



BOTSWANA STEPS Survey 2014

Fact Sheet

The STEPS survey of Non-Communicable Disease (NCD) risk factors survey on Step 1, Step 2 and Step 3 was conducted in Botswana in 26 districts from the 14th July 2014 to 30th August 2014. Socio demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2, and Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey aged 15-69. A Cross-sectional exploratory survey was used to produce representative data for 15-69 age groups from systematically sampled enumeration areas of the districts. A total of 4076 individuals participated in the survey. The overall response rate was 63%. A repeat survey is planned for 2020 if funds permit.

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	18.3% (15.9-20.7)	31.4% (27.5-35.3)	4.9% (3.5-6.2)
Percentage who currently smoke tobacco daily	14.6% (12.4-16.8)	25.4% (21.9-29.0)	3.5% (2.4-4.6)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	22.0 (20.8-23.2)	21.2 (20.2-22.1)	28.5 (22.2-34.9)
Percentage of daily smokers smoking manufactured cigarettes	82.0% (76.2-87.8)	87.0% (81.1-92.9)	44.2% (26.7-61.7)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	5.1 (4.3-5.9)	5.5 (4.7-6.4)	1.8 (1.0-2.6)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	53.4% (50.8-56.0)	40.9% (37.0-44.8)	66.3% (63.2-69.3)
Percentage who are past 12 month abstainers	12.0% (10.3-13.7)	10.7% (8.4-12.9)	13.4% (11.4-15.4)
Percentage who currently drink (drank alcohol in the past 30 days)	26.4% (24.0-28.8)	39.6% (35.5-43.7)	12.9% (10.8-15.0)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	18.5% (16.3-20.7)	28.3% (24.4-32.2)	8.5% (6.6-10.3)
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	3.1 (2.9-3.2)	2.9 (2.7-3.1)	3.2 (3.1-3.4)
Mean number of servings of fruit consumed on average per day	0.8 (0.7-0.9)	0.8 (0.6-1.0)	0.9 (0.8-1.0)
Mean number of days vegetables consumed	4.0 (3.9-4.2)	3.9 (3.6-4.1)	4.2 (4.0-4.4)
Mean number of servings of vegetables consumed on average per day	1.1 (1.0-1.2)	1.1 (0.9-1.3)	1.1 (1.0-1.2)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	94.8% (93.4-96.1)	95.8% (93.9-97.6)	93.8% (92.2-95.4)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	20.1% (17.4-22.7)	14.3% (11.3-17.3)	25.9% (22.7-29.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	85.7 (28.6-225.7)	108.6 (38.6-300.0)	60.0 (17.1-158.6)
Percentage not engaging in vigorous activity	57.3% (53.9-60.7)	42.7% (37.6-47.8)	72.3% (69.0-75.6)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			50.7% (45.7-55.6)

* 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)



BOTSWANA STEPS Survey 2014

Fact Sheet

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	23.3 (23.1-23.6)	21.8 (21.5-22.1)	25.0 (24.6-25.3)
Percentage who are Overweight (BMI ≥ 25.0 - 29.9 kg/m ²)	18.8% (17.1-20.4)	14.7% (12.2-17.1)	23.2% (21.0-25.4)
Percentage who are Obese (BMI ≥ 30 kg/m ²)	11.8% (10.5-13.1)	5.1% (3.6-6.6)	19.1% (16.9-21.2)
Percentage who are Overweight + Obese (BMI ≥ 25.0 kg/m ²)	30.6 28.5-32.7	19.8 17.0-22.6	42.3 39.5-45.0
Average waist circumference (cm)		77.8 (76.2-79.4)	82.7 (81.4-84.0)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	127.3 (126.3-128.3)	130.8 (129.3-132.3)	123.7 (122.7-124.8)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.8 (79.1-80.6)	80.0 (78.9-81.0)	79.7 (78.9-80.5)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	29.4% (27.3-31.6)	30.4% (27.2-33.7)	28.4% (25.9-30.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	76.4% (73.4-79.4)	84.8% (80.7-88.9)	67.1% (63.0-71.3)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose: mmol/L	4.4 (4.4-4.5)	4.4 (4.3-4.5)	4.5 (4.4-4.6)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	4.5% (3.3-5.7)	5.4% (3.1-7.6)	3.7% (2.8-4.6)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	5.8% (4.7-7.0)	5.3% (3.6-7.1)	6.3% (5.0-7.7)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	3.6 (3.6-3.7)	3.5 (3.4-3.6)	3.7 (3.7-3.8)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	11.0% (9.4-12.7)	11.2% (8.5-13.9)	10.9% (9.2-12.6)
Cardiovascular Disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	9.7% (6.9-12.6)	9.3% (5.2-13.5)	10.1% (6.7-13.4)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity 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	1.2% (0.7-1.7)	1.1% (0.4-1.9)	1.3% (0.7-2.0)
Percentage with three or more of the above risk factors, aged 18 to 44 years	19.7% (16.9-22.5)	19.0% (14.9-23.0)	20.5% (17.5-23.5)
Percentage with three or more of the above risk factors, aged 45 to 69 years	48.1% (42.6-53.6)	43.3% (35.1-51.6)	52.3% (45.8-58.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	25.7% (23.1-28.3)	23.7% (19.8-27.6)	27.8% (24.9-30.8)

** 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 >7.0 mmol/l (126 mg/dl)).

For additional information, please contact:
STEPS country focal point Ms. Bame Shatera, email bpshatera@gov.bw