



Mozambique STEPS Survey 2005

Fact Sheet

The STEPS survey of chronic disease risk factors in Mozambique was carried out from August 2005 to November 2005. Mozambique 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 Mozambique was a population-based survey of adults aged 25-64. A household sampling design was used to produce representative data for that age range in Mozambique. A total of 3,310 adults participated in the Mozambique STEPS survey. The overall response rate was 98.4%. A repeat survey is planned for 2010 if funds permit.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	18.7%	36.0%	6.4%
Percentage who currently smoke tobacco daily	16.7%	32.1%	5.7%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	25.6	24.4	30.4
Percentage smoking manufactured cigarettes	56.3%	60.3%	40.4%
Mean number of manufactured cigarettes smoked per day	6.4	6.7	*
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	54.8%	39.6%	65.6%
Percentage of current drinkers (who drank alcohol in the last year)	45.2%	60.4%	34.4%
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	5.4%	7.1%	3.2%
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	--	44.8%	35.1%
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	2.7	2.7	2.7
Mean number of servings of fruit consumed on average per day	1.1	1.1	1.1
Mean number of days vegetables consumed	4.2	3.9	4.4
Mean number of servings of vegetables consumed on average per day	1.1	1.1	1.2
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	95.0%	95.6%	94.5%
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)**	6.5%	6.7%	6.4%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)**	85.3%	83.1%	87.0%
Median time spent in physical activity per day (minutes) (with interquartile range)	385.7 (205.7-548.6)	374.3 (192.9-531.4)	394.3 (208.6-559.6)
Percentage not engaging in vigorous physical activity	31.1%	33.1%	29.6%

** 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>



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Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	22.7	21.7	23.5
Percentage who are overweight (BMI ≥25 kg/m ²)	21.2%	13.5%	27.1%
Percentage who are obese (BMI ≥30 kg/m ²)	7.5%	3.2%	10.8%
Average waist circumference (cm)	--	76.8	76.8
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	133.4	136.0	131.5
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.9	80.0	80.0
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	34.9%	37.5%	33.0%
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	15.4%	15.0%	15.6%
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol), excluding those currently on medication for raised blood glucose	3.7	3.8	3.6
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> plasma venous value ≥6.1 mmol/L (110mg/dl) and <7.0 mmol/L (126 mg/dl) capillary whole blood value ≥5.6 mmol/L (100mg/dl) and <6.1 mmol/L (110 mg/dl) 	3.0%	3.2%	2.8%
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> plasma venous value ≥7.0 mmol/L or ≥126 mg/dl capillary whole blood value ≥6.1 mmol/L or ≥110 mg/dl 	3.8%	4.9%	3.1%
Mean total blood cholesterol (mmol)	4.3	4.4	4.3
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)	12.7%	13.7%	12.2%
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)	2.1%	1.9%	2.2%
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits and/or vegetables on average per day Low level of activity (<600 MET -minutes) 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 risk factors included above	2.4%	1.5%	3.1%
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	14.0%	17.0%	11.7%
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	28.6%	26.7%	30.2%
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	19.0%	20.5%	17.9%

* Indicates less than 50 respondents.

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