



# Ecuador STEPS Survey 2018



## Fact Sheet

The STEPS survey of noncommunicable diseases and risk factors in Ecuador was carried out from May to June 2018. Ecuador carried out Step 1, Step 2 and Step 3. Sociodemographic and behavioral 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 with a total sample of 6,688 adults. The overall response rate was 69.4%, with 4,638 participants. A repeat survey is planned for 2023 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	Both sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Current tobacco smokers	<b>13.7%</b> (12.4-15.0)	<b>23.8%</b> (21.4-26.1)	<b>4.0%</b> (3.0-5.0)
Current daily tobacco smokers	<b>3.5%</b> (2.8-4.2)	<b>6.3%</b> (4.9-7.7)	<b>0.9%</b> (0.5-1.3)
Average age started smoking (among current smokers) in years	<b>18.9</b> (18.3-19.4)	<b>18.3</b> (17.8-18.9)	<b>22.1</b> (20.4-23.8)
Current cigarette smokers	<b>10.7%</b> (9.5-11.9)	<b>19.3%</b> (17.0-21.5)	<b>2.5%</b> (1.8-3.2)
Average number of cigarettes smoked per day (among daily cigarette smokers)	<b>4.9</b> (4.0-5.8)	<b>5.0</b> (4.0-6.0)	<b>4.2</b> (2.6-5.7)
<b>Step 1 Alcohol consumption</b>			
Percentage who are lifetime abstainers	<b>16.8%</b> (15.4-18.3)	<b>9.6%</b> (8.0-11.1)	<b>23.8%</b> (21.6-25.9)
Percentage who are past 12 month abstainers	<b>23.3%</b> (21.8-24.9)	<b>17.8%</b> (15.6-19.9)	<b>28.7%</b> (26.5-30.8)
Percentage who currently drink (drank alcohol in the past 30 days)	<b>39.3%</b> (37.4-41.2)	<b>51.8%</b> (49.0-54.5)	<b>27.3%</b> (25.1-29.6)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	<b>23.8%</b> (22.2-25.4)	<b>36.3%</b> (33.6-39.0)	<b>11.9%</b> (10.4-13.4)
<b>Step 1 Diet</b>			
Mean number of days fruit consumed in a typical week	<b>4.0</b> (3.9-4.1)	<b>3.9</b> (3.7-4.0)	<b>4.2</b> (4.1-4.4)
Mean number of servings of fruit consumed on average per day	<b>1.1</b> (1.1-1.2)	<b>1.1</b> (1.0-1.2)	<b>1.1</b> (1.0-1.2)
Mean number of days vegetables consumed in a typical week	<b>4.1</b> (4.0-4.2)	<b>4.0</b> (3.8-4.1)	<b>4.2</b> (4.1-4.3)
Mean number of servings of vegetables consumed on average per day	<b>0.9</b> (0.8-0.9)	<b>0.9</b> (0.8-0.9)	<b>0.9</b> (0.8-0.9)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	<b>94.6%</b> (93.7-95.5)	<b>94.0%</b> (92.5-95.4)	<b>95.2%</b> (94.2-96.3)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	<b>12.4%</b> (11.1-13.8)	<b>11.6%</b> (9.9-13.4)	<b>13.2%</b> (11.3-15.1)
Percentage who always or often add salt or salty sauce to their food when cooking or preparing foods at home.	<b>76.3%</b> (74.3-78.3)	<b>75.2%</b> (72.6-77.8)	<b>77.3%</b> (74.7-79.9)
Percentage who always or often eat processed foods high in salt	<b>11.1%</b> (9.9-12.4)	<b>12.3%</b> (10.4-14.1)	<b>10.1%</b> (8.6-11.5)
<b>Step 1 Physical activity</b>			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	<b>17.8%</b> (16.3-19.3)	<b>12.1%</b> (10.2-13.9)	<b>23.3%</b> (21.2-25.5)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	<b>102.9</b> (30.0-265.7)	<b>154.3</b> (45.0-342.9)	<b>70.0</b> (21.4-188.6)
Percentage not engaging in vigorous activity	<b>63.6%</b> (61.9-65.3)	<b>44.1%</b> (41.4-46.7)	<b>82.2%</b> (80.2-84.1)

