



American Samoa STEPS Survey

Fact Sheet

The STEPS survey of chronic disease risk factors in American Samoa was carried out from June, 2004 to August, 2004. The STEPS survey in American Samoa was a population-based survey of adults aged **25-64**. A stratified cluster sampling design sample design was used to produce representative data for that age range in American Samoa. A total of 2,072 adults participated in the American Samoa STEPS survey.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily	29.9% (26.6 - 33.1)	38.1% (33.5 - 42.7)	21.6% (18.2 - 24.9)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.6 (20.1 - 21.1)	20.1 (19.4 - 20.9)	21.3 (19.9 - 22.8)
Average years of smoking	19.0 (17.9 - 20.1)	19.9 (18.8 - 21.0)	17.4 (15.4 - 19.4)
Percentage smoking manufactured cigarettes	96.3% (94.9 - 97.7)	96.3% (94.8 - 97.9)	96.2% (94.7 - 97.7)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	13.5 (12.3 - 14.8)	14.2 (12.6 - 15.8)	12.4 (11.1 - 13.7)
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	36.5% (29.4 - 43.6)	27.3% (21.7 - 32.9)	58.8% (48.4 - 69.1)
Percentage of current drinkers (who drank alcohol in the past year)	63.5% (56.4 - 70.6)	72.7% (67.1 - 78.3)	41.3% (30.9 - 51.6)
<i>For those who drank alcohol in the last year</i>			
Percentage who drank alcohol on 4 or more days in the last week	3.0% (0.9 - 5.1)	3.4% (1.1 - 5.7)	1.3% (0.0 - 3.8)
Percentage of women who had 4 or more drinks on any day in the last week			33.9% (22.4 - 45.4)
Percentage of men who had 5 or more drinks on any day in the last week		49.6% (43.1 - 56.0)	
Step 1 Fruit and Vegetable Consumption			
Mean number of days fruit is consumed	2.4 (2.3 - 2.5)	2.1 (2.0 - 2.3)	2.6 (2.5 - 2.8)
Mean number of servings of fruit consumed per day	1.6 (1.5 - 1.7)	1.5 (1.4 - 1.6)	1.7 (1.6 - 1.8)
Mean number of days vegetables consumed	4.0 (3.9 - 4.6)	3.7 (3.4 - 4.0)	4.2 (3.9 - 4.6)
Mean number of servings of vegetables consumed per day	2.4 (2.2 - 2.5)	2.4 (2.1 - 2.6)	2.4 (2.2 - 2.6)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	86.7% (84.1 - 89.2)	87.9% (85.8 - 90.0)	85.6% (80.1 - 91.1)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	62.2% (56.0 - 68.4)	58.6% (51.8 - 65.3)	66.0% (60.1 - 71.8)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)	2.4% (1.6-3.3)	4.2% (2.4-6.0)	0.6% (0.2-1.05)
Median time spent in physical activity per day (minutes)	12.9 (0.0-72.9)	15.0 (0.0-90.0)	8.6 (0.0-57.9)
Mean time spent in physical activity per day (minutes)	68.5 (50.0-87.1)	85.1 (62.5 - 107.6)	51.7 (36.5-66.8)



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Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	34.9 (34.7 - 35.1)	33.7 (33.2 - 34.1)	36.2 (35.9 - 36.5)
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	93.5% (92.1 - 94.3)	92.7% (91.6 - 93.9)	94.4% (92.8 - 95.9)
Percentage who are obese (BMI ≥ 30 kg/m ²)	74.6% (73.1 - 76.1)	69.3% (67.2 - 71.3)	80.2% (77.0 - 83.5)
Average waist circumference (cm)	104.8 (103.4 - 106.2)	104.7 (103.7 - 105.6)	104.8 (101.8 - 107.8)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	129.6 (128.1 - 131.1)	134.1 (132.0 - 136.2)	125.1 (124.0 - 126.1)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	81.8 (80.5 - 83.1)	83.5 (81.7 - 85.4)	80.0 (79.1 - 80.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	34.2% (28.4 - 40.0)	40.9% (33.9 - 47.8)	27.5% (22.3 - 32.6)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	16.9% (12.8 - 21.1)	20.8% (14.4 - 27.2)	13.5% (10.8 - 16.1)
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	6.7 (6.5 - 6.9)	6.8 (6.6 - 7.1)	6.5 (6.3 - 6.8)
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose	120.3 (116.4 - 124.1)	123.0 (118.0 - 128.1)	117.5 (113.3 - 121.7)
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 	47.3% (44.0 - 50.7)	52.3% (48.6 - 56.0)	42.4% (38.2 - 46.5)
Mean total blood cholesterol (mmol/L)	4.7 (4.7 - 4.8)	4.7 (4.7 - 4.8)	4.8 (4.7 - 4.8)
Mean total blood cholesterol (mg/dl)	183.6 (181.7 - 185.4)	183.3 (181.0 - 185.6)	183.8 (181.8 - 185.8)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	23.4% (18.7 - 28.0)	23.1% (18.4 - 27.7)	23.7% (18.8 - 28.5)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	2.7% (0.9 - 4.4)	3.2% (0.6 - 5.7)	2.2% (1.0 - 3.4)
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 (<600 MET -minutes) • overweight or obese (BMI ≥ 25 kg/m²) • raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 			
Percentage with low risk (i.e. none of the risk factors included above)	0.4% (0.1 - 0.8)	0.5% (-0.4-1.4)	0.4% (-0.03 -0.8)
Percentage with raised risk (at least three of the risk factors included above) aged 25 to 44 years old	69.2% (62.2 - 72.2)	74.6% (65.8 - 83.4)	64.3% (58.1 - 70.5)
Percentage with raised risk (at least three of the risk factors included above) aged 45 to 64 years old	76.7% (72.1 - 81.4)	80.4% (72.5 - 88.3)	73.1% (68.4 - 77.8)