



# TANZANIA STEPS Survey-2012

## Fact Sheet

The STEPS survey of chronic disease risk factors in Tanzania was carried out in phases from February to October 2012. Tanzania carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight, waist and hip circumference and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels (TC and TG) in Step 3. The STEPS survey in Tanzania was a population-based survey of adults aged 25-64. A multistage cluster sampling design was used to select a representative sample for that age range. A total of 5680 adults participated in the Tanzania STEPS survey. The overall response rate was 94.7%. A repeat survey is planned for 2016 if funds permit.

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	14.1% (12.4%-15.8%)	26.0% (23.1%-28.9%)	2.9% (1.7%-4.1%)
Percentage who currently smoke tobacco daily	11.8% (10.2%-13.4%)	22.2% (19.7%-24.7%)	2.0% (0.7%-3.2%)
Percentage of current tobacco users (smoke and smokeless tobacco)	15.9% (14.0%-17.9%)	28.0% (25.1%-30.9%)	4.5% (3.3%-5.6%)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.9 (21.0-22.8)	21.8 (21.1-22.5)	22.4 (17.8-27.0)
Percentage of daily smokers smoking manufactured cigarettes	79.8% (72.6%-87.0%)	81.2% (74.9%-87.5%)	64.8% (32.6%-96.9%)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.1(4.0-6.1)	4.9(4.3-5.5)	6.7(0.0-13.8)
<b>Step 1 Alcohol Consumption</b>			
Percentage who are lifetime abstainers	51.0% (47.6%-54.4%)	43.1% (37.9%-48.3%)	58.5% (55.0%-62.0%)
Percentage who are past 12 month abstainers	11.4% (9.8%-13.1%)	11.3% (8.4%-14.2%)	11.6% (9.8%-13.3%)
Percentage who currently drink (drank alcohol in the past 30 days)	29.3% (26.8%-31.9%)	38.3% (35.1%-41.6%)	20.9% (18.2%-23.6%)
Percentage who engage in heavy episodic drinking (men who had 5 or more / women who had 4 or more drinks on any day in the past 30 days)	—	27.4% (23.7%-31.1%)	13.4% (11.4%-15.4%)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	2.5(2.2-2.8)	2.2(2.1-2.4)	2.8(2.3-3.2)
Mean number of servings of fruit consumed on average per day	0.7(0.6-0.8)	0.6(0.5-0.7)	0.8(0.6-0.9)
Mean number of days vegetables consumed	4.5(4.3-4.7)	4.3(4.0-4.7)	4.7(4.5-4.8)
Mean number of servings of vegetables consumed on average per day	1.0(0.97-1.1)	1.0(0.9-1.1)	1.0(0.96-1.1)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	97.2% (96.3%-98.1%)	97.3% (96.0%-98.6%)	97.1% (96.0%-98.3%)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	7.5% (6.0%-9.0%)	7.2% (5.6%-8.7%)	7.8% (5.5%-10.1%)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	83.3% (80.1%-86.0%)	86.3% (83.2%-89.3%)	80.5% (77.2%-83.7%)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	330.0 (180.0-492.9)	370.0 (214.3-527.1)	287.1 (137.1-462.9)
Percentage not engaging in vigorous activity	32.4% (29.1%-35.7%)	23.1% (20.1%-26.0%)	41.4% (36.8%-46.0%)

\* For complete definitions of low and high levels of physical activity, other conditions are specified in the GPAQ Analysis Guide, available at:

<http://www.who.int/chp/steps/GPAQ/en/index.html>



# TANZANIA STEPS Survey-2012

## Fact Sheet

Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	22.9 (22.7-23.2)	21.6 (21.3-22.0)	24.3 (23.8-24.8)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	26.0% (22.5%-28.4%)	15.1% (12.7%-17.6%)	37.1% (31.6%-42.6%)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	8.7% (7.3%-10.1%)	2.5% (1.5%-3.5%)	15.0% (12.4%-17.7%)
Average waist circumference (cm)	—	80.6 (79.9-81.3)	84.9 (84.0-85.8)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.6 (127.8-129.4)	131.1 (129.4-132.8)	126.3 (125.0-127.7)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	80.3 (79.8-80.8)	79.7 (78.9-80.4)	80.8 (80.2-81.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	26.0% (23.8%-28.1%)	25.4% (22.1%-28.7%)	26.5% (24.3%-28.6%)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	92.6% (89.8%-95.4%)	96.7% (94.6%-98.8%)	88.9% (83.9%-94.0%)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [mmol/L]	4.8(4.7-4.9)	4.8(4.6-4.9)	4.9(4.8-5.0)
<b>Percentage with impaired fasting glycaemia as defined below</b> Capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	10.6% (8.3%-12.9%)	11.3% (9.4%-13.1%)	10.0% (6.5%-13.5%)
<b>Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose</b> Capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	9.1% (7.8%-10.3%)	8.0% (5.6%-10.5%)	10.0% (7.8%-12.2%)
<b>Mean total blood cholesterol</b> , including those currently on medication for raised cholesterol [mmol/L]	4.6(4.5-4.7)	4.4(4.4-4.5)	4.7(4.6-4.8)
<b>Percentage with raised total cholesterol</b> (≥ 5.0 mmol/L or currently on medication for raised cholesterol)	26.0% (21.4%-30.7%)	17.0% (12.0%-22.0%)	33.9% (27.2%-40.6%)
Mean blood triglycerides, including those currently on medication for raised cholesterol [mmol/L]	1.7(1.6-1.9)	1.7(1.5-1.8)	1.8(1.6-2.0)
Percentage with raised triglycerides (≥ 1.7 mmol/L or currently on medication for raised triglycerides)	33.8% (25.7%-41.9%)	31.3% (22.1%-40.5%)	36.0% (27.9%-44.1%)
<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>low level of activity</li> </ul>	<ul style="list-style-type: none"> <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	0.8% (0.5%-1.1%)	0.6% (0.3%-1.0%)	1.0% (0.52%-1.5%)
Percentage with three or more of the above risk factors, aged 25 to 44 years	12.2% (10.7%-13.6%)	9.9% (7.4%-12.4%)	14.4% (11.9%-16.8%)
Percentage with three or more of the above risk factors, aged 45 to 64 years	28.0% (22.9%-33.0%)	27.4% (20.8%-34.1%)	28.6% (24.1%-33.1%)
Percentage with three or more of the above risk factors, aged 25 to 64 years	16.6% (14.7%-18.4%)	14.9% (12.9%-16.9%)	18.2% (15.8%-20.7%)

For additional information, please contact:

STEPS survey country focal persons [Dr. Mary Mayige: [mmayige@nimr.or.tz](mailto:mmayige@nimr.or.tz) OR Gibson Kagaruki: [gkagaruki@nimr.or.tz](mailto:gkagaruki@nimr.or.tz)]