\* 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](http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html))



# Ecuador STEPS Survey 2018



**PAHO**

## Fact Sheet

Results for adults aged 18-69 years (incl. 95% CI)	Both sexes	Males	Females
<b>Step 1 Cervical Cancer Screening</b>			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			<b>67.7%</b> (64.3-71.2)
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	<b>27.2</b> (27.0-27.4)	<b>26.6</b> (26.3-26.9)	<b>27.8</b> (27.5-28.0)
Percentage who are overweight/obese (BMI ≥ 25 kg/m <sup>2</sup> )	<b>63.6%</b> (61.8-65.4)	<b>59.7%</b> (56.9-62.5)	<b>67.4%</b> (65.1-69.6)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	<b>25.7%</b> (24.1-27.3)	<b>20.3%</b> (18.1-22.5)	<b>30.9%</b> (28.4-33.3)
Average waist circumference (cm)		<b>91.3</b> (90.6-92.0)	<b>88.6</b> (88.0-89.2)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised BP	<b>119.7</b> (119.1-120.3)	<b>124.0</b> (123.2-124.8)	<b>115.6</b> (114.8-116.4)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	<b>19.8%</b> (18.3-21.3)	<b>23.8%</b> (21.6-26.0)	<b>16.0%</b> (14.2-17.9)
Percentage with raised BP/hypertension not diagnosed	<b>45.2%</b> (40.9-49.5)	<b>57.0%</b> (51.2-62.7)	<b>28.6%</b> (23.5-33.8)
Percentage with raised BP/hypertension not diagnosed and not on medication	<b>12.6%</b> (9.9-15.4)	<b>13.4%</b> (9.8-17.0)	<b>11.6%</b> (7.3-15.9)
Percentage with raised BP/hypertension diagnosed, on medication and with SBP ≥ 140 and/or DBP ≥ 90 mmHg	<b>16.2%</b> (13.3-19.0)	<b>14.6%</b> (10.4-18.7)	<b>18.5%</b> (13.9-23.1)
Percentage with raised BP/hypertension diagnosed, on medication and with SBP < 140 and DBP < 90 mmHg	<b>26.0%</b> (22.5-29.4)	<b>15.1%</b> (11.3-18.9)	<b>41.3%</b> (34.7-47.9)
<b>Step 3 Biochemical Measurements</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	<b>92.7</b> (91.1-94.2)	<b>91.7</b> (89.4-93.9)	<b>93.6</b> (91.8-95.5)
Percentage with impaired fasting glycaemia (plasma venous value ≥110mg/dl y <126 mg/dl)	<b>7.8%</b> (6.8-8.9)	<b>7.3%</b> (5.7-8.8)	<b>8.4%</b> (7.1-9.7)
Percentage with raised fasting blood glucose or currently on medication for raised blood glucose (plasma venous value ≥126mg/dl)	<b>7.1%</b> (6.1-8.1)	<b>7.6%</b> (6.0-9.2)	<b>6.7%</b> (5.5-7.8)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	<b>170.0</b> (167.8-172.2)	<b>161.9</b> (159.1-164.8)	<b>177.6</b> (175.0-180.3)
Percentage with raised total cholesterol (≥190mg/dl or currently on medication for raised cholesterol)	<b>34.7%</b> (32.6-36.8)	<b>28.3%</b> (25.7-30.9)	<b>40.7%</b> (38.0-43.4)
<b>Cardiovascular diseases (CVD) risk</b>			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD***	<b>11.6%</b> (9.8-13.4)	<b>11.4%</b> (8.7-14.1)	<b>11.7%</b> (9.5-14.0)
<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>• insufficient physical activity</li> <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	<b>1.4%</b> (1.0-1.8)	<b>1.6%</b> (0.9-2.3)	<b>1.2%</b> (0.7-1.7)

\*\* Raised BP/hypertension is defined as SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised blood pressure.

\*\*\* 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).

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