



Nepal STEPS Survey 2019

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Nepal was carried out from February to May 2019. The survey collected socio demographic and behavioral information (tobacco, alcohol, diet, physical activity). Physical measurements such as height, weight and blood pressure were done to estimate obesity and raised BP prevalence. Biochemical measurements were collected to assess blood glucose and cholesterol levels. The survey was a population-based household survey of adults aged 15-69 years. A multistage sample design was used to produce representative data for that age range in Nepal. A total of 5593 adults participated in the survey. The overall response rate was 86.4%. A repeat survey is planned for 2024.

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Tobacco Use			
Percentage who currently use tobacco (smoked/smokeless)	28.9 (26.3-31.5)	48.3 (43.5-53.1)	11.6 (9.8-13.5)
Percentage who currently use tobacco on daily basis	24.1 (21.8-26.5)	40.1 (35.4-44.7)	10.0 (8.4-11.6)
Percentage who currently smoke tobacco	17.1 (15.1-19.1)	28.0 (24.5-31.5)	7.5 (6.1-8.9)
Percentage who currently smoke tobacco daily	13.3 (11.4-15.3)	20.8 (17.4-24.1)	6.7 (5.4-8.1)
Percentage who currently smoke cigarettes (manufactured/hand rolled cigarettes)	14.8 (12.6-16.5)	24.6 (20.8-27.7)	6.2 (4.6-7.2)
Percentage who currently use smokeless tobacco	18.3 (15.8-20.7)	33.3 (28.8-37.8)	4.9 (3.3-6.5)
Percentage who currently use smokeless tobacco daily	15.3 (13.1-17.5)	28.2 (23.9-32.5)	3.8 (2.6-5.1)
Average age at initiation of smoking (years) among those who smoke daily	17.8 (17.1-18.2)	17.7 (16.8-18.1)	18.4 (17.3-19.2)
Percentage who currently use electronic cigarettes	0.8 (0.4-1.3)	1.7 (0.8-2.7)	0.0 (0.0-0.1)
Alcohol Consumption			
Percentage who are lifetime abstainers	72.2 (68.8-75.5)	56.0 (50.9-61.2)	86.5 (83.5-89.1)
Percentage who are former drinkers (drank in past but abstained in past 12 months)	4.0 (2.9-5.1)	5.3 (3.9-6.8)	2.7 (1.5-4.0)
Percentage who currently drink (drank alcohol in the past 12 months)	23.9 (21.0-27.0)	38.6 (34.0-43.5)	10.8 (8.5-13.6)
Percentage who currently drink (drank alcohol in the past 30 days)	20.8 (18.2-23.4)	34.4 (30.2-38.6)	8.8 (6.6-11.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days) (overall population)	6.8 (5.3-8.2)	12.4 (9.8-15.1)	1.7 (0.8-2.7)
Percentage who reported consuming unrecorded alcohol in past 7 days among current drinkers (past 30 days)	68.5 (62.2-73.8)	65.8 (58.6-72.0)	77.7 (70.0-84.7)

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Diet			
Mean number of servings of fruit and/or vegetables consumed on average per day	2.0 (1.9-2.2)	2.1 (1.9-2.2)	2.0 (1.8-2.1)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	96.7 (94.3-98.0)	97.0 (94.8-98.3)	96.3 (93.2-98.0)
Salt			
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	9.2 (7.5-11.2)	9.8 (7.6-12.6)	8.7 (6.9-10.8)
Percentage who always or often eat processed foods high in salt	19.5 (16.2-23.3)	21.1 (16.6-26.3)	18.1 (15.0-21.8)
Percentages who are doing something on regular basis to control salt intake (e.g. Avoid/minimize consumption of processed food, avoid eating food prepared outside of home. etc.)	2.6 (1.7-3.8)	3.0 (1.7-5.1)	2.2 (1.5-3.2)
Mean intake of salt per day (in grams) (based on spot urine examination*)(<i>based on intersalt equation for South-Europe</i>)	9.1 (9.0-9.2)	9.6 (9.4-9.8)	8.7 (8.6-8.8)
Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent) *	7.4 (5.7-10.1)	8.2 (5.5-11.6)	6.6 (5.2-10.0)
Median time spent in physical activity on average per day (in moderate-intensity minutes) (presented with inter-quartile range)	210 (90.0-394.3)	231.4 (98.6-420.0)	188.6 (90.0-368.6)
Cervical Cancer Screening (women 30-49 years of age)			
Percentage who ever had a test for cervical cancer			8.2 (6.3-10.6)
Percentage who had a test for cervical cancer in the last 5 years			5.9 (4.3-8.0)
Percentage of women (age 15-69 years) who received treatment because of test results			63.5 (41.8-80.7)
Oral Health			
Percentage who clean teeth once or more than once a day	89.9 (87.6-91.9)	90.0 (86.9-92.4)	89.9 (87.5-91.9)
Percentage who reported an issue (pain, swelling, bleeding or discomfort) with teeth/gum/mouth	14.3 (11.5-17.7)	11.4 (8.7-14.8)	17.0 (13.5-21.0)
Percentage of who saw a dentist in last 12 month	2.8 (2.1-3.7)	1.5 (0.9-2.4)	3.9 (2.9-5.4)
Violence and injuries			
Percentage involved in road traffic crash in the past 12 months	3.8 (2.6-5.3)	5.1 (3.4-7.5)	2.6 (1.7-4.0)
Percentage who wear seat belt <i>all the time or sometimes</i> when being a driver or passenger in a motor vehicle (among those who were in vehicle in the past 30 days)	4.1 (2.8-6.1)	5.7 (3.9-8.2)	2.6 (1.5-4.5)
Percentage who wore a helmet <i>all the time or sometimes</i> when drove or rode as a passenger on a motorcycle or motor-scooter	36.0 (30.0-42.5)	53.4 (45.8-60.7)	12.6 (8.4-18.6)
Mental Health			
Percentage who had some or high level of work/business stress	61.5 (56.9-66.0)	63.7 (58.3-68.8)	59.6 (54.5-64.3)
Percentage who had some or high level general stress at home	62.3 (57.8-66.7)	59.8 (54.3-64.9)	64.6 (60.0-69.0)
Percentage who had stressful life events in past year which disturbed a lot	11.3 (9.2-13.8)	11.0 (8.5-14.1)	11.6 (9.3-14.4)

