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

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Fact Sheet

| Results for adults aged 15-64 years (incl. 95\% CI) (adjust if necessary) | Both Sexes | Males | Females |
| :---: | :---: | :---: | :---: |
| Step 2 Physical Measurements |  |  |  |
| Mean body mass index - $\mathrm{BMI}\left(\mathrm{kg} / \mathrm{m}^{2}\right)$ | $\begin{gathered} 32.1 \\ (31.7-32.5) \end{gathered}$ | $\begin{gathered} 31.7 \\ (31.2-32.2) \end{gathered}$ | $\begin{gathered} 32.5 \\ (32.0-33.0) \end{gathered}$ |
| Percentage who are overweight or obese ( $\mathrm{BMI} \geq 25 \mathrm{~kg} / \mathrm{m}^{2}$ ) | $\begin{gathered} 82.2 \% \\ (80.1-84.2) \end{gathered}$ | $\begin{gathered} 82.1 \% \\ (79.2-85.1) \end{gathered}$ | $\begin{gathered} 82.2 \% \\ (79.4-85.1) \end{gathered}$ |
| Percentage who are obese ( $\mathrm{BMI} \geq 30 \mathrm{~kg} / \mathrm{m}^{2}$ ) | $\begin{gathered} 58.1 \% \\ (55.7-60.5) \end{gathered}$ | $\begin{gathered} 55.7 \% \\ (52.2-59.2) \end{gathered}$ | $\begin{gathered} 60.5 \% \\ (57.1-63.8) \end{gathered}$ |
| Average waist circumference (cm) | $\begin{gathered} 94.9 \\ (94.1-95.6) \end{gathered}$ | $\begin{gathered} 96.1 \\ (94.9-97.2) \end{gathered}$ | $\begin{gathered} 93.6 \\ (92.6-94.7) \end{gathered}$ |
| Mean systolic blood pressure - SBP (mmHg), excluding those currently on medication for raised BP | $\begin{gathered} 122.4 \\ (121.7-123.1) \end{gathered}$ | $\begin{gathered} 128.2 \\ (127.3-129.1) \\ \hline \end{gathered}$ | $\begin{gathered} 116.8 \\ (116.0-117.7) \end{gathered}$ |
| Mean diastolic blood pressure - DBP (mmHg), excluding those currently on medication for raised BP | $\begin{gathered} \hline 76.0 \\ (75.5-76.5) \end{gathered}$ | $\begin{gathered} 77.0 \\ (76.3-77.8) \end{gathered}$ | $\begin{gathered} \hline 75.0 \\ (74.4-75.7) \end{gathered}$ |
| Percentage with raised BP (SBP $\geq 140$ and/or DBP $\geq 90 \mathrm{mmHg}$ or currently on medication for raised $B P$ ) | $\begin{gathered} 17.2 \% \\ (15.6-18.9) \end{gathered}$ | $\begin{gathered} 23.1 \% \\ (20.4-25.9) \end{gathered}$ | $\begin{gathered} 11.5 \% \\ (9.7-13.2) \end{gathered}$ |
| Percentage with raised BP (SBP $\geq 160$ and/or DBP $\geq 100 \mathrm{mmHg}$ or currently on medication for raised BP) | $\begin{gathered} 5.3 \% \\ (4.4-6.2) \end{gathered}$ | $\begin{gathered} 6.5 \% \\ (5.0-7.9) \end{gathered}$ | $\begin{gathered} 4.4 \% \\ (3.3-5.5) \end{gathered}$ |
| Step 3 Biochemical Measurement |  |  |  |
| Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose | $\begin{gathered} 4.3 \\ (4.2-4.4) \end{gathered}$ | $\begin{gathered} 4.3 \\ (4.2-4.4) \end{gathered}$ | $\begin{gathered} 4.3 \\ (4.2-4.4) \end{gathered}$ |
