

The STEPS survey of noncommunicable disease (NCD) risk factors in Trinidad and Tobago was carried out from May to August 2024. Trinidad and Tobago 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 stratified multistage sample design was used to produce representative data for that age range in Trinidad and Tobago. A total of 4,052 adults participated in the survey. The overall response rate was 75.0%. A repeat survey is planned for 2029 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	21.3% (19.1 - 23.7)	31.5% (28.6 - 34.6)	11.0% (8.9 - 13.6)
Percentage who currently smoke tobacco daily	17.0% (14.9 - 19.2)	25.0% (22.2 - 28.1)	8.8% (6.8 - 11.3)
Percentage of current smokers who smoke manufactured cigarettes	92.8% (89.3 - 95.2)	93.2% (87.9 - 96.3)	91.6% (85.4 - 95.3)
Percentage who currently use electronic cigarettes	4.9% (3.4 - 6.9)	7.3% (5.0 - 10.5)	2.4% (1.3 - 4.3)
Percentage exposed to second-hand smoke in the workplace in the past 30 days	17.8% (14.2 - 22.1)	25.0% (20.1 - 30.7)	10.7% (7.8 - 14.5)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	15.4% (13.2 - 18.0)	11.4% (9.2 - 14.2)	19.5% (15.8 - 23.7)
Percentage who are past-12-month abstainers	14.8% (13.1 - 16.5)	13.3% (11.0 - 16.1)	16.2% (13.8 - 18.9)
Percentage who currently drink (drank alcohol in the past 30 days)	51.5% (48.9 - 54.2)	59.6% (56.3 - 62.8)	43.4% (39.1 - 47.7)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	12.7% (11.2 - 14.4)	17.6% (15.5 - 19.9)	7.8% (6.0 - 10.1)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.3 (3.2 - 3.4)	3.3 (3.1 - 3.4)	3.3 (3.2 - 3.5)
Mean number of servings of fruit on average per day	1.0 (0.9 - 1.0)	1.0 (0.9 - 1.1)	0.9 (0.9 - 1.0)
Mean number of days vegetables consumed in a typical week	4.3 (4.1 - 4.5)	4.2 (3.9 - 4.4)	4.5 (4.3 - 4.6)
Mean number of servings of vegetables on average per day	1.2 (1.1 - 1.3)	1.1 (1.0 - 1.3)	1.3 (1.1 - 1.4)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	93.3% (91.6 - 94.7)	94.1% (91.8 - 95.8)	92.5% (90.4 - 94.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	6.3% (5.0 - 8.0)	6.3% (4.7 - 8.5)	6.3% (4.7 - 8.4)
Percentage who always or often eat processed foods high in salt	24.3% (21.8 - 26.9)	24.9% (21.2 - 29.0)	23.6% (20.4 - 27.2)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	25.3% (22.0 - 29.1)	16.6% (13.7 - 19.8)	34.1% (29.4 - 39.0)
Median minutes of total physical activity on average per day (minutes) (presented with inter-quartile range)	102.9 (17.9 - 296.0)	162.9 (39.3 - 368.6)	55.7 (8.6 - 200.0)
Percentage not engaging in vigorous activity	70.8% (68.1 - 73.4)	52.0% (48.2 - 55.8)	89.5% (87.1 - 91.5)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	58.3% (51.5 - 64.8)	NA% (NA - NA)	58.3% (51.5 - 64.8)
Percentage of screened women 30-49 who were last screened within the past year	25.4% (20.0 - 31.6)	NA% (NA - NA)	25.4% (20.0 - 31.6)

Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	27.8 (27.3 - 28.2)	26.6 (26.2 - 27.0)	28.9 (28.2 - 29.6)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	61.2% (58.1 - 64.2)	55.3% (51.7 - 58.8)	67.2% (62.3 - 71.7)
Percentage who are obese (BMI ≥ 30 kg/m ²)	31.6% (28.5 - 34.9)	24.9% (21.5 - 28.8)	38.3% (34.4 - 42.4)
Average waist circumference (cm)	90.9 (89.7 - 92.0)	91.2 (89.8 - 92.6)	90.5 (89.2 - 91.9)
Prevalence of uncontrolled hypertension (SBP ≥ 140 or DBP ≥ 90)	23.7% (21.4 - 26.1)	29.8% (26.2 - 33.7)	17.6% (14.8 - 20.7)
Mean systolic blood pressure (mmHg), including those currently on medication for raised BP	124.4 (123.2 - 125.5)	128.3 (126.9 - 129.7)	120.5 (119.1 - 121.8)
Mean diastolic blood pressure (mmHg), including those currently on medication for raised BP	79.8 (78.9 - 80.7)	82.5 (81.5 - 83.6)	77.1 (76.1 - 78.1)
Percentage with hypertension (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on hypertension medication)	29.0% (27.0 - 31.2)	33.2% (29.6 - 37.1)	24.9% (22.2 - 27.8)
Percentage with hypertension, not previously diagnosed	38.3% (33.6 - 43.1)	47.3% (42.1 - 52.5)	26.4% (21.2 - 32.3)
Percentage with hypertension, previously diagnosed, not on medication	19.9% (16.9 - 23.2)	22.8% (18.4 - 28.0)	16.0% (11.6 - 21.6)
Percentage with hypertension, previously diagnosed, on medication, not controlled	20.0% (17.0 - 23.5)	14.3% (10.7 - 18.9)	27.6% (21.4 - 34.8)
Percentage previously diagnosed, on medication, controlled (SBP < 140 and DBP < 90 mmHg)	18.5% (14.6 - 23.2)	10.2% (7.6 - 13.7)	29.3% (22.2 - 37.6)
Step 3 Biochemical Measurements			
Mean fasting blood glucose (mg/dl), including those currently on medication for raised blood glucose	110.5 (107.3 - 113.6)	108.7 (105.0 - 112.4)	112.2 (107.9 - 116.5)
Percentage with impaired fasting glycaemia (plasma venous value ≥110 mg/dl and <126 mg/dl)	11.3% (8.4 - 14.9)	12.8% (8.0 - 19.9)	9.7% (7.3 - 12.9)
Percentage with diabetes (plasma venous value ≥126 mg/dl) or currently on medication for diabetes	15.8% (13.0 - 19.1)	14.3% (10.6 - 18.8)	17.3% (13.8 - 21.5)
Percentage previously diagnosed among those with diabetes	58.3% (46.5 - 69.2)	57.1% (43.6 - 69.7)	59.2% (45.2 - 71.9)
Percentage who are currently on treatment for diabetes among those with diabetes	54.9% (43.6 - 65.6)	55.0% (41.5 - 67.9)	54.7% (41.7 - 67.1)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	185.5 (182.1 - 188.8)	188.6 (183.9 - 193.3)	182.3 (176.4 - 188.2)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	41.3% (37.2 - 45.6)	44.9% (39.1 - 50.7)	37.8% (31.9 - 44.0)
Cardiovascular disease risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	11.8% (9.2 - 15.1)	9.3% (6.3 - 13.4)	14.4% (10.4 - 19.6)
Summary of Combined Risk Factors			
Percentage with no risk factors	1.6% (1.0 - 2.5)	1.6% (0.9 - 2.7)	1.6% (0.9 - 3.0)
Percentage with three or more risk factors, aged 18 to 44 years	28.4% (24.4 - 32.9)	28.3% (23.8 - 33.3)	28.6% (23.8 - 33.9)
Percentage with three or more risk factors, aged 45 to 69 years	53.7% (49.9 - 57.6)	52.8% (47.9 - 57.6)	54.7% (50.2 - 59.2)
Percentage with three or more risk factors, aged 18 to 69 years	38.4% (35.2 - 41.7)	38.0% (34.1 - 42.1)	38.7% (35.4 - 42.2)

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/physical-activity-surveillance>) or to the WHO Global recommendations on physical activity for health (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>).

** 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.

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