



NAURU STEPS Survey

Fact Sheet

The STEPS survey of chronic disease risk factors in Nauru was carried out from July, 2004 to September, 2004. The STEPS survey in Nauru was a population-based survey of adults aged 15–64. A Systematic random sample design was used to produce representative data for that age range in Nauru. A total of 2,081 adults participated in the Nauru STEPS survey. The overall response rate was 82.0%

Results for adults aged 15-64 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco daily	48.2% (45.8-50.6)	45.5% (42.0-48.9)	50.8% (47.5-54.1)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	15.9 (15.7-16.1)	16.2 (15.9-16.5)	15.7 (15.4-16.0)
Average years of smoking	13.3 (12.6-14.0)	12.1 (11.1-13.0)	14.4 (13.5-15.3)
Percentage smoking manufactured cigarettes	98.7% (97.9-99.4)	100%	99.0% (98.1-99.8)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	19.8 (18.8-20.7)	19.5 (18.1-20.9)	20.1 (18.8-21.4)
Step 1 Alcohol Consumption			
Percentage of abstainers (who did not drink alcohol in the last year)	53.8% (51.5-56.2)	39.3% (35.9-42.7)	67.9% (64.8-71.0)
Percentage of current drinkers (who drank alcohol in the last year)	46.2% (43.8-48.5)	60.7% (57.3-64.1)	32.1% (29.0-35.2)
<i>For those who drank alcohol in the last year</i>			
Percentage who drank alcohol on 4 or more days in the last week	0.2% (0.0-0.5)	0.2% (0.0-0.5)	0.2% (0.0-0.7)
Percentage of women who had 4 or more drinks on any day in the last week			25.6% (20.2-30.9)
Percentage of men who had 5 or more drinks on any day in the last week		29.8% (25.7-33.8)	
Step 1 Fruit and Vegetable Consumption (in a typical week)			
Mean number of days fruit consumed	0.9 (0.8-1.0)	0.9 (0.8-1.0)	0.9 (0.8-1.0)
Mean number of servings of fruit consumed per day	0.9 (0.8-1.0)	0.8 (0.8-0.9)	1.0 (0.9-1.1)
Mean number of days vegetables consumed	2.2 (2.1-2.3)	2.1 (2.0-2.3)	2.2 (2.1-2.4)
Mean number of servings of vegetables consumed per day	1.2 (1.1-1.2)	1.1 (1.0-1.2)	1.2 (1.1-1.3)
Percentage who ate less than 5 of combined servings of fruit & vegetables per day	96.9% (96.0 – 97.7)	97.3% (96.1 – 98.5)	96.4% (95.2 – 97.6)
Step 1 Physical Activity			
Percentage with low levels of activity (defined as <600 MET-minutes/week)	51.6% (49.2-54.1)	46.1% (42.6-49.5)	57.1% (53.8-60.4)
Percentage with high levels of activity (defined as ≥3000 MET-minutes/week)	2.2% (1.5-2.9)	4.2% (2.8-5.5)	0.3% (0.0-0.7)
Median time spent in physical activity per day (minutes)	60.0 (0.0-180.0)	102.9 (0.0-205.7)	38.6 (0.0-128.6)
Mean time spent in physical activity per day (minutes)	117.4 (108.3-126.6)	143.0 (128.8-157.3)	91.0 (80.3-101.6)



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Results for adults aged 15-64 years (incl. 95% CI) <i>(adjust if necessary)</i>	Both Sexes	Males	Females
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	32.1 (31.7-32.5)	31.7 (31.2-32.2)	32.5 (32.0-33.0)
Percentage who are overweight or obese (BMI ≥ 25 kg/m ²)	82.2% (80.1-84.2)	82.1% (79.2-85.1)	82.2% (79.4-85.1)
Percentage who are obese (BMI ≥ 30 kg/m ²)	58.1% (55.7-60.5)	55.7% (52.2-59.2)	60.5% (57.1-63.8)
Average waist circumference (cm)	94.9 (94.1-95.6)	96.1 (94.9-97.2)	93.6 (92.6-94.7)
Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP	122.4 (121.7-123.1)	128.2 (127.3-129.1)	116.8 (116.0-117.7)
Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP	76.0 (75.5-76.5)	77.0 (76.3-77.8)	75.0 (74.4-75.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	17.2% (15.6 – 18.9)	23.1% (20.4 – 25.9)	11.5% (9.7 – 13.2)
Percentage with raised BP (SBP ≥ 160 and/or DBP ≥ 100 mmHg or currently on medication for raised BP)	5.3% (4.4 – 6.2)	6.5% (5.0 – 7.9)	4.4% (3.3 – 5.5)
Step 3 Biochemical Measurement			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	4.3 (4.2-4.4)	4.3 (4.2-4.4)	4.3 (4.2-4.4)
Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose	77.5 (75.9-79.1)	77.6 (75.3-79.8)	77.4 (75.1-79.8)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <ul style="list-style-type: none"> • plasma venous value ≥ 7.0 mmol/L or ≥ 126 mg/dl 	16.2% (±2.8)	16.1% (±4.0)	16.3% (±4.0)
Mean total blood cholesterol (mmol/L)	4.4 (4.4-4.4)	4.3 (4.2-4.3)	4.5 (4.5-4.6)
Mean total blood cholesterol (mg/dl)	170.2 (168.5-172.0)	165.2 (162.7-167.6)	175.1 (172.8-177.5)
Percentage with raised total cholesterol (≥ 5.2 mmol/L or ≥ 200 mg/dl)	17.9% (16.3-19.6)	14.9% (12.7-17.2)	20.8% (18.4-23.2)
Percentage with raised total cholesterol (≥ 6.5 mmol/L or ≥ 250 mg/dl)	3.0% (2.4-3.7)	2.1% (1.4-2.9)	3.9% (2.9-4.9)
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) • 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 low risk (i.e. none of the risk factors included above)	0.0% (0.0 – 0.1)	0.1% (0.0 – 0.2)	---
Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old	77.7% (75.1 – 80.3)	77.6% (73.8 – 81.4)	77.8% (74.2 – 83.1)
Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old	85.2% (82.3 – 88.1)	84.6% (80.0 – 89.1)	85.7% (82.0 – 89.5)