



# Solomon Islands STEPS Survey 2006

## Fact Sheet

The STEPS survey of chronic disease risk factors in Solomon Islands was carried out from Dec. 2005 to May 2006. Solomon Islands carried out Step 1, Step 2 and Step 3. Socio-demographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The STEPS survey in Solomon Islands was a population-based survey of adults aged 15-64. A multi-stage cluster sample design was used to produce representative data for that age range in Solomon Islands. A total of 2,833 adults participated in the Solomon Islands STEPS survey.

Results for adults aged 15-64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 1 Tobacco Use</b>			
Percentage who currently smoke tobacco	41.4% (37.2 – 45.7)	56.1% (50.0 – 62.1)	26.1% (22.6 – 29.5)
Percentage who currently smoke tobacco daily	29.7% (26.3 – 33.0)	43.4% (39.0 – 47.8)	15.3% (12.4 – 18.1)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	19.5 (19.1 – 19.9)	18.9 (18.4 – 19.4)	21.2 (20.3 – 22.1)
Percentage smoking manufactured cigarettes	63.4% (57.1 – 69.6)	64.6% (58.2 – 71.0)	59.7% (51.7 – 67.7)
Mean number of manufactured cigarettes smoked per day	6.3 (5.2 – 7.4)	6.5 (5.3 – 7.7)	5.6 (4.0 – 7.1)
<b>Step 1 Alcohol Consumption</b>			
Percentage of lifetime abstainers	47.9% (44.3 – 51.5)	26.2% (22.1 – 30.3)	70.6% (66.4 – 74.8)
Percentage of current drinkers (who drank alcohol in the past 12 mos.)	37.7% (34.5 – 40.9)	56.0% (52.6 – 59.4)	18.5% (15.8 – 21.2)
<i>Among current drinkers</i>			
Percentage who drank alcohol on 4 or more days in the last week	1.9% (0.7 – 3.0)	2.2% (0.9 – 3.5)	0.7% (0.0 – 1.8)
Percentage who binge drink (men who had 5 or more / women who had 4 or more drinks on any day in the last week)	-	25.1% (20.0 – 30.3)	15.8% (10.9 – 20.6)
<b>Step 1 Fruit and Vegetable Consumption (in a typical week)</b>			
Mean number of days fruit consumed	2.6 (2.4 – 2.9)	2.5 (2.3 – 2.7)	2.8 (2.5 – 3.1)
Mean number of servings of fruit consumed on average per day	0.8 (0.7 – 1.0)	0.8 (0.7 – 0.9)	0.8 (0.7 – 1.0)
Mean number of days vegetables consumed	4.7 (4.5 – 5.0)	4.6 (4.4 – 4.9)	4.8 (4.5 – 5.1)
Mean number of servings of vegetables consumed on average per day	1.3 (1.2 – 1.5)	1.4 (1.2 – 1.5)	1.3 (1.2 – 1.5)
Percentage who ate less than 5 combined servings of fruit and/or vegetables on average per day	93.1% (90.7 – 95.4)	92.5% (89.7 – 95.3)	93.7% (91.6 – 95.7)
<b>Step 1 Physical Activity</b>			
Percentage with low levels of activity*	42.4% (39.5 – 45.3)	37.2% (33.8 – 40.5)	47.8% (43.2 – 52.5)
Percentage with high levels of activity*	31.7% (29.0 – 34.4)	38.0% (34.4 – 41.7)	25.1% (22.1 – 28.1)
Median time spent in physical activity per day (minutes)	51.4 (8.6 – 121.4)	60 (17.1 – 137.1)	40 (0.0 – 108.6)
Percentage not engaging in vigorous physical activity	75.2% (72.3 – 78.2)	65.5% (61.6 – 69.3)	85.5% (82.7 – 88.3)

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



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Results for adults aged 15 - 64 years (incl. 95% CI)	Both Sexes	Males	Females
<b>Step 2 Physical Measurements</b>			
Mean body mass index - BMI (kg/m <sup>2</sup> )	26.7 (26.2 – 27.3)	25.9 (25.3 – 26.4)	27.7 (27.1 – 28.3)
Percentage who are overweight (BMI ≥25 kg/m <sup>2</sup> )	55.2% (49.9 – 60.5)	47.3% (41.1 – 53.6)	63.9% (59.2 – 68.6)
Percentage who are obese (BMI ≥30 kg/m <sup>2</sup> )	23.7% (20.5 – 27.0)	17.9% (15.0 – 20.9)	30.1% (25.6 – 34.5)
Average waist circumference (cm)	--	84.1 (83.0 – 85.2)	85.9 (84.9 – 86.8)
Mean systolic blood pressure - SBP (mmHg)	114.3 (112.8 – 115.8)	116.6 (115.1 – 118.2)	111.8 (110.0 – 113.6)
Mean diastolic blood pressure - DBP (mmHg)	69.8 (67.9 – 71.7)	70.1 (68.1 – 72.1)	69.6 (67.6 – 71.6)
Percentage with raised BP (SBP ≥140 and/or DBP ≥90 mmHg)	6.9% (5.4 – 8.5)	7.1% (4.0 – 10.2)	6.7% (5.4 – 8.1)
Percentage with raised BP (SBP ≥160 and/or DBP ≥100 mmHg)	1.3% (0.8 – 1.8)	1.3% (0.6 – 2.1)	1.3% (0.7 – 2.0)
<b>Step 3 Biochemical Measurement</b>			
Mean fasting blood glucose (mmol/L), excluding those currently on medication for raised blood glucose	5.2 (5.1 – 5.3)	5.3 (5.1 – 5.4)	5.1 (4.9 – 5.3)
Percentage with impaired fasting glycaemia as defined below • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	10.4% (5.2 – 15.7)	12.1% (2.4 – 21.7)	8.8% (3.3 – 14.3)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	17.7% (12.6 – 22.9)	18.8% (8.5 – 29.0)	16.7% (7.8 – 25.6)
Mean total blood cholesterol (mmol/L)	4.6 (4.5 – 4.7)	4.6 (4.5 – 4.6)	4.6 (4.4 – 4.8)
Percentage with raised total cholesterol (≥5.0 mmol/L or ≥190 mg/dl)	21.2% (11.1 – 31.4)	14.7% (6.1 – 23.3)	26.1% (12.8 – 39.5)
Percentage with raised total cholesterol (≥6.2 mmol/L or ≥240 mg/dl)	2.0% (1.1 – 2.8)	0.9% (0.0 – 1.8)	2.8% (1.3 – 4.3)
<b>Summary of combined risk factors</b>			
<ul style="list-style-type: none"> <li>current daily smokers</li> <li>less than 5 servings of fruits and/or vegetables on average 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)</li> </ul>			
Percentage with none of the risk factors included above	0.4% (0.0 – 0.8)	0.6% (0.0 – 1.1)	0.3% (0.0 – 0.7)
Percentage with at least three of the risk factors included above, aged 25 to 44 years old	42.6% (37.7 – 47.5)	44.2% (38.0 – 50.3)	40.9% (35.8 – 46.0)
Percentage with at least three of the risk factors included above, aged 45 to 64 years old	54.0% (48.5 – 59.5)	55.5% (49.9 – 61.0)	52.4% (44.1 – 60.8)
Percentage with at least three of the risk factors included above, aged 25 to 64 years old	45.9% (41.3 – 50.4)	47.4% (42.6 – 52.2)	44.2% (39.2 – 49.2)