



Mauritania (Nouakchott) STEPS Survey 2006

Fact Sheet

The STEPS survey of chronic disease risk factors in Mauritania (Nouakchott) was carried out from January to June 2006. Mauritania (Nouakchott) 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 STEPS survey in Mauritania (Nouakchott) was a population-based survey of adults aged 15-64. A multi-stage cluster sample design was used to produce representative data for that age range in Mauritania (Nouakchott). A total of 2,600 adults participated in the Mauritania (Nouakchott) STEPS survey. Blood pressure measurements were performed with a sub-sample (n=354). A repeat survey is planned for 2011 if funds permit.

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	18.9%	34.2%	5.7%
Percentage who currently smoke tobacco daily	17.8%	32.7%	4.8%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	17.6	17.6	*
Percentage smoking manufactured cigarettes	58.5%	58.3%	59.7%
Mean number of manufactured cigarettes smoked per day	2.1	2.1	*
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	--	--	--
Percentage of current drinkers (who drank alcohol in the past 30 days)	--	--	--
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	--	--	--
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	--	--	--
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	2.3	2.4	2.2
Mean number of servings of fruit consumed on average per day	0.7	0.7	0.6
Mean number of days vegetables consumed	5.1	5.1	5.0
Mean number of servings of vegetables consumed on average per day	2.0	2.1	1.9
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	94.8%	94.4%	95.2%
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)**	50.7%	47.6%	53.0%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)**	10.3%	11.2%	9.5%
Median time spent in physical activity per day (minutes)	21.4 (8.6-51.4)	25.7 (10.0-58.2)	21.4 (7.1-34.3)
Percentage not engaging in vigorous physical activity	95.7%	95.1%	96.2%

* Indicates less than 50 respondents

** 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 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	25.5	23.6	27.2
Percentage who are overweight (BMI ≥25 kg/m ²)	46.6%	31.8%	59.4%
Percentage who are obese (BMI ≥30 kg/m ²)	20.9%	8.6%	31.5%
Average waist circumference (cm)	--	81.9	89.6
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	125.2**	127.2**	123.9**
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	76.9**	76.5**	77.1**
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	22.4%**	20.6%**	23.8%**
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	9.0%**	7.8%**	9.9%**
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	4.9	5.0	4.9
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> plasma venous value ≥6.1 mmol/L (110mg/dl) and <7.0 mmol/L (126 mg/dl) capillary whole blood value ≥5.6 mmol/L (100mg/dl) and <6.1 mmol/L (110 mg/dl) 	3.5%	4.4%	2.8%
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> plasma venous value ≥7.0 mmol/L or ≥126 mg/dl capillary whole blood value ≥6.1 mmol/L or ≥110 mg/dl 	6.2%	5.9%	6.4%
Mean total blood cholesterol [choose accordingly: mmol/L or mg/dl]	4.4	4.3	4.5
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)	24.4%	21.7%	26.6%
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)	4.3%	3.7%	4.7%

* Indicates less than 50 respondents.

**analyses were performed with a subsample (N=354)

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