



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

Results for adults aged 18-69 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>30.1</b> (29.8 – 30.4)	<b>29.8</b> (29.3 – 30.2)	<b>30.3</b> (29.9 – 30.7)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	<b>78.8%</b> (76.8 – 80.7)	<b>78.6%</b> (75.4 – 81.8)	<b>78.9%</b> (76.4 – 81.4)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>45.8%</b> (43.6 – 48.1)	<b>42.8%</b> (39.3 – 46.3)	<b>48.0%</b> (45.1 – 50.9)
Average waist circumference (cm)		<b>100.3</b> (99.2 – 101.4)	<b>93.5</b> (92.7 – 94.4)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	<b>119.0</b> (118.2 – 119.8)	<b>125.8</b> (124.7 – 126.9)	<b>114.1</b> (113.2 – 115.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	<b>78.6</b> (78.1 – 79.1)	<b>79.7</b> (78.9 – 80.5)	<b>77.8</b> (77.2 – 78.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	<b>29.1%</b> (27.1 – 31.0)	<b>32.5%</b> (29.4 – 35.7)	<b>26.6%</b> (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	<b>37.0%</b> (33.0 – 40.6)	<b>45.6%</b> (40.1 – 51.1)	<b>29.2%</b> (24.5 – 34.0)
Percentage with raised BP, previously diagnosed, not currently on medication	<b>9.6%</b> (7.5 – 11.7)	<b>10.3%</b> (7.0 – 13.6)	<b>8.9%</b> (6.2 – 11.7)
Percentage with raised BP, previously diagnosed, currently on medication, not controlled	<b>19.8%</b> (16.8 – 22.7)	<b>19.2%</b> (14.9 – 23.4)	<b>20.3%</b> (16.2 – 24.3)
Percentage previously diagnosed, currently on medication, controlled (SBP < 140 and DBP < 90 mmHg)	<b>33.7%</b> (30.2 – 37.2)	<b>24.9%</b> (20.3 – 29.6)	<b>41.5%</b> (36.6 – 46.5)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mmol/L)	<b>5.6</b> (5.5 – 5.7)	<b>5.6</b> (5.4 – 5.7)	<b>5.6</b> (5.5 – 5.7)
Percentage with impaired fasting glycaemia (plasma venous value ≥ 6.1 mmol/L and < 7.0 mmol/L)	<b>14.0%</b> (12.4 – 15.6)	<b>12.6%</b> (10.2 – 15.1)	<b>15.0%</b> (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	<b>10.2%</b> (8.9 – 11.5)	<b>10.1%</b> (8.1 – 12.2)	<b>10.3%</b> (8.7 – 11.9)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mmol/L)	<b>4.4</b> (4.3 – 4.4)	<b>4.1</b> (4.0 – 4.2)	<b>4.6</b> (4.5 – 4.7)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	<b>32.6%</b> (30.4 – 34.7)	<b>25.3%</b> (22.1 – 28.5)	<b>37.6%</b> (34.7 – 40.5)
<b>Cardiovascular disease (CVD) risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	<b>12.9%</b> (11.1 – 14.9)	<b>14.0%</b> (11.3 – 17.2)	<b>12.2%</b> (9.9 – 14.8)
<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>insufficient physical 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>1.8%</b> (1.2 – 2.5)	<b>0.8%</b> (0.2 – 1.5)	<b>2.6%</b> (1.5 – 3.7)
Percentage with three or more of the above risk factors, aged 18 to 44 years	<b>25.9%</b> (22.8 – 28.9)	<b>24.1%</b> (19.7 – 28.6)	<b>27.3%</b> (23.1 – 31.4)
Percentage with three or more of the above risk factors, aged 45 to 69 years	<b>50.9%</b> (48.2 – 53.7)	<b>56.2%</b> (51.9 – 60.4)	<b>47.4%</b> (43.8 – 50.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	<b>38.2%</b> (36.0 – 40.3)	<b>39.2%</b> (35.8 – 42.6)	<b>37.4%</b> (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