



Eswatini STEPS Survey 2024

Fact Sheet

The STEPS survey of noncommunicable disease (NCD) risk factors in Eswatini was carried out from February to March 2024. A total of 4703 carried out Step 1, Step 2 and Step 3 (. Socio demographic and behavioral 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 years. A multi-stage cluster sampling design was used to produce representative data for that age range in Eswatini (targeted sample size was 5762). A total of 4703 adults participated in the survey. The overall response rate was 81.6%. A repeat survey is planned for 2029 if funds permit.

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Step 1 Tobacco Use			
Percentage who currently smoke tobacco	11.0% (9.6 - 12.5)	19.8% (17.3 - 22.6)	2.4% (1.7 - 3.3)
Percentage who currently smoke tobacco daily	7.3% (6.2 - 8.4)	13.4% (11.5 - 15.6)	1.3% (0.8 - 2.0)
Average age started smoking (years)	19.4 (18.6 - 20.2)	19.2 (18.4 - 20.0)	21.7 (18.2 - 25.1)
Percentage of daily smokers smoking manufactured cigarettes	97.5% (95.4 - 98.7)	97.7% (95.3 - 98.9)	96.0% (87.2 - 98.8)
Mean number of manufactured cigarettes smoked per day (by smokers of manufactured cigarettes)	4.4 (4.0 - 4.9)	4.4 (4.0 - 4.9)	4.2 (3.3 - 5.0)
Step 1 Alcohol Consumption			
Percentage who are lifetime abstainers	64.0% (61.7 - 66.2)	50.2% (46.9 - 53.5)	77.3% (75.0 - 79.5)
Percentage who are past-12-month abstainers	4.7% (3.9 - 5.6)	4.8% (3.7 - 6.2)	4.5% (3.5 - 5.8)
Percentage who currently drink (drank alcohol in the past 30 days)	22.0% (20.1 - 24.0)	33.9% (30.6 - 37.4)	10.3% (8.9 - 11.9)
Percentage who engage in heavy episodic drinking (6 or more drinks on any occasion in the past 30 days)	10.2% (8.8 - 11.9)	17.8% (15.0 - 21.0)	3.8% (2.9 - 5.1)
Step 1 Diet			
Mean number of days fruit consumed in a typical week	3.7 (3.6 - 3.9)	3.8 (3.6 - 3.9)	3.7 (3.6 - 3.8)
Mean number of servings of fruit consumed on average per day	1.2 (1.2 - 1.3)	1.3 (1.2 - 1.4)	1.2 (1.1 - 1.2)
Mean number of days vegetables consumed in a typical week	5.0 (4.8 - 5.1)	4.8 (4.7 - 5.0)	5.1 (4.9 - 5.2)
Mean number of servings of vegetables consumed on average per day	1.8 (1.7 - 1.9)	1.7 (1.6 - 1.9)	1.9 (1.7 - 2.0)
Percentage who ate less than 5 servings of fruit and/or vegetables on average per day	84.7% (82.7 - 86.5)	85.3% (82.5 - 87.7)	84.1% (81.8 - 86.1)
Percentage who always or often add salt or salty sauce to their food before eating or as they are eating	24.7% (22.1 - 27.4)	26.6% (23.3 - 30.1)	22.8% (20.1 - 25.7)
Percentage who always or often eat processed foods high in salt	18.9% (17.5 - 20.4)	18.6% (16.2 - 21.4)	19.1% (17.1 - 21.2)
Step 1 Physical Activity			
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent)*	10.6% (9.4 - 12.0)	7.0% (5.6 - 8.8)	14.1% (12.2 - 16.2)
Median time spent in physical activity on average per day (minutes) (presented with inter-quartile range)	150.0 (60.0 - 330.0)	222.9 (96.4 - 428.6)	105.0 (42.9 - 235.7)
Percentage not engaging in vigorous activity	54.0% (51.6 - 56.3)	32.8% (29.7 - 36.0)	74.3% (71.5 - 76.9)
Step 1 Cervical Cancer Screening			
Percentage of women aged 30-49 years who have ever had a screening test for cervical cancer	65.9% (62.2 - 69.4)	NA% (NA - NA)	65.9% (62.2 - 69.4)
Step 2 Physical Measurements			
Mean body mass index - BMI (kg/m2)	26.5 (26.3 - 26.8)	24.4 (24.0 - 24.8)	28.7 (28.3 - 29.1)

