



# Fiji 2<sup>nd</sup> STEPS Survey 2011

## Fact Sheet

The 2nd STEPS survey of non-communicable disease (NCD) risk factors in Fiji 2011. Fiji 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 used a multi cluster stage sample design to produce representative data for adults aged 25-64 years. A total of 2,586 people participated in the 2011 survey (response rate 2,586/4,850=53.3%).

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	30.8 (27.4-34.1)	47.0 (43.1-51.0)	14.3 (11.4-17.2)
Percentage who currently smoke tobacco daily	16.6 (13.7-19.5)	27.1 (22.9-31.3)	6.0 (4.4-7.6)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	20.7 (20.1-21.3)	20.2 (19.7-20.8)	22.7 (21.1-24.4)
Percentage of daily smokers smoking manufactured cigarettes	78.3 (73.2-83.3)	78.2 (72.7-83.7)	78.5 (73.2-83.3)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	6.9 (6.1-7.8)	7.2 (6.3-8.2)	5.6 (3.5-7.7)
<b>Alcohol Consumption</b>			
Percentage who are lifetime abstainers	41.7 (38.6-44.8)	21.7 (18.2-25.1)	61.6 (57.3-66.0)
Percentage who are past 12 month abstainers	27.7 (24.9-30.5)	32.8 (28.6-37.0)	22.7 (19.4*-25.9)
Percentage who currently drink (drank alcohol in the past 30 days)	15.7 (13.6-17.9)	26.1 (22.5-29.7)	5.4 (4.0-6.9)
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)		17.3 (14.3-20.3)	2.6 (1.6-3.6)
<b>Fruit and Vegetable Consumption</b>			
Mean number of days fruit consumed in a typical week	3.9 (3.7-4.1)	3.8 (3.6-4.1)	4.0 (3.8-4.2)
Mean number of servings of fruit consumed on average per day	1.2 (1.1-1.2)	1.2 (1.1-1.3)	1.1 (1.1-1.2)
Mean number of days vegetables consumed in a typical week	5.6 (5.4-5.7)	5.5 (5.4-5.7)	5.6 (5.4-5.8)
Mean number of servings of vegetables consumed on average per day	1.9 (1.8-2.0)	1.9 (1.8-2.0)	1.9 (1.8-2.1)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	85.0 (82.6-87.5)	83.9 (80.9-86.9)	86.2 (83.5-88.8)
<b>Physical Activity</b>			
Not meeting WHO recommendations on physical activity for health	15.1 (12.4-12.4-17.8)	8.9 (6.6-11.2)	21.3 (17.3-25.2)
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	20.8 (18.1-23.4)	12.8 (10.2-15.4)	28.7 (24.8-32.7)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	57.5 (53.9-61.2)	72.4 (68.3-76.4)	42.8 (39.2-46.4)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	125.7 (42.9-285.0)	205.7 (68.6-379.3)	79.3 (25.7-182.1)
Percentage not engaging in vigorous activity	52.7 (48.0-57.4)	32.5 (27.6-37.4)	72.7 (68.6-76.8)

\* 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>



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Results for adults aged 25-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Metabolic Risk Factors - Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	27.9 (27.5-28.3)	26.5 (26.1-27.0)	29.3 (28.8-29.7)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	66.9 (64.0-69.8)	59.4 (55.4-63.4)	74.7 (71.5-77.8)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	32.0 (29.1-34.9)	22.4 (18.8-25.9)	42.0 (38.5-45.6)
Average waist circumference (cm)		90.1 (88.4-91.8)	93.1 (92.0-94.3)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	130.1 (129.1-131.0)	131.6 (130.3-132.8)	128.6 (127.2-129.9)
Mean diastolic blood pressure - DBP (mmHg) ,including those currently on medication for raised BP	80.1 (79.4-80.9)	80.3 (79.3-81.4)	79.9 (79.1-80.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	31.0 (28.9-33.2)	33.2 (30.1-36.4)	28.8 (26.2-31.3)
<b>Metabolic Risk Factors - Biochemical Measurements</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose : mmol/L	6.2 (6.1-6.3)	6.1 (6.0-6.2)	6.3 (6.1-6.4)
Percentage with impaired fasting glycaemia as defined below • capillary (equivalent plasma value) ≥6.1 mmol/L (100 mg/dl) and <7.0 mmol/L (126 mg/dl)	15.2 (12.7-17.8)	15.1 (11.6-18.5)	15.3 (12.8-17.9)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary (equivalent plasma value) ≥ 7.0 mmol/L (126 mg/dl)	14.4 (12.8-15.9)	13.5 (11.2-15.8)	15.3 (13.5-17.1)
<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> <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	2.2 (1.4-3.1)	2.7 (1.4-4.0)	1.8 (1.0-2.7)
Percentage with three or more of the above risk factors, aged 25 to 44 years	28.1 (24.1-32.2)	28.0 (22.7-33.4)	28.3 (23.2-33.3)
Percentage with three or more of the above risk factors, aged 45 to 64 years	46.6 (43.4-49.9)	42.2 (38.0-46.5)	51.1 (46.9-55.3)
Percentage with three or more of the above risk factors, aged 25 to 64 years	35.8 (32.8-38.7)	34.0 (30.0-37.9)	37.6 (33.9-41.3)
<b>Summary of Cardiovascular disease risk</b>			
<ul style="list-style-type: none"> <li>• gender, age</li> <li>• current smokers</li> <li>• history of diabetes, CVD</li> <li>• systolic blood pressure</li> <li>• fasting status; glucose and total cholesterol</li> </ul>			
Percentage with a 10 year CVD risk ≥30% or with existing CVD aged 40-64	2.8 (1.9-3.7)	2.6 (1.4-3.8)	3.0 (1.9-4.0)