diastolic blood pressure - DBP (mmHg)	76.8 (± 0.02)	76.9 (± 0.03)	76.7 (± 0.03)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg)	22.2 (± 0.05)	26.4 (± 0.1)	17.6 (± 0.1)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg)	6.6 (± 0.04)	7.6 (± 0.1)	5.6 (± 0.05)
Biochemical Measurements			
Mean fasting blood glucose (mmol/L)	4.8 (± 0.002)	5.1 (± 0.01)	4.7 (± 0.004)
Percentage with raised blood glucose (≥ 6.1 mmol/L)	5.7% (± 0.02)	7.8% (± 0.01)	3.6% (± 0.01)
Percentage with raised blood glucose (≥ 6.7 mmol/L)	2.6% (± 0.01)	3.7% (± 0.01)	1.5% (± 0.01)
Mean total blood cholesterol (mmol/L)	4.6 (± 0.001)	4.6 (± 0.002)	4.6 (± 0.001)
Percentage with raised total cholesterol (≥ 5.2 mmol/L)	7.0% (± 0.1)	6.8% (± 0.1)	7.2% (± 0.1)
Percentage with raised total cholesterol (≥ 6.5 mmol/L)	0.8% (± 0.01)	1.1% (± 0.1)	0.5% (± 0.02)
Mean total blood triglycerides (mmol/L)	1.6 (± 0.002)	1.6 (± 0.003)	1.6 (± 0.003)
Percentage with raised total triglycerides (≥ 2.26 mmol/L)	11.3 (± 0.01)	13.4 (± 0.05)	9.2 (± 0.05)
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) • overweight or obese (BMI ≥ 25 kg/m²) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) 			
Percentage with no risk (i.e. none of the risk factors included above)	9.4% (± 0.05)	6.8% (± 0.05)	12.2% (± 0.05)
Percentage with risk (1-2 risk factors included above)	69.9% (± 0.05)	66.5% (± 0.1)	73.4% (± 0.1)
Percentage with raised risk (i.e. at least three of the risk factors included above) distributed in the age groups below			
Percentage with high risk, aged 15 to 44 years old	14.5% (± 0.1)	19.5% (± 0.1)	9.2% (± 0.1)
Percentage with high risk, aged 45 to 64 years old	45.4% (± 0.2)	54.5% (± 0.2)	35.5% (± 0.2)

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