



Libya STEPS Survey 2022- 2023

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Libya was carried out from October 2022 to October 2023. Libya 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 survey was a population-based survey of adults aged 18-69. A randomly-multi stage cluster sample design was used to produce representative data for that age range in Libya. A total of 5108 adults participated in the survey. The overall response rate was 87%. A repeat survey is planned for 5 years if funds permit.

Results for adults aged 18-69 years (incl. 95% CI) (adjust if necessary)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	21.5% (19.4-23.5)	42.4% (38.8-46.0)	0.2% (0.0-0.4)
Percentage who currently smoke tobacco daily	19.0% (17.2-20.8)	37.5% (34.3-40.7)	0.2% (0.0-0.4)
<i>For those who smoke tobacco daily</i>			
Average age started smoking (years)	18.9 (18.4-19.4)	18.9 (18.4-19.4)	
Percentage of daily smokers smoking manufactured cigarettes	95.1% (93.3-96.9)	95.4% (93.7-97.2)	27.4%* (2.6-52.3)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	16.8 (15.9-17.7)	16.8 (15.9-17.8)	
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	97.2% (96.5-98.0)	94.6% (93.2-96.1)	99.9% (99.8-100.0)
Percentage who are past-12-month abstainers	1.5% (1.1-2.0)	2.9% (2.0-3.9)	0.1% (0.0-0.2)
Percentage who currently drink (drank alcohol in the past 30 days)	0.7% (0.3-1.1)	1.3% (0.6-2.1)	-
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	0.4% (0.1-0.7)	0.8% (0.1-1.4)	-
Step 1 Diet			
Mean number of days fruit consumed in a typical week	2.6 (2.5-2.7)	2.8 (2.6-2.9)	2.4 (2.3-2.5)
Mean number of servings of fruit consumed on average per day	0.6 (0.6-0.7)	0.7 (0.6-0.8)	0.6 (0.5-0.6)
Mean number of days vegetables consumed in a typical week	5.6 (5.4-5.7)	5.5 (5.4-5.7)	5.6 (5.5-5.8)
Mean number of servings of vegetables consumed on average per day	1.6 (1.5-1.6)	1.5 (1.4-1.6)	1.6 (1.5-1.7)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	93.9% (92.5-95.3)	93.9% (92.1-95.7)	93.8% (92.2-95.5)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	18.1% (15.7-20.5)	17.0% (14.2-19.7)	19.2% (16.0-22.5)
Percentage who always or often eat processed foods high in salt	21.9% (19.4-24.4)	19.7% (16.9-22.5)	24.1% (20.2-28.0)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	45.3% (42.4-48.2)	32.9% (29.5-36.4)	57.8% (54.0-61.6)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	25.7 (0.0-101.4)	51.4 (4.3-154.3)	11.4 (0.0-60.0)
Percentage not engaging in vigorous activity	74.3% (72.1-76.5)	60.1% (56.7-63.4)	88.7% (86.6-90.8)

* For complete definitions of insufficient physical activity, refer to the GPAQ Analysis Guide (<https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/physical-activity-surveillance>) or to the WHO Global recommendations on physical activity for health (<https://www.who.int/news-room/fact-sheets/detail/physical-activity>).



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Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer			4.5% (2.9-6.1)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m ²)	27.0 (26.6-27.4)	25.9 (25.6-26.3)	28.1 (27.4-28.8)
Percentage who are overweight (BMI ≥ 25 kg/m ²)	56.8% (54.3-59.3)	51.9% (48.7-55.2)	62.0% (58.1-65.9)
Percentage who are obese (BMI ≥ 30 kg/m ²)	28.9% (26.5-31.2)	22.0% (19.2-24.7)	36.3% (32.6-40.0)
Average waist circumference (cm)		89.7 (87.6-91.7)	88.8 (86.7-90.8)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	123.5 (122.6-124.4)	127.0 (125.9-128.2)	119.8 (118.6-121.1)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	80.2 (79.7-80.8)	80.4 (79.7-81.2)	80.0 (79.2-80.8)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)	25.3% (23.2-27.4)	26.6% (23.6-29.6)	24.0% (21.2-26.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) previously diagnosed	35.8% (32.2-39.5)	29.6% (25.0-34.2)	42.9% (37.5-48.4)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) on medication	24.9% (21.7-28.1)	19.7% (15.7-23.8)	30.8% (25.8-35.7)
Percentage with raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) controlled	8.5% (6.5-10.5)	6.6% (4.0-9.2)	10.6% (7.5-13.8)
Step 3 Biochemical Measurement			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	105.9 (103.9-108.0)	105.3 (103.1-107.5)	106.6 (103.4-109.8)
Percentage with impaired fasting glycaemia as defined below • plasma venous value ≥6.1 mmol/L (110 mg/dl) and <7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥5.6 mmol/L (100 mg/dl) and <6.1 mmol/L (110 mg/dl)	15.6% (13.6-17.6)	16.5% (13.5-19.5)	14.8% (12.2-17.3)
Percentage with raised fasting blood glucose as defined below or currently on medication for raised blood glucose • plasma venous value ≥ 7.0 mmol/L (126 mg/dl) • capillary whole blood value ≥ 6.1 mmol/L (110 mg/dl)	14.9% (12.7-17.0)	14.7% (11.7-17.7)	15.0% (12.0-18.0)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	145.3 (141.9-148.6)	141.1 (136.4-145.9)	149.4 (145.9-153.0)
Percentage with raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol)	14.6% (12.7-16.5)	13.0% (10.4-15.6)	16.2% (13.7-18.6)
Mean intake of salt per day (in grams)	10.3 (10.2-10.5)	11.5 (11.3-11.7)	9.0 (8.8-9.2)
Cardiovascular disease (CVD) risk			
Percentage aged 40-69 years with a 10-year CVD risk ≥ 20%, or with existing CVD**	10.2 (8.4-12.3)	13.6 (10.7-17.1)	7.2 (5.1-10.1)
Summary of combined risk factors			
<ul style="list-style-type: none"> current daily smokers less than 5 servings of fruits & vegetables per day insufficient physical activity overweight (BMI ≥ 25 kg/m²) raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP) 			
Percentage with none of the above risk factors	1.0% (0.5-1.5)	1.0% (0.3-1.7)	1.1% (0.4-1.8)
Percentage with three or more of the above risk factors, aged 18 to 44 years	38.3% (35.2-41.4)	39.6% (35.3-43.9)	36.8% (32.8-40.7)
Percentage with three or more of the above risk factors, aged 45 to 69 years	66.4% (63.6-69.1)	68.7% (64.7-72.7)	64.2% (60.5-67.9)
Percentage with three or more of the above risk factors, aged 18 to 69 years	44.6% (42.0-47.2)	45.6% (42.0-49.2)	43.6% (40.2-46.9)

** A 10-year CVD risk of ≥20% is defined according to age, sex, blood pressure, smoking status (current smokers), total cholesterol, and previously diagnosed diabetes.

For additional information, please contact: STEPS Survey Coordinator "Technical Cooperation Office - National Center for Disease Control, Tripoli - Libya, tco@ncdc.org.ly".