Results for adults aged 18-69 years (incl. 95% CI)	Both Sexes	Males	Females
Percentage who are overweight (BMI \geq 25 kg/m ²)	51.6% (49.5 - 53.7)	37.2% (33.9 - 40.6)	66.2% (63.6 - 68.7)
Percentage who are obese (BMI \geq 30 kg/m ²)	24.7% (23.2 - 26.3)	12.1% (10.2 - 14.2)	37.5% (35.0 - 40.0)
Average waist circumference (cm)	84.7 (84.1 - 85.4)	81.6 (80.6 - 82.5)	87.9 (87.1 - 88.8)
Mean systolic blood pressure - SBP (mmHg), including those currently on medication for raised BP	120.5 (119.8 - 121.2)	122.9 (121.8 - 123.9)	118.2 (117.3 - 119.0)
Mean diastolic blood pressure - DBP (mmHg), including those currently on medication for raised BP	79.1 (78.6 - 79.6)	79.8 (79.0 - 80.6)	78.4 (77.8 - 78.9)
Percentage with raised BP (SBP \geq 140 and/or DBP \geq 90 mmHg or currently on medication for raised BP)	21.7% (19.9 - 23.5)	21.4% (18.9 - 24.2)	21.9% (19.9 - 24.0)
Percentage with raised BP on medication	28.6% (25.4 - 32.1)	16.8% (13.1 - 21.5)	39.8% (35.3 - 44.4)
Percentage with raised BP controlled	13.9% (11.6 - 16.5)	6.9% (4.5 - 10.3)	20.6% (17.1 - 24.6)
Step 3 Biochemical Measurements			
Mean fasting blood glucose, including those currently on medication for raised blood glucose [choose accordingly: mmol/L or mg/dl]	4.6 (4.6 - 4.7)	4.5 (4.4 - 4.5)	4.8 (4.7 - 4.9)
Percentage with impaired fasting blood glucose (FBG) as defined below			
• plasma venous value \geq 6.1 mmol/L (110 mg/dl) and $<$ 7.0 mmol/L (126 mg/dl)	3.8% (3.1 - 4.6)	2.8% (2.0 - 3.9)	4.8% (3.7 - 6.2)
• capillary whole blood value \geq 5.6 mmol/L (100 mg/dl) and $<$ 6.1 mmol/L (110 mg/dl)			
Percentage with raised FBG as defined below or currently on medication for raised blood glucose			
• plasma venous value \geq 7.0 mmol/L (126 mg/dl)	3.7% (3.0 - 4.6)	3.1% (2.3 - 4.3)	4.3% (3.4 - 5.5)
• capillary whole blood value \geq 6.1 mmol/L (110 mg/dl)			
Percentage with raised FBG diagnosed	47.8% (37.9 - 57.8)	52.8% (36.9 - 68.1)	44.2% (32.8 - 56.2)
Percentage with raised FBG on medication	40.4% (31.3 - 50.2)	41.6% (27.5 - 57.2)	39.5% (29.1 - 51.0)
Mean total blood cholesterol, including those currently on medication for raised cholesterol [choose accordingly: mmol/L or mg/dl]	3.2 (3.2 - 3.2)	3.0 (3.0 - 3.1)	3.3 (3.3 - 3.4)
Percentage with raised total cholesterol (\geq 5.0 mmol/L or \geq 190 mg/dl or currently on medication for raised cholesterol)	2.9% (2.2 - 3.9)	2.3% (1.2 - 4.3)	3.6% (2.8 - 4.6)
Cardiovascular disease risk			
Percentage aged 40-69 years with a 10-year CVD risk \geq 20%, or with existing CVD**	14.1% (12.1 - 16.3)	9.5% (7.3 - 12.3)	18.2% (15.3 - 21.4)
Summary of Combined Risk Factors			
Percentage with none of the above risk factors	4.2% (3.3 - 5.4)	5.2% (3.6 - 7.3)	3.3% (2.4 - 4.4)
Percentage with three or more of the above risk factors, aged 18 to 44 years	12.9% (11.1 - 15.0)	11.2% (8.7 - 14.2)	14.7% (12.4 - 17.3)
Percentage with three or more of the above risk factors, aged 45 to 69 years	36.8% (33.0 - 40.8)	32.2% (26.8 - 38.2)	40.4% (36.1 - 45.0)
Percentage with three or more of the above risk factors, aged 18 to 69 years	18.3% (16.7 - 20.0)	15.4% (13.2 - 18.0)	21.1% (18.9 - 23.4)

* 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>).

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

For additional information, please contact:

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