



# Zambia (Lusaka) STEPS Survey 2008

## Fact Sheet

The STEPS survey of chronic disease risk factors in Zambia (Lusaka) was carried out from Jan 2008 to May 2008. Zambia (Lusaka) 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 Zambia (Lusaka) was a population-based survey of adults aged 25+. A cluster sample design was used to produce representative data for that age range in Zambia (Lusaka). A total of 1,912 adults participated in the Zambia (Lusaka) STEPS survey.

Results for adults aged 25+ years	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	6.5%	17.0%	1.3%
Percentage who currently smoke tobacco daily	5.0%	12.9%	1.1%
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	21.7	21.9	20.8
Percentage smoking manufactured cigarettes	68.4%	72.8%	42.9%
Mean number of manufactured cigarettes smoked per day	8.2	8.4	6.8
<b>Step 1 Alcohol Consumption</b>			
Percentage of abstainers (who did not drink alcohol in the last year )	74.2%	56.6%	83.0%
Percentage of current drinkers (who drank alcohol in the past 30 days)	20.8%	38.3%	12.0%
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	22.4%	23.7%	20.3%
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	-	48.5%	45.3%
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	3.2	3.0	3.3
Mean number of servings of fruit consumed on average per day	0.7	0.7	0.7
Mean number of days vegetables consumed	6.8	6.6	6.8
Mean number of servings of vegetables consumed on average per day	1.9	1.9	1.9
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	97.0%	97.9%	96.5%
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity (defined as <600 MET-minutes/week)**	17.2%	18.9%	16.6%
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes/week)**	46.1%	53.2%	43.6%
Median time spent in physical activity per day (minutes)	90.0	100.0	81.4
Percentage not engaging in vigorous physical activity	76.0%	59.7%	81.7%

\*\* 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+ years	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	24.6	22.4	25.6
Percentage who are overweight (BMI ≥25 kg/m <sup>2</sup> )	39.6%	20.9%	49.0%
Percentage who are obese (BMI ≥30 kg/m <sup>2</sup> )	14.4%	5.2%	19.0%
Average waist circumference (cm)	-	82.4%	85.8%
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	132.5	135.1	131.2
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	81.9	82.0	81.9
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg or currently on medication for raised BP)	33.3%	36.6%	31.7%
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg or currently on medication for raised BP)	16.0%	14.2%	16.9%
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose [mmol/L], excluding those currently on medication for raised blood glucose	4.4	4.4	4.4
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> <li>plasma venous value ≥6.1mmol/L (110mg/dl) and &lt;7.0 mmol/L (126 mg/dl)</li> <li>capillary whole blood value ≥5.6 mmol/L (100mg/dl) and &lt;6.1 mmol/L (110 mg/dl)</li> </ul>	2.2%	3.3%	1.7%
Percentage with raised blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> <li>plasma venous value ≥7.0 mmol/L or ≥126 mg/dl</li> <li>capillary whole blood value ≥6.1 mmol/L or ≥110 mg/dl</li> </ul>	4.6%	3.8%	5.0%
Mean total blood cholesterol [mmol/L]	4.6	4.5	4.7
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)	23.8%	18.5%	26.5%
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)	6.1%	4.7%	6.8%
<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 and/or vegetables on average per day</li> <li>Low level of activity (&lt;600 MET -minutes)</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 risk factors included above	1.0%	0.9%	1.0%
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	16.6%	15.9%	16.8%
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	46.8%	47.4%	46.6%
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	23.7%	23.4%	23.8%

For additional information, please contact:  
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