



Fiji STEPS Survey

Fact Sheet

The STEPS survey of chronic disease risk factors in Fiji was carried out from February, 2002 to May, 2002. The STEPS survey in Fiji was a population-based survey of adults aged **15-64**. A multi-stage cluster sampling methodology was used to produce representative data for that age range in Fiji. A total of 6794 adults participated in the Fiji STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI)	Males	Females
Step 1 Tobacco Use		
Percentage who currently smoke tobacco daily	26.0 (±4.5)	3.9 (±1.4)
<i>For those who smoke tobacco daily</i>		
Average age started smoking (years)	20.7 (±0.6)	25.0 (±2.1)
Average years of smoking	15.1 (±1.6)	13.5 (±2.4)
Percentage smoking manufactured cigarettes	79.8 (±12.4)	75.5 (±16.9)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	7.3 (±0.8)	5.4 (±1.3)
Step 1 Alcohol Consumption		
Percentage of current drinkers (who drank alcohol in the past year)	39.9 (±4.3)	5.5 (±3.0)
<i>For those who drank alcohol in the last year</i>		
Percentage of women who had 4 or more drinks on any day in the last week		58.6 (±8.0)
Percentage of men who had 5 or more drinks on any day in the last week	79.5 (±6.8)	
Step 1 Fruit and Vegetable Consumption		
Less than 1 servings of fruit consumed per day	65.5 (±5.3)	66.4 (±5.5)
Less than 1 servings of vegetables consumed per day	26.3 (±6.7)	26.5 (±6.2)
Step 1 Physical Activity		
Percentage with low levels of activity during Leisure	49.0 (±3.4)	70.2 (±2.7)



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Results for adults aged 15-64 years (incl. 95% CI)	Males	Females
Step 2 Physical Measurements		
Mean body mass index - BMI (kg/m ²)	24.2 (±0.7)	26.7 (±0.9)
Percentage who are overweight	27.5 (±3.3)	31.5 (±3.4)
Percentage who are obese (BMI ≥ 30 kg/m ²)	9.8 (±3.2)	26.4 (±4.6)
Average waist circumference (cm)	82.6 (±1.6)	83.6 (±2.0)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	126.2 (±1.4)	120.8 (±1.8)
Mean diastolic blood pressure - DBP (mmHg) , excluding those currently on medication for raised BP	71.0 (±1.3)	71.8 (±1.3)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	19.8 (±2.3)	18.3 (±1.8)
Step 3 Biochemical Measurement		
Mean fasting blood glucose (mmol/L) , excluding those currently on medication for raised blood glucose	5.5 (±0.2)	5.7 (±0.2)
Percentage with raised 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 or ≥ 110 mg/dl 	12.9 (±3.8)	15.2 (±3.2)
Mean total blood cholesterol (mmol/L)	5.4 (±0.2)	5.0 (±0.2)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	49.1 (±6.2)	37.8 (±6.0)
Summary of combined risk factors		
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day Low level of activity (<600 MET - minutes) 	<ul style="list-style-type: none"> overweight or obese (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 	
Percentage with raised risk (at least three of the risk factors included above) aged 25 to 44 years old	72.4 (64.7 – 80.0)	72.3 (57.1 – 87.5)
Percentage with raised risk (at least three of the risk factors included above) aged 45 to 64 years old	82.8 (77.0 – 88.5)	85.0 (77.5 – 92.6)