



Samoa STEPS Survey

Fact Sheet

The STEPS survey of chronic disease risk factors in Samoa was carried out from August 2002 to October 2002.

The STEPS survey in Samoa used a population-based survey of adults aged **25-64**. A random sample design was used to produce representative data for that age range in Samoa. A total of 2,817 adults participated in 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	34.6% (31.5 - 37.6)	49.4% (44.8 - 54.1)	18.0% (15.5 - 20.5)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.5 (20.7 - 22.2)	20.5 (19.8 - 21.3)	24.4 (22.7 - 26.1)
Average years of smoking	18.4 (16.8 - 20.0)	19.3 (17.5 - 21.1)	15.6 (13.9 - 17.3)
Percentage smoking manufactured cigarettes	79.5% (71.9 - 87.1)	77.7% (68.9 - 86.5)	85.0% (80.0 - 89.9)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	9.5 (8.0 - 11.0)	9.9 (8.1 - 11.6)	8.5 (7.0 - 9.9)
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	70.6% (66.5 - 74.7)	49.2% (43.6 - 54.8)	94.2% (92.4 - 96.0)
Percentage of current drinkers (who drank alcohol in the past 12 months)	29.4% (25.3 - 33.6)	50.8% (45.2 - 56.4)	5.8% (4.0 - 7.6)
<i>For those who drank alcohol in the past 12 months</i>			
Percentage who drank alcohol on 4 or more days in the last week	0.8% (0.2 - 1.5)	0.8% (0.0 - 1.6)	0.8% (0.0 - 2.3)
Percentage of women who had 4 or more drinks on any day in the last week			15.7% (0.4 - 31.1)
Percentage of men who had 5 or more drinks on any day in the last week		44.3% (38.5 - 50.2)	
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	2.8 (2.6 - 3.0)	2.6 (2.3 - 2.8)	3.0 (2.8 - 3.3)
Mean number of servings of fruit consumed per day	1.4 (1.4 - 1.6)	1.3 (1.1 - 1.6)	1.4 (1.2 - 1.7)
Mean number of days vegetables consumed	6.4 (6.3 - 6.6)	6.3 (6.2 - 6.5)	6.6 (6.4 - 6.7)
Mean number of servings of vegetables consumed per day	5.7 (5.2 - 6.3)	5.8 (5.3 - 6.4)	5.6 (5.1 - 6.2)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	37.7% (26.6 - 48.8)	38.6% (26.6 - 50.6)	36.8% (26.1 - 47.4)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	51.7% (46.5 - 56.9)	36.4% (30.8 - 42.1)	69.9% (63.9 - 76.0)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	32.3% (28.3 - 36.4)	48.2% (43.4 - 53.1)	13.4% (8.9 - 18.0)
Median time spent in physical activity per day (minutes)	30.0 (1.4 - 111.4)	68.6 (12.9 - 197.1)	12.9 (0.0 - 42.9)
Mean time spent in physical activity per day (minutes)	96.5 (85.3-107.7)	142.1 (127.7 - 156.5)	42.2 (30.5 - 53.8)



Samoa STEPS Survey

Fact Sheet

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)	31.4 (30.8 - 32.1)	30.0 (29.4 - 30.5)	33.2 (32.4 - 33.9)
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	85.2% (83.1 - 87.2)	81.1% (78.4 - 83.7)	89.8% (87.3 - 92.2)
Percentage who are obese (BMI ≥ 30 kg/m ²)	54.7% (49.3 - 60.1)	44.8% (39.1 - 50.5)	66.3% (60.2 - 72.3)
Average waist circumference (cm)	96.3 (94.8 - 97.7)	95.2 (93.5 - 96.8)	97.6 (96.2 - 99.1)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	125.8 (124.2 - 127.3)	129.9 (128.4 - 131.5)	121.1 (119.2 - 123.0)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	74.9 (73.6 - 76.2)	75.8 (74.3 - 77.3)	74.0 (72.5 - 75.4)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	21.1% (17.9 - 24.3)	23.1% (18.9 - 27.3)	18.8% (15.6 - 22.0)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	7.6% (6.4 - 8.7)	7.5% (5.6 - 9.3)	7.7% (6.3 - 9.0)
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	5.6 (5.5 - 5.7)	5.7 (5.5 - 5.8)	5.6 (5.5 - 5.7)
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose	101.2 (99.4 - 103.1)	101.9 (99.4 - 104.4)	100.5 (98.3 - 102.6)
Percentage with raised fasting 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 	22.1% (19.5 - 24.7)	21.0% (17.6 - 24.4)	23.4% (20.7 - 26.0)
Mean total blood cholesterol (mmol/L)	4.2 (4.1 - 4.3)	4.2 (4.1 - 4.4)	4.2 (4.1 - 4.3)
Mean total blood cholesterol (mg/dl)	163.3 (159.1 - 167.6)	162.8 (157.0 - 168.7)	163.9 (160.2 - 167.5)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	13.7% (10.4 - 17.0)	13.8% (8.8 - 18.8)	13.6% (10.9 - 16.2)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	1.7% (1.0 - 2.4)	1.5% (0.4 - 2.5)	1.9% (1.2 - 2.7)
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)	2.1% (1.3 - 3.0)	3.1% (1.5 - 4.6)	1.0% (0.5 - 1.4)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	38.5% (29.5 - 47.6)	38.7% (30.3 - 47.0)	38.3% (27.2 - 49.5)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	48.4% (42.0 - 54.9)	47.4% (38.9 - 55.9)	49.6% (44.9 - 54.3)