



BHUTAN



FACTSHEET BHUTAN



World Health Organization
Regional Office for South-East Asia



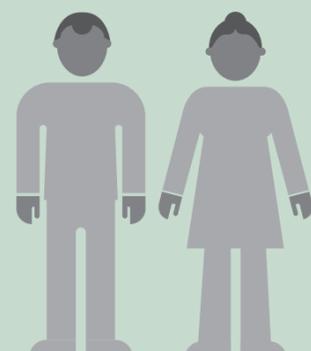
Non Communicable Diseases Risk Factors: STEPS Survey Bhutan 2014



67% do not consume sufficient fruits and vegetables



67%



27% men and 40% women are overweight or obese



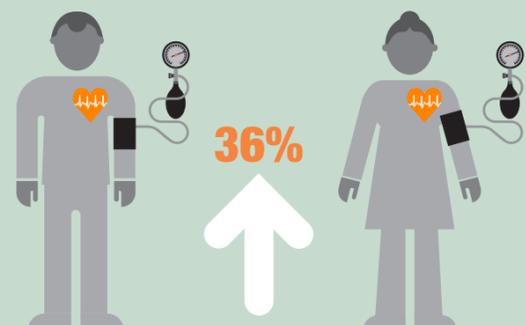
27%



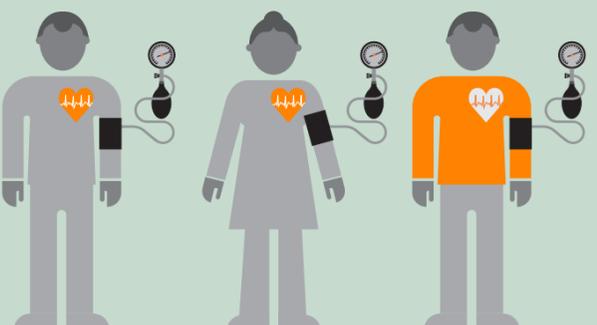
40%



36% have raised BLOOD PRESSURE



ONE out of THREE hypertensives is not treated for HIGH BLOOD PRESSURE



Bhutanese 9 gm

WHO recommends < 5 gm

% with raised blood sugar 6.4%



The STEPS survey of noncommunicable disease (NCD) risk factors in Bhutan was carried out from April-June 2014. Bhutan 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 salt intake, blood glucose and cholesterol levels in Step 3. The survey was a population-based survey

of adults aged 18-69. A multi-stage stratified cluster sampling design was used to produce representative data for that age range in Bhutan.

A total of 2822 adults participated in the survey. The overall response rate was 96%.

Results for adults aged 18-69 years

Both Sexes

Males

Females

Step 1: Tobacco Use

Percentage who currently smoke tobacco	7.4%	10.8%	3.1%
Percentage who currently smoke tobacco daily	4.3%	6.0%	2.1%
Percentage who currently use smokeless tobacco	19.7%	26.5%	11.0%
Percentage who currently use smokeless tobacco daily	18.5%	25.2%	9.9%
Percentage who currently use tobacco in any form (smoked and/ or smokeless)	24.8%	33.6%	13.6%

For those who smoke tobacco daily

Average age started smoking (years)	18.9	19.0	***
Percentage of daily smokers smoking manufactured cigarettes	84.1%	90.1%	***

Step 1: Alcohol Consumption

Percentage who are lifetime abstainers	39.0%	30.6%	49.8%
Percentage who are past 12 month abstainers	10.8%	12.1%	9.3%
Percentage who currently drink (drank alcohol in the past 30 days)	42.4%	50.0%	32.8%
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	22.4%	29.0%	14.1%

Step 1: Diet

Mean number of days fruit consumed in a typical week	1.7	1.6	1.9
Mean number of servings of fruit consumed on average per day	0.7	0.7	0.8
Mean number of days vegetables consumed in a typical week	5.6	5.6	5.5
Mean number of servings of vegetables consumed on average per day	3.8	4.0	3.5
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	66.9%	64.8%	69.6%
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	7.8%	7.4%	8.3%
Percentage who always or often eat processed foods high in salt	11.1%	11.0%	11.2%

Step 1: Physical Activity

Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	6.4%	3.8%	9.6%
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	330	367.1	274.3
Percentage not engaging in vigorous activity	48.8%	35.2%	66.0%



Results for adults aged 18-69 years

Both Sexes | Males | Females

→ Step 1: Cervical Cancer Screening

Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	-	-	64.1%
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→ Step 2: Physical Measurements

Mean body mass index - BMI (kg/m ²)	24.0	23.5	24.5
Percentage who are overweight (BMI ≥ 25 kg/m ²)	33%	27.3%	40.4%
Percentage who are obese (BMI ≥ 30 kg/m ²)	6.2%	4.5%	8.5%
Average waist circumference (cm)	-	81.9	79.5
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	126.2	128.0	123.8
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	85.0	84.6	85.4
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	35.7%	35.5%	35.9%
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	32.9%	33.6%	32.0%



→ Step 3: Biochemical Measurement

Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	88.8	88.7	88.9
Percentage with impaired fasting glycaemia as defined below <ul style="list-style-type: none"> capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl) 	10.7%	11.4%	10.0%
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl) 	6.4%	6.5%	6.3%
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	146.1	144.1	148.7
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	12.5%	11.9%	13.3%
Mean intake of salt per day (in grams)	9.0	9.6	8.0
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	1.8%	1.5%	2.2%

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 	<ul style="list-style-type: none"> 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	12.7%	15.3%	9.3%
Percentage with three or more of the above risk factors, aged 18 to 39 years	10.7%	9.5%	12.3%
Percentage with three or more of the above risk factors, aged 45 to 69 years	18.9%	14.4%	24.6%
Percentage with three or more of the above risk factors, aged 18 to 69 years	13.5%	11.2%	16.7%

* 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)

** 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))

*** Sample size was less than 50



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