



Pakistan (Punjab and Sindh) STEPS Survey 2013-14

Fact Sheet

The STEPS survey of chronic disease risk factors in Pakistan was carried out from November 2013 to April 2014. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. The STEPS survey in Pakistan was a population-based survey of adults aged 18-69. A two-stage sample design was used to produce representative data for that age range in Punjab and Sindh provinces of Pakistan. A total of 7710 adults participated in the Pakistan STEPS survey. The overall response rate was 95.4%. A repeat survey is planned in 5 years if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	13.9% (12.4-15.3)	27.8% (25.2-30.3)	4.2% (3.1-5.4)
Percentage who currently smoke tobacco daily	12.7% (11.3-14.1)	25.5% (23.0-28.1)	3.8% (2.7-4.8)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	22.1 (21.4-22.9)	21.5 (20.8-22.3)	24.9 (22.8-27.1)
Percentage of daily smokers smoking manufactured cigarettes	67.2% (62.1-72.2)	74.9% (70.1-79.8)	30.6% (20.2-41.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	9.4 (8.4-10.4)	10.7 (9.7-11.8)	2.9 (1.3-4.4)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	2.3 (2.2-2.4)	2.3 (2.2-2.4)	2.2 (2.1-2.4)
Mean number of servings of fruit consumed on average per day	0.7 (0.6-0.7)	0.7 (0.6-0.7)	0.6 (0.6-0.7)
Mean number of days vegetables consumed	4.4 (4.3-4.5)	4.5 (4.4-4.6)	4.4 (4.3-4.5)
Mean number of servings of vegetables consumed on average per day	1.2 (1.1-1.2)	1.2 (1.2-1.3)	1.2 (1.1-1.2)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	96.5% (95.7-97.2)	95.2% (94.0-96.3)	97.4% (96.7-98.0)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	41.5% (38.9-44.2)	24.7% (22.0-27.5)	53.3% (50.1-56.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	38.6 (0.0-154.3)	102.9 (21.4-260.0)	17.1 (0.0-85.7)
Percentage not engaging in vigorous activity	81.0% (78.9-83.1)	70.0% (67.0-73.0)	88.7% (86.8-90.6)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			0.9% (0.5-1.3)

* 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)



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Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	24.5 (24.2-24.8)	24.2 (23.9-24.5)	24.8 (24.4-25.1)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	41.3% (38.9-43.6)	38.6% (35.8-41.5)	43.2% (40.5-46.0)
Percentage who are obese (BMI ≥ 30 kg/m ²)	14.9% (13.4-16.5)	12.1% (10.2-14.0)	17.1% (15.0-19.1)
Average waist circumference (cm)		84.0 (83.0-85.0)	83.0 (81.9-84.1)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.0 (127.3-128.7)	129.6 (128.7-130.6)	126.9 (126.1-127.8)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	84.8 (84.3-85.2)	85.2 (84.6-85.8)	84.4 (83.9-85.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	37.0% (34.9-39.0)	39.3% (36.8-41.9)	35.4% (32.8-37.9)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	82.1% (79.6-84.6)	89.9% (87.5-92.3)	76.2% (72.9-79.4)
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	0.6% (0.4-0.9)	1.1% (0.6-1.6)	0.3% (0.1-0.4)
Percentage with three or more of the above risk factors, aged 18 to 44 years	34.3% (31.7-36.8)	31.2% (28.2-34.2)	36.4% (33.2-39.6)
Percentage with three or more of the above risk factors, aged 45 to 69 years	53.9% (50.2-57.6)	49.6% (44.8-54.4)	57.9% (53.1-62.7)
Percentage with three or more of the above risk factors, aged 18 to 69 years	40.0% (37.6-42.4)	37.2% (34.6-39.9)	42.1% (39.1-45.1)