



Iraq STEPS Survey 2015

Fact Sheet

The STEPS survey of Noncommunicable disease (NCD) risk factors in Iraq was carried out from August to December 2015. Iraq carried out Step 1, Step 2 and Step 3 in addition to selected optional questions on tobacco policy, salt intake, cancer screening, blindness/ visual impairment, elderly, mental health and national health care services. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight blood pressure and visual acuity were collected in Step 2. Biochemical measurements were collected to assess blood glucose, cholesterol levels and sodium in urine in Step 3. The survey was a population-based of adults aged 18 years and more. A multi stage cluster sampling design was used with stratification to urban and rural areas to produce representative data for that age range in Iraq. A total of 4071 adults participated in the survey. The overall response rate was 98.8%. A repeat survey is planned for 2018 provided that the fund is secured.

Results for adults aged 18 + years	Overall % (95% CI)	Men % (95% CI)	Women % (95% CI)
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	20.7% (18.7 – 22.6)	38.0% (34.6 – 41.4)	1.9% (1.3 – 2.6)
Percentage who currently smoke tobacco daily	19.6% (17.7 – 21.5)	36.1% (32.7 – 39.5)	1.8% (1.1 – 2.4)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.1 (18.6 – 19.7)	18.9 (18.4 – 19.4)	24.7 (...)
Percentage of daily smokers smoking manufactured cigarettes	78.1% (73.6 – 82.6)	78.0% (73.3 – 82.7)	79.2% (63.2 – 95.2)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	23.7 (22.3 – 25.1)	23.9 (22.5 – 25.4)	19.2 (--)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	97.8% (97.2 – 98.5)	95.8% (94.6 – 97.0)	100% (99.9 – 100)
Percentage who are past 12 month abstainers	1.3% (0.9 – 1.7)	2.5% (1.8 – 3.3)	(... – ...)
Percentage who currently drink (drank alcohol in the past 30 days)	0.6% (0.2 – 1.0)	1.1% (0.3 – 1.9)	0.0% (... – ...)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	(... – ...)	(... – ...)	(... – ...)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	4.9 (4.8 – 5.0)	4.9 (4.7 – 5.0)	5.0 (4.9 – 5.1)
Mean number of servings of fruit consumed on average per day	1.3 (1.2 – 1.3)	1.2 (1.2 – 1.3)	1.3 (1.2 – 1.3)
Mean number of days vegetables consumed in a typical week	6.2 (6.1 – 6.3)	6.1 (6.0 – 6.3)	6.2 (6.1 – 6.3)
Mean number of servings of vegetables consumed on average per day	2.2 (2.1 – 2.3)	2.1 (2.0 – 2.2)	2.2 (2.1 – 2.3)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	79.2% (76.9 – 81.4)	80.2% (77.4 – 83.0)	78.1% (75.2 – 80.9)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	33.6% (30.8 – 36.4)	34.1% (30.3 – 37.9)	33.0% (29.9 – 36.1)
Percentage who always or often eat processed foods high in salt	19.2% (16.9 – 21.5)	19.7% (16.6 – 22.8)	18.6% (16.1 – 21.2)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	47.0% (44.4 – 49.6)	34.9% (31.5 – 38.3)	60.0% (56.9 – 63.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	25.0 (0.0 – 91.4)	45.0 (10.7 – 140.0)	10.0 (0.0 – 51.4)
Percentage not engaging in vigorous activity	82.3% (80.3 – 84.3)	69.6% (66.2 – 73.0)	96.0% (94.9 – 97.1)

* 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)



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Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			9.9% (8.0 – 11.8)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	28.1 (27.8 – 28.4)	26.9 (26.5 – 27.3)	29.4 (29.0 – 29.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	65.4% (63.0 – 67.8)	58.7% (55.1 – 62.3)	73.1% (70.4 – 75.9)
Percentage who are obese (BMI ≥ 30 kg/m ²)	33.5% (31.3 – 35.7)	25.6% (22.5 – 28.8)	42.6% (40.0 – 45.2)
Average waist circumference (cm)		95.4 (94.0 – 96.9)	95.9 (94.8 – 97.0)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	128.5 (127.8 – 129.2)	129.5 (128.4 – 130.5)	127.4 (126.4 – 128.4)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	82.8 (82.3 – 83.2)	83.4 (82.8 – 84.1)	82.1 (81.5 – 82.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	35.6% (33.4 – 37.7)	36.5% (33.4 – 39.7)	34.5% (32.1 – 37.0)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	68.3% (65.0 – 71.6)	75.2% (70.7 – 79.7)	60.3% (56.0 – 64.6)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	102.5 (100.4 – 104.6)	102.8 (99.9 – 105.6)	102.2 (99.6 – 104.9)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	8.1% (6.9 – 9.4)	8.3% (6.4 – 10.3)	7.9% (6.6 – 9.2)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	13.9% (12.2 – 15.5)	14.0% (11.7 – 16.4)	13.7% (11.8 – 15.6)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	180.5 (177.8 – 183.1)	179.1 (175.6 – 182.5)	182.0 (178.7 – 185.2)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	39.6% (36.9 – 42.3)	39.8% (36.2 – 43.4)	39.5% (36.4 – 42.5)
Mean level of Sodium in 24 hours collected urine (in mmol/day)	150.6 (133.5 - 167.7)	155.6 (130.8 - 180.3)	142.6 (117.3 - 167.9)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 30%, or with existing CVD**	12.0 % (10.0 – 13.9)	16.1 % (12.8 – 19.5)	8.4 % (6.2 – 10.6)
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 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	2.4 % (1.5 – 3.3)	2.6 % (1.3 – 3.9)	2.2 % (1.3 – 3.1)
Percentage with three or more of the above risk factors, aged 18 to 44 years	38.4 % (35.3 – 41.4)	39.0 % (34.8 – 43.2)	37.6 % (33.8 – 41.4)
Percentage with three or more of the above risk factors, aged 45 to 69 years	71.8 % (68.6 – 75.0)	69.2 % (64.1 – 74.2)	74.3 % (70.3 – 78.2)
Percentage with three or more of the above risk factors, aged 18 to 69 years	47.3 % (44.6 – 49.9)	46.3 % (42.7 – 49.9)	48.4 % (45.1 – 51.7)

** 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)).

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