| Mean fasting blood glucose (mg/dl), excluding those currently on medication for raised blood glucose | $\begin{gathered} \hline 77.5 \\ (75.9-79.1) \\ \hline \end{gathered}$ | $\begin{gathered} 77.6 \\ (75.3-79.8) \end{gathered}$ | $\begin{gathered} \hline 77.4 \\ (75.1-79.8) \end{gathered}$ |
| Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose <br> - plasma venous value $\geq 7.0 \mathrm{mmol} / \mathrm{L}$ or $\geq 126 \mathrm{mg} / \mathrm{dl}$ | $\begin{aligned} & 16.2 \% \\ & ( \pm 2.8) \end{aligned}$ | $\begin{aligned} & 16.1 \% \\ & ( \pm 4.0) \end{aligned}$ | $\begin{aligned} & 16.3 \% \\ & ( \pm 4.0) \end{aligned}$ |
| Mean total blood cholesterol (mmol/L) | $\begin{gathered} 4.4 \\ (4.4-4.4) \end{gathered}$ | $\begin{gathered} \hline 4.3 \\ (4.2-4.3) \end{gathered}$ | $\begin{gathered} 4.5 \\ (4.5-4.6) \end{gathered}$ |
| Mean total blood cholesterol (mg/dl) | $\begin{gathered} 170.2 \\ (168.5-172.0) \end{gathered}$ | $\begin{gathered} \hline 165.2 \\ (162.7-167.6) \end{gathered}$ | $\begin{gathered} 175.1 \\ (172.8-177.5) \end{gathered}$ |
| Percentage with raised total cholesterol ( $\geq 5.2 \mathrm{mmol} / \mathrm{L}$ or $\geq 200 \mathrm{mg} / \mathrm{dl}$ ) | $\begin{gathered} 17.9 \% \\ (16.3-19.6) \end{gathered}$ | $\begin{gathered} 14.9 \% \\ (12.7-17.2) \end{gathered}$ | $\begin{gathered} 20.8 \% \\ (18.4-23.2) \end{gathered}$ |
| Percentage with raised total cholesterol ( $\geq 6.5 \mathrm{mmol} / \mathrm{L}$ or $\geq 250 \mathrm{mg} / \mathrm{dl}$ ) | $\begin{gathered} 3.0 \% \\ (2.4-3.7) \end{gathered}$ | $\begin{gathered} 2.1 \% \\ (1.4-2.9) \end{gathered}$ | $\begin{gathered} \hline 3.9 \% \\ (2.9-4.9) \end{gathered}$ |
| Summary of combined risk factors <br> - current daily smokers <br> - overweight or obese ( $\mathrm{BMI} \geq 25 \mathrm{~kg} / \mathrm{m}^{2}$ ) <br> - less than 5 servings of fruits \& vegetables per day <br> - raised $\mathrm{BP}(\mathrm{SBP} \geq 140$ and/or DBP $\geq 90 \mathrm{mmHg}$ or <br> - low level of activity (<600 MET -minutes) currently on medication for raised BP ) |  |  |  |
| Percentage with low risk (i.e. none of the risk factors included above) | $\begin{gathered} 0.0 \% \\ (0.0-0.1) \end{gathered}$ | $\begin{gathered} 0.1 \% \\ (0.0-0.2) \end{gathered}$ | ---- |
| Percentage with raised risk (at least three of the risk factors included above), aged 25 to 44 years old | $\begin{gathered} 77.7 \% \\ (75.1-80.3) \end{gathered}$ | $\begin{gathered} 77.6 \% \\ (73.8-81.4) \end{gathered}$ | $\begin{gathered} 77.8 \% \\ (74.2-83.1) \end{gathered}$ |
| Percentage with raised risk (at least three of the risk factors included above), aged 45 to 64 years old | $\begin{gathered} 85.2 \% \\ (82.3-88.1) \end{gathered}$ | $\begin{gathered} 84.6 \% \\ (80.0-89.1) \end{gathered}$ | $\begin{gathered} 85.7 \% \\ (82.0-89.5) \end{gathered}$ |

