



# Palestine STEPS Survey 2010-2011

## Fact Sheet

The STEPS survey of chronic disease risk factors in Palestine was carried out from April 2010 to March 2011. Palestine 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 Palestine was a population-based survey of adults aged 15-64. A cluster sample design was used to produce representative data for that age range in Palestine. A total of 6,957 adults participated in the survey.

| Results for adults aged 15-64 years (incl. 95% CI)  | Both Sexes                  | Males                       | Females                     |
|---|-----------------------------|-----------------------------|-----------------------------|
| <b>Step 1 Tobacco Use</b>   |                             |                             |                             |
| Percentage who currently smoke tobacco  | <b>20.2%</b><br>(18.0-22.4) | <b>37.6%</b><br>(33.8-41.5) | <b>2.6%</b><br>(1.2-3.9)    |
| Percentage who currently smoke tobacco daily  | <b>19.3%</b><br>(17.2-21.4) | <b>36.2%</b><br>(32.5-40.0) | <b>2.2%</b><br>(1.0-3.4)    |
| <i>For those who smoke tobacco daily</i>  |                             |                             |                             |
| Average age started smoking (years)   | <b>18.6</b><br>(18.3-18.9)  | <b>18.2</b><br>(18.0-18.5)  | <b>24.5</b><br>(23.5-25.5)  |
| Percentage of daily smokers smoking manufactured cigarettes   | <b>68.7%</b><br>(58.7-78.6) | <b>69.6%</b><br>(60.2-79.0) | <b>53.5%</b><br>(33.5-73.5) |
| Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)             | <b>13.0</b><br>(11.0-14.9)  | <b>13.3</b><br>(11.4-15.2)  | <b>6.9</b><br>(4.7-9.2)     |
| <b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>   |                             |                             |                             |
| Mean number of days fruit consumed  | <b>3.5</b><br>(3.2-3.9)     | <b>3.5</b><br>(3.2-3.8)     | <b>3.6</b><br>(3.3-3.9)     |
| Mean number of servings of fruit consumed on average per day  | <b>1.0</b><br>(0.9-1.2)     | <b>1.1</b><br>(0.9-1.2)     | <b>1.0</b><br>(0.9-1.2)     |
| Mean number of days vegetables consumed   | <b>5.4</b><br>(4.9-5.8)     | <b>5.4</b><br>(4.9-5.9)     | <b>5.4</b><br>(5.0-5.8)     |
| Mean number of servings of vegetables consumed on average per day   | <b>1.8</b><br>(1.5-2.0)     | <b>1.8</b><br>(1.5-2.1)     | <b>1.7</b><br>(1.5-2.0)     |
| Percentage who ate less than 5 servings of fruit and/or vegetables on average per day                     | <b>85.9%</b><br>(83.8-88.1) | <b>85.4%</b><br>(82.9-87.9) | <b>86.5%</b><br>(83.9-89.0) |
| <b>Step 1 Physical Activity</b>   |                             |                             |                             |
| Percentage with low levels of activity (defined as < 600 MET-minutes per week)*                           | <b>46.5%</b><br>(42.7-50.2) | <b>33.8%</b><br>(31.1-36.4) | <b>59.2%</b><br>(54.3-64.0) |
| Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*                         | <b>31.6%</b><br>(27.4-35.9) | <b>42.8%</b><br>(38.3-47.4) | <b>20.4%</b><br>(16.2-24.6) |
| Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range) | <b>39.3</b><br>(4.3-137.1)  | <b>68.6</b><br>(17.1-201.4) | <b>21.4</b><br>(0.0-80.0)   |
| Percentage not engaging in vigorous activity  | <b>75.3%</b><br>(72.1-78.6) | <b>63.9%</b><br>(60.3-67.5) | <b>86.7%</b><br>(83.2-90.3) |

