



# Marshall Islands STEPS Survey

## Fact Sheet

The STEPS survey of chronic disease risk factors in Marshall Islands was carried out from October, 2002 to December, 2002. Marshall Islands carried out Step 1, Step 2 and Step 3. The STEPS survey in Marshall Islands was a population-based survey of adults aged 15-64. A stratified cluster sample design was used to produce representative data for that age range. A total of 3040 adults participated in the Marshall Islands STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco daily	19.8% (16.5 – 23.1)	34.7% (29.3 – 40.1)	4.2% (3.0 – 5.4)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	17.8 (17.4 – 18.2)	17.6 (17.2 – 18.0)	19.9 (18.2 – 21.7)
Average years of smoking	13.3 (12.2 – 14.5)	13.2 (12.3 – 14.1)	14.7 (10.6 – 18.7)
Percentage smoking manufactured cigarettes	98.4% (97.1 – 99.6)	98.3% (96.8 – 99.8)	98.7% (98.3 – 99.1)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	11.5 (9.9 – 13.0)	12.0 (10.3 – 13.7)	7.4 (5.7 – 9.1)
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year)	80.7% (75.9 – 85.5)	66.5% (59.0 – 74.1)	95.5% (94.3 – 96.7)
Percentage of current drinkers (who drank alcohol in the past 12 months)	19.3% (14.5 – 24.1)	33.5% (25.9 – 41.0)	4.5% (3.3 – 5.7)
<i>For those who drank alcohol in the last 12 months</i>			
Percentage of women who had 4 or more drinks on any day in the last week			55.0% (±19.0)
Percentage of men who had 5 or more drinks on any day in the last week		67.1% (±8.4)	
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	2.6 (2.3 – 2.9)	2.6 (2.3 – 2.9)	2.7 (2.4 – 3.0)
Mean number of servings of fruit consumed per day	0.9 (0.6 – 1.2)	0.9 (0.6 – 1.1)	1.0 (0.6 – 1.4)
Mean number of days vegetables consumed	2.7 (2.5 – 2.9)	2.6 (2.4 – 2.9)	2.8 (2.5 – 3.0)
Mean number of servings of vegetables consumed per day	1.0 (0.7 – 1.2)	0.9 (0.7 – 1.1)	1.1 (0.7 – 1.4)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	91.0% (88.6 – 93.4)	91.9% (89.3 – 94.5)	90.1% (87.2 – 93.0)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	66.1% (61.2 – 71.0)	61.3% (53.1 – 69.5)	70.3% (66.9 – 73.7)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	22.4% (18.2 – 26.7)	27.0% (20.2 – 33.8)	18.4% (15.4 – 21.4)
Mean time spent in physical activity per day (minutes)	75.3 (48.1 – 102.5)	90.8 (52.3 – 129.3)	61.7 (40.0 – 83.5)



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Results for adults aged 15-64 years (incl. 95% CI) <i>(adjust if necessary)</i>	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	27.6 (27.1 – 28.1)	26.7 (26.2 – 27.2)	28.5 (27.8 – 29.2)
Percentage who are overweight or obese (BMI ≥ 25 kg/m <sup>2</sup> )	62.5% (58.7 – 66.3)	59.8% (55.7 – 64.0)	65.4% (60.4 – 70.5)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	31.6% (28.8 – 34.4)	26.6% (23.2 – 29.9)	37.1% (32.7 – 41.5)
Average waist circumference (cm)	89.3 (87.3 – 91.4)	88.8 (87.1 – 90.5)	89.9 (87.2 – 92.6)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	113.0 (110.1 – 115.9)	117.8 (114.5 – 121.2)	107.8 (105.0 – 110.7)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	68.0 (65.4 – 70.6)	69.3 (66.5 – 72.1)	66.7 (64.3 – 69.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	10.5% (7.0 – 14.0)	11.6% (6.3 – 16.9)	9.3% (6.9 – 11.7)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	6.0 (5.7 – 6.3)	6.0 (5.7 – 6.3)	6.0 (5.6 – 6.4)
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose	107.9 (101.9 – 113.8)	107.9 (102.0 – 113.7)	108.1 (100.6 – 115.7)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> <li>capillary whole blood value ≥ 6.1 mmol/L or ≥ 110 mg/dl</li> </ul>	29.8% (23.6 – 35.9)	30.7% (24.1 – 37.3)	29.0% (21.7 – 36.3)
Mean total blood cholesterol (mmol/L)	4.4 (4.0 – 4.8)	4.3 (4.0 – 4.6)	4.5 (3.9 – 5.1)
Mean total blood cholesterol (mg/dl)	169.8 (152.9 – 186.7)	165.6 (153.0 – 178.2)	173.8 (152.1 – 195.5)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	21.6% (10.8 – 32.4)	20.3% (11.3 – 29.2)	22.9% (9.7 – 36.0)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	6.9% (-0.6 – 14.5)	5.7% (-0.6 – 12.0)	8.0% (-1.5 – 17.6)
<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 (&lt;600 MET -minutes)</li> </ul>		<ul style="list-style-type: none"> <li>overweight or obese (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 low risk (i.e. none of the risk factors included above)	0.7% (0.2 – 1.2)	0.8% (0.7 – 0.9)	0.6% (0.0 – 1.5)
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	58.0% (54.0 – 61.9)	60.3% (51.2 – 69.3)	56.0% (51.3 – 60.8)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	65.5% (59.7 – 71.3)	65.9% (57.5 – 74.3)	65.0% (57.4 – 72.6)