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Joint and back pain in last 12 months			
Percentage who had pain, stiffness or swelling in or around a joint not related to injury and lasted for more than a month.	17.0 (14.3-20.2)	13.6 (11.0- 16.7)	20.1 (16.7-23.9)
Percentage who had back pain that prevented them from doing usual household chores or going for work in last 30 days	18.9 (16.2 -21.9)	14.5 (11.9-17.6)	22.8 (19.6,26.4)
Percentage who had severe headache that prevented them from doing usual household chores or going out for work	15.2 (12.9-17.9)	10.7 (8.5-13.4)	19.2 (16.2-22.7)
BMI and Obesity			
Mean body mass index - BMI (kg/m ²)	22.7 (22.5-23.0)	22.6 (22.2-23.0)	22.8 (22.6-23.1)
Percentage who are overweight and obese (BMI ≥ 25 kg/m ²)	24.3 (21.6-27.2)	23.4 (19.9-27.3)	25.1 (22.2-28.2)
Percentage who are obese (BMI ≥ 30 kg/m ²)	4.3 (3.5-5.2)	3.2 (2.3-4.5)	5.3 (4.2-6.5)
Hypertension, Diabetes and raised cholesterol levels			
Prevalence of raised BP: Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	24.5 (22.4-26.7)	29.8 (26.6-33.1)	19.7 (17.5-22.2)
Prevalence of raised blood sugar: Percentage with raised fasting blood glucose (fasting blood glucose ≥ 126 mg/dl) or currently on medication for raised blood glucose**	5.8 (4.3-7.3)	6.3 (4.6-8.5)	5.3 (4.1-6.8)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	11.1 (9.6-12.6)	7.8 (6.2-9.7)	14.0 (12.0-16.1)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD***	3.3 (2.4-4.1)	3.2 (1.9-4.5)	3.3 (2.2-4.5)
Health system			
Percentage of people (40-69 years of age) who ever got their BP measured from a health worker	60.8 (56.0-65.5)	61.5 (55.7-67.1)	60.2 (55.0-65.1)
Percentage of people (40-69 years) who ever got their blood sugar measure from a health worker	21.2 (17.5-25.6)	23.4 (18.8-28.8)	19.2 (15.3-23.8)
Percentage of people measured to have raised BP and/or on medications who are on treatment/ medication	9.5 (7.5-12.0)	7.9 (5.5-11.4)	11.6 (9.1-14.7)
Percentage of people measured to have raised blood glucose and/on medications who were on treatment/medication	21.3 (15.1-29.1)	22.7 (14.7-33.4)	19.9 (13.2-28.9)
Percentage who are member of a health insurance scheme	6.9 (5.0-9.6)	7.8 (5.4-11.3)	6.1 (4.2-8.8)
Percentage who usually go to a government facility/provider for raised blood pressure	40.0 (32.6-47.7)	34.6 (25.4-45.1)	45.7 (36.6-55.1)
Percentage who usually go to government facility/provider for oral health issues	34.6 (26.2-44.0)	36.5 (21.0-55.5)	34.0 (25.0-44.4)

* 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)

** https://www.cliawaived.com/web/items/pdf/PTS-1765_Glucose_Cholesterol_Test_Insert~1068file1.pdf

*** A 10-year CVD risk of ≥30% is defined according to age, sex, blood pressure, smoking status (current smokers OR those who quit smoking less than 1 year before the assessment), total cholesterol, and diabetes (previously diagnosed OR a fasting plasma glucose concentration >7.0 mmol/l (126 mg/dl).

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