\* 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>



# Fact Sheet

| Results for adults aged 15-64 years (incl. 95% CI)   | Both Sexes                    | Males                         | Females                       |
|--|-------------------------------|-------------------------------|-------------------------------|
| <b>Step 2 Physical Measurements</b>  |                               |                               |                               |
| Mean body mass index - BMI (kg/m <sup>2</sup> )  | <b>26.8</b><br>(26.4-27.2)    | <b>26.3</b><br>(25.8-26.8)    | <b>27.5</b><br>(27.1-27.8)    |
| Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )  | <b>57.8%</b><br>(54.8-60.9)   | <b>55.2%</b><br>(51.0-59.4)   | <b>60.7%</b><br>(58.0-63.4)   |
| Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )   | <b>26.8%</b><br>(24.3-29.4)   | <b>23.3%</b><br>(20.0-26.7)   | <b>30.8%</b><br>(28.3-33.2)   |
| Average waist circumference (cm)   | -                             | <b>89.8</b><br>(88.1-91.5)    | <b>88.0</b><br>(86.0-90.1)    |
| Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP   | <b>117.6</b><br>(116.8-118.4) | <b>120.0</b><br>(118.8-121.3) | <b>115.1</b><br>(114.2-115.9) |
| Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP  | <b>75.4</b><br>(74.5-76.3)    | <b>76.9</b><br>(76.0-77.8)    | <b>73.9</b><br>(72.9-74.8)    |
| Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)  | <b>35.8%</b><br>(30.8-40.7)   | <b>36.0%</b><br>(30.7-41.3)   | <b>35.6%</b><br>(30.6-40.5)   |
| Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP   | <b>24.7%</b><br>(19.7-29.7)   | <b>29.2%</b><br>(23.1-35.3)   | <b>20.0%</b><br>(15.6-24.5)   |
| <b>Step 3 Biochemical Measurement</b>  |                               |                               |                               |
| Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)   | <b>98.0</b><br>(94.3-101.6)   | <b>100.1</b><br>(95.9-104.2)  | <b>95.8</b><br>(92.2-99.4)    |
| Percentage with impaired fasting glycaemia as defined below<br>• plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl)<br>• capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)  | <b>5.8%</b><br>(3.7-7.9)      | <b>5.8%</b><br>(3.5-8.1)      | <b>5.8%</b><br>(3.7-7.9)      |
| Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose<br>• plasma venous value ≥ 7.0 mmol/L (126 mg/dl)<br>• capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)  | <b>8.5%</b><br>(6.5-10.5)     | <b>9.5%</b><br>(6.9-12.1)     | <b>7.6%</b><br>(5.5-9.6)      |
| Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)   | <b>177.4</b><br>(173.1-181.6) | <b>175.0</b><br>(169.8-180.1) | <b>179.8</b><br>(175.8-183.9) |
| Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)   | <b>36.5%</b><br>(32.9-40.1)   | <b>35.8%</b><br>(31.2-40.4)   | <b>37.3%</b><br>(34.1-40.5)   |
| <b>Summary of combined risk factors</b>  |                               |                               |                               |
| <ul style="list-style-type: none"> <li>• current daily smokers</li> <li>• less than 5 servings of fruits &amp; vegetables per day</li> <li>• low level of activity</li> <li>• overweight (BMI ≥ 25 kg/m<sup>2</sup>)</li> <li>• raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)</li> </ul> |                               |                               |                               |
| Percentage with none of the above risk factors   | <b>2.2%</b><br>(1.4-2.9)      | <b>2.2%</b><br>(1.4-3.1)      | <b>2.1%</b><br>(1.0-3.1)      |
| Percentage with three or more of the above risk factors, aged 15 to 44 years   | <b>41.4%</b><br>(37.8-45.0)   | <b>42.7%</b><br>(38.5-46.8)   | <b>40.0%</b><br>(35.8-44.2)   |
| Percentage with three or more of the above risk factors, aged 45 to 64 years   | <b>75.3%</b><br>(71.4-79.2)   | <b>73.1%</b><br>(69.2-77.1)   | <b>77.4%</b><br>(72.3-82.6)   |
| Percentage with three or more of the above risk factors, aged 15 to 64 years   | <b>47.8%</b><br>(44.3-51.3)   | <b>48.3%</b><br>(44.0-52.5)   | <b>47.3%</b><br>(43.5-51.0)   |