

# Non Communicable Diseases Risk Factors: STEPS Survey Nepal 2013



## Factsheet

The STEPS survey of chronic disease (non communicable diseases) risk factors in Nepal was carried out from July 2012 to June 2013. Nepal carried out STEPS I, II and III: Socio demographic and behavioural information was collected in STEP I; physical measurements such as height, weight and blood pressure were collected in STEP II; and biochemical measurements were collected to assess blood glucose and cholesterol levels in STEP III. The STEPS survey in Nepal was a population-based survey of adults aged 15–69 years. A multistage sample design was used to produce representative data for that age range in Nepal. A total of 4,143 adults participated in the Nepal STEPS survey. The overall response rate was 98.6% for STEP I, 98.3% for STEP II and 89.8% for STEP III. A repeat survey is planned for 2017/18.

Results for adults aged 15–69 years (including 95% CI)	Both sexes	Men	Women
<b>STEP I Tobacco use</b>			
Percentage who currently smoke tobacco	18.5 (16.5–20.5)	27.0 (23.7–30.4)	10.3 (8.7–11.9)
Percentage who currently smoke tobacco daily	15.8 (13.8–17.7)	22.1 (18.9–25.4)	9.6 (8.1–11.2)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.2 (17.7–18.7)	18.5 (17.8–19.1)	17.6 (16.9–18.4)
Percentage of daily smokers smoking manufactured cigarettes	84.8 (80.2–89.4)	89.9 (85.0–94.9)	73.5 (66.3–80.6)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	6.2 (5.5–6.8)	6.6 (5.8–7.4)	5.1 (4.4–5.8)
<b>STEP I Alcohol consumption</b>			
Percentage who are lifetime abstainers	73.5 (70.7–76.3)	58.0 (53.5–62.6)	88.3 (85.9–90.7)
Percentage who are past 12 months abstainers	4.5 (3.6–5.4)	6.8 (5.2–8.5)	2.3 (1.6–3.0)
Percentage who currently drink (drank alcohol in the past 30 days)	17.4 (15.0–19.7)	28.0 (24.3–31.8)	7.1 (5.2–9.0)
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)		18.6 (15.3–21.9)	2.9 (2.0–3.8)
<b>STEP I Fruit and vegetable consumption (in a typical week)</b>			
Mean number of days fruit consumed	1.9 (1.8–2.1)	1.9 (1.8–2.2)	1.9 (1.7–2.1)
Mean number of servings of fruit consumed on average per day	0.5 (0.4–0.5)	0.5 (0.4–0.6)	0.5 (0.4–0.5)
Mean number of days vegetables consumed	4.8 (4.6–4.9)	4.8 (4.6–5.0)	4.8 (4.6–4.9)
Mean number of servings of vegetables consumed on average per day	1.4 (1.3–1.4)	1.4 (1.3–1.5)	1.3 (1.3–1.4)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	98.9 (98.4–99.4)	98.9 (98.1–99.6)	98.9 (98.3–99.5)
<b>STEP I Physical activity</b>			
Percentage with low levels of activity (defined as < 600 MET-minutes per week)*	3.5 (2.6–4.3)	4.5 (3.1–5.9)	2.4 (1.8–3.0)
Percentage with high levels of activity (defined as ≥ 3000 MET-minutes per week)*	85.0 (83.0–87.0)	83.6 (80.7–86.4)	86.3 (84.2–88.4)
Median time spent on physical activity on average per day (minutes) (presented with inter-quartile range)	240.0 (143.65–360.0)	242.1 (135.0–381.4)	240.0 (150.0–360.0)
Percentage not engaging in vigorous activity	53.6 (50.1–57.1)	43.5 (39.1–47.9)	63.3 (59.4–67.2)

\* For complete definitions of low and high levels of physical activity see the GPAQ Analysis Guide at: <http://www.who.int/chp/Steps/GPAQ/en/index.html>.

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<b>STEP II Physical measurements</b>			
Mean body mass index – BMI (kg/m <sup>2</sup> )	22.4 (22.2–22.6)	22.4 (22.1–22.7)	22.4 (22.2–22.7)
Percentage who are overweight (BMI ≥ 25 kg/m <sup>2</sup> )	21.6 (19.5–23.8)	21.2 (18.1–24.2)	22.1 (19.8–24.4)
Percentage who are obese (BMI ≥ 30 kg/m <sup>2</sup> )	4.0 (3.1–4.8)	3.1 (2.0–4.3)	4.8 (3.7–5.9)
Average waist circumference (cm)		79.8 (79.0–80.7)	76.7 (76.0–77.5)
Mean systolic blood pressure – SBP (mmHg), including those currently on medication for raised blood pressure – BP	127.4 (126.5–128.3)	131.1 (129.9–132.3)	123.9 (122.8–124.9)
Mean diastolic blood pressure – DBP (mmHg), including those currently on medication for raised BP	79.8 (79.2–80.4)	81.2 (80.2–82.2)	78.5 (77.8–79.1)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or who are currently on medication for raised BP)	25.7 (23.5–27.9)	31.1 (27.7–34.5)	20.6 (18.5–22.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are not currently on medication for raised BP	88.3 (85.9–90.7)	89.1 (85.9–92.3)	87.1 (83.8–90.5)
<b>STEP III Biochemical measurements</b>			
Mean fasting blood glucose, including those currently on medication for raised blood glucose (mg/dl)	91.5 (90.0–92.9)	93.4 (91.2–95.6)	89.7 (88.3–91.0)
Percentage with impaired fasting glycaemia (plasma venous value ≥110 mg/dl and < 126 mg/dl)	4.1 (3.0–5.2)	5.0 (3.4–6.7)	3.2 (2.2–4.1)
Percentage with raised fasting blood glucose (plasma venous value ≥126 mg/dl or currently on medication for raised blood glucose)	3.6 (2.9–4.4)	4.6 (3.4–5.7)	2.7 (1.9–3.6)
Mean total blood cholesterol, including those currently on medication for raised cholesterol (mg/dl)	162.3 (159.7–164.9)	163.4 (159.7–167.0)	161.2 (158.6–163.8)
Percentage with raised total cholesterol (≥ 190 mg/dl or currently on medication for raised cholesterol)	22.7 (20.5–24.9)	24.5 (21.3–27.7)	21.0 (18.7–23.3)
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>current daily smokers</li> <li>less than 5 servings of fruit and 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	0.4 (0.1–0.7)	0.1 (0.0–0.2)	0.7 (0.2–1.2)
Percentage with three or more of the above risk factors, aged 15–44 years	9.8 (8.2–11.5)	13.5 (10.7–16.3)	6.3 (5.0–7.6)
Percentage with three or more of the above risk factors, aged 45–69 years	29.5 (26.4–32.7)	33.5 (29.1–37.9)	25.5 (21.8–29.2)
Percentage with three or more of the above risk factors, aged 15–69 years (total age group)	15.1 (13.5–16.8)	19.0 (16.5–21.5)	11.4 (9.8–13.0)

For additional information, please contact:

STEPS country focal point

Nepal Health Research Council

Dr Krishna Kumar Aryal, krish.aryal@nhrc.org.np, krish.aryal@gmail.com

Ms Sushhama Neupane, neupanesushhama@gmail.com