



The Bahamas STEPS Survey 2019

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in The Bahamas was carried out from January 2019 to April 2019. The Bahamas 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, cholesterol and urinary salt levels in Step 3. The survey was a population-based survey of adults aged 18-69. A stratified multi-stage cluster sample design was used to produce representative data for that age range in The Bahamas. The total sample size was 3,840 adults. The overall response rate was 61.6%. The next iteration of STEPS is expected in 2024.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	17.4% (13.8 – 21.1)	32.4% (26.7 – 38.1)	3.6% (0.7 – 6.5)
Percentage who currently smoke tobacco daily	7.7% (5.6-9.7)	14.7% (10.6-18.8)	1.2% (0.5-1.9)
Average age started smoking (years) among current smokers	19.0 (18.5-19.5)	18.8 (18.2-19.4)	21.2 (20.0-22.4)
Percentage of current smokers who smoke manufactured cigarettes	49.4% (37.4-61.4)	50.6% (36.3-64.9)	38.9% (21.2-56.7)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	29.3% (24.1-34.5)	21.6% (16.2-27.1)	36.4% (29.4-43.4)
Percentage who are past 12 month abstainers	9.5% (5.8-13.2)	9.9% (4.4-15.3)	9.2% (5.9-12.5)
Percentage who currently drink (drank alcohol in the past 30 days)	49.6% (45.3-53.7)	59.0% (51.7-66.4)	40.7% (35.4-46.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	17.6% (11.2-23.9)	23.1% (13.3-32.9)	12.5% (6.3-18.6)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.6 (3.3-3.9)	3.3 (2.9-3.7)	3.8 (3.4-4.3)
Mean number of servings of fruit consumed on average per day	1.2 (1.0-1.3)	1.1 (0.8-1.3)	1.3 (1.0-1.5)
Mean number of days vegetables consumed in a typical week	4.3 (4.0-4.7)	4.4 (4.0-4.8)	4.3 (3.8-4.7)
Mean number of servings of vegetables consumed on average per day	1.5 (1.1-1.9)	1.5 (1.0-2.0)	1.5 (1.1-1.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	85.3% (78.9-91.7)	85.3% (77.1-93.5)	85.4% (79.2-91.6)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	16.4% 10.7-22.0	15.3% 8.0-22.6	17.4% 11.8-23.0
Percentage who always or often eat processed foods high in salt	25.7% (21.5-30.0)	25.0% (19.4-30.7)	26.4% (21.0-31.8)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	30.2% (20.6-39.8)	20.0% (10.9-29.1)	39.5% (28.8-50.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	77.1 (1.4-315.0)	180.0 (31.4-412.0)	40.0 (0.0-205.7)
Percentage not engaging in vigorous activity	57.9% (49.0-66.9)	40.4% (33.3-47.5)	73.9% (61.3-86.5)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			76.6% (69.9-83.3)

* 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)



The Bahamas STEPS Survey 2019

Fact Sheet

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)	29.8 (29.1-30.5)	27.6 (26.6-28.5)	31.9 (30.7-33.0)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	71.6% (66.8-76.4)	62.0% (53.4-70.7)	80.6% (74.6-86.6)
Percentage who are obese (BMI ≥ 30 kg/m ²)	43.6% (39.9-47.4)	31.8% (25.4-38.2)	54.8% (48.0-61.6)
Average waist circumference (cm)		93.6 (91.1-96.1)	95.4 (92.2-98.5)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.4 (123.1-127.7)	128.8 (125.0-132.6)	122.4 (120.7-124.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81.3 (79.4-83.1)	81.6 (78.9-84.4)	80.9 (79.3-82.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	36.7% (32.7-40.6)	37.1% (31.9-42.2)	36.3% (31.9-40.6)
<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	38.0% (29.8-46.3)	41.7% (30.5-52.9)	34.6% (23.6-45.6)
Percentage with raised BP, previously diagnosed, not currently on medication	15.3% (10.2-20.5)	21.1% (12.1-30.1)	9.9% (4.0-15.9)
Percentage with raised BP, previously diagnosed, currently on medication, not controlled	26.9% (23.6-30.1)	26.6% (17.9-35.3)	27.1% (21.6-32.7)
Percentage previously diagnosed, currently on medication, controlled (SBP < 140 and DBP < 90 mmHg)	19.8% (14.8-24.7)	10.6% (4.0-17.2)	28.3% (21.4-35.3)
Step 3 Biochemical Measurements (unweighted) **			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	88.1	87.8	88.2
Percentage with impaired fasting glycaemia (plasma venous value ≥110 mg/dl and <126 mg/dl)	6.8%	5.4%	7.6%
Percentage with raised fasting blood glucose or currently on medication for raised blood glucose (plasma venous value ≥ 126 mg/dl)	11.5%	12.1%	11.2%
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	153.1	151.9	153.7
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	25.3%	28.5%	23.5%
Mean intake of salt per day (in grams)	10.5	12.7	9.2
Cardiovascular disease (CVD) risk (unweighted)**			
Percentage aged 40-69 years with a 10-year CVD risk ≥30%, or with existing CVD***	8.2%	10.4%	6.8%
Summary of combined risk factors			
<ul style="list-style-type: none"> • current daily smokers • less than 5 servings of fruits or 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	0.7% (0.2-1.2)	0.8% (0.0-1.7)	0.5% (0.0-1.0)
Percentage with three or more of the above risk factors, aged 18 to 69 years	38.8% (31.2-46.3)	32.8% (26.9-38.6)	44.3% (34.2-54.5)

** Tables for biochemical measurements and CVD risk are presented unweighted, given that the response rate for Step 3 was lower than 60%

*** 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 126 mg/dl).

**For additional information, please contact:
Dr. Cherita Moxey
cheritamoxey@bahamas.gov.bs**