



Aruba STEPS Survey 2023

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Aruba was carried out from March to July 2023. Aruba 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 survey was a population-based survey of adults aged 18-69. A simple random sample design was used to produce representative data for that age range in Aruba. A total of 2,744 adults participated in the survey. The overall response rate was 53.4%. A repeat survey is planned for 2028 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	12.0% (10.6 – 13.4)	18.4% (15.6 – 21.2)	7.4% (6.0 – 8.7)
Percentage who currently smoke tobacco daily	6.8% (5.7 – 7.9)	10.8% (8.5 – 13.1)	4.0% (3.1 – 4.9)
Average age started smoking (years) of daily smokers	19.6 (18.4 – 20.8)	18.9 (17.6 – 20.3)	20.9 (18.9 – 23.0)
Percentage of current smokers who use manufactured cigarettes	92.2% (88.8 – 95.5)	90.3% (85.4 – 95.1)	90.3% (85.4 – 95.1)
Percentage who currently use electronic cigarettes	3.9% (2.8 – 4.9)	4.9% (3.1 – 6.7)	3.1% (1.9 – 4.3)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	21.3% (19.6 – 23.0)	14.5% (12.2 – 16.9)	26.2% (23.8 – 28.5)
Percentage who are past 12-month abstainers	11.6% (10.3 – 13.0)	10.2% (8.2 – 12.2)	12.7% (10.8 – 14.5)
Percentage who currently drink (drank alcohol in the past 30 days)	49.6% (47.4 – 51.9)	59.5% (56.1 – 62.9)	42.6% (39.8 – 45.4)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	21.2% (19.6 – 23.1)	32.9% (29.6 – 36.3)	12.8% (10.8 – 14.8)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	4.1 (4.0 – 4.2)	3.9 (3.7 – 4.0)	4.2 (4.1 – 4.4)
Mean number of servings of fruit consumed on average per day	1.0 (0.9 – 1.0)	1.0 (0.9 – 1.0)	1.0 (0.9 – 1.1)
Mean number of days vegetables consumed in a typical week	5.4 (5.3 – 5.5)	5.4 (5.3 – 5.6)	5.4 (5.3 – 5.6)
Mean number of servings of vegetables consumed on average per day	1.5 (1.4 – 1.5)	1.4 (1.4 – 1.5)	1.5 (1.4 – 1.5)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	88.1% (86.7 – 89.6)	87.6% (85.3 – 90.0)	88.5% (86.7 – 90.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	14.7% (13.0 – 16.4)	15.6% (12.9 – 18.4)	14.0% (11.9 – 16.1)
Percentage who always or often eat processed foods high in salt	25.8% (23.8 – 27.9)	27.2% (24.0 – 30.5)	24.8% (22.2 – 27.5)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	23.6% (21.8 – 25.4)	17.8% (15.4 – 20.2)	27.8% (25.3 – 30.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	128.6 (25.7 – 385.7)	188.6 (38.6 – 420.0)	90.0 (14.3 – 342.9)
Percentage not engaging in vigorous activity	62.1% (59.9 – 64.3)	46.3% (42.8 – 49.8)	73.5% (70.9 – 76.0)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			68.2% (63.9 – 72.5)
Percentage of screened women aged 30-49 years who had a screening test for cervical cancer in the past year			33.4% (28.1 – 38.6)

* 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)

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	30.1 (29.8 – 30.4)	29.8 (29.3 – 30.2)	30.3 (29.9 – 30.7)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	78.8% (76.8 – 80.7)	78.6% (75.4 – 81.8)	78.9% (76.4 – 81.4)
Percentage who are obese (BMI ≥ 30 kg/m ²)	45.8% (43.6 – 48.1)	42.8% (39.3 – 46.3)	48.0% (45.1 – 50.9)
Average waist circumference (cm)		100.3 (99.2 – 101.4)	93.5 (92.7 – 94.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	119.0 (118.2 – 119.8)	125.8 (124.7 – 126.9)	114.1 (113.2 – 115.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	78.6 (78.1 – 79.1)	79.7 (78.9 – 80.5)	77.8 (77.2 – 78.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	29.1% (27.1 – 31.0)	32.5% (29.4 – 35.7)	26.6% (24.2 – 29.0)
<i>For those with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)</i>			
Percentage with raised BP, not previously diagnosed	37.0% (33.0 – 40.6)	45.6% (40.1 – 51.1)	29.2% (24.5 – 34.0)
Percentage with raised BP, previously diagnosed, not currently on medication	9.6% (7.5 – 11.7)	10.3% (7.0 – 13.6)	8.9% (6.2 – 11.7)
Percentage with raised BP, previously diagnosed, currently on medication, not controlled	19.8% (16.8 – 22.7)	19.2% (14.9 – 23.4)	20.3% (16.2 – 24.3)
Percentage previously diagnosed, currently on medication, controlled (SBP < 140 and DBP < 90 mmHg)	33.7% (30.2 – 37.2)	24.9% (20.3 – 29.6)	41.5% (36.6 – 46.5)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	5.6 (5.5 – 5.7)	5.6 (5.4 – 5.7)	5.6 (5.5 – 5.7)
Percentage with impaired fasting glycaemia (plasma venous value ≥6.1 mmol/L and <7.0 mmol/L)	14.0% (12.4 – 15.6)	12.6% (10.2 – 15.1)	15.0% (12.9 – 17.1)
Percentage with raised fasting blood glucose (plasma venous value ≥ 7.0 mmol/L) or currently on medication for raised blood glucose	10.2% (8.9 – 11.5)	10.1% (8.1 – 12.2)	10.3% (8.7 – 11.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	4.4 (4.3 – 4.4)	4.1 (4.0 – 4.2)	4.6 (4.5 – 4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	32.6% (30.4 – 34.7)	25.3% (22.1 – 28.5)	37.6% (34.7 – 40.5)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	12.9% (11.1 – 14.9)	14.0% (11.3 – 17.2)	12.2% (9.9 – 14.8)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity 		<ul style="list-style-type: none"> 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	1.8% (1.2 – 2.5)	0.8% (0.2 – 1.5)	2.6% (1.5 – 3.7)
Percentage with three or more of the above risk factors, aged 18 to 44 years	25.9% (22.8 – 28.9)	24.1% (19.7 – 28.6)	27.3% (23.1 – 31.4)
Percentage with three or more of the above risk factors, aged 45 to 69 years	50.9% (48.2 – 53.7)	56.2% (51.9 – 60.4)	47.4% (43.8 – 50.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	38.2% (36.0 – 40.3)	39.2% (35.8 – 42.6)	37.4% (34.6 – 40.2)